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Dear Colleagues,

PHE Health and Wellbeing monthly update

IssueNo 44, July 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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| **New reports for local authorities on speech, language and communication needs available**  Developing good speech, language and communication skills in early life is important if a child is to flourish at school and beyond. Building on a previous report, PHE has worked with stakeholders to identify the latest evidence and data on this topic and has now published [speech, language and communication narrative reports](https://fingertips.phe.org.uk/profile/child-health-profiles/data#page/13). The reports are integrated with PHE’s Fingertips platform and summarise data and evidence at local authority level to support decision-making and the development of joint strategic needs assessments to meet the speech, language and communication needs of local children. The reports will be joined by a SLCN pathway over the summer.  **National PHE CYPF Monthly Update – June 2019** |
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| Living Well |
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| **All Our Health**  Free resources for all health and care professionals to support health promoting practice that **prevents** illness, **protects** health and **promotes** wellbeing and resilience. Please see briefing below which includes information on the e-learning lessons which are currently available.    **Bringing people together through food**  <https://www.foodforlife.org.uk/get-togethers/our-work> via this link you can watch short films from Leicestershire and Leicester City commissions to find out how the learning outcomes from the Better Care pilot programme will shape Food for Life Get Togethers.  Tackling Obesity (H&WB Team Lead: Nicola Corrigan)  **What Good weight Looks Like**  Please see attached The WGLL Healthy Weight Across All Ages publication.      Everybody Active Every Day **(**H&WB Team Lead: Nicola Corrigan)  **NICE Physical activity: encouraging activity in the community (QS 2019)**  The NICE Physical activity: encouraging activity in the community (QS 2019) has been published on the NICE website.  Quick summary:   * NICE quality standards draw on existing NICE or NICE-accredited guidance that provides an underpinning, comprehensive set of recommendations, and are designed to support the measurement of improvement. (i.e. they support practical implementation of NICE guidance across a key topic) * This statement considers a community based approach to increase physical activity and highlights the need for cross sector action and partnership through specific standards for leadership and action by LAs, workplaces and schools. * Specific statements:   [Statement 1](https://www.nice.org.uk/guidance/qs183/chapter/quality-statement-1-physical-activity-champions#quality-statement-1-physical-activity-champions) Local authorities and healthcare commissioning groups have senior level physical activity champions who are responsible for developing and implementing local strategies, policies and plans.  [Statement 2](https://www.nice.org.uk/guidance/qs183/chapter/quality-statement-2-active-travel-routes#quality-statement-2-active-travel-routes) Local authorities prioritise pedestrians, cyclists and people who use public transport when developing and maintaining connected travel routes.  [Statement 3](https://www.nice.org.uk/guidance/qs183/chapter/quality-statement-3-public-open-spaces#quality-statement-3-public-open-spaces) Local authorities involve community members in designing and managing public open spaces.  [Statement 4](https://www.nice.org.uk/guidance/qs183/chapter/quality-statement-4-workplaces#quality-statement-4-workplaces) Workplaces have a physical activity programme to encourage employees to move more and be more physically active.  [Statement 5](https://www.nice.org.uk/guidance/qs183/chapter/quality-statement-5-schools-and-early-years-settings#quality-statement-5-schools-and-early-years-settings) Schools and early years settings have active travel plans that are monitored and updated annually.  **Sport England’s essential update for Local Government**  Please [click here](https://i.sportengland.org/linkapp/cmaview.aspx?LinkID=pageid100423612zz9~qfzh9xj~9fhqz~n9hxqx~z~x~f~f~n) to view the update.    **Sign up for the Expanding our Learning Webinar hosted by Sport England**  3rd July 11.00am – 12.00pm  The Expanding our Learning webinar will be led by Naomi Shearon, Strategic Lead - Market  Insight, and has been designed to share the learning from the Local Delivery Pilots for those people who were unable to attend these workshops, looking at the themes which are most commonly occurring which we think have significance and relevance across the sector. For those people who did attend the workshops you may want to pass on the learning to other colleagues though this webinar.    The presentation will be followed by a question and answer session providing the opportunity for webinar attendees to find out more about what the pilots have been learning.    The webinar will be held on **3rd July at 11.00am** for an hour. If you or any of your colleagues may be interested in joining in you/they can do so by registering [**here.**](https://www.workcast.com/register?cpak=8812698853764666)    You can also access the recordings of our previous webinars which include the summarised learning we shared at the November LDP Community of Learning workshops and our Community Engagement webinar [**here.