

More information

Research reveals levels of inappropriate prescriptions in England

At least 20% of all antibiotics prescribed in primary care in England are inappropriate according to [research published by Public Health England \(PHE\)](#).

Health matters: health and wellbeing community-centred approaches

Community life, social connections and having a voice in local decisions are all factors that have a vital contribution to make to health and wellbeing. [More information](#)

E-cigarettes and heated tobacco products: evidence review

[Annual update of Public Health England's e-cigarette evidence review](#) by leading independent tobacco experts.

Release of Autism and CAMHS Toolkit

The [Department of Health and Social Care commissioned a Cross Sector Partnership](#) to produce a resource that encourages stronger links between charities, organisations and NHS to work on initiatives to help people on the autism spectrum

Free entry for leisure centres may increase physical activity across all social groups

[Re:refresh, a subsidised access scheme implemented in a socially disadvantaged local authority in England, Blackburn and Darwen](#), removed access fees from gyms and leisure centres and with a strong marketing campaign plus five extra community health trainers it then created 26,400 more physical activity "swim and gym" visits per quarter in a borough of 150,000 people. Also found were increases in monthly gym and swim activity from 3 to 15%, and overall levels of participation were more pronounced in disadvantaged socioeconomic groups

School Funding in England Since 2010 - What the key Evidence Tells Us

This [report presents the findings from a review of key evidence documents on how recent changes to school funding have impacted on school spending in England](#). The review appraises literature published from 2010 onwards to examine how funding levels have changed overtime, how what funds are actually spent on has changed, and how educational outcomes appear to vary with expenditure. Within this there is a focus on how disadvantage pupils and schools with high proportions of disadvantaged pupils have been affected.

Homeless adults with complex needs: evidence review

PHE South East has carried out an [independent review of the literature](#) on homelessness, particularly people living or begging on the streets to support efforts to prevent and reduce homelessness.

Half of children in need referred to councils experience domestic violence

The Local Government Association [says that the Government's comprehensive package of reform](#) around domestic violence announced in the Queen's Speech must be centred on a shift from dealing with the aftermath of abuse to focusing on early intervention and preventing it occurring in the first place. Children's services are facing unprecedented demand which means councils are increasingly being forced to prioritise spending for children at immediate risk of harm, rather than on earlier support services that can help families to address harmful behaviours, and support children and young people to recover from earlier experiences.

Falls prevention: cost-effective commissioning

A [resource](#) to help commissioners and communities provide cost-effective falls prevention activities

Local health and care planning: menu of preventative interventions

[This document](#) outlines public health interventions that can improve the health of the population and reduce health and care service demand.

What do children in the UK spend their money on?

Do you know how children spend their money? For the first time since 2004, we look at how much money children spend each week on average and how they choose to spend it. [Find out more in this ONS Visual article.](#)

Tackling loneliness and isolation: the role of commissioners

In September 2017, Social Care Institute for Excellence and Renaisi organised a seminar with commissioners, local authorities and third sector representatives to explore the opportunities and barriers faced by commissioners seeking to address social isolation in older people.

This [briefing](#) draws on the discussions from the seminar and previous research in the field.

One in four: a profile of single parents in the UK

This [report](#) from [Gingerbread](#) profiles single parents today, to see how life has changed for the one in four families headed by a single parent in the UK.

While huge progress has been made over the past 100 years to improve the lives of single parent families, the report finds that many single parents are still locked out of a decent standard of living. Single parent employment rates are at a record high and still, a third of children with a working single parent today living in poverty.

What do the latest migration figures show?

The [latest ONS figures](#) show a small decline in net migration. It's due mainly to a large fall in EU net migration with fewer EU citizens coming here to work. But as Jay Lindop explains in the article, you don't have to look back too far to see when migration last looked like this.

People's experience in adult social care services: improving the experience of care and support for people using adult social care services

People's experience in adult social care services: improving the experience of care and support for people using adult social care services This [NICE guideline covers](#) the care and support of adults receiving social care in their own homes, residential care and community settings. It aims to help people understand what care they can expect and to improve their experience by supporting them to make decisions about their care.

