

Health E-News Bulletin

Issue 23 - April 2008

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 Health Improvement Library, the Primary Care Library, St Helens Health Partnership and Halton Health Promotion Service.

ALCOHOL

New guidelines on pregnancy care

Women should be advised to avoid drinking in the first three months of pregnancy, according to new guidelines for healthcare professionals published today. The guidance on pregnancy care and support was issued by the National Institute for Health and Clinical Excellence and the National Collaborating Centre for Women's and Children's Health.

<http://www.nice.org.uk/CG62>

Too young to cope: The impact of parents' alcohol dependency on children

Alcohol Concern and The Princess Royal Trust for Carers have published a new report highlighting the negative effect that parents' chronic drinking can have. Alcohol Concern and The Princess Royal Trust for Carers have published a new report highlighting the negative effect that parents' chronic drinking can have on their children's well being. The report, Keeping It in the Family, estimates that approximately one million children live with a parent who is dependent on drink.

<http://www.alcoholconcern.org.uk/servlets/doc/1310>

Full report: "Keeping it in the Family: Growing up with parents who misuse alcohol"

http://www.alcoholconcern.org.uk/files/20080411_113210_Keep%20it%20in%20the%20family%20v2.pdf

Alcohol use disorders – Scope consultation

NICE have been asked to develop a clinical practice guideline on the management of alcohol use disorders in adults and adolescents for use in the NHS in England and Wales. The draft scope defines what aspects of care the guideline will cover and to whom it will apply.

Registered stakeholders for this guideline are invited to submit comments on the scope and may suggest clinical questions that could be answered in the guideline. Closing date for comments is 2nd May 2008.

Draft Scope:

<http://www.nice.org.uk/media/149/8D/Alcoholusedisordersconsultationscope.pdf>

Comments Form:

<http://www.nice.org.uk/media/149/C1/AlcoholusedisordersScopeCommentsproforma.doc>

Alcohol use disorders in adults and young people: Consultation on the draft scope

NICE was asked by the Department of Health to develop guidance on prevention and early identification of alcohol-use disorders in adults and young people. All registered stakeholders for the above public health programme guidance are invited to comment on the draft scope. This consultation will take place between Friday 4th April and Friday 2nd May 2008.

Draft Scope:

<http://www.nice.org.uk/nicemedia/pdf/AlcoholUseDisordersDraftScopeForConsultation.pdf>

Comments Form:

<http://www.nice.org.uk/nicemedia/pdf/AlcoholUseDisordersDraftScopeConsultationStakeholderCommentsForm.doc>

Risky drinking in North West school children and its consequences: A study of fifteen and sixteen years

A study of 9,833 15-16 year old school children in the North West, examining relationships between risky drinking behaviours (binge drinking, frequent drinking, drinking in public places) and demographics, income, leisure activities and access to alcohol. Negative consequences of risky drinking such as violence and regretted sex are also investigated.

<http://www.cph.org.uk/showPublication.aspx?pubid=355>

New Leaflet: Alcohol and Older People

See Section: **NEW RESOURCES**

CHILDREN/YOUNG PEOPLE**Review of children's mental health services calls for evidence**

The independent child and adolescent mental health services review has launched a national call for evidence. The review was established by the Department for Children, Schools and Families and the Department of Health to examine progress towards improving services.

<http://www.dfes.gov.uk/CAMHSreview/>

World class places for young people to go to – Young people to have a “Myplace” to call their own

Beverley Hughes, Minister for Children, Young People and Families, today launched myplace – a multi million pound government programme to deliver world class places for young people to go. Channelled through the Big Lottery Fund, myplace will invest £190 million over the next three years in ambitious projects driven by the active participation of young people. This will support the Government's Children's Plan pledge to provide exciting safe places for all young people to go to, and where people can engage in a wide range of positive activities such as sport, dance and music.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2008_0065

Next steps on Children's Plan – Developing the Children's Workforce and Children's Trusts

