



Health E-News Bulletin

ISSUE 06 - JUNE 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

£1.4 million crackdown on teenage summer binge drinking

Ed Balls is launching a nationwide crackdown on teenage binge drinking during the summer holidays, with up to £1.4 million of new cash for 69 youth crime priority areas. This is in addition to the £350,000 that each area is receiving this year to tackle anti-social behaviour and youth crime.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0112

Know Your Limits

A new advertising campaign including a video which confronts young people with the reality of their drunken behaviour has been unveiled by Home Office Minister Alan Campbell. The centrepiece of this year's Know Your Limits campaign is a new internet viral advert which shows footage of people's sober reactions when asked to behave as they would if drunk.

<http://drugs.homeoffice.gov.uk/news-events/latest-news/know-your-limits>

Concerns about health and looks are driving thousands to cut back on alcohol

Men are worried that drinking too much alcohol will affect their appearance according to a new survey for the Know Your Limits campaign published today (15/06/09). Released during Men's Health Week, the statistics show that watching the waistline is no longer only the preserve of women, with more than one in three men (37%) claiming they would reduce their drinking to cut down on the number of calories they consume. Only money-saving (44%) is a bigger incentive.

http://www.dh.gov.uk/en/News/Recentstories/DH_100844

Two thirds rise in hospital admissions from alcohol in past five years

Overall, in 2007/08 there were around 863,300 admissions related to alcohol consumption whether an alcohol-related disease, injury or condition was the primary reason for hospital admission or a secondary diagnosis. This represents a 69% increase since 2002/03 when there were around 510,200 such admissions.

<http://www.alcoholconcern.org.uk/servlets/doc/146>

Britons affected by redundancy are hitting the bottle, research out today (10/06/09) suggests

Almost four in 10 (39%) said they had either been made redundant or knew somebody who had lost their job in the last six months.

<http://www.mentalhealth.org.uk/information/news/?entryid17=72979>

CANCER

Deadly skin cancer cases hit record high

The number of people diagnosed with the deadliest form of skin cancer has crashed through the 10,000 barrier after an alarming rise in new cases, according to the latest Cancer Research UK figures revealed.

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

Men hit by 'inexplicable' greater cancer death risk

Men are almost 40 per cent more likely than women to die from cancer, reveals a report published by the National Cancer Intelligence Network (NCIN) and Cancer Research UK together with the Men's Health Forum to mark Men's Health Week. And they are 16 per cent more likely to develop the disease in the first place.

<http://info.cancerresearchuk.org/news/archive/pressreleases/2009/june/men-greater-cancer-death>

Report: http://www.ncin.org.uk/analyses/NCIN_malecancer.pdf

Free sun cream given to homeless

Homeless people in Edinburgh are able to get free high-factor sun cream to protect them from the summer rays, a charity has announced. It is hoped the scheme will help protect homeless people, who spend a lot of time outside, from skin cancer. Charity Sunwise, which works to cut the numbers of sunburn and sunstroke in the homeless, has been organising the hand-out of free factor 30 sun creams. The creams will be available through hostels, GPs, hospitals and paramedics.

http://news.bbc.co.uk/1/hi/scotland/edinburgh_and_east/8100530.stm

CHILDREN/YOUNG PEOPLE

Better protection for vulnerable children

- New guidelines for police, teachers, social workers and health workers to protect children at risk from sexual exploitation -

Children's Minister Delyth Morgan called upon front line professionals to work together to identify children at risk of sexual exploitation and take the best steps to keep them safe from harm. Her call comes alongside the publication of new guidance, produced by the Department of Children, Schools and Families and the Home Office, advising local organisations on how to identify children at risk, protect them and take action against people intent on abusing and exploiting them.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0104

Law 'not working' for children of 'warring' parents

Study highlights struggle for 'hidden' young carers

Department of Health figures show progress during 2008 in treatment of children with mental health problems

See Section: MENTAL HEALTH

Government commitment on child poverty to be enshrined in law

See Section: SOCIAL INCLUSION/HEALTH INEQUALITIES

Call to ban child-in-car smoking

See Section: TOBACCO

Teenagers - find out if you're healthy

See Section: NEW RESOURCES

DRUGS

DrugScope welcomes NTA announcement of increased funding for drug treatment

DrugScope has welcomed the National Treatment Agency for Substance Misuse's announcement of an extra £11.8m government investment in drug treatment. Around a quarter of the additional funds (£2.9m) will go to residential rehabilitation services to allow them to provide new beds and resource upgrades and refurbishment of their facilities. The remaining £8.9m will be allocated following a bidding process to support improvements in treatment services in residential, community and prison settings, including young people's services

http://www.drugscope.org.uk/ourwork/pressoffice/pressreleases/NTA_funding_increase_0910.htm

DrugScope welcomes APHO report on drug use in England

DrugScope has welcomed the publication of the Association of Public Health Observatories report into drug use in England.

