



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

EU attitudes towards alcohol

Europe is the region with the highest per capita alcohol consumption in the world and harmful and hazardous alcohol consumption is the third largest risk factor for ill-health.

This new EU-wide poll aims to monitor EU citizens' alcohol consumption patterns, their awareness of the adverse health risks and social effects involved and opinions regarding policy options to reduce alcohol-related harm.

Report Link: http://ec.europa.eu/public_opinion/archives/ebs/ebs_331_en.pdf

Alcohol treatment data published

The NTA (National Treatment Agency) has published a report analysing a full year (2008-2009) of alcohol treatment data. Data is provided on a number of aspects of alcohol treatment including client age, ethnic group, common routes into treatment and waiting times

Website Link: <http://www.alcoholconcern.org.uk/news-centre/news/alcohol-treatment-data-published>

Regional Summary Profiles

Regional summary profiles of alcohol related harm now available

Website Link: <http://www.nwph.net/alcohol/lape/#>

CANCER

Over 70s want more information about breast cancer screening

Most older women want more information about breast cancer and want to continue to be invited to breast screening, according to the results of a survey published in the British Journal of Cancer. The survey, completed by 400 women aged 70 and over, found that 75 per cent felt they would benefit from continued breast screening and would attend screening if invited every three years.

Website Link: <http://info.cancerresearchuk.org/news/archive/pressrelease/2010-12-05-over70sbreastscreeninginformation>

HPV test picks up more abnormal cell changes than regular smear test

Two studies suggest that testing for the human papillomavirus (HPV) - the major cause of cervical cancer - could be used in national cervical cancer screening programmes. A Finnish study, published in the British Medical Journal, found that the HPV test detects more abnormal cells in the cervix than conventional 'cytology' screening. And a second study, funded by Cancer Research UK and published in the British Journal of Cancer, suggests that screening intervals could be extended for women over the age of 30 if HPV testing was used.

Website Link: <http://info.cancerresearchuk.org/news/archive/cancernews/2010-04-30-HPV-test-picks-up-more-abnormal-cell-changes-than-regular-smear-test>

Link to Finnish Study: http://www.bmj.com/cgi/reprint/340/apr27_1/c1804

Slapdash Slatherers increase risk of dangerous sunburn

Nearly nine out of ten people (87 per cent) could be risking dangerous levels of skin damage, which can lead to skin cancer, because they are either not using the right amount of sunscreen, not sure of the amount they use or are not using any at all – according to a new survey by Superdrug and Cancer Research UK. The survey of 2,140 people across the UK has revealed that we are a country of Slapdash Slatherers who don't put on enough sunscreen or reapply it often enough. Not using sunscreen correctly in these ways can result in sunburn, a sign that the skin's DNA has been damaged, in ways that can lead to skin cancer.

Website Link: <http://info.cancerresearchuk.org/news/archive/pressrelease/2010-04-29-Slapdash-slatherers-increase-risk-of-dangerous-sunburn>

Sunbed ban for under 18s to become law

The private member's bill to protect children and teenagers from the dangers of sunbeds was passed today by the House of Lords after Cancer Research UK's campaign. Aisling Burnand, executive director of policy and public affairs at Cancer Research UK, said: "We're thrilled that the bill to stop under 18s using sunbeds has passed through the House of Lords and will become law a year today. This is a monumental achievement and legislation will go a long way to curb the alarming numbers of teenagers that use sunbeds.

Website Link: http://info.cancerresearchuk.org/news/archive/pressrelease/CR_015085

Mobile phones do not raise risk of brain tumours, say scientists

The largest and most detailed study yet into the health risks posed by mobile phones has failed to find a link between cellphones and brain cancer, although scientists said that they still cannot give categorical assurances that there are no risks attached to using the devices over long periods of time.

Website link: <http://www.independent.co.uk/news/science/mobile-phones-do-not-raise-risk-of-brain-tumours-say-scientists-1975579.html>

See also: Mobile phones and cancer

Website link: <http://info.cancerresearchuk.org/healthyliving/cancercontroversies/mobilephones/>

CHILDREN / YOUNG PEOPLE

New NICE draft guidance will prevent the number of unintentional injuries to children during outdoor play and leisure

It is important that children and young people play and get exercise outdoors, but each year in the UK more than 450,000 children and young people visit emergency departments after injuring themselves while playing outside. These unintentional injuries to children and young people in outdoor settings can be prevented with better safety information, advice and education, according to new draft guidance. This draft guidance has today (17 May) been issued for public consultation by the National Institute for Health and Clinical Excellence (NICE).

