

Research, evidence, and reports collated for you

Health Profile for England

The [2021 edition of the Health Profile for England](#) provides an overview of the health of people in England and updates indicators presented in previous reports. It also contains a summary of the wider impact of the Covid-19 pandemic on many aspects of health and health inequalities. In addition, the report makes comparisons with health in a selection of other countries (US, Canada, Japan, France, Italy, Germany, Spain, and Poland) where possible.

Addressing urban health inequalities: eight design principles for working with people to reduce air pollution

This [Design Council report](#) brings together insights gathered by Design Council from a diverse group of experts across the world – including those working in air quality science, urban planning, product design, community engagement and urban mobility. Drawing on their findings, the publication includes key recommendations for local authorities, businesses, communities, and others designing or running air quality projects in urban areas.

Covid-19 response: autumn and winter plan

The [government has published the Covid-19 response: autumn and winter plan](#), setting out plans for autumn and winter 2021/22 in England. It includes the government's Plan A – a comprehensive approach designed to steer the country through autumn and winter 2021/22. It also outlines a Plan B, which would only be enacted if the data suggests further measures are necessary to protect the NHS.

Education, schooling, and health summary

This [Department of Health and Social Care paper](#) aims to summarise the existing evidence of the health and wellbeing benefits of school-age education, including the wider impacts on mental and physical health and wellbeing of being in school and the observed impacts of the loss of education in the past 18 months.

Keep on moving: understanding physical activity among 50–70-year-olds

Physical inactivity is one of the leading risk factors for poor health and disability in later life, and yet nearly a quarter of people aged 50 to 70 do less than 30 minutes of physical activity a week. This [Centre for Ageing Better report](#) examines the motivators and barriers to physical activity for those in mid to later life. It emphasises that national and local government must prioritise physical activity as part of the pandemic recovery.

Third quarterly report on progress to address Covid-19 health inequalities

This is the [third quarterly report from Equality Hub](#) on progress to address disparities in the risks and outcomes of Covid-19 for ethnic minority groups. It summarises how work across government, and with national and local partners, has led to increases in both positive vaccine sentiment and vaccine uptake across all ethnic groups over the past quarter. The report also includes further analysis of how the impacts of Covid-19 changed for ethnic minority groups between the first and second waves of the pandemic.

Dismissed for too long: recommendations to improve migraine care in the UK

This [Migraine Trust report](#) found a wide range of issues with migraine health care, including slow or no diagnosis and lack of access to specialist care. It sets out the action needed from the government, health care systems and other organisations to give everyone living with migraine in the UK the support they need.

Global status report on the public health response to dementia

This [World Health Organization report](#) finds that only a quarter of countries worldwide have a national policy, strategy or plan for supporting people with dementia and their families. Half of these countries are in WHO's European Region, with the remainder split between the other Regions. Yet even in Europe, many plans are expiring or have already expired, indicating a need for renewed commitment from governments. At the same time, the number of people living with dementia is growing according to the report: WHO estimates that more than 55 million people (8.1 per cent of women and 5.4 per cent of men over 65 years) are living with dementia. This number is estimated to rise to 78 million by 2030 and to 139 million by 2050.

A vision of social care: the economic and wider value of adult social care

This [All-Party Parliamentary Group for Adult Social Care report](#) identifies a number of key areas around which the reform of social care will achieve a sustainable and meaningful impact for people who access care and support. It sets out the scale and breadth of the social care system and provides a number of case studies to further illustrate the impact it makes on economic and community wellbeing in areas across the country. It finds that investment in social care leads to tangible benefits in the spending power of local communities, supporting direct and associated employment and prosperity at the same time.

Drawing light from the pandemic: a new strategy for health and sustainable development

Over the past year, members of the Pan-European Commission on Health and Sustainable Development have reflected on what worked and, more often, what did not work in the Covid-19 response and in previous crises. This [World Health Organization report](#) makes a series of recommendations with the aim of achieving seven key objectives to prevent a catastrophe on the same scale from happening again.

