

Information Update 101

26 February 2010

At a glance by subject

Children and Young People's Health – 1-4, 16-17, 23
Employment and Health – 5-6
Health Inequalities – 7-9, 27
Health Policy / Scrutiny – 10, 26
Later Life – 11-14
Lifestyles – 15-20
Mental Health – 21-22
Safer Communities – 23
Sustainability – 20, 24-25

Children and Young People's Health

1. The National Institute for Health and Clinical Excellence has issued 'New NICE guidance on school-based methods to prevent children and young people smoking'. The guidance outlines steps that educational establishments, education and health professionals, pupils and their parents and carers can take to help young people stay away from smoking. Recommendations include encouraging pupils to lead smoking prevention activities; and integrating discussions on the effects of tobacco use across a range of curriculum topics.
<http://tinyurl.com/ydpotls>
2. The majority of children and young people enter into care after suffering abuse or neglect or from family problems. NICE and the Social Care Institute for Excellence (SCIE) have issued joint draft 'Guidance to improve the quality of life of looked after children', for consultation. The guidance includes a range of draft recommendations to promote the physical and emotional health and well-being of looked-after children and young people. The consultation ends on 14 April.
<http://www.nice.org.uk/guidance/index.jsp?action=folder&o=47410>
3. New figures released by the Office for National Statistics (ONS) show that fewer 5–10 year olds walked to school in 2008 than a decade ago. In 2008, 48% of 5 to 10-year-olds walked to school, 5% lower than in 1995–1997 (53%). The figures also show that during weekdays in term time the 'school run' accounts for 20% of car journeys in urban areas, contributing significantly to congestion.
<http://www.statistics.gov.uk/ci/nugget.asp?id=1576>
4. According to the ONS, the number of teenage conceptions has fallen by 3.1% from 41.9 conceptions per thousand women aged 15–17 in 2007 to 40.6 in 2008. Publication of the statistics coincided with the publication of the 'Teenage Pregnancy Strategy – Beyond 2010'. The strategy includes proposals for: a new scheme to pilot one-to-one sexual health and contraception consultations for 16 year olds; more support for parents; increasing help for teachers; and improving school-based health services.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2010_0048

Employment and Health

5. The Joseph Rowntree Foundation (JRF) has published a report examining poverty, work sustainability and progression among low-skilled workers. According to the report, factors influencing retention of work included unstable labour market conditions, reconciling work with caring responsibilities, and the availability of social and financial resources. The JRF research found that workplaces with structured opportunities for training and promotion enabled people to feel supported in taking steps to advance at work.

<http://www.jrf.org.uk/publications/better-off-working>

6. The Department for Work and Pensions (DWP) is currently reforming the medical statement, more commonly known as the 'sick note'. The intention is to ensure that individuals and their employers are better informed about when and how it is appropriate to support someone back to work. Subject to Parliamentary approval, the changes will come into place on 6th April. A sample of the new 'fit note' is now available.

<http://tinyurl.com/yhhpuh2>

Health Inequalities

7. The 'Marmot Review' on health inequalities called 'Fair Society Healthy Lives' has now been published. Nine key messages came out of the review including: that health inequalities result from social inequalities and action on health inequalities requires action across all the social determinants of health; and that national policies will not work without effective local delivery systems focused on health equity in all policies.

<http://www.ucl.ac.uk/qheg/marmotreview>

8. New figures from the Office for National Statistics (ONS) show that while the population's life expectancy is increasing, more years are spent in poor health. Between 1981 and 2006, life expectancy (LE) increased for both males and females in Britain. Similarly, periods of life spent in favourable health (Healthy Life Expectancy – HLE) or without a limiting chronic illness or disability (Disability Free Life Expectancy - DFLE) also increased. However, life expectancy increased more than HLE and DFLE, which has lowered the proportion of life spent in favourable health during this period.

<http://www.statistics.gov.uk/cci/nugget.asp?id=934>

9. The Department for Communities and Local Government (DCLG) has published 'Improving Health Outcomes in Deprived Communities – Evidence from the New Deal for Communities (NDC) Programme'. The research report says that there has been a broadly positive but modest change in health outcomes in NDC areas. However, the lack of marked positive change relative to other benchmarks is disappointing, given that the case study NDC partnerships devoted considerable effort and resources to improving health outcomes amongst local residents.

