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Dear Colleagues,

PHE Health and Wellbeing monthly update

IssueNo 42, May 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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| **PHE National children, young people and families monthly update - April 2019**    **Free online training: Addressing Postnatal Depression as a Healthcare Professional MOOC**  The [free online course for practitioners](https://www.futurelearn.com/courses/guided-self-help-for-postnatal-depression?utm_campaign=university_of_exeter_guided_self_help_for_postnatal_depression_may_2019&utm_medium=organic_social&utm_source=facebook) (e.g. PWP, therapist, health visitor, midwife) supporting individuals with perinatal depression will launch the **20th May 2019** and run two more times over the next year. The course trains individuals to use the postnatal depression guided self-help tools we developed from the Netmums postnatal depression treatment.    The 6 session self-help materials include a workbook for parents and an accompanying workbook for supporters/therapists to help guide participants through their workbook.    [Here](http://psychology.exeter.ac.uk/pmh/) is the link for the client and therapist booklets. The Netmums programme was trialled in two separate RCTs and was included in the 2014 NICE antenatal and postnatal mental health guidelines. |
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| Living Well |
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| **New materials published to help people seeking asylum access healthcare**  The Equality and Human Rights Commission has published our practical materials to improve healthcare access for people seeking and refused asylum. [You can find them here.](https://www.equalityhumanrights.com/en/refugees-asylum-and-immigration)  They are:   * A video that explains “what are people seeking asylum entitled to when they access health care?” * [Access to healthcare: a guide for organisations working with people seeking asylum](https://www.equalityhumanrights.com/en/publication-download/access-healthcare-guide-organisations-working-people-seeking-asylum) * [Case studies of healthcare and service providers facilitating access to healthcare for people seeking asylum](https://www.equalityhumanrights.com/en/publication-download/healthcare-and-service-providers-facilitating-access-healthcare-people-seeking)   Tackling Obesity (H&WB Team Lead: Nicola Corrigan)  **Food Active - Healthy Weight Declaration Special Edition Bulletin**  [Click here](https://mailchi.mp/4f61cb71d3e9/g967vdkl8m-2429997?e=4ea1f02fc9) for the bulletin.  Everybody Active Every Day **(**H&WB Team Lead: Nicola Corrigan)  **Update on revision of UK physical activity guidelines**  A letter from the Chair of UK Chief Medical Officers’ (CMOs) Expert Committee for Physical Activity (attached below) provides an update on plans for the Summer 2019 publication of updated UK CMOs physical activity guidelines. The letter reassures those that engaged in or planning promotion of the current UK CMOs’ physical activity guidelines that while there will be some changes in the update guidelines reflecting new evidence, the fundamental elements of the 2011 guidance will remain and should continue to be promoted.    **Get Yourself Active End of Year Celebrations and Resources**    Keep up to date with all Get Yourself Active news by [signing up to our newsletter](https://www.disabilityrightsuk.org/sites/all/modules/civicrm/extern/url.php?u=55365&qid=6878878)  **Wakefield, Bradford and Leeds only: Total Men's Health Project**  The Men’s Total Health Project has been funded for the next 3 years and aims to get more young gay, bi and trans people into sport and physical activity.  This is a dual aspect project; firstly aiming to identify young gay, bi and trans men, aged between 16-20 that may need help with self-esteem, body image and anxiety. A series of workshops will be delivered to address key issues and build self-esteem and motivation amongst participants and hopefully break down internal barriers to accessing sports and physical activities.  The second aspect of the project is working with sports clubs, associations, gyms etc to help identify and address external barriers LGBT+ people face when accessing these spaces. We aim to work with partners across different sports to develop a ‘sports buddies’ programme.  The aim of a Buddy will be to support an individual in to a sport and identify good practice and learning to share with others.  Gay, bi and trans men have high prevalence rates of mental health issues and report facing many barriers to accessing sport and physical activity. As we know, taking part in physical activity can have a wealth of benefits for an individual with mental health problems so we aim to reduce barriers people face and increase inclusion.   