New study finds looked after children feel being in care improves their lives

Listening to children and young people's wishes and feelings should be universal, but often is not. How children feel about their lives and the care they receive should be central to understanding the quality of care. Instead, it is often adults – carers and professionals – who share their own interpretations of what a positive care system does and should look like.

The Bright Spots Programme was set up to understand what is important to children in care and share the learning on where children are doing well by developing a framework to compare children's experiences in different local authorities. This [report](#), by the University of Bristol for [Coram Voice](#), summarises the findings from the 611 children and young people who completed the Bright Spots' 'Your Life, Your Care' survey in six local authority areas, and conclude with recommendations for policy and practice.

Sporting future: second annual report (Department for Digital, Culture, Media & Sport)

[Sporting future](#) set out a new government vision to redefine what success looks like in sport by concentrating on five key outcomes - physical wellbeing, mental wellbeing, individual development, social and community development and economic development. The second annual report on the strategy sets out the progress that has been made in the past year, and focuses on ten key themes and areas of progress

Health and safety in swimming pools

This [publication](#), from the Health and Safety Executive, provides guidance for all those involved in the operation and management of swimming pools.

This is the fourth edition of Managing health and safety in swimming pools (first published as Safety in swimming pools). The revision brings the guidance up to date with changes in health and safety law and new developments in relation to equipment and facilities.

[UKactive](#), the UK's leading not-for-profit health body, played a major role in helping the industry to shape the new guidance throughout its development over the past two years.

Learning from the Vanguard

The 50 vanguard sites across the country have built relationships across historically fragmented systems, worked through complex contractual and governance arrangements, and explored innovative approaches to delivering care. This [briefing](#) ensures the lessons learned are shared with the rest of the health and care system.

Cleaning products linked to poorer lung function

Research has suggested that regular exposure to cleaning products significantly affects lung function. The study of 6,000 people by a team from Norway's University of Bergen, found women appeared to be more badly affected than men. They said cleaning chemicals were "unnecessary" and microfiber cloths and water were "enough for most purposes". UK experts said people should keep their homes well ventilated and use liquid cleaners instead of sprays. The team looked at data from the European Community Respiratory Health Survey. Previous studies have looked at the short-term effect of cleaning chemicals on asthma, but this work looked at the longer term. [See background to study and results via NHS Choices website](#)

Meeting the health and wellbeing needs of young carers

The LGA has been working alongside 10 councils that proposed a range of solutions to assist in achieving greater efficiencies from their adult social care budgets. This [report](#) shares learning in how they are managing demand more effectively using capacity in communities and working closer with partners.

Poverty in the UK: statistics

This [briefing paper](#), from the House of Commons Library, sets out information on the levels and rates of poverty in the UK, including historical trends and forecasts for future years.

Poverty may be defined in different ways and there is no single, universally accepted definition. The focus here is on poverty defined in terms of disposable household income.

Antidepressant work says major study

A [Lancet study](#), which analysed data from 522 trials involving 116,477 people, found 21 common anti-depressants were all more effective at reducing symptoms of acute depression than dummy pills. But it also showed big differences in how effective each drug is. The authors of the report said it showed many more people could benefit from the drugs.

There were 64.7 million prescriptions for the drugs in England in 2016 - more than double the 31 million in 2006 - but there has been a debate about how effective they are, with some trials suggesting they are no better than placebos. The Royal College of Psychiatrists said the study "finally puts to bed the controversy on anti-depressants".

Child sex offence recorded on average every 8 minutes in UK

The number of child sex offences recorded in the UK has risen by 15% according to new figures the [NSPCC](#) obtained from the police under a Freedom of Information request. Police recorded crimes against children including rape, sexual assault and grooming. The exact number of sex offences committed against children is unknown. Children may not have come forward because they're frightened, ashamed or don't realise they've been abused.

