



Health E-News Bulletin

ISSUE 01 - JANUARY 2010

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".

ALCOHOL

Many 'Drink more than they think'

Drinkers in the UK consume the equivalent of a bottle of wine per week more than they admit, research shows. Analysis from the Centre for Public Health, published by Alcohol Concern, shows that drink surveys used to measure the public's alcohol consumption grossly underestimate how much people really drink. The difference between survey data and actual sales data reveals that 225 million litres of alcohol per year go unaccounted for. This is equivalent to 430 million units of alcohol per week, or 44 million bottles of wine

<http://www.alcoholconcern.org.uk/servlets/doc/1542>

Average drinker unaware how many units they are drinking

People drinking spirits at home in England are giving themselves more than double (12 percent extra) what they would get in a pub if they ordered a single shot according to new figures revealed by the Know Your Limits campaign. A series of experiments across England found that the average 'home barman' pours themselves 57ml when they drink a spirit such as vodka, gin or whisky – 32ml more than a standard single 25ml measure

http://www.dh.gov.uk/en/News/Recentstories/DH_110619

Government campaign asks parents and young people – why let drink decide?

Children's Secretary Ed Balls will join force with comedian Bill Bailey to launch a new national advertising campaign to raise awareness of how alcohol can make young people vulnerable to problems such as unwanted pregnancies, road traffic accidents and poor marks at school. The advertisements ask young people and their parents 'why let drink decide?' and aims to help parents work with their children to establish a safe and sensible relationship with alcohol.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2010_0016

See also: http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2010_0007

Parents back alcohol free childhood

Chief Medical Officer publishes final guidance on alcohol and children

The Chief Medical Officer's guidance for parents, children and young people is based on the most comprehensive ever review of the scientific evidence and follows an extensive public consultation. Parents have backed the Chief Medical Officer's advice that children should avoid alcohol completely before the age of 15.

http://www.dh.gov.uk/en/News/Recentstories/DH_110305

Christmas drink-drive figures highlight need for review of law

The number of people caught drink-driving over Christmas shows a review of drink-drive laws cannot come too soon, said the Royal Society for the Prevention of Accidents. A total of 7,638 drivers were arrested after breath tests in England and Wales between December 1, 2009 and January 1, 2010. Although the figure is 16.51 per cent lower than the number caught drink-driving in the previous year's campaign, it demonstrates that far too many drivers are still putting themselves and others at risk in such an irresponsible and avoidable way.

http://www.rospa.co.uk/news/releases/2010/pr761_21_01_10_road.htm

Cancer charity urges switch to lower-alcohol wines

People who drink a large glass of wine a day could reduce their risk of developing bowel cancer by seven per cent just by switching to a lower alcohol alternative, according to a cancer charity. World Cancer Research Fund (WCRF) is urging drinkers to make the switch after calculating the impact of people who drink a large glass (250ml) of wine every day switching from a wine with an alcohol content of 14 per cent wine to a 10 per cent wine.

http://www.wcrf-uk.org/audience/media/press_release.php?recid=93

One in ten jobless young people 'driven to drugs or alcohol', survey finds

See Section: DRUGS

CANCER

Prostate cancer screening trial raises concerns about 'false positive' results

A large European trial has cast doubt over the viability of prostate cancer screening, concluding that one in eight men receive a positive test result when they do not have the disease. Researchers studied the outcome of prostate specific antigen (PSA) testing, which shows the amount of a protein produced by prostate cells in the blood. High PSA levels may signal prostate cancer, but the protein may also be raised by infection, a non-cancerous enlarged prostate or even recent exercise.

<http://info.cancerresearchuk.org/news/archive/cancernews/2010-01-12-Prostate-cancer-screening-trial-raises-concerns-about-false-positive-results>

Link to Abstract: <http://www.nature.com/bjc/journal/vaop/ncurrent/abs/6605512a.html>

Women 'too busy' to attend cervical screening

Some women struggle to fit cervical cancer screening into their busy lives, a new Cancer Research UK study has found. While emotional barriers such as embarrassment were thought to be the main reason for not attending, this latest study in the Journal of Medical Screening suggests that practical difficulties may be more important. In the study from scientists at Cancer Research UK's Health Behaviour Research Centre at University College London, interviews were carried out with 580 women, aged 26 to 64, in order to determine their cervical screening history, perceived barriers to screening, voting behaviour and demographic characteristics.

