

Public health Select Committee Update September 2018

1. PH newsletter.

Public Health News September 2018



Public Health monthly challenge!

It's not too late to challenge yourself to be SUGAR SMART this September!

Following SUGAR SMART Exeter's pioneering effort in 2017 to get the city's residents to take on sugar reduction challenges, SUGAR SMART UK is taking the challenge and here in B&NES we are joining in! It's a month-long challenge to encourage people to be smart about their food and drinks choices and to try to reduce the amount of added sugar consumed during September.

Whether you want to resist sugary office snacks, stop or reduce the sugar in your tea/coffee, or avoid added sugar during Monday to Friday - the choice is yours! **Why not get your workplace or colleagues involved in taking part in one of the 4 challenges: Super Seven, Healthy Balanced, Easing In or the No Spoons option.** Learn more about each of the challenges by downloading the [resource pack](#) and tracking your progress.

Join the Facebook page for support and ideas@SugarSmartSeptember
To sign your organisation up to the SUGAR SMART campaign or for more information contact: SugarSmart@bathnes.gov.uk



Organ Donation Week 3 – 9 September 2018

Right now across the UK, there are around 6,000 people in need of an organ transplant, including around 150 children and teenagers. On average three people die every day in need of an organ transplant because there just aren't enough organ donors.

More people are needed to sign up to the NHS Organ Donor Register now at www.organdonation.nhs.uk. It only takes a few minutes to register and those that sign up are being encouraged to tell their family that they want them to support their decision to donate and save lives. #YesIDonate

Please encourage conversations in communities and help to raise awareness of this important campaign - further information and resources can be found here: <https://www.nhs.uk/get-involved/promoting-donation-hub/key-messages-and-information/>



Know Your Heart Age

Is your heart age older than you? On the 4th September 2018 as part of the One You campaign Public Health England are launching their One You Heart Age Test. The tool is a quick, online resource which uses physical and lifestyle related questions to calculate your heart age. Designed for adults over 30, the Heart Age Test raises awareness of your individual risk of heart disease and stroke. It highlights the need to know your numbers, such as blood pressure and cholesterol, and helps you to understand how to live healthier for longer. We also want to promote the message 'what's good for your heart is good for your brain' as the risk of developing some

forms of dementia is linked to heart disease. Adopting a healthy lifestyle can reduce your risk of dementia. So use the tool, know your risk and remember **there really is only One You!** Test your heart age [here](#).



Staff recognition awards – nominations now open

The council is doing things a little differently for its staff awards this year. For the first time, these will be included in the Chairman's Community Awards under the new 'Service to the Community' category with three awards up for grabs; 'Team of the Year', 'Employee of the Year' and 'Above and Beyond'. This replaces the previous Recognising One Council (ROC) awards as it's an ideal opportunity to bring together and showcase the great work of colleagues, services or teams who help to provide exceptional service, care or support. There are full details on the [intranet](#) and the council looks forward to receiving your nominations!



Start4Life launched the 24/7 Breastfeeding Friend on Google Assistant and Google Home

The 24/7 Breastfeeding Friend has been developed to provide friendly advice to mothers who have questions and need support with breastfeeding at any point, day or night. The tool is voice activated using the Google Home app or Google Assistant, meaning mums can get NHS-approved advice and daily breastfeeding tips in the moment and when they may have their hands full. <https://www.nhs.uk/start4life/baby/breastfeeding>

Think Alcohol
Think Family

Think Alcohol: Think Family - 3rd October

Free training aimed at getting families early help by identifying parental alcohol use and offering brief advice or referral as appropriate. IBA is about "having conversations about alcohol", the more we make it normal to talk about alcohol, the more parents will be open about how much they drink and the support they may need to change. Staff will learn how to raise the issue of alcohol with parents and their children and how best to support both. [See flyer](#) for more information and to sign up.

Blue Light for
Families

Working with the families of change resistant drinkers: Blue Light for Families training

Free **Working with the families of change resistant drinkers: Blue Light for families** training on 24th October, an innovative approach to supporting families/carers of change resistant drinkers. For more information or to sign up please [see flyer](#).



