



Health E-News Bulletin

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Health Improvement - Keeping you informed

Welcome to the monthly issue of the Health E-News Bulletin. We aim to keep you updated with national, regional and local news, events and other relevant information which relates to the six key areas of the Department of Health's White Paper "Choosing Health: Making Healthier Choices Easier". We will also include more broader public health information. This is being produced collaboratively by the Halton & St Helens Health Improvement Library Service and the Health Improvement Network.

ALCOHOL

New stats reveal England's calorific alcohol intake

The average wine drinker in England now consumes around 2,000 calories from booze alone each month, new figures out today show. Over a year this is equivalent to 38 extra roast beef dinners or almost 184 bags of crisps. Two fifths (42 per cent) of women surveyed by the Government's Know Your Limits campaign admitted they didn't know that a glass of white wine has the same calorie content as a bag of crisps.

http://www.dh.gov.uk/en/News/Recentstories/DH_098315

CANCER

Deadly skin cancer now threatens women in their twenties

The deadliest form of skin cancer has now become the most common kind of cancer for women in their 20s – according to the latest figures from Cancer Research UK which launches its 2009 SunSmart campaign. Almost every day of the year in the UK a woman between 20 and 29 is diagnosed with malignant melanoma - the potentially fatal form of skin cancer. In this age range there are twice as many cases of melanoma as there are of breast cancer. Latest figures show around 340 women in their 20s were diagnosed with melanoma in a single year.

<http://info.cancerresearchuk.org/news/archive/pressreleases/2009/april/skin-cancer>

New studies examine effect of PSA screening on prostate cancer death rates

Two studies published in the latest issue of the New England Journal of Medicine have examined the impact of prostate-specific antigen (PSA) screening on death rates from prostate cancer. The PSA test measures the levels of PSA protein in the blood. This protein can indicate the presence of prostate cancer, although some men with the disease have normal PSA levels while many men with high PSA do not have cancer. The PSA test has been used for about 20 years and has been shown to help diagnose prostate cancer at an earlier stage. The test is widely used in the US as part of men's health insurance check-ups. British men are

able to request a PSA test from their GP as part of the Prostate Cancer Risk Management Programme, although there is no national prostate cancer screening programme in place.

<http://info.cancerresearchuk.org/news/archive/newsarchive/2009/march/19081076>

Links to Studies:

<http://content.nejm.org/cgi/content/abstract/360/13/1320>

<http://content.nejm.org/cgi/content/abstract/360/13/1310>

CHILDREN/YOUNG PEOPLE

First National Survey Finds 23,000 Children with Diabetes in England

Survey to support better care for children with diabetes

The Royal College of Paediatrics and Child Health (RCPCH) has found that almost 23,000 children and young people have diabetes in England - a figure higher than previous estimates. The snapshot survey, 'Growing up with Diabetes: children and young people with diabetes in 2009' commissioned by the Department of Health, gives accurate numbers of children and young people under the age of 18 with diabetes of any type in England.

<http://www.rcpch.ac.uk/Media/News>

New child wellbeing league table: UK in 24th place out of 29 European countries

Child Poverty Action Group has published a briefing drawn from a new league table of child wellbeing in European countries, in which the UK comes in 24th place out of 29 countries.

<http://www.cpag.org.uk/press/2009/210409.htm>

Report:

<http://www.cpag.org.uk/info/ChildWellbeingandChildPoverty.pdf>

MENTAL HEALTH

New unit to oversee delivery of mental health policies

The National Institute for Mental Health in England is being scrapped and replaced with a new agency to oversee the implementation of mental health policies. The national mental health development unit starts work on 1 April and will be headed by Ian McPherson, former NIMHE director. Care services minister Phil Hope said: "New Horizons and the Darzi review mean we must actively promote public mental health and wellbeing, as well as spreading best practice and maintaining world class mental health services everywhere.

