



Health E-News Bulletin

ISSUE 11 - NOVEMBER 2009

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.

ALCOHOL

Children learn drinking habits from their parents and adverts

A review of research into how young people learn to drink reveals that parents and alcohol's representation in the media have the strongest influence on drinking habits, whereas peers have the least. The report, published today (30 October) by the Joseph Rowntree Foundation, found that of all the methods which have been tried to encourage young people to drink responsibly, ones based on the family are the most effective

<http://www.jrf.org.uk/media-centre/children-drinking-habits>

Summary: <http://www.jrf.org.uk/sites/files/jrf/children-and-alcohol-use.pdf>

Next steps in innovative outcome measurement for alcohol misusers

New 'Alcohol Star' launched by Alcohol Concern

Alcohol Concern is today launching the Alcohol Star at their Annual Conference – a new version of the Outcomes Star for alcohol misuse services. The Alcohol Star enables workers and clients to measure progress with 'softer' outcomes, both holistic and subtle change. It is an effective and popular motivational tool that can be used as an integral part of support planning and review. The Alcohol Star brings up to date the Alcohol Outcomes Spider, benefiting from the work of Triangle Consulting developing the family of Outcomes Stars in the homelessness and mental sectors, among others. It is more user-friendly, better presented and is supported by more comprehensive guidance. It will also be available as an on-line version in 2010.

<http://www.alcoholconcern.org.uk/servlets/doc/1520>

90,000 people could die as a result of their drinking over next ten years

Almost 100,000 people could die over the next ten years as a direct result of their drinking, a charity has today warned. Research from the Alcohol & Health Research Unit at the University of the West of England and Alcohol Concern, shows that 90,800 people could die avoidable deaths from alcohol-related causes by 2019 if we continue to drink at the average rate of the past 15 years. The research maps the whole population's level of drinking with the number of deaths from alcohol-related causes. The new findings also show there has been a trebling of deaths from 3,054 in 1984 to 8,999 in 2008, as consumption has increased over the past 25 years.

<http://www.alcoholconcern.org.uk/servlets/doc/1516>

Over 5000 litres of alcohol confiscated from teenagers over the summer

- Successful crackdown on binge drinking in youth crime hotspots -

More than 3500 young people were successfully targeted by the summer crackdown on teenage binge drinking this year and 15,000 were signposted to positive activities, the Children's Minister Dawn Primarolo announced. New figures show how an extra £1.4 million of new cash helped the police, children's and health services work together to successfully tackle alcohol related, low level, youth crime and anti-social behaviour in 69 priority areas across the country this summer.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0189

IARC finds more cancers linked to tobacco and alcohol

See Section: **CANCER**

New and improved guidance for schools sends out a clear message about the dangers of drugs and alcohol

See Section: **CHILDREN/YOUNG PEOPLE**

New guidance enhances support for children of drug and alcohol service users

See Section: **DRUGS**

CANCER

Healthy lifestyles could prevent an estimated 80,000 cases of cancer each year

A report from the World Cancer Research Fund (WCRF) estimates that nearly 80,000 cases of cancer could be prevented each year in the UK alone if people ate healthy diets, exercised regularly and maintained a suitable weight. The figures suggest that, if everyone in the UK adopted these three key lifestyle changes, around 78,700 cases of 12 common cancers could be prevented - including over 19,000 cases of breast cancer and over 16,000 cases of bowel cancer.

<http://info.cancerresearchuk.org/news/archive/cancernews/2009-11-17-Healthy-lifestyles-could-prevent-an-estimated-80000-cases-of-cancer-each-year>

See also: http://www.wcrf-uk.org/audience/media/press_release.php?recid=82

More than 250,000 children sizzle on sunbeds risking skin cancer in later life

More than one quarter of a million children aged 11-17 are risking their health by seeking a tan from sun beds - warn Cancer Research UK researchers in a letter published today in the British Medical Journal. In England, on average, six per cent of 11-17 year olds use sun beds. But in Liverpool and Sunderland a shocking 50 per cent of 15-17 year-old girls aim to tan on sunbeds, and more than two in five use them at least once a week.

