



Health E-News Bulletin

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 key objectives within the government's health strategies.

ALCOHOL

NICE calls for minimum pricing for alcohol

A minimum price for a unit of alcohol should be introduced to help tackle the rise in problem drinking in Britain, says NICE. One in 4 men and women are currently drinking dangerous amounts of alcohol that are causing, or have the potential to cause, physical and mental damage.

Website Link: <http://www.nice.org.uk/newsroom/news/NICEcallsForMinimumPricingForAlcohol.jsp>

NICE Guidance Link: <http://www.nice.org.uk/nicemedia/live/13001/48984/48984.pdf>

Alcohol sparks dementia in young in Liverpool

Alcoholism among young people has hit such a "crisis point" in Liverpool that they are beginning to suffer from diseases like dementia, a doctor warns. The city has the second highest rate of alcohol-related hospital admissions in England - 2,145 men per 100,000 each year.

Website Link: <http://news.bbc.co.uk/1/hi/england/merseyside/10345741.stm>

Cutting drink-drive limit could save lives, NICE study finds

Cutting the drink-drive limit for motorists in England and Wales by almost half could prevent around 3,000 road injuries and 145 deaths in the first year alone, a study by NICE has found.

Website Link: <http://www.nice.org.uk/newsroom/news/CuttingDrinkDriveLimit.jsp>

RoSPA calls for lower drink-drive limit to become law

The Royal Society for the Prevention of Accidents has warmly welcomed the North Review's recommendation that the drink-drive limit is lowered and says it is now time for the law to be changed.

Website Link: <http://www.rosipa.com/news/releases/detail/default.aspx?id=860>

Irresponsible drinks promotions banned

New mandatory licensing conditions came into force on 6 April 2010 which ban irresponsible drinks promotions.

Website Link: <http://www.alcoholconcern.org.uk/index.php?id=466>

Statistics on alcohol: England 2010

An annual report presenting a range of information on alcohol use and misuse from a variety of sources published by the NHS Information Centre. Some reported decreases in alcohol consumption are indicated but alcohol-related deaths continue to rise

Website Link: <http://www.ic.nhs.uk/statistics-and-data-collections/health-and-lifestyles/alcohol/statistics-on-alcohol-england-2010>

How to manage alcohol dependence and harmful drinking: NICE opens public consultation on draft guideline

In draft guidance out today (24 June), NICE is calling for improvements to be made across the NHS in the diagnosis, assessment and management of people who are alcohol dependent or drinking harmful amounts of alcohol.

Website Link: <http://www.nice.org.uk/newsroom/pressreleases/alcoholdependenceandharmfuldrinking.jsp>

Sex, relationships and alcohol education in schools and colleges can be improved, says NICE

See Section: **CHILDREN/YOUNG PEOPLE**

CANCER

Late diagnosis linked to one thousand breast cancer deaths every year

Nearly a thousand deaths from breast cancer could be avoided each year if short term survival rates in England were among the best comparable countries in Europe, according to research presented at the National Cancer Intelligence Network (NCIN) conference. The study shows if England matched Norway and Sweden's survival rates for breast cancer, 957 deaths could be prevented annually in women whose cancer is diagnosed so late that they usually die within two years of diagnosis.

Website Link: <http://info.cancerresearchuk.org/news/archive/pressrelease/2010-17-06-late-diagnosis-breast-cancer-deaths>

Deprivation underlies thousands of cancer cases every year

There could be as many as 14,000 fewer cases of cancer each year in England if everyone was as healthy as the richest 20 per cent in the country. And the difference between the classes is more marked among men than women. Among men there were 21 per cent more cases of cancer in the most deprived areas compared to the least deprived, whereas the gap among women was 11 per cent.

Website Link: <http://info.cancerresearchuk.org/news/archive/pressrelease/2010-06-14-deprivation-cancer-cases>

Report Link: <http://library.ncin.org.uk/equalities/docs/100614-NCIN-Inequalities.pdf>

NICE updates skin cancer guidance

The National Institute for Health and Clinical Excellence (NICE) has updated its recommendations on the diagnosis and treatment of 'low risk' basal cell carcinomas (BCCs). GPs had raised concerns about the implementation of the institute's previous guidance in relation to the removal of 'low risk' tumours and the commissioning of services for skin cancer patients. NICE announced a formal review of the recommendations in July 2009. The results of this review, by an expert group, mean that small skin cancers that are unlikely to spread can be removed by a GP rather than a specialist skin cancer surgeon, as long as the doctor has received appropriate and up-to-date training.

