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PHE Bulletin, Public Health England's regular update, provides news and information on PHE and the public health landscape for all those concerned with the public's health. For more information see our website: [www.gov.uk/phe](http://www.gov.uk/phe)

## Public health news

### New evidence review of measures to reduce sugar consumption

An evidence review, [Sugar reduction: the evidence for action](#), published last week by PHE, concludes that a range of factors is contributing to an increase in sugar consumption and a correspondingly broad range of measures is needed in response. The review, commissioned by the Department of Health, shows that action to reduce sugar consumption levels could include, but is not limited to, reducing:

- Reducing the marketing and advertising of high sugar food and drink products to children
- Reducing the sugar content in and portion size of everyday food and drink products
- Introducing a price increase through a tax or levy on high sugar products
- Setting a clear definition of high sugar foods
- Adopting the government buying standards for food and catering services
- Delivering accredited training on diet and health to all who work in catering, fitness and leisure sectors
- Continuing to raise everyone's awareness of the practical steps they can take to reduce their sugar intake

The government will use the PHE evidence review to inform its development of a childhood obesity strategy, due in the coming months. For more information see PHE's [press release](#).

### Winter campaign starts with extended flu vaccination programme

PHE, the Department of Health and NHS England have launched a major campaign to help people stay well over the winter months. The [Stay Well This Winter](#) campaign has begun with a national flu vaccination programme extended this year to children in school years 1 and 2, over three million two to six year olds in total, who will be offered a nasal spray vaccine. The adult flu vaccine will be offered free to those with long-term health conditions, people 65 years old and over, carers, pregnant women and all frontline NHS staff. The campaign will also give advice on how to avoid common illness to people over 65 or those with long-term health conditions, such as diabetes, stroke, heart disease or respiratory illness. Local campaign resources are available from [PHE's Campaign Resource Centre](#). For more information see the Department of Health and PHE [news story](#).

### Cold weather plan published

PHE has published its [Cold Weather Plan for England](#), which aims to prevent major avoidable effects on health during cold weather. PHE also supports the Met Office's [Get Ready for Winter](#) web pages initiative, which offers advice and links to a range of information to help individuals, families and communities prepare for every aspect of the winter season.

### TB rates in England continue to decline

A total of 6,520 cases of tuberculosis were notified in England in 2014, a 10% decrease on the 7,257 cases reported in 2013. The figures are published in PHE's annual [TB in England report](#). Latest figures give an incidence of 12.0 cases per every 100,000 people in England, down from the peak of 15.6 per 100,000 in 2011. London accounted for the highest proportion of cases in England, with 2,572 cases of TB in 2014, down from 2,965 cases in 2013. London has seen a reduction in the number of TB cases for the third year in a row and drug resistant cases are also down. For more information see PHE's [press release](#).

### New resources to improve health through the home

PHE has published a series of commissioned work and new resources to enhance local understanding of the relationship between the home environment and health. The resources include a [health and housing resource](#) developed by the Chartered Institute of Environmental Health, a [suite of training resources](#), developed by Sitra, the national membership organisation for housing with health, care and support,

and a public consultation on standards in housing led by [HACT](#), a housing solutions agency. For more information see PHE's [news story](#).

### **Whole systems approach to tackle obesity**

Leeds Beckett University has been selected by PHE, the Local Government Association and the Association of Directors of Public Health to research, develop and pilot a whole systems approach to tackling obesity. Leeds Beckett University will work with local authorities and their partners to learn from local experience and co-develop an approach across the entire local system. The three-year programme will also include a comprehensive review of the evidence base and national and international practice. For more information see the [Leeds Beckett website](#).

### **Improving the health of Londoners: one year on report**

The partners of the London Health Board, including the Mayor, NHS, local authorities and Public Health England have published the [Better Health for London: One Year On](#) report and created an [animation](#) to demonstrate the progress made against the 10 shared aspirations and ambitions to improve the health of Londoners. For more information see PHE regional director Yvonne Doyle's [blog](#).

