

Public Health Update for Health Select Committee

March 2018

1. Public Health Newsletter

Bath & North East
Somerset Council

Public Health News

March 2018

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June 2018 Free Making Every Contact Count MECC training:- This course is about supporting people to make the most of every opportunity they have to start up a conversation about health with the people they meet through their work and broader lives. Telling people to change unhealthy behaviour is unlikely to be successful; instead MECC provides the skills to work in a different way, encouraging brief interventions that can lead to longer term change. [See flyer attached.](#)



Exam stress: As young people across B&NES get closer to the GCSE and A' level exam period, their stress levels and those of their parents and carers may be rising. Click [here](#) for short set of tips for families that may provide some help. Please share widely.



MHFA England



Youth Mental Health First Aid: This heavily subsidised two day course is for suitable for anyone working with or supporting children and young people aged 8-18. It teaches the skills needed to spot the signs of mental health issues in a young person and builds confidence to offer first aid and knowledge to signpost to further support needed. The course 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. [See flyer attached](#)

Blue Light training 15th March: There are some places available, come along to improve your skill in supporting treatment resistant drinkers [\(see flyer attached\)](#)

Introducing Lizzie Henden, Heath Improvement Specialist.

A new role has been appointed, funded by NHS England and hosted by Virgin Care, for a Health Improvement Specialist with a specific remit for health inequalities in Screening and Immunisations.

This post is part of 12 month project with NHS England commissioners, local commissioners, communities and primary care. The role will include promoting routine NHS screening and immunisation programmes to increase uptake in the local population through public health community promotion and health prevention activities. The core purpose of this role is to reduce health inequalities. The programme will be delivered sensitively to meet the needs of the local population, especially those persons who are considered vulnerable and may find services hard to reach.

Contact details: Lizzie.Henden@virgincare.co.uk 01225 831494/ 07976918750



MMR is a safe and effective combined vaccine that protects against three separate illnesses; Measles, Mumps and Rubella (German Measles) – in a single injection. The full course of MMR vaccination requires 2 doses. Children and adults (born after 1970) can have the vaccine at any age on the NHS if they missed one or both doses when they were younger. Anyone who hasn't had 2 doses can visit their GP and receive their catch up

immunisations. Anyone not sure if they're fully immunised can also contact their General Practice. Please help us to promote the MMR vaccination, a variety of posters and leaflets can be downloaded or ordered through the DH Orderline: <https://www.orderline.dh.gov.uk> (type in measles into the keyword box).

Annual NHS Health Check Event

The Cardiovascular Disease Prevention Day training day on 1st March was cancelled because of the snow and severe weather warning. The event is going to be rescheduled for late April and Cathy McMahon will contact those already booked onto the course when the new date has been confirmed. As a reminder, the training is aimed at Health Care Assistants & Practice Nurses. General Practitioners and Practice Managers are also welcome.

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2. Trauma informed care conference 26th February

This was a regional conference hosted by BaNES and supported by PHE which brought together a wide range of professionals from health, social care, education etc. to discuss the importance of trauma and adverse child experiences in early life and how to help people who are dealing with the consequences in later life. The overall message is that professionals need to ask explicitly whether people date their problems to early life adverse events and if the question is left unasked then information will probably not be volunteered and this will be a block to progress.

3. Annual DPH report

This report which has gone to all Councillors focused on selected topics of local concern. The theme running through the whole report was how many diverse aspects of our existence impact on our health and wellbeing.

4. Measles

5 measles cases in Bath including one in both universities. A small number of cases but a reminder that vaccination is still essential, and a high rate of over 95% is needed to prevent outbreaks. Measles outbreaks are occurring in many parts of the UK and larger ones in some European countries with at least 35 deaths in children across Europe in 2017. We use cases to promote vaccination and remind people that anyone born after 1970 who finds that they are unvaccinated should go to their GP for two doses of MMR.

5. Coping with Suicide: A summary of support for educational settings 2018

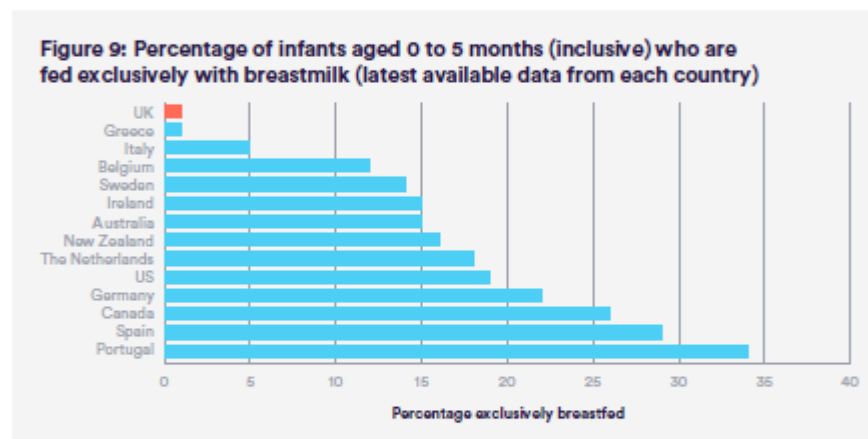
This guidance has been developed by Bath and North East Somerset (B&NES) Suicide Prevent Strategy Group, in conjunction with the B&NES Local Safeguarding Children Board and will be published and promoted shortly. It is intended as an online resource. It brings together in one place existing resources and support available to educational settings. Whilst it does not provide new guidance, it aims to make existing support easier to navigate. It provides support in the event of a death by suicide, or a death where suicide is suspected. It covers;

- Support available from the local authority
- Checklists and flow chart of things to do and consider
- Links to support for families, pupils and staff
- Suicide prevention messages and resources

6. Items of national interest

- PHE strategy to reduce calorie intake through guidelines, promoting reformulation of food and reductions in portion size. 400 (Cal)/600/600.
- Salisbury nerve toxin event. This has demonstrated the difficulty of risk communication and management in an uncertain, fast-moving and pressurised situation.
- Breastfeeding. From Nuffield Trust Royal college of Paeds and Child Health report.

The UK has some of the lowest breastfeeding rates in the world: 34.0% of babies are receiving any breastmilk at six months compared with 62.5% in Sweden (Table 10, technical annex) (World Health Organization [WHO], European Health for All family of databases). The percentage of infants aged 0 to 5 months who are fed exclusively with breastmilk is shown in Figure 9. Only 1% of UK babies aged under 6 months are being breastfed exclusively, compared with 34% in Portugal (WHO, Global Health Observatory data repository).



Source: WHO, Global Health Observatory data repository; Australian Institute of Health and Welfare, 2011; Royal New Zealand Plunket Society, 2012.

Note on source data years: UK, 2010; Greece, 2009; Italy, 1999, Belgium, 2012; Sweden, 2011; Ireland, 2006; Australia, 2010; New Zealand, 2012; Netherlands, 2010; US, 2011; Germany 2003-6; Canada, 2009-10; Spain, 2011-12; Portugal, 2003.

In 2015/16, the percentage of infants in England who were receiving breastmilk at their 6-8-week check was 43.15% (Public Health England, 2016b).