We would grateful if you could share the project with colleagues and contacts who work with our target group of 16-20 year old GBT+ Men and hopefully we can get referrals for individuals interested in taking part in our short 4 session course with we can run from our offices in Leeds, Bradford and Wakefield, please see flyer below for more details.    **Sport England Active Lives Adult Survey**  More women, older adults and disabled people and those with long-term health conditions are getting active, the [latest Sports England Active Lives Adult Survey shows.](https://www.sportengland.org/news-and-features/news/2019/april/11/record-numbers-of-people-in-england-are-getting-active/) Based on data gathered from November 2017-November 2018, a total of 498,100 more people (aged 16+) are meeting the Chief Medical Officer’s guidelines of doing at least 150 minutes of moderate intensity physical activity a week compared to 12 months ago.  **Yorkshire Sport Foundation News**  [Click here](https://yorkshire.sportsuite.co.uk/api/email/view/MzA3My81Nzg4OTAz) to for the news update.  **Local Delivery Pilots Community of Learning - Community Engagement Webinar**  The recording is now available to view on Demand [here.](https://www.workcast.com/ControlUsher.aspx?cpak=6234623333103447&pak=2645961184695284)  Healthy Places (H&WB Team Lead: Peter Varey)  **Healthy Places Webinars Programme**  Please see attached below a flyer promoting the public Healthy Places seminar programme and provisional dates.      **University of West of England Survey**  Please [click here](https://uwe.eu.qualtrics.com/jfe/form/SV_9Er3QwphPnuodRX) for details of a survey the University of West of England is administering on behalf of Public Health England’s Healthy Places team on planning for health. We have been asked to circulate details of the survey to local public health teams to ensure we receive a good and broad response to the survey.  Workplace Health (H&WB Team Lead: Peter Varey)  **Framework for Building Consensus on Health and Work - Supporting disabled people and people with long-term conditions.**  UK Health Forum, in partnership with the Association of Mental Health Providers, Race Equality Foundation, and the National LGB&T Partnership, have published VCSE Organisations: Framework for Building Consensus on Health and Work - Supporting disabled people and people with long-term conditions.    This scoping and consultative exercise has resulted in a Framework for Building Consensus and a Project Report, which includes case studies and useful resources. It is hoped that this work will be used as a foundational piece for further discussion and making the case for on-going work on this topic.    Both documents are available [here.](http://ukhealthforum.org.uk/project/march-2019-vcse-organisations-building-a-consensus-on-health-and-work/)    **Work and Health e-learning for healthcare professionals**  Good work is crucial to good health – healthcare professionals can play a key role in helping patients to improve their health outcomes by remaining in or returning to work. The [Work and Health e-learning](https://bit.ly/2FX3v5i) from PHE and Health Education England helps healthcare professionals to recognise the value in talking to patients about work. It will support them to make brief interventions such as discussing the health benefits of work with patients, talking about return to work and advising on adjustments at work. In recognition of the impact that work can have on our health, the Association of Medical Royal Colleges, the Royal College of Nursing and the Allied Health Professions Federation have published a [Health and Work Consensus Statement for Action](https://www.aomrc.org.uk/statements/) – this sets out a commitment to support healthcare professionals in supporting this agenda.  Reducing Smoking (H&WB Team Lead: Scott Crosby)  **Quit 16 campaign brief and case study appeal**  From June 2019, the NHS North of England Cancer Alliances will be launching a Health Harms campaign across the North of England to encourage smokers to make a quit attempt. The attached final campaign brief and case study appeal has been shared with NHS E and local authority communication leads across the North and is for local public health, NHS and communications teams and gives an overview of the campaign, the insight that has driven it and how local partners can support it. The 16 Cancers campaign launches on June 3 to raise awareness of the links between smoking and 16 types of cancer. This will run across the whole of the North of England – in YH, the North East and the North West, targeting nearly one third of England’s smokers.    