Ed Balls, Secretary of State for Children, Schools and Families announced next steps on the Children's Plan today with packages investing in play, youth facilities and children's workforce, as well as next steps for Children's Trusts. The announcement was made at a major conference attended by more than a hundred Directors of Children's Services from around the country, to look at the leadership challenges and opportunities in delivering the Government's ambitious Children's Plan. In the Children's Plan published in December Ed

Balls set out his ambition to make this country the best place in the world for children and young people to grow up.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2008_0068

Byron review urges government, industry and parents to work together to help make children safer in the digital world

A comprehensive package of measures to help children and young people make the most of the internet and video games, while protecting them from harmful and inappropriate material, was launched today with the publication of the eagerly anticipated Byron Review into Children and New Technology. In launching her independent Report today, Safer Children in a Digital World, Dr Tanya Byron, a clinical psychologist and mother of two, set out an ambitious action plan for Government, industry and families to work together to support children's safety online and to reduce access to adult video games.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2008_0060

Byron Review available at: <http://www.dcsf.gov.uk/byronreview/>

Updated Child Health Promotion Programme

See Section: NEW RESOURCES

CANCER

Schools start cervical cancer immunisation programme

A £64m cervical cancer immunisation programme will begin in Scottish schools on 1 September. In the first two years of the programme, 180,000 teenage girls will be offered the HPV vaccine. In recognition of the scale of the programme, NHS boards across Scotland will receive an extra £1.5m in 2008-09.

<http://www.scotland.gov.uk/News/Releases/2008/04/08091623>

Sunbed use raises cancer risk by 75 per cent

Eight out of 10 sunbed users have increased their risk of a life-threatening form of skin cancer by around 75 per cent, according to Cancer Research UK.

A survey commissioned by the charity found that 82 per cent of sunbed users started using them before the age of 35, significantly increasing the risk of malignant melanoma.

<http://info.cancerresearchuk.org/news/archive/pressreleases/2008/april/422513>

New film aims to help people with breast cancer

See Section: NEW RESOURCES

DRUGS

The new abstentionists - burning questions about drug treatment

Around Bonfire Night, a rocket was fired at the heart of England's drug treatment structure - someone asked how many patients ended up drug-free. Clothless as the fabled emperor, '3%' came the reply. Bullish engagement and crime reduction claims were dismissed as irrelevant. Scotland had already suffered a similar attack. The new abstentionists were on the march and the statistics seemed to be with them. But their attacks and the defences put up against them were based on questionable assumptions and misinterpreted or just plain mistaken figures. This forensic examination of the claims examines the good and not-so-good to emerge from this episode and finds some inspiration for the future.

<http://www.drugscope.org.uk/NR/rdonlyres/AA2E7D52-F295-4650-B24C-613D8800D336/0/newabstentionists.pdf>

Mental health charity warns of cannabis risk
See Section: **MENTAL HEALTH**

HEALTH INEQUALITIES/SOCIAL INCLUSION

Comic Relief project investigates elder abuse

Comic Relief and the Department of Health have launched a £2m joint project to investigate the prevalence of elder abuse on NHS wards and in care homes. The project was announced as one of three programmes to strengthen the protection of vulnerable older people in the care system. They include amending the Health and Social Care Bill to make care homes providing publicly arranged accommodation directly subject to duties under the Human Rights Act and acting to ensure that people funding their own care will have the right to refer complaints to an independent adjudicator.

<http://nds.coi.gov.uk/environment/fullDetail.asp?ReleaseID=363304&NewsAreaID=2&NavigatedFromDepartment=False>

Equality commission awards £10m in grants

The Equality and Human Rights Commission's first grants programme has awarded more than £10m in funding to organisations across England, Scotland and Wales. The commission is supporting organisations that work across a range of equality and human rights issues, including law centres, community action projects, race equality councils and disability groups.

