



Health E-News Bulletin

ISSUE 09 - SEPTEMBER 2009

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

Government figures show extent of summer holiday drinking

New figures from the 'Know Your Limits' campaign show that many Britons drink excessive amounts of alcohol on their summer holidays. The campaign, which is a joint Department of Health and Home Office initiative, commissioned ICM Research to conduct a survey of 3,535 adults in England, 1,611 of whom had been on a summer holiday this year.

<http://info.cancerresearchuk.org/news/archive/newsarchive/2009/september/19340108>

See also: http://www.dh.gov.uk/en/News/Recentstories/DH_104765

Supermarkets keeping shoppers in the dark over alcohol information claims Charity

'Message on a Bottle' a new report published by Alcohol Concern has found that the majority of alcohol sold by supermarkets is poorly labelled, leaving customers in the dark when it comes to vital health information. The report found that only 4% of products reviewed carried all five elements that make up the industry best practice label. Only 18% of products carried information about sensible drinking levels and 56% carried unit information.

<http://www.alcoholconcern.org.uk/servlets/doc/1502>

Campaign to help people drink smarter - Health Secretary backs £100 million drive

Alcohol charity Drinkaware has launched a £100 million campaign to tackle binge drinking in young adults. Rather than telling people not to drink, the Why Let Good Times Go Bad? campaign offers tips to stop them blacking out, being sick or getting into trouble. The advice will appear on posters in pubs, supermarkets and phone boxes. Around 13 million products will also carry the campaign slogan, including bottles and cans.

<http://www.drinkaware.co.uk/features/homepage/recent/why-let-good-times-go-bad>

British Medical Association demands total ban on alcohol ads

Commenting on the report from the British Medical Association Board of Science, 'Under the influence - the damaging effect of alcohol marketing on young people', Alcohol Concern Chief Executive Don Shenker said: "Alcohol Concern welcomes the launch of this report from the

British Medical Association. It recognises that we need to make tough decisions to tackle our country's growing alcohol problem.

<http://www.alcoholconcern.org.uk/servlets/doc/1504>

See also: http://www.bma.org.uk/health_promotion_ethics/alcohol/undertheinfluence.jsp

Under the Influence Report: http://www.bma.org.uk/images/undertheinfluence_tcm41-190062.pdf

CANCER

Study confirms impact of lifestyle on breast cancer risk

Scientists have carried out the biggest ever review of research into the links between lifestyle and breast cancer risk and concluded that more than two fifths of cases of the disease could be prevented if women adopted healthier lifestyles. Around 45,000 women in the UK are diagnosed with breast cancer each year, but researchers at the World Cancer Research Fund (WCRF) have shown that thousands of these cases could be prevented by maintaining a healthy weight, reducing alcohol consumption, taking regular exercise and breastfeeding.

<http://info.cancerresearchuk.org/news/archive/newsarchive/2009/september/19340558>

Ovarian cancer rates fall 20 per cent

Ovarian cancer rates have fallen by almost 20 per cent in a decade, according to Cancer Research UK. Rates for women in their 50s and early 60s are nearly 20 per cent lower than they were in 1998. And for women under 50 rates are 14 per cent lower than they were at their peak in 1997.

<http://info.cancerresearchuk.org/news/archive/pressreleases/2009/august/Ovarian-cancer-rates-fall>

Liver cancer cases treble in 30 years

Cases of primary liver cancer have tripled in the last 30 years according to statistics published today by Cancer Research UK. In 1975, 865 cases of primary liver cancer were diagnosed in Great Britain but the latest figures for 2006 show that number has risen to 3108. Secondary or metastatic liver cancer – cancer that has spread to the liver from a primary tumour elsewhere in the body – is a relatively common disease. But primary liver cancer - when cancer originates in the liver - has been rare in the UK until recently.

<http://info.cancerresearchuk.org/news/archive/pressreleases/2009/august/Liver-cancer-treble-in-30-years>

Cancer charity suggests parents leave processed meat out of children's lunches

The World Cancer Research Fund (WCRF) - an international cancer charity - has advised parents to avoid giving children ham or other processed meats as part of their packed lunches as it could increase their risk of cancer in later life. Research has shown a clear link between eating processed meat and an increased risk of bowel cancer. The charity said that around 3,700 bowel cancer cases could be prevented if everyone ate less than 70g of processed meat - such as three rashers of bacon - each week.

<http://info.cancerresearchuk.org/news/archive/newsarchive/2009/august/19317373>

Agency advice on children's lunchboxes

Following reports in the media today that ham sandwiches should not be included in children's lunchboxes, the Agency has offered clear advice to provide reassurance to parents. While there is some evidence linking bowel cancer to red and processed meats, there is no evidence that the occasional ham sandwich will increase the risk.