<http://info.cancerresearchuk.org/news/archive/pressrelease/2009-11-12-kids-sizzle-on-sunbeds-risking-skin-cancer>

IARC finds more cancers linked to tobacco and alcohol

The International Agency for Research on Cancer (IARC) has updated its assessments of several cancer-causing substances and behaviours, which are published in the latest issue of the [Lancet Oncology](#). A group of 30 leading scientists met at IARC in October 2009 to discuss a number of substances that can cause cancer, including tobacco and alcohol, as well as areca nut and household coal smoke. This assessment is published as part of the IARC monographs, a series which compiles the available information on all the cancer-causing substances that have been identified so far. Bowel and ovarian cancers have now been added to the list of cancers caused by tobacco smoking, while recent studies also suggest a small positive association with breast cancer.

<http://info.cancerresearchuk.org/news/archive/cancernews/2009-11-04-IARC-finds-more-cancers-linked-to-tobacco-and-alcohol>

HPV vaccine makes girls more cautious about sex

Nearly eighty per cent of girls say that having the HPV vaccine makes them think twice about the risks of having sex, according to a study published in the British Journal of Cancer. The survey – the first to focus on girls' views of the vaccine rather than their parents' – showed that, despite speculation that the vaccine could make girls more likely to start having sex younger, it highlighted the risks of sex for the overwhelming majority.

<http://info.cancerresearchuk.org/news/archive/pressrelease/2009-10-27-hpv-vaccine-cautious-sex>

Abstract: <http://www.nature.com/bjc/journal/v101/n9/abs/6605362a.html>

CHILDREN/YOUNG PEOPLE

All children to learn about personal finance and healthier lifestyles

Ed Balls confirmed today that personal, social, health and economic (PSHE) education will be made compulsory in schools from September 2011. PSHE gives young people the information they need to make the right choices about their future. It covers a range of issues young people growing up today face such as: leading healthier lifestyles, body image and health issue, managing personal finance, careers education, avoiding harm from alcohol and drugs, sex and relationships

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0208

Report:

<http://publications.dcsf.gov.uk/default.aspx?PageFunction=productdetails&PageMode=publications&ProductId=QCDA%2f09%2f4358&>

Children's Minister: New online resources for up to 5 million mums, dads, carers and grandparents

Dawn Primarolo, minister for Children, Young People and Families, today announced three new pilot projects to help up to five million mums, dads, carers and grandparents get important parenting information support and guidance.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0203

Children's Minister launches action plan to address children's rights

Children's Minister Delyth Morgan will today (20.11.09) set out the UK's long term vision for promoting children's rights and improving outcomes for young people, making them a clear priority for the Government. In recent years the Government has made big steps in improving the outcomes for children and young people, including: Opening more than 3,000 children's centres, benefiting over 2.4 million 0-5 year olds; Increasing school funding by 74% or by £37 billion since 1997; Investing over £900m in positive activities and opening more than 600 play areas to give children and young people somewhere to enjoy their free time; Lifting over 500,000 children out of poverty; and Developing the Children's Plan which reflects the Government's aspirations for children's services to promote the wellbeing of every child.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0221

New and improved guidance for schools sends out a clear message about the dangers of drugs and alcohol

All schools should have clear plans for dealing with incidents involving drugs and alcohol on the school premises - Schools Minister Diana Johnson launched a consultation on new guidance for schools to ensure that teachers, parents and the Government are working together to send out a clear message that drug, alcohol and tobacco misuse among young people is unacceptable and could damage their futures. The Minister said that schools play a crucial role in tackling drug misuse and supporting young people. It is important for schools to educate pupils about all kinds of drugs; including medicines, tobacco and alcohol as well as classified illegal drugs.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0215

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See Section: **ALCOHOL**

Over 5000 litres of alcohol confiscated from teenagers over the summer

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Children's Minister: 'Think Family' to support vulnerable children

See Section: **SOCIAL INCLUSION/HEALTH INEQUALITIES**

New data shows progress on obesity as Healthy Towns help communities Change4Life

See Section: **NUTRITION/OBESITY**

Dawn Primarolo: Areas must continue to reduce Teenage Pregnancy rates further

See Section: **SEXUAL HEALTH/HIV/AIDS**

DRUGS

New guidance enhances support for children of drug and alcohol service users

The children of problem drug and alcohol users will get special support if they are judged at risk when their parents are in treatment, under new guidance published by the National Treatment Agency for Substance Misuse and The Department for Children, Schools and Families. Joint Guidance on Development of Local Protocols between Drug and Alcohol Treatment Services and Local Safeguarding and Family Services, highlights the role that substance misuse workers can play in helping children's services to identify and support vulnerable children and families.