Website Link:

<http://www.nice.org.uk/newsroom/pressreleases/NewNICEDraftGuidanceUnintentionalInjuriesToChildrenDuringOutdoorPlay.jsp>

See also:

<http://www.nice.org.uk/newsroom/pressreleases/ThousandsOfUnintentionalInjuriesToChildrenCouldBePrevented.jsp>

Better care for newborns crucial for Millennium Development Goal on child deaths

The World Health Statistics 2010 shows that globally about 40% of deaths in children under five years old occur in the first month of life.

Website Link: http://www.who.int/mediacentre/news/releases/2010/newborns_20100510/en/index.html

Sunbed ban for under 18s to become law

See Section: **CANCER**

Young carers 'bullied and stressed'

See Section: **MENTAL HEALTH**

Launch of Young Carers Resource Pack for Schools

See Section: **NEW RESOURCES**

DENTAL HEALTH

Quitters open the door for better oral health

The number of smokers to successfully quit the dangerously addictive habit has increased in the last year, leading the way for a greater level of oral health. Almost 250,000 people in England quit smoking between April 1 and December 31 2009, a rise of 10 percent compared to the same period in 2008 – according to the results of a new national survey.

Website Link:

<http://www.dentalhealth.org.uk/pressreleases/releasedetail.php?id=413&offset=0&limit=10&type=&keyword=>

DRUGS

Public Accounts Committee criticises lack of evaluation on drug strategy spend

The Public Accounts Select Committee has today published its 30th report of this Parliamentary Session which, on the basis of evidence from the Home Office and the National Treatment Agency, examined the drug strategy, drug-related crime, drug treatment and reintegration and young people and drug use.

Website Link: <http://www.drugscope.org.uk/ourwork/pressoffice/pressreleases/Pub-acc-comm>

MENTAL HEALTH

Talking Mats® helps people with dementia to communicate more effectively with family carers

A new communication tool is helping people with dementia and their carers to communicate more effectively and feel more involved in making decisions, according to new research published by the Joseph Rowntree Foundation today (29 April, 2010). The report - Talking Mats® and involvement in decision making for people with dementia and family carers - looks at how the low-tech communication tool, Talking Mats, can help people with dementia and their family carer (e.g. spouse, son, daughter) be more involved with decision-making about managing daily life.

Website Link: <http://www.jrf.org.uk/media-centre/talking-mats-dementia-communication>

PCTs 'wasting millions' on out-of-area treatments, reveals RCPsych

An investigation by Royal College of Psychiatrists reveals that primary care trusts (PCTs) in England are wasting hundreds of millions of pounds each year on treating people with severe mental health problems many miles away from their own homes. The results of the investigation are published exclusively today (14 April 2010) in the Society Guardian.

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

Young carers 'bullied and stressed'

Young carers feel bullied, stressed and misunderstood at school, research suggests today (17.05.10). Almost seven in 10 (68.5%) six to 18-year-olds who care for a sick or disabled family member say they have been bullied at school. More than a third (37.9%) say they worry about the person they care for during lessons while almost a quarter (23%) say they are stressed in class. The poll, by The Princess Royal Trust for Carers and the Children's Society, questioned 700 young carers about their experiences.

Website Link: <http://www.mentalhealth.org.uk/information/news/?EntryId17=78840>

See also: Launch of Young Carers Resource Pack for Schools – Section: **NEW RESOURCES**

Recession takes its toll on workers

The recession has taken its toll on the mental wellbeing of workers throughout the country, according to research published today (17.05.10). A survey by mental health charity Mind has shown that the recession has had a devastating effect on the wellbeing of British workers, with 1 in 10 workers who took part saying they had sought support from their doctors and 7% having started taking antidepressants for problems directly caused by the pressures of recession on their workplace.