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

MENTAL HEALTH

Attitudes to mental health problems improving in most areas

The public is broadly sympathetic towards people with mental health problems, according to a Department of Health survey. The survey 'Attitudes to Mental Illness 2009' showed that the vast majority of the public think that people with mental health problems deserve sympathy and that society needs to be more tolerant towards them (86 and 85 per cent respectively).

http://www.dh.gov.uk/en/News/Recentstories/DH_100728

Department of Health figures show progress during 2008 in treatment of children with mental health problems

The NHS hit a key target for child and adolescent mental health services (Camhs) in England last year after figures showed no under-16s were held in adult psychiatric wards in the final three months of 2008

<http://www.communitycare.co.uk/Articles/2009/06/01/111683/camhs-nhs-met-target-to-end-adult-ward-use-for-under-16s.html>

Law 'not working' for children of 'warring' parents

Children whose parents go through an acrimonious separation or divorce are being failed by the law, with one in 10 turning to crime and 8% considering suicide, a study found today. Couples who use youngsters as "emotional footballs" during custody battles can leave children so traumatised that a third seek solace in drugs or alcohol, according to a poll of 2,000 people.

<http://www.mentalhealth.org.uk/information/news/?entryid17=73068>

Study highlights struggle for 'hidden' young carers

Young carers are a forgotten group, often left to fend for themselves without support from the authorities, inspectors warned today (10/06/09). Councils often do not know exactly how many youngsters in their area are caring for a parent or sibling, the small-scale Ofsted study found.

<http://www.mentalhealth.org.uk/information/news/?entryid17=72978>

Britons affected by redundancy are hitting the bottle, research out today (10/06/09) suggests

See Section: ALCOHOL

NUTRITION/OBESITY

Agency publishes 2012 salt reduction targets

The Agency has published revised salt reduction targets for 2012, for 80 categories of foods. The new voluntary targets are more challenging than previous targets, to make sure food retailers and manufacturers maintain the momentum in reducing salt levels. The revised targets also reflect the Agency's long-term commitment to reducing people's average salt intake to 6g a day.

<http://www.food.gov.uk/news/newsarchive/2009/may/salttargets>

See also: FPH welcomes the new salt reduction targets -

http://www.fph.org.uk/advocacy/press/archive/2009/May/190508_salt_reduction.asp

Older people gambling with food safety

Can diet slow sight loss in the elderly?

See Section: OLDER PEOPLE

OLDER PEOPLE

Older people gambling with food safety

People over the age of 60 are more likely to take risks with 'use by' dates than younger people, according to new research published today by the Food Standards Agency. The research coincides with the launch of an Agency campaign to focus on this age group during Food Safety Week. Eating food beyond its 'use by' date increases the risk of food poisoning from the listeria food bug, which can be life-threatening for this age group.

<http://www.food.gov.uk/news/newsarchive/2009/jun/fswolder>

Can diet slow sight loss in the elderly?

Oily fish are a good source of omega-3

"Eating fish twice a week 'can help prevent eye disease'," *The Daily Telegraph* has reported. It said a study has found that omega-3 fatty acids, found in oily fish such as salmon and tuna, could help prevent age-related macular degeneration (AMD), the main cause of blindness in elderly people

<http://www.nhs.uk/news/2009/06June/Pages/OilyFishSlowsEyeProblem.aspx>

Dementia services 'dehumanising'

The care being given to some people with dementia is "dehumanising", MPs say. The All-Party Parliamentary Group on Dementia report on social care cited cases where staff had been rude and unhelpful to patients. The MPs, who talked to patients, carers and staff during their four-month inquiry, said training, regulation and pay needed to be improved. But the government said plans were already in place to drive up standards. A national dementia strategy was published in England earlier this year pledging action to improve care across the NHS and social services.

<http://news.bbc.co.uk/1/hi/health/8101325.stm>

PHYSICAL ACTIVITY

Latest health initiatives to promote physical activity in the UK

National Physical Activity Plan "Be Active, Be Healthy: A Plan for Getting the Nation Moving"

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_094358

“Healthy lives, brighter futures – The strategy for children and young people’s health”
http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_094400

The National Institute for Health and Clinical Excellence (NICE) guidance on promoting physical activity, active play and sport for all children and young people up to the age of 18 in family, pre-school, school and community settings.
<http://www.nice.org.uk/Guidance/PH17>

Play Strategy
<http://www.dcsf.gov.uk/play/>

Change4life
www.nhs.uk/change4life

SEXUAL HEALTH

Abortion Statistics, England and Wales: 2008 (Published 21/05/09)

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsStatistics/DH_099285

See also: Response from Brook

http://www.brook.org.uk/content/M7_ABORTIONSTATS08_May2009.asp

SOCIAL INCLUSION/HEALTH INEQUALITIES

Government commitment on child poverty to be enshrined in law

The Government is today publishing a landmark child poverty bill that enshrines in law a duty to eradicate child poverty by 2020 -- so that all children have the best start in life and have the opportunities to flourish.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0107

TOBACCO

Ex-smokers are healthier, wealthier and - new research shows – happier

Ex-smokers are overwhelmingly happier after quitting according to a new Cancer Research UK study published in Nicotine and Tobacco Research. Researchers studied the responses of 879 adults who had stopped smoking. More than two thirds (69.3 per cent) said that they feel happier now than when they were smoking and only one in thirty (3.3 per cent) felt less happy. Around a quarter (26.6 per cent) said they felt the same.