<http://www.food.gov.uk/news/newsarchive/2009/aug/lunch>

Seventy per cent of 12 – 13 year old girls complete vaccination programme against HPV virus to protect against cervical cancer

See Section: CHILDREN/YOUNG PEOPLE

CHILDREN/YOUNG PEOPLE

Seventy per cent of 12 – 13 year old girls complete vaccination programme against HPV virus to protect against cervical cancer

Seventy per cent of eligible 12 to 13-year-old girls were fully immunised against HPV – the virus that can lead to most cervical cancers - during 2008-09, a report from The NHS Information Centre shows today. While 70 per cent of girls in school year eight received all three doses of the vaccine, just over 87 per cent in total received one dose, according to NHS Immunisations Statistics, England, 2008-09.

<http://www.ic.nhs.uk/news-and-events/press-office/press-releases/september-2009/seventy-per-cent-of-12-13-year-old-girls-complete-vaccination-programme-against-hpv-virus-to-protect-against-cervical-cancer>

See also: http://www.immunisation.nhs.uk/Library/News/HPV_uptake_june09

Ed Balls launches Sure Start week

Children's Secretary Ed Balls today celebrates the launch of Sure Start Children's Centre Week - which coincides with the start of free childcare for the most disadvantaged two year olds throughout the country. Together with the entitlement to free childcare for all three and four year olds, parents can now access up to 1500 hours of free childcare during their child's first five years.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0162

Primary school children in deprived areas get free school lunches

All primary school children in two areas will from today (03.09.09) get a free, healthy lunch every day throughout the school year as part of the Government's action to reduce childhood obesity and improve the health of all children. All secondary school pupils eating school lunches will also from today get a healthy, nutritionally balanced meal including lots of vegetables, salad and fruit as the new nutrient standards come into force in secondary and special schools. Both measures are designed to get all children developing healthy eating habits, so that they are encouraged to eat school meals from a young age throughout their school life and are not tempted to eat junk food when they reach secondary school.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0157

Road accidents, suicide and maternal conditions are leading causes of death in young people

WHO-supported study of global mortality patterns shows 2.6 million young people die each year. The first study of global patterns of death among people aged between 10-24 years of age has found that road traffic accidents, complications during pregnancy and child birth, suicide, violence, HIV/AIDS and tuberculosis (TB) are the major causes of mortality.

http://www.who.int/mediacentre/news/releases/2009/adolescent_mortality_20090911/en/index.html

Top teen concerns are losing weight and fitting in

Today's teens are most worried about losing weight and fitting in. But more teenagers from low income families worry about bullying, drugs, and smoking compared to peers from high income families. Surveys for NHS Teen LifeCheck published today reveal social similarities and divides on some of the top teenage concerns. Of the teenagers surveyed, almost double the number of teens from low income families worried about bullying. However, teens from higher income families are more likely to worry about peer pressure and fitting in.

http://www.dh.gov.uk/en/News/Recentstories/DH_104943

RoSPA re-issues baby seat advice following latest tragedy

The Royal Society for the Prevention of Accidents is re-issuing its guidance about baby bath seats - and re-evaluating the safety warnings that accompany them - following discussions among parents prompted by the latest tragedy.

http://www.rospa.co.uk/news/releases/2009/pr710_28_08_09_leisure.htm

DRUGS

DrugScope: levels of drug-related deaths 'extremely concerning'

DrugScope has today responded to the publication of new government figures showing that deaths related to illegal drugs in England and Wales are at their highest levels since 2001. Deaths related to drug poisoning in England and Wales 2008, published by the Office of National Statistics, shows that the number of deaths related to illegal drugs rose to 1,738 in 2008 – the highest number since 2001 and 8 per cent higher than 2007.

http://www.drugscope.org.uk/ourwork/pressoffice/pressreleases/ONS_Deaths_2008.htm

Harmful 'legal highs' to be banned

Several chemicals used on herbal smoking products and other so called 'legal highs', will be banned by the end of the year. The list includes the chemical solvent GBL. Some of the substances have similar effects to stimulants or depressant illegal drugs, and have a range of side-effects such as paranoia and fits. Some even carry a risk of coma or death. The decision follows a public consultation in which we asked what you thought about the control of some of these substances, based on proposals put together by the Advisory Council on the Misuse of Drugs (ACMD).