<http://www.nmhd.org.uk/>

A new vision for mental health and well-being

The millions of people who suffer from or might face mental illness at some point in their lives will be the focus of a new strategy, Care Services Minister Phil Hope announced today. 'New Horizons' is a new strategy that will promote good mental health and well-being, whilst improving services for people who have mental health problems. It will build on the National Service Framework for mental health - widely acknowledged as the catalyst for a transformation in mental health care over the last ten years - which comes to an end in 2009.

http://www.dh.gov.uk/en/News/Recentstories/DH_097701

Mental health services failing young and old

Two reports published today by the Healthcare Commission Equality in later life and Adult specialist community mental health services show significant failings in the care and treatment offered to mental health service users over and under 65 years old.

<http://www.mind.org.uk/News+policy+and+campaigns/Press/Mental+health+services+failing+young+and+old.htm> (See following Report)

Equality in Later Life – National Study of Elder People’s Mental Health Services

This is a report of a national study of mental health services for older people in England. The study combined an analysis of national data with visits to a representative sample of mental

health trusts. The study covered four themes: age discrimination in mental health services; quality of inpatient care; how comprehensive services are; and how organisations work together to provide services.

http://www.cqc.org.uk/db/documents/Equality_in_later_life.pdf

Childhood abuse associated with psychosis in women

Women with severe mental illness are more likely to have been abused in childhood than the general population, new research suggests. But the same association has not been found in men. Researchers from the Institute of Psychiatry, King's College London, believe their findings point to differences in the way boys and girls respond to traumatic and upsetting experiences.

<http://www.rcpsych.ac.uk/pressparliament/pressreleases2009/childhoodabuseandpsychosis.aspx>

Simple lessons change teenage attitudes to mental illness

Teaching school children about common mental health problems can reduce prejudice and negative attitudes towards mental illness, according to a new study published in the April issue of the *British Journal of Psychiatry*.

<http://www.rcpsych.ac.uk/pressparliament/pressreleases2009/lessonschangeteenageattitudes.aspx>

More fearful UK society linked to rise in anxiety disorders, says new report

A new report from the Mental Health Foundation reveals a UK society that is increasingly fearful and anxious, backing the latest national statistics that show a long term increase in the rate of anxiety disorders in the general population. The charity says the two trends are linked and that rising levels of fear in the UK are contributing to the current economic crisis and hindering efforts to escape it. The Mental Health Foundation is calling for a nationwide campaign to protect the public's mental health against anxiety problems.

<http://www.mentalhealth.org.uk/media/news-releases/news-releases-2009/14-april-2009/>

NUTRITION/OBESITY

Restaurants and catering companies bring in calories on menus

Eighteen major catering companies, including many high street brands, will introduce calorie information on their menus for the first time. The list of trailblazers, announced today by Public Health Minister, Dawn Primarolo and the Food Standards Agency will start displaying calorie information from the end of April. The list includes workplace caterers, sit down and quick-service restaurants, theme parks and leisure attractions, pub restaurants, cafes and sandwich chains. This will benefit individuals and families who are trying to choose a healthier diet.

http://www.dh.gov.uk/en/News/DH_097564

OLDER PEOPLE

NMC publishes new guidance on caring for older people

The Nursing and Midwifery Council has published guidance on delivering compassionate care for older people. The NMC's guidance says nurses need to have the "right knowledge, skills and attitude to care for older people", including giving assistance with personal hygiene, continence needs, feeding and getting enough fluids and being able to challenge poor attitudes about and behaviour towards older people. The need to have the right communication skills to be able to discuss older people's needs, care and treatment while supporting their self-respect and self-worth is also outlined.