<http://info.cancerresearchuk.org/news/archive/pressreleases/2009/may/ex-smokers-are-happier>

Abstract: <http://ntr.oxfordjournals.org/cgi/content/abstract/11/5/553>

Councils in England get £2.5m to help smokers quit

The Department of Health is providing councils in England with a share of £2.5 million to enable them to step up their anti-smoking efforts. In all, 25 local authority areas with the highest numbers of smokers will each receive £100,000 to be spent on encouraging smokers to quit and discouraging youngsters from taking up the habit.

<http://info.cancerresearchuk.org/news/archive/newsarchive/2009/june/19213721>

See also: http://www.dh.gov.uk/en/News/Recentstories/DH_100607

New NHS Stop Smoking Service approach boosts referrals by 49 per cent

A new approach designed to improve smoking quit rates is being rolled out across England's GP and other primary care practices after trials showed that it boosted referrals to NHS Stop

Smoking Services. The approach aims to make stop smoking interventions a routine part of GP services and provides a consistent, tailored approach to patient referral.

<http://info.cancerresearchuk.org/news/archive/newsarchive/2009/june/19199821>

NHS offers free support for businesses to help employees stop smoking

Smokers are costing employers up to £2.1 billion every year according to the first ever study of the detailed cost of smoking to UK businesses published today. The report, by the London School of Economics (LSE) on behalf of NHS Smokefree, has estimated that the staggering costs are dominated by illness absences for smokers (calculated at 1.77 excess sickness days per smoker per year, or £1.1 billion) and by smokers taking cigarette breaks (£1 billion a year).

<http://nds.coi.gov.uk/Content/Detail.aspx?NewsAreald=2&ReleaseID=403525&SubjectId=2>

Call to ban child-in-car smoking

Adults should be banned from smoking in cars when children are passengers, the new head of the Royal College of Paediatrics and Child Health has said.

<http://newsvote.bbc.co.uk/1/hi/health/8104062.stm>

OTHER PUBLIC HEALTH NEWS

World Health Organization pandemic flu alert level: Secretary of State's statement to the House of Commons, 12 June 2009

Yesterday evening, the World Health Organization raised its Pandemic Alert status to Phase 6. The criteria for making this declaration are based on the geographic spread of the virus and not its severity.

http://www.dh.gov.uk/en/News/Recentstories/DH_100796

Swine flu update - Department of Health Statement

141 further patients under investigation in England have today been confirmed with swine flu.

http://www.dh.gov.uk/en/News/Recentstories/DH_100943

See also:

http://www.hpa.org.uk/webw/HPAweb&HPAwebStandard/HPAweb_C/1245138057630?p=1231252394302

New regulator for pharmacy

A new, independent regulator for pharmacy professionals and pharmacy premises in Great Britain will be set up in spring 2010, Health Minister Mike O'Brien announced today.

http://www.dh.gov.uk/en/News/Recentstories/DH_100948

New hotline for carers launched

A one-stop information and advice service for the unsung army of carers who look after ill, frail or disabled friends and relatives was officially launched today by Care Services Minister Phil Hope. The Carers Direct hotline will make England's 5 million carers' lives easier and reduce the time and stress of searching out essential advice.

http://www.dh.gov.uk/en/News/Recentstories/DH_100609

<http://www.nhs.uk/Carersdirect/Pages/CarersDirectHome.aspx>

HPV vaccine uptake April 2009

http://www.immunisation.nhs.uk/publications/HPV_uptake_data_April09.pdf

NEW RESOURCES

Supporting people with autism through adulthood – Report published

<http://www.nao.org.uk/publications/0809/autism.aspx>

Reducing Healthcare Associated Infections in Hospitals in England – Report published
http://www.nao.org.uk/publications/0809/reducing_healthcare_associated.aspx

Report of the Director of Immunisation – April 2009
http://www.immunisation.nhs.uk/files/11678_ImmunisationReport_acc.pdf

Teenagers - find out if you're healthy

A free, online lifestyle self-assessment service to help teenagers improve their health and wellbeing is being rolled out nationally by the Department of Health. NHS Teen LifeCheck uses an engaging and interactive quiz to offer health and lifestyle information to 12-15 year olds. Hosted entirely online, it guides young people through a set of completely confidential, simple multiple choice questions and then gives them tailored advice on how they can set goals to improve their lifestyles.

<http://www.mentalhealth.org.uk/information/news/?entryid17=72992>
<http://www.nhs.uk/LifeCheck/Pages/TeenLifeCheck.aspx>

NATIONAL/INTERNATIONAL HEALTH EVENTS 2009 – July

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.

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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.