



Health E-News Bulletin

ISSUE 12 - DECEMBER 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".

ALCOHOL

Know Your Limits campaign warns of hidden damage from alcohol

More than 3.8 million adults in England are misguidedly trying to burn off the booze with exercise, according to new research published today. A YouGov survey, on behalf of the Know Your Limits campaign shows that 19 per cent of adults in England who exercise regularly and drink alcohol admit to taking exercise or playing sport in order to "make up" for having drunk a lot of alcohol in the previous few days.

<http://nds.coi.gov.uk/Content/detail.aspx?NewsAreaId=2&ReleaseID=408945&SubjectId=15&DepartmentMode=true>

Track your festive drinking with your mobile

A new mobile phone application that helps people to keep track of their drinking during the festive period has been launched by Public Health Minister Gillian Merron. To coincide with the start of the Christmas period, the Department of Health has released the first official alcohol tracker application for mobile phones.

<http://nds.coi.gov.uk/Content/detail.aspx?NewsAreaId=2&ReleaseID=409102&SubjectId=15&DepartmentMode=true>

Mixing alcohol and sex put young people at risk

Drinking alcohol increases the chances of young people taking risks, including with their sexual health, according to new research from alcohol charity Drinkaware and sexual health charity Brook. One in four (25%) 16 and 17 year olds had been drinking alcohol the first time they had sex without a condom and more than half (51%) have friends who have had sex without a condom because they were drunk

<http://www.drinkaware.co.uk/media/press-releases/2009-press-release-archive/mixing-alcohol-and-sex-put-young-people-at-risk>

Alcohol link to breast cancer recurrence

See Section: **CANCER**

CANCER

Audit Report: National Lung Cancer Audit Report 2009

<http://www.ic.nhs.uk/services/national-clinical-audit-support-programme-ncasp/audit-reports/lung-cancer>

Alcohol link to breast cancer recurrence

Women who have had breast cancer should stick to three alcoholic drinks or less a week to reduce the chance of the disease returning, researchers suggest. A US study of 1,900 women who had recovered from breast cancer found that moderate drinking was linked to a 30% higher risk of recurrence.

<http://news.bbc.co.uk/1/hi/health/8406273.stm>

See American Association for Cancer Research press release:

<http://www.aacr.org/home/public--media/aacr-press-releases.aspx?d=1703>

NHS challenged to take action on areas with poor cancer survival rates

The Cancer Reform Strategy's second annual report highlights regional variation in cancer outcomes and services. The NHS has been challenged to improve cancer services by publishing local data on survival and mortality rates, Health Secretary Andy Burnham announced. The figures are published as part of the second annual report for the Cancer Reform Strategy, the vision document published in December 2007 setting out all the improvements that should be implemented over the next five years.

http://www.dh.gov.uk/en/News/Recentstories/DH_109353

Cancer Reform Strategy:

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_109338

See also: Cancer Research UK shocked by survival study

<http://info.cancerresearchuk.org/news/archive/pressrelease/2009-12-1-Cancer-Research-UK-shocked-by-survival-study>

CHILDREN/YOUNG PEOPLE

Statistics: National Child Measurement Programme: England, 2008/09 school year

<http://www.ic.nhs.uk/statistics-and-data-collections/health-and-lifestyles/obesity/national-child-measurement-programme-england-2008-09-school-year>

Bullying incidents to be recorded to help schools clamp down on bullies

- New guidance launched on sexist, sexual and transphobic bullying -

Schools will today receive extra help to crackdown on bullying, as a new duty to record and report incidents of bullying is announced by School's Minister Vernon Coaker. By ensuring bullying incidents are picked up and resolved earlier, the new duty will help schools tackle bullying more effectively. It also means that head teachers can reassure parents and keep them well informed about everything the school is doing in dealing with bullying incidents.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0244

Groundbreaking internet safety strategy launched to keep children safe online

- New 'Green Cross Code' for internet safety 'Zip it, Block it, Flag it' -

An unprecedented coalition of Government, industry and charities will today launch the first UK internet safety strategy, to help children and young people stay safe online. The first ever internet safety strategy, 'Click Clever Click Safe', was drawn up by the UK Council for Child Internet Safety (UKCCIS) and will be launched by the Prime Minister at the first UKCCIS Summit in London. Young people now have much greater online access than ever before, with research showing that 99 per cent of 8-17 year olds have access to the web.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0239

