

Minding the Gap

Improving Health & Reducing Inequalities



Yorkshire and the Humber Health and Wellbeing Monthly Update

Issue 95 – November 2023

Welcome to the Yorkshire and the Humber Health and Wellbeing Monthly Update. This update is our way of sharing any good and emerging practice, new developments, updates and guidance. The update forms part of the Minding the Gap newsletter.

This update is structured around four overarching themes:

- ❖ **populations**
- ❖ **determinants of health and risk factors**
- ❖ **priority conditions and equitable services and**
- ❖ **workforce development.**

If you have received this and are not already on the Minding the Gap distribution List, **please sign up to our newsletter [here](#).**

Disclaimer: Please note, the Minding the Gap programme is led and funded by the Yorkshire and the Humber Association of Directors of Public Health (YH ADPH). This programme is co-ordinated by the Yorkshire and the Humber Health and Wellbeing Team in the Office for Health Improvement and Disparities (OHID) and does not reflect the position or views of OHID or the Department of Health and Social Care.

POPULATIONS

Improving outcomes and reducing inequalities for children & young people

Regional Lead: Gemma Mann

Health Behaviour in School-aged Children (HSBC): new report

[This report](#) presents data from the 2022 Health Behaviour in School-aged Children (HBSC) study in England, 2022.

This survey is funded by the Department of Health and Social Care and the Department for Education, and is part of a long established survey by the World Health Organisation for over 30 years and covering 40 countries.

Promoting healthy ageing across the lifecourse

Regional Lead: Ali Iliff

Raising the Barriers: An Action Plan to Tackle Regional Variation in Dementia Diagnosis in England

Supported by Alzheimer's Society, the All-Party Parliamentary Group on Dementia, chaired by Labour MP Debbie Abrahams and Conservative Peer Baroness Angela Browning, has released [Raising the Barriers: An Action Plan to Tackle Regional Variation in Dementia Diagnosis in England](#).

This inquiry focuses on understanding the scale of impact of regional health inequalities on access to a dementia diagnosis and developing solutions to reduce their influence.

LGBTQ+ menopause study

Dr Sue Westwood at the University of York is seeking participants for a study exploring UK-based LGBTQ+ experiences of the menopause in relation to work and GP support. Click [here](#) for more information and the option of completing the survey and please contact [Dr Westwood](#) if you have any questions.

Chief Medical Officer's Annual Report 2023: health in an ageing society

The focus of this report by Chief Medical Officer (CMO) Professor Chris Whitty is on how to maximise the independence, and minimise the time in ill health, between people in England reaching older age and the end of their life. It is aimed at policymakers (government and professional bodies), healthcare professionals, medical scientists and the general public. Read the full report available [here](#).

Improving outcomes and reducing inequalities for inclusion health groups
Regional Lead: Cathie Railton

Guidance and information

NAO Report – Investigation in the Homes for Ukraine scheme

The National Audit Office (NAO) have published their [report investigating the Home for Ukraine scheme](#).

This report aims to increase transparency by taking stock of what has been achieved to date, for what cost, and what can be learned. The NAO set out:

- how the scheme was set up at speed and the scheme objectives
- arrival numbers and the checks conducted on applicants and sponsors
- the funding provided
- challenges and future risks with the scheme

Research

Integration, Effectiveness and Costs of Different Models of Primary Health Care Provision for People who are Homeless: An Evaluation Study

A new study comparing different models of primary health care provision for people experiencing homelessness demonstrates how regular GP services struggle to provide the levels seen at specialist services. Led by experts from Kings College London and the University of Surrey and funded by the National Institute for Health and Care Research, the study compared four models of primary care provision across ten sites, [reporting](#) significantly higher rates of attendance, continuity of care, and user satisfaction and trust levels for specialist homeless services.

You can download the study in full [here](#). Additionally, you can find a summary for primary care and integrated care commissioners [here](#), and one for primary care managers and practice staff [here](#).

New Report: In Fair Health? A Pilot Study of the Health and Wellbeing Status of Travelling Showpeople

This recently published report summarises findings from the first known study in the UK of the mental and physical health needs of Travelling Showpeople. Taking place in two study areas (Greater Manchester and Cambridgeshire) the pilot study also explores the experiences and understanding of the community amongst the health professionals who provide them with care.

The research, which utilised a range of methods including surveys, interviews, focus groups and photo-elicitation, obtained data from over 100 Showpeople in total, and approximately 50 healthcare professionals. It focused on lifestyle and culture, barriers and attitudes towards health-seeking behaviours, prevalence of particular conditions, and challenges and solutions to effective engagement with services.

This initial report also explores issues of workplace stress and the interplay between employment factors and diabetes and maternity care, as well as making recommendations for policy and practice.

To read the report in full, click [here](#).

Friends, Families and Travellers (FFT): New Research

FFT have [released research](#) on prejudice faced by Gypsies and Travellers in the UK.

Events and learning

Changing Lives Netreach: An Exploration of Online Sexual Exploitation, Sex Work and Survival Sex (Tue 5 December 2023 12:00 - 1:30pm)

This [free webinar](#) will explore insights and findings from Changing Lives' Netreach Project as well as other key guest speakers and researchers within the field of adult sexual exploitation and sex work.