<http://www.equalityhumanrights.com/en/newsandcomment/Pages/10mfunding.aspx>

Local involvement networks officially established

The Local Government and Public Involvement in Health Bill has come into force, enabling the establishment of local involvement networks. LINKs replace patient forums as the representatives of patient voices in the NHS. They will be set up in 150 local authority areas across the country, supported by £84m of central government funding over the next three years.

http://www.dh.gov.uk/en/Managingyourorganisation/PatientAndPublicinvolvement/DH_076366

Health and social care grants announced

Voluntary and community care organisations in England will share a £24m pot of government grants, care services minister Ivan Lewis announced today. The Department of Health "section 64" awards will fund 150 new grants and 220 continuing grants. In addition, the department's opportunities for volunteering scheme will award a total of £7m for local projects that involve and encourage volunteers in health and social care.

<http://www.dh.gov.uk/en/Managingyourorganisation/Financeandplanning/Section64grants/index.htm>

Tackling health inequalities: 2007 Status Report on the Programme for Action

The status report provides a review of developments against the data since the publication of the Programme for Action in 2003. It considers progress against the Public Service Agreement (PSA) target, the national headline indicators and against government commitments. The report highlights the challenging nature of the health inequalities PSA target for 2010.

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/DH_083471

The impact of current benefit and tax uprating policies on poverty, incomes and living standards

Each year, the Government decides how much to raise benefits and tax allowances. The basis for these upratings is rarely debated, yet has major long-term consequences for the relative living standards of different groups and for public finances. This report considers the

implications of present uprating policies, which mean that some parts of the tax and benefit system are uprated by earnings growth, other parts by prices and some not at all. Continuing with these uprating policies for 20 years, other things staying the same, would result in a near doubling of the child poverty rate alongside a substantial gain to the public finances. Some of this budgetary gain may be needed to meet other demands – of an ageing population for example – but the cost falls disproportionately onto poorer groups and could be raised more fairly.

<http://www.jrf.org.uk/bookshop/eBooks/2194-benefits-taxation-poverty.pdf>

MENTAL HEALTH

Problem anger is left unchecked, says mental health charity

Problem anger is being left untackled in the UK, according to a report published today by the Mental Health Foundation. The Boiling Point says chronic and intense anger has been linked with heart disease, cancer, stroke, colds and flu, as well as depression, self-harm and substance misuse. The charity says intervention comes too late and that damage to many lives could be prevented if the problem were tackled earlier.

<http://www.mentalhealth.org.uk/anger>

Mental health charity warns of cannabis risk

Mental health charity SANE has called on the government to consider the long-term risks of cannabis in deciding whether to reclassify it as a class B drug. Chief executive Marjorie Wallace said: "Although many can smoke a joint with no long-term effects, it is estimated that 10 per cent of people who regularly use the drug could be at risk of developing this serious condition, in which a person may hear voices and experience strange thoughts and paranoid delusions."

<http://www.sane.org.uk/news/view/209>

Review of children's mental health services calls for evidence

See Section: **CHILDREN/YOUNG PEOPLE**

New mental health helpline system launched

See Section: **NEW RESOURCES**

Football and mental health webpage launched

See Section: **NEW RESOURCES**

NUTRITION/OBESITY

Hospitals to be stripped of unhealthy vending machines

Vending machines dispensing crisps, chocolate and sugary drinks are to be removed from all NHS hospitals in Wales. Most of these machines are to be removed within the next six months.

<http://new.wales.gov.uk/news/presreleasearchive/vending/?lang=en>

Bad breakfast habits could harm long-term health

SKIPPING breakfast and snacking on sugary and fatty foods could be fuelling Britain's rising obesity rates among the under 25s. A new survey commissioned by Cancer Research UK into the nation's breakfast habits discovered that nearly half the 16-24 age group miss breakfast – the first and most important meal of the day – at least twice a week.