Health services join the fight against youth crime

The first cross-government strategy specifically designed to break the link between poor health and youth crime has been launched by Care Services Minister Phil Hope. Speaking, while visiting staff at Lewisham Police Station, the Minister outlined how 'Healthy Children, Safer Communities', will build on existing work to prevent young people from getting involved in crime. The strategy focuses on early intervention to address health problems to ensure the underlying causes of poor behaviour are tackled before problems become serious or entrenched. It will also ensure that young people already in the system have their health problems dealt with more effectively.

<http://nds.coi.gov.uk/clientmicrosite/Content/Detail.aspx?ClientId=46&NewsAreaId=2&ReleaseID=409378&SubjectId=36>

Significant harm - the effects of administrative detention on the health of children, young people and their families

The Royal Colleges of Paediatrics and Child Health, General Practitioners and Psychiatrists and the UK Faculty of Public Health have published a new policy statement and recommendations on the harms to the physical and mental health of children and young people in the UK who are subjected to administrative immigration detention. The three Royal Colleges and the UK Faculty of Public Health believe that the administrative immigration detention of children, young people and their families is harmful and unacceptable and call on the Government to see this issue as a matter of priority and stop detaining children without delay.

<http://www.rcpsych.ac.uk/press/pressreleases2009/immigrationdetention.aspx>

Over a million kids weigh in to tackle obesity

See Section: NUTRITION

Parents' reality gap hides truth about kids exercise levels

See Section: PHYSICAL ACTIVITY

DRUGS

Statistics: Drug Misuse: England, 2009

<http://www.ic.nhs.uk/statistics-and-data-collections/health-and-lifestyles/drug-misuse/statistics-on-drug-misuse-england-2009>

Skunk 'poses greatest risk of psychosis'

People who smoke skunk, the most potent form of cannabis available in UK, are almost seven times more likely to develop psychotic illnesses like schizophrenia than those who use traditional hash, according to new research. The study, published in the December issue of the British Journal of Psychiatry, was carried out by psychiatrists and researchers at the Institute of Psychiatry, King's College London (KCL).

<http://www.rcpsych.ac.uk/press/pressreleases2009/skunkandriskofpsychosis.aspx>

Abstract: <http://bjp.rcpsych.org/cgi/content/abstract/195/6/488>

MENTAL HEALTH

Ministers target depression in government policy shift

Schools, employers and GPs all have more of a role to play in mental-health care in the UK, ministers say. Investment in recent years has focused on improving treatment, but the new 10-year strategy calls for more emphasis on prevention and early intervention.

In particular, it highlighted the importance of helping people back into work to aid recovery from mental illness and preventing it recurring.

<http://news.bbc.co.uk/1/hi/health/8396147.stm>

Radical overhaul of support for people with mental health conditions

New specialist coordinators and dedicated advice lines for small businesses are part of a radical overhaul of support for people with mental health conditions. Increasing job opportunities for people with mental health conditions and improving the wellbeing of workers is part of a wide-ranging new Government vision to enhance mental health services and boost the wellbeing of the whole population.

http://www.dh.gov.uk/en/News/Recentstories/DH_109719

New Horizons A shared vision for mental health:

http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/documents/digitalasset/dh_109708.pdf

See also: Realising Ambitions: Better employment support for people with a mental health condition

<http://www.dwp.gov.uk/docs/realising-ambitions.pdf>

Charity welcomes new vision for mental health

The launch of the government's vision for mental health in the UK, New Horizons, has been welcomed by the Mental Health Foundation, a member of the Future Visions Coalition. Chief Executive, Dr Andrew McCulloch, said: "The UK desperately needs an effective new mental health strategy, with 1 in 4 people suffering from a mental health problem each year and the annual cost of poor mental health running at about £100 billion.

