

# Public Health update to Health Select Committee: January 2016

## 1. Suicide Prevention

Our Suicide Prevention Strategy Group has now agreed the BANES Suicide Prevention Strategy for 2016- 2019. Also agreed is an accompanying action plan that will cover the first 18 months of this period. This covers 6 key areas in line with the National Strategy and PHE guidance.

1. **Keeping up to date with guidance, research, local trends + intelligence**  
2012-14 data shows a slight decrease in the number of deaths by suicide in BANES. Following a period when BANES had gone above the England average this means it is now the same, unlike the SW as a whole which remains higher than the England average. Examples of areas of action under this heading are:-
  - Data collection from RUH via the self-harm register and the implementation of a similar process for children and young people in 2016
  - Collection of data via suicide audits in liaison with the Avon coroner office
2. **Integrate suicide prevention work within a broader framework for promoting mental health and wellbeing.** Examples of action include:-
  - Development and implementation of programmes to improve the emotional health and wellbeing of children and young people including those delivered through DPH Award programme
  - Development and delivery of Time For Change programme in BANES
3. **Tailor approaches to improve mental health in specific groups/ reduce risk of suicide in key high risk groups.** Examples of actions include:-
  - Delivery and evaluation of our self-harm post card scheme and development of support material for young people who have self-harmed
  - Promoting the emotional wellbeing of LGBT young people through delivery of the Stonewall resources and 'The Space' group
4. **Reducing access to means of suicide:** Examples include:-
  - Work to improve safer prescribing practices
  - Work with the British Transport Police and Network Rail to reduce death in the railway
  - Programmes to prevent suicides in other public locations
5. **Support those bereaved by suicide** Examples include:-
  - Establishment of a SOBS group in BANES ( Support for Survivors of Bereavement by Suicide
  - Review and recommend support materials and guidance for schools
6. **Support the media in delivering sensible and sensitive approaches to suicide and suicidal behaviour.** Action includes:-
  - Development of a local media campaign for 2016 Suicide Prevention Day

## 2. Warm homes

Current public health training sessions with housing colleagues aimed at frontline practitioners who come into contact with vulnerable and low income groups who are at risk from living in cold homes. 35 practitioners from a wide variety of organisations

are due to attend e.g. Sirona's Active Ageing Team, British Red Cross, Alzheimer's society etc.

To cover:

- how to identify a fuel poor household and the causes of fuel poverty
- health implications of living in cold and damp homes and recommended indoor temperatures
- signposting to help and assistance and;
- how to make a referral to the B&NES Energy at Home Scheme and the customer journey

As background this is all linked to the large grant we received last year to make heating and insulation improvements in people's homes who suffer with a long term condition, disability etc. referrals need to come via a health/social care practitioner.

