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Dear Colleagues,

PHE Health and Wellbeing monthly update

IssueNo 41: April 2019

Welcome to the Yorkshire and Humber Health and Wellbeing monthly update. Thank you for subscribing to the monthly update. This monthly update is our way of sharing any good and emerging practice, new developments, updates and guidance. The update is circulated at the beginning of each month with previous month’s updates. If you have anything that needs to be shared urgently, we will circulate as soon as possible.

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| Ensuring Every Child has the Best Start in Life (H&WB Team Lead: Gemma Mann) |
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| **Child health profiles 2019 published**  PHE has published the [Child Health Profiles](https://fingertips.phe.org.uk/profile/child-health-profiles) which present data across key health indicators of child health and wellbeing. The profiles provide an annual snapshot of child health and wellbeing for each local authority in England and sit alongside an interactive version which is available for both local authorities and CCGs. They are designed to help local organisations understand the health needs of their community and work in partnership to improve health in their local area.  **Oral health – tooth extractions data**  PHE has published the [latest data](https://www.gov.uk/government/collections/oral-health#surveys-and-intelligence:-children) on oral health, with data showing that [almost 9 out of 10 child hospital tooth extractions are due to preventable decay](https://www.gov.uk/government/news/almost-9-out-of-10-child-hospital-tooth-extractions-due-to-decay). The data breaks down information to regional and local authority level, highlighting how many extractions have been completed and whether it is for caries or non-caries. Although the oral health of children is improving, significant inequalities remain and tooth extraction is still the most common hospital procedure in 6 to 10 year olds.  **Data on child obesity and excess weight at small area level – March 2019 update**  PHE has released updated official statistics on [child obesity and excess weight at small area level](https://www.gov.uk/government/statistics/child-obesity-and-excess-weight-small-area-level-data). The series of spreadsheets provides trend data on the prevalence of excess weight (overweight including obesity) from 2010/11 to 2017/18 and obesity from 2008/09 to 2017/18. As a result of user feedback, a single text file containing the data for all published geographical areas and all years together is included, alongwith a metadata document. This file is specifically for those wishing to undertake further analysis of the data. Three years combined data from the National Child Measurement Programme (NCMP) is presented for 2011 Middle Super Output Areas (MSOA),2018 Electoral Wards, 2018 Clinical Commissioning Groups (CCG), 2013 local authorities and England for comparison. The data can help monitor excess weight in children, to assist the planning and delivery of services and the targeting of resources to tackle child obesity. The release includes a short guidance document to help interpret the statistics. This data will also be uploaded to [Local Health](http://www.localhealth.org.uk/) later in the year.  **National Child Measurement Programme: a conversation framework for talking to parents**  PHE, in collaboration with an expert advisory group, has published its National Child Measurement Programme framework guide to support School Nurses, their teams and other professionals delivering the NCMP to positively engage in sometimes difficult conversations with parents on the weight of children. In helping professionals to have sensitive conversations, children and parents can be guided into leading healthier lifestyles through positive action. There are two documents titled below, both are [available here:](https://www.gov.uk/government/publications/national-child-measurement-programme-conversation-framework)   * NCMP: a conversation framework for talking to parents. For school nurses, their teams and other professionals delivering the NCMP * NCMP: a conversation framework for talking to parents. Annexe 1: common queries and challenges   Please share with school nurses, their teams and any other professionals delivering the NCMP.  **New planning tool for population health to reduce stillbirth and infant death published**  PHE has published [a planning tool to understand population factors in pregnancy and early life and explore inequalities](https://www.gov.uk/government/publications/pregnancy-and-early-life-reducing-stillbirth-and-infant-death). The tool allows those working in local government, CCGs and across local maternity systems to model improvements to benchmarks and shows how factors might influence stillbirth and infant death locally.  **PHE Children, Young People and Families, Monthly Update - March 2019** |
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| Living Well |