Mental Health (H&WB Team Lead: Corinne Harvey)  **Mental health dashboard**  PHE East Midlands centre has developed a [mental health dashboard](https://app.powerbi.com/view?r=eyJrIjoiM2YwNzBhNWItNmZiMC00NTI1LThhM2QtMWU4MDEyNDlkMmVmIiwidCI6ImVlNGUxNDk5LTRhMzUtNGIyZS1hZDQ3LTVmM2NmOWRlODY2NiIsImMiOjh9) that shows a range of information at STP/ICS level to help areas in planning around public mental health and addressing the Prevention Concordat for Better Mental Health. It is still a work in progress, and any feedback on how it is being used, comments and queries should be directed [here](mailto:LKISEASTMIDLANDS@PHE.GOV.UK).  Sexual Health (Yorkshire and Humber Facilitator: Georgina Wilkinson)  **National Sexual Health Commissioners Forum**  The next meeting will take place on 20 May in Wakefield. For booking see [here.](https://www.eventbrite.com/e/english-hiv-and-sexual-health-commissioners-group-meeting-tickets-58987700801)  **National HIV self-sampling service: November 2017 to October 2018**  PHE and Local Authorities co-commission a nationwide, cost effective and clinically robust remote HIV self-sampling service for sexually active individuals aged 16 years and over ([www.freetesting.hiv](http://www.freetesting.hiv)). It is aimed to complement other local HIV testing services and is run entirely by the appointed providers (Preventx and Yorkshire MESMAC). This service is free for users and independent from other STI remote sampling and testing services. The annual report of the national HIV self-sampling service in England for November 2017 to October 2018 is available online [here](https://www.gov.uk/government/publications/national-hiv-self-sampling-service).  **Annual conception data – 2017**  The 2017 [Annual Conception data](https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/conceptionandfertilityrates/bulletins/conceptionstatistics/2017), including for women aged under 18 years has been released.  **FPA – Sexual Health Week 2019**  The theme for this year’s national Sexual Health Week will be **making sexual health inclusive**.  As society shifts and changes, we’ve become more aware that not all sexual health services and information are suitable for everyone’s needs. We’re looking forward to exploring this important topic in-depth this year and hope that it will encourage greater inclusivity across the sector. We know that sexual health and education professionals have a huge amount of knowledge and expertise to share on this subject – but also a lot to learn from one another.    Sexual Health Week 2019 will take place from **Monday 16** to **Sunday 22 September**, and as always useful resources are available to help you take part in the week. Further details can be found [here.](https://www.fpa.org.uk/sexual-health-week/sexual-health-week-2019)  **Launch of the new GUMCAD STI Surveillance System**  The 6-month implementation period for the new GUMCAD specification commenced on 10 April 2019, and the updated guidance documents have been published on the [GUMCAD website](https://www.gov.uk/guidance/gumcad-sti-surveillance-system).  The guidance documents cover the changes to GUMCAD including:   * Sexual behaviour * Alcohol and recreational drug use * Outcomes of partner notification * The provision of HIV pre-exposure prophylaxis * SNOMED CT coding to replace SHHAPT and READ codes   The enhancement of GUMCAD to include these routinely collected behavioural risk data is essential to ensure PHE complies with its statutory duty to recognise trends in the risks of communicable diseases and other risks to public health; in so doing, PHE will have critical behavioural data to understand the epidemiological drivers for and how to control STI outbreaks, and to monitor and evaluate the NHS England funded trial of HIV pre-exposure prophylaxis (PrEP) and the future national programme of PrEP.  The updated guidance includes a new behavioural guidance (for medical professionals) and technical specification (for software providers and data technicians), both of which will be published [here.](https://www.gov.uk/guidance/gumcad-sti-surveillance-system)  Training for our reporters nationally will start in the summer.  Should you have any questions, please do not hesitate to get in touch: [gumcad@phe.gov.uk](mailto:gumcad@phe.gov.uk) or [Stephanie.Migchelsen@phe.gov.uk](mailto:Stephanie.Migchelsen@phe.gov.uk)  **BMA MEDFASH Prize – now open for nominations – deadline 7 June 2019** The BMA Foundation for Medical Research awards grants and prizes to further medical research. This year, the Foundation will be awarding the BMA MEDFASH prize for improving the quality of HIV and/ or sexual healthcare.   The prize is open to any health or social care professional or organisation actively involved in the delivery of HIV and/ or sexual healthcare in the UK. Applicants do not have to be a doctor or BMA member to apply.   For further details on the prize or to find out how to apply, please visit the BMA Foundation [webpages](https://bashh.us17.list-manage.com/track/click?u=34a6e1d119a7dd8e6d04d1611&id=f7641356d6&e=e8bb5dfa0c)or [email](mailto:researchgrants@bma.org.uk%20%C2%A0) the BMA Foundation team.  **Relationships and sex education update**  Useful updates from the Sex Education Forum can be found [here.](https://www.sexeducationforum.org.uk/news/news)  Drugs Recovery (H&WB Team Lead: vacant)  **Latest estimates of opiate and crack use and crack inquiry**  On 25th March, PHE published the [latest prevalence estimates of opiate and crack use.](https://www.gov.uk/government/publications/opiate-and-crack-cocaine-use-prevalence-estimates-for-local-populations) These show that at a national level, the combined numbers of people who take crack cocaine on its own, illicit opiates (mainly heroin) on their own and those who take both drugs, rose by 4.4% between 2014-15 and 2016-17. Local prevalence estimates are also available.  On the same day we published an [inquiry into the recent rise in crack use](https://www.gov.uk/government/publications/crack-cocaine-increase-inquiry-findings) that we did with the Home Office last year. The inquiry was based on interviews with drug treatment providers, service users and police officers in 6 local authority areas. It confirms that there’s been an increase in crack use and it found several issues which might have led to the rise. There is also a [blog](https://publichealthmatters.blog.gov.uk/2019/03/25/what-the-latest-estimates-on-opiate-and-crack-use-tell-us/) that discusses both these reports.  **Hepatitis C in England**  PHE has published the [‘Hepatitis C in England 2019’ report](https://www.gov.uk/government/publications/hepatitis-c-in-the-uk). Deaths from serious hepatitis C related liver disease fell from 380 to 319, thanks to new curative treatments. But while England has exceeded the World Health Organization’s (WHO) target to reduce hepatitis C related mortality by 10% by 2020, challenges still exit to eliminate the disease in this country.  **Let’s celebrate recovery: Inclusive Cities working together to support social cohesion** |
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| Ageing Well (H&WB Team Lead: Alison Iliff) |
| **Dementia profile: April 2019 data update**  PHE has published an update to its [dementia profile](https://www.gov.uk/government/statistics/announcements/dementia-profile-april-2019-data-update?cachebust=1550143246), with new data for forty indicators broken down to regional, local authority or health boundary level depending on the indicator. The data provides a picture of dementia in England and gives updates to, for example, dementia prevalence, deaths, care home and nursing bed provision, and emergency hospital admissions where related to dementia. The update should be useful for health and social care professionals and is intended to help them improve services and outcomes for people with dementia and their carers.  **Introducing the Dementia-friendly Sport and Physical Activity Guide**  Dementia is one of the greatest challenges facing society today, with 850,000 people living with the condition in the UK. We know [physical activity is among the top leisure activities people with dementia want to do](https://i.sportengland.org/linkapp/cmaStart.aspx?LinkID=pageid100421081zz9~ztx9zhx~9fhqz~nqjhxf~z~f~f~f~n), yet there are a range of barriers that prevent them from taking part. That is why, together with the [Alzheimer’s Society](https://i.sportengland.org/linkapp/cmaStart.aspx?LinkID=pageid100421081zz9~ztx9qfq~9fhqz~nqjhxf~z~f~f~f~n), we’re calling on the sport and physical activity sector to unite against dementia and have launched the first dementia-friendly sport and physical activity guide to help more people living with the condition benefit from being active.  The guide is part of [our National Lottery-funded partnership with the Richmond Group of Charities](https://i.sportengland.org/linkapp/cmaStart.aspx?LinkID=pageid100421081zz9~ztx9qnx~9fhqz~nqjhxf~z~f~f~f~n) to help people with long-term health conditions get active. It has been developed with input from across the sport and physical activity sector and people living with dementia. It's designed to help anyone delivering physical activity to support and empower people to lead active lives and remain independent for as long as possible. The guide provides you with the practical tools and guidance to help people affected by dementia enjoy the benefits of becoming, and staying active – with a focus on people, programmes and place. It's packed with inspiring examples from organisations who have made their facilities, workforces and programmes more welcoming.  We believe that making adaptations to become more dementia-friendly will not only have an impact on those living with dementia but will also help sport and physical activity become more accessible for all.  **Yorkshire & Humber Dementia and OPMH Clinical Networks Whole Systems event**  This event, focused on **Understanding Psychological Symptoms in Delirium and Dementia** is on **Thursday 6th June, 9-4.30pm at Malmaison Hotel, Leeds**.  