The cost of eating disorders in the UK 2019 and 2020

This [Hearts Minds and Genes Coalition for Eating Disorders report](#) highlights the cost of eating disorders in the UK, in terms of financial costs to the NHS, the financial, social and emotional impact on individuals, families and wider society, and in terms of the ongoing loss of lives to illnesses that can be treated but that are currently subject to severe underfunding and lack of services. The report estimates the costs of eating disorders, highlights where a lack of data is adding to the problems in current eating disorder services and the impact of these gaps and sets out a series of recommendations.

Secondary use of health data in Europe

This [Open Data Institute report](#) (and accompanying interactive tool) compares the policy readiness of countries across Europe for the secondary use of health data, and identifies good practice across the region. The pandemic has shown us the value of bringing together population health data from multiple sources. But efforts to share health data across European countries is currently very fragmented. Secondary use of health data can play a crucial role in improving health systems.

Sexually transmitted infections: promoting the sexual health and wellbeing of gay, bisexual, and other men who have sex with men

[This resource](#) aims to provide information to support commissioners, providers, and voluntary and community sector organisations in developing interventions for improved sexual health and wellbeing among gay, bisexual, and other men who have sex with men.

Sexually transmitted infections: promoting the sexual health and wellbeing of people from a Black Caribbean background

[This resource](#) aims to provide information to support commissioners, providers, and third-sector organisations in developing interventions for improved sexual health and wellbeing in people from a Black Caribbean background.

Fetal alcohol spectrum disorder: health needs assessment

A [health needs assessment](#) for people living with fetal alcohol spectrum disorder (FASD), their carers and families, and those at risk of alcohol-exposed pregnancies.

Working collaboratively in an ICS: freeing up opportunities in community pharmacy

This [NHS Confederation report](#) explores the opportunities for greater collaborative working between community pharmacy, primary care networks and federations within integrated care systems (ICSs).

Leaving no place behind in the race to net zero

The Centre for Progressive Policy (CPP) has [published a paper](#) which finds that 9 million people across Great Britain are vulnerable to economic harm through a bad transition to net zero.

Community pharmacy: no longer the silent 'P' in PCNs

This [NHS Confederation briefing](#) sets out practical steps to ensure community pharmacy is effectively engaged to best support improved outcomes for primary care networks' populations.

Health and social care funding projections 2021

This [Health Foundation report](#) presents the REAL Centre's projections of future health and social care funding requirements, both for the next three years and longer-term funding to 2030/31. The projections are based on two scenarios: stabilisation and recovery. The scenarios differ according to different levels of government policy ambition and different trajectories for the level of impact of Covid-19.

Gambling-related harms evidence review

This [evidence review](#) aims to improve the understanding of the prevalence, determinants and harms associated with gambling, and the social and economic burden of gambling-related harms. The review consists of six technical reports and a summary document that provides an overview of each report's main findings.

The state of the adult social care sector and workforce in England 2021

This [Skills for Care annual report](#) – based on data provided by sector employers to the Adult Social Care Workforce Data Set (ASC-WDS) – reveals that on average, 6.8 per cent of roles in adult social care were vacant in 2020/21, which is equivalent to 105,000 vacancies being advertised on an average day. The vacancy rate in adult social care has been persistently high at above 6 per cent for the previous six years. The turnover rates across the sector remain high, at 28.5 per cent in 2020/21. This figure had decreased during the pandemic, but since March 2021 many employers report that retention is now more difficult than before the pandemic. The rate was higher for registered nurses at 38.2 per cent, much higher than for their counterparts in the NHS (8.8 per cent).

Making better use of voluntary sector data and intelligence in health service planning

This [NAVCA report](#) sets out the findings of research conducted by the VCSE Health and Wellbeing Alliance, commissioned by NHS England and NHS Improvement, Public Health England and the Department for Health and Social Care.

Why greater investment in the public health grant should be a priority

This [Health Foundation analysis](#) reveals that the public health grant has been cut by 24 per cent in real terms per capita since 2015/16 (equivalent to a reduction of £1 billion). The cut is falling more heavily on those living in the most deprived areas of England who have seen greater reductions in funding even though they tend to have poorer health. The study estimates that restoring the public health grant to its historical real-terms per capita value – and accounting for both cost pressures and demand levels – would require an additional £1.4 billion a year in 2021/22 price terms by 2024/25.