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| **Effectiveness of community-based interventions to enable people with long-term conditions and/or frailty to participate in activities of daily living**  PHE’s Risk Factors Intelligence team has produced the following resource: *Effectiveness of community-based interventions to enable people with long-term conditions and/or frailty to participate in activities of daily living. An evidence synthesis report****.*** This rapid review examined research published between January 2013 and July 2018. Nine eligible studies were identified, the majority of which were related to exercise interventions. Seven covered long-term conditions and two focused on older people with frailty. Two spreadsheets accompany the report. The first spreadsheet is a data extraction table and provides full details of the included studies, including outcome measures and instruments used to measure impact. The second displays the quality appraisal results. This report is one in a series of evidence syntheses intended to support public health professionals, local authorities and clinical commissioning groups in local health needs assessment and commissioning of public health services. It can be downloaded from the [PHE Knowledge and Library Services website](https://phelibrary.koha-ptfs.co.uk/syntheses/).  **The wider public health workforce: a review**  The changing nature of population health challenges facing the UK in the 21st century require a whole society, cross-sector approach to prevention. It is time to build a wider social movement for better health. Moreover, there is an increasing demand for holistic, personalised, and community-based care. PHEs review has found that the wider public health workforce comprises individuals and organisations across a range of sectors. In many instances, members of this workforce are engaged in joint projects that span boundaries between different sectors and organisations addressing shared priorities with ‘upstream’ preventative action. PHE has identified members of the wider public health workforce working in 3 broad capacities: leading and advocating for health, influencing the wider determinants of health, and having direct contact with individuals and communities which provides an opportunity to positively impact health. This report outlines the key policy areas driving this agenda, a number of tools that have been developed to support the activities of the wider public health workforce, and a broad overview of progress within specific sectors of this workforce. Read it [here](https://www.gov.uk/government/publications/wider-public-health-workforce-review-2018-to-2019).   |  | | --- | | http://phengland.newsweaver.com/nwstatic/spacer.gif |   **Population Wellbeing Portal**  PHE has worked with Health Education England to launch the new [Population Wellbeing Portal](http://phengland.newsweaver.com/PublicHealthEnglandNewsletter/1fzg6zyf3tj2ny9damirs1?email=true&a=5&p=2372406&t=171936) and [associated website](http://phengland.newsweaver.com/PublicHealthEnglandNewsletter/9ybe0jj3tft2ny9damirs1?email=true&a=5&p=2372406&t=171936). The portal offers free access to education, training and professional development resources, to help deliver improvements in public health and prevention. This includes resources from Health Education England (HEE), PHE, the Academy for Public Health for London and the South East, the Faculty of Public Health and many others.  It also links in with 'All Our Health', PHE’s framework of evidence to guide healthcare professionals in preventing illness, protecting health and promoting wellbeing.  Tackling Obesity (H&WB Team Lead: Nicola Corrigan)  **Adult Obesity Slide Set – March 2019 update**  PHE Obesity Intelligence has produced PowerPoint slides containing the latest Health Survey for England data, presenting key data and information on the patterns and trends in adult obesity in clear, easy to understand charts and graphics. They should be useful to practitioners and policy makers working to tackle obesity at local, regional and national level. The slides and accompanying notes can be downloaded at [Adult obesity patterns and trends: presentation](https://www.gov.uk/guidance/phe-data-and-analysis-tools#obesity-diet-and-physical-activity)  or [Adult obesity patterns and trends March 2019](https://app.box.com/s/og3q86aqejc99okxe9xyvpfvo21xai21/file/256370456621).The resource can be used freely with acknowledgement to Public Health England. The slides and accompanying notes can alternatively be downloaded from the [PHE Obesity Intelligence Knowledge Hub public library](https://khub.net/web/phe-obesity-intelligence/public-library).  Everybody Active Every Day **(**H&WB Team Lead: Nicola Corrigan)  **Understanding children's attitudes to sport and physical activity**  Enjoyment is the single biggest factor in motivating children to be active, new analysis from our Active Lives Children and Young People Survey has revealed.More than 130,000 children and young people were surveyed in the academic year 2017/18, with participation figures published in December. The [report](https://www.sportengland.org/media/13851/active-lives-children-survey-2017-18-attitudes-report.pdf) measures children's physical literacy. This is a combination of a person's enjoyment, confidence, competence (how easy they find it), understanding (that it is beneficial) and knowledge (knowing how to get involved and improve).    