<http://www.communities.gov.uk/publications/communities/improvinghealthoutcomes>

Health Policy / Scrutiny

10. In 2009 the Department of Health (DH) commissioned a review of how Health Impact Assessment (HIA) is carried out in other Government departments. The research was the first attempt to systematically consider how Health Impact Assessment is being used within Impact Assessment, and whether it can affect policy making at national level. The reports findings show that other Government departments are taking health into account, and in some instances providing excellent examples of analysis, but that more still needs to be done.

<http://tinyurl.com/yd365a7>

Later Life

11. In 2009 the Department of Health (DH) launched 16 integrated care pilots to explore innovative ways to provide health and social care that would help drive improvements in local health and well-being. Of the 16 pilots none were in the South East. The DH has announced that it is going to extend the integrated care pilots and is now inviting expressions of interest from those wishing to join the expanded community.

http://www.dh.gov.uk/en/Healthcare/IntegratedCare/Integratedcarepilots/DH_111797

12. A recently published Audit Commission report called 'Under pressure – tackling the financial challenge for councils of an aging population', says that most councils do not know enough about the costs of their ageing population and may miss the savings that could flow from preventive services and better work with other organisations.

<http://tinyurl.com/ydza7lv>

13. The Nutrition Action Plan Delivery Board was set up in 2008 to work with a wide range of organisations on five key priorities: to raise awareness of the link between nutrition and good health; to ensure that accessible guidance is available across all sectors; to encourage nutritional screening using health and social care services; to encourage provision and access to relevant training; and to clarify standards and strengthen inspection and regulation. The Board has just published its independent progress report.

<http://tinyurl.com/yjmc959>

14. The Department of Health (DH) has issued new guidance on the eligibility criteria for adult social care. 'Prioritising need in the context of Putting People First: A whole system approach to eligibility for social care' replaces previous guidance issued in 2003. The new guidance recommends that application of eligibility criteria is firmly situated within this wider context of personalisation, including a strong emphasis on prevention, early intervention and support for carers.

<http://tinyurl.com/y87j93u>

Lifestyles

15. The Food Standards Agency (FSA) has published the findings from its National Diet and Nutrition Survey (NDNS) 2008-2009. The survey found that while the nation is eating less saturated fat, trans fats and sugar than it did a decade ago, the consumption of saturated fats and sugar is still higher than recommended levels. While more adults are eating the recommended five portions of fruit and vegetables a day, the population as a whole is not eating enough fibre.

<http://www.food.gov.uk/news/newsarchive/2010/feb/ndnsyr1>

16. According to a survey by the School Food Trust, more than three quarters of primary school children are taking vegetables and salad to school as part of their school lunch – following the introduction of mandatory standards for school food. With few exceptions, the average meals taken by children met the new standards for school lunch.

http://www.schoolfoodtrust.org.uk/news_item.asp?NewsId=224

17. The NHS Information Centre (IC) has published 'Obesity, Physical Activity and Diet 2010'. The statistical report covers: overweight and obesity prevalence among adults and children; physical activity levels among adults and children; trends in purchases and consumption of food and drink and energy intake; and health outcomes of being overweight or obese.

<http://tinyurl.com/yfxmg7s>

18. According to a report by the British Heart Forum (BHF), obesity amongst adults is predicted to increase. The report updates previous forecasts of obesity prevalence published in the Foresight Report in 1997, to show no improvement in predicted trends. The updated forecasts show that by 2020 the proportion of adults who will be obese aged 20-65 is 41% for men, and 36% for women. In the 40-65 age group, the predictions are 44% for men and 38% for women.

http://www.heartforum.org.uk/News_Media_pressreleases_2072.aspx

19. One year on from the public launch of the Change4Life movement, a progress report has been published describing the different stages of the social marketing campaign; the impact it has had; and the lessons learnt. Chapter 6 of the report focuses on whether the evidence shows that families are changing their behaviour. The next phase of the campaign will focus on supporting adults to achieve and maintain a healthy weight.

