

Health and Wellbeing Committee Public Health Update January 2018

1. Public Health News

Bath & North East
Somerset Council

Public Health News

January 2018



New Change4Life Campaign - 'Look for 100 calorie snacks, two a day max'

Change4Life has launched a new campaign to help families choose healthier snacks when shopping and to reduce children's sugar intake. The campaign is reminding families that fresh or tinned fruit and vegetables are a healthier choice for a snack but if you are providing packaged snacks, the simple tip is: **'Look for 100 calorie snacks, two a day max.'** Families are encouraged to [sign up](#) to the campaign to receive helpful tips, ideas and money off vouchers. The B&NES Sugar Smart team are encouraging more organisations to take 'pledges' to get Sugar Smart – a great way to link to the new snack campaign. To sign up contact SugarSmart@BATHNES.GOV.UK or for more information, see the [webpage](#), and follow them on [Facebook](#) and [Twitter](#) to keep up to date with the campaign!



Youth Mental Health First Aid Training (YMHFA)

YMHFA teaches the skills needed to spot the signs of mental health issues in children and young people aged 8 – 18 years. It helps participants to build the confidence needed to offer first aid and knowledge to signpost to further support. YMHFA won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis - and even potentially stop a crisis from happening. This two day course is suitable for anyone working with or supporting children and young people aged 8-18 who has not undertaken mental health training before. In particular it will be of interest to primary and secondary school and college staff, children and family services youth workers etc.

When: **Summer course** 4 & 5 June 2018 (9.00 – 17.00 both days) & **Autumn course** 8 & 9 October 2018 (9.00 – 17.00 both days).

Where: Ammerdown Conference Centre, Ammerdown Park, Radstock, Bath BA3 5SW **Cost: £85** (heavily subsidised rate for Bath & North East Somerset) this includes participants pack, lunch and refreshments.

How to apply: Council employees - sign up via the Hub. Summer course:

<http://thehub.bathnes.gov.uk/Event/64684> Autumn course:

<http://thehub.bathnes.gov.uk/Event/64685>. **Non Council employees** - please email Deborah Carter for an application for an application form

deborah_carter@bathnes.gov.uk. For more details about the course content please contact clare_laker@bathnes.gov.uk This course is being organised by B&NES Public Health Team and is not a part of the Government's offer to

provide a one day YMHFA course to one member of staff from all secondary schools in England.



Free Making Every Contact Count (MECC) training

Bookings are currently being taken for the Make Every Contact Count (MECC) training course on **April 12 and 26** (Both morning ½ day sessions – Guildhall, Central Bath). This course is free at point of delivery and will be of relevance to anyone and everyone who has the opportunity to have conversations with others about their health and wellbeing, however brief that may be. For further information and details on how to apply click [here](#).



Citizens' Panel now recruiting

Bath and North East Somerset Clinical Commissioning Group and B&NES Council are working with Virgin Care and local providers to deliver the Your Care Your Way programme which has been designed over two years with local people to help bring health and social care services together and make the best use of technology. We are launching the Citizens Panel in B&NES and we're now open for registrations from people who use services, people who care for people who use services and interested local people to tell us what they think, co-design service changes and hear about what we're doing to join-up services. We're looking for members from all walks of life to help build a representative panel of citizens: whether people use the services at the moment or not, we're interested in opinions and ideas of how they can be improved. **Informed, asked or involved?** We know that life gets busy, so as part of the sign-up process people will be asked to pick their 'level' of membership as well as what areas of the services they're particularly interested in. We'll use this information to make sure we only contact people about things they're interested in but they can change their preferences at any time (and as many times as they like). We are keen not to duplicate the wealth of local groups that already exist rather we are keen to work closely with local partners. We will keep you up to date when we launch our first engagement project. You can find out more and sign up online (the easiest method) at www.bathneshealthandcare.nhs.uk/citizenspanel Alternatively contact Martha Cox on 01225 831328 or at Martha Cox, Virgin Care, Kempthorne House, St Martins Hospital, Clara Cross Lane, Bath, BA2 5RP for a paper version of the form.