<http://info.cancerresearchuk.org/news/archive/cancernews/2010-01-07-Women-too-busy-to-attend-cervical-screening->

Link to Abstract: <http://jms.rsmjournals.com/cgi/content/abstract/16/4/199>

New voice for BME cancer patients

A new advisory panel has been set up to give cancer patients from black and minority ethnic backgrounds a greater voice in their care, the National Cancer Action Team announced. The National Black and Minority Ethnic (BME) Cancer Patient Advisory Panel, is the latest initiative from the National Cancer Action Team. Its aim is to give cancer patients and carers from BME backgrounds an opportunity to share the experiences they have had of the care provided. Their comments and suggestions for improvements will then be disseminated amongst NHS organisations to help raise the quality of care and support given to cancer sufferers.

http://www.dh.gov.uk/en/News/Recentstories/DH_111411

All cancer survivors to have a personalised assessment and care plan

All cancer survivors will get the personalised care they need to lead as healthy and active a life as possible under plans published in the National Cancer Survivorship Initiative vision. The joint vision between the Department of Health and Macmillan Cancer Support commits to taking steps by 2012 to ensure that cancer survivors receive the support and services to meet their needs.

http://www.dh.gov.uk/en/News/Recentstories/DH_111279

Government backs sunbed ban

Secretary of State for Health, Andy Burnham has called for tanning salons to be banned from allowing under 18s to use sunbeds. He will announce that the Government is backing a Private Member's Bill, seeking to introduce the ban at a photo call with Cancer Research UK and Julie Morgan, the MP introducing the Bill.

http://www.dh.gov.uk/en/News/Recentstories/DH_111001

Cancer Research UK launches translation service

Cancer Research UK's cancer information nurses are launching a translation service. Thanks to a partnership with Language Line – who interpret telephone conversations in over 170 languages – people affected by cancer who need an interpreter can now have their questions answered.

<http://info.cancerresearchuk.org/news/archive/pressrelease/2010-01-21-cancer-translation-service>

HPV jab will prevent two thirds of cervical cancers in under 30s by 2025

The number of women under 30 diagnosed with cervical cancer will fall nearly two thirds by 2025, thanks to the HPV vaccine. A study, published in the British Journal of Cancer, predicted that the number of women in their twenties diagnosed with cervical cancer will drop by 63 per cent in the next fifteen years.

<http://info.cancerresearchuk.org/news/archive/pressrelease/2010-01-20-hpv-jab-prevents-cervical-cancer>

Link to Study: <http://www.nature.com/bjc/index.html>

CHILDREN/YOUNG PEOPLE

£12.5 million extra help for childcare for disabled children

Parents with disabled children will now get better support to help with childcare following a £12.5 million cash boost from the Government, Ed Balls and Children's Minister Dawn Primarolo announced as they also called on local authorities to do more to help disabled children access childcare. The cash injection will fund the national roll out of the Disabled Children's Access to Childcare Programme, following ten successful pilots across the country. The programme will help parents of disabled children, who are understandably cautious about using childcare, benefit from expert advice and support when choosing services for their child.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2010_0003

A stronger voice and more support for parents of children with SEN - New national helpline announced -

Parents of SEN pupils will get more help to get the right educational support for their children, Ed Balls, Secretary of State for Children, Schools and Families, has announced. Responding particularly to the recommendations on the SEN system in Brian Lamb's final report on parental confidence Ed Balls reasserted his commitment to listen to parents and provide them with the advice information and support they need.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0255

Children to be offered better protection against disease

Protection against septicaemia and pneumococcal meningitis will be boosted from 7 to 13 strains of pneumococcal bacteria. A replacement vaccine, which will protect children against a greater number of strains of the pneumococcal bacteria, is to be introduced into the routine Childhood Immunisation Programme later this spring, Public Health Minister Gillian Merron announced.

http://www.dh.gov.uk/en/News/Recentstories/DH_111270

See also:

http://www.hpa.org.uk/webw/HPAweb&HPAwebStandard/HPAweb_C/1263812652154?p=1259152466069

Government campaign asks parents and young people – why let drink decide?

