



Public Health
England

Protecting and improving the nation's health



Duncan Selbie
Chief Executive

Friday message

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Dear everyone

More than 1 million people have now downloaded our new Sugar Smart app from the [App Store](#) or [Google Play](#). It has topped the iTunes free download chart and generated more than 3 million search results. Our initial results show overwhelmingly that those using the app found it helpful and it is helping them to cut down on sugar. The app is based on a growing database of, currently, 80,000 products. With children consuming three times more sugar than the maximum recommended daily amount we hope it will be a useful tool to keep families informed about the sugar in their shopping basket and cupboards.

High blood pressure is a leading risk factor for premature death and disability. With an estimated 5 million people with undiagnosed hypertension in England and 40% of those diagnosed not being treated optimally, this makes for a strong case for action. This week PHE's blood pressure team partnered with the National Cardiovascular Intelligence Network to publish a series of [hypertension profiles](#). These show each local authority and CCG how well they are doing in detecting and treating high blood pressure by comparing its performance with that of similar areas and with the rest of England. It also highlights evidenced ways that can be taken to improve performance and outcomes for their local population.

Today, Cancer Research UK announced that bowel cancer is more likely to be diagnosed at the earliest stage if it is picked up by screening. This used [new PHE data](#) that, for the first time, shows the stage (one to four) at which cancer is detected by the different routes to diagnosis – such as screening, GP referral or as an emergency. This new analysis has given us brand new insights into the diagnosis of over half a million patients with cancer, for example: many uterine cancers in older women (over 80 years old) are picked up at an early stage, when the cancer is still treatable; and that late stage lung cancers present through all routes, not just as emergency presentations. Stage at diagnosis strongly predicts cancer survival, and for some cancers (including lung and colorectal), UK patients are diagnosed at a later stage than those in other comparable countries. Our results also highlight differences by age, sex, deprivation and ethnicity. We hope that by making these data available for all to use and examine, we are adding to the knowledge that helps to make improvements in diagnosing cancer earlier.

Yesterday we published the third edition of [Health Matters](#), focusing on harmful drinking and alcohol dependence, via a national teleconference. *Health Matters* brings together key facts, figures and evidence of effective interventions to tackle major public health problems. There is a suite of resources for people to use including infographics for download that can help make the case for investment at a local level. Please do share these.

And finally, thanks to the real commitment and hard work of our LGBT Staff Network led by Sean Kelleher, our Executive Champion Kevin Fenton and supported by our Diverse and Talented Workforce staff in HR, PHE has jumped up the Stonewall Workplace Index by a massive 89 places. We currently rank at 128 out of all UK employers that take part in the annual national survey, and we aim to go even further next year and break the top 100.

With best wishes