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Dear Colleagues,

PHE Health and Wellbeing monthly update

IssueNo 45, August 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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| **NCMP operational guidance**  PHE has published [*National Child Measurement Programme: operational guidance 2019*](https://www.gov.uk/government/publications/national-child-measurement-programme-operational-guidance) comprising new guidance for local commissioners and providers involved in implementing  the programme, which is key to monitoring progress with the Government’s [Childhood Obesity Plan](https://www.gov.uk/government/publications/childhood-obesity-a-plan-for-action).  Local authorities are required to deliver, to NHS Digital, the NCMP surveillance data that informs PHOF indicators on excess weight in children aged 4-5 years, and 10-11 years; LAs are also encouraged to provide parents with their children’s results. The guidance includes separate chapters covering; planning and carrying out NCMP measurements; how children’s results should be shared with parents, and what proactive follow-up should be offered; and information governance aspects of the programme, including sharing and analysis of the data.  **New resources to help midwifery teams support smokefree pregnancies**  Public Health England has worked with the NHS and the National Centre for Smoking Cessation and Training to develop new e-learning resources highlighting the importance of supporting women to have a smokefree pregnancy, focussing on the delivery of Very Brief Advice (VBA) and Carbon Monoxide monitoring. There is also a series of new educational materials to support local training on this issue. The new e-learning resources have been developed to complement existing e-learning programmes and include two short films to help maternity teams think about real-life situations they may face and consider how they can act to offer women the best possible support. The new resources are available [here](https://www.e-lfh.org.uk/programmes/smoking-in-pregnancy/) (registration required to access).  Two associated blogs have also been published this week from [Viv Bennett](https://www.rcm.org.uk/news-views/rcm-opinion/2019/guest-blog-new-tools-to-help-you-support-smokefree-pregnancies/) (PHE Chief Nurse) and Jacqui Dunkley-Bent (NHS E, Chief Midwife).  **School Sport and Activity Action Plan**  Children will have a greater opportunity to access 60 minutes of daily sport and physical activity, whether that be in school, after school or during weekends and holidays, under new Government plans. [The School Sport and Activity Action Plan](https://www.gov.uk/government/news/children-to-have-greater-opportunity-to-access-60-minutes-of-physical-activity-every-day), outlined by Education Secretary Damian Hinds, Sport Minister Mims Davies and Minister for Public Health, Seema Kennedy, will set out a range of new measures to strengthen the role of sport within a young person’s daily routine, explain how teachers and parents can play their part, and promote a joined-up approach to physical activity and mental wellbeing.  **What Works in Schools and Colleges to increase Physical Activity Guidance**  PHE’s resource [“What works in schools and colleges to increase physical activity”](https://www.gov.uk/government/publications/what-works-in-schools-to-increase-physical-activity-briefing) has been updated. This revised document presents a framework of 8 principles for schools and colleges to follow when taking a whole school approach to increasing physical activity. The new edition also contains updates on recent relevant policies and a summary of the latest participation rates that considers inequalities. Most importantly for schools, each principle of the framework is connected to the new Ofsted Inspection framework and includes local practice examples for primary, secondary schools and colleges.  This resource brings together all the information that head teachers need and will be a handy reference for school nurses, public health teams and others supporting schools on their health and wellbeing agendas.    **Healthy schools rating scheme**  [The healthy schools rating scheme](https://www.gov.uk/government/publications/healthy-schools-rating-scheme) is a voluntary scheme for schools that recognises and encourages their contribution to supporting pupils’ health and wellbeing. Schools will be able to determine how well they are promoting healthy eating and physical activity by completing a self-assessment and receiving a rating based on their answers. They will receive an award for their performance, and information on how they might improve their healthy living policies. Schools can use the award to show parents how they have performed.  **National PHE Children, YP and Families update – July 2019**    **Food and drink aimed at infants and young children**  PHE has published a report, [*Foods and drinks aimed at infants and young children: evidence and opportunities for action*](https://www.gov.uk/government/publications/commercial-infant-and-baby-food-and-drink-evidence-review), on commercially available foods and drinks intended for children up to 36 months old. The authors considered how the commercial baby food and drink market in the UK aligns with dietary advice for infants and children; clear inconsistencies are identified between national infant feeding advice and how some products are presented, such as foods being marketed as healthy snacks having the highest sugar content and, in some cases, containing as much as confectionery. Of the 1,120 baby food and drink products reviewed for the report, more than 1 in 4 (28.1%) are targeted at four-month-olds, despite advice from the Scientific Advisory Committee on Nutrition (SACN) that infants should not be introduced to solid foods until around the age of six months. In response to the report, PHE recommends that the food industry and Government improve the nutrient content of products, ensure that clear, honest and consistent labelling is used in marketing and restrict implied health claims found on baby food products.  **Early Help Resource Pack**  ‘Early help’ covers a broad range of services and support that are brought in before any formal interventions to help children, young people and families achieve good outcomes. This [resource pack](https://www.eif.org.uk/files/pdf/early-help-resource-pack-lga.pdf) is designed to help all councillors to better understand their own local offer and how they can look at the role of evidence in developing and improving early help services. ‘Early intervention’ is the part of early help that provides support to children and young people who are identified as being at risk of poor outcomes, such as mental health problems, poor academic attainment or involvement in crime or antisocial behaviour. This support is more intensive than, or additional to, the help available through universal early help services, targeting specific issues to prevent problems occurring, or to tackle them head-on before they get worse.  **Children’s public health for 0 to 5 year-olds: quarter 4 data published for 2018/19**  There is firm evidence that public health in the early years can achieve good health and wellbeing for children now and in the future. This is brought together in the national [Healthy Child Programme](https://www.gov.uk/government/publications/healthy-child-programme-0-to-19-health-visitor-and-school-nurse-commissioning), the 0-5 element of which is led by health visiting services. Quarter 4 data for 2018 to 2019 (including refreshed data for quarters 1, 2 and 3) is now available for local authorities, PHE centres and others to inform the development of these services locally:   * The [breastfeeding at 6-to-8 weeks-after-birth statistics](https://www.gov.uk/government/collections/breastfeeding-statistics) show the percentage of mothers who continue breastfeeding. * The [health visitor service delivery metrics](https://www.gov.uk/government/collections/child-and-maternal-health-statistics#health-visitor-service-delivery-metrics) cover the antenatal check, new birth visit, 6-to-8 week review, 12 month assessment and 2-to-2½ year assessment (including coverage of the [Ages and Stages Questionnaire (ASQ-3](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/550487/ASQ-3_September_2016.pdf)). * The [child development outcomes at 2-to-2½ years data](https://www.gov.uk/government/collections/child-and-maternal-health-statistics#child-development-outcomes-at-2-to-2-and-a-half-years-metrics) looks at children who were at or above the expected level for various child development outcomes using data from the ASQ-3 questionnaire.   **Trends in children’s BMI between 2006/7 and 2017/18**  PHE has brought together and updated previously published data on BMI trends over the past decade covering levels of childhood obesity across the country up to Year 6. A slide pack (attached below) presents trends in children’s body mass index from 2006/07 to 2017/18 using National Child Measurement Programme (NCMP) data. The NCMP is an annual programme that measures the height and weight of over a million children in Reception (aged 4 to 5 years) and Year 6 (aged 10 to 11 years) in mainstream state-funded schools in England. Although the NCMP only covers certain age groups, it includes the majority of children in those year groups and around 95% of eligible pupils have taken part since 2014 to 2015. The slides display overall trends in obesity, overweight, excess weight, severe obesity and underweight prevalence over time.    **Outdoor activities seasonal safety reminders**  Days out at farms are an enjoyable and educational experience for many people. However, animals can carry a number of infections that may be harmful to humans, especially children and pregnant women. Guidance on farm visits is available on the PHE website ([Farm visits: avoiding infection](https://www.gov.uk/government/publications/farm-visits-avoiding-infection)) and local authorities are encouraged to share the guidance document with schools in their local area.  [Access to Farms](https://www.visitmyfarm.org/teachers) guidance is also available for educators.  Those operating farms open to visitors should consult the [Industry Code of Practice](https://www.visitmyfarm.org/component/k2/339-industry-code-of-practice/339-industry-code-of-practice) and put the necessary control measures in place.  Up-to-date information on ticks and tick-borne diseases, such as Lyme disease, is available on the PHE webpage, *Tick bite risks and prevention of Lyme disease: resources*, describing the particular precautions appropriate to tick-related risk (over and above standard insect bite avoidance measures). The hazard associated with contact with animals during the spring lambing season is available on the NHS website at: [Why should pregnant women avoid sheep during the lambing season](https://www.nhs.uk/common-health-questions/pregnancy/why-should-pregnant-women-avoid-sheep-during-the-lambing-season/)?  **Soil Association Out to Lunch results published**  The Soil Association has published its [latest report](https://www.soilassociation.org/our-campaigns/out-to-lunch/) on children’s food served in restaurants and café chains. Venues are assessed on their provision of fresh food, healthy choices, and how family friendly the restaurants are. JD Wetherspoon topped the league table this year. |
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| Living Well |
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| **Call for evidence for Homelessness Reduction Act**  The Ministry of Housing, Communities and Local Government has launched a [call for evidence for the Homelessness Reduction Act](https://www.gov.uk/government/consultations/homelessness-reduction-act-2017-call-for-evidence). The Homelessness Reduction Act is the most ambitious reform to homelessness legislation in decades and is a key lever for reducing homelessness and helping to halve rough sleeping by 2022 and end it by 2027.  The call for evidence is looking at how the Act has been implemented and resourced and will examine what processes are working well or may need improvement. It will also look at the experiences of people approaching their local housing authority for help. This call for evidence will form part of the review MHCLG are undertaking which will be published in March 2020 to understand if any further amendments to the Act are required. Local authorities are encouraged to respond to the consultation to provide a public health, social care and housing perspective by filling in this [survey](https://www.surveymonkey.co.uk/r/homelessnessreductionactreview). Other ways to respond are outlined in the [consultation document](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/819439/HRA_call_for_evidence.pdf). The call for evidence closes at 11:45pm on 15 October 2019.  **Call for local authorities to help rough sleepers in hot weather**  Heather Wheeler, Minister for Housing and Homelessness, has written to local authorities to remind them of the importance of triggering the Severe Weather Emergency Protocol that aims to move rough sleepers off the street when hot weather poses a risk to their health. The [protocol](https://www.homeless.org.uk/our-work/resources/guidance-on-severe-weather-emergency-protocol-swep-and-extended-weather-provision), from the charity Homeless Link, provides advice on what can be done to help those on the streets that are struggling to cope in extreme heat; the public are encouraged to use the [Streetlink tool](https://www.streetlink.org.uk/) to alert local support services to those in need.  To read more about PHE’s advice, please consult our [heatwave guidance for England](https://www.gov.uk/government/publications/heatwave-plan-for-england).       **Strength and balance: supporting improvement through audit**  Strength and balance exercise programmes are a key intervention for falls prevention. A new PHE paper, [*Strength and balance quality markers: supporting improvement through audit*](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/820673/Strength_and_balance_quality_markers_supporting_improvement_through_audit.pdf),  describes seven quality markers for strength and balance exercise that can be used as criteria supporting local areas in carrying out self-audit to improve service quality. The document has been produced in collaboration with the National Falls Prevention Coordination Group (NFPCG) member organisations and is endorsed by the British Geriatrics Society, College of Podiatry, Chartered Society of Physiotherapy, Royal Society for the Prevention of Accidents and the National Audit of Inpatient Falls. It should be used by local commissioning and strategic leads in England with a remit for falls, bone health and healthy ageing.  Tackling Obesity (H&WB Team Lead: Nicola Corrigan)  **Health matters: whole systems approach to obesity**  On Thursday 25th July, PHE published the [Whole systems approach to obesity: a guide to support local approaches to promoting a healthy weight,](https://www.gov.uk/government/publications/health-matters-whole-systems-approach-to-obesity/health-matters-whole-systems-approach-to-obesity) a professional resource that is designed to support local action to address obesity. The guide describes a ‘how to’ process, which can enable local authorities, and their partners, to start creating their own local whole systems approaches to reducing obesity and promoting a healthy weight. It can also support local areas who have already started this journey.    Everybody Active Every Day **(**H&WB Team Lead: Nicola Corrigan)  **New NIHR Themed Review: Moving Matters**  NIHR published a new [Themed Review](https://www.dc.nihr.ac.uk/themed-reviews/research-into-physical-activity.htm?utm_source=NIHR+Dissemination+Centre+mailing+list&utm_campaign=cce20eb83d-EMAIL_CAMPAIGN_2019_07_01_08_52&utm_medium=email&utm_term=0_286155606c-cce20eb83d-167884271) of NIHR research into physical activity. Moving Matters brings together recent NIHR-funded research evaluating what works in getting people active and sustaining that activity. It features:   * Over 50 published and ongoing studies * A look at all age groups - from children to adults, as well as workplace changes and the effect of the built and natural environment   **Sport England – Essential update for Local Government**  [Click here](https://i.sportengland.org/linkapp/cmaview.aspx?LinkID=pageid100745491zz9~qnnnqzf~9fhqz~njqtxf~z~x~f~f~n) to view the recent update.  **Sport England - June 2019 Community of Learning Workshops and July Webinar**  In June Sport England ran three Community of Learning workshops, in collaboration with the Local Delivery Pilots, where they talked with delegates from a range of organisations about the work of the Pilots to date.  The aim of the workshops was to provide an open, honest and authentic environment for everyone attending to engage with the pilots and hear about the emerging learning and to share their own stories and experiences. You can find the report on our LDP Community of Learning workshops and the recording of the webinar [here](https://www.sportengland.org/our-work/local-delivery-pilots-community-of-learning/local-delivery-pilot-community-of-learning-workshops/).  Reducing Smoking (H&WB Team Lead: Scott Crosby)  **Smoking and the NHS Long Term Plan**  PHE continues to work closely with NHS England around the smoking elements within the NHS Long Term Plan, and the recently published [Implementation Framework](https://www.longtermplan.nhs.uk/implementation-framework/). In preparation for this, NHS England has recently published a [NHS non-mandatory smoking cessation tariff](https://improvement.nhs.uk/resources/national-tariff-1719/) for the treatment, in 2019/20, of tobacco dependence within trusts for inpatients who smoke and pregnant smokers. Key points to note:   * NHS services are not intended to replace existing stop smoking provision by local authorities, but rather to complement them. Increasing net investment is a powerful driver of tackling inequalities, and partnership between the NHS and local authorities is critical to delivering success at a system level. * As the 2019/2020 NHS smoking cessation tariff is non-mandatory, trusts do not have to adopt it. It is not accompanied by any additional funding but relies on localities agreeing to fund through current budgets. If NHS Trusts want to adopt the tariff this year, this would need to be agreed by both commissioner and provider. * The non-mandatory tariff reinforces the direction of travel laid out in the NHS Long Term Plan which in time will see the phased investment and implementation of stop smoking support for inpatients, pregnant women and higher risk outpatients. Early implementation sites will commence in 2020/21, but national roll-out and associated funding will start in 2021/22 and not be fully complete until 2023/24.   **Smoking in England**  Smoking in England is in terminal decline and a smokefree generation is now in sight. [Data published by NHS Digital](https://digital.nhs.uk/news-and-events/around-1.8m-fewer-adult-smokers-in-england-in-2018-compared-with-seven-years-ago) show that the number of adult cigarette smokers in England in 2018 was down to 5.9 million, a decrease of 1.8 million from 2013. This means the prevalence of adult smokers in England was 14.4% last year, the lowest ever and this is really positive news in the battle against the nation’s biggest killer. The picture is complex, however, with the lowest rates among over-65s and the fastest reductions among 18-to-24 year-olds, while adults aged 25-to-34 were most likely to smoke (19%). Smoking rates remain stubbornly high amongst people on lower incomes and those experiencing mental health problems and every effort and means to support them quitting is where we need to most focus. PHE chief executive Duncan Selbie discussed the new data in a blog on 2 July, [*Turning the tide on tobacco: Smoking in England hits a new low*](https://publichealthmatters.blog.gov.uk/2018/07/03/turning-the-tide-on-tobacco-smoking-in-england-hits-a-new-low/).  Mental Health (H&WB Team Lead: Laura Hodgson)  **Mental health implementation plan published, including addressing mental health needs of rough sleepers**  NHS England have published its [mental health implementation plan](https://www.longtermplan.nhs.uk/publication/nhs-mental-health-implementation-plan-2019-20-2023-24/). The plan includes transformation funding that will be made available to at least 20 areas over the next five years, via targeted allocation, to fund new specialist mental health provision for people who sleep rough. In addition, all areas, whether or not they receive the new funding, are expected to have a mechanism in place to ensure mental health services can support rough sleepers, which should be reflected in local five-year plans.  **Every Mind Matters - Public Health England's new Mental Health Campaign**  Machine generated alternative text: EVERY MIND  MATTERS  PHE’s major new Mental Health campaign, ‘Every Mind Matters’ launches in October. It will launch with a significant TV moment across a collection of some of England’s biggest channels, partnerships with key tech platforms and PR activity across the board. A huge selection of celebrity and big brands partners will be supporting the campaign and promoting the campaign through their channels. The health care system and public-sector partners are also keenly involved, planning to have trusted conversations with the public and highlighting how their services can aid a person’s mental health and wellbeing. Further information will be shared with local teams over the next few weeks.    If you have any queries in the meantime about how to support the campaign locally, please contact Laura Hodgson at [laura.hodgson@phe.gov.uk](mailto:laura.hodgson@phe.gov.uk)    **Spotting the Signs of Perinatal Mental Health Problems**  A new campaign is encouraging new and expectant mums in Humber, Coast and Vale to look after their mental health. The [Every Mum Matters Campaign](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=afe4edb534&e=955474ce8a) aims to support new mothers, mums-to-be and their families to recognise symptoms of perinatal mental health problems early and to seek help promptly.      **Local Suicide Prevention Planning in England - An independent progress report**  This joint report between the Samaritans and the University of Exeter is the first ever nation-wide view of suicide prevention planning within local authorities in England. This is critical to understanding what needs to happen next to save more lives.    The **key findings** were:   * **Reducing risk in men** - This was included in 97% of local authority plans and 70% were delivering action. * **Children and young people** - This was included in 92% of local authority plans and 80% were delivering   action.   * **Bereavement support** - This was included in 97% of local authority plans and 71% were delivering action. * **Preventing self-harm** - This was included in 92% of local authority plans and 55% were delivering action.     The report concludes that local plans include a wealth of ambition to prevent suicide, and cites a number of Yorkshire and Humber Local Authority plans. The focus should now be on ensuring actions are delivered effectively to save lives.    The full report provides an overview of activity in plans, with regional analysis and recommendations against a number of priority areas and can be [downloaded here](https://www.samaritans.org/about-samaritans/research-policy/national-local-suicide-prevention-strategies/).        **Free Online Suicide Prevention Training - Zero Suicide Alliance**  There is a free [online training course in suicide prevention](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=9c20b2b522&e=955474ce8a) from the Zero Suicide Alliance available that takes just 20 minutes. All NHS staff are currently being encouraged to complete the training and the training is also suitable for local government staff. The training aims to enable people to identify when someone is experiencing suicidal feelings, to be able to speak out in a supportive manner, and to empower them to signpost the individual to the correct services or support.    **NHS Mental Health Implementation Plan 2019/20 – 2023/24**  NHS England and NHS Improvement have recently published [NHS Mental Health Implementation Plan 2019/20 – 2023/24](https://www.longtermplan.nhs.uk/wp-content/uploads/2019/07/nhs-mental-health-implementation-plan-2019-20-2023-24.pdf). This document provides details of a new framework to help deliver on the commitment to pursue the most ambitious transformation of mental health care, at the local level.    **NHS to Launch Young People’s Gambling Addiction Service**  The first NHS gambling clinic for children will open this year as part of a new network of services being rolled out as part of the [NHS Long Term Plan](NHS%20to%20launch%20young%20people’s%20gambling%20addiction%20service). Up to 14 new NHS clinics are being opened starting with the [NHS Northern Gambling Service](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=fe420d5bb7&e=955474ce8a) in Leeds this summer, followed by Manchester and Sunderland. The [National Problem Gambling Clinic](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=0991bac8b4&e=955474ce8a) in London will also offer specialist help for children and young people aged 13 to 25, as part of an expansion that will also increase available treatment for adults.      **Results of 4th Liaison Psychiatry Survey Published**  NHS England has published [Report of the 4th survey of liaison psychiatry in England](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=0b96931d8d&e=955474ce8a). This fourth survey presents data relating to Liaison Psychiatry services in acute hospitals with emergency departments in England. It tracks the progress of Government targets requiring half of all of these services to be at ‘Core 24’ level by 2021.    **National Mental Health Intelligence Network Profiling Tools on Fingertips**  The National Mental Health Intelligence Network (NMHIN) has been conducting further developments on their suite of mental health profiling tools. Click on the links below to access the updates:  [Common Mental Health Disorders](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=89032a58d3&e=955474ce8a)  [Crisis Care](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=583699de5e&e=955474ce8a)  [Mental Health and Wellbeing JSNA Profile](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=82d2b19481&e=955474ce8a)  [Severe Mental Illness](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=19de3e47c5&e=955474ce8a)  [Suicide Prevention Profile](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=c9b84becc8&e=955474ce8a)    To receive updates directly from NMHIN visit the [PHE subscriptions page](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=636b7364c4&e=955474ce8a)  and select ‘Mental Health Dementia and Neurology’.      **Upcoming Events:**    Tuesday 26 November 2019, 09:00-17:00, **Safeguarding Students: Addressing Mental Health Needs Conference**, Manchester Conference Centre, Manchester. To book your place click [here](https://nhs.us13.list-manage.com/track/click?u=1b058e83bc15aa4d35ff2e63b&id=aad98f3077&e=955474ce8a). NB: There is a cost to attend this event.  Sexual Health (Yorkshire and Humber Facilitator: Georgina Wilkinson)  **Relationships education, relationships and sex education and health education (RSHE) – moving to statutory provision**  On 25 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). DfE have also published [two guides for parents](https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools) for primary and secondary schools, explaining RSE. Statutory status begins in September 2020 but preparation starts now and is relevant to primary prevention for all of SRH and HIV.  **Teenage Pregnancy**  There is an [article in Early Childhood Matters](https://earlychildhoodmatters.online/2019/lessons-learned-from-national-government-led-efforts-to-reduce-adolescent-pregnancy-in-chile-england-and-ethiopia/) – the journal of the Bernard Leer Foundation - which looks at examples of scaled up programmes to reduce adolescent pregnancy in England, Chile and Mexico. They are useful summaries of the key lessons learned.  **RCN resources - sexual health education and training**  Useful information, including an education directory, can be found [here.](https://www.rcn.org.uk/clinical-topics/public-health/sexual-health/sexual-health-education-and-training)  **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)  NHS Health Checks and CVD (H&WB Team Lead: Karen Pearson)  **Upcoming publishing dates for official statistics for NHS Health Check**  The official statistics for NHS Health Check quarterly data will be published on the following dates:     |  |  |  |  | | --- | --- | --- | --- | | ***Year Quarter*** | ***Portal opens*** | ***Portal closes*** | ***Data published online*** | | *2019-20 Q1* | *01 July 2019* | *07 August 2019* | *3 September 2019 at 9:30 am* | | *2019-20 Q2* | *01 October 2019* | *05 November 2019* | *3 December 2019 at 9:30 am* | | *2019-20 Q3* | *02 January 2020* | *First week Feb 2020* | *3 March 2020 at 9:30 am* | | *2019-20 Q4* | *01 April 2020* | *First week June 2020* | *7 July 2020 at 9:30 am* |   **LTP Implementation - Developing CVD, Respiratory and stroke services**  During July NHS England have hosted a series of webinars discussing the implementation plan for the NHS Long term plan. Here are the slides for the CVD, Respiratory and stroke services webinar along with a copy of the recording. [**Play recording**](https://healthsector.webex.com/recordingservice/sites/healthsector/recording/playback/c1a9e6c9f5f1422ab510ff9a15d4b1c8). No password is required. Please see slides attached below, used in the webinar.    **Save the date - 2020 CVD and NHS Heath Check PHE conference**  Thursday 6th September 2020, London.  **NHS England Twitter - CVD Prevention**  During the W/C 29th July 2019, the NHS England twitter account will be focussing on CVD prevention. The CVD Prevention System Leadership Forum and partners will also be sharing lots of useful resources. You can join the conversation by using #CVD  Reducing Health Inequalities (H&WB Team Lead: Alison Iliff)  **Place-based approaches to reduce health inequalities**  PHE has published a suite of [resources and tools](https://www.gov.uk/government/publications/health-inequalities-place-based-approaches-to-reduce-inequalities) to support local authorities and ICSs in their work to reduce health inequalities. The resources aim to   * reinforce a common understanding of the complex causes and costs of health inequalities * provide a practical framework and tools for places to reduce health inequalities |
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| Ageing Well (H&WB Team Lead: Alison Iliff) |
| **Dementia Quality Standard**  NICE has updated its Dementia Quality Standard. Quality statement 1 refers to reducing dementia risk through mid-life behaviour change. You can access the QS and related documents [here](https://www.nice.org.uk/guidance/qs184).  **Care and Support for people with learning disabilities growing older**  NICE has published guidance on the care and support for people with learning disabilities growing older. The guidance can be found [here](https://www.nice.org.uk/guidance/qs187). The guidance is accompanied by [information for the public](https://www.nice.org.uk/guidance/ng96/informationforpublic) and an [easy read version](https://www.nice.org.uk/guidance/ng96/resources/care-and-support-of-people-growing-older-with-learning-disabilities-easyread-version-pdf-4791950894)  **Centre for Ageing Better Impact Report**  The Centre for Ageing Better has published an [annual impact report](https://www.ageing-better.org.uk/year-review-impact-2018-2019) looking at progress against the priorities identified in its 2018 strategy, [Transforming Later Lives](https://www.ageing-better.org.uk/publications/transforming-later-lives).  **Housing for older and disabled people**  The Ministry for Housing, Communities and Local Government (MHCLG) has updated its [guidance](https://www.gov.uk/guidance/housing-for-older-and-disabled-people) on housing for older and disabled people.  **Fuse Healthy Ageing Research Meeting**  Monday 16 September 2019, 12.30 – 16.30**,** The Core, Science Central Newcastle upon Tyne, NE4 5TF  The ​​​​​leadership of the Fuse Healthy Ageing Programme (HARP) has recently been taken over by Dr Sheena Ramsay, Newcastle University and Dr Sonia Dalkin, Northumbria University. As part of the refresh and renew of the programme we would like to invite you to join us for a research meeting. The programme will include a few short presentations followed by workshops on translational research and reinvigorating the research strategy for the programme going forward, there will also be an opportunity for PhD students to display posters. The meeting is open to all with an interest in Healthy Ageing, it is an opportunity to help inform the research of the programme and to network with academic and practice colleagues across the region.  