**](https://www.sportengland.org/our-work/local-delivery-pilots-community-of-learning/local-delivery-pilot-community-of-learning-workshops/)  Mental Health (H&WB Team Lead: Laura Hodgson)  **PABBS evidence-based suicide bereavement training**  Due to high demand further dates have been released to deliver PABBS evidence-based suicide bereavement training in Manchester on the 10th December 2019.  PABBS suicide bereavement training, has been informed by a three-year study conducted at the University of Manchester, funded (£243K) by the National Institute for Health Research (NIHR) Research for Patient Benefit Programme andis first of its kind internationally.  For more information about PABBS training, cost and access to testimonials, click on the [here](https://suicidebereavementuk.com/pabbs-training).  To register, [email](mailto:paul.higham@suicidebereavementuk.com) Paul Higham directly or call 07850 710555.  Sexual Health (Yorkshire and Humber Facilitator: Georgina Wilkinson)  **Europe-wide safety notice relating to novel strain of chlamydia**  Investigations are underway in several European countries, including the UK, to establish whether a new variant of *Chlamydia trachomatis* (CT), detected in Finland this year, is circulating elsewhere. The CT variant generates false-negative results in established testing assays. Full details are contained in the notice attached to this email. Enquiries can be directed [here](mailto:phe.ct.incident@nhs.net).  **PHE reiterates safe sex message after rise in STIs in England**  PHE has released annual STIs data for 2018, together with a detailed commentary on the data in the report, *Sexually transmitted infections and chlamydia screening in England: 2018*. The data show that in 2018, rates of new STI diagnoses increased by 5%. This was due to a large increase in gonorrhoea and more moderate increases in chlamydia, syphilis, and first episode genital herpes diagnoses.  PHE continues to work with public health bodies, charities and NHS England to encourage regular and early testing of STIs and to develop new treatments. The agency has reiterated its calls to the public to protect themselves from STIs with consistent and correct condom use with new and casual partners, including during oral sex. Those who are at risk should incorporate getting screened for STIs into their routine, even if they do not have symptoms. Health professionals should promote relevant guidance and resources, also the [National Chlamydia Screening Programme](https://www.gov.uk/government/collections/national-chlamydia-screening-programme-ncsp) (NCSP), which provides opportunistic screening to  sexually active young people with the aim of increasing detection and reducing prevalence of chlamydia. The [Protect Against STIs](https://www.nhs.uk/protect-against-stis-use-a-condom/) campaign is aimed at 16-24 year olds, a group which continues to be most affected by STIs. It features a “find free condoms in your area” search engine. The newly published annual report, data tables and a summary infographic are available [here](https://www.gov.uk/government/statistics/sexually-transmitted-infections-stis-annual-data-tables). Local STI services can be found online via [NHS.UK](https://www.nhs.uk/live-well/sexual-health/visiting-an-sti-clinic/).  **2018 STI/NCSP official statistics**  The 2018 figures have been published. The key information for England is as follows:   * New data from Public Health England show there were around 448,000 cases of sexually transmitted infections (STIs) diagnosed in 2018, an increase of 5% from 2017 * The rise in STIs is likely to be due to people not using condoms correctly and consistently with new and casual partners, and an increase in testing improving detection of the most common STIs * The upward trends in cases of gonorrhoea and syphilis have continued, with a rise of 26% and 5% respectively, in 2018 * Chlamydia remained the most commonly diagnosed STI in 2018, and rose by 2% in 15 to 24 year old * The rate of genital warts in 15 to 17-year-old girls has decreased by 92% since 2014, largely due to high coverage of the HPV vaccine * These figures are a compelling reminder that everyone can reduce the risk of STIs by using condoms with new and casual partners, and should be screened for STIs regularly   All documents can be found here:  <https://www.gov.uk/government/statistics/sexually-transmitted-infections-stis-annual-data-tables>  <https://www.gov.uk/government/statistics/national-chlamydia-screening-programme-ncsp-data-tables>  For a summary of the annual data release, you can view [our infographic at this link](https://app.box.com/s/j3vcapj7lx0lmxhe7giypakxehpqsfc9/file/468477480234).  The sexual health profiles which provide local authority level information have also been updated with 2018 figures – here: <https://fingertips.phe.org.uk/profile/sexualhealth>  **Syphilis Action Plan**  The Syphilis Action Plan has now been published – see here: <https://www.gov.uk/government/publications/syphilis-public-health-england-action-plan>  The Public Health England (PHE) action plan focuses on the main affected populations and is aimed at:   * clinicians * public health specialists * specialty societies * commissioners of specialist sexual health services   A successful response to the current increase in syphilis incidence is dependent upon action that optimises 4 prevention pillars fundamental to syphilis control and prevention. These are:   * increase testing frequency of high-risk men who have sex with men (MSM) and re-testing of syphilis cases after treatment * deliver partner notification to British Association for Sexual Health and HIV (BASHH) standards * maintain high antenatal screening coverage and vigilance for syphilis throughout antenatal care * sustain targeted health promotion   **2018 Abortion Statistics**  The DHSC has published the [2018 abortion statistics.](https://www.gov.uk/government/statistics/abortion-statistics-for-england-and-wales-2018) These will be updated in fingertips in due course.  **Facilitators and barriers to adoption of novel technologies into sexual health clinics – survey**  St George’s University of London (SGUL) Applied Diagnostic Research and Evaluation Unit have developed a survey for commissioners and managers working in sexual health to identify the facilitators and barriers to adoption of novel technologies into sexual health clinics in England. If you are a commissioner or manager of sexual health services, please share your views! The survey is available until 7 July and will take 10-15 minutes to complete – please follow the link to begin: <https://www.surveymonkey.com/r/FTAcm>  **Access to PrEP - survey**  PHE is undertaking an anonymous online survey together with Prepster and IWantPrEPNow, this will run for a few more weeks. They would like to gather information about the experiences of people who have used pre-exposure prophylaxis (PrEP) to prevent HIV infection and of people who have tried to access PrEP unsuccessfully that will improve understanding of those experiences and inform planning for a future national PrEP programme. Please find  a link to the live survey : [snapsurvey.phe.org.uk/prepusersurvey](https://snapsurvey.phe.org.uk/snapwebhost/s.asp?k=155801398497) – please use this link to distribute among your networks to promote survey uptake.  **Sexual Health Service information on** [**www.nhs.uk**](http://www.nhs.uk) **- reminder**  You can review the information that is held about your area [here](https://www.nhs.uk/service-search/Sexual-health-services/LocationSearch/1847). If you need to make any changes please email details to [Serviceupdates@serco.com](mailto:Serviceupdates@serco.com)  **Teenage Pregnancy Knowledge Exchange - final RSE guidance now published**  On 25th June DfE published the [final guidance](https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education) on relationships education (primary) relationships and sex education (secondary) and health education (primary and secondary).  There are very few changes from the draft guidance but one important addition is the inclusion of menopause as part of reproductive health knowledge at secondary level. |
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| Ageing Well (H&WB Team Lead: Alison Iliff) |
| **Rural localities partnership with the Centre for Ageing Better: Expression of interest**  Building on their long-term partnerships with Greater Manchester and Leeds, the Centre for Ageing Better is now looking to set up a third strategic localities partnership with a rural area in England. They are seeking to build a deeper understanding how rural places overcome  challenges as well as maximise the opportunities of our longer lives, across all their priorities: homes, communities, work and health. <https://www.ageing-better.org.uk/news/what-works-rural-areas>  **New National End of Life Intelligence Network report**  The National End of Life Intelligence Network has released a new report, [*Death in people aged 75 years and older in England in 2017*](https://www.gov.uk/government/publications/death-in-people-aged-75-years-and-older-in-england-in-2017). This is the first in its Death and End of Life Care  bulletin series, aimed at NHS and social care commissioners, hospice and end of life care service providers, and public health older people leads. The report looks at the total number of deaths amongst people aged 75 and older in England in 2017, and explores differences and trends in deaths by age, sex, marital status, cause and place of death, and deprivation levels. Amongst deaths in people aged 75 years or older in England in 2017, for example, the data show that single, widowed or divorced people died in care homes far more frequently than people who were married or in a civil partnership; people from more deprived areas died at younger ages than people from less deprived areas; and were more likely to die in hospital than at home, in a hospice, or in a care home.  **Productive Healthy Ageing Profile**  The Productive Healthy Ageing Profile, replacing the Older People's Health and Wellbeing Profile, was launched on 4th June. It is a complete re-structure of the previous profile including a wider set of indicators, some new and significantly updated indicators, more analysis functions, a new *Further Resources* section and an accompanying [launch paper](https://fingertips.phe.org.uk/documents/PHA_Profile_Launch_Paper_4June2019.pdf).  <https://fingertips.phe.org.uk/profile/healthy-ageing>  Data, Documents, Letters, Reports & General Information  **Soil Association: Job opportunities**  The Soil Association's 'Food For Life' programme have several [new jobs](https://www.soilassociation.org/work-with-us/job-opportunities/) advertised across the UK, including two for Yorkshire/Humber area - suitable for nutritionists, horticulturalists and people with a passion for food, cooking, growing and sharing, and those who care about our food systems and environment.  **A recipe for action: using wider evidence for a healthier UK**  A collection of essays exploring why we need trans-disciplinary approaches to improve the public's health. Link: <https://www.health.org.uk/publications/a-recipe-for-action-using-wider-evidence-for-a-healthier-uk> |
| Upcoming Meetings and Seminars |
| **Alcohol & Drugs CoI**  Thursday 4th July 2019, 13.00-16.00, Blenheim House, Leeds  For more information contact [Nicola Smith](mailto:nicola.smith@phe.gov.uk) |
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