Transformation Partners in Health and Care: New free CPD-accredited eLearning module

The above module from [Transformation Partners in Health and Care](#) looks at improving access to services for clients experiencing multiple disadvantage & co-occurring conditions.

Click [here](#) to get access to the training.

Roads to success for GRT youth (Weds 6th Dec 2023 2-3.30pm)

The Traveller Movement is holding this event to bring together a diverse range of stakeholders in education, criminal justice, and youth provision to discuss the opportunities for policy reform, in order to more appropriately support young people who have lived experience of the criminal justice system.

Please sign up and learn more [here](#).

Searching for Answers – Navigating homelessness, Substance Use and Mental Health: New Short Film

The [Pan-London Co-occurring Conditions Programme](#) has worked with experts-by-experience to co-produce a new short film Funded by the Department for Levelling Up, Housing and Communities, the film tells the story of two people's lived experiences and captures their views on what helps when accessing care and support from services. It aims to address prevalent myths and stigma often attributed to people with co-occurring conditions and to promote the impact that person-centred care can have on patients or clients.

You can view the film and access an accompanying workbook for practitioners [here](#).

The Cultural Awareness Hub

The above hub has just been launched in the East of England. It provides bespoke training on a range of subjects to organisations. More details can be found on their website [here](#).

Recipes of Life: Stories of Migration and Brotherhood

[Praxis](#) is a charity based in Tower Hamlets that campaign for and help migrants and refugees in the UK to live with safety, dignity and respect. Recipes of Life is a cookbook created by GIANTS, Praxis' peer-led group for men who have migrated and who are advocating for better mental health support.

For a donation of £18, you can get a copy. Please click [here](#) for more information.

Brighton and Hove Common Ambition Comic

The lived experience participants of the [Common Ambition](#) group have co-produced an amazingly engaging comic book to bring their experiences to life!

Common Ambition are based in Brighton and Hove and have been involved in various projects implementing positive changes in homeless healthcare. If you fancy a light-hearted learning journey into how it really feels to access services when homeless, you can read the full comic for free [here](#).

DETERMINANTS OF HEALTH & RISK FACTORS

Creating and developing healthy and sustainable places and communities
Regional Lead: Karen Horrocks

Webinar Recording: The role of planning in designing healthy places and tackling health inequalities

This is a [webinar recording](#) of the joint event that the Yorkshire and Humber Planning Healthy Places Community of Improvement held with the Royal Town and Planning Institute (RTPI) and colleagues in the North East and the North West. Over 200 people attended the event in November 2023 which included presentations from colleagues in Yorkshire and Humber.

Homes England: New homes factsheets

The [New Homes Fact Sheets](#) have been created to support local government in conversations with local communities but they will probably be useful to those of you wanting to understand housing better. It consists of a series of ten fact sheets with key information and figures on different areas of homes building and regeneration.

Local Government Association - Understanding housing resource

This [new LG Inform report](#) provides a summary of some of the key housing metrics by area compared to other organisations and accompanies the [Understanding Planning](#) and [Understanding Homelessness](#) reports.

Taking the Temperature of Nice Guidance: NG6

[This review](#) from National Energy Action (NEA) and Marie Curie examines existing research, publicly available resources and information shared in response to FOI requests to understand who NG6 has been implemented and includes recommendations for practice at a local level.

20 Minute Neighbourhood Planning Toolkit

This [Planning Toolkit for 20 Minute Neighbourhoods](#) from the Town and Country Planning Association is aimed at neighbourhood planning but will be of interest to anyone involved in planning and health.

Online training from National Energy Action

The following training is aimed at frontline staff and there are funded places for non-commercial organisations, including Local Authorities.

Please sign up and find out more in the below links:

- [Living with the Energy Crisis](#)
- [Understanding Fuel Poverty and Health](#)
- [Tackling the Cold](#)

Local government policy

An article in the Journal of Public Health from [McKevitt et al \(2023\)](#) explored the existence of policy at local authority level relating to advertising and sponsorship of tobacco, alcohol, gambling, and less healthy foods. Of 333 authorities in England, just

a third had relevant policies in place. These were more likely to relate to tobacco (91%), followed by gambling (79%) and alcohol (74%) and to a lesser extent food (24%). Existence of these policies tended to be more likely in deprived and urban areas. The researchers concluded that this strategy could be employed more often to reduce proliferation of advertising of unhealthy commodities.

Breastfeeding, Climate and Health – Everybody’s Business!: Webinar (Thursday 7th December 2023, 11:00 - 12:00, Microsoft Teams)

Book your place [here](#).

