

Health E-News Bulletin

Issue 20 - January 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 Health Improvement Library, the Primary Care Library, St Helens Health Partnership and Halton Health Promotion Service.

ALCOHOL

Alcohol Strategy Local Implementation Toolkit Launched

This toolkit is a resource to help local teams develop strategies to address alcohol related crime, ill health and other harm in line with Safe, Sensible, Social. The next steps in the National Alcohol Strategy.

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

Toolkit: <http://www.crimereduction.homeoffice.gov.uk/drugsalcohol/drugsalcohol097.htm>

Full Report:

<http://www.crimereduction.homeoffice.gov.uk/drugsalcohol/drugsalcohol097.pdf>

New Alcohol Marketing Restrictions Apply

The latest edition of the Portman Group code containing 2 new alcohol marketing rules has come into effect

<http://www.portmangroup.org.uk/?pid=26&level=2&nid=306>

CANCER

Breast cancer screening cuts mortality by half

Breast cancer screening in East Anglia has reduced deaths from the disease by nearly half, according to a study published in the British Journal of Cancer today.

<http://info.cancerresearchuk.org/news/archive/pressreleases/2008/january/394174>

Mediterranean diet and exercise linked with lower death rate

New research has added to the growing body of evidence that deaths from cancer are less common amongst people who eat a Mediterranean diet and exercise regularly.

<http://info.cancerresearchuk.org/news/archive/newsarchive/2007/december/18398599>

Cancer Research UK cautious over new vitamin D research

The benefits of moderate exposure to sunlight may outweigh the risk of developing skin cancer in some populations, according to new research from Norway.

<http://info.cancerresearchuk.org/news/archive/newsarchive/2008/january/18419607>

Abstract and access to full article:

<http://www.pnas.org/cgi/content/abstract/0710615105v1?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=moan&searchid=1&FIRSTINDEX=0&resourcetype=HWCIT>

CHILDREN/YOUNG PEOPLE

New infant mortality guidance

Guidance on reducing health inequalities in infant mortality has been published by the Department of Health. The publication shows how to narrow the health inequalities gap in infant mortality by looking at current examples of best practice.

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_081337

DRUGS

Teenagers want more focus on drug education

Children and Young People Now magazine (12 Dec 2007 – 9 Jan 2008) reports on the findings of a Mentor UK consultation on drug education. Ahead of the drug strategy's launch next year, the Department for Children, Schools and Families asked drug prevention charity Mentor UK to consult with young people.

<http://www.drugscope.org.uk/newsandevents/currentnewspages/drug-education-mentor-uk-findings.htm>

Mentor UK Youth Involvement Project – Feedback on drug strategy consultation

http://www.mentorfoundation.org/uploads/UK_YIP_Drug_Strategy_Feedback.pdf

HEALTH INEQUALITIES/SOCIAL INCLUSION

Disabled people twice as likely to be in poverty

A report on disability poverty in the UK claims that disabled people are twice as likely to live in poverty as non-disabled people. Disability Poverty in the UK says that disabled people are also more likely to live in poverty today than they were 10 years ago.

<http://www.lcdisability.org/?lid=6386>

New 'Think Family' Approach to Help Vulnerable Parents and Children

On 10 January, Ed Miliband and Beverley Hughes launched a new approach to local services to improve support for the most disadvantaged families and prevent problems passing down from excluded parents to their children.

<http://www.surestart.gov.uk/events/newsevents/whatsnew/index.cfm?news=309>

The "postcode lottery" in social care for the elderly must be addressed to stop some people using up their life savings to pay for it, a charity says.

Everyone over 65 who needs assistance is being funded £25,000 by means of informal and private care to plug a shortfall, Counsel and Care calculates. Nearly two million of these people receive no funded care whatsoever. The charity has urged the government to standardise criteria so everyone can expect the same level of assistance.

<http://news.bbc.co.uk/1/hi/health/7167734.stm>

Conservative plans threaten family security

Commenting ahead of today's welfare reform speech by David Cameron, trailed by announcements of '3-strikes and your out' benefit sanctions, tough new sanction for lone parents, and use of private companies, the Chief Executive of Child Poverty Action Group, Kate Green said: "The Conservatives should not threaten family security with an attack on welfare rights while economic storm clouds gather on the horizon. Their social security reform idea seems to be 'privatise the social and scrap the security', with little regard for the consequences for children.