<http://www.nmc-uk.org/aArticle.aspx?ArticleID=3607>

ORAL HEALTH

Have your say in NHS Dentistry review

Dentists and their teams from across the country are being asked to share their views on how to improve access and quality of NHS dentistry at a series of engagement events this spring, Professor Jimmy Steele, chair of the independent review team for NHS dentistry, announced today. Since its appointment in December 2008, the review team has been investigating why there are variations in access to dentistry in England and how the NHS can deliver continuous improvements in the quality of care.

http://www.dh.gov.uk/en/News/Recentstories/DH_097689

PHYSICAL ACTIVITY

Cycle Journey Planner

Cycling England has teamed up with Transport Direct to provide a national urban Cycle Journey Planner through the Transport Direct portal. Work has already started on eleven pilot areas, which are being trialed during Spring 2009. Merseyside and Greater Manchester are already live, with the other nine to follow soon. Building on the lessons learnt from the pilot areas, the Cycle Journey Planner will be extended to include other urban areas from early Summer 2009, with priority likely to be focussed on the Cycling Towns and City.

<http://www.cyclingengland.co.uk/encouraging-cycling/journey-planner/>

NHS stats - physical activity/obesity

2006 Health Survey for England shows that 60% of men and 72% of women are still not taking enough physical activity to benefit their health. The good news is that, compared to 1997, more people are now walking briskly as a form of exercise - approximately one-third of men and a quarter of women - but there is a long way to go. The National Travel Survey 2007 found that 24% of respondents took walks 'less than once a year or never'. Despite this, most adults perceive themselves as fairly active! A new report from the NHS collates some interesting statistics and information on obesity, physical activity and diet.

<http://www.whi.org.uk/details.asp?back=true&key=AX909|0|12186714065|R|18|3122142332009407161329&parentkey=AX909|0|12186714065|p|18|0>

Report:

<http://www.whi.org.uk/uploads/documents/AX909/NHS%20stats%20obesity%20physical%20activity%20full%20report.pdf>

SEXUAL HEALTH/HIV/AIDS

fpa responds to announcement by Committee of Advertising Practice on advertising condoms and abortion services

Welcoming the Committee of Advertising Practice announcement for a 12 week public consultation on lifting the restriction on condom advertising before 9pm and allowing abortion services to advertise on radio and television, Julie Bentley, Chief Executive fpa said:

“Sexual activity is often seen on our screens but condoms aren't seen until much later on. This is wrong and we would like to see this restriction lifted in order that there is a clear message that condoms are important in protecting our health and wellbeing

<http://www.fpa.org.uk/News/Press/Pressreleases2009/26March2009>

High rate of STDs in the UK provoke change in condom advertising

In response to Britain's high rate of sexually transmitted diseases and teenage pregnancy, the IAG (the Independent Advisory Group on Sexual Health and HIV), have called for the removal of current restrictions on the advertising of condoms before the 9pm watershed. The proposals would also allow pregnancy advice services, such as Pro and Anti-abortion organisations, to advertise for the first time on UK television.

<http://www.avert.org/ukaidsnews.htm>

New HIV diagnoses show burden continuing in gay men

An estimated 7,370 new HIV diagnoses were made in the United Kingdom in 2008, according to latest figures from the Health Protection Agency. A high rate of transmission remains among gay men in the UK with 38% (2,830) of all new diagnoses probably acquired through sex between men. Although diagnoses among gay men are slightly down on 2007 (3,050), they are at their second highest level since recording began.

http://www.hpa.org.uk/webw/HPAweb&HPAwebStandard/HPAweb_C/1238055365942?p=1231252394302

SOCIAL INCLUSION/HEALTH INEQUALITIES

Learning disabilities services suffer from 'glaring inadequacies'

Improvements in the commissioning of learning disabilities services by councils and primary care trusts need to be quicker and more widespread, a report by the Commission for Social Care Inspection, Healthcare Commission and Mental Health Act Commission has found. The review looked in detail at nine local authority areas. It found that although commissioning of such care is moving towards more individual care and support, only a minority of service users have a person centred plan that involves them in all decisions about their care and many report problems with accessing health services.