Website Link: <http://info.cancerresearchuk.org/news/archive/cancernews/2010-06-02-NICE-updates-skin-cancer-guidance>

NICE Guidance Link: <http://www.nice.org.uk/nicemedia/live/10901/48878/48878.pdf>

Study supports link between sunbeds and melanoma skin cancer

A new study has provided further evidence of a link between indoor tanning and melanoma, the deadliest form of skin cancer. Scientists at the University of Minnesota's School of Public Health and Masonic Cancer Centre claim that their study, which is published in the journal Cancer Epidemiology, Biomarkers and Prevention, "definitively links" the use of sunbeds to melanoma.

Website Link: <http://info.cancerresearchuk.org/news/archive/cancernews/2010-06-01-Study-supports-link-between-sunbeds-and-melanoma-skin-cancer>

Men's skin cancer death rates double in last 30 years

The rates of men dying from malignant melanoma – the deadliest form of skin cancer – have doubled in the last 30 years, according to the latest Cancer Research UK figures published today. In the late 70s fewer than 400 (1.5 per 100,000) men died from melanoma but now more than 1100 (3.1 per 100,000) men are dying from the disease.

Website Link: <http://info.cancerresearchuk.org/news/archive/pressrelease/2010-05-31-men-skin-cancer-death-rate-increase>

Statistics Link: <http://info.cancerresearchuk.org/cancerstats/types/skin/index.htm?script=true>

Stomach cancer deaths lowest for forty years

Deaths from stomach cancer are the lowest since UK records began nearly 40 years ago, according to new Cancer Research UK figures released today (24.06.10). Figures from 1971 show there were more than 14,100 deaths from stomach cancer. This has dropped to fewer than 5,200 in 2008.

Website Link: <http://info.cancerresearchuk.org/news/archive/pressrelease/2010-24-06-stomach-cancer-deaths-drop>

Statistics Link: <http://info.cancerresearchuk.org/cancerstats/types/stomach/mortality/index.htm>

Mouth cancer patients 'ignore' symptoms

See Section: **DENTAL HEALTH**

CHILDREN / YOUNG PEOPLE

Review of child protection: Better frontline services to protect children

The Secretary of State for Education, Michael Gove, and Children and Families Minister Tim Loughton, today asked Professor Eileen Munro to conduct an independent review to improve child protection at the front line and to report back with final recommendations in April 2011. In a letter to Professor Eileen Munro, ministers paid tribute to the dedication and hard work of frontline professionals but expressed concerns that the system of child protection in England is not working as well as it should.

Website Link: <http://www.education.gov.uk/news/press-notices-new/reviewofchildprotection>

Sex, relationships and alcohol education in schools and colleges can be improved, says NICE

All children and young people are entitled to high-quality education about sex, relationships and alcohol to help them make responsible decisions and acquire the skills and confidence to delay sex until they are ready. In draft guidance, issued for public consultation today (17 June), NICE recommends that children from primary school age upwards are given sex and relationships education that is appropriate to the maturity of the pupils, sensitive to diverse cultural, faith and family perspectives, and based on an understanding of their needs.

Website Link: <http://www.nice.org.uk/newsroom/pressreleases/2010071sexeducationpressrelease.jsp>

Pledge to children with life-threatening conditions

A renewed commitment to help children with life-limiting or life-threatening conditions was made today (26.06.10) by Health Secretary Andrew Lansley. Up to £30 million is being made available for this year to help children's hospices, networks and other providers develop local children's palliative care projects. Networks play a key role in bringing together local practitioners and organisations, including children's hospices and other voluntary sector bodies.

Website Link:

<http://nds.coi.gov.uk/clientmicrosite/Content/Detail.aspx?ClientId=46&NewsAreaId=2&ReleaseID=414061&SubjectId=36>

Bullying linked to child suicides

See Section: **MENTAL HEALTH**

Children effectively protected from secondhand smoke by smoke-free air laws

See Section: **TOBACCO**

Guidance aims to protect thousands of unborn babies and small children from tobacco harm

See Section: **TOBACCO**

Statistical Press Release: Indicators on breastfeeding, smoking and obesity

See Section: **OTHER PUBLIC HEALTH NEWS**

DENTAL HEALTH

Recession hits dental care smack in the mouth

The recent credit crunch has stopped people visiting the dentist for regular check-ups, new survey results show. The survey revealed a list of factors which contribute to people overlooking regular dental check-ups, with the most common being concerns about costs.