<http://www.homeoffice.gov.uk/about-us/news/harmful-legal-highs-banned>

DrugScope responds to 'legal highs' ban

Responding to today's announcement that GBL, 'Spice'; and BZP will be made illegal under the Misuse of Drugs Act, Martin Barnes, chief executive of the drug information charity DrugScope said: "DrugScope supports the Government's decision to follow the advice of the ACMD and make GBL and BZP Class C substances. While we also support the government's intention to make Spice a controlled drug, there is a question mark over the announcement that it will be made a Class B, not a Class C drug.

http://www.drugscope.org.uk/ourwork/pressoffice/pressreleases/legal_high_ban.htm

MENTAL HEALTH

People with mental health conditions get extra support to stay in work

Thousands of people with mental health problems will get extra support managing their condition to remain in the workplace, Jim Knight, Minister of State for Employment and Welfare Reform announced today. Early indications of the government led pilots, run in conjunction with the mental health charity Mind, have shown to be 90 per cent successful in helping people with fluctuating mental health conditions retain their jobs. Based on this trial, the Government is now looking to extend the support, with an expectation of rolling out nationally with a range of providers.

<http://www.dwp.gov.uk/newsroom/press-releases/2009/august-2009/dwp029-09-240809.shtml>

Stigma of mental health makes finding work in recession more difficult

A shocking 92 per cent of the British public believes that admitting to having a mental illness would damage someone's career. The three careers most damaged were doctors (56 per cent), emergency services (54 per cent) and teachers (48 per cent). However, only 21 per cent of respondents thought that it would be damaging to the career of an MP, despite it being illegal for someone to work as an MP with a history of mental illness

http://www.mind.org.uk/news/1505_stigma_of_mental_health_makes_finding_work_in_recession_more_difficult

Sporting heroes not trusted to coach our children

Gold medal winning triple jumper Phillips Idowu is calling on the public to take giant strides to end to mental health stigma by taking part in this year's Get Moving week (3 to 11 October 2009) a part of the Time to Change campaign to end discrimination. While all eyes are on the

athlete at Aviva Grand Prix, new research shows only 26 per cent of people would be happy to let their child be coached by someone with a mental health problem.

http://www.mind.org.uk/news/1508_sporting_heroes_not_trusted_to_coach_our_children

Depression increases people's mortality as much as smoking

Depression can increase people's mortality as much as smoking, a new study claims. Researchers at King's College London teamed up with researchers in Norway to investigate whether depression and anxiety are associated with increased mortality. The large-scale study was carried out in Norway and involved 61,349 people. The findings are published in the August issue of the British Journal of Psychiatry. The study showed that depression is associated with increased mortality. Moreover, depression is as great a risk factor for mortality as smoking.

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

Link to study: <http://bjp.rcpsych.org/cgi/content/short/195/2/118>

People with depression and anxiety at greater risk of obesity

Having a common mental health problem such as anxiety or depression puts you at greater risk of obesity in old age, according to a new study. Researchers studied a group of 10,166 civil servants aged between 35 and 55. Each person was given a medical examination where their weight and height was measured to determine obesity. Each person also completed a General Health Questionnaire, to check for symptoms of anxiety and depression. These tests were repeated another three times over a period of 19 years. The findings are published in the August issue of the British Journal of Psychiatry.

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

Link to study: <http://bjp.rcpsych.org/cgi/content/abstract/195/2/149>

More should be done to protect mental health of NHS workers

The Mental Health Foundation has welcomed the publication of a report that shows that NHS staff experience more work-related illnesses due to stress, depression and anxiety than workers in other sectors.

<http://www.mentalhealth.org.uk/media/news-releases/news-releases-2009/19-august-2009/>

The NHS Health & Wellbeing Review – Interim Report:

<http://www.nhshealthandwellbeing.org/pdfs/NHS%20HWB%20Review%20Interim%20Report%20190809.pdf>

NUTRITION/OBESITY

Cancer charity suggests parents leave processed meat out of children's lunches

See Section: **CANCER**

Primary school children in deprived areas get free school lunches

See Section: **CHILDREN/YOUNG PEOPLE**

People with depression and anxiety at greater risk of obesity

See Section: **MENTAL HEALTH**

PHYSICAL ACTIVITY

10 years, 40,000 walk leaders

Walking for Health (WfH) is celebrating its 10th anniversary this year and, in this one eventful decade, no less than 40,000 of you have trained as walk leaders. Looking back to 1999 when few people knew what health walks were and even fewer thought of walking as exercise, it is remarkable to see how far we have come.