to 2021

Bath and North East Somerset Pharmaceutical Needs Assessment 2018

All relevant stakeholders and the public are being invited to take part in a Pharmaceutical Needs Assessment (PNA) consultation for Bath and North East Somerset. The PNA is a document which assesses whether the provision of local pharmaceutical services across the area is sufficient to meet the health and wellbeing needs of the local population. It considers whether we have enough pharmacies, and whether they provide the right services for local people now and in the future. It is also intended to assist the NHS and other local commissioners to develop future pharmaceutical services. The consultation provides an opportunity to help shape the future of local pharmacy services and ensure that the information included within the draft PNA is accurate. The consultation launched on 11 December 2017, and runs until 18 February 2018 – it is available during this time via the Council's Consultation webpages: <http://www.bathnes.gov.uk/services/your-council-and-democracy/consultations>



DryJanuary

In case you were wondering, it is not too late to start and sign up for **DRY JANUARY**. If you're thinking of stopping drinking and are looking for inspiration have a look at the Dry January campaign. There's still plenty of time to get involved. According to Alcohol Concern, 79% of people who take part save money, 62% slept better and 49% lost weight. There are loads of resources on their website, with stories from those who have taken part and gave up drinking, together with apps to help you control your drinking and information leaflets to help inspire you to do the same. It's not too late to join in, and if you think that it's too late to make a start, it isn't! So go on, take time out and enjoy. **SIGN UP TODAY** and challenge a work colleague to do it with you, or your whole team! We would love to see your pictures on the pin board.

Email: public_health@bathnes.gov.uk

Telephone: 01225 394067

Website: www.bathnes.gov.uk/services/public-health

2. Shingles vaccination

Evaluation of the effect of the herpes zoster vaccination programme 3 years after its introduction in England: a population-based study Analysis of 3.36m person-years of data found herpes zoster (HZ) vaccination programme in England has had population impact equivalent to ~17,000 fewer episodes of HZ and 3300 fewer episodes of postherpetic neuralgia among 5.5m eligible individuals in first 3 years of the programme.

PHE notes that despite these very positive results, uptake of the vaccine has declined, with a 13% decline in people aged 70 since the start of the programme and an 8.4% decline in people aged 78 years since 2014. It is urging adults aged 70 and 78 to protect themselves by taking up the offer for vaccination from their GP or booking an appointment if they missed out, as shingles is a painful condition and can be especially debilitating for older people. The researchers note that communication of the public health impact of this programme will be important to reverse the recent trend of declining vaccine coverage.

3. Alcohol pricing: effects on consumption and tax revenues

<https://www.ifs.org.uk/uploads/publications/bns/BN222.pdf>

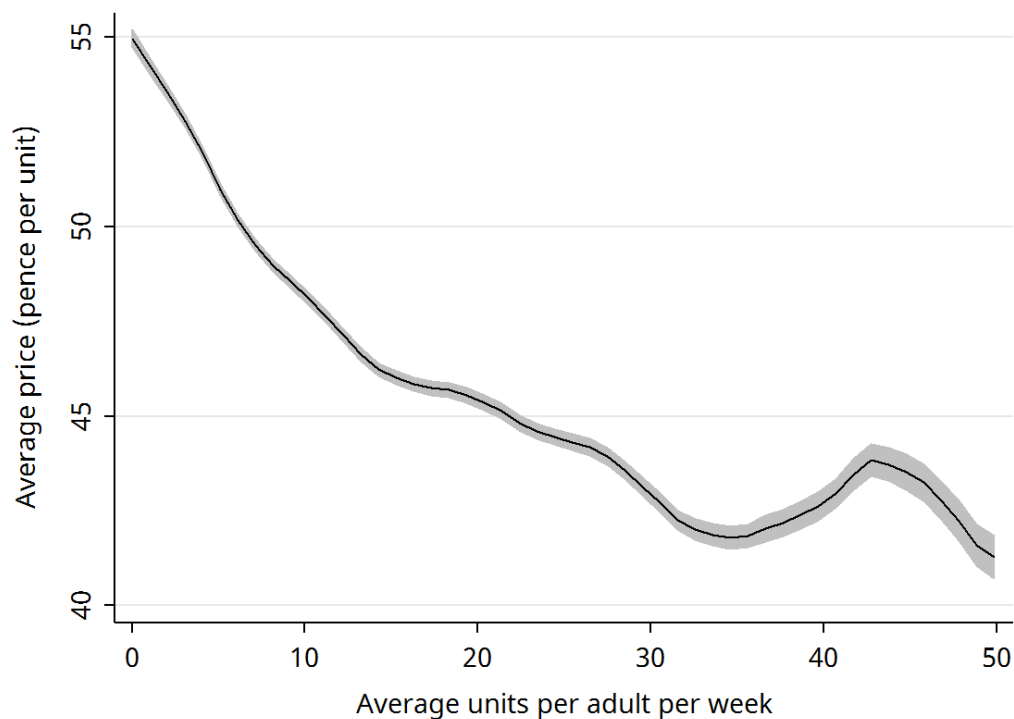
This is a fascinating look by the Institute of Fiscal Studies at the technical discussions that underpin health policy; in this case the pricing of alcoholic drinks to best reduce heavy drinking while minimally penalising moderate and light drinkers (or HMRC!).

