

Health E-News Bulletin

Issue 30 - November 2008

Health Improvement - Keeping you informed

Welcome to the monthly issue of the Health E-News Bulletin. We aim to keep you updated with national, regional and local news, events and other relevant information which relates to the six key areas of the Department of Health's White Paper "Choosing Health: Making Healthier Choices Easier". We will also include more broader public health information. This is being produced collaboratively by the Halton & St Helens Health Improvement Library Service, the Primary Care Library, and St Helens Health Partnership.

ALCOHOL

Reducing Alcohol Harm: Health services in England for alcohol misuse

Alcohol-related ill-health is an increasing burden for the National Health Service. Alcohol misuse costs the health service in the order of £2.7 billion a year, but efforts to address it locally are not in general well-planned, the National Audit Office reported today. The Department of Health is however raising the profile of alcohol misuse by providing information and guidance to underpin local action, centred on encouraging PCTs to gauge their performance against the rate of alcohol-related hospital admissions.

<http://www.nao.org.uk/pn/07-08/07081049.htm>

Study examines effects of drinking during pregnancy

New research suggests that drinking a small amount of alcohol during pregnancy does not increase the risk of a child developing behavioural difficulties or cognitive deficits. The study by University College London epidemiologists looked at 12,500 three year olds. It found children born to mothers who drank one or two drinks per week during pregnancy did not have an increased risk over those born to abstinent mothers. The work, published today in the International Journal of Epidemiology, raises questions about guidance that recommends no drinking during pregnancy.

http://ije.oxfordjournals.org/cgi/reprint/dyn230v1?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=1&andorexacttitle=and&andorexacttitleabs=and&fulltext=pregnancy%2C+drinking&andorexactfulltext=and&searchid=1&FIRSTINDEX=0&sortspec=relevance&fdate=7/1/2008&resource_type=HWCIT

All Party Parliamentary Group inquiry into alcohol treatment

The APPG on Alcohol Misuse will be holding a parliamentary inquiry into the challenges and opportunities of providing alcohol treatment. MPs will be hearing from service providers, health specialists and commissioners, as well as officials from the Department of Health and the National Treatment Agency

<http://www.alcoholconcern.org.uk/servlets/doc/1388>

New fast track help for areas with most severe alcohol problems

Twenty of the areas worst hit by alcohol misuse are to receive support as part of a new programme which will help the local health service better identify and intervene with those at risk, Public Health Minister Dawn Primarolo announced

<http://nds.coi.gov.uk/environment/fullDetail.asp?ReleaseID=383301&NewsAreaID=2&NavigateFromDepartment=False>

Binge drinkers to confront their alcohol-related criminal behaviour

Binge drinkers arrested for alcohol related offences in nine police force areas across the country will be compelled to face up to the consequences of their drinking, Home Office Minister Alan Campbell has announced. The Home Office is providing an additional £1 million to police and drug and alcohol teams for the roll-out of nine new alcohol arrest referral projects.

<http://drugs.homeoffice.gov.uk/news-events/latest-news/bingedrinkers>

UK heading towards a 'silent epidemic' of alcohol-related dementia

See Section: **MENTAL HEALTH**

CANCER

Breast cancer sufferers need better support - Breast Cancer Care

Patients with secondary breast cancer have poor access to healthcare support, a survey has found. Nearly half those suffering from metastatic breast cancer said they did not have access to a named healthcare professional. Among those with a primary diagnosis, the figure is 98 per cent, according to Breast Cancer Care.

http://www.breastcancercare.org.uk/content.php?page_id=13499

CHILDREN/YOUNG PEOPLE

All pupils to get healthy lifestyle lessons

-Government accepts recommendations of sex and drugs reviews-

All pupils in state schools will now receive high quality lessons in everything from first aid and personal finance to relationships and the consequences of drugs misuse as Schools Ministers announced that Personal Social and Health Education (PSHE) will become a compulsory part of the curriculum from Key Stage 1 to 4 (ages 5 to 16). The announcement comes in response to the principal findings of both the Review of Sex and Relationships Education (SRE) in Schools and the report by the Advisory Group on Drug and Alcohol Education, which both recommended that good PSHE was vital to providing a healthy, rounded education.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2008_0235

fpa reacts to Government announcement to make PSHE statutory

The Government has agreed to a key recommendation of the Review of Sex and Relationships Education (SRE) in Schools to make PSHE, including SRE, a compulsory part of the curriculum from Key Stages 1 to 4. Responding to the announcement Julie Bentley