http://www.csci.org.uk/about_us/publications/jldcr_national_report.aspx

New programme revolutionises DH/Third Sector working

The Department of Health has joined forces with 11 specialist organisations including Age Concern, the Men's Health Forum and the Race Equality Foundation in a bid to transform the way it works with third sector organisations, Care Services Minister Phil Hope announced today. The £5.5 million 'Third Sector Strategic Partner programme' will support third sector organisations to build on their skills and knowledge to improve health and social care services and act as advocates, as well as ensuring input from the sector in developing health and social care policy.

http://www.dh.gov.uk/en/News/Recentstories/DH_098388

£5.5 million to help close the widening generation gap

The Government is today launching a £5.5 million programme to bring older and younger generations together in their communities. The pot of money will fund 12 intergenerational projects across the country where young and older people can engage with each other on equal terms, break down barriers and challenge negative stereotypes.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0076

Tackling inequalities from the ground up

A new support team to tackle infant mortality was launched today by Public Health Minister Dawn Primarolo, who said it would help turn the tide on health inequalities. The new National Support Team will visit 43 areas with the highest rate of infant mortality in the routine and manual group, to deliver intensive four-day programmes of interviews and workshops and tailored support to local areas. The team will help local health teams to deal with maternal obesity, smoking, teenage pregnancy, housing and child poverty all which have significant roles to play in the life expectancy of an infant.

<http://nds.coi.gov.uk/environment/fullDetail.asp?ReleaseID=399259&NewsAreaID=2&NavigateFromDepartment=False>

Health Committee – Third Report – Health Inequalities

The House of Commons Health Committee have published their latest report on health inequalities.

<http://www.publications.parliament.uk/pa/cm200809/cmselect/cmhealth/286/28602.htm>

TOBACCO

University College London chosen to develop training for Stop Smoking Workforce

A consortium headed up by University College London has been chosen by the Department of Health to head up a nationally accredited training system for NHS Stop Smoking practitioners. University College London chosen to develop training for Stop Smoking Workforce

<http://nds.coi.gov.uk/Content/Detail.asp?ReleaseID=396972&NewsAreaID=2>

OTHER PUBLIC HEALTH NEWS

Heart disease progress report

The achievements of the Coronary Heart Disease National Service Framework (CHD NSF) are highlighted in a report out today. 'Building on excellence, maintaining progress' is the eighth annual report on the CHD NSF. As the framework approaches its tenth anniversary next year, the report also highlights progress since it started.

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_096555

NHS Health Checks to begin in April

NHS Health Checks, which could prevent 1600 heart attacks and strokes each year and help save 650 lives will begin from April this year, announced Health Secretary Alan Johnson today. The Health Secretary also announced the start of two further groundbreaking measures - the abolition of prescription charges for cancer patients and the start of MRSA screening for selective patients. Everyone aged between 40-74 in England will begin to be invited for a free health check as part of a national programme to identify their risk of diseases such as coronary heart disease, stroke, diabetes and kidney disease. The programme is an essential tool in tackling health inequalities across the country.

http://www.dh.gov.uk/en/News/Recentstories/DH_097147

Landmark day as patients to help put quality at the heart of the NHS and social care

Patient feedback on operations and the start of the new NHS and Social care complaints system are two of the measures that will come into force today, marking a major milestone, that will ensure quality of patient care is at the centre of everything the NHS does, the Department of Health announced. A number of measures, all designed to raise the quality of services and standards in the NHS in England come into effect from 1 April.

http://www.dh.gov.uk/en/News/Recentstories/DH_097344

New pilots announced to bring health and social care together

Patients in 16 pilot sites will benefit from a trial to see how health and social care services can join together to increase quality of care, Health Minister Ben Bradshaw and Care Services Minister Phil Hope announced today. The £4million scheme has been designed to look beyond traditional health and social care boundaries to explore how services for patients and service users can be improved. The scheme will then assess the benefits of different models of care and identify any best practice that could be used more widely.

