

# Public Health Update for Health Select Committee;

July 2018

**1. Air quality:** In answer to a question at previous Select Committee meeting:

**a. What is the current understanding of the impact of air quality on health?**

Air pollution damages lives with harmful effects on human health, the economy and the environment. It is the largest environmental risk to the public's health, contributing to cardiovascular disease, lung cancer and respiratory diseases. It increases the chances of hospital admissions, visits to Emergency Departments and respiratory and cardiovascular symptoms which interfere with everyday life. In the most severe cases it increases the risk of death, especially for people who are already vulnerable. Poor air quality affects everyone. It can have long term impacts on all and immediate effects on vulnerable people, with a disproportionate impact on the young and old, the sick and the poor. There is now an extensive body of evidence that long-term exposure to everyday air pollutants over several years contributes to the development of cardiovascular disease (CVD), lung cancer, and respiratory disease. Particulate matter (PM) is inhaled into the lungs and ultrafine PM<sub>0.1</sub> is thought to pass into the blood causing many adverse outcomes including systemic inflammation. Air pollution is strongly associated with all-cause mortality statistics. The all-cause mortality statistic captured in Public Health Outcomes Framework (PHOF) indicator 3.01 ranks air pollution in the top 5-7 causes of mortality in polluted areas, ahead of many other PHOF preventable mortality indicators like road deaths, excess winter deaths or communicable diseases. More information can be found in the attached 'Air Pollution & Health' briefing note in our Joint Strategic Needs Assessment and the publication 'Air Quality: A briefing for Directors of Public Health' (page 99: a briefing for elected members) <https://laqm.defra.gov.uk/assets/63091defraairqualityguide9web.pdf>

**b. Mitigating the impact of air pollution on health in B&NES**

A Clean Air Charging Zone for Bath - to improve air quality, the Government has told 28 Councils in England, including B&NES Council, to achieve compliance with NO<sub>2</sub> limits 'in the shortest possible time' and by 2021 at the latest. This is part of their National Air Quality Action Plan. There are a number of hotspots in our area where concentrations of NO<sub>2</sub> (caused by vehicle emissions) exceed the acceptable national and European limit of 40 µg/m<sup>3</sup>. This means we need to take urgent action by introducing a Clean Air Zone (CAZ). A Clean Air Zone is a designated area in the city where we can introduce measures to reduce vehicle emissions and cut pollution, with the aim of improving everybody's health. The Council's intention is to charge higher-emission vehicles driving in the centre of the city, but air quality improvements will be felt across the whole of Bath. All the information about the proposed Clean Air Zone is here: <http://www.bathnes.gov.uk/bath-breathes-2021>

Other mitigation measures being undertaken in B&NES to help reduce the impact of air quality on health can be found in the 2018 Air Quality Annual Status Report (ASR) which is going through final approval stages. Areas of action completed and

planned cover such diverse themes as retrofitting clean technology to existing buses, promotion of electric vehicles, changes to the road network to improve traffic flow, promotion of cycling, parking strategies and an anti-idling campaign.

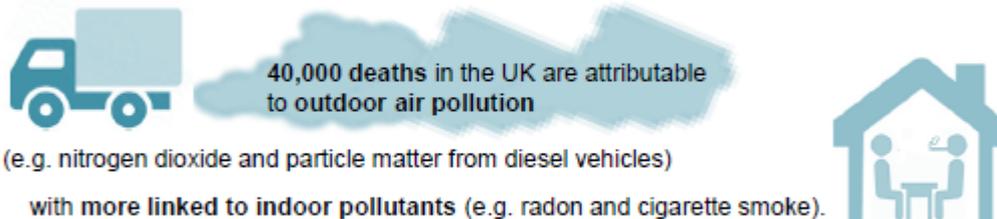
### c. Section from BaNES JSNA:

#### Air Pollution and Health

A national [report](#) produced by the Royal Colleges of Physicians and of Paediatrics and Child Health in February 2016 outlines the current understanding about the effects of air pollution on health and recommendations on how to reduce air pollution and its impacts.