<http://www.fpa.org.uk/news/press/current/detail.cfm?contentid=1077>

Brook 'delighted' at statutory Sex and Relationships Education

Young people's sexual health charity, Brook, has welcomed the news that sex and relationships education (SRE) is to be made a statutory part of the national curriculum

http://www.brook.org.uk/content/M&_2008_statutorySRE_OCT2008.asp

Stamp out bullying of children with Special Educational Needs and Disabilities

Children's Secretary Ed Balls announced today (13.11.08), at the launch of anti-bullying week, a clampdown on the bullying of children who have special educational needs (SEN) and disabilities with the launch of a film for school pupils. The film has been provided to schools to

screen to pupils in assemblies and classes. Its aim is to bring home the message to young people that it is unacceptable to bully their peers with SEN and disabilities.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2008_0255

Government and charities combine to continue improving child safety

The Department for Children, Schools and Families has taken a big step towards keeping children safe across the country with over £1.6 million grant for practical safety education for children.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2008_0249

Teen pregnancy 'linked to sexual content on TV'

See Section: SEXUAL HEALTH/HIV/AIDS

DENTAL HEALTH

Ban on sugary drinks and snacks could treat all to good health, says Charity

Britain's leading oral health charity has called for a UK-wide ban on sales of fizzy drinks and sugary snacks on healthcare and education premises. The British Dental Health Foundation applauds NHS Tayside's announcement this week that it will stop stocking unhealthy drinks in vending machines and canteens, and calls for similar schemes to be rolled out across Britain. Fizzy drinks have been replaced by healthier options such as unsweetened fruit juices and bottled water in pilot schemes in the Scottish health authority's premises, and will be banned by March next year.

<http://www.dentalhealth.org.uk/pressreleases/releasedetail.php?id=354&offset=0&limit=10&type=&keyword=>

DRUGS

Home Office release new drug use figures

Overall drug use in England and Wales is at its lowest level in a decade, according to new figures released by the government today. The Home Office's 'Drug Misuse Declared: Findings from the 2007/2008 British Crime Survey' found that 9.3 per cent of 16 to 59 year olds reported using any illicit drug in the last year, compared to 12.1 per cent in 1998. The survey also reported a decline in overall drug use from last year's figures. Alongside 'statistically significant' falls in the use of cocaine powder and ecstasy from 2006/2007, cannabis use continued to follow the downward trend of the previous five years. Opiate use within the general population remained stable, supporting evidence that the UK's heroin population is stabilising.

http://www.drugscope.org.uk/newsandevents/currentnewspages/BCS_0708_released.htm

New figures on drug-related deaths published by np-SAD

The National Programme on Substance Abuse Deaths (np-SAD) today publishes its annual report on drug-related deaths in the UK. The total number of drug-related deaths reported in the UK was 1,900 in 2007, an increase of around 8 per cent from the previous year (1,752).

http://www.drugscope.org.uk/newsandevents/currentnewspages/npsad_2007_stats.htm

Opiate and crack cocaine statistics published

National and regional estimates of the prevalence of opiate use and/or crack cocaine use in 2006/07 have been published in a new report. This report summarises the results of the third and final phase of a three-year study to estimate the prevalence of problematic use of opiates and/or crack cocaine nationally (England only), regionally and locally.