### **Clear opportunities for local organisations to improve children's mental wellbeing**

A new resource from PHE's Mental Health Intelligence Network highlights the importance of local organisations measuring and acting to improve the mental wellbeing of children and young people. [Measuring mental wellbeing in children and young people](#) shows that raising levels of mental wellbeing influences a child's ability to learn, their resilience to risky behaviours and their physical and mental health in adulthood. For more information see PHE's [news story](#).

### **Smoking in cars with children banned from 1 October**

New legislation in England and Wales has made it illegal since 1 October 2015 to smoke in a vehicle carrying someone who is under 18. It is also against the law for a driver not to stop someone smoking in these circumstances. The new law applies to any private vehicle enclosed by a roof but not to convertible cars that have the roof completely down and does not apply to e-cigarettes (vaping). Since 1 October 2015, it has also been illegal for retailers to sell e-cigarettes or e-liquids

to someone under 18 and for adults to try to buy tobacco products or e-cigarettes for someone under 18. For more information see the Department of Health and PHE [news story](#).

### **£10 million of capital funding for drug and alcohol recovery services**

PHE has announced the availability of £10 million of capital funding for services that are helping people in England with drug or alcohol problems to recover from their addiction. Local authorities and recovery providers are invited to jointly bid for funding, following submission to PHE by the local authority. Applications are open until the 4 December 2015. For details of how to apply see PHE's [drugs and alcohol website](#).

### **New children's BMI trends report**

PHE has published the latest [National Child Measurement Programme \(NCMP\) trends report](#), which shows changes in the BMI of children in state maintained primary schools in England between 2006/07 and 2013/14. The report shows that obesity is stabilising in Reception (age 4-5 years) girls and there is a downward trend in obesity in Reception boys. In Year 6, however, there is a significant upward trend in obesity among both boys and girls with the highest average increase per year in girls of this age. In both Reception and Year 6, inequalities in obesity are widening between the most deprived and least deprived children.

### **National Child Measurement Programme guidance for data sharing and analysis**

PHE's Obesity Knowledge and Intelligence team has produced updated National Child Measurement Programme (NCMP) [guidance](#) for data sharing and analysis. It provides information on further analyses that may be undertaken on the NCMP datasets. This guidance is designed to support those local authorities and other organisations that wish to undertake additional investigation of the data.

### **PHE signs consensus with fire service to help reduce winter pressures**

PHE and four other organisations – NHS England, the Fire and Rescue Service, Age UK and the Local Government Association – have agreed a [Consensus Statement](#) on how they can work together to encourage local action to prevent or minimise service demand and improve the quality of life of people with long-term conditions. PHE is working with the Chief Fire Officer Association to develop the

evidence of their impact on winter-related illness through three pilots in Greater Manchester, Staffordshire and Gloucestershire.

### **Commissioning of the Healthy Child Programme moves to local authorities**

On 1 October 2015, commissioning of the Healthy Child Programme transferred from NHS England to local authorities. Concurrently, national leadership for 0-5 year olds has moved to PHE from the Department of Health. For more information, see the [blog](#) by PHE's Chief Nurse, Viv Bennett and the Local Government Association [press release](#).

### **Health economics metrics to support the case for prevention**

A new report, [Health economics metrics to support the case for prevention](#), commissioned by PHE, sets out and reviews the interactive return on investment and prioritisation tools available to local authorities and NHS commissioners. The report covers the PHE priority areas of obesity, reducing smoking, reducing harmful drinking, ensuring the best start in life and reducing dementia risk.

### **New end of life care profiles and report**

New End of Life Care Profiles on [PHE fingertips](#) from its National End of Life Care Intelligence Team provide a snapshot overview for each government office region, strategic clinical network, clinical commissioning group and upper and lower tier local authority. They provide comparative information on place of death by age.

PHE's National End of Life Care Intelligence Network has published a [report](#) on developing data and intelligence on end of life care. The report summarises the priorities for future improvements to end of life care data and intelligence identified by over 700 participants.