The presentation will share the importance of breastfeeding for population health and the health of our planet. Join Sally Goodwin-Mills, Advanced Health Improvement Specialist on Infant Feeding and Maternity, to learn more and explore how these agendas align to make a difference. It will be an interactive session with opportunity for discussion and you can expect to hear more about how:

- Breastfeeding contributes to healthier mothers and babies and improves public health
- Breastfeeding is a free and safe resource uniquely suitable for human babies which helps to minimise environmental impact
- Breastfeeding does not waste scarce resources or create pollution and has a negligible water footprint
- Breast milk is a naturally-renewable resource that requires no packaging, shipping, or disposal thus reducing waste and the overall impact on the environment
- As a renewable natural food resource, breastmilk contributes to local food security.

Book your place [here](#).

***Disclaimer: Breastfeeding can be an emotive issue and our aim here is to inform and share the facts. We do not aim to ‘push’ breastfeeding on people and acknowledge that for anyone managing breastfeeding grief and/or trauma this may raise real and uncomfortable feelings which we would be happy to discuss outside of the session.*

Climate and Health – Priority Ambition

Local Update

ECO Anxiety resources and Public Health CPD event

Please find the recording [here](#).

Over summer, the [Yorkshire and Humber Climate Commission](#) delivered a [workshop](#) on health and wellbeing with expert panel with themes on climate, health, and health inequalities. Following the workshop, a draft paper has been created bringing the themes of the workshop [together](#). We will update you as this work progresses.

National Update

The [Carbon Literacy Project](#) helps organisation deliver Carbon Literacy training, learning about climate change and awareness of carbon dioxide costs and impacts of everyday activities. Training is delivered by a wide range of trainers.

The next dates for Carbon literacy project for Local Authorities is the 12th and 13th December. There is a cost of £140.00.

[Zero Carbon Britain: Carbon Literacy for Local Authorities Online - Centre for Alternative Technology \(cat.org.uk\)](#)

Climate change and public health indicators: scoping review – UK Health Security Agency

[This report](#) reviews the current sets of environmental and public health indicators that can be used to monitor progress in climate change adaptation and mitigation in the UK

Global Update

COP28

COP28 is just round the corner. For the first time in history of [COP](#), is officially on the agenda. The voice of the health community has reverberated around the world to unite and demand climate action:

1. If you are part of the health community, [do add your name and share](#) the Open Letter to COP28 demanding an end to fossil fuels.
2. Health professionals can also [sign onto](#) the WHO Call for Climate Action.
3. [Track how your government is doing](#) to integrate health and clean air into its climate planning via the NDC Scorecard.

Please also find the updated [WHO Climate and health factsheet October 2023](#)

UK Health Alliance on Climate Change: Biodiversity, climate change and health report

This [policy report](#) describes the impacts of biodiversity loss on land and oceans for human health and puts forward recommendations to reduce biodiversity loss, restore nature, and achieve climate goals for the benefit of health.

COP 28

COP is an annual global climate change conference. It is clear the world is not on track to meeting the agreement's goals, but the hope is that governments at COP28 will come up with a roadmap to accelerate climate action and is taking place 30th November until 12th December in United Arab Emirates. Check back for updates and links that will help and focus all the information that relates to climate and health.

For now please see [here a link](#) to a

COP28 debrief: What's next for Public Health (Wednesday 13th December, 1-4pm)

Following on from COP28, this Faculty of Public Health Special Interest Group virtual event will bring together public health colleagues to discuss and debrief COP28 and think through what is next for public health action on climate and health.

The exact agenda and speakers will be confirmed as soon as possible. We hope to arrange several in-person 'hubs' for attendees to gather to watch the webinar and discuss together.

Please [register](#) to attend and express your preference for attending.

Achieving our Smokefree 2030 ambition

Holding us back: tobacco, alcohol and unhealthy food and drink

A coalition of health charities have published a [report](#) outlining the £31bn productivity cost to the economy from alcohol, tobacco and unhealthy foods.

Action on Smoking and Health (ASH), the Obesity Health Alliance (OHA) and the Alcohol Health Alliance (AHA), have joined forces to outline the scale of harm caused collectively by tobacco, alcohol and unhealthy food and drinks, which are major causes of death and chronic disease.

Big businesses are currently profiting from ill-health caused by smoking, drinking alcohol and eating unhealthy foods, while the public pay the price in poor health, higher taxes and an under-performing economy.

The wage penalty, unemployment and economic inactivity caused by tobacco, alcohol and obesity costs the UK economy an eye-watering £31bn and has led to an estimated 459,000 people out of work.

The report makes a number of recommendations including:

- The Government should take a coherent policy approach to tobacco, alcohol and high fat, salt and/or sugar foods, with a focus on primary prevention.
- Health should be prioritised through a cross-government approach to prevention.
- Public health policymaking must be protected from the vested interest of health-harming industry stakeholders.
- Spending on prevention should be treated as investment.

APPG on Smoking and Health Manifesto

The backbench All Party Parliamentary Group on Smoking and Health has launched its [manifesto for a smokefree future](#) calling on the Government to make Big Tobacco pay to deliver a Smokefree future.

The manifesto includes:

- New figures showing that the cost of smoking to public finances in England is £21 billion in 2023, nearly double tobacco tax revenues
- Modelling demonstrating that the APPG's recommendations could save £3.1 bn for the public purse during the course of the next parliament
- Analysis showing that a 'polluter pays' levy on tobacco manufacturers could raise up to £700 million a year; and

- Calls on government to make Big Tobacco pay to deliver a Smokefree future.