Are you interested in all things related to physical activity and movement?  Are you interested in bridging the gap between research and practice and practice and research? Then the Yorkshire and Humber Physical Activity Knowledge Exchange is waiting for you to come and join us.  Sign up to our online community and get sharing your ideas, great examples and making connections in the [YoHPAKE Hub](https://khub.net/group/yorkshire-humber-physical-activity-knowledge-exchange)  **Sign up for our Community Engagement Webinar** Sport England will be broadcasting their second Local Delivery Pilots Community of Learning Webinar on Tuesday, 9 April between 12-1pm. [Register here.](https://www.workcast.com/register?cpak=6234623333103447)   This time they will be focusing on Community Engagement and attendees will hear from colleagues from two Pilots (Birmingham and Solihull and Withernsea) who will tell their stories about how they have reached out to people in their local communities. We'll hear from Beccy Marston, Dee Manning and Karen Creavin of The Active Wellbeing Society and Angela Williams of East Riding of Yorkshire Council. They'll talk about how they're working collaboratively with local people, the approaches they're taking, the challenges they have faced and overcome and how their learning is influencing their future plans. The presentations will be followed by a question and answer session, providing the opportunity for webinar attendees to find out more about what the Pilots have learned.  Healthy Places (H&WB Team Lead: Peter Varey)  **Public Health England publishes air pollution evidence review**  PHE has [published a review of evidence](https://www.gov.uk/government/news/public-health-england-publishes-air-pollution-evidence-review) on how to improve air quality in the United Kingdom. Air pollution featured in a recent edition of [Health Matters](https://www.gov.uk/government/publications/health-matters-air-pollution/health-matters-air-pollution) and is the biggest environmental threat to health in the UK, with between 28,000 and 36,000 deaths a year attributed to long-term exposure. This report was commissioned by the Department of Health and Social Care to provide local authority practitioners and policy makers with the latest evidence on interventions which will best prevent and reduce harm from air pollution, found by five rapid assessments of evidence related to vehicles and fuels, spatial planning, industry, agriculture, and behavioural change. Its findings will inform local authorities’ air quality action plans, including the [mandated local plans to address nitrogen dioxide](https://www.gov.uk/government/publications/air-quality-plan-for-nitrogen-dioxide-no2-in-uk-2017). Key interventions include promoting a step change in the uptake of low emission vehicles, investing in public transport as well as foot and cycle paths, and discouraging the most polluting vehicles from entering populated areas. The review has informed development of the Government’s [Clean Air Strategy](https://www.gov.uk/government/publications/clean-air-strategy-2019/clean-air-strategy-2019-executive-summary) and will inform the forthcoming [National Emissions Control Plan](https://consult.defra.gov.uk/environmental-quality/napcp-consultation/) and [Environment Bill](https://www.gov.uk/government/publications/draft-environment-principles-and-governance-bill-2018/environment-bill-policy-paper).  Mental Health (H&WB Team Lead: Alison Iliff)  **Alcohol and tobacco CQUIN**  PHE has published guidance to support service providers in implementing the Screening and brief advice for tobacco and alcohol use in inpatient settings CQUIN 2019/2020. This includes mental health. This document supersedes the guidance provided for the Preventing ill health by risky behaviours from alcohol and tobacco CQUIN indicator which was in operation from 2017 to 2019. Guidance can be found [here.](https://www.gov.uk/government/publications/preventing-ill-health-commissioning-for-quality-and-innovation)  **New signatories to the Prevention Concordat for Better Mental Health**  Two more local authorities in Yorkshire and the Humber, Doncaster and Kirklees, have signed up to the [Prevention Concordat for Better Mental Health.](https://www.gov.uk/government/publications/prevention-concordat-for-better-mental-health-consensus-statement/prevention-concordat-for-better-mental-health)  **PABBS evidence-based suicide bereavement training**  Due to high demand for the PABBS suicide bereavement training, we have now released an additional date - June 6th 2019. This is essential training for those who come into contact with, or responsible for the care of those bereaved or affected by suicide.    