The day provides an opportunity for people to come together across Yorkshire and Humber to improve understanding of the psychological symptoms of delirium and dementia, explore what we mean by behaviours that challenge and find out about tools and strategies that can help.  This event is aimed at staff who work with people affected by dementia within health, social care and voluntary sector services, staff who plan for and commission these services and those affected by dementia, including unpaid carers.[Please click here to book your place](https://psychologicalsymptomsindementia.eventbrite.co.uk).  Data, Documents, Letters, Reports & General Information  **All Our Health Launch**  Public Health England has launched new free bite-sized e-learning sessions, developed in partnership with Health Education England, to improve the knowledge, confidence and skills of all health and care professionals in preventing illness, protecting health and promoting wellbeing.  The sessions cover some of the biggest issues in public health and they contain signposting to trusted sources of helpful evidence, guidance and support to help professionals embed prevention in their everyday practice.  Interactive e-learning sessions, offer bite-sized information on a range of key public health issues. Sessions are now available for the following topics: cardiovascular disease, adult obesity, antimicrobial resistance, homelessness, physical activity, social prescribing and giving children the best start in life – with a further 15 sessions being developed throughout 2019 - 2020.  You can access the All Our Health e-learning sessions [here](http://www.e-lfh.org.uk/programmes/all-our-health/)  **Update to the Public Health Outcomes Framework and other PHE Official Statistics Profiles**  In line with the [Official Statistics release cycle](https://www.gov.uk/government/statistics/announcements?utf8=%E2%9C%93&organisations%5B%5D=public-health-england), on 8 May 2019, PHE will publish an update to the [Public Health Outcomes Framework (PHOF) data tool](http://www.phoutcomes.info/). On the same day, the online [Local Health](http://www.localhealth.org.uk/), [Suicide Prevention Profile](https://fingertips.phe.org.uk/profile-group/mental-health/profile/suicide/data), [Cardiovascular Disease Profiles](https://fingertips.phe.org.uk/profile-group/cardiovascular-disease-diabetes-kidney-disease), [NCMP and Child Obesity Profile](https://fingertips.phe.org.uk/profile/national-child-measurement-programme) and [Local Alcohol Profiles for England](https://fingertips.phe.org.uk/profile/local-alcohol-profiles) tools will also be updated. Details of these updates can be found at these pages:   * [Public Health Outcomes Framework](https://www.gov.uk/government/publications/public-health-outcomes-framework-indicator-updates) * [Local Health](https://www.gov.uk/government/statistics/announcements/local-health-2019-annual-update) * [Suicide prevention profile](https://www.gov.uk/government/statistics/announcements/suicide-prevention-profile-may-2019-update) * [Cardiovascular disease profiles](https://www.gov.uk/government/statistics/announcements/cardiovascular-disease-profiles-may-2019-update) * [NCMP and Child Obesity Profile](https://www.gov.uk/government/statistics/announcements/ncmp-and-child-obesity-profile-data-update-regional-slope-index-of-inequality-up-to-2017-to-2018) * [Local Alcohol Profiles for England](https://www.gov.uk/government/statistics/announcements/local-alcohol-profiles-for-england-lape-may-2019-update)   **Consultation on homelessness services**  The Ministry of Housing, Communities and Local Government (MHCLG) have launched a consultation on the effectiveness of existing non-statutory and statutory local accountability and partnership structures in homelessness services and is keen to seek the views of Public Health professionals. Amongst other things, the consultation asks whether the government should introduce Homelessness Reduction Boards. If you would like to express your views, the consultation is published [here](https://www.gov.uk/government/consultations/tackling-homelessness-together), and is open until 16 May. |
| Upcoming Meetings and Seminars |
| **PHE Annual Conference 2019, 10 and 11 September**  The countdown has begun for the PHE Annual Conference 2019, with bookings now open on the [conference website](https://www.phe-events.org.uk/hpa/frontend/reg/thome.csp?pageID=356560&eventID=829). The annual event for PHE staff and stakeholders will take place at the University of Warwick, on Tuesday 10 and Wednesday 11 September. You are advised to book early, as places have been oversubscribed in previous years, and the deadline for [abstract submissions](https://www.phe-events.org.uk/hpa/frontend/reg/tOtherPage.csp?pageID=356939&eventID=829) is midnight on 8 May. |
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