Wirral Intelligence Service Bulletin….. More to consider…. February 2018

More information

Items which should not be routinely prescribed in primary care

In this news story NHS England has agreed that low value treatments, including fish oil, herbal remedies and homeopathy no longer be provided on the NHS, and has launched a consultation on curbs to prescriptions for some 'over the counter' products such as paracetamol.

Recognising and managing frailty in primary care

This Centre for Reviews and Dissemination (University of York, May 2017) report is a summary of guidance and evidence about recognising and managing frailty in primary care. Includes Key actions for the recognition and management of frailty in primary care.

Bike Life

Bike Life is a Sustrans assessment of city cycling development including infrastructure, travel behaviour, satisfaction, the impact of cycling, and new initiatives in seven major cities: Belfast, Birmingham, Bristol, Cardiff, Edinburgh, Greater Manchester and Newcastle.

Flow in providers of community health services: good practice guidance

Good practice for providers of community health services around reducing Delayed Transfers of Care over the next six months. This NHS Improvement report lays out six essential measures around cross system working, patient choice and data sharing for Red2Green days, and three wider measures of good practice for consideration.

Challenging Health Inequalities: Support for CCGs

NHS England has produced this guide to help identify areas of variation in emergency admissions in more and less deprived CCGs and to promote a discussion where variation occurs.

Health and Care of People with Learning Disabilities: 2016 to 2017

This NHS Digital report includes aggregated data on key health issues for people who are recorded by their GP as having a learning disability, and comparative data about a control group who are not recorded by their GP as having a learning disability. It covers demography, health status, screening uptake, preventive interventions and prevalence and management of key health conditions.

Local Insight Wirral has been updated

Local Insight Wirral has been updated with information on food insecurity in Wirral, using data provided by the University of Southampton. Using income-related benefits and household composition data, the prevalence of households at high risk of food insecurity has been calculated and is presented as a percentage of all households.

Special Educational Needs: support in England

This House of Commons Library Briefing (November 2017) provides an overview of the revised system of support for children and young people in England aged 0-25 with special educational needs (SEN) introduced in 2014, the transitional arrangements, and how the new system differs from that which preceded it.

NHS RightCare Pathway: Diabetes for people with a learning disability

Risks due to higher prevalence of Type 1 and Type 2 diabetes and obesity in people with a learning disability compared to the general population can be reduced by greater understanding of the needs of people with a learning disability and adapting existing lifestyle programmes to suit the needs of this population. This document provides links to intelligence, guidance, tools and examples of good practice

Local actions to improve social integration

The LGA recently participated in a British Academy review looking at successful integration projects from around the UK. The project developed useful resources examining evidence about methods which are proven to improve integration and result in long term cohesion in our society, and a series of case studies. [The reports can be found here](#).

Meeting the health and wellbeing needs of young carers

Being a carer takes its toll on a young person's education, physical health and emotional wellbeing. [What can councils do to tackle these inequalities?](#)

Enhanced health in care homes: learning from experiences so far

[This is a Kings Fund report based on interviews with people in 15 areas around England](#) to demonstrate progress in developing enhanced health in care homes. Points raised include the need for better ways of measuring impacts, the importance of skilled leadership and equal partnerships, and more clarity around expectations for access to health care, resourcing enhanced health in care homes and understanding return on investment; and use of public funds to support training and information systems in independent care homes.

The role of home adaptations in improving later life

[The Centre for Ageing Better review](#) highlights the importance and effectiveness of adaptations which increase the usability of the home environment and enable the majority of older people to maintain their independence for as long as possible.

Logic model for integrated care

As part of development of an integration scorecard [Social Care Institute for Excellence (SCIE) have created a logic model](#) to illustrate what good health and social care integration looks like and may be a useful tool for local planning and performance monitoring. The model depicts visually how a fully integrated system might be structured and how it might function, what interventions and services it might consist of, and the outcomes and benefits it would be expected to produce.