<http://www.whi.org.uk/details.asp?back=true&key=AX909|0|12186714065|R|18|3185142082009370983129&parentkey=AX909|0|12186714065|p|18|0>

Walking and cattle

Recent news of the deaths of three people trampled by cattle whilst out walking has prompted several queries from WfH schemes. In this Advice Note, WfH provides information about the correct procedure and how to minimise the risk.

<http://www.whi.org.uk/details.asp?back=true&key=AX909|0|12186714065|R|18|3187142782009609693429&parentkey=AX909|0|12186714065|p|18|0>

Future jobs fund gives young unemployed a sporting chance

Young people will have the opportunity to take up one of 2,000 sports jobs such as coaching football, swimming and tennis when the Government announces the next 7,500 jobs being created under its Future Jobs Fund (FJF) programme today. This brings the total number of jobs that will be created through FJF so far to almost 55,000. The new sports sector jobs will be created across England by the National Skills Academy for Sports, offering young people the opportunity to gain skills in coaching, leadership and sport development. They will also encourage wider community involvement in health and fitness including gymnastics, swimming and boxing.

<http://nds.coi.gov.uk/Content/detail.aspx?NewsAreald=2&ReleaseID=406660&SubjectId=15&DepartmentMode=true>

Minister announces Swim4Life competition winner and makes a splash at Great North swim

Health Secretary Andy Burnham will be making waves today as he joins thousands of swimmers for the Great North Swim in Lake Windermere. The Secretary of State, who recently announced his ambition to move England from 'relegation candidates to play-off contenders' in the international physical activity league tables, is putting policy into practice and taking to the water for the one mile swim.

<http://nds.coi.gov.uk/Content/detail.aspx?NewsAreald=2&ReleaseID=406584&SubjectId=15&DepartmentMode=true>

SOCIAL INCLUSION/HEALTH INEQUALITIES

New Rights for Families

Families are set to benefit from new leave rights that will give more choice and flexibility to parents as to how they use maternity and paternity leave. The Government will consult shortly on new regulations that will give families greater flexibility in how they choose to look after their children. This new provision will be available during the second six months of the child's life and would be an option if the mother has maternity leave outstanding.

<http://nds.coi.gov.uk/Content/detail.aspx?NewsAreald=2&ReleaseID=406668&SubjectId=15&DepartmentMode=true>

Harman: working to narrow the gap between rich and poor

Harriet Harman is hosting an event today with key public bodies to discuss how the new socio-economic duty, contained in the Equality Bill, will be put in to practice.

The event will bring together public bodies (including local authorities, Regional Development Agencies, and Government departments) who will implement the duty to address socio-economic inequalities, and public service inspectorates (including the Audit Commission and Ofsted) who will monitor how these public bodies will implement the duty.

<http://nds.coi.gov.uk/Content/detail.aspx?NewsAreald=2&ReleaseID=406424&SubjectId=15&DepartmentMode=true>

TOBACCO

NHS helped 337,000 smokers kick the habit, says report from The NHS Information Centre

The number of people who successfully quit smoking through NHS Stop Smoking Services stood at 337,054 during 2008/09, according to a report out today from The NHS Information Centre. The survey showed 671,259 people set a quit date through the services in 2008/09, a decrease of one per cent (9,030) on 2007/08 (680,289), but an increase of 12 per cent (70,849) on 2006/07 (600,410).

<http://www.ic.nhs.uk/news-and-events/press-office/press-releases/august-2009/nhs-helped-337000-smokers-kick-the-habit>

Full Report: <http://www.ic.nhs.uk/pubs/sss0809>

New 'Smokefree Generation' want parents to quit

A new 'Smokefree Generation' of children say that they will never try a cigarette, think that smoking is really uncool and are increasingly worried about the health of smoking parents according to new research conducted on behalf of NHS Stop Smoking Services. The research, which polled 1,000 children in England aged 8-13, coincides with the launch of a powerful new Department of Health advertising campaign aimed at getting loved ones to stop smoking. It features real children, not actors, talking about how concerned they are about their parents' smoking.

http://www.dh.gov.uk/en/News/Recentstories/DH_105086

Cigarette pack design gives misleading smoke signals

New research from the University of Nottingham published today shows that tobacco branding and packaging send misleading 'smoke signals' to young people and to adult smokers. (1) The research reveals that products bearing the word 'smooth' or using lighter coloured branding mislead people into thinking that these products are less harmful to their health. Since 2002 it has been illegal for manufacturers to use trademarks, text or any sign to suggest that one tobacco product is less harmful than another. But these regulations have clearly failed to stop misleading information appearing on tobacco packaging

http://www.ash.org.uk/ash_qbubzIz0.htm

OTHER PUBLIC HEALTH NEWS

Weekly pandemic flu media update

10 September 2009

http://www.dh.gov.uk/en/News/Recentstories/DH_104984

More detailed report:

http://www.hpa.org.uk/webw/HPAweb&HPAwebStandard/HPAweb_C/1252514879158?p=1231252394302