Website Link: <http://www.dentalhealth.org.uk/pressreleases/releasedetail.php?id=430&offset=0&limit=10&type=&keyword=>

Mouth cancer patients 'ignore' symptoms

The majority of mouth cancer sufferers ignore the first symptoms of the disease and do not seek the advice of a healthcare professional during the early stages – the results of a new study have shown. The research, which interviewed relatively young mouth cancer patients in Scotland, found that most had heard of oral cancer but they didn't think their symptoms were indicative of the life-threatening illness.

Website Link: <http://www.dentalhealth.org.uk/pressreleases/releasedetail.php?id=432&offset=0&limit=10&type=&keyword=>

Patients oblivious to side-effects to drug therapy

A drug used to help fight osteoporosis and some forms of cancer could have adverse effects on patients who then undergo dental surgery – but a majority are unaware of its possible dangers. The bisphosphonate therapy, which is used to treat osteoporosis, has been linked with a small risk of osteonecrosis, a rare condition that can cause severe damage to the jaw bone. However, a new study has revealed that those taking the drug know very little about it.

Website Link: <http://www.dentalhealth.org.uk/pressreleases/releasedetail.php?id=435&offset=0&limit=10&type=&keyword=>

Patient material given online licence

See Section: **NEW RESOURCES**

DRUGS

DrugScope responds to government's decision to rethink welfare reform plans for drug users

DrugScope has today responded to the Department of Work and Pensions (DWP) announcement that the coalition government will not be implementing the Welfare Reform Drug Recovery Pilot schemes proposed by the previous Labour government. The news came after a report published today by the Social Security Advisory Committee (SSAC) found that the welfare drug pilots are unlikely to be effective. DrugScope contributed to the consultation process on the SSAC report.

Website Link: http://www.drugscope.org.uk/ourwork/pressoffice/pressreleases/DWP_pilots_announcement

See also: **Radical rethink on getting drug and alcohol users back to work**

Website Link: <http://www.dwp.gov.uk/newsroom/press-releases/2010/june-2010/dwp072-10-170610.shtml>

DWP Research Report Link: <http://www.dwp.gov.uk/newsroom/press-releases/2010/june-2010/dwp073-17-06-10.shtml>

2010 Annual Evidence Update - Drugs misuse - treatment in offender populations

This evidence update covers drugs misuse treatment in offender populations with a special focus on female offenders.

<http://www.library.nhs.uk/PUBLICHEALTH/ViewResource.aspx?resID=374131>

MENTAL HEALTH

Advice on Prescription scheme in Halton & St Helens

Advice on Prescription is a joint project run by NHS Halton and St Helens Health Improvement Team and the local Citizens Advice Bureau (CAB). The aim of the project is to fast-track people visiting their GP with mental health problems due to social welfare issues, to appropriate support services rather than referring to psychological therapy services. A GP issues the prescription form which is posted or handed to the CAB offices and an advisor will contact the patient within 24 hours of receipt.

Website Link: <http://system.newzapp.co.uk/GPage.asp?LID=OSwxNDEzMTk2Mjg=>

Mind launches new police and mental health guidance

Mental health charity Mind is today launching a new guide for police officers in England and Wales, providing practical advice on how they can work better with people who have mental health problems. Police and mental health - how to get it right locally, which has been endorsed by both ACPO and the Police Federation, offers simple and practical tips on how to build better relationships with people with experience of mental distress and provides a range of examples of good practice which can be replicated to suit police officers' local circumstances

Website Link: http://www.mind.org.uk/news/3463_mind_launches_new_police_and_mental_health_guidance

Bullying linked to child suicides

Nearly half of suicides among 10 to 14-year-olds are due to bullying, according to research out today (13.06.10). Charity Beatbullying said of 59 cases of child suicide reported in the national media between 2000 and 2008, 26 were definitely connected to bullying.

Website Link: <http://www.mentalhealth.org.uk/information/news/?entryid17=79456>

Cigarette smoking 'could increase risk of depression'

See Section: **TOBACCO**

NUTRITION / OBESITY

Salty BBQ food highlights need for traffic light food labelling

A new survey shows a typical barbecue meal could be packed with more than double your maximum recommended daily amount of salt.

Website Link: <http://www.bhf.org.uk/default.aspx?page=11851>

Agency reminds parents of advice on feeding honey to babies

The Food Standards Agency is reminding parents not to feed honey to babies who are under a year old. This follows a confirmed case of the rare but serious illness, infant botulism. There have been only 11 confirmed cases of infant botulism in the past 30 years, but three of these have occurred in the past year and all have had possible links to honey.