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

Guidance:

http://www.nta.nhs.uk/publications/documents/yp_drug_alcohol_treatment_protocol_1109.pdf

Important changes announced to Welfare Reform Bill

During the House of Lords Report Stage debate on the Welfare Reform Bill (22nd October) the government announced concessions to measures specific to problem drug users: claimants will not be required to undergo treatment as a condition of receiving benefit and some limits will be placed on when a claimant can be required to undergo drug testing. The announcement was made in response to amendments moved by Baroness Meacher which sought to remove a requirement to undergo treatment and to remove drug testing.

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

MENTAL HEALTH

A professional approach to mental health at work

A new resource on the [Time to Change website](#) aimed at the nation's stressed out workforce is being launched today, on National Stress Awareness Day (4 November). The new resource, produced by the national anti-stigma programme Time to Change, provides practical advice on how mental distress can be managed professionally at work. It uses a wide range of inspiring films to show how line managers and employees can work together by being more flexible and supportive

http://www.mind.org.uk/news/2351_a_professional_approach_to_mental_health_at_work

NICE guidance must not be used to cut counselling

New NICE guidance on treating depression released today (Wednesday 28 October) risks closing down treatment options for patients seeking counselling services, according to mental health charity Mind. In response to the guidance, Mind's Chief Executive Paul Farmer said: "We welcome NICE's recommendations to promote the use of talking therapies over antidepressants, however we are concerned that the stronger focus on CBT over counselling will be interpreted by health services as an excuse to cut counselling services.

http://www.mind.org.uk/news/2330_nice_guidance_must_not_be_used_to_cut_counselling

Mental Health Foundation welcomes new depression guidelines

In response to the launch of new NICE guidelines for the treatment of depression in adults, and people with a chronic physical health problem, Simon Lawton-Smith, Head of Policy for the Mental Health Foundation said: "There is much to be welcomed in these guidelines, especially with the recession creating extra pressures and anxieties for millions of people across the UK.

<http://www.mentalhealth.org.uk/media/news-releases/news-releases-2009/28-october/>

Dietary patterns linked with depression

People who eat a diet laden with processed and high-fat foods may put themselves at greater risk of depression, according to new research. But eating a 'whole food' diet with plenty of fresh vegetables, fruit and fish could help prevent the onset of depressive symptoms in middle age

<http://www.rcpsych.ac.uk/pressparliament/pressreleases2009/dietarypatternsdepression.aspx>

RCPsych welcomes commitment to outlaw age discrimination in the NHS and social care

The Royal College of Psychiatrists welcomes the Health Secretary's announcement that age discrimination in NHS and social care will be outlawed from 2012. For many years, the College has been seriously concerned to see the position of older people in mental health care fall behind that of younger adults. Last week at the House of Commons (13 October 2009), the College launched a new position statement, Age Discrimination in mental health services: making equality a reality. This, and an accompanying compendium of evidence, exposes the ways in which older people are suffering serious discrimination in mental health services, leaving them unable to access vital services and at risk of deterioration in their mental health

<http://www.rcpsych.ac.uk/pressparliament/pressreleases2009/outlawagediscriminationinnhs.aspx>

More help for dementia research

See Section: OLDER PEOPLE

Government takes action on antipsychotic drugs and dementia

See Section: OLDER PEOPLE

Advocates call for treating tobacco dependence in psychiatric patients

See Section: TOBACCO

NUTRITION/OBESITY

New data shows progress on obesity as Healthy Towns help communities Change4Life

Data published today suggests the rapid rise in child obesity may be levelling off.

The figures, produced by a team of independent experts led by Professor Klim McPherson of Oxford University, looked at children's overweight and obesity levels that have been forecast to 2020. Analysis using data from the past few years indicate a 17 per cent drop in the forecasted number of overweight 2 – 11 year old girls and a 4 per cent drop in the anticipated numbers of obese girls of the same age. In boys of the same age, the figures indicate a 5 per cent drop in the forecast number of overweight and a 7 per cent drop in the anticipated numbers of obese boys.