<http://www.mentalhealth.org.uk/media/news-releases/news-releases-2009/7-december-2009/>

Bibliotherapy pioneered as a treatment for depression

A project on Merseyside has pioneered bibliotherapy as a treatment for people with acute depression and anxiety. Now the government is taking notice. The notion that books can make you feel better goes back to the era of Plato and Aristotle, both of whom recognised their therapeutic capabilities. Reading as clinical therapy (or "bibliotherapy" to give its popular title) is relatively new but it is backed by a growing number of mental health professionals, many of whom have seen profound changes in patients with acute depression and anxiety.

<http://www.communitycare.co.uk/Articles/2009/10/16/112833/Bibliotherapy-pioneered-as-a-treatment-for-depression.htm>

Significant harm - the effects of administrative detention on the health of children, young people and their families

See Section: **CHILDREN/YOUNG PEOPLE**

Skunk 'poses greatest risk of psychosis'

See Section: **DRUGS**

NUTRITION/OBESITY

Over a million kids weigh in to tackle obesity

New statistics published today from the National Child Measurement Programme, support emerging evidence that the rapid rise in child obesity has levelled off. More families are benefiting from knowing the facts about their child's weight. Record numbers of children took part this year, with more than one million children in reception year (4-5 year olds) and year six (10-11 year olds) being weighed and measured.

http://www.dh.gov.uk/en/News/Recentstories/DH_109888

See also: **Many starting school 'overweight'**

<http://news.bbc.co.uk/1/hi/health/8405446.stm>

Consultation on scheme to show calories on menus

The Food Standards Agency is seeking views on how a voluntary scheme to display calorie information on menus would work best in practice. A calorie labelling scheme would help

people make healthier choices when they are eating out, by letting them see the number of calories in the food and drink they order – whether they are in restaurants, coffee and sandwich shops, pubs, leisure attractions or staff restaurants.

<http://www.food.gov.uk/news/newsarchive/2009/dec/calorieconsult>

Healthcare professionals to give families a healthy Start4Life

Health Secretary previews new Change4Life Campaign at the Royal College of Midwives conference. An extension of the Government's Change4Life campaign, which helps families 'eat well, move more and live longer', will be announced by Health Secretary Andy Burnham at the Royal College of Midwives. The Start4Life campaign, will support front line staff to deliver the Healthy Child Programme, supporting pregnant women and parents of babies to establish good feeding and activity habits for their babies to help them reduce the risk of becoming obese in later life. The campaign, which has been developed in consultation with stakeholders and academics, centres around six top tip topics for families, focusing on breastfeeding, active play and introducing of solid foods when the baby is ready.

<http://nds.coi.gov.uk/clientmicrosite/Content/Detail.aspx?ClientId=46&NewsAreaId=2&ReleaseID=409033&SubjectId=36>

Guide to buying food when you have an allergy

See Section: NEW RESOURCES

Focus on Food

See Section: OTHER LOCAL E-BULLETINS/NEWSLETTERS

PHYSICAL ACTIVITY

Parents' reality gap hides truth about kids exercise levels

Parents are stuck in a worrying "reality gap" when it comes to their children's fitness levels, according to a new survey by the British Heart Foundation. Whilst 71% of parents think their children are "active enough," barely one in ten (11%) are doing the recommended daily 60 minutes of physical activity. The heart charity released the findings as it published its new Couch Kids report, highlighting how physical activity is a crucial component in tackling childhood obesity.

<http://www.bhf.org.uk/default.aspx?page=10739>

Couch Kids Report: http://www.bhf.org.uk/publications/view_publication.aspx?ps=1001087

SEXUAL HEALTH/HIV/AIDS

2009 Annual Evidence Update - Sexual Health: HIV/AIDS - Behaviour change in high-risk populations

The second Annual Evidence Update on HIV/AIDS behaviour change in high-risk populations. In the last year, a number of related guidance has been published along with 32 systematic and literature reviews.

<http://www.library.nhs.uk/PUBLICHEALTH/ViewResource.aspx?resID=328610>

Teenage girls to get contraceptive pill in pilot scheme

A controversial NHS pilot is providing the contraceptive pill to teenage girls without prescription in pharmacies. Southwark and Lambeth, two inner-city areas in London with the highest teenage pregnancy rates, are the first to try the approach.

