



Public Health  
England

Protecting and improving the nation's health



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Chief Executive

## Friday message

Friday 5 August 2016

### Dear everyone

The August 2016 update to the [Public Health Outcomes Framework](#) (PHOF) shows a number of improvements, including a fall in the levels of 16-18 year olds not in education, and a rise in the percentage of alcohol users that left treatment successfully and didn't return within six months. Of particular note is smoking prevalence, now below 17% for the first time. This is well below the average prevalence rate in Europe (28%). The data also poses a number of areas of concern, for example reductions in the uptake of flu vaccination and chlamydia detection. There also remains very significant variation by geography and by deprivation. We have much to be proud of as a nation, but as ever, much more to do and particularly in tackling variation.

The [Healthier You: NHS Diabetes Prevention Programme](#); a partnership with NHS England and Diabetes UK, continues to make good progress, with programmes mobilising across nearly 50% of England. The first ten sites (partnerships of CCGs and local authorities) are now ready to start referring people to the programme, and the next 17 have selected providers and are rapidly mobilising to deliver their first referrals later this year. I was pleased to see great feedback from those in the pilot phase in Birmingham, Sandwell and Solihull, which between October 2015 and June 2016 saw 1,817 referrals, with 1,000 patients taking greater control of their health and making changes in their life to reduce their risk of this preventable health condition. [Resources](#) are available to support local commissioners and planning continues on the roll out strategy for year two. By 2020 we plan to be supporting 100,000 people annually in reducing their risk.

Nine in ten people say they are confident they know what it means to have good mental wellbeing, according to a [report](#) from NatGen's British Social Attitudes survey commissioned by PHE. This is good news for those working to improve people's mental health alongside their physical health. The two factors that people believe have the biggest impact on their mental wellbeing are relationships with family and friends and their job or work-life balance. The survey results, published yesterday, also show that those living in deprived areas or who have experienced a mental health problem are less likely to feel in control of the things that affect their mental wellbeing. Improving mental health services and making parity of esteem between mental health and physical health a reality is a personal priority for Secretary of State Jeremy Hunt, and we will do all we can in support of this.

The Government reviews its arms length bodies at least once every Parliament, examining their performance, effectiveness, efficiency and governance. PHE is undergoing this at the moment, called a tailored review, and the review team has had a fantastic response to their call for evidence, with 138 responses now being analysed. They have been carrying out interviews with a range of stakeholders in the Department of Health, the NHS, local government and the wider health and care system, and we are grateful to everyone who has taken the time to contribute. The review team will use this evidence to identify our strengths, as well as developing new approaches that will allow us to be the best we can be. As a learning organisation we are working openly and constructively with the team to secure the best value from the review that we can.

And finally, the Rio 2016 Olympic Games kick off today. I hope watching Team GB will inspire us all to be more active in our daily lives, and perhaps even take up a new sport. If you are travelling to Brazil to cheer on our athletes do check out the latest [travel health advice](#) before you go.

With best wishes