See Section: ALCOHOL

Parents back alcohol free childhood

See Section: ALCOHOL

Government sets out vision for high-quality child mental health services

See Section: MENTAL HEALTH

Child fitness levels 'declining even in affluent areas'

See Section: PHYSICAL ACTIVITY

New campaign launches to give families a healthier Start4Life

See Section: NUTRITION/OBESITY

DRUGS

One in ten jobless young people 'driven to drugs or alcohol', survey finds

Older teenagers and young adults who are out of work face poorer health and lower happiness, with one in 10 claiming that unemployment drove them to drugs or alcohol, according to new research. A Princes Trust study, based on interviews with over 2,000 unemployed 16 to 25 year olds, also found out-of-work young people were more likely to feel ashamed, rejected and unloved. If the current economic downturn mirrors previous recessions these could become 'permanent psychological scars', the charity warned.

http://www.drugscope.org.uk/newsandevents/currentnewspages/Princes_Trust_2010.htm

Link to Princes Trust study:

http://www.princes-trust.org.uk/pdf/Youth_Index_2010.pdf

GBL, BZP and Spice now illegal

The Home Office has announced that legislation has been passed to ban three former 'legal highs', GBL, BZP and Spice, under the Misuse of Drugs Act 1971. The legislation will also bring 15 anabolic steroids and two growth promoters under the Act as Class C drugs. The move follows advice from the Advisory Council on the Misuse of Drugs (ACMD). The Council is currently considering the position regarding other 'legal highs' such as cathinone-related products including mephedrone and will report to the government in 2010.

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

MENTAL HEALTH

Meditation must be available on the NHS, says Mental Health Foundation

The national charity, the Mental Health Foundation, has released a report calling for people who suffer repeated episodes of depression to be offered Mindfulness Based Cognitive Therapy (MBCT), a clinically approved treatment based on meditation techniques.

<http://www.mentalhealth.org.uk/media/news-releases/news-releases-2009/4-january-2010/>

Government sets out vision for high-quality child mental health services

Children's Minister Delyth Morgan and Care Services Minister Phil Hope reinforced the clear expectation for all local areas to deliver good quality mental health services for all children, including 24 hour cover for urgent mental health problems and child-only facilities for under-16s. The Government is calling on all local areas to support children's emotional wellbeing and mental health, as it publishes its full response to the 20 recommendations in last-year's independent review of Child and Adolescent Mental Health Services (CAMHS).

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2010_0009

See Full response to the recommendations at:

<http://www.dcsf.gov.uk/everychildmatters/healthandwellbeing/mentalhealthissues/camhs/camhs/>

Improving dementia services in England - an interim report

The Department of Health has developed an ambitious and comprehensive strategy for dementia. However, there has not yet been a robust approach to implementation, according to a National Audit Office report published today.

http://www.nao.org.uk/publications/0910/improving_dementia_services.aspx

NUTRITION/OBESITY

New campaign launches to give families a healthier Start4Life

Over three hundred of the 1,500 babies likely to be born this New Year's day could be overweight or obese by the time they start school unless action is taken. The revelation comes as Start4Life - a new campaign to support pregnant women and parents of babies to give their baby a healthier start in life – was launched. The campaign is part of Change4Life, the mass movement which launched a year ago and which is helping families 'eat well, move more and live longer'

http://www.dh.gov.uk/en/News/Recentstories/DH_110639

Consumers ready to consider 1% fat milk

People who regularly use semi-skimmed milk would be happy to switch to drinking 1% fat milk, according to research published by the Agency to coincide with the launch of the second phase of its saturated fat campaign. 1% fat milk, which is on sale in most supermarkets, contains about half the fat of semi-skimmed. Dr Clair Baynton, Head of Nutrition at the FSA, said: 'In the 1970s full-fat milk was very much the norm, but since then we have seen a decisive shift to semi-skimmed, which now outsells full-fat by quite a margin.'

<http://www.food.gov.uk/news/newsarchive/2010/jan/onepercentmilk>

See also: <http://www.food.gov.uk/news/newsarchive/2010/jan/phoneapp>

<http://www.bda.uk.com/news/100118FSAreducedfat.html>

OLDER PEOPLE

Dementia risk for older people with diabetes and memory problems

Older people with memory loss are three times more likely to develop dementia if they also have diabetes, a new study suggests. It is already known that diabetes mellitus is associated with the development of mild cognitive impairment, or memory loss. But it is not clear if diabetes also increases the risk of conversion from mild cognitive impairment to dementia.