<http://nds.coi.gov.uk/content/detail.aspx?NewsAreaId=2&ReleaseID=408158&SubjectId=2>

Dietary patterns linked with depression

See Section: MENTAL HEALTH

OLDER PEOPLE

More help for dementia research

Scientists in the field of dementia research will get more help to access funding thanks to a new ministerial group, which will drive forward research into the causes, cure and care of dementia, Care Services Minister Phil Hope announced today. The new group, chaired by Phil Hope, will also focus on increasing the volume, quality and impact of dementia research.

http://www.dh.gov.uk/en/News/Recentstories/DH_107968

Government takes action on antipsychotic drugs and dementia

A tough new action plan to tackle the over prescribing of antipsychotic drugs to people with dementia was today announced by Care Services Minister Phil Hope. The action plan responds to an independent review by Professor Sube Banerjee, commissioned by the Department of Health. Professor Banerjee's review shows that too many people with dementia are routinely prescribed antipsychotic drugs to treat aggression and agitation, contrary to National Institute of Health and Clinical Excellence (NICE) guidance.

http://www.dh.gov.uk/en/News/Recentstories/DH_108330

RCPsych welcomes commitment to outlaw age discrimination in the NHS and social care

See Section: **MENTAL HEALTH**

PHYSICAL ACTIVITY

Analysis and synthesis of evidence on the effects of investment in six Cycling Demonstration Towns

This paper provides a summary of evidence on changes in cycling and physical activity in six towns following the first phase of the Cycling England / Department for Transport Cycling Demonstration Town investment programme between October 2005 and March 2009.

<http://www.dft.gov.uk/cyclingengland/2009/11/analysis-and-synthesis-of-evidence-on-the-effects-of-investment-in-six-cycling-demonstration-towns/>

SEXUAL HEALTH/HIV/AIDS

Are you ready? Young people's views of sex and relationships

Young people and sex: a topic that seems to dominate the agenda of the media and politicians alike. Yet the voices of young people themselves are seldom heard. Are you ready? provides information about young people's views of sex and relationships, and, together with existing evidence, allows us to draw some strong conclusions about how best to meet the needs of young people

<http://www.fpa.org.uk/News/Research>

See website to download report

Dawn Primarolo: Areas must continue to reduce Teenage Pregnancy rates further

Children's Minister Dawn Primarolo today called on local authorities and health trusts to continue to prioritise the Government's successful teenage pregnancy strategy, to further bring down teenage conceptions. The call to action comes as the Government publishes its response to the Teenage Pregnancy Independent Advisory Group (TPIAG) 2007/08 annual report. The Government has taken forward all the major recommendations including making sex and relationship education statutory from 2011, and investing more than £45 million in improving young people's access to contraception.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0212

HPV vaccine makes girls more cautious about sex

See Section: **CANCER**

SOCIAL INCLUSION/HEALTH INEQUALITIES

Children's Minister: 'Think Family' to support vulnerable children

20 areas will deliver the new £6.5m Child Poverty Family Intervention Projects - The most vulnerable children in the country will from today receive extra help from local services. The Children's Minister Dawn Primarolo will launch a package of measures and additional investment for more intensive family support at the first ever 'Think Family' National Conference.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0206

TOBACCO

Cigarette machine ban moves closer

Lords reject Health Bill amendment calling for improved regulation - The removal of cigarette vending machines from pubs moved a step closer after the House of Lords rejected a bid to stop the plans. In a vote yesterday 170 peers voted against an amendment proposed by former Chancellor of the Exchequer Lord Howe against a complete ban, with 82 in favour of his plan to provide better regulation to prevent underage sales.

<http://www.thepublican.com/story.asp?sectioncode=7&storycode=65678&c=1>

Advocates call for treating tobacco dependence in psychiatric patients

Smoking cessation services should be integrated into substance use disorder Treatment programs, according to David Kalman, and colleagues, in their recent review of tobacco dependency among patients who sought treatment for alcoholism.