<http://tinyurl.com/yhudqjr>

http://www.dh.gov.uk/en/News/Recentstories/DH_112596

20. The Department for Transport (DfT) and the Department of Health (DH) have jointly published an 'Active Travel Strategy'. The strategy puts forward proposals to put walking and cycling at the heart of local transport and public health strategies over the next decade - in order to improve public health, tackle congestion, and reduce carbon emissions.

<http://tinyurl.com/yb4cdzq>

Mental Health

21. The Centre for Evidence Based Mental Health (CEBMH) at Oxford University produces a currently awareness bulletin which includes mental health news, clinical news, health and signposts to social care guidance and publications and policy. Those with a specific interest in mental health, particularly the clinical aspects of mental health, may wish to sign up for this free bulletin. You may find some duplication with the Information Update.

Contact: sarah.stockton@psych.ox.ac.uk

22. 'Realising the Benefits – IAPT at Full Roll Out' sets out the vision for completing the roll out of evidence based psychological therapy services across England in the period 2011/12 and beyond. The guidance aims to provide clarity about Improving Access to Psychological Therapies (IAPT) services and what the NHS is expected to achieve. It also makes clear how the NHS can work to complete the roll out in every locality in the period after 2011.

<http://tinyurl.com/ycvkfbj>

Safer Communities

23. The Home Office, working with the Department of Health (DH), has launched a campaign aimed at tackling violence in teenage relationships. Research by the National Society for the Prevention of Cruelty to Children (NSPCC) shows that there is a high prevalence of violence in teenage relationships and that many teenagers have tolerant attitudes towards such violence. The campaign aims to show teenagers that violence is unacceptable and to influence them before their attitudes and behaviour become too entrenched.

<http://tinyurl.com/y9jvpl3>

Sustainability

24. The Sustainable Development Commission's (SDC) has published its collective contribution to the Marmot Review task groups on sustainable development and the built environment, in a stand-alone report. The report presents evidence to show that unsustainable development is damaging the natural environment, which in turn increases risks to health for all social groups, but particularly low-income groups and consequently exacerbates health inequalities.

<http://www.sd-commission.org.uk/news.php?id=320>

25. The SDC has also published a report called 'Smarter Moves: How Information Communication Technology Can Promote Sustainable Mobility'. The report finds that ICT solutions could help reduce carbon emissions, congestion, accidents and noise levels, as well as improving health and air quality by reducing the need to travel; making public transport easier and more pleasant to use, and helping people to drive more efficiently.

<http://tinyurl.com/y9e6x7w>

Events

26. The National Institute for Health and Clinical Excellence's (NICE) public health guidance is based on appraisals of evidence about whether measures designed to promote and protect health and prevent disease are effective and cost effective. NICE is holding a public health focused Question Time on 17 March in Guildford 12.30-1.30pm. The session will provide the opportunity to question a panel about NICE's guidance and work and will be followed by a public Board meeting with questions taken from the floor after each item. The event is free and lunch will be provided.

<http://www.nice.org.uk/aboutnice/whoweare/board/boardmeetings/2010/170310.jsp>

27. The Department of Health South East has commissioned research into the health of migrants in the region. The aim of the research is to explore what is known about migrant health through the organisations providing health services. A network to support those organisations will be established. A launch event will be held on 19 March in central London. If you are interested in finding out more about the research and the network, keep the date in your diary free and send your expressions of interest to:

nika.raphaely@hpa.org.uk

Other regional public health news update services:

Public Health Update

A fortnightly email update containing public health news, research and information with a focus on practitioners. It includes local news specific to Bucks, Oxon, Berks and Hants.

Available from <http://tinyurl.com/yah9bn6>

PH Knowledge Bulletin

A fortnightly email update containing public health news, publications and information from government and other relevant websites.

Contact Jill Rutland, Kent & Medway Public Health Observatory, jill.rutland@nhs.net

Observatory Observations

A monthly newsletter from the South East Public Health Observatory. It contains data and statistical news, and updates on the work of the Observatory and its products.

Contact Carolyn Tasker, South East Public Health Observatory, carolyn.tasker@sepho.nhs.uk

The Department of Health - South East is not responsible for the content of external websites.

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