Free Blue Light training, working with change resistant drinkers.

Book your place now for 10th October, [see flyer](#).



World Mental Health Day: Children and Young People

World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. This year has a particular focus on young people and mental health in a changing world. To mark the day in B&NES we are encouraging schools and other young people's settings to explore the idea of Five Ways to Wellbeing using some lesson / activity materials written by young people themselves. Download the materials for children aged 7 - 11 [here](#). Download the materials for secondary school aged children and post 16 year olds [here](#). These materials are taken from the *Positive Mental Health* resource which were

produced in B&NES and have been promoted over the last couple of years. To access all the lesson and activity materials see [Positive Mental Health For Primary Schools](#) and [Positive Mental Health For Key Stages 3, 4 & Sixth Forms](#)



World Mental Health Day: Something for everybody

World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilising efforts in support of mental health. To celebrate World Mental Health Day in B&NES a range of fun and informative events are being organised both on the 10th and around the day. Everyone is welcome. For further information about these events and how to take part visit the B&NES Wellbeing College website <http://www.wellbeingcollegebanes.co.uk/>

Suicide prevention work in B&NES

As part of the B&NES Suicide Prevention Strategy ([here](#)) Public Health works with partners to collect data around suicide to help inform our practice. Over the past year we have joined with the other three councils in the Avon Coroner's area and Avon and Wiltshire Mental Health Partnership NHS Trust who have produced a report ([here](#)) containing information about deaths from suicide and injuries of undetermined intent in Avon during the calendar year 2016.



FREE Making Every Contact Count (MECC) training – Places are still available on November, January and February 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. For further details and to apply:-

- 6th November and 13th November 2018, 9.15 (registration), 9.30 – 13.00 John Reynolds Room, Bath City Football Club, Twerton Park, Twerton, Bath BA2 1DB <https://www.eventbrite.co.uk/e/make-every-contact-count-mecc-6th-13th-november-2018-tickets-49645745762>
- 22nd January and 29th January 2019, 9.15 (registration), 9.30 – 13.00 Southdown Methodist Church, 206 The Hollow, Bath, BA2 1NG <https://mecc-training-22nd-29th-january-19.eventbrite.co.uk>
- 7th February and 14th February 2019, 9.45 (registration), 10.00 – 13.30 Aix En Provence Room, Guildhall, High Street, Bath, BA1 5AW <https://mecc-training-7th-14th-february-19.eventbrite.co.uk>



Free Mental Health training: Connect 5 EARLY BOOKING RECOMMENDED

Connect 5 training is available to anyone working in B&NES but will be of particular value to anyone who wants to be able to talk with others about their mental wellbeing. Though many of the courses are now full places are still available from September onwards. Connect 5 is an accessible, evidenced based training programme that 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. It is a modular course with up to 3 sessions available. How many sessions you cover will depend on your role. For further details click [here](#)

2. Public Health England's new Health Profile for England 2018

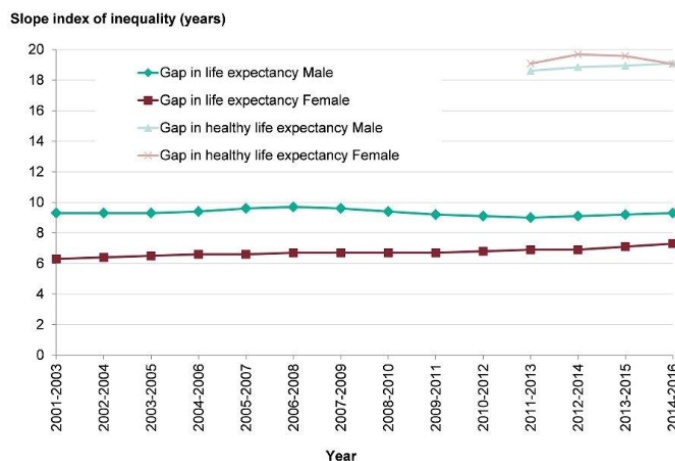
<https://www.gov.uk/government/publications/health-profile-for-england-2018>

This is a very comprehensive “state of the nation's health” report looking at the latest figures and projecting into the future.