<http://info.cancerresearchuk.org/news/archive/pressreleases/2008/march/420544>

Food champions announced

The Food Standards Agency (FSA) has awarded Food Champion status to 11 local authorities. This is to acknowledge the important role they play in their local community and to recognise the good practice they have demonstrated. 'We hope that this award will inspire other local authorities and encourage the sharing of good practice.' All local authorities in England and Wales were eligible to take part in the award scheme and the assessment panel, consisting of key Agency partners, were very impressed with the overall quality of the 72 entries received.

<http://www.food.gov.uk/news/newsarchive/2008/apr/foodchamps>

The Food Standards Agency Board discusses colours advice

The Food Standards Agency Board, at its April open meeting, discussed the possible effects of certain food colours on children's behaviour and agreed advice to Ministers to help inform the UK's negotiating position in Europe on this issue. This discussion took place following the publication last September of research into these colours by Southampton University and in the light of the review of this work by the European Food Safety Authority (EFSA), which was published in March. The Board agreed to advise UK Ministers that there should be voluntary action by manufacturers in the UK to remove these colours by 2009. In addition, there should be action to phase them out in food and drink in the European Union (EU) over a specified period.

<http://www.food.gov.uk/news/newsarchive/2008/apr/coloursadvice>

PHYSICAL ACTIVITY

Bike It sets wheels in motion in St. Helens

Eaves Primary School became the first school in St. Helens to take part in the highly-acclaimed Bike It project today (16 April). The project managed by sustainable transport charity Sustrans encourages more children to cycle to school and on other journeys. It has been extremely successful and has seen regular cycling levels reach 10 per cent in participating schools, compared to a national average of just 2 per cent. All children who chose to cycle to school were rewarded with a delicious free breakfast, as well as the chance to win a host of bike goodies in a fun competition to design their dream bike.

<http://www.sustrans.org.uk/default.asp?sID=1208360445401>

Change your world this June and July

Imagine a world with less traffic - cleaner air, less noise and more space to play. This is the world that sustainable transport Sustrans aspires to, for us and for future generations. Creating that world is easier than you might think, one thing we can do is make one less car journey. Statistics show that if everyone switched one car journey to walking cycling or using public transport car it would reduce car traffic by at least ten per cent¹. Sustrans is encouraging people to swap one car journey in the week of 30 June to 5 July.

To make your swap visit www.changeyourworld.org.uk from 2 June.

<http://www.sustrans.org.uk/default.asp?sID=1208451333605>

SEXUAL HEALTH

Are you getting it right? A toolkit for consulting young people on sex and relationships education

A new initiative developed by the Sex Education Forum, based at NCB, will give school pupils the opportunity to influence what they are taught in sex and relationships education (SRE) lessons, so that it helps them make safe and healthy choices. The SRE audit 'toolkit' will help schools canvas young people's opinions on what they think they should learn about,

at what age, and who they think their SRE should be delivered by – with choices ranging from their teacher or peer educators to outside experts.

http://www.ncb.org.uk/dotpdf/open_access_2/sre_audit_toolkit.pdf

OTHER PUBLIC HEALTH NEWS

Alzheimer's needs more research, survey shows

The public wants Alzheimer's disease to be one of the top three medical research priorities. A survey by the Association of the British Pharmaceutical Industry found the public's top priorities were cancer, with 72 per cent listing it as a national priority, and heart disease, cited by 33 per cent. Alzheimer's came third, with 11 per cent. ABPI says the UK-based pharmaceutical industry spends almost £4bn a year on medicines research. The diseases with most new treatments in the pipeline are cancer, heart disease, Alzheimer's, arthritis, multiple sclerosis, Parkinson's, and osteoporosis.

http://www.abpi.org.uk/press/press_releases_08/270308.asp

Johnson announces vascular screening programme

Health secretary Alan Johnson has today announced a national programme of vascular checks that entitles everyone aged 40-74 to be screened for heart disease, stroke, diabetes and kidney disease. According to the Department of Health, the programme will prevent up to 9,500 heart attacks and strokes every year and save 2,000 lives.