Preventing Gambling-Related Harm Regional Lead: Simone Arratoonian

Licensing news

A hearing at the [Sheffield City Council Sub Committee](#) on 6th November resulted in a positive outcome for local residents and a panel of objectors when the application from Royal Amusements to open an Adult Gaming Centre in the city was refused. The applicant described use of the AGC as a 'harmless pastime'. Objectors included representatives from public health, local residents and volunteer group 'Changing Sheffield', faith organisations and local businesses.

A premises licence for the centre on Fargate was rejected on the grounds that the location was a hotspot for high levels of anti-social behaviour and had nearby local services which support people experiencing homelessness, mental health issues and addiction – and therefore likely to expose individuals with vulnerability to further risk of harm. The area is also frequented by children and young people due to the size of the student population and proximity of fast-food establishments. Interestingly, the discussion noted a 'marked improvement [in levels of crime and disorder] in an area where a number of AGCs recently closed down'.

The applicant has 21 days to appeal; however, this represents a step forward in recognising the harm that can be linked to density of land-based gambling venues and the importance of including this type of evidence to inform licensing decisions.

It should be noted that at present public health is not one of the responsible authorities for gambling licensing representations – but evidence can be submitted to be represented by the respective licensing authority.

Campaign news

In our region, the first burst of the Y&H ADPH 'Gambling Understood' campaign concluded – and materials are being developed ready for the next phase in December, which will encourage people to reach out to support if worried or harmed by gambling.

Another [campaign](#) to prevent gambling harm launched in Nottingham last month – Nottingham City Council worked with people who have experienced harm from gambling to develop their campaign and encourage people to reach out to help and support.

Meanwhile there have been a number of partners in the world of gambling harm prevention calling out the misguided #SaferGamblingWeek (@SGWeek) campaign/messaging this November on social media – a campaign organised by the Betting and Gaming Council and backed by gambling industry.

A look at the @SGWeek supporters confirms that their recommendations are about keeping people gambling – not quitting – Sky Vegas advises 'keep your budget in check, ensuring the good times roll without breaking the bank'. Fully supported by the Racing Post, a range of casinos, online operators such as 888sport and LeoVegas - even the football clubs sponsored by gambling companies got involved. In reality, the

campaign gives every gambling operator a legitimate excuse to promote their business and products under the guise of 'safer gambling'.

Greater Manchester provided their own toolkit in response to the week-long initiative, continuing to raise the issue of industry tactics in a vein similar to our Yorkshire and Humber campaign in their '[Odds Are: They Win](#)' campaign.

It is positive to see so many of partners in gambling harm prevention push back with their [objections](#) to the campaign - particularly as the [messages](#) can be so damaging. The Gambling Understood brand also released PR and social media content for X to support positive debate on the issue.

If you feel you can help promote ongoing communications from the Y&H ADPH campaign, please get in touch with simone.arratoonian@dhsc.gov.uk

Local Government guidance

Last month saw the release of the reviewed '[Tackling gambling-related harm: A whole council approach](#)' which presents definitions of gambling harm, gives a picture of the current landscape on the system of gambling harm prevention and reduction and provides some recommendations for working across local authority on this agenda.

Consultations

Following the review of the Gambling Act (2005) there have been numerous consultations shared by the Department of Culture, Media and Sport (DCMS) and the Gambling Commission. A consultation on the NICE guideline for '[Harmful gambling: identification, assessment and management](#)' closed on 15th November. Still ongoing is the DCMS consultation relating to introduction of a [statutory levy on gambling operators](#); the proposals cover detail in how the levy should be charged, what rate and when paid, how the levy funding should be allocated, objectives for use of the levy (research, prevention, and treatment) and how administration of the levy should be overseen. Responses can be submitted individually or collectively. Please get involved if you can.

Gambling Commission news

Released on 16th November, a report on '[Young People and Gambling](#)' looked at gambling behaviour in 3,453 people aged 11-17 across schools in England, Scotland and Wales.

Results showed a slight decrease in gambling with their own money (26% vs 31% in 2022) and modest change to levels of gambling risk (at risk was 1.5% vs 2.4% in 2022). They also reported that 55% had seen gambling adverts offline – a reduction from 66% - and online 53%, a drop from 63% in 2022.

In terms of activities, arcade gaming machines were the most popular across all age groups, with 30% using other's money and 19% spending their own – and this was the most popular with younger groups.

Of some concern, 6% of those aged 11–13 years used someone else's money to play on fruit or slot machines and 3% used their own money; 2% had bet at a bookies with someone else's money and 1% with their own. At age 17, 2% had bet at a bookies

with their own money and 4% using other's money. Older children were more likely to have participated in adult forms of gambling, even if on behalf of an adult. This might suggest that more could be done to reduce normalisation of gambling by exposure to and involvement in adult activity. You can view the interactive dashboard from the [Gambling Commission here](#).