Home-based health promotion for older people with mild frailty: the HomeHealth intervention development and feasibility study

[National Institute for Health Research has produced a home-based health promotion intervention](#) for older people with mild frailty being developed with the aim of preventing progression to worsening frailty. 'HomeHealth' comprised 3–6 sessions with a support worker trained in behaviour change techniques, communication skills, exercise, nutrition and mood. The study (n=51) shows promise for improving clinical outcomes, including functioning and independence. Delivery costs = £307 per patient.

Information for food banks: Supporting pregnant women and families with infants (Baby Feeding Law Group)

The Baby Feeding Law Group has recently published a [Toolkit for Food Banks – Information for Food Banks: Supporting pregnant women and families with infants](#). This Toolkit aims to encourage organisers and volunteers working in food banks to ensure that food bank donations, and information given to mothers and families, do not inadvertently undermine breastfeeding and harm infant and young child health.

Traffic pollution is linked to poor pregnancy outcomes (BMJ)

[In this BMJ editorial researchers report](#) that air pollution from road traffic, but not traffic noise, is associated with low birth weight at term. The inference is that reducing exposure to air pollution from road traffic will not only improve the health of current adult populations, but has the potential to reduce the burden of non-communicable diseases in future generations too.

Improving social mobility through education (Department for Education)

The government's national plan - Unlocking Talent, Fulfilling Potential- sets out how the DfE will support children and young people to reach their full potential, regardless of background. They have published a schematic to show the framework for improving social mobility through education and delivery plans for the first 6 opportunity areas.

The plan focuses government reforms and funding on the people and places that need it most to level up opportunity and ensure no community is left behind, helping to make Britain a success as it prepares for life post-Brexit. One overarching ambition will focus on places and communities across the country that feel they have been 'left behind', because they have not yet seen the improvement that other parts of the country have already benefited from. A further four ambitions will cover the key life stages of people's education.

Transforming children and young people's mental health provision: a green paper (Department of Health and Department for Education)

This green paper sets out the ambition that children and young people who need help for their mental health are able to get it when they need it. The government is asking people for their views on a green paper setting out measures to improve mental health support for children and young people. The consultation (see bottom section within this update) is here until 2 March 2018.

Kinship care: state of the nation 2017 survey (Grandparents Plus)

This survey shines a spotlight on the challenges faced by kinship carers – grandparents and other family members who've taken on the care of children who aren't able to live with their parents. The survey is based on a survey completed by over 650 kinship carers. This shows that despite many carers stepping in to care for children who would have otherwise gone into local authority care, only one in ten feel they're getting the support they need.

Cash or carry (Fatherhood Institute)

This report is based on the most comprehensive review ever undertaken in Britain of decades of research into the roles of fathers in families, funded by the Nuffield Foundation. In it, the Fatherhood Institute recommends a radical shake-up of employment law to make it easier for fathers, as well as mothers, to care and earn for their families.

Making obesity everybody's business: A whole systems approach to obesity (Local Government Association)

This LGA briefing focuses on the Whole Systems Obesity programme, which will provide local authorities with a different approach to tackling obesity. This involves the whole local system of stakeholders, recognising that it is a problem that goes far beyond public health. The programme is exploring the evidence and local practice to develop guidance and tools to help councils set up a whole systems approach to obesity in their local area.

National evaluation of the Troubled Families Programme 2015 to 2020: emerging findings (Department for Communities and Local Government)

The programme, which started in 2015, is based on a "whole family approach" to supporting families facing multiple adversities. Findings from Ipsos Mori case study research into the effects of the programme including staff experiences and how the programme was received by families themselves include: the programme is driving service transformation in local authorities; changing structures and processes, strengthening partnership working and promoting 'whole-family' working.

Troubled families co-ordinators are providing effective leadership and improving multi-agency working; and families have appreciated the way family keyworkers took time to understand the family, build relationships and trust.