### **New UK National Screening Committee evidence review guide**

The UK National Screening Committee has produced a definitive [guide](#) explaining how it makes recommendations on the introduction, modification and cessation of national population screening programmes. The new guide includes information on the regular three yearly reviews of existing screening programmes and the annual call for new topics which is about to be implemented.

## Recent PHE blogs

[Our Health in a changing climate: The future is bright if the future is sustainable](#)

by David Pencheon (24 September 2015)

[Health and wellbeing: championing the roles of fire and rescue services](#)

by Kevin Fenton (1 October 2015)

[Antibiotic Guardian: professional roadshows and public debates](#)

by Diane Ashiru-Oredope (2 October 2015)

[Falls: A new guide on awareness and prevention](#)

by Kevin Fenton (5 October 2015)

[Four ways our changing climate could damage your health](#)

by Sotiris Vardoulakis (8 October 2015)

[Do you know the facts about fats?](#)

by Alison Tedstone (9 October 2015)

[High cholesterol: beating the build-up during cholesterol Month](#)

by Jamie Waterall (12 October 2015)

[Designing a 'whole systems' approach to prevent and tackle obesity](#)

by Alison Tedstone (14 October 2015)

[Health Matters: The importance of sustainable stop smoking services](#)

by Rosanna O'Connor (16 October 2015)

[Moving healthcare professionals at every level](#)

by Justin Varney and Kevin Fenton (19 October 2015)

[The NHS 5 Year Forward View- getting serious about prevention](#)

by Kevin Fenton (19 October 2015)

[How the health and care system is preparing for climate change](#)

by Sonia Roschnik (22 October 2015)

## Campaign News

### Act FAST adverts return to air to highlight symptoms of stroke

The Act FAST campaign resumed nationally on 19 October and will run to 15 November 2015. The campaign consists of TV and video on demand advertising supported by digital search and the adverts show people having a stroke in everyday circumstances. A separate strand of activity including TV, radio and press advertising will specifically target South Asian, Black Caribbean and Black African BME audiences. Further activity with the [Stroke Association](#), as part of the Act FAST campaign, will be unveiled to coincide with World Stroke Day on 29 October. For more information see PHE's [campaign resources](#) web pages and PHE's [press release](#).

## News from other organisations

### Smoking rates in England continue downward trend

Figures from the Office for National Statistics published last week show a statistically significant drop in smoking rates in England, from 18.4% to 18%. This continues the downward trend since 2010. The statistics come from the [Integrated Household Survey](#) for January to December 2014.

### NICE guidance to prevent dementia, disability and frailty

The National Institute for Health and Care Excellence (NICE) has published new [guidance](#) covering mid-life approaches to delay or prevent the onset of dementia, disability and frailty in later life.

### Public health grant consultation for 2016-17

The Department of Health has published a [consultation](#) on the proposed target allocation formula for the public health grant for local authorities for 2016-17. The consultation, on behalf of the Advisory Committee on Resource Allocation, ends on 6 November.

### New resource reveals latest trends in young people's health and lifestyle

The Association for Young People's Health has published [Key Data on Adolescence 2015](#), with support from PHE's National Child and Maternal Health Intelligence Network. It includes the latest data on health, education, employment

and demographics and examines trends over time. It focuses on the social determinants of health and has sections on lifestyle, common physical health problems, and mental health and wellbeing.

## Events

### **PHE Board's next open meeting**

The next meeting of the [PHE Board](#) will take place at 10.30am on 25 November in Wellington House, 133-155 Waterloo Road, London SE1 8UG. Meeting [details](#) are available online.

### **Third PHE annual conference**

Presentation abstracts and pdfs of posters from the third PHE annual conference, held last month at the University of Warwick, can be found on the [conference website](#). Links to videos of the [keynote presentations](#) can also be accessed there and other video links of conference presentations will be available shortly.

### **Second Annual NHS Health Check Awards**

The second annual NHS Health Check awards will take place on 6 November 2015 in Nottingham. The awards will celebrate innovative ways providers and healthcare teams have implemented the NHS Health Check in their region. For details see the Heart UK [website](#).