Enforcement

Two examples of enforcement from the Advertising Standards Authority (ASA) appeared in the press recently. Betfred tweeted videos of the boxer Anthony Joshua in March and April this year – the regulator found that these breached rules introduced from October 2022 which state 'ads must not be of strong appeal to children and young persons'. Despite Betfred's claims of Joshua's appeal to a largely adult audience, the ASA found that a million of his Instagram followers were under 18, and a further 82,000 on Snapchat and upheld [the ruling](#) on 1st November.

The ASA also determined in October that [Sky Bet](#) had broken the same rules when featuring footballer Gary Neville in a video displaying the Sky Bet logo throughout, shown in February this year.

[Mecca Bingo](#) Ltd fell foul of the ASA rules by implying that gambling could enhance a person's image or self-esteem. The advert seen in August this year and received complaints featured the celebrity drag queen 'Baga Chipz' in a 'before/after' image, showing the alleged impact of 'playing Mecca Bingo' – 'A good game can transform you! Don't you just love that post-bingo glow.' The company asserted that the advert demonstrated the positive experience and atmosphere of the venues on offer. Hashtags related to 'winning' and 'feeling good'. The complaints were upheld as they were viewed as in breach of the code.

Gambling treatment dashboard

In case you missed any direct communication, we regret to report that the treatment data dashboard based on Gambleaware treatment data and developed by LKIS on behalf of the Y&H Gambling Harms Community of Improvement will now no longer be available. The facility was made available to gambling harms leads in local authority to be used alongside other evidence and data to inform practice. The dashboard has been reviewed in line with requirements and some feedback received but unfortunately can no longer be supported by the team. It is anticipated that changes to treatment commissioning arrangements should yield more robust and good quality data on uptake and outcomes in future.

Taking a whole systems approach to healthy weight
Regional Lead: Nicola Corrigan

National Child Measurement Programme 2022/23 enhanced dataset now available

The NCMP 2022/23 enhanced dataset is now available to download. This dataset contains the record-level data submitted by your local authority along with additional fields such as geographic fields (based on school postcode and child postcode, e.g.

Pupil's Index of Multiple Deprivation Decile) and derived fields such as BMI centile and BMI classification.

The enhanced dataset can only be downloaded by users holding the role of "NCMP Lead". Information on how to download the enhanced dataset is available from page 10 of the [Data Submission guidance](#) and details of the fields provided in the enhanced dataset are shown on page 14 in Appendix B.

The tool displays prevalence of obesity, severe obesity, overweight, healthy weight and underweight at local, regional and national level over time; for children in Reception (aged 4 to 5 years) and Year 6 (aged 10 to 11 years). Disparities in child obesity prevalence by sex, deprivation quintile, and ethnic group for local authorities are also displayed in the tool.

If you have any general queries or need assistance with anything, please contact enquiries@nhsdigital.nhs.uk or 0300 303 5678.

Update to the Obesity Profile on Fingertips

Our update of the [Obesity Profile on Fingertips](#) went live on Tuesday 7th November. A [statistical commentary html](#) page has been published to support the update, this includes new charts showing projections of obesity prevalence for reception and year 6 based on pre-COVID-19 data from 2006/07 to 2019/20. These charts provide a comparison between the latest estimates of obesity prevalence, for 2022/23, with the pre-pandemic trend projected forward.

Indicators in the profile have been updated with the new 2022/23 National Child Measurement Programme (NCMP) data for local authorities, ICBs, regions and England, and small area data for electoral wards and middle super output areas. Users of the Profile can now examine 17 years of trend data for child BMI/weight status from 2006/07 through to 2022/23.

Inequalities data is available down to local authority level showing obesity prevalence for children in reception (age 4-5 years) and year 6 (age 10-11 years) by sex, ethnic group, and deprivation quintile.

The 'Patterns and Trends in Child Obesity' England data slide set has been published within this update, I have attached the file here for your convenience, an [updated slide set is also available for each region](#).

[Here is the link](#) to the gov.uk landing page for the update. Please share this info with any relevant colleagues.

FixOurFood Commission

The FixOurFood Commission will provide a cohesive voice for Yorkshire food system transformation supporting healthy people, thriving businesses and a flourishing planet. It will work alongside stakeholders to action change in food policy, remodel supply chains and public food procurement, improve dietary health, particularly in young people, and support innovation in regenerative practices.

We are currently looking for action-oriented commissioners who share our passion to transform the Yorkshire food system and have the skills, experience, networks and perspective that will contribute to that essential change process.

We are accepting applications throughout November and want to ensure that the Commission encompasses a broad range of experience and perspectives. So please either consider applying yourself or share this information with those you think would make great Commissioners.

To find out more visit our website fixourfood.org/commission

Reducing inequalities through action on drugs and alcohol

Regional Lead: Andy Maddison

UK clinical guidelines for alcohol treatment

The Department of Health and Social Care has launched a consultation seeking views on the first ever UK clinical guidelines for alcohol treatment. The main aim of the guidelines is to develop a clearer consensus on good practice and how to implement interventions recommended by NICE and equivalent national guidelines across the 4 UK nations. The consultation launched on Oct 16th and is open for 8 weeks.