Mental health services for post 16 students in England (House of Commons Library)

[This House of Commons briefing paper](#) gives an outline of: recent studies on the mental health of students, Government mental health policy for students, support in further and higher education providers, the legal duties of providers and discuss issues raised. It finds that young adults aged 16–24 today are more likely than previous generations of young adults to experience mental health issues and the numbers of students reporting mental ill health is increasing.

Prevalence and trends in overweight and obesity in childhood and adolescence - Findings from the Millennium Cohort Study, with a focus on age 14 (Centre for Longitudinal Studies, UCL)

[Researchers from the Centre for Longitudinal Studies](#) (CLS) at the [UCL Institute of Education](#) analysed information on more than 10,000 teenagers who are taking part in the Millennium Cohort Study. The report reveals that although the same proportion of boys and girls were obese (20%), rates of overweight were slightly higher for girls (16%) than boys (13%). One in five young people born in the UK at the turn of the century was obese by the age of 14, and a further 15 per cent were found to be overweight. Rates of excess weight varied by country, with almost 40 per cent of young people in Northern Ireland overweight or obese, compared to 38 per cent in Wales, and 35 per cent in both Scotland and England. There was a clear link between young people's weight and their mothers' level of education. Almost 40 per cent of 14-year-olds whose mothers had only GCSE qualifications were overweight or obese, compared to 26 per cent of those whose mothers had a degree or higher qualifications.

UK poverty 2017 (Joseph Rowntree Foundation)

[UK Poverty 2017](#) highlights that overall; 14 million people live in poverty in the UK – over one in five of the population. This is made up of eight million working-age adults, four million children and 1.9 million pensioners. 8 million live in families where at least one person is in work. Over the last 20 years, the UK has dramatically reduced poverty among people who had traditionally been most at risk – pensioners and certain types of families with children. But that progress is beginning to unravel; poverty rates for both groups have started to rise again. The analysis highlights that the three factors which have led to a fall in poverty and are now under question; state support for many of those on low incomes is falling in real terms, rents are increasing, and rising employment is no longer reducing poverty.

Findings show that the UK has seen falls in poverty among children over the period with the child poverty rate at its lowest level of 27% in 2011/12, but that the level has started to rise again reaching 30% in 2015/16, with almost 400,000 more children now living in poverty than in 2012/13.

Growing up in kinship care: Experiences as adolescents and outcomes in young adulthood (Grandparents Plus)

[Grandparent's Plus has published a report](#) on the experiences and outcomes for young people growing up in kinship care, compared with the progress of care leavers and their peers in the general population. Findings from interviews with 53 young people aged 16-26 who had lived in kinship care for at least two years and 43 kinship carers include: outcomes for young people in kinship care were generally better than those for young people in other types of care, but not as good as in the general population; and many carers did not feel well supported at the point that they took on their caring role.

Research briefing: harmful sexual behaviour (NSPCC)

[This briefing from NSPCC](#) aims to help professionals update their knowledge of the most recent research on harmful sexual behaviour (HSB). It highlights the key messages from articles published in academic journals, chapters in edited books and reports from specialist organisations, which were published in 2016 or 2017.

Responding to child sexual abuse and exploitation in the night-time economy (Centre of Expertise on Child Sexual Abuse)

The Centre of Expertise on Child Sexual Abuse has published findings from a study carried out by NatCen Social Research looking at what workers in night-time economy – businesses and services that have direct contact with the public after 6pm – know and do about child sexual exploitation (CSE), and child sexual abuse (CSA). The study of 126 night economy workers found that: perceptions of risk ranged from high to none at all across the industries and roles; not all workers in the night-time economy feel equipped to recognise and respond to the warning signs; levels of training, information and support around CSE varied across industry sectors; and that training is not widespread across the night-time economy.