<http://drugs.homeoffice.gov.uk/news-events/latest-news/opiates-crack-stats-report>

MENTAL HEALTH

Concerns over delays to mental health advocacy service

The government is failing to put in place mental health advocates to provide important support and protection to patients, charity Mind has warned. From today, patients living at home can be forced by healthcare professionals to undergo treatment in the community. Under the Mental Health Act, which introduced the community treatment orders, patients are also entitled to an independent mental health advocate. But the roll-out of the posts has been formally delayed for six months and Mind is concerned they may not be in place, as now planned, by April.

<http://www.mind.org.uk/News+policy+and+campaigns/Press/Government+delays+put+patients+at+risk.htm>

UK heading towards a 'silent epidemic' of alcohol-related dementia

Urgent action is needed to prevent a 'silent epidemic' of alcohol-related dementia in the UK, psychiatrists have warned. Writing in the November issue of the British Journal of Psychiatry, two London-based psychiatrists with a special interest in dementia discuss the potential impact of increasing alcohol consumption among young and middle-aged people.

<http://www.rcpsych.ac.uk/pressparliament/pressreleases2008/bank2008/pralcoholrelateddementia.aspx>

NUTRITION/OBESITY

Corner shops in the North East help customers eat their greens

Corner shops in the North East will be the first in England to pilot an £800,000 scheme to get the country eating more fruit and veg and reduce obesity, Public Health Minister Dawn Primarolo announced. The Department of Health is providing £200,000 this year and £300,000 for the next two years to help local shops sell and promote fruit and veg. Twelve stores have already signed up to the pilot with the aim of 120 coming on board by next May.

<http://nds.coi.gov.uk/environment/fullDetail.asp?ReleaseID=384156&NewsAreaID=2&NavigateFromDepartment=False>

Obesity crisis 'could cause cancer cases to double by 2050'

The growing obesity epidemic could cause the number of cancer cases to double in the next 40 years, a leading expert warns today. The chance of developing major killers like breast and kidney cancer rises as people become increasingly overweight, studies have shown.

Experts predict that if trends continue up to one third of British women and half of men could be obese by 2050, up from around a quarter at the moment.

<http://www.telegraph.co.uk/health/article3372070.ece>

Real Meals Cookbook going to all Children's Centres

Cooking is a skill everyone should have and once mastered, it's quick, easy, fun and vital to fighting obesity in young people. Once they've mastered the basic dishes, they can keep cooking for life. The [Real Meals](#) cookbook, endorsed by top chef Phil Vickery, contains 32 classic recipes and sauces. The public nominated for inclusion the basic dishes every child should learn how to cook.

<http://www.surestart.gov.uk/events/newsevents/whatsnew/index.cfm?news=410>

SEXUAL HEALTH/HIV/AIDS

Teen pregnancy 'linked to sexual content on TV'

Teenagers who watch a lot of television programmes with a high sexual content are twice as likely to become involved in a pregnancy, research by the Rand Corporation has claimed. The study of 2,000 US teenagers, published in the journal Pediatrics, looked at the viewing habits of adolescents aged 12-17. The researchers looked at the amount of time spent watching 23 broadcast and cable television shows that had high levels of depictions of sex as well as

dialogue about or discussion of sex. Teenagers who were exposed to high levels of sexual content were twice as likely to be involved in a pregnancy in the next three years.

<http://pediatrics.aappublications.org/cgi/reprint/122/5/1047?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=anita+chandra&andorexactfulltext=and&searchid=1&FIRSTINDEX=0&sortspec=relevance&resourcetype=HWCIT>

fpa responds to new NATSAL research on sexual behaviour

Responding to research published in the International Journal of Epidemiology on the high proportion of people not using condoms when they have sex with a new partner

<http://www.fpa.org.uk/news/press/current/detail.cfm?contentid=1081>

Report:

<http://ije.oxfordjournals.org/cgi/reprint/dyn216>

fpa reacts to contraception and sexual Health statistics from ONS

The Contraception and Sexual Health 2007/08 report released today by the Office of National Statistics showed that the 'Pill still the most popular form of birth control' with 28 per cent of women under 50 using it.