The closing date is Friday 8th December 2023 at 11:59pm.

You can find the consultation [here](#).

We have created the below slide deck to inform and guide stakeholders that may wish to contribute to the consultation.



Consultation on UK
Clinical guidelines on

Nitrous oxide ban

From 8 November 2023 Nitrous Oxide is controlled as a Class C drug under the Misuse of Drugs Act 1971 and placed in Schedule 5 to the Misuse of Drugs Regulations 2001.

From 8 November 2023 possession of nitrous oxide will be illegal *“if it is, or is likely to be, wrongfully inhaled, by classifying it as a Class C drug under the Misuse of Drugs Act 1971”*.

It will be a criminal offence to be found in possession of the drug where its intended use is to be wrongfully inhaled, ‘to get high’. Where a person is found in possession of nitrous oxide and intends to wrongfully inhale the substance and/or in the cases of importation, exportation, production and supply, knows or is reckless as to whether it is likely that another person will wrongfully inhale it, they will be committing an offence.

Please find below some updated information and guidance on this item:

- The newly updated [news item](#) on FRANK

- An FAQ [FAQ fact sheet and guidance](#) from the Home Office published on gov.uk and link to the story on [gov.uk story](#)
- Information across social media on X: [here](#), [here](#) and [here](#) and
- a link to the [police circular](#).

Promoting physical activity
Regional Lead: Nicola Corrigan

No updates this month.

Tackling racism, discrimination and their outcomes
Regional Lead: Abi Brown

Generation Rent: White people are 36% more likely to receive a positive response when applying to rent on SpareRoom than black people

New research by generation rent has revealed that white people are more likely to receive a positive response when applying to rent on SpareRoom than Black people. Read more about the findings in the report [here](#).

Racism as a Public Health Crisis: BMC Journal Collection Series – new articles

BMC Public Health have a collection on recognising racism as a public health crisis. Two new papers have been added. One from a mixed methods case study (found [here](#)) and how ethnicity is reported and analysed in health research in the UK (found [here](#)).

New inquiry: Racism and the environmental emergency

APPG The Green New Deal and APPG on Race and Community explored the links between systemic racism and the environmental emergency. You can find more information [here](#).

National Child Mortality Database (NCMD) Child Death Review Data: NHS Race & Health Observatory statement

Following the latest [child death data release](#) from the NCMD, data highlighted racial health inequalities, such as Black babies being almost three times more likely to die than White babies.

CEO of the NHS Race and Health Observatory Dr Habib Naqvi responded to the latest NCMD figures in a statement. You can read this [here](#).

Racism, discrimination and health: a human rights-based approach conference: Session Recordings

On Monday 6th November the European Public Health Alliance and the United Nations Human Rights Office of the High Commissioner hosted the above event with an aim to raise awareness on the impact of racism and discrimination on health outcomes.

The event brought together key stakeholders across sectors and policymakers across EU institutions to provide an overview of the concrete impacts of racism and discrimination on mental and physical health.

Sessions were recorded and are now available to view on the EPHA Youtube Channel [here](#). (You can also find out more about the programme and the speakers [here](#).)

Creating fair employment and good work for all

Regional Lead: Nicola Corrigan

Opportunity to become a Work Well Pilot Site

WorkWell is a new, health and disability support service, backed by £64 million in funding available across up to 15 local areas, to support the fourth pillar of integrated care systems. WorkWell is one key part of government's wider series of measures to better join up employment and health support. Pilot areas may have the opportunity to take part in testing future government work and health initiatives should they wish to be involved. The Government are particularly interested in how they can integrate WorkWell pilot services with wider testing on reform of the fit note process in a small number of trailblazer sites.

Information for places and systems is available [here](#) and [here](#).

Back to Work Plan

The Chancellor Jeremy Hunt and the Secretary of State for Work and Pensions Mel Stride have unveiled their Back to Work Plan – a package of employment focused support that will help people stay healthy, get off benefits and move into work – as part of the Autumn Statement. Building on the £7 billion employment package from the Spring Budget, the Chancellor is using his Autumn Statement to outline a new Back to Work Plan, which will expand the employment support and treatment available and reform the ways that people with disabilities or health conditions interact with the state.

The government is boosting four key programmes – NHS Talking Therapies, Individual Placement and Support, Restart and Universal Support – to benefit up to 1.1 million people over the next five years and help those with mental or physical health conditions stay in or find work.

More information is available here: [here](#).

Ensuring a healthy standard of living for all

Regional Lead: Toni Williams & Karen Horrocks

Office of National Statistics Cost of Living Insights

The [Office of National Statistics](#) regularly publishes insights on the cost of living. Key findings from the November publication include:

- Private rental prices continue to grow at record high rates in all UK countries in the year to September 2023.
- Around a third of adults in Great Britain have not heard of important government schemes that could help with their energy bills this winter. Of those surveyed, 36% had not heard of any of the government schemes they were asked about, such as the Energy Price Guarantee or the Warm Home Discount.