A programme for the meeting will be available soon but in the meantime to register your attendance please complete the brief [registration form](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.ncl.ac.uk%2Fview.php%3Fid%3D5349193&data=02%7C01%7CM.Welford%40tees.ac.uk%7Cc76152616d6740394dea08d710eb6439%7C43d2115ba55e46b69df7b03388ecfc60%7C0%7C0%7C636996475489655852&sdata=VSHGskuYEVZC5Ro%2B1DGmZ8fTESa57RYJwjZz0ZJd%2BG0%3D&reserved=0)   Further information and a more detailed programme will be available shortly on the Events pages of the Fuse website: [www.fuse.ac.uk/events](http://www.fuse.ac.uk/events)  **Dementia and Older People’s Mental Health Bulletin August 2019**  Please [click here](http://www.yhscn.nhs.uk/media/PDFs/mhdn/Dementia/Bulletin/2019/August%202019/Dementia%20e-bulletin%20August2019.pdf) to view the bulletin.  Data, Documents, Letters, Reports & General Information  **Prevention green paper**  The government Green Paper, [Advancing our health: prevention in the 2020s](https://www.gov.uk/government/consultations/advancing-our-health-prevention-in-the-2020s/advancing-our-health-prevention-in-the-2020s-consultation-document), published on Monday 22nd July, includes plans to further embed the principle of Prevention is Better than Cure into public health activity, in respect of non-communicable disease prevention in particular. Among the stated, specific aims are to “make smoked tobacco obsolete by 2030” and to “deliver five extra years of healthy, independent life” to all by 2035. The consultation document has been welcomed by PHE chief executive Duncan Selbie; see: [The prevention green paper; a chance to turn talk into action](https://publichealthmatters.blog.gov.uk/2019/07/23/the-prevention-green-paper-a-chance-to-turn-talk-into-action/).  **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 6 August 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 [Dementia Profile](https://fingertips.phe.org.uk/profile-group/mental-health/profile/dementia) 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) * [Dementia Profile](https://www.gov.uk/government/statistics/announcements/dementia-profile-august-2019-data-update) * [Local Alcohol Profiles for England](https://www.gov.uk/government/collections/local-alcohol-profiles-for-england-lape)   **From data to decisions: a foundation course in population health intelligence**  PHE’s Local Knowledge & Intelligence Service (LKIS) now run a regular free 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 August is fully subscribed but we are now taking bookings for the next event on 8 October - you can find out more and register [here](https://www.eventbrite.co.uk/e/from-data-to-decisions-a-foundation-course-in-population-health-intelligence-tickets-65181959997)  **Advancing our health: prevention in the 2020s – Consultation**  The Department of Health and Social Care is seeking your views on proposals to tackle the causes of preventable ill health in England. Please [click here](https://www.gov.uk/government/consultations/advancing-our-health-prevention-in-the-2020s) to access the consultation. Please note that consultation **closes** at **11:59pm on 14 October 2019**  **PhD studentship opportunity in Public Health Nutrition**  Interested in what children and young people eat and drink? Enjoy using statistics to explore research questions? This PhD will focus on collecting dietary data in 11-12 year old pupils and employing statistical methods to explore research questions.   This PhD will provide:  • an understanding of dietary data collection methods  • quantitative analysis skills  • an opportunity for independent thinking  • a PGR training programme  • dissemination skills  • engagement in the [Fuse network](http://fuse.ac.uk/)   The award is only available to UK/EU applicants. Start date 6 January 2020 for 3 years. **Deadline for applications: Wednesday 31st July 2019** Further details and how to apply available [**here**](https://www.findaphd.com/phds/project/phd-studentship-in-public-health-nutrition-an-exploration-of-the-impact-of-school-food-and-wider-policy-changes-on-11-12-year-olds-dietary-intake/?p110696)**.** Any queries to be sent to Dr Suzanne Spence: [**suzanne.spence@ncl.ac.uk**](mailto:suzanne.spence@ncl.ac.uk)**.** |
| Upcoming Meetings and Seminars |
| **PHE Annual Conference 2019, 10 and 11 September**  Bookings remain open for the PHE Annual Conference 2019 on the [conference website](https://www.phe-events.org.uk/hpa/frontend/reg/thome.csp?pageID=356560&eventID=829) which has detailed information about the sessions and speakers. The conference will take place at the University of Warwick on Tuesday 10 and Wednesday 11 September. Delegates attending both days can join a pre-conference workshop Monday 9 September at no extra charge. Early booking is advised. |
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