The value of adult social care in England

This [report estimates that adult social care in England had a minimum total economic value in 2020/21 of £50.3 billion](#), made up of £25.6 billion of gross value added (GVA) and a further £12.6 billion of indirect and £12.1 billion of induced effects. The report analyses the wider societal value and monetises some of these benefits, including improved wellbeing of carers and employment opportunities for carers, which is calculated up to £1.3 billion and around £5.6 billion for working age adults. The report also argues that the best way to make adult social care sustainable in the long term is to move away from payment for adult social care processes to payment based on better outcomes for people who draw on care and support services.

A healthy future: tackling climate change mitigation and human health together

This [Academy of Medical Sciences report](#) claims that measures to tackle climate change could significantly benefit human health in the next few years, as well as in the long term. It brings together 11 leading experts to review evidence from a range of sources around the health impacts of initiatives to tackle climate change. It concludes that if health is made central to the climate agenda, then actions taken to reach UK net-zero greenhouse gas emissions by 2050 will have near-term benefits for human health in the UK, as well as helping to reduce the risks to health from global climate change.

Tackling health inequalities must be a fundamental priority for the NHS

This [NHS Providers briefing](#) highlights the leading role trusts can play in creating lasting change in how inequalities in care are understood and dealt with across the NHS.

A public health model for mentally healthier integrated care systems

This [briefing outlines how integrated care systems can adopt a public health model](#) to use their budgets, powers and influence to support better mental health outcomes for all, focusing on reducing poverty and inequality whilst improving the environment.

Our plan for improving access for patients and supporting general practice

The NHS is gearing up to face a challenging winter, with access to general practice an essential part of winter plans. This [NHS England document](#) outlines a package of assistance developed with government and partner organisations to ensure that general practice has the support, technology and time to deliver the right care for patients in the right way and at the right time.

The Comprehensive Spending Review – what more for health and care spending?

The Comprehensive Spending Review details the government's plans for public spending over the coming years. It will clarify which areas of the health and care budget have not yet been addressed by recent funding announcements around the NHS and for social care reform. [The Kings Fund set out](#) the challenges and consider the steps the government should take to address them.

State of caring 2021: a snapshot of unpaid care in the UK

[This research from Carers UK](#) reveals that more than one in five unpaid carers (21 per cent) are worried they may not cope financially over the next 12 months. This is in addition to concerns about practical support, where just 13 per cent of carers are confident, they will get the practical support they need in the next year. The situation has worsened during the pandemic, with a quarter of carers (25 per cent) spending more on equipment or products for the person they care for. The financial strain is also damaging carers' mental health, with more than half (52 per cent) reporting they feel anxious or stressed about their finances.

Addressing the National Syndemic: Placed-based Problems and Solutions to UK Health Inequality

[New collaborative report](#) from UCL IHE and Public Policy Projects, in partnership with Novartis and Cerner. A syndemic describes "two or more diseases" that synergise to make each other worse and include societal as well as biological drivers of poor health. Discrimination and disadvantage existed long before the coronavirus, yet the pandemic has clearly exposed how both result in poor health and drive health inequalities.

Coronavirus: lessons learned to date

The [House of Commons Science and Technology Committee and Health and Social Care Committee have published their report](#) examining the initial UK response to the Covid pandemic. The inquiry concludes that some initiatives were examples of global best practice, but others represented mistakes. Both must be reflected on to ensure that lessons are applied to better inform future responses to emergencies.

Best foot forward: exploring the barriers and enablers to active travel among 50–70-year-olds

This [Centre for Ageing Better report](#) finds that too many people in their 50s and 60s will remain physically inactive unless we redesign our neighbourhoods to encourage walking and cycling. The report, which looked at the barriers people in this age group face to walking and cycling, says that action is needed from national and local government, service providers and health systems to get people moving.

Coronavirus across the UK: the story so far

While every health service across the United Kingdom has faced unprecedented pressures over the past year and a half, UK-wide reporting has masked any differences in peaks and troughs across the four countries. A [new explainer from Sarah Scobie at Nuffield Trust](#) takes a closer look at the pandemic across the UK, including where some of those differences have been between each country.