University of York Cost of Living Research Group: Cost of Living Responses in the UK

Researchers at the University of York have led a series of studies into how rising living costs are affecting households across the country. The [report](#) looks at how local authorities have responded to the rising cost of living, gathering insight from councillors.

Cost-of-living payment and toolkit

The Department for Work and Pensions has produced a [toolkit containing resources to help councils share information about the Cost of Living Payment](#) and other help for households. The toolkit includes a poster and easy read guide.

People in need of additional support over winter are encouraged to check their eligibility through the [Help for Households website](#) for the various cost-of-living schemes that are in place and a video with British Sign Language.

Income estimates for small areas

The ONS has published [small area income estimates](#).

Mean household disposable (net) income, equivalised to account for household size, before housing costs in local areas of England and Wales differed by around £50,000. Of the 50 local areas with the highest incomes before housing costs, 47 were in London, including areas within the local authorities of Westminster, Kensington and Chelsea, Wandsworth and Camden. Of the 50 local areas with the lowest incomes, over half were in Yorkshire and the Humber with a further quarter in the East Midlands.

London had the highest proportion of local areas among the richest 10% of areas across England and Wales based on equivalised income before housing costs, with 34% of areas in London in this group; for income after housing costs, 26% of London local areas were in the top 10%. In Yorkshire and the Humber and the North East, respectively, 30% and 27% of all local areas were among the lowest 10% of areas before housing costs; higher proportions than any other part of England and Wales.

PRIORITY CONDITIONS AND EQUITABLE SERVICES

Promoting public mental health and wellbeing

Regional Lead: Ali Iliff

Getting it Right First Time (GIRFT) clinical webinar: Best practice in supporting people with suicidal and self-harm ideation

Dr Ian Davidson, GIRFT national clinical lead for adult crisis & acute care mental health, invites you to join a GIRFT webinar on Tuesday 12th December between 12.30 – 13.30 hrs to discuss how services can address various factors to help improve outcomes when supporting people with suicidal and self-harm ideation.

[Register here](#)

Amparo briefing sessions

Professionals are invited to book a place on a free briefing session to learn more about the work of Amparo in the local areas.

The 40-minute sessions, delivered via Teams by one of Amparo's Team Leaders, have already drawn attendance from all across the country and have been popular with staff working in organisations ranging from the police, the NHS, social care and the voluntary and community sectors.

The sessions cover the role of Amparo and how people can refer someone for support. There are a maximum of 15 places on each session. Dates and booking link can be accessed [here](#).

New trauma informed care e-learning programme now available

NHS England's e-learning for healthcare and Mental Health team have worked together to develop a new e-learning programme about trauma informed care. The COVID-19 pandemic has highlighted a growing need for health and care professionals to understand the dynamics and impact of trauma on the lives of individuals, families and communities.

Whilst embedding trauma informed care requires a systematic multi-faceted approach, the aim of this programme is to support the learner in deepening their understanding on the importance of becoming more trauma sensitive in the way care is delivered, both as an individual and within a team or service.

The programme, which is aimed at frontline health and care professionals, emergency services colleagues, violence reduction units and education staff, consists of 5 modules:

- Human Development and Responses to Threat
- What Do We Mean by Trauma?
- Basic Awareness, Concepts and Challenges
- Public Health and Prevention, Personal Capacity
- Making Trauma Informed Approaches Part of Healthcare

On completion of the programme learners will have a greater understanding of trauma and its impact on the lives of everyone who encounters services, including those who work within it. It will help learners to recognise and sensitively respond to people who have experienced trauma.

For more information and to access the resource, please visit the [Trauma Informed Care programme page](#).

Improving sexual and reproductive health

Regional Lead: Georgina Wilkinson

Y&H Sexually Transmitted Infections (STIs) workshop: Monitoring STIs at a local level (Weds 13th December, 1pm – 3pm)

Timely outbreak detection requires regular data reviews to systematically assess surveillance data. Good practice should include review of data by commissioners, providers, local authority public health intelligence teams and UKHSA. The frequency of these data reviews should be agreed upon and take place across organisations. UKHSA surveillance systems are not primarily designed for outbreak identification and consequently recognising STI outbreaks relies particularly on the alertness of local systems.

The aims of the session are:

- To promote the forthcoming UKHSA operational guidance: *Investigating and managing outbreaks of sexually transmitted infections*
- To introduce the *Sexual Health Dashboard: STI Monitoring tool* and explain how to use it, the methodology, limitations and how to interpret the results

Please book via [this link](#).

Bloodborne viruses: opt-out testing in emergency departments: 12-month interim report

This [report](#) presents an interim 12-month public health and implementation evaluation of the opt-out bloodborne virus (BBV) testing in EDs programme. The programme, starting in April 2022 and funded by NHS England, was rolled out across 33 EDs in areas of very high HIV prevalence in England. The report is intended to support commissioners and health care providers to understand the impact, effectiveness, and implementation of the programme over its first 12 months, and to give interim recommendations to support improvements in delivery of testing, linkage to care, and data for evaluation and surveillance for the programme. It is part of ongoing efforts towards the [HIV Action Plan](#) and goal to reach zero new transmissions of HIV by 2030 and the elimination of hepatitis B and C as a major public health threat in the UK.

