Wirral Intelligence Service Bulletin – Additional Content – May 2019

More information…

In brief

- High blood pressure quality improvement in Cheshire & Merseyside
- Obesity and depression 'hand-in-hand' in children
- The state of ageing in 2019
- Term-time holiday fines double
- World Happiness Report 2019
- Young carers losing out on childhood
- More than 600 people quit work to look after older and disabled relatives every day
- New approach to tackle Ebola and other deadly infections
- Inactive lifestyles and poor health linked to as many as 70,000 deaths in the UK
- Public health 'improving under councils despite cuts'
- NHS hospitals told to provide free tampons in victory for period poverty campaigners
- Transgender patients are missing out on cancer screening, warns health minister
- Is technology the solution to our loneliness epidemic?
- Gamers suggest ways to combat addiction
- Is it time for 'smear test' to be rebranded?
- Almost 9 out of 10 child hospital tooth extractions due to decay
- Life expectancy falls by six months in biggest drop in UK forecast
- High blood pressure drugs to be offered to thousands more
- World's first mobile app to measure outdoor workers exposure to air pollution launched in London
- Schools should have 'no idling zones', Public Health England chief says
- NHS data shows rise in homeless patients returning to streets
- Junk food giants must stop marketing to children – or see their ads banned entirely, says health chief
- Baby boomers 'less aware' of cancer's link to diet than young adults
- An introduction to Primary Care Networks
- What will the proposed A&E waiting time targets mean for patients?
- The NHS, local authorities and the long-term plan: in it together?
- Personal and economic well-being: what matters most to our life satisfaction?
- NHS and care homes tackle over-medication

Statistics on Obesity, Physical Activity and Diet, England, 2019

NHS Digital Information on obesity, physical activity and diet drawn together from a variety of sources for England. Includes a data visualisation tool which allows users to select obesity related hospital admissions data for any Local Authority.

Improving the public's health: local government delivers

This report states that since taking over responsibility for public health in 2013, councils have maintained or improved 80 per cent of the public health outcomes in England. At the same time, councils nationally have had their funding cut by 49 per cent in real terms between 2010/11 and 2017/18.

Evaluating preventative investments in public health in England CIPFA

[In this report, Public Health England and Chartered Institute for Public Finance and Accountancy argue](#) that a culture change in the way local organisations evaluate long-term investment in prevention is key to making the most of the proposed shift to Integrated Care Systems by 2021. The overall ambition is to change the way that prevention