Website Link: <http://www.food.gov.uk/news/pressreleases/2010/jun/feedinghoneytobabies>

Statistical Press Release: Indicators on breastfeeding, smoking and obesity

See Section: **OTHER PUBLIC HEALTH NEWS**

SEXUAL HEALTH / HIV / AIDS

Statistical Press Notice: Access to GUM services

This data shows the number of first attendances to a GUM clinic for each clinic provider, how many of these attendances were offered an appointment within 48 hours and how many were seen within 48 hours.

Website Link:

<http://nds.coi.gov.uk/clientmicrosite/Content/Detail.aspx?ClientId=46&NewsAreaId=2&ReleaseID=413525&SubjectId=36>

Abortion statistics, England & Wales: 2009

The main findings of Abortion Statistics, England & Wales have been released by the Department of Health:

Website Link:

<http://nds.coi.gov.uk/clientmicrosite/Content/Detail.aspx?ClientId=46&NewsAreaId=2&ReleaseID=413438&SubjectId=36>

First ever TV commercial for Abortion Services to air in Britain

Marie Stopes International launches national campaign to raise awareness of sexual health and confront the taboo of abortion. For the first time ever, a commercial for unplanned pregnancy and abortion advisory services will be aired on British television. The commercial, to be screened first on

Channel 4 at 10.10pm on 24th May 2010, is part of a new campaign by Marie Stopes International, the UK's leading provider of sexual health services outside of the NHS.

Website Link:

http://www.mariestopes.org.uk/PressReleases/UK/First_ever_TV_commercial_for_Abortion_Services_to_air_in_Britain.asp

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Sex, relationships and alcohol education in schools and colleges can be improved, says NICE

See Section: **CHILDREN/YOUNG PEOPLE**

SOCIAL INCLUSION / HEALTH INEQUALITIES

Reforms will tackle poverty and get Britain working again

A radical welfare reform programme designed to tackle entrenched poverty and end the curse of intergenerational worklessness is set out today by new Secretary of State for Work and Pensions Iain Duncan Smith. Calling for an end to a culture of welfare dependency by bringing the welfare system into the 21st century, Iain Duncan Smith set out the critical need to make work pay and end the absurd situation where some of the poorest face huge penalties for trying to get off benefits and into work.

Website Link: <http://www.dwp.gov.uk/newsroom/press-releases/2010/may-2010/dwp070-10-270510.shtml>

State of the nation report: poverty, worklessness and welfare dependency in the UK

This report sets out a comprehensive assessment of poverty in the UK in 2010. The Government will use it to inform policy decisions as it advances its aims of tackling poverty and improving life chances, to ensure that everyone has the best possible chance to fulfil their potential.

Website Link: <http://www.cabinetoffice.gov.uk/publications/state-of-nation-report.aspx>

Report Link: <http://www.cabinetoffice.gov.uk/media/410872/web-poverty-report.pdf>

Doctors should use NICE guidance to tackle health inequalities

Doctors should focus on tackling health inequalities as part of their everyday practice, a report by the Royal College of Physicians (RCP) concludes. Despite an increase in rates of life expectancy in recent years, there is evidence to suggest that health inequalities are still rife across the UK.

Website Link: <http://www.nice.org.uk/newsroom/news/DrsShouldUseNICEGuidanceToTackleHealthInequalities.jsp>

Report Link: <http://www.rcplondon.ac.uk/professional-Issues/Public-Health/Documents/RCP-report-how-doctors-can-close-the-gap.pdf>

Deprivation underlies thousands of cancer cases every year

See Section: **CANCER**

TOBACCO

Heart attack study shows health benefits of smoke-free laws

The introduction of smoke-free legislation in England was followed by a 2.4 per cent drop in the number of emergency hospital admissions for heart attacks, new research shows. The government-funded study, which was carried out by scientists at the University of Bath's Tobacco Control Research Group, is the first to look at rates of heart attacks since the implementation of the legislation on July 1st 2007.

Website Link: <http://info.cancerresearchuk.org/news/archive/cancernews/2010-06-09-Heart-attack-study-shows-health-benefits-of-smoke-free-laws>

Study Link: http://www.bmj.com/cgi/content/abstract/340/jun08_1/c2161

See also: Smoking ban reduces hospital admissions for heart attacks, according to new study

Website Link: <http://www.bhf.org.uk/default.aspx?page=11777>

Children effectively protected from secondhand smoke by smoke-free air laws

Researchers at the Harvard School of Public Health (HSPH) have found that children and adolescents living in non-smoking homes in counties with laws promoting smoke-free public places have

significantly lower levels of a common biomarker of secondhand smoke exposure than those living in counties with no smoke-free laws.

Website Link: <http://www.medicalnewstoday.com/articles/191029.php>

Cigarette smoking 'could increase risk of depression'

New research published today in the British Journal of Psychiatry suggests smoking could increase the risk of depression.

Website Link: <http://www.rcpsych.ac.uk/press/pressreleases2010/smokinganddepression.aspx>

Guidance aims to protect thousands of unborn babies and small children from tobacco harm

All pregnant women should be encouraged to have their carbon monoxide levels tested to determine whether they smoke, thereby ensuring that pregnant smokers receive appropriate support to quit for the good of their unborn baby. This change to current clinical practice is one of a number of recommendations in new guidance published today (23 June) by the National Institute for Health and Clinical Excellence (NICE), to help women and their families give up smoking during and after pregnancy.

Website Link: <http://www.nice.org.uk/newsroom/pressreleases/UnbornBabiesSmallChildrenTobaccoHarm.jsp>

Statistical Press Release: Indicators on breastfeeding, smoking and obesity

See Section: **OTHER PUBLIC HEALTH NEWS**

OTHER PUBLIC HEALTH NEWS

Health Protection Agency welcomes publication of Griffin report

The Health Protection Agency has welcomed the report of the independent investigation into the outbreak of E.coli O157 at Godstone Farm in Surrey, which has recently been published.

Website Link: <http://www.hpa.org.uk/NewsCentre/NationalPressReleases/2010PressReleases/100615Griffinreport/>

Statistical Press Release: Indicators on breastfeeding, smoking and obesity

The following statistics have been released by the Department of Health: Quarter ending March 2010 and revised data for quarters ending June 2009, September 2009 and December 2009

Website Link:

<http://nds.coi.gov.uk/clientmicrosite/Content/Detail.aspx?ClientId=46&NewsAreaId=2&ReleaseID=413387&SubjectId=36>

More power to the patient

Patients will be offered more choice and control over their healthcare with the launch of the first direct payment scheme, Care Services Minister Paul Burstow announced today (28.06.10). Eight Primary Care Trusts will begin to road test direct payments for personal health budgets. This will allow Primary Care Trusts to give the money for someone's care directly to them, allowing individuals to decide how, where and from whom they receive their healthcare, in partnership with the local NHS.

Website Link:

<http://nds.coi.gov.uk/clientmicrosite/Content/Detail.aspx?ClientId=46&NewsAreaId=2&ReleaseID=414078&SubjectId=36>

NEW RESOURCES

Patient material given online licence

The UK's leading oral health charity the British Dental Health Foundation has made the content from their prestige range of patient information leaflets available online by licence. The series of 52 educational leaflets, which were previously only produced for hard copy, will now be on-hand for people to use online on their websites.

Website Link:

<http://www.dentalhealth.org.uk/pressreleases/releasedetail.php?id=436&offset=0&limit=10&type=&keyword=>

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. 4190.

Get Active – Timetable of Physical Activity – Halton Borough Council

For a full timetable of physical activities in Halton, and class descriptions, please contact 0303 3334300 – ext. 4190.

Cycle for Health rides

Every Tuesday – 1pm – 3.30 pm at Sutton Manor Colliery (meeting place Four Way's Childrens Centre, off Chester Lane)

Every Wednesday – 1pm – 3.30 pm at Sankey Valley Park (meeting place Visitors Centre, off Blackbrook Road. Bikes & helmets provided free of charge. For more information contact 01744 671656. Before joining our rides please ensure you have a free health check by contacting 01744 697432.

Research and Development Exposition – 6th October 2010

As part of their commitment to the dissemination of research throughout the NHS, the Research and Development Department of Halton and St Helens PCT are holding their second Exposition on 6th October 2010. Speakers from local and national research projects will be presenting their work with the opportunity to view poster displays throughout the day. For further information contact 0151 495 5480.

Smoke Free Futures: Tobacco Control Conference 2010

Date: 11 October 2010

Smoke Free Futures is a two day tobacco control conference that asks what are the next steps we need to be taking to secure tobacco free futures for our children and how do we help the 70% of smokers who say they wish to quit more effectively in the here and now.

Website Link: <http://www.ash.org.uk/media-room/news/news-events-bulletin/:ash-news-and-events-bulletin-01-15-june-2010>

NATIONAL / INTERNATIONAL HEALTH EVENTS 2010 – JULY

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

Website Link: <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 visit:

Website Link: <http://www.champs-for-health.net/>

Cheshire & Merseyside New Documents Bulletin

A weekly review of new documents produced collaboratively by primary care librarians across Cheshire & Merseyside. Contact the Library and Knowledge 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.

Website Link: <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 and we accept no responsibility for the contents of external websites. 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

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