This paper involves a lot of detailed analysis of patterns of drinking in light and heavy drinkers in the UK, the effects of price on consumption, and the effects of different taxation policies and price as it affects different types of drinker.

The conclusion of this analysis is that a reform of alcohol taxation which directly taxed drinks according to level of alcohol would be a better policy, with or without a minimum unit price, than a MUP on its own. It would target heavier drinkers more effectively, and maintain tax revenues without adding to alcohol industry profits. IFS considers the current system of taxation of alcohol "chaotic".

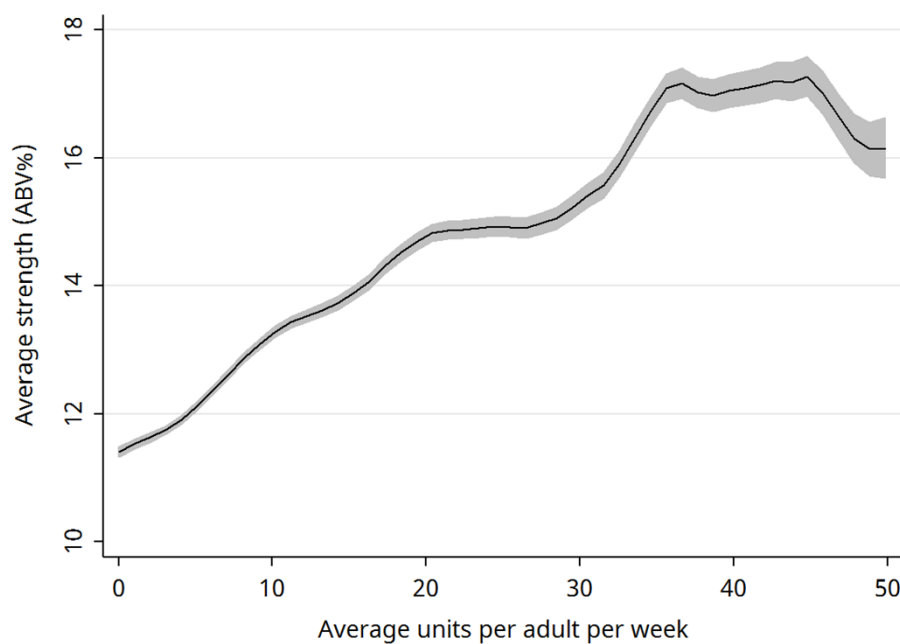
Two of the graphs which contribute to this view are those shown here. the first shows how total consumption of alcohol changes with increased price per unit. The second shows how heavier drinkers consume drinks with higher alcoholic content.

Figure 1. Relationship between average price and drinking level



6 © Institute for Fiscal Studies

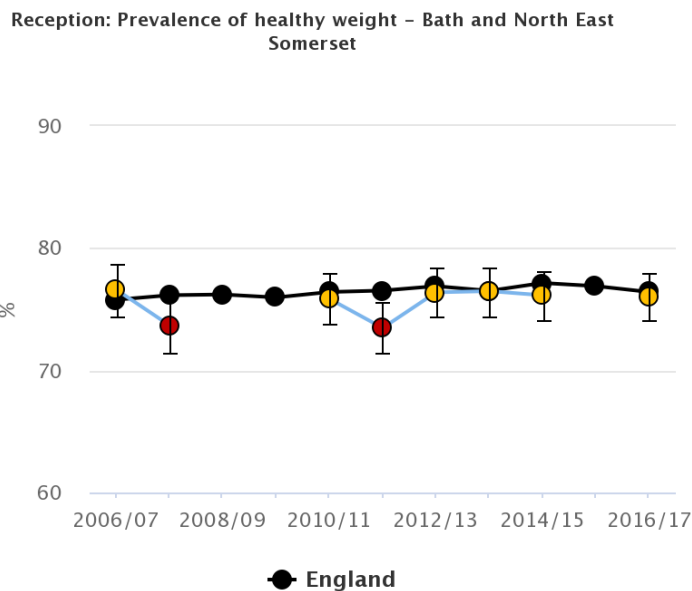
Figure 2. Relationship between average alcoholic strength and drinking level