Overlooked: why we should be doing more to support families and friends affected by someone else's drinking, drug use or gambling

[This report examines Adfam's latest research](#) with YouGov on the prevalence of people currently negatively affected by the drinking, drug use or gambling of a family member or friend in 2021, and the different challenges and impacts these families currently face. The report's findings highlight the need for more recognition of the impacts on families and friends, and it includes recommendations on how to better support this overlooked group.

Changing patterns of poverty in early childhood

More than one in three children in families with a child under five are living in poverty – a barometer of social injustice in the UK today. [This Nuffield Trust review](#), the third in the series, sets out to explore the changing patterns of poverty, in particular for young children under five, over the last two decades.

Injustice? Towards a better understanding of health care access challenges for prisoners

Many prisoners still struggle to access hospital services despite their significant health care needs, and early data suggests the pandemic has worsened access further. [This report from The Nuffield Trust](#) considers new evidence relating to pre-existing health conditions before prison, the use of remote consultation, different ethnic groups' use of health services and the early impact of the Covid-19 pandemic. An accompanying explainer describes how prison health care is delivered.

Test and Trace update

NHS Test and Trace has been one of the most expensive health programmes delivered in the pandemic – equal to nearly 20 per cent of the entire 2020–21 NHS England budget – [but this House of Commons Public Accounts Committee report](#) states it ‘focused on delivering programmes but outcomes have been muddled and a number of its professed aims have been overstated or not achieved’.

Exploring the impact of lockdown on older adults' mental health

Whilst the last year and a half has been stressful for us all, it's clear that it has had a disproportionate impact on the mental wellbeing of people who were already disadvantaged before the pandemic struck ([Read full article](#)).

The disease of disparity: a blueprint to make progress on health inequalities in England

This [Institute for Public Policy Research report](#) identifies six areas where policy needs to change to tackle health inequality, and makes recommendations across the NHS and the socio-economic drivers of poor health. Combined, these provide a constructive plan to tackle the ‘disease of disparity’ in England – and to achieve the health, social and economic gains possible from addressing health inequality.

Covid and beyond: confronting the unequal access to type 1 diabetes healthcare

[Juvenile Diabetes Research Foundation \(JDRF\) surveyed](#) more than 1,000 people living with type 1 diabetes, or caring for a child living with it, to reveal their experiences through the upheavals of the Covid pandemic. The findings of the report reveal the impact of the withdrawal and repurposing of many NHS diabetes services on people with type 1. The report sets out a series of recommendations, anchored in the needs of people living with type 1.

Better together: a public health model for mentally healthier integrated care systems

According to this [Centre for Mental Health briefing paper](#), England's 42 integrated care systems have an opportunity to protect and promote mental health in the communities they serve. The briefing explores how integrated care systems can address the social and environmental factors that affect people's health in their communities.

State of Care 2020/21

The [annual CQC assessment of health care and social care in England](#) looks at the trends, highlights examples of good and outstanding care, and identifies factors that maintain high-quality care.

British Social Attitudes 38

The latest [British Social Attitudes survey findings from NatCen](#) focus on how Brexit and the pandemic have changed public opinion in the past year. The report looks at health and work, social and economic inequalities, and democracy and immigration.

Assessing the impact of Covid-19 on the clinically extremely vulnerable population

This [Health Foundation briefing](#) shows the scale of the challenge of ensuring that the most clinically vulnerable to Covid-19 are kept safe, and of providing high-quality health and social care during the pandemic. It also indicates that there are substantial unmet needs that should be prioritised to ensure that the mental and physical health of this group does not deteriorate further.

Cold weather plan for England

Updated Cold weather plan for England: protecting health and reducing harm from cold weather [produced by UK Health Security Agency, NHS England, and Met Office](#).

The state of the world's children 2021

This [United Nations Children's Fund \(UNICEF\) report](#) finds that children and young people could feel the impact of Covid-19 on their mental health and wellbeing for many years to come. The report examines child, adolescent, and caregiver mental health. It focuses on risks and protective factors at critical moments in the life course and delves into the social determinants that shape mental health and wellbeing.