<http://news.bbc.co.uk/1/hi/health/8408467.stm>

New campaign makes Contraception Worth Talking About

A new campaign will help young people to make more informed choices about contraception, look after their sexual health and avoid unwanted pregnancies. The campaign aims to promote more open and honest discussions about sex, relationships and contraception among 16 to 24 year olds and their parents. Research shows that a lack of knowledge, and

misinformation, coupled with poor attitudes and communication is currently hindering their safer sexual behaviour.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0229

More than 20,000 women under 25 had repeat abortions last year

More than 20,000 women under 25 had an abortion for at least a second time last year, official figures show in what has been described as a damning indictment of current sexual health policy.

<http://www.telegraph.co.uk/health/healthnews/6743914/More-than-20000-women-under-25-had-repeat-abortions-last-year.html>

Mixing alcohol and sex put young people at risk

See Section: **ALCOHOL**

SOCIAL INCLUSION/HEALTH INEQUALITIES

Sinking and swimming: understanding Britain's unmet needs

The Young Foundation's latest report 'Sinking and Swimming: understanding Britain's unmet needs' explores how psychological and material needs are being met and unmet in Britain. Based on new analysis of statistical data, case studies, surveys and hundreds of conversations with people across the country, the study shows where the most acute needs are and how they interrelate. It looks at why some people can cope with shocks and setbacks and others can't. And it draws out the implications for policy, philanthropy and public action.

<http://www.youngfoundation.org/general/-/all/news/sinking-and-swimming-understanding-britains-unmet-needs>

Summary Report:

http://www.youngfoundation.org/files/images/YF_needsreport_summary_screen.pdf

TOBACCO

Smoking ban has not increased secondhand smoke in homes

A new study has shown that the introduction of smoke-free legislation has not led to an increase in children's exposure to secondhand smoke in their own homes. Before the ban on smoking in public places, many people had voiced concerns that smokers would light up more frequently at home, putting children at an increased risk of the dangers of secondhand smoke. But a new study in the journal BMC Public Health indicates that this has not been the case.

<http://info.cancerresearchuk.org/news/archive/cancernews/2009-12-01-Smoking-ban-has-not-increased-secondhand-smoke-in-homes>

Abstract: <http://www.biomedcentral.com/1471-2458/9/430/abstract>

Passive smoking a 'global threat', WHO warns

Almost 95% of the world's population is not protected by laws banning smoking, the World Health Organisation says. In its second major report on the "tobacco epidemic", the UN agency said second-hand or passive smoking killed nearly 600,000 people each year.

<http://news.bbc.co.uk/1/hi/health/8404277.stm>

OTHER PUBLIC HEALTH NEWS

10 December 2009 - Weekly swine flu update

http://www.dh.gov.uk/en/News/Recentstories/DH_109926

Health Protection Agency update:

http://www.hpa.gov.uk/webw/HPAweb&HPAwebStandard/HPAweb_C/1259152211290?p=1231252394302

Swine Flu Vaccinations for under fives to start before Christmas

Children between the ages of six months and five years will start to be vaccinated against swine flu in the run up to Christmas, Health Secretary Andy Burnham has announced. This age group has been identified as the next priority group for the vaccine because they are more likely to be hospitalised if they fall ill with swine flu. They also have high rates of admission to critical care and, sadly, there have also been some deaths.

<http://nds.coi.gov.uk/clientmicrosite/Content/Detail.aspx?ClientId=46&NewsAreaId=2&ReleaseID=409396&SubjectId=36>

NHS Maternity Statistics, 2008-09

<http://www.ic.nhs.uk/statistics-and-data-collections/hospital-care/maternity/nhs-maternity-statistics-2008-09>

An NHS strategy for a new era

Health Secretary Andy Burnham today set out his strategy for the NHS to put patients first and improve the quality of care as it enters an unprecedented era of reform. The strategy, 'NHS 2010-2015: from good to great. Preventative, people-centred, productive,' published by the Department of Health, explains the need to accelerate the pace of NHS reform to make the system more productive and hasten improvements in quality of care –protecting patients, supporting staff, shifting resources to the frontline and slashing back office waste and bureaucracy.