<http://www.psychiatristimes.com/display/article/10168/1484903?pageNumber=1&verify=0>

OTHER PUBLIC HEALTH NEWS

HPA North West Urges: "Protect Yourself from Flu Before Winter Sets in"

Everyone who is eligible for H1N1v (swine flu) or normal season flu vaccination should protect themselves and their families by taking up the offer of a jab. That was the message from the Health Protection Agency (HPA) North West on the day the Department of Health launched the second phase of the roll-out of swine flu vaccination across England and Wales.

http://www.hpa.org.uk/webw/HPAweb&HPAwebStandard/HPAweb_C/1256639794190?p=1158945065175

Stroke Calls up by over half following ACT F.A.S.T. Campaign

The Department of Health's Act F.A.S.T. campaign has led to an increase of more than half (55.5%) in stroke calls to 999. New research published today also shows that 84% of the public remember the campaign and its graphic depiction of stroke spreading like fire in the brain.

http://www.dh.gov.uk/en/News/Recentstories/DH_107996

Mortality target monitoring (life expectancy and all-age all-cause mortality, overall and inequalities): update to include data for 2008 - Department of Health

The latest annual update on life expectancy data and all age all cause mortality rates, with data updated to 2006-08, was released on 5th November 2009 according to the arrangements approved by the UK Statistics Authority. The data is used to monitor progress against Department of Health targets for overall life expectancy in England, and for the gap in life expectancy between the areas with the worst health and deprivation indicators (the Spearhead group) and the England average. The key points from the latest release are:

- The overall life expectancy and all age all cause mortality (AAACM) trends for both males and females are broadly on course to deliver the target of 78.6 years for men and 82.5 years for women by 2010 (2009-11).

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_107609

WHO calls for action beyond the health sector to improve the health of girls and women

Despite considerable progress in the past decades, societies continue to fail to meet the health care needs of women at key moments of their lives, particularly in their adolescent years and in older age, a WHO report has found. Launching the report, entitled Women and health: today's evidence tomorrow's agenda, WHO Director-General, Dr Margaret Chan called for urgent action both within the health sector and beyond to improve the health and lives of girls and women around the world, from birth to older age

http://www.who.int/mediacentre/news/releases/2009/women_health_report_20091109/en/index.html

Swine flu vaccination: NHS prepares next step

Children over six months and under five years will be offered vaccine

The swine flu vaccination programme will be extended to offer children over six months and under five protection against the virus.

http://www.dh.gov.uk/en/News/Recentstories/DH_108848

19 November 2009 - Weekly swine flu update

http://www.dh.gov.uk/en/News/Recentstories/DH_108842

Department of Health to develop National Liver Strategy

The Department of Health today is taking forward its commitment to tackling liver disease by recruiting a new National Clinical Director to lead the development of a National Strategy for Liver Disease. Liver disease is the fifth most common cause of death in England and if action is not taken to combat the disease, it could overtake stroke and coronary heart disease as a cause of death within the next 10-20 years. The growth in liver disease is largely fuelled by lifestyle factors such as excessive drinking and obesity and could easily be prevented.

http://www.dh.gov.uk/en/News/Recentstories/DH_107304

Government commitment to improve the health and well-being of NHS staff will save NHS up to £555m

Preventative measures will help keep NHS Staff fit and well.

The Government has accepted in full recommendations from an independent report into the health and well-being of NHS Staff which will help the NHS save up to £555 million, Health Secretary Andy Burnham announced today. The recommendations could save up to 3.4 million working days equivalent to 14,900 extra staff and were made in a Department of Health commissioned report on NHS staff health and well-being led by Dr Steve Boorman.

http://www.dh.gov.uk/en/News/Recentstories/DH_108955

NEW RESOURCES

Popular pregnancy and parent guides updated

New advice on storing breast milk and the best medicines to take during pregnancy are some of the updates the Department of Health has made to its popular Pregnancy and Birth to Five books being relaunched today. The books have been a vital source of information for mums-to-be and new parents for over ten years, offering the latest information on issues that matter to them. The books will be given free to all expectant women and new parents by their midwives and health visitors.

http://www.dh.gov.uk/en/News/Recentstories/DH_107698

New advertising explores the darker side of cocaine

FRANK warns young people of risk to the heart and nose. New advertising from drugs information and advice service, FRANK, launched on Friday 9 October to warn 15 to 18 year olds about the risks of using cocaine, and the damage it can do to the heart and nose.

http://www.dh.gov.uk/en/News/Recentstories/DH_107421

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.

NATIONAL/INTERNATIONAL HEALTH EVENTS 2009 – December

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

<http://www.equip.nhs.uk/Events/EventList.aspx>

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.

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>

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.

Bulletin prepared by:

Lynda Moss with contributions from 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.