While your back was turned: how mental health policymakers stopped paying attention to the specific needs of women and girls (Mental Health Foundation)

This paper shows that the last 15 years have seen an unprecedented rise in reported mental health problems amongst young women and girls. Drawing on recent work by others in civil society, the report makes a series of recommendations for government. This paper will: identify pressure points and social determinants of mental health and wellbeing in young women and girls, to support the development of tailored mental health guidance aimed at preventing mental health problems for those at highest risk; and improve the understanding of how to prevent mental health problems in young women by decision makers.

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Life in likes: Children's Commissioner report into social media use among 8-12 year olds (Children's Commissioner)

This Children's Commissioner's report on the effects of social media on 8-to-12-year-olds examines the way children use social media and its effects on their wellbeing. 'Life in Likes' fills a gap in research showing how younger children use platforms which social media companies say are not designed for them. Whilst most social media sites have an official age limit of 13 years, some research has suggested ¾ of 10-to-12 year olds have a social media account. While 8-10s use social media in a playful, creative way – often to play games – this changes significantly as children's social circles expand as they grow older.

This report shows that many Year 7 children are finding social media hard to manage and becoming over-dependent on 'likes' and 'comments' for social validation. They are also adapting their offline behaviour to fit an online image, and becoming increasingly anxious about 'keeping up appearances' as they get older.

The Origins of Happiness: can we predict life satisfaction? (The Mental Elf)

This blog post considers the methods, findings and implications of a new book entitled: 'The Origins of Happiness: The science of well-being over the life course'. The book covers: predictors of life satisfaction (mostly in adulthood); predictors of childhood emotional and behavioural functioning and child academic attainment; and sets out some of the economic detail and the broader summary of the authors' findings.

Sexually transmitted infections (STIs): annual data tables (Public Health England)

This data provides information on trends in sexually transmitted infections diagnoses, including numbers and rates of diagnoses by various demographic characteristics and by geographical distribution.

Alcohol licensing and public health

Guidance to help local public health teams make local decisions about alcohol licensing.

National Child Measurement Programme (NCMP) Local Authority Profile

The NCMP Local Authority Profile online data tool for child obesity for England was updated on 9 January

Falls and Fragility Fractures Pathway

The pathway defines the key interlocking components for an optimal system for prevention and management. It also defines the priority higher value interventions that systems should focus on to address variation, improve outcomes, reduce cost and contribute toward a sustainable NHS

NHS RightCare - Pathway for Stroke

NHS RightCare has published this pathway as part of the ongoing commitment by NHS England to prevent stroke and improve treatment and outcomes.

Alcohol and drug misuse and treatment statistics

Statistics to support improvements in decision making when planning alcohol and drug misuse treatment services.

Alcohol and drug misuse prevention and treatment guidance

Information and other resources to support commissioners, service providers and others providing alcohol and drug interventions

Musculoskeletal conditions: return on investment tool

A tool to help local commissioners provide cost-effective interventions for the prevention and treatment of musculoskeletal conditions.

Home Office: County Lines resources and survey

Across the country, young people and vulnerable adults are being exploited by gangs to move and sell drugs on their behalf in suburban areas, market towns and coastal regions. This criminal activity is known as 'county lines', as young people travel to different regions where they're unknown to the police and can therefore operate undetected. These young people can be as young as 10 and are often subjected to threats, violence, and sexual abuse by the gangs.
The Home Office has produced resources (available here and here) to help frontline council staff recognise the signs that could indicate that someone is a victim. Staff should report their concerns to their safeguarding lead.

Future of care: Improving outcomes for children and young people by spreading innovation

This briefing jointly produced by the Social Care Institute for Excellence (SCIE) and Innovation Unit aims to contribute to the debate about how to mobilise learning from these new ideas, so that children and young people across the country can benefit.

Household disposable income and inequality in the UK: financial year ending 2017

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Routes to Diagnosis for Cancer Data

The latest iteration of the Routes to Diagnosis work has been released. This now covers a full decade of cancer diagnoses from 2006 to 2015. The release shows whether cancers were diagnosed through screening, two week wait, GP referral or as an emergency. Breakdowns by year, ethnicity, sex, and deprivation are available for 55 cancer sites. One-year survival by route is included as well as CCG-level data for major cancers.