<http://www.fpa.org.uk/news/press/current/detail.cfm?contentid=1079>

See also:

<http://www.statistics.gov.uk/pdfdir/csh1008.pdf>

HIV/AIDS Diagnosed too late for many Africans in the UK

A new report by the Health Protection Agency has emphasised the importance of early diagnoses in black African and Caribbean communities in the UK. The report calls for enhanced sexual health services to be provided to these groups and especially to men who have sex with men.

http://www.hpa.org.uk/webw/HPAweb&HPAwebStandard/HPAweb_C/1225789252997?p=1204186170287

All pupils to get healthy lifestyle lessons

See Section: CHILDREN/YOUNG PEOPLE

Brook 'delighted' at statutory Sex and Relationships Education

See Section: CHILDREN/YOUNG PEOPLE

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SOCIAL INCLUSION/HEALTH INEQUALITIES

Government must continue closing shocking UK inequality gap

Commenting on the OECD report 'Growing Unequal? Income Distribution and Poverty in OECD Countries', the Chief Executive of Child Poverty Action Group, Kate Green, said: "It is shocking to see how much worse Britain is for inequality and social mobility than other wealthy countries. The good news is, thanks to a government focus on ending child poverty, things have started getting better.

<http://www.cpag.org.uk/press/211008.htm>

Report:

http://www.oecd.org/document/53/0,3343,en_2649_33933_41460917_1_1_1_1,00.html

Majority of Brits are happy and believe in a fair society

Alan Johnson asks - can we eradicate health inequality?

Nine out of ten British people are happy, and almost seven in 10 expect more good than bad experiences in the next five to 10 years, according to the first study of the public's perceptions of health inequalities published today. But, despite a great deal of optimism, the survey shows that people are acutely aware of social differences and the impact that has on health.

<http://nds.coi.gov.uk/environment/fullDetail.asp?ReleaseID=383405&NewsAreaID=2&NavigateFromDepartment=False>

Report:

<http://www.nsms.org.uk/public/default.aspx?pageID=5#equal>

TOBACCO

Can smoking cessation services be better targeted to tackle health inequalities?

Evidence from a cross-sectional study

http://www.ash.org.uk/ash_9syixilq.htm#6448

OTHER PUBLIC HEALTH NEWS

New sudden cardiac death database to save lives

A database launched on 7th November 2008 will help identify the incidence and causes of sudden cardiac death and save the lives of people who may currently be at risk from the inherited heart condition that can strike without warning, the Department of Health announced today. Designed by pathologists and cardiologists, and funded by the Department of Health, the database will be a key tool in understanding the incidence and causes of inheritable conditions that can cause sudden cardiac death.

<http://nds.coi.gov.uk/environment/fullDetail.asp?ReleaseID=383547&NewsAreaID=2&NavigateFromDepartment=False>

£30m healthy towns kick start Change4life

Nine towns have won the opportunity to lead the way in helping their residents live healthier lives as part of the new Change4Life movement, Health Secretary Alan Johnson announced today. The "Healthy Towns" - Dudley, Halifax (Calderdale), Sheffield, Tower Hamlets, Thetford, Middlesbrough, Manchester, Tewkesbury and Portsmouth - are part of a new coalition called Change4Life which is backed by Government, food retailers, charities and community groups

<http://nds.coi.gov.uk/content/detail.asp?NewsAreaID=2&ReleaseID=383692>

Statistics

The following National Statistics were released today by the Department of Health: Life Expectancy and All Age All Cause Mortality Monitoring (Overall and Health Inequalities) - Update to include data for 2007

<http://nds.coi.gov.uk/environment/fullDetail.asp?ReleaseID=384141&NewsAreaID=2&NavigateFromDepartment=False>

NEW RESOURCES

NHS websites join up to show the choices on offer

Patients looking for information about the choices available for their healthcare will now be able to find it all on one NHS website.

NHS Choices and NHS Direct, two of the country's leading health websites, are joining forces to provide the public with all the health information they need in one place. The public are now able to access all of the NHS's health content from one easy to navigate website, NHS Choices at <http://www.nhs.uk>. The site will offer trusted advice and information so the public can understand and exercise their choice about health and healthcare.