JCVI publishes advice on gonorrhoea and mpox vaccinations

The JCVI has issued its advice to government for a [routine targeted vaccination programme for the prevention of gonorrhoea](#), alongside advising on a [routine vaccination programme against mpox](#) for those at highest risk. Further details in this [press release](#).

Report: Disseminated gonococcal infection (DGI) in England, 2019 to 2023

To inform future diagnosis, management and prevention of DGI in England, the UK Health Security Agency (UKHSA) established a surveillance system to monitor the number of diagnoses and capture the demographic and clinical characteristics of cases. Data is collected from passive laboratory reporting and voluntary reporting using an enhanced surveillance form. Summary findings from the [report](#):

- 25 confirmed and 7 probable cases of DGI reported between January 2019 and June 2023
- With over 80,000 gonorrhoea diagnoses reported nationally in 2022, the data in this report is likely to be an underestimate of the number of cases of DGI in England
- As a new passive surveillance system, the low number of cases reported suggests a lack of awareness and engagement by healthcare providers and laboratories rather than true representation of the number of DGI cases in England.

Improving health and reducing inequalities through health and care services

Regional Lead: Toni Williams

Acting on the social determinants of health to reduce health inequalities: innovative approaches by provider trusts

[UCL Partners](#) have recently published their report, “*Acting on the social determinants of health to reduce health inequalities: innovative approaches by provider trusts*”. It outlines how four trusts are taking action to improve employment, increase income, improve education, and reduce air pollution. These ‘social determinants of health’ – the conditions in which we are born, grow, live, work and age – can be more important than health care or lifestyle choices in influencing health.

Tackling health inequalities on NHS waiting lists: learning from local case studies: The King’s Fund – new report

In 2020, after the first wave of the Covid-19 pandemic, NHS England asked NHS trusts and systems to take an inclusive approach to tackling waiting lists by disaggregating waiting times by ethnicity and deprivation to identify inequalities and to take action in response.

Findings from the King’s Fund summarise qualitative case studies about the implementation of this policy in three NHS trusts and their main integrated care boards (ICBs), and interviews from a range of other people about using artificial intelligence (AI) to help prioritise care.

Find out more and read the report [here](#).

WORKFORCE DEVELOPMENT TO TACKLE HEALTH INEQUALITIES

Regional Lead: Chris Sharp

Public Health Taster Day, Y&H: (Monday 5th February 2024)

This Public Health Taster session has been designed to provide an overview Public health, some of the key public health challenges within local, national and global health and an opportunity to meet and learn from some of our experienced and dedicated public health professionals.

During the session delegates will hear first-hand from staff based in our different functional teams about;

- How we work as part of a Public Health System to protect and improve health
- Who we work with (our partners and stakeholders)
- What we 'do'

[Please click here](#) for further information and to book your place.

Registration for the 2024 Core Public Health Workforce Development Training Programme: Now Open

The Core PH Workforce Development Programme is a training programme available for Public Health workers in Yorkshire and the Humber. The training is fully funded and offered at no cost to attendees.

Some training has been designed to contribute to the attainment of core standards required to demonstrate safe and competent practice as a PH practitioner and some will address leadership, resilience and interpersonal skills development and will allow opportunity for personal reflection. The Programme identifies and fill 'gaps' in knowledge and competencies for Public Health workers to help them develop in their careers both personally and professionally. For further details [click here](#)

Faculty of Public Health: New Look Website

The Faculty of Public Health has launched a [new-look website](#) as part of their ongoing work to progress and streamline communications with members and partners working across the UK and around the world.

NIHR launches phase two of its NHS 75: Shape the Future campaign

The NIHR is calling on healthcare professionals in the NHS and beyond to shape the future of healthcare and be part of the next generation of researchers.

This part of Phase Two of its NHS 75: Shape the Future campaign, running until the end of November.

The campaign aims to help healthcare professionals, undergraduates and medical school students explore research careers, to assist them in developing careers in research through mentoring and learning new skills.

Healthcare professionals can develop their research knowledge without needing to leave current roles. The campaign is supporting the NHS research workforce as this year is the 75th anniversary of the NHS.

Learn more [here](#).

ANY OTHER RELEVANT PUBLICATIONS

Destitution in the UK 2023: Joseph Rowntree Foundation

This is the fourth study in the Destitution in the UK Series, highlighting the increase in the levels of destitution in the UK with recommendations outlined.

Please read more and find the reports [here](#).

RCPsych urges Government to act as children under five face lifelong mental health conditions: Press release

At the end of October the Royal College of Psychiatrists published a landmark report on infant and early childhood mental health, following up with a press release.

You can find the [report here](#) and read the corresponding news piece [here](#).

Nine Major Challenges facing health and care in England: Health Foundation

This long read from the Health Foundation outlines nine trends in health and care as part of the 'Nesta's UK 2040 Options' project.

Find out more about Nesta and the UK 2040 Options and the trends outlined [here](#).