Its **key findings** reiterate those of previous reports by the [Department for Rural Affairs \(Defra\)](#) and the [World Health Organisation \(WHO\)](#):

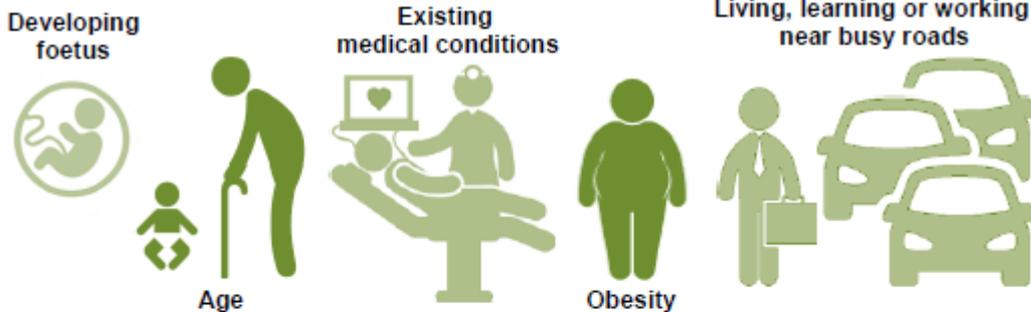
Each year...



Air pollution can cause, or contribute to, **low birth weight, pre-term births, cancer, asthma, stroke and heart disease, diabetes, obesity, and changes linked to dementia.**

**Damage occurs across a lifetime**, and is either the result of high-level acute exposure or prolonged low-level exposure.

Air pollution is harmful to everyone. However, there are factors that make some people more **vulnerable**:



These vulnerabilities can also be heightened in **lower income communities**.

In the UK the costs of **health problems** resulting from air pollution to society, business, health services, and people who suffer from illness and premature death, add up to **more than £20bn** a year.

#### The local picture ...

Local research in 2014 was unable to determine the extent to which air pollution in B&NES contributes to health problems locally because it was not possible to separate it from other factors such as age, lifestyle, deprivation and air pollution exposure from elsewhere.

Given the quantity of national and international research linking poor air quality to ill-health, there is no reason to believe that this is any different in B&NES, and so it is likely air pollution will continue to have an impact on local residents.

## 2. Amesbury neurotoxin incident

Public Health England considers that the risk to the public after the latest poisoning which has now caused one death, remains low. There is a major effort underway to find the source of this latest event. Although the persistence of different such agents in the environment varies, it is thought most likely that this contamination occurred via some sort of container where it was more protected from the elements. Therefore advice is being given to the public to avoid contact with any syringes or other containers that are found lying around in the relevant areas. Other advice given on a “very precautionary” basis that people who have visited certain sites should wash clothes or bag them securely if they need dry cleaning.

The BaNES public health team have offered support to their colleagues in Wiltshire should the need arise.

## 3. The PH Newsletter

### Public Health News July 2018

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#### Introducing our new Public Health monthly challenge!

Each month there will be a challenge for you to try and encourage others to take part in too!

*With the lovely sunny weather we are having, many of us are escaping to the seaside for some sea breeze and there's no better time for traditional British fish and chips! **One You** have a tasty and healthy [homemade fish and chips recipe](#), why not give it a go this month! They also have some other great recipes on their [Easy Meals app](#), which is free to download.*

If you haven't already signed up, [One You](#) can help you make small, practical changes that fit in with your life providing lots with free tips, tools and support.



#### Free mental health training – Connect 5: Places on autumn and spring level 1-3 courses now available

Connect 5 is an accessible, evidenced based training programme that is relevant to any public facing workforce. It provides participants with skills and competencies that build confidence in having conversations about mental health and wellbeing. It presents tools to empower others to take proactive steps to build resilience and look after themselves. Connect 5 takes the position that we don't need to be mental health specialists to support those who are experiencing emotional and mental health problems. The course is accredited by the Royal Society of Public Health and courses are delivered by a range of locally accredited trainers. For further information and to apply for a course [click here](#)



#### Applied Suicide Intervention Skills Training (ASIST)

Applied Suicide Intervention Skills Training (ASIST) is an evidence based two day course that prepares caregivers including those in professional roles to provide suicide life assisting first aid

intervention. The cost of this course is heavily subsidised. For further details [click here](#)

### 13 Reasons Why

Readers living or working with young people may already be aware that Netflix is now showing series 2 of *13 Reasons Why* a drama about the lives of a class of American school students following the suicide of their peer Hannah.