Improving dementia services in England - an interim report

See Section: MENTAL HEALTH

PHYSICAL ACTIVITY

Survival of the fittest: exercise 'can fight ageing'

Long-term physical activity has an anti-ageing effect at the cellular level, a German study suggests. Researchers focused on telomeres, the protective caps on the chromosomes that keep a cell's DNA stable but shorten with age. They found telomeres shortened less quickly in key immune cells of athletes with a long history of endurance training.

<http://news.bbc.co.uk/1/hi/health/8385700.stm>

Child fitness levels 'declining even in affluent areas'

Sedentary lifestyles are making children less fit - even among those who are not obese, a study suggests. Essex University staged fitness tests on 600 10-year-olds a decade apart in an area with low levels of obesity. They found significant falls in fitness levels, concluding the average 10-year-old in 1998 could beat 95% of youngsters in 2008 in running tests.

The researchers said the focus on obesity was obscuring the health risks of wider declines in fitness levels.

<http://news.bbc.co.uk/1/hi/health/8425161.stm>

SEXUAL HEALTH/HIV/AIDS

Ignorance and indifference risks spread of chlamydia

New campaign encourages under-25s to say "yes" to chlamydia tests.

One in five people don't realise catching chlamydia can affect a woman's fertility, according to a survey published to mark the launch of a new sexual health advertising campaign. The Populus survey of 2,000 young adults and parents shows that superficial knowledge and a casual attitude to the most prevalent STI in England could be risking the nation's sexual health. Last year alone nearly 60,000 15 - 24 year olds tested positive for the infection.

http://www.dh.gov.uk/en/News/Recentstories/DH_110835

Government response to the Teenage Pregnancy Independent Advisory Group's sixth annual report

Children's Minister Dawn Primarolo and Public Health Minister, Gillian Merron welcomed the publication of the Teenage Pregnancy Independent Advisory Group's sixth annual report and will be responding to all the recommendations next year. They called on local authorities and Primary Care Trusts to continue prioritising the Government's Teenage Pregnancy Strategy beyond December 2010 – putting a particular focus on improving sex and relationships education (SRE) in and out of schools and helping sexually active teenagers use contraception effectively.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0253

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.

<http://nds.coi.gov.uk/clientmicrosite/Content/Detail.aspx?ClientId=46&NewsAreaId=2&ReleaseID=410450&SubjectId=36>

SOCIAL INCLUSION/HEALTH INEQUALITIES

Disadvantaged communities to get more support

The Prime Minister and Children and Families Minister Dawn Primarolo announced a further 88 new Family Intervention Projects (FIPs) across the country and a further £2.6m of funding for local authorities to start or expand FIPs in their region. The 88 new projects will fund an additional 200 key workers to help turn around the lives of over 1,200 families in need of support each year. The £11 million projects are funded from the first round of the Housing Challenge Fund, announced by the Prime Minister in September 2009, and part funded by social landlords such as housing associations and local authorities.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2010_0020

Better protection for vulnerable adults

The most vulnerable people in society will be better protected by local agencies such as councils, the police and the NHS, Care Services Minister Phil Hope announced. In response to the Government's consultation on strengthening protection for vulnerable adults, new legislation will be introduced to enshrine in law the need for every local area to have in place a Safeguarding Adults Board – a body made up of the local social services authority, the police, the NHS and working with all other groups involved in protecting vulnerable adults. The board will ensure that vulnerable adults who suffer abuse will have quick and easy access to the people who can help them best.

<http://nds.coi.gov.uk/clientmicrosite/Content/Detail.aspx?ClientId=46&NewsAreaId=2&ReleaseID=410405&SubjectId=36>

New programme to make health inequalities everybody's business

A new programme in thirty areas of the country will support the health service and local public sector organisations to work together to reduce inequalities by tackling local challenges. Healthy Places, Healthy Lives will encourage local leadership on the health inequalities agenda and share learning, meaning that health inequalities becomes everybody's business, Public Health Minister Gillian Merron announced.

http://www.dh.gov.uk/en/News/Recentstories/DH_111274

TOBACCO

New Quit Kit helps smokers give up for good in 2010

An innovative free Quit Kit which gives smokers the right tools to successfully stop smoking is launched as new research shows that almost half of smokers (44 percent) in England have resolved to quit this New Year. The NHS Stop Smoking Quit Kit, which has been designed by experts and smokers, contains calming audio downloads, a stress toy and a tool to help smokers work out how much money they are saving by quitting.