The PABBS suicide bereavement training is also relevant to those who are responsible for implementing key objectives in the following:     * The NHS Long Term Plan (DH, 2019); * Self-harm and Suicide Prevention Competence Framework (NHS Health Education England, 2018) * NICE suicide prevention guidelines in the community and custodial settings (NICE 2018) * National and local suicide prevention strategies   For more information about PABBS training, access to testimonials and to register, please click on [this link](https://suicidebereavementuk.com/pabbs-training). Alternatively, contact [Paul Higham](mailto:paul.higham@suicidebereavementuk.com) (07850 710555).    Drugs Recovery (H&WB Team Lead: Corinne Harvey)  **Core Data Set -P Consultation**  We are pleased to announce that the consultation for the National Drug and Alcohol Treatment Monitoring System (NDTMS) Core Data Set P (CDS-P) is now open. This is a public consultation so anyone can contribute but we are particularly seeking input from drug and alcohol treatment providers, commissioners, service users and users of statistics relating to drug and alcohol treatment. **The consultation will be open for 1 month and closes at 23:45 on 15th April 2019.** Please ensure you read the consultation document fully ([located here](https://www.gov.uk/government/consultations/ndtms-datasets-proposed-changes)) before responding to the survey ([located here](https://surveys.phe.org.uk/TakeSurvey.aspx?PageNumber=1&SurveyID=76KJ7n31H&Preview=true)). If you are not able to complete the electronic survey you can complete the proforma found in Appendix B and return it to [ndtms.changes@phe.gov.uk](mailto:ndtms.changes@phe.gov.uk). CDS-P is due to go live in April 2020. Please pass on to colleagues who also may be interested in completing this consultation.  **Spice Warning Leaflet**  Please find attached leaflet giving information on recent tests on ‘Spice’ in Greater Manchester.    **Recovery Games 2019**  The 6th annual Recovery Games will take place on Friday 16th August 2019. Hosted by Aspire, a partnership between RDaSH and ADS, the games are now an established fixture in the UK Recovery Calendar. Taking place at a local water park near Doncaster attendance has grown year on year with over 750 people joining us in 2018. Please see attached documents for more information.    Reducing Smoking (H&WB Team Lead: Scott Crosby)  **Health Matters: Identifying and offering brief advice to tobacco and alcohol users**  Smoking and harmful use of alcohol are amongst the most significant risk factors in the global burden of disease in England. [The latest edition of Health Matters,](https://www.gov.uk/government/publications/health-matters-preventing-ill-health-from-alcohol-and-tobacco/health-matters-preventing-ill-health-from-alcohol-and-tobacco-use) PHE’s professional resource, focuses on preventing ill health caused by tobacco and alcohol use. It makes the case for why NHS providers should implement the updated screening and brief advice for tobacco and alcohol use in inpatient settings [CQUIN](https://www.england.nhs.uk/publication/ccg-cquin-2019-20-indicators-specifications/). [This blog](https://publichealthmatters.blog.gov.uk/2019/03/21/health-matters-identifying-and-offering-brief-advice-to-tobacco-and-alcohol-users/) provides a summary of the full edition’s content.  NHS Health Checks and CVD (H&WB Team Lead: Karen Pearson)  **CVD Ambitions**  In February 2019 PHE launched the CVD ambitions to improve detection and management of CVD. These ambitions support the prevention of 150,000 heart attacks, strokes and vascular dementia over the next 10 years as outlined in the NHS Long term plan. You can find the PHE ambitions and supporting material in [February’s health matters](https://www.gov.uk/government/publications/health-matters-preventing-cardiovascular-disease).  **PHE CVD prevention and detection programme**  At the end of March the national PHE CVD prevention and detection programme comes to an end. There will be an evaluation and legacy report published to showcase the outcomes achieved and how local areas can continue the work. Within Yorkshire and Humber the project is continuing until September 2019.  **West Yorkshire & Harrogate’s Healthy Hearts Programme**  The [West Yorkshire and Harrogate’s Healthy Hearts](https://www.westyorkshireandharrogatehealthyhearts.co.uk/) programme officially goes live on the 1st of April. The three year [West Yorkshire and Harrogate Healthcare Partnership](https://www.wyhpartnership.co.uk/) programme seeks to help reduce the impact of heart disease and prevent the number of heart-related illnesses, including heart attacks, stoke and diabetes, every year across the region. The programme, which is being delivered by the YHAHSN, aims to reduce the number of people affected by heart disease across West Yorkshire and Harrogate by 10% by 2021, meaning 1,100 fewer CVD incidents by 2021.  