<http://www.cpag.org.uk/press/080108.htm>

MENTAL HEALTH

Survey on mental health stigma launched

A coalition of mental health charities has launched a major national survey to understand the stigma people with mental health problems face and the best way to tackle it. 25,000 hard copy forms will be sent out across England, but the coalition hopes many more will complete the survey online before the 22 February closing date.

<http://www.movingpeople.org.uk/survey/>

In the red and feeling blue: FSA awards Mind £95k to tackle debt worries

The Financial Services Authority has awarded leading mental health charity Mind £95,000 towards a campaign in 2008 which will explore the link between debt and mental health. The FSA money will help Mind to run a series of financial capability surgeries around the country and to develop a financial section on its website that provides advice and information for anyone with mental health problems who is struggling with debt.

http://www.mind.org.uk/News+policy+and+campaigns/Press/2007122407_FSA.htm

Wellbeing and the web

One in 10 children have mental-health difficulties. A new online service means help is at hand.

<http://education.guardian.co.uk/schools/story/0,,2240590,00.html>

Website:

<http://www.youthinmind.co.uk/>

NUTRITION/OBESITY

Better diet could prevent one in 10 premature deaths, according to latest analysis

Early analysis published today by the Strategy Unit (SU) in the Cabinet Office, as part of a project looking long-term at UK food policy, finds that improving our diet could save 70,000 lives a year - one in every 10 deaths.

http://www.cabinetoffice.gov.uk/newsroom/news_releases/2008/080103_food.aspx

New TV ads make healthier choices easy

The Agency has today launched new TV advertisements as part of its ongoing activity to encourage shoppers to look for and use traffic light labels.

<http://www.food.gov.uk/news/newsarchive/2008/jan/tvadsignpost>

Grants for food hygiene and healthy eating

The Food Standards Agency has today announced the launch of the 2008/09 grant scheme for local food hygiene and healthy eating initiatives.

<http://www.food.gov.uk/news/newsarchive/2008/jan/hygggrant>

Shaping the eating habits of the next generation

The Agency has today published a framework of core skills and knowledge for children and young people, which sets out the essential building blocks in relation to healthy eating, cooking and food safety.

<http://www.food.gov.uk/news/newsarchive/2007/dec/competency>

SEXUAL HEALTH

HIV test to be made mandatory for couples wishing to marry in Saudi Arabia

Engaged couples in Saudi Arabia will soon have to undergo mandatory HIV, Hepatitis B and Hepatitis C tests before they can marry, the Saudi Ministry of Health has decreed. Testing for medical conditions such as thalassemia and genetic disorders is already compulsory in the country, but this is the first time that HIV and hepatitis will be added to the list of required tests.

<http://www.avert.org/aidsnews.htm#news1>

TOBACCO

Scotland: Ministers back tobacco licences

Ministers have given their backing to plans to license shops which sell tobacco in an attempt to tackle under-age smoking and drive rogue traders out of business.

http://www.newash.org.uk/ash_io25sixh.htm#5298

Babies exposed to second-hand smoke have higher risk of developing allergies.

New research released today has found that babies exposed to second-hand smoke are almost twice as likely to develop allergies to inhaled allergens such as animal hair as infants who are not exposed to tobacco smoke. Children whose parents smoke are almost 50% more likely to be allergic to certain foods

http://www.newash.org.uk/ash_5o7pgm8f.htm

OTHER PUBLIC HEALTH NEWS

National screening plan unveiled

Prime Minister Gordon Brown was this morning due to announce a national health screening programme to check for early signs of heart disease, stroke and kidney disease. Testing is expected to be rolled out this year or early next year.

<http://www.number10.gov.uk/output/Page14170.asp>

How to live 14 years longer

A new study claims that the combination of four health behaviours can add up to 14 years to people's lives. The Public Library of Science Medicine report examines the potential combined impact of moderate alcohol intake, five portions of fruit and veg a day, not smoking and physical activity.