Some of the main messages are reinforcing things that are already well known:

- Higher than ever life expectancy. 83.2 years for women and 79.6 years for men. But some slowing of the rate of increase after many years of steady rise.
- Only 63 years of good health so women and men on average suffer 19 and 16 years of poor health respectively.
- Obesity and smoking the two main causes of avoidable ill health... one going up and the other going down. Both contributing both to ill health and health inequalities.
- Dementia is now leading cause of death in women and may soon overtake heart disease as leading cause in men.
- Mental health problems also increasing throughout the population and in young people accounts for a third of all ill health.
- Inequalities in life expectancy remain stubborn and gap in healthy life expectancy is much higher (also gaps are higher in more deprived communities):

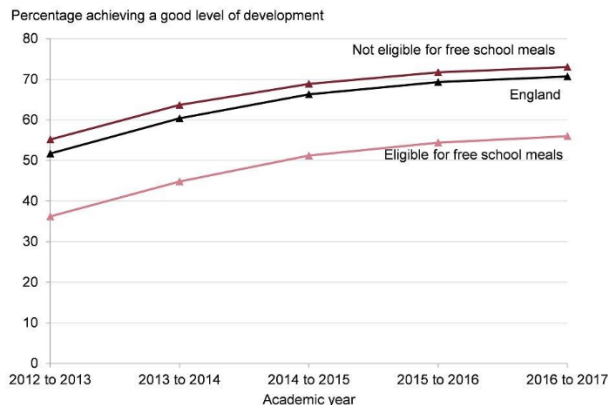
Figure 3: trend in inequality in life expectancy at birth and healthy life expectancy at birth, males and females, England, 2001 to 2003 up to 2014 to 2016



PHE would like the NHS and others to refocus effort on prevention with obesity, smoking and cardiovascular diseases as priorities.

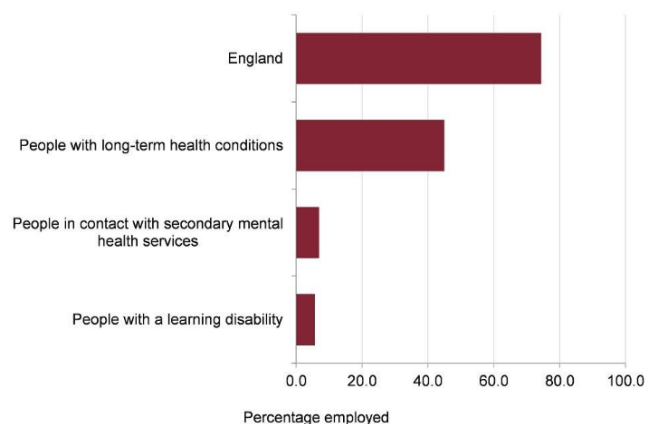
There are many illustrations of inequalities in relation to wider determinants of health in the report. This is one example, and indeed one that has challenged BaNES in recent years. That of attainment gaps in school children.

Figure 4: trend in the percentage of children achieving a good level of development at the end of reception, by free school meals status, England, academic year 2012 to 2013 up to 2016 to 2017



And this is another showing the poor employment prospects of people with mental illness or learning disability

Figure 9: percentage of the population who are employed, by disability status, England, 2016 to 2017



3. Making measles history together: A resource for Local Gov't

With outbreaks of measles across Europe and in the UK, and with some communities still under-vaccinated, PHE has produced a paper giving detailed information about the situation in this country and what can be done to eradicate, or at least prevent outbreaks of measles here. BaNES rates very high for one dose MMR (>95%) but could improve for two doses. https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/739485/Measles_local_authority_case_study.pdf

4. Commercial determinants of health (eg Drinkaware / PHE controversy and Philip Morris and tobacco control.

Bruce Laurence September 2018