Hidden hunger and malnutrition in the elderly

Malnutrition arises when a person's body does not gain the nutrients it needs to function properly. Older people are particularly at risk of becoming malnourished, due to a range of unique medical, physical, and social reasons. [This report suggests](#) that the availability of data on the numbers of older people in this country who are hungry or malnourished is limited, at best. The most robust estimate presented to us suggests that in 2011, 1.3 million older people were malnourished or at risk of malnutrition. We have not been able to find an updated figure.

Compilation of child poverty local indicators, update to September 2017 (End Child Poverty Coalition)

[The End Child Poverty Coalition has published new figures](#) on the level of child poverty in each constituency, local authority and ward in the UK, providing a new Child Poverty map of the UK. The figures reveal that there are now constituencies within the UK where more than half of children are growing up in poverty – compared to one in ten, in the areas with the lowest child poverty rates

Key questions and findings from our e-cigarette evidence update (Public Health England)

Back in 2015, the bold conclusions of PHE's previous e-cigarette (EC) report were controversial in providing qualified support for the use of ECs but have since contributed to a shift in international opinion. Many experts and professional bodies now agree that vaping is likely to be far less harmful than smoking. The [latest report](#), which takes into account all new evidence since this point, covers regulation, EC use, ECs as a tool to help people quit smoking, and the safety of ECs, nicotine, and novel heat-not-burn tobacco products. This [blog post](#) looks at some of the key questions and findings from the report.

10 years since the Byron Review - Are children safer in the digital world?

[This document reviews](#) the 38 recommendations made in the Byron Review "Safer children in a digital world" and discusses how these were implemented. It also considers the influence of political change and online developments in the past decade, in order to contextualise the changes needed to help keep children and young people safe online in 2018.

Sustainability and transformation in the NHS

[According to NAO analysis](#), additional funding aimed to help the NHS get on a financially sustainable footing, has instead been spent on coping with existing pressures. The NAO has made a number of recommendations which includes moving further and faster towards aligning nationwide incentives, regulation and processes, as well as reassessing how best to allocate the sustainability and transformation funding.

State of child health 2017

[This annual report from the Royal College of Paediatrics and Child Health](#) indicates that some progress has been made on improving child health through the new tobacco control plan and implementation of the sugar tax, but the English government has largely failed to implement measures that would make a difference, such as banning junk food advertising, and has fallen behind Wales and Scotland. The Royal College is calling for more investment in prevention to tackle obesity. The latest figures show that 80 per cent of obese children will become obese adults, and that life expectancy may be reduced by up to 20 years. Also, obese mothers are more likely to have obese children. There are also implications for dental decay, with almost 43,000 hospital operations to remove the teeth of teenagers and children carried out last year, a 17 per cent increase over five years. The Royal College has called for a ban on fast-food outlets opening near schools and colleges.

Police and public health: collaboration

[Case studies of initiatives](#) between police and health colleagues and identify barriers and enablers to collaboration.

Student mental health: the role and experiences of academics (Student Minds)

For many students experiencing difficulties, academics are often the first point of contact. Students may turn to academics for advice because they are approachable, accessible and they have a pre-existing relationship. However, [research conducted for Student Minds](#), indicates that academics are struggling to respond effectively to student mental health. The report sets out 11 key findings and recommendations to ensure that students and academics are effectively and safely supported.

Half of infant young carers under ten are suffering broken sleep to care for family members

The UK's largest charity for unpaid carers carried out a [snapshot survey](#) of the UK's youngest carers to highlight the number of children between the ages of five and ten who undertake extensive caring duties at home and especially at night.

How can we improve support for young carers?

Young carers have a lot of added responsibilities compared to other people their age. To find out what young carers need, in the last year two local Healthwatch in Leicester and North Somerset have [run events and forums to listen to their experiences](#). Their work identified four areas where young carers said they could be better supported.

Cancer survival improving globally, but UK not keeping up

[Cancer Research UK](#) discusses a new study which shows that survival rates from cancer are improving across the globe.

However there are wide variations between countries and the UK is lagging behind comparable nations for many common cancers. The study, published in [The Lancet](#), looked at more than 37.5 million cancer patients from 71 countries. From 2000-2014 it compared how many of them survived for 5 years after their diagnosis with one of 18 types of cancer. It found that the USA, Canada, Australia, New Zealand, Finland, Iceland, Norway, and Sweden led the way in survival for most cancers.