Dr Youssef Beaini, CVD Lead Bradford CCGs, is the clinical lead for the programme. Dr Beaini said:  “By adopting a common evidence-based approach WY&H Healthy Hearts, along with all its [partners](https://www.westyorkshireandharrogatehealthyhearts.co.uk/partners), will benefit from economies of scale and shared learning, leading to better healthcare outcomes for local people. To support this we’ve created a [website](https://www.westyorkshireandharrogatehealthyhearts.co.uk/) that will be continuously developed into a storehouse of trusted information on CVD and its related conditions, for both the public and local health care [professionals](https://www.westyorkshireandharrogatehealthyhearts.co.uk/professionals) across the region.  **Cardiovascular Disease Prevention: Saving Hearts and Minds Together**  Some of the articles from the PCCJ special edition ‘Cardiovascular disease prevention: Saving Hearts and Minds Together’ hard copy publication are now available online [here](https://www.bjpcn.com/browse/example-special-edition/item/2264-cardiovascular-disease-prevention-saving-hearts-and-minds-together.html) and [here](https://www.pccj.eu/browse/example-special-edition/item/5099-cardiovascular-disease-prevention-saving-hearts-and-minds-together.html). An additional two articles will be added each week until all the journal articles are published as part of a CVD prevention series. If you are registered with the [British Journal of Primary Care Nursing and Primary Care Cardiovascular Journal](https://www.pccj.eu/) you will receive alerts directly from the publisher. We will put these on the Yorkshire & Humber Cardiovascular Disease Community of Improvers Network when they become available.  **Health Matters: What you need to know about statins- Blog**  On 18th March PHE published the [fourth blog](https://publichealthmatters.blog.gov.uk/2019/03/18/health-matters-what-you-need-to-know-about-statins/) in the CVD ambitions Health Matters series, on statins by Huon Gray and Jamie Waterall.  You can view the other three blogs in the series here:  [Launch blog: preventing cardiovascular disease](https://publichealthmatters.blog.gov.uk/2019/02/14/health-matters-preventing-cardiovascular-disease/)  [Ambitions to tackle persisting inequalities in cardiovascular disease](https://publichealthmatters.blog.gov.uk/2019/03/04/health-matters-ambitions-to-tackle-persisting-inequalities-in-cardiovascular-disease/)  [Using data to improve cardiovascular outcomes](https://publichealthmatters.blog.gov.uk/2019/03/13/health-matters-using-data-to-improve-cardiovascular-outcomes/)  **NHS Health Check eligible population**  PHE has now calculated the estimated NHS Health Check eligible population. A letter from Professor Jamie Waterall, National lead for CVD and Associate Deputy Chief Nurse, has been sent to Directors of Public Health. If local authorities are content with the estimate, then you do not need to take any further action. If you would like to submit a request to amend your local estimate, then please follow the steps outlined in the letter. The letter can also be found on the Yorkshire & Humber Cardiovascular Disease Community of Improvers Network.  **NHS Health Check Data submission and publication dates**  Please see below dates for the quarterly submissions of NHS Health Checks.  cid:image001.png@01D4DFCB.084C72D0cid:image001.png@01D4DFCB.084C72D0  Sexual Health (H&WB Team Lead: Georgina Wilkinson))  **New national cervical screening campaign ​​tackles decline in numbers getting tested​**  ​PHE has launched a major new national campaign, ‘Cervical Screening Saves Lives’, to increase the number of women attending their cervical screening across England. The campaign will encourage women to respond to their cervical screening invitation letter, and if they missed their last screening, to book an appointment at their GP practice. Around 2,600 women are diagnosed with cervical cancer in England each year and around 690 women die from the disease, that’s two every day. It is estimated that if everyone attended screening regularly, 83% of cervical cancer cases could be prevented. However, screening is at a 20-year low, with one in four women in the UK not attending their test. The new PHE campaign provides practical information about how to make the test more comfortable and gives reassurance to women, who may be fearful of finding out they have cancer, that screening is not a test for cancer. New advertising will run across TV, video on demand, washroom posters, media partnerships, social media and other digital channels, together with national and regional PR activity, and will be heavily supported by our partners. For more information about the campaign and to download resources, including social assets, please visit the [campaign resource centre​](https://campaignresources.phe.gov.uk/resources/campaigns/85-cervical-screening-campaign/overview).  **Rise Above**  Rise Above is PHE’s social marketing programme which aims to equip 11 to16 year olds with the skills they need to withstand social pressures and prevent or delay risky behaviour. The recent focus has been on sexual health and can be found [here](https://riseabove.org.uk/topic/love-life/). The Rise Above team is interested in any films/video content or campaign/partner sites that might be helpful for the next focus on sexual health in June.  **Resource for commissioners and providers setting out the pharmacy offer for sexual health, reproductive health and HIV**  PHE has published a [new resource](https://www.gov.uk/government/publications/pharmacy-offer-for-sexual-health-reproductive-health-and-hiv) to help commissioners and providers further embed pharmacy into key Sexual Health (SH), Reproductive Health (RH) and HIV work streams. Improving the delivery of these services through pharmacies will allow more people to access them, helping to reduce health inequalities and improve the population’s sexual health, while alleviating the burden on other parts of the health and care sector. It encourages a more collaborative, whole systems approach between different commissioners and providers to ensure quality standards are consistent and that people have access to high quality comprehensive sexual health care when they need it. Local Authorities have an opportunity to consider commissioning SH, RH and HIV services from pharmacies, especially for people most at risk from poor sexual health e.g. young people and BAME communities.  **Relationships and Sex Education (RSE)**  DfE are recruiting schools to the **Early Adopter School Programme** for Relationships Education, Relationships and Sex Education and Health Education. The registration for the programme is now open. DfE is looking for schools that will start teaching the new requirements from September 2019.  Schools that register now can participate in a user testing exercise that starts at the end of March. This exercise will test what teachers and schools want from a training programme and how the department can deliver it. Information about the early adopter school programme and how schools can register is [here](https://www.pshe-association.org.uk/sites/default/files/u26918/RSHE%20early%20adopter%20school%20programme.pdf). If you have any questions about the registration process or the Early Adopter School Programme in general, please don’t hesitate to get in touch with [Jamie Tattersall](mailto:Jamie.TATTERSALL@education.gov.uk).), Policy Advisor,Early Years & Schools Group at DfE (Schools can also contact [DfE directly](mailto:rshe.earlyadopters@education.gov.uk))  A joint meeting for the Children and Young People Community of Improvement and the Sexual Health Community of Improvement will take place on 6 June 2019 – with a focus on RSE. If you would like to attend, please email [Nicola Smith](mailto:nicola.smith@phe.gov.uk).  **HIV PrEP Impact Trial**  NHS England have published this [update](https://www.england.nhs.uk/2019/02/prep-impact-trial-to-be-expanded/).  **HPV-MSM (human papillomavirus (HPV) vaccination for men who have sex with men (MSM))**  The nationwide HPV vaccination programme for men who have sex with men aged 45 or younger attending level 3 SSHS/ GUM and HIV clinics continues to be rolled out. FAQs for healthcare professionals, and the general public can be found [here](https://www.england.nhs.uk/publication/hpv-msm-human-papillomavirus-hpv-vaccination-for-men-who-have-sex-with-men-msm-frequently-asked-questions/).  For any issues with data recording of HPV vaccination codes, you can email the [GUMCAD team](mailto:gumcad@phe.gov.uk) at or [HARS team](mailto:HARSQueries@phe.gov.uk) with any queries.  **National Sexual Health Commissioners Forum**  The next meeting will take place on 20 May in Wakefield. Please [click here](https://www.eventbrite.com/e/english-hiv-and-sexual-health-commissioners-group-meeting-tickets-58987700801) to book a place.  **Sexwise**  The PHE funded National Health Promotion Programme for Sexual Health and Reproductive Health is [SEXWISE](http://sexwise.org.uk/)delivered by FPA. Further details, including a range of new videos, are available [here](https://sexwise.fpa.org.uk/professionals).  **New publications**  [NICE Sexual Health (quality standard)](https://www.nice.org.uk/guidance/qs178) QS178 - This quality standard covers sexual health, focusing on preventing sexually transmitted infections (STIs). It describes high-quality care in priority areas for improvement. It does not cover harmful sexual behaviour or contraception.  [FSRH/BASHH Standards](•%09https:/www.fsrh.org/standards-and-guidance/documents/fsrhbashh-standards-for-online-and-remote-providers-of-sexual/) for Online and Remote Providers of Sexual and Reproductive Health Services |
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| Ageing Well (H&WB Team Lead: Alison Iliff) |