GP deal on swine flu vaccination

The upcoming swine flu vaccination programme will be administered by GPs following successful negotiations between the Department of Health, General Practitioners Committee (GPC) of the British Medical Association (BMA) and NHS Employers, Andy Burnham announced today. The vaccination programme, which is expected to begin in the autumn, subject to the vaccine being licensed, will target the nine million people most at risk from complications. The vaccine will reduce the number of people needing hospital and intensive care treatment and save the NHS money in the long run.

<http://nds.coi.gov.uk/clientmicrosite/Content/Detail.aspx?ClientId=46&NewsAreaId=2&ReleaseID=406654&SubjectId=36>

Health and public sector professionals to help improve health services for victims of domestic violence

Health and public sector professionals are being asked for their views on how the NHS can improve its services for women and girls who have been victims of violence and sexual assault, Health Minister Ann Keen announced. Each year, across the UK, 3 million women experience violence including domestic violence, sexual violence, forced marriage and trafficking. The Taskforce on the health aspects of violence against women and girls is holding a month long in a listening exercise to collect feedback from health and other public sector professionals.

http://www.dh.gov.uk/en/News/Recentstories/DH_105082

Hate crime victims receive more support

The government's new action plan seeks to reduce hate crime, support hate crime victims and bring more perpetrators to justice. The [Hate crime action plan](#) aims to increase victims' confidence in the justice system and to encourage more people to report these crimes.

<http://www.homeoffice.gov.uk/about-us/news/hate-crime-plan-launched>

NEW RESOURCES

Nhs Baby LifeCheck

This online NHS Baby LifeCheck will help you to find out some things you can do to keep your baby happy, healthy and safe.

<http://www.babylifecheck.co.uk/>

NHS Teen LifeCheck

Everything teens between 12-15 wanted to know about their health and wellbeing.

<http://www.teenlifecheck.co.uk/Default.aspx?AspxAutoDetectCookieSupport=1>

LOCAL & NATIONAL EVENTS/COURSES

'GO' Men's Health Campaign in Halton and St Helens

A free Health MOT available for men over 40 in this area. The MOTs are a good chance to meet one-to-one with our friendly staff to discuss any health worries that may concern you. To book your free session phone 01744 697433 (St Helens) or 0151 495 5450 (Halton).

Get Yourself Lively....Walking! – St Helens

Health Walks schedule for October 2009, please contact Tel: 01744 697433.

Please note during week commencing 5th October – 9th October 2009 the walks will be supporting the Time to Change Campaign – “Get Moving”. Get Moving is a week of physical activity events aimed at bringing people together to challenge stigma and discrimination and to promote the benefits of being active for mental wellbeing.

For more information about Time to Change and the Get Moving Campaign go to:

<http://www.time-to-change.org.uk/what-were-doing/get-moving/about-get-moving>

“Have Fun – Feel Good”

A fun packed event being held at Health Park Lodge, Thatto Heath on Wednesday 7th October 2009 to celebrate wellness as part of World Mental Health Week. The event will be opened by St Helens Mayor Cllr. Terry Shields at 12.30pm and will end at 7.30 pm with a hot pot supper and a performance by Irish Band, Roisin Dubh. For more information call 01744 677058.

Walking your Way to Health - Halton

Health Walks schedule for October-November 2009, please contact Tel: 0303 333 4300 Ext. 4133.

NATIONAL/INTERNATIONAL HEALTH EVENTS 2009 – October

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.

National Library for Public Health e-Newsletter

The library has been developed to provide high quality evidence e-based information on all aspects of public health. It is designed for those working in the field of public health by providing a single source of access to web based evidence on public health.

<http://www.library.nhs.uk/publichealth/page.aspx?pagename=NEWSLETTER>

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@hsthpcct.nhs.uk.

Bulletin prepared by:

Lynda Moss with contributions from Paula Wright and Linda Gittens,

Library Contact Details:

St Helens Health Improvement Library – Tel. 01744 626667, Fax. 01744 457257

Halton Health Improvement Library – Tel. 01928 593057, Fax. 01928 569532

Library & Knowledge Service – Tel. 0151 676 5650, Fax. 0151 676 5663

Health Improvement Network

If you would like to become a member of the Health Improvement Network or find out more information about the Network, please contact Linda Gittens on 01744 697433 or email lindagittens@sthelens.gov.uk.