Average age of first stroke in England falls, figures show

The average age of people in England who have a stroke for the first time has fallen over the past decade, [new figures show](#). It dropped from 71 to 68 for men and 75 to 73 for women between 2007 and 2016, Public Health England data shows.

We must make work pay if we're to improve living standards

Low pay and precarious employment are making work a less reliable route out of poverty. [Stephen Armstrong, author of The New Poverty, looks at the situation for people struggling to get by in the UK today](#). The statistics published by the End Child Poverty coalition last week were shocking enough - more than half of all children in the UK's very poorest areas are growing up in poverty. This will damage their health, their education, their future job prospects and their lifespan. Where children have a greater chance of growing up in poverty than being in a family above the breadline, the system is stacked against them. In sheer numbers terms, the chances of escaping their situation are decreasing every year.

Prescribed medicines that may cause dependence or withdrawal

The Parliamentary Under Secretary of State for Public Health and Primary Care has commissioned Public Health England (PHE) to [review the evidence for dependence on, and withdrawal from, prescribed medicines](#). Withdrawal is more accurately defined as discontinuation syndrome in relation to anti-depressants. PHE will carry out a public-health focused review of commonly prescribed medicines, authorised for adults who have non-cancer pain, anxiety, insomnia or depression. The review is due to report in early 2019.

Celebrating Britain's 100 Favourite walks

Every month around 9 million people lace up their boots and head out to explore, roaming far and wide across the British countryside. To celebrate this much-loved national pastime the Ordnance Survey, Ramblers Association and National Trust teamed up with ITV to discover the country's favourite walking trails - as voted for by you. In a two-and-a-half-hour TV special, Julia Bradbury and Ore Oduba guided us through a countdown of Britain's 100 Favourite Walks, showcasing the finest rambles, scrambles and ambles across the countryside and through cities. Also of interest were the cameos of people walking the routes and their reasons for doing so.

Ordnance Survey full list <https://www.ordnancesurvey.co.uk/getoutside/itvs-britains-100-favourite-walks/>

Meeting the health and wellbeing needs of young carers (Local Government Association)

Councils are under a legal duty to identify young carers and carry out assessments that consider the impact on the child and whole family. Identifying and keeping young carers engaged and involved so that the impact of their caring responsibilities can be minimised is no easy task.

Meeting these challenges requires concerted effort on many different levels. [The case studies in this report show](#), even in difficult circumstances, there is good work already being done that we can learn from.

Sport protects mental health of children who experience trauma

Taking part in sport protects children who are abused or neglected from developing mental health problems in later life, [according to a major public health study](#). People who had adverse childhood experiences (ACEs) but regularly played sports as children were less likely to have a mental illness as an adult, the study found. People who had traumatic childhoods were also more likely to be mentally healthy if they took part in sport as adults. The study from Public Health Wales (PHW) and Bangor University looked at what could help people with troubled upbringings.

Two thirds of UK adults have 'nobody to talk to' about problems

Two thirds of UK adults feel they have nobody to talk to about their problems, [a survey has found](#). Of the 2,500 people questioned, 66% said they had no one to speak to about mental health, relationships or money. Difficulty finding the right time or place to talk was given as reasons behind the trend, the survey by mental health campaign Time to Change said. The campaign's director Sue Baker OBE said hard work was needed by everyone to break down "barriers to talking". More than a third (36%) of those questioned said they could never find the right time to raise their problems, while 28% said they had not spoken to anybody as they could not find anywhere appropriate to raise their concerns. Just over 22% said they had waited for a year for the "perfect" moment to discuss their issues. [The survey by the Time to Change project](#) has been released to coincide with Time to Talk Day, which is backed by charities Mind and Rethink Mental Illness. Time to Change Campaign

Alcohol: applying All Our Health

[Evidence and guidance](#) to help healthcare professionals reduce alcohol-related harm.

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:

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Thanks

John