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_083822

DH publishes climate change guidance

The Department of Health has issued new guidance on tackling climate change and promoting sustainable communities to improve health and reduce health inequalities. It aims to help health workers mitigate and adapt to climate change.

www.dh.gov.uk

NHS Choices vision revealed

A report outlining the Department of Health's vision for the future of NHS Choices has been unveiled. Ministers want NHS Choices to be a "personal health manager", providing information and tools to let people take control of their health and well-being

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_084033

Millions to benefit from improved access to treatment, check-ups and health advice from pharmacists

From the most deprived to the most remote areas of England, millions more people will have faster and more convenient access to the health treatments, care and advice they need, as local pharmacies gear up to play a bigger role in frontline healthcare, Health Minister Ben Bradshaw announced. The White Paper Building on Strengths, Delivering the Future sets out how pharmacists will work to complement GPs in promoting health, preventing sickness and providing care that is more personal and responsive to individual needs.

http://www.dh.gov.uk/en/News/Recentstories/DH_083911

NEW RESOURCES

New mental health helpline system launched

The Mental Health Helplines Partnership will launch its new telecoms network system this week. The system is designed to help provide more reliable and comprehensive data and greater choice to callers.

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

Football and mental health webpage launched

The Football Association has launched a section on its website to raise awareness of good practice in football and mental health initiatives.

The section is in partnership with anti-stigma initiative Shift

http://www.thefa.com/TheFA/Equality/MentalHealth/Mental_Health

DH publishes winter report

The Department of Health has published its annual winter report.

The report shows a 61 per cent increase in the usage of NHS Direct over the 11-day Christmas holiday period.

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_083987

New Leaflet: Alcohol and Older People

This leaflet is for:

- older people who are worried about their drinking;
- carers, friends or health professionals who are worried about an older person's drinking;
- anyone who wants to know more about the problems of drinking in older people.

<http://www.rcpsych.ac.uk/mentalhealthinformation/mentalhealthproblems/alcoholanddrugs/alcoholandolderpeople.aspx>

Updated Child Health Promotion Programme

The new updated Child Health Promotion Programme (CHPP): Pregnancy and the first five years of life was launched on 17th March 2008. It builds on the children's National Service Framework and is intended to provide preventative services tailored to the individual needs of children and families, acting as a best practice guide for children's services

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/DH_083645

New film aims to help people with breast cancer

A new film commissioned by Breast Cancer Care has been released to help support people with secondary breast cancer. Take Each Day - Living with Secondary Breast Cancer follows four women and shows how they cope with living with the condition and its impact on family and friends.

http://www.breastcancercare.org.uk/content.php?page_id=11809

Are you getting it right? A toolkit for consulting young people on sex and relationships education

See Section: **SEXUAL HEALTH**

DH publishes climate change guidance

See Section: **OTHER PUBLIC HEALTH NEWS**

LOCAL & NATIONAL EVENTS/COURSES

Parenting Skills Courses - 2008

For full details of Parenting Skills Courses and Parenting Support Courses contact Norah Dudley, Parenting Information Officer, Sure Start St Helens Central Services on Free phone 0800 073 0526.

Champions Away Day '08

Health Park Lodge Resource Centre, Thatto Heath Road, St Helens
Friday 2nd May 2008

1.00 pm – 4.00 pm

This training opportunity is being delivered by the Health Improvement Team to support delivery of the Mental Health Promotion Strategy. The aim of the day is to deliver basic mental health awareness training.

Confirm your place by contacting Linda Gittens on 01744 697433

Email: lindagittens@sthelens.gov.uk

NATIONAL/INTERNATIONAL HEALTH EVENTS 2008 – May

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

<http://www.equip.nhs.uk/staffwm/healthevents.html>

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 St Helens Primary Care Library on 0151 676 5650 or email library_pct.pct@sthkhealth.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@hsthpcct.nhs.uk.

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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.