Series 1 was widely criticised for glamorising suicide and for failing to tackle the mental health issues that often precede it. Some young people have said they felt the series could have made clearer how to find the right support and how things might have worked out for Hannah, the main character, had she received the support she needed.

This series covers a range of issues in addition to suicide including, extreme bullying, sexual assault and rape. If you know young people who are watching *13 Reasons Why* the series provides a good opportunity to talk with them about these sensitive issues and to provide them with information about sources of support if they or a friend are feeling low or desperate. For this series Netflix have provided details of how to access support, however, this is specific to American teenagers. Here, further information and help is available from Kooth <https://kooth.com/> – the online Counselling Service for Young People Living in Bath and North East Somerset; or the websites of national charities Young Minds [www.youngminds.org.uk](http://www.youngminds.org.uk) (mental health) and Papyrus (young suicide) <https://www.papyrus-uk.org/>. For support following sexual assault or rape, contact local service The Bridge [www.thebridgecanhelp.org.uk](http://www.thebridgecanhelp.org.uk) Tel 0117 342 6999.



### FREE Making Every Contact Count (MECC) training

Free Making Every Contact Count (MECC) training - [August](#) and [September](#) courses.

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. MECC training is delivered over two half day sessions

- 1st and 8th August 9.30 – 13.00 Guildhall Bath <https://mecc-august-2018.eventbrite.co.uk>
- 27th September and 4th October 9.30 – 13.00 Southdown Methodist Church, Bath <https://mecc-27sept-4oct-2018.eventbrite.co.uk>

### Sexual Health Training Programme 2018/2019

We are pleased to announce our sexual health training programme for 2018/2019.

The programme has been developed with the latest evidence and supporting policies in relation to sexual health and young people.

[For further details click here](#)



All courses are free to those working with young people and/or parents/carers in Bath and North East Somerset and are aimed at groups of mixed abilities and differing professional backgrounds.

To book a place on any course, access the Learning Pool at <http://bathnes.learningpool.com/> Professionals who do not work for B&NES Council can create an account at the Learning Pool by clicking the *support and login* option, then *create new account*. If you have any problems in creating an account or making a booking please contact the Children's Workforce Training Team on 01225 394210 or [childrensworkforce\\_training@bathnes.gov.uk](mailto:childrensworkforce_training@bathnes.gov.uk)

For further information contact [paul\\_sheehan@bathnes.gov.uk](mailto:paul_sheehan@bathnes.gov.uk) or phone 01225 394065



### Ride to work by bike

Find out more about this community-led scheme for local businesses to offer long term electric-bike loan to staff so that they can commute by electric bike. <http://ridetowork.bike/sign-your-business-up>



### Our Power energy scheme launched in Bath and North East Somerset

Two new energy tariffs have just been launched offering a choice of green and affordable deals by supplier Our Power supported by Bath and North East Somerset Council and Bath & West Community Energy. The Council is endorsing this scheme because it contributes to Council objectives of tackling fuel poverty and supporting renewable energy in the district.

The scheme will include the 'Our Fairer Energy' tariff from Our Power, which is currently one of the cheapest tariffs available on the market for dual fuel pre-payment meter customers. Around 11,000 households in B&NES (14%) pay for energy by pre-payment meter.

The other 'Our Local Green Energy' tariff will provide 100% renewable electricity as part of a dual fuel offer with gas. Electricity will be locally sourced and community owned wherever possible, using green energy from Bath & North East Somerset and the surrounding area. This will enable residents to buy from local community owned solar energy arrays in B&NES for the first time.

[Read more](#)

## 4. Ticks and drugs and giant hogweed!

And finally... from Public Health England the definitive guide to summer and how to avoid all its horrible hazards. Be afraid... be very afraid!



Keep Healthy This  
Summer FINAL.DOCX