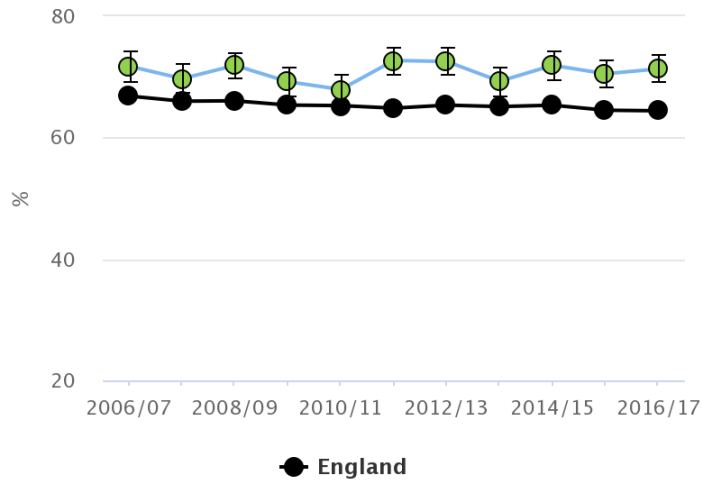
4. National Child Measurement Programme: latest figures from 16/17

This latest release of data shows a familiar pattern in BaNES. Children coming into reception are similar to those in England as a whole, but by the time they are in year 6 they are doing significantly better than the national average (and, if anything the gap is widening). The first chart on the next page shows that this is because fewer children put on excess weight between the start and end of primary school compared to other areas, with only North Somerset against our “CIPFA near neighbours” having a slower fall in the percentage of children with healthy weight (ie. increase in overweight) between reception year and year 6.

In this comparator group over a quarter of children in year 6 are overweight or obese everywhere, going up to just over a third in the highest prevalence areas. The highest levels anywhere in England are 43.8%, and as the final chart shows overweight and obesity rise with increasing deprivation.



Year 6: Prevalence of healthy weight – Bath and North East Somerset



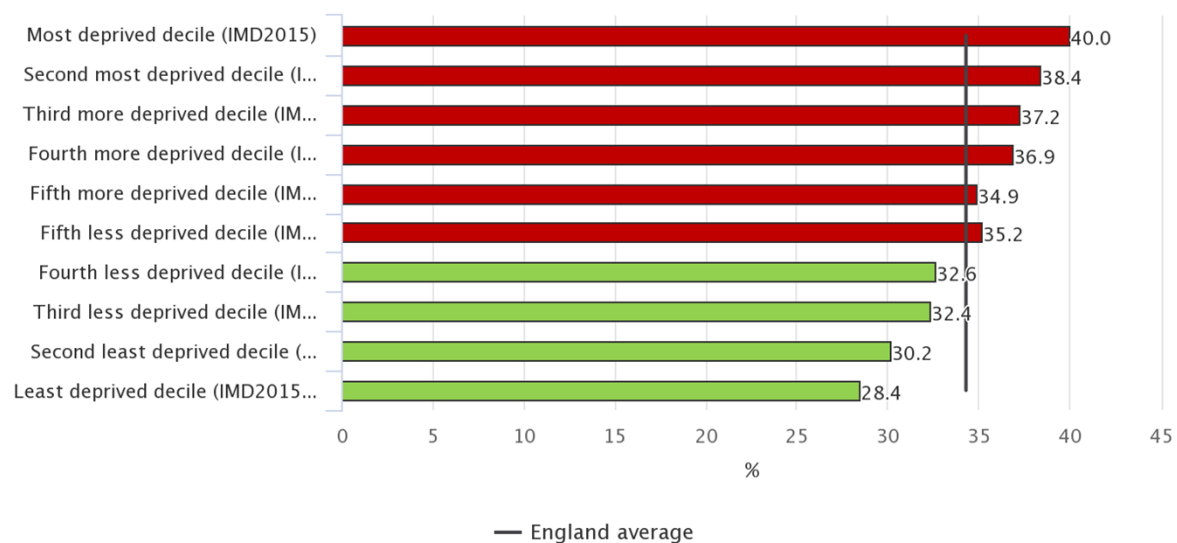
Comparison with CIPFA comparator group:

Compared with benchmark: Better Similar Worse Lower Similar Higher Not compared

Indicator	Period	England	Bath and North East Somerset	1 - Cheshire East	2 - Solihull	3 - Cheshire West and Chester	4 - Shropshire	5 - Herefordshire	6 - York	7 - Stockport	8 - North Somerset	9 - Wiltshire	10 - Central Bedfordshire	11 - Bedford	12 - Poole	13 - South Gloucestershire	14 - East Riding of Yorkshire	15 - West Berkshire
Reception: Prevalence of underweight	2016/17	0.96	0.49	0.62	0.90	0.67	0.89	0.51	0.47	0.54	0.59	0.37	0.58	1.14	0.68	0.74	1.02	0.77
Reception: Prevalence of healthy weight	2016/17	76.4	76.0	80.2	80.7	78.7	77.3	76.6	78.7	76.5	75.5	78.1	79.0	78.4	80.2	81.0	80.8	78.1
Reception: Prevalence of overweight (including obese)	2016/17	22.6	23.5	19.2	18.4	20.6	21.8	22.9	20.8	23.0	23.9	21.5	20.4	20.4	19.2	18.3	18.2	21.1
Reception: Prevalence of overweight	2016/17	13.0	14.7	11.9	11.5	12.4	13.2	13.2	12.3	13.7	15.2	13.4	12.4	11.4	12.3	10.9	10.3	12.6
Reception: Prevalence of obesity	2016/17	9.6	8.8	7.3	6.9	8.3	8.6	9.8	8.5	9.3	8.8	8.1	8.0	9.0	6.9	7.4	7.9	8.5
Reception: Prevalence of severe obesity	2016/17	2.35	1.81	1.34	1.56	1.70	1.19	2.72	1.66	2.23	1.77	1.36	1.87	2.09	1.29	1.45	1.20	1.99
Year 6: Prevalence of underweight	2016/17	1.34	1.06	1.08	1.19	0.93	0.76	1.39	1.53	0.68	0.88	1.15	1.26	1.56	0.98	1.16	1.38	0.77
Year 6: Prevalence of healthy weight	2016/17	64.4	71.3	69.2	68.1	66.3	66.9	63.8	69.4	67.4	71.2	70.5	68.6	65.3	69.8	71.6	66.7	71.0
Year 6: Prevalence of overweight (including obese)	2016/17	34.2	27.6	29.7	30.7	32.7	32.3	34.8	29.0	31.9	27.9	28.3	30.1	33.2	29.3	27.3	32.0	28.2
Year 6: Prevalence of overweight	2016/17	14.3	14.2	14.3	13.5	14.0	15.4	15.7	12.9	13.8	13.2	12.8	13.8	13.3	13.6	13.1	13.9	13.7
Year 6: Prevalence of obesity	2016/17	20.0	13.5	15.4	17.2	18.8	16.9	19.2	16.1	18.2	14.7	15.5	16.3	19.9	15.7	14.1	18.1	14.6
Year 6: Prevalence of severe obesity	2016/17	4.07	2.42	2.37	2.20	3.71	3.08	4.10	3.11	3.42	2.38	2.46	2.73	3.98	1.95	2.13	2.95	3.74
Prevalence of obesity among children in Reception, 5-years data combined	2012/13 -16/17	9.4	8.6	7.2	7.8	8.8	8.7	9.1	8.0	8.2	8.6	7.9	7.4	9.0	8.0	6.7	8.3	7.3
Prevalence of obesity among children in Year 6, 5-years data combined	2012/13 -16/17	19.4	14.3	15.5	16.1	18.4	17.0	18.3	15.6	16.9	15.5	15.5	15.5	19.3	15.7	14.6	17.7	14.4

...And it's a reflection of wider inequalities:

Year 6: Prevalence of overweight (including obese) – England, 2016/17 – Data partitioned by County & UA deprivation deciles in England (IMD2015)



Bruce Laurence (with thanks to Anna Brett and other contributors for the News Letter)