<http://nds.coi.gov.uk/environment/fullDetail.asp?ReleaseID=383998&NewsAreaID=2&NavigateFromDepartment=False>

Real Meals Cookbook going to all Children's Centres

See Section: **NUTRITION/OBESITY**

LOCAL & NATIONAL EVENTS/COURSES

GO Campaign in St Helens

A free Health MOT available for men over 40 in this area. The MOTs are a good chance to meet one-to-one with our friendly staff to discuss any health worries that may concern you. To book your free session phone 01744 697433.

Target: Wellbeing – St Helens

There are 8 projects in St Helens that have been funded through The Target Wellbeing funding until 2012. The aim of these projects is to increase exercise, encourage healthier eating and promote mental wellbeing. For further information contact 01744 697432.

Sport England

The following activities have been funded through Sport England to encourage the working population of St Helens to lead a more active and healthier lifestyle. All activities are led by qualified instructors. Simply turn up and introduce yourself to the instructor.

- Badminton- Monday Beacon Building College St., St Helens 5-6 pm
- Circuit Training –Tuesday Bold Miners Neighbourhood Centre, Fleet Lane, St Helens 5.15-6.15 pm
- Netball- Wednesday-Sutton Leisure Centre Eltonhead Rd St Helens - 5-6pm
- Badminton-Wednesday-Sutton Leisure Centre Eltonhead Rd St Helens 6-7pm

For more details ring Healthy Living Team on 01744 677433

Train the Trainers

This training is taking place on 20th November 2008. The aim of the course is to reduce alcohol related harm and promote sensible drinking. For further information contact Jane Fradley on 01928 593005.

Grow Healthy in St Helens

Grow Healthy is a Big Lottery funded project that wants to enthuse and support local people to get involved in the joys and benefits of food growing. Grow Healthy sessions run from 10 am – 12 noon and then 1 pm – 3 pm on the second Wednesday of the month at Harlow Close allotments in Thatto Heath. For more information please call Liz on 0151 257 2720 or email liz.sabatini@groundwork.org.uk.

Carers Rights Day 2008 – Friday 5th December – 10.00 am – 4.00 pm

This year Carers Rights Day is themed around Carers & Their Money. This is a day for Carers to come along and find out what financial help they may be entitled to. Drop in anytime between 10am and 4pm – St Helens Carers Centre, 31-35 Baldwin St., St Helens – Tel. 01744 675615.

FIND Event, Bridge & River Suites, Halton Stadium, Widnes –
Wednesday 26th November 2008 - 9.30am – 12.30pm

An opportunity for service providers to show what they are working on and raise awareness of their campaigns. For further information email cathy.standish@halton.gov.uk

NATIONAL/INTERNATIONAL HEALTH EVENTS 2008 – December

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

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

OTHER LOCAL E-BULLETINS.

ChaMPS Public Health Network Bulletin

ChaMPS is your public health network for Cheshire and Merseyside PCTs, NHS Acute Trusts, local authorities and wider health organisations. If you would like to know more about joining ChaMPS and receiving this bulletin contact Viv Martindale, ChaMPS Network Administrator on 0151 643 5369 or email vivienne.martindale@bwwpct.nhs.uk

Cheshire & Merseyside New Documents Bulletin

A weekly review of new documents produced collaboratively by primary care librarians across Cheshire & Merseyside. Contact the Primary Care Library on 0151 676 5650 or email library.pct@sthk.nhs.uk if you would like to receive this bulletin.

Your Comments

The content of this bulletin highlights recent articles and/or documents appearing on a selection of websites, which we feel may be of interest to the wider health improvement area. All links are correct at the time of publishing. If you have any comments or suggestions about the Bulletin or would like to forward an item or news of an event, we would love to hear from you. Please forward this bulletin on to people who might otherwise not receive it. Contact lynda.moss@hsthpcct.nhs.uk.

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Health Improvement Network

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