NHS RightCare Pathway for COPD

The pathway provides commissioners, providers and local health economies with guidance, developed in collaboration with experts in COPD and respiratory conditions, on how to ensure early detection, accurate diagnosis and to optimise long-term management to reduce exacerbations, hospital admissions and premature mortality and improve patient outcomes and care.

Blood pressure: How can we do better? packs

The updated packs, published in partnership with the British Heart Foundation and others, will be available mid-January. They give recommendations for GP practices and CCGs on how they can improve care for patients with high blood pressure. There are also intelligence packs for each CCG.

Local government spending on public health: death by a thousand cuts (The King's Fund)

This blog post considers recent changes in local government funding that will affect the public's health including spending on aspects of children's public health.

Measuring the wellbeing of children in care: views from the frontline and opportunities for change (National Children's Bureau)

The National Children's Bureau has published findings from research exploring what tools, measures or indicators are used to assess the wellbeing of children in care. Findings from the views of 114 professionals working with children in care, as well as those of children and young people in care include: widespread use of the Strengths and difficulties questionnaire (SDQ), which reflects the requirement on local authorities to report results of the SDQ to Government each year; and mixed views on how well the SDQ worked in practice.

Evaluating the impact of nursery attendance on children's outcomes (Nuffield Foundation)

Researchers from the University of Surrey and University College London have completed a comprehensive five-year study on Early Childhood Education and Care (ECEC), funded by the Nuffield Foundation.

Tackling poor oral health in children: local government's public health role (Local Government Association)

Analysis of NHS spending data by the Local Government Association (LGA) found that £36.2m was spent on 42,911 extractions for under-18s in 2016/17, which equates to 170 operations a day. It represents an almost-20% increase over the past four years and a total cost to the NHS of £165m since 2012, as many youngsters face trips to hospital for operation under general anaesthetic due to the severity of their tooth decay

Sources of resilience and their moderating relationships with harms from adverse childhood experiences. Report 1: Mental illness (Public Health Wales)

Findings from a new national study across Wales found adults who had suffered four or more types of ACE were almost 10 times more likely to have felt suicidal or self-harmed than those who had experienced none. The study by Public Health Wales and Bangor University also found that some basic community measures help build resilience which can help protect individuals from developing the mental health problems that ACEs can cause. An Infographic is available.

Caring for better health: an investigation into the health needs of care leavers

The Care Leavers' Association (CLA) has published findings from a study into the health needs of care leavers. Recommendations from a survey of the health needs of 418 care leavers of all ages include: the health needs of looked after children and care leavers to be a distinct section in the Joint Strategic Needs Assessment; that a young person in care has a comprehensive health assessment at entry into care which is then monitored and updated on a regular basis; the commissioning of a range of mental health and wellbeing services that specifically support looked after children and care leavers.

Caring For better health, a toolkit for commissioners (The Care Leavers' Association)

The CLA has also produced a [Commissioning Toolkit for care leavers](#) to guide commissioners to better meet the needs of care leavers through the commission process, and a short guide, created by care leavers, on how to work with adolescent children in care and care leavers.

Teenage pregnancy and young parents

[Guidance for local teenage pregnancy prevention programmes](#) to help young people avoid unplanned pregnancies and develop healthy relationships.

[Wirral's PHE narrative report on teenage pregnancy](#) is available as part of PHE's Fingertips tool and brings together key data and information to help inform commissioning decisions to reduce unplanned teenage conceptions and improve outcomes for young parents.

[Framework for supporting teenage mothers and young fathers](#).

Parental attitudes to vaccination in young children

For the last 25 years parents of young children have [regularly been asked for their views](#) on vaccines and the diseases they protect against.

If you have any local information, research or reports you think useful to share then please get in touch…or if the bulletin has been passed onto you and you would like to subscribe then mailto: wirralintelligenceservice@wirral.gov.uk

Thanks

John