Website Link: <http://www.mentalhealth.org.uk/information/news/?EntryId17=78842>

See also: **Workers turn to antidepressants as recession takes its toll**

Website Link: http://www.mind.org.uk/news/3372_workers_turn_to_antidepressants_as_recession_takes_its_toll

New information leaflet on mental health in pregnancy

See Section: **NEW RESOURCES**

Stress at work could add to heart risk

See Section: **OTHER PUBLIC HEALTH NEWS**

NUTRITION / OBESITY

Food Companies Continue to Show that Good Health is Good Business

Today (11.05.10) the Food and Drink Federation (FDF) will launch its new report - 'Workplace Wellbeing: Industry in Action', which showcases how FDF member companies of all sizes have embedded workplace wellbeing schemes into their daily working practices.

Website Link: <http://www.fdf.org.uk/news.aspx?article=4920>

Report Link: **Workplace Wellbeing – Industry in Action**

http://www.fdf.org.uk/corporate_pubs/workplace_wellbeing_2010.pdf

TV chef backs hospital food project for older people

See Section: **OLDER PEOPLE**

'Food Dudes' wins Gold at Chief Medical Officer's Public Health Awards 2010

See Section: **OTHER PUBLIC HEALTH NEWS**

OLDER PEOPLE

TV chef backs hospital food project for older people

Pioneering research from the University of Reading is being used to enhance the taste of hospital food to help prevent or treat malnutrition in older people. The project is supported by celebrity chef Heston Blumenthal and funded by Research into Ageing, the medical research arm of Age UK.

Website Link: <http://www.ageuk.org.uk/latest-news/tv-chef-backs-hospital-food-project-for-older-people/>

Over 70s want more information about breast cancer screening

See Section: **CANCER**

TOBACCO

Australia to become first country to introduce plain cigarette packaging

Cigarettes in Australia will soon have to be sold in plain packaging to prevent consumers - and particularly children - from being influenced by tobacco advertising. The measure is included in a new package of actions announced by the Australian government and has been welcomed by Cancer Research UK, which has campaigned hard for the government to introduce similar legislation in England.

Website Link: <http://info.cancerresearchuk.org/news/archive/cancernews/2010-05-04-Australia-to-become-first-country-to-introduce-plain-cigarette-packaging>

See also: http://www.ash.org.uk/ash_y50iciwb.htm

OTHER PUBLIC HEALTH NEWS

Stress at work could add to heart risk

New research suggests there is a link between high pressure jobs and heart disease risks in women. The research found that heart disease risks in women increased if they felt under pressure at work. The study looked at the heart health of more than 12,000 women working as nurses.

Website Link: <http://www.bhf.org.uk/default.aspx?page=11669>

Link to study: <http://press.psprings.co.uk/oem/may/oem043091.pdf>

Latest Hepatitis C figures show year on year increase

New figures released today by the Health Protection Agency (HPA) show reported cases of Hepatitis C infection in England to have increased by 4.5% from 8,196 cases reported in 2008 to 8,563 cases in 2009. This year's figures released in advance of World Hepatitis Day bring the cumulative reported total (from 1992 to 2009) to 78,428 diagnosed cases.

Website Link: http://www.hpa.org.uk/web/HPAweb&HPAwebStandard/HPAweb_C/1273852041124

Be tick aware when visiting the great outdoors

The Health Protection Agency is advising people to take care when visiting areas where ticks are present, to prevent tick bites and reduce the risk of catching Lyme disease.

Late spring, early summer and autumn are peak times for tick bites and coincide with people venturing into the great outdoors for the warmer weather.

Website Link: <http://www.hpa.org.uk/NewsCentre/NationalPressReleases/2010PressReleases/100505Betickaware/>

'Food Dudes' wins Gold at Chief Medical Officer's Public Health Awards 2010

Sir Liam Donaldson, Chief Medical Officer, has announced the winners of the Chief Medical Officer's Public Health Awards 2010. The awards, held at the Royal College of Physicians in London on Wednesday night, celebrate the dedication, innovation and passion shown by those working in the public health arena. The Gold, Silver and Bronze award medals feature portraits of previous Chief Medical Officers. 'Food Dudes', a Wolverhampton-based project, won the Gold medal which features the first Chief Medical Officer Sir John Simon. The Silver medal, featuring Sir George Godber, went to the Isle of Wight initiative 'Pharmacy Fix'. The Bronze medal, with the portrait of wartime CMO Sir Wilson Jameson, was awarded to national charity 'StreetGames'.