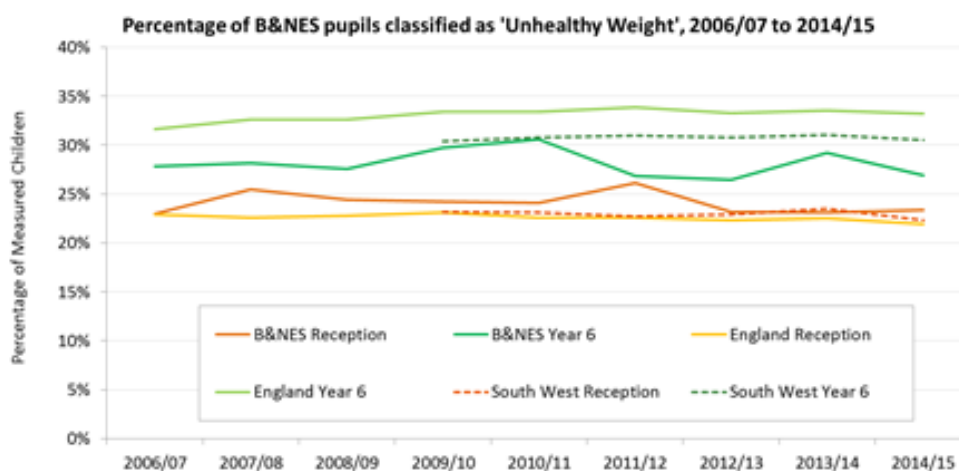
### 3. NHS Health Checks

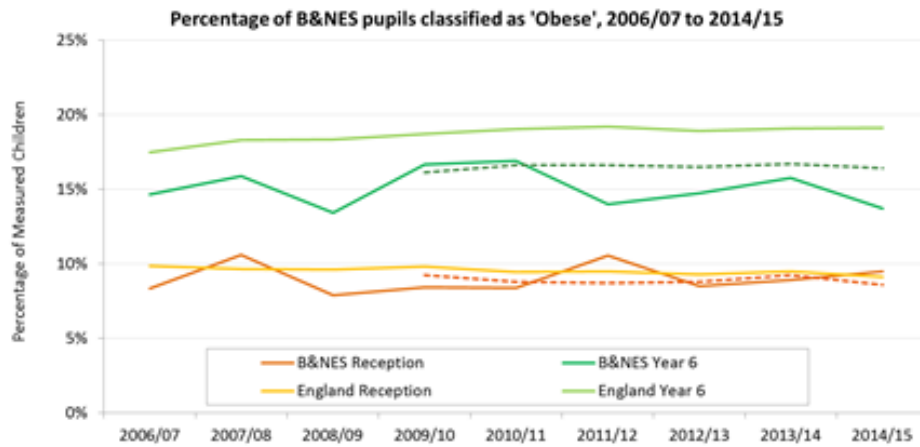
Emerging findings from data analysis of GP records for 14/15 has shown that Age, Gender and Deprivation appear to be significant factors in NHS Health Check take up in B&NES. In particular younger men from deprived areas are less likely to attend their appointment. We have recently awarded an outreach contract to address this issue, specifically commissioning the delivery of NHS Health Checks in workplaces and local community venues. The contract start date is 1<sup>st</sup> February 2016 with delivery commencing by May 2016.

### 4. National Child Measurement Programme results 2014-15

**Bath & North East  
Somerset Council**

**NHS**  
Bath and North East Somerset  
Clinical Commissioning Group





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### Summary

- ❑ Reception Year (4/5 year olds) – nearly 1 in 4 are overweight or obese; and around 1 in 9 are obese (both **similar** to national and regional).
- ❑ Year 6 (10/11 year olds) – just over 1 in 4 are overweight or obese; and around 1 in 7 are obese (both **lower** than national and regional rates).
- ❑ **NO SIGNIFIANT CHANGES SINCE 2006/07!**

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There have been some sensitivities around this programme which we are working on. A national childhood obesity strategy is expected shortly.

## 5. Tobacco Control

The work that has been done over a number of years at a regional level, on research, support to local promotion and media publicity around tobacco control is ending shortly, and it will be for each local area to consider its needs. As a low prevalence area we will be looking at how we continue to provide information and

support in a way that targets those groups most vulnerable to starting, and where prevalence is significantly higher than our local average.

## **6. Alcohol**

We are taking part in a new project with Alcohol Concern and Adfam to address the needs of families and carers of treatment resistant drinkers, which will begin in February 2016.

This project will:

- work with family support and treatment providers, and families/carers themselves to survey and analyse their experiences at a local level
- identify and flag up national, and local, best practice;
- provide a report on gaps and opportunities for improving the pathway for this client group locally;
- develop and disseminate a toolkit of approaches that families/carers can use in dealing with, and supporting, their loved one
- provide training locally in using this toolkit and joining up local services to meet the needs of this group of families.

**Note new alcohol consumption guidelines just published.** The good news is that they are now gender equal. The bad news is that they settled on the previous, and lower, women's total. The guidance and the responses demonstrate how difficult it is to encapsulate the complex interaction of human and ethanol into simple rules... but the growth of alcohol related illness demonstrates the need to provide some guidance..

## **7. Budgets**

Actual public health budget announcement has been delayed but should be here by end of January. Nothing new reported since comprehensive spending review.

## **8. Survey for Making every contact count (MECC) continuing professional development needs.**

MECC is about the principle of engaging a wider group of people as potential health champions, and Public Health England's local network is looking for interest and needs in a "second wave" of people, including Councillors following a first wave survey of the health workforce and subsequent training last year. Apologies for failing to spot and remove acronyms before passing on!

## **9. Scary, exotic disease of the week award... goes to ...Zika virus, mosquito borne and possibly linked to cases of microcephaly in Brazil.**

Bruce Laurence