| **Menu of interventions for productive healthy ageing**  PHE has published a new [menu of interventions](https://www.gov.uk/government/publications/productive-healthy-ageing-interventions-for-quality-of-life) that can be used by pharmacy teams to improve quality of life for older people. The document lists a range of ways that pharmacy teams working across different settings can help older people lead more independent lives and improve their health, through evidence-based interventions. For example, supporting older people and their carers to prevent or reduce falls, increasing levels of physical activity, maintaining a healthy weight, reducing the risk of social isolation and loneliness, reducing the risk of dementia and reducing the need for medicines. It is likely to be of particular interest to teams within Healthy Living Pharmacies (HLPs) who are looking for new health promoting interventions they could undertake as part of their commitment to being an HLP.  **The State of Ageing in 2019**  The Centre for Ageing Better has published its report The State of Ageing 2019, calling for a radical rethink from Government, businesses and charities to ensure the next generation of older people can experience a good quality of life as they age and make the most of the opportunities presented by longer lives. You can access the report and accompanying materials [here](https://www.ageing-better.org.uk/state-of-ageing).  **Alzheimer’s Society ‘This is me’ leaflet – updated and improved**  A new version of Alzheimer’s Society’s [‘This is me’ leaflet](https://www.alzheimers.org.uk/get-support/publications-factsheets/this-is-me?source=chainmail) is now available.    ‘This is me’ can be used to record details about a person who can’t easily share information about themselves. It is a powerful tool to help support a person in an unfamiliar place. The leaflet includes space to record:   * the person’s cultural and family background * important events, people and places from their life * their preferences and routines.     ‘This is me’ helps health and social care professionals better understand who a person really is, which can help them deliver care that is tailored to the person’s needs. This valued resourcehas helped to transform care for thousands of people in hospitals, care homes and living at home, with more than 840,000 copies distributed. It has also been endorsed by the Royal College of Nursing since its launch in 2010. The 2019 update of ‘This is me’ is based on comprehensive feedback from people living with dementia, carers and professionals in dementia care. The updated leaflet includes new categories, more space to write information and a fresh design. It also has improved guidance notes with useful examples of the kind of information that can be included.    **Delivering a High Quality Service in Dementia Care Research Event -**  **Wednesday 8th May 2019, 9.30-13.00, Leeds**  This session will examine developing and existing evidence to explore the use of interventions related to dementia. Please see attached flyer for more information. |
| Upcoming Meetings and Seminars |
| **From data to decisions: a foundation course in population health intelligence**  PHE’s Local Knowledge & Intelligence Service (LKIS) are now running a regular bi-monthly short course, *A foundation course in population health intelligence*, to provide an introduction to population health intelligence and its use in everyday public health practice. The course in March is fully subscribed but we are now taking bookings for the next event on 14 May - you can find out more and register [here](https://www.eventbrite.com/e/from-data-to-decisions-a-foundation-course-in-population-health-intelligence-tickets-56029167749)  **Good Food Matters for People in Later Life**  **The Food for Life Better Care UK Conference:** *learning from co-designed solutions to improve quality of later life through food*  **Date:** Thursday 16th May 2019  **Time:** 9.30am-3.30pm (registration opens at 9.30am and the conference will start at 10.10am)  **Venue:** [The Monastery](https://www.themonastery.co.uk/directionstofindyourwaytothemonastery/), Gorton Lane, Manchester M12 5WF  **Cost:** This conference is free to attend which has been made possible through The National Lottery Community Fund. Registration is essential. If you have registered and can no longer attend the conference, please contact us as soon as possible to enable another person to use your place.  **Chair:** Joanna Lewis, Policy and Strategy Director, Soil Association  **Themes:** Food in later life; malnutrition; loneliness; cross-generational links; therapeutic food activities; mealtimes; co-design; ethnographic research; food for health and wellbeing; community cohesion; quality of later life; whole setting approach to food in care homes; food in the community; eating well in hospital  [**Book your place now**](https://www.eventbrite.co.uk/e/good-food-matters-for-people-in-later-life-registration-58841956877)  **UKCO 2019**  [Registration for UKCO 2019 is now open!](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr1.dmtrk.net%2F52UB-GEK-FEO0BP004%2Fcr.aspx&data=02%7C01%7Cduncan.radley%40leedsbeckett.ac.uk%7C8d7e844a2b2e45fc891908d6ab889252%7Cd79a81124fbe417aa112cd0fb490d85c%7C0%7C0%7C636885000399861282&sdata=W6P6q0sc0SANvhjVS8pFQDH5APHFHDz%2Bc%2Bsqha3lT6I%3D&reserved=0)  UKCO 2019 will be held on September 12-13 at Leeds University. This year’s conference will provide an update on the latest developments in obesity research, clinical practice and public health, centred on this year’s theme: Future thinking and innovation in Obesity. Register today to attend the UK’s leading obesity conference! |
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