<http://medicine.plosjournals.org/perlserv/?request=get-document&doi=10.1371/journal.pmed.0050012&ct=1>

New social enterprise role at DH

The Department of Health is looking to appoint an honorary patron to help promote its social enterprise investment fund. The fund currently stands at £73m and is used to stimulate social enterprises in health and social care

<http://www.dh.gov.uk/en/Policyandguidance/Organisationpolicy/Commissioning/Socialenterprise/index.htm>

National carers consultation concludes

A national consultation on how to improve conditions for carers has concluded with an event attended by more than 60 carers, prime minister Gordon Brown, health secretary Alan Johnson and health minister Ivan Lewis. The prime minister's carers strategy is due to be published later this year.

<http://www.gnn.gov.uk/environment/fullDetail.asp?ReleaseID=344406&NewsAreaID=2&NavigatedFromDepartment=False>

Large-scale study finds lack of exercise causes tooth loss

The UK's number one dental charity is urging people to make more effort to exercise if they want to keep all of their teeth after a large-scale study found that people who stay fit and healthy are 40% less likely to develop a tooth threatening gum infection.

<http://www.dentalhealth.org.uk/pressreleases/releasedetail.php?id=338&offset=0&limit=10&type=&keyword=>

Raised public awareness of hepatitis C leads to 10% increase in diagnoses

The number of newly diagnosed cases of hepatitis C infection in England reached 8,346 in 2006 – 10% higher than in 2005 – according to latest figures released by the Health Protection Agency (HPA).

http://www.hpa.org.uk/hpa/news/articles/press_releases/2007/071214_hepC.htm

Parliamentary Group to champion Accident Prevention

A new all-party parliamentary group has been formed to champion the cause of accident prevention. Its aim is to provide a voice for the relatives of the 12,000 people killed in accidents in the UK each year and millions more who suffer injuries.

http://www.rospa.co.uk/news/releases/2008/pr581_10_01_general.htm

Sunshine Vitamin d-eemed essential for pregnant women - Cases of vitamin D deficiency and Rickets are on the rise

The Department of Health is encouraging pregnant and breastfeeding women to boost their intake of vitamin D in the darker winter months. Healthcare professionals say more children than ever are presenting with vitamin D deficiency which can cause seizures and rickets.

<http://www.gnn.gov.uk/environment/fullDetail.asp?ReleaseID=341224&NewsAreaID=2&NavigatedFromDepartment=False>

NEW RESOURCES

Exercise and Mental Health

This leaflet is for anyone who is interested in how exercise can improve your mental health.

<http://www.rcpsych.ac.uk/mentalhealthinformation/therapies/exerciseandmentalhealth.aspx>

Fpa launches new leaflet for young people aged 14 and over called “Is this Love?”

<http://www.fpa.org.uk/news/press/current/detail.cfm?contentid=884>

Wellbeing and the web

See: **MENTAL HEALTH** Section

HEALTH EVENTS 2008 – February

Feb	Raynaud's Awareness Month Tel: 01270 872 776 Email: info@raynauds.org.uk Website: www.raynauds.org.uk	14 Feb	Gold Heart Day Tel: 0207 428 8100 Email: info@varityclub.org.uk Website: www.varityclub.org.uk
11-17 Feb	Contraceptive Awareness Week Tel: 0207 608 5240 Email: caw@fpa.org.uk Website: www.fpa.org.uk	14 Feb	Valentine Appeal Tel: 0207 935 0185 Website: www.bhf.org.uk/Valentine
11-17 Feb	National Tinnitus Week Tel: 0845 4500 321 Email: info@tinnitus.org.uk Website: www.tinnitus.org.uk	23-29 Feb	Obesity Awareness Week Tel: 01279 866 010 Email: enquiries@toast-uk.org.uk Website: www.toast-uk.org.uk
14 Feb	National Impotence Day Tel: 0870 774 3571 Email: info@sda.uk.net Website: www.sda.uk.net	25 Feb – 2 Mar	Eating Disorders Awareness Week Tel: 0870 770 3256 Email: info@b-eat.co.uk Website: www.b-eat.co.uk

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 St Helens Primary Care Library on 0151 676 5650 or email library_pct.pct@sthkhealth.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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