<http://nds.coi.gov.uk/Content/Detail.asp?ReleaseID=397405&NewsAreaID=2>

Travel insurance required for visits to the Channel Islands from 1 April

UK residents visiting the Channel Islands must ensure they have adequate travel insurance from 1 April. The recommendation comes from the Department as the healthcare arrangements for UK visitors to the Islands are due to change.

http://www.dh.gov.uk/en/News/Recentstories/DH_096491

Clostridium difficile infections continue to fall

Latest reported C. difficile figures show that between October to December 2008 there were 6,257 cases recorded in patients aged 65 years and over. This represents a fall of 11% in this age group from the previous quarter, July to September 2008, when the total was 7,062.

http://www.hpa.org.uk/webw/HPAweb&HPAwebStandard/HPAweb_C/1239781746891?p=1231252394302

Early 2009 sees continued rise in mumps

Nine hundred and ninety-eight laboratory confirmed cases of mumps in England and Wales have been reported to the Agency with onset in January or February 2009. This compares with 322, 274, and 1173 cases in the same periods of 2008, 2007, and 2006 respectively.

http://www.hpa.org.uk/webw/HPAweb&HPAwebStandard/HPAweb_C/1239264209273?p=1231252394302

Drive to improve services on world autism day

People with autism will benefit from better services, with the help of a new blueprint for commissioning high quality care published by Care Services Minister, Phil Hope today. Phil Hope is calling upon the NHS to help drive improvements in services for people with autism, starting with using the best practice guidance. The publication 'Services for adults with autistic spectrum conditions (ASC): good practice advice for primary care trust and local authority commissioners' is being published to coincide with World Autism Day.

http://www.dh.gov.uk/en/News/Recentstories/DH_097396

Breastfeeding 'protects mother'

Women who breastfeed their babies may be lowering their own risk of a heart attack, heart disease or stroke, research suggests. A US study found women who breastfed for more than a year were 10% less likely to develop the conditions than those who never breastfed. Even breastfeeding for at least a month may cut the risk of diabetes, high blood pressure and high cholesterol.

<http://news.bbc.co.uk/1/hi/health/8008678.stm>

NEW RESOURCES

New HPV advertising

A second wave of advertising in April and May will remind girls and their mums that the human papillomavirus (HPV) immunisation programme is given as three injections. Radio and magazine ads ask mothers to make sure their daughters do not miss the third dose. Only the full three doses ensure full protection.

http://www.immunisation.nhs.uk/publications/HPV_Mums_reminder_acc.pdf

<http://www.immunisation.nhs.uk/publications/HPV-press-ad-aimed-at-parents.pdf>

NHS dental services in England

New leaflet and poster providing information about how NHS dental services in England work.

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_096614

NATIONAL/INTERNATIONAL HEALTH EVENTS 2009 – May

For a full list of Health Events and links please visit:

<http://www.equip.nhs.uk/Events/EventList.aspx>

OTHER LOCAL E-BULLETINS

ChaMPS Public Health Network Bulletin

ChaMPS is your public health network for Cheshire and Merseyside PCTs, NHS Acute Trusts, local authorities and wider health organisations. If you would like to know more about joining ChaMPS and receiving this bulletin contact Viv Martindale, ChaMPS Network Administrator on 0151 643 5369 or email vivienne.martindale@bwwpct.nhs.uk

Cheshire & Merseyside New Documents Bulletin

A weekly review of new documents produced collaboratively by primary care librarians across Cheshire & Merseyside. Contact the Primary Care Library on 0151 676 5650 or email library.pct@sthk.nhs.uk if you would like to receive this bulletin.

Your Comments

The content of this bulletin highlights recent articles and/or documents appearing on a selection of websites, which we feel may be of interest to the wider health improvement area. All links are correct at the time of publishing. If you have any comments or suggestions about the Bulletin or would like to forward an item or news of an event, we would love to hear from you. Please forward this bulletin on to people who might otherwise not receive it. Contact lynda.moss@hsthpc.nhs.uk.

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Health Improvement Network

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