Adult social care: coronavirus (COVID-19) winter plan 2021 to 2022

The [government's ambitions](#) for the sector and the challenges facing adult social care this winter.

Review of the adult social care COVID-19 winter plan 2020 to 2021

The [Social Care Sector COVID-19 Support Taskforce's independent review](#) of the government's winter plan 2020 to 2021 for the adult social care sector in England.

Together Through Tough Times

[Recently launched is this report Together Through Tough Times](#), a piece of research that sheds new light on the vital role of communities in supporting mental wellbeing. The research was commissioned through Minds' partnership with The Co-op, SAMH (Scottish Association for Mental Health) and Inspire to bring communities together to improve mental wellbeing and build resilience in the UK.

Supporting people with dementia and their carers

This [House of Commons Health and Social Care Committee report](#) into dementia care criticises the government plans for the health and care levy. In the committee's view, the levy provides insufficient funding for social care over the next three years and fails to spell out how the sector will benefit from the levy after that.

Have integrated care programmes reduced emergency admissions?

Understanding evidence from earlier integrated health and social care policy initiatives can provide important lessons to inform the development of integrated care systems (ICSs) in this latest round of NHS reform – including expectations for what they can deliver, and by when. The Improvement Analytics Unit examined four of its own long-term evaluations of the impact of the recent vanguard programmes on emergency hospital use, looking at impacts over 4.5–6 years. This [Health Foundation long read](#) summarises the key findings from these evaluations and the implications for newly established ICSs.

Going green: what do the public think about the NHS and climate change?

With the NHS aiming to become the world's first 'net zero' emissions health care system, understanding the views of the public will support the development and implementation of policies to successfully transition to net zero. This [Health Foundation long read](#) explores public perceptions of climate change, health and the NHS. It highlights key findings from a nationally representative survey of 1,858 UK adults, conducted by Ipsos MORI in July 2021.

Cancer quality of life survey summary report: first data release (October 2021)

The [national Cancer Quality of Life survey in England](#) was launched in September 2020 in response to the NHS Long Term Plan commitment to introduce an innovative quality of life (QoL) metric to track and respond to the long-term impact of cancer. This report includes the results of the initial phase of rollout, focused on those with a diagnosis of breast, prostate or colorectal cancer. The results of the survey reinforce the importance of existing interventions that provide support to people living with and beyond cancer, including the implementation of personalised care interventions and personalised stratified follow-up pathways.

Cancer: summary of statistics (England)

[House of Commons Library Research Briefing](#) with data and charts on cancer diagnosis, deaths, survival, and NHS treatments in England.

(See also <https://www.wirralintelligenceservice.org/jsna/cancer/>)

Adverse pregnancy outcomes attributable to socioeconomic and ethnic inequalities in England: a national cohort study (November 2021)

This [Lancet research](#) quantifies the magnitude of socioeconomic and ethnic inequalities for adverse pregnancy outcomes at the population level in England. Using data from the National Maternity and Perinatal Audit. Results indicate that socioeconomic and ethnic inequalities were responsible for a substantial proportion of stillbirths, preterm births, and births with FGR in England. The largest inequalities were seen in Black and South Asian women in the most socioeconomically deprived quintile.

What science has shown can help young people with anxiety and depression (October 2021)

[This report summarises Wellcome Foundation's](#) learning about the evidence for 'active ingredients' of effective interventions for youth anxiety and depression – these are the aspects of interventions that make a difference in preventing or managing anxiety and depression.

The Role of Social Prescribing Link Workers in reducing Health Inequalities (October 2021)

This [National Association of Link Workers report](#) summarises the international evidence on the nature, quality and quantity of evidence on conversion therapy to change sexual orientation, and to change gender identity. This is to help inform the development of options for ending conversion therapy.

Tackling loneliness case studies

The LGA has published a [series of nine case studies](#) demonstrating exciting and innovative work by councils to tackle loneliness. They show a range of approaches and have contact details should you wish to find out more.

The effectiveness of face coverings to reduce transmission of COVID-19 in community settings

The [purpose of this review](#) was to identify and examine evidence on the effectiveness of face coverings to reduce transmission of COVID-19 in the community.

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Thanks, John.