When asked what would help them to quit:

http://www.dh.gov.uk/en/News/Recentstories/DH_110516

See also:

http://www.ash.org.uk/ash_xqu4ny1z.htm

NHS Stop Smoking Services in England - April 2009 - September 2009 (Q2)

Presents provisional results from the monitoring of the NHS Stop Smoking Services in England. This report includes information on the number of people setting a quit date and the number who successfully quit at the four week follow-up.

<http://www.ic.nhs.uk/pubs/sss09q2>

OTHER PUBLIC HEALTH NEWS

Public strongly advised it is still important to have the Swine Flu jab

A new statistical bulletin from the Chief Medical Officer for England, published today, shows that swine flu cases are down, but deaths and serious illness remain a concern. Over the Christmas and New Year period, new cases of swine flu in England fell to their lowest level since the early stages of the disease in the United Kingdom. However, patients continue to be hospitalised and admitted to critical care facilities, although these numbers are falling off. Deaths attributable to swine flu are still also occurring.

http://www.dh.gov.uk/en/News/Recentstories/DH_111434

Faculty of Public Health Manifesto

Smoking ban in cars, Chlamydia screenings for university freshers and eliminating transfats from food: All political parties called to introduce robust public health policies to improve the nation's health. All major political parties are today urged to take 12 practical steps to tackle serious public health concerns from obesity and heart disease to alcohol and sexually transmitted infections.

http://www.fph.org.uk/advocacy/press/archive/2010/jan/18_manifesto.asp

Link to Manifesto: <http://www.fph.org.uk/resources/AtoZ/manifesto/manifesto.pdf>

Non-emergency 111 health number to be piloted

Trials of a new three-digit telephone number for patients seeking non-emergency medical care in England will be launched in 2010. The North East, East of England and East Midlands will pilot the free 111 number which will act as an alternative to 999 when people do not need A&E. The service will not initially replace NHS Direct but could do so in the longer term if it proves successful. Ministers said it would help route patients to the right service.

<http://news.bbc.co.uk/1/hi/health/8420327.stm>

NEW RESOURCES

Safe at Home Scheme starts 2010 with free resources for all

Safe At Home, the national home safety equipment scheme, is starting the new year by making its accident prevention DVD and height charts freely available to home safety practitioners across England. Accidents in the home are the biggest cause of injury to young children. Safe At Home aims to reduce accidents among the most vulnerable under-fives in areas with the highest accident rates.

http://www.rospa.co.uk/news/releases/2010/pr755_04_01_10_home.htm

Cancer Research UK launches translation service

See Section: CANCER

LOCAL & NATIONAL EVENTS/COURSES

Get Yourself Lively....Walking! – St Helens

For your 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.

Get Checked Events (Cancer Awareness)

Tuesday 2nd February 2010, Chester Lane Library, St Helens – 11 am – 3 pm

Wednesday 3rd February 2010, Holy Trinity Church, St Helens – 11 am – 3 pm

Contact 01744 697432

Community Engagement Event

Friday 12th February 2010, Wicksten Drive, Runcorn – 1 pm – 4 pm

Contact 0151 471 7322

NATIONAL/INTERNATIONAL HEALTH EVENTS 2010 – February

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

<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 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>

Focus on Food

Newsletter of the North West Food and Nutrition Team

[http://www.nwph.net/food_health/Newsletters/Newsletter%20-%20December%20\(PDF\).pdf](http://www.nwph.net/food_health/Newsletters/Newsletter%20-%20December%20(PDF).pdf)

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@hsthpcnhs.uk.

Bulletin prepared and distributed by:

Lynda Moss, Paula Wright and Linda Gittens.

Library Contact Details:

St Helens Health Improvement Library – Tel. 01744 626667, Fax. 01744 457257

Halton Health Improvement Library – Tel. 01928 593057, Fax. 01928 569532

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.