http://www.dh.gov.uk/en/News/Recentstories/DH_109880

Download Strategy:

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_109876

New funding model opens up volunteering

A new funding model designed to broaden and strengthen investment in volunteering in health and social care has been unveiled by Care Services Minister, Phil Hope. The Health and Social Care Volunteering Fund, will pave the way for a renewed focus on volunteering projects in the NHS and social care by managing the grants system centrally. It replaces the Opportunities for Volunteering (OFV) scheme which has been running since 1982. The new scheme will continue to support local volunteering projects in health and social care, and open up the floor to national projects to improve health and wellbeing.

<http://nds.coi.gov.uk/clientmicrosite/Content/Detail.aspx?ClientId=46&NewsAreaId=2&ReleaseID=409555&SubjectId=36>

HPA predicts future burden on NHS from hepatitis C related liver disease

According to latest figures released by the Health Protection Agency, more than 8,000 people were diagnosed with hepatitis C last year in England. Figures from the agency's yearly report on Hepatitis C for 2009 show that laboratory reporting of newly diagnosed hepatitis C infections in England increased in 2008 by 6% compared to 2007, with 8,196 new cases reported in 2008.

http://www.hpa.org.uk/webw/HPAweb&HPAwebStandard/HPAweb_C/1259152221759?p=1231252394302

MRSA and C. difficile continue to fall

The Health Protection Agency (HPA) has today published a quarterly epidemiological commentary on trends of MRSA (meticillin-resistant Staphylococcus aureus) bloodstream infections and C. difficile (Clostridium difficile) infections from July 2007 to September 2009.

http://www.hpa.org.uk/webw/HPAweb&HPAwebStandard/HPAweb_C/1259152056320?p=1231252394302

NEW RESOURCES

Guide to buying food when you have an allergy

An advice leaflet for people who have been newly diagnosed with a food allergy has been published by the Food Standards Agency in collaboration with six allergy and nutrition organisations.

<http://www.food.gov.uk/news/newsarchive/2009/dec/allergyleaflet>

New respiratory and hand hygiene campaign, Autumn 2009

A new version of the Catch it. Bin it. Kill it. poster has been produced, with the final 'Kill it' stage updated to reference two options for killing germs: washing your hands with soap and water, or using sanitiser gel when you're out and about.

<http://www.dh.gov.uk/en/Publichealth/Flu/Swineflu/Campaignresources/index.htm>

- [Download RHH poster - escalator - A3 \(PDF, 1966K\)](#)
- [Download RHH poster - escalator - A4 \(PDF, 840K\)](#)
- [Download RHH poster - bus - A3 \(PDF, 1983K\)](#)
- [Download RHH poster - bus - A4 \(PDF, 1758K\)](#)
- [Download RHH poster - kitchen - A3 \(PDF, 1958K\)](#)
- [Download RHH poster - kitchen - A4 \(PDF, 1771K\)](#)
- [Download New Catch it. Bin it. Kill it. poster - A3 \(PDF, 1803K\)](#)
- [Download New Catch it. Bin it. Kill it. poster - A4 \(PDF, 1675K\)](#)
- [Respiratory and hand hygiene campaign autumn 2009 TV advert](#)

LOCAL & NATIONAL EVENTS/COURSES

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

For you latest Health Walks schedule please contact Tel: 01744 697433.

Walking your Way to Health - Halton

For your latest Health Walks schedule please contact Tel: 0303 333 4300 Ext. 4133.

See also: Festival of Winter Walks – Ramblers Association

26 December – 02 January 2010

www.ramblers.org.uk/winterwalks/

NATIONAL/INTERNATIONAL HEALTH EVENTS 2010 – January

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

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

OTHER LOCAL E-BULLETINS/NEWSLETTERS

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>

Focus on Food

Newsletter of the North West Food and Nutrition Team

[http://www.nwph.net/food_health/Newsletters/Newsletter%20-%20December%20\(PDF\).pdf](http://www.nwph.net/food_health/Newsletters/Newsletter%20-%20December%20(PDF).pdf)

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.

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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

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