Website Link:

<http://nds.coi.gov.uk/clientmicrosite/Content/Detail.aspx?ClientId=46&NewsAreald=2&ReleaseID=413339&SubjectId=36>

NEW RESOURCES

New information leaflet on mental health in pregnancy

The Royal College of Psychiatrists has expanded its range of award-winning information materials with a new leaflet on mental health in pregnancy. The leaflet is written for women with mental health problems during pregnancy, for pregnant women who have experienced mental health problems in the past, and for their partners, family and friends who want to understand and help.

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

Launch of Young Carers Resource Pack for Schools

Over two thirds of young carers have had to cope with bullying at school, according to new research carried out by The Princess Royal Trust for Carers and The Children's Society. More than half of the young carers surveyed felt unsupported or misunderstood by their teachers. Even more worryingly, 39% said that none of the teachers at their school were even aware of their caring role. The Princess Royal Trust for Carers and The Children's Society are today launching a new information pack

'Supporting Young Carers: a resource for schools' alongside a poster campaign to run in all secondary schools across the UK, to help address some of these issues.

Website Link: <http://www.carers.org/news/launch-of-young-carers-resource-pack,6287,NW.html>

New presentation resource to promote Walking for Health

'The Cost of Doing Nothing' is a PowerPoint presentation resource for co-ordinators and health professionals who wish to promote Walking for Health. There are 50 slides and images covering a range of topics. This presentation sets out the Walking for Health initiative as a model to tackle long term morbidity and health inequalities, whilst providing evidence that it is cost-effective.

Website Link:

<http://www.whi.org.uk/details.asp?back=true&key=2335|0|3518495058248|R|849|3336691352010606946331&parentkey=2335|0|3518495058248|p|849|0>

Presentation Link:

[http://www.whi.org.uk/uploads/documents/2335/The%20Cost%20of%20Doing%20Nothing.ppt#264,1,](http://www.whi.org.uk/uploads/documents/2335/The%20Cost%20of%20Doing%20Nothing.ppt#264,1)

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.

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.

The Moonlight Walk 2010

On Saturday 5th June 2010 at 10.00 pm a 10km walk around Knowsley and St Helens in aid of Willowbrook Hospice. Evening starts at 8.00 pm at Alexandra Business Park, Prescott Road, St Helens. Entry: Adults £15; Children £7.50.

For further details contact Diane on 01744 453 798 or email diane@willbrookhospice.org.uk or visit the website www.willowbrook.org.uk.

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 or email lauren.moore2@hsthpcct.nhs.uk or louisa.jones@hsthpcct.nhs.uk.

BIG Tea Party (In aid of Willowbrook Hospice)

Join staff and patients at Fingerpost Park Health Centre (Upper Level Reception) on Thursday 10th June 2010 from 9.30 am – 1.00 pm. Lots of things going on with raffles, health checks, egg and spoon race and lots, lots more. All money raised will go to Willowbrook Hospice. For further information contact Vickie Braddish on 01744 626731.

Healthy family's day at Fir Tree Farm

Free event – Monday 7th June 2010 (half term) from 1 pm – 4 pm located at Fir Tree Farm, Pimbo Road, Kings Moss, St Helens WA11 8RD. Keep the kids happy with lots of fun and interactive activities for the whole family around healthy food and lifestyles. Crafts, games, quizzes, market garden, walks,

grow your own activities and vegetable plants sale and lots more. For more information phone 01744 894284 or email jenny@climatefriendlyfood.org.uk.

Carers Week Launch

Do you look after someone? Come along to the Carers Week Launch at Stobart Stadium, Widnes on Monday 14th June 2010 from 10 am – 3 pm.

Find out about financial assistance and benefits, employment and training course opportunities, ways to look after yourself including free health checks. Enjoy a pamper session and massage and meet other people in your situation. Free bus service available. Contact 0303 333 4300 for further information.

NATIONAL / INTERNATIONAL HEALTH EVENTS 2010 – JUNE

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@hsthpcnhs.uk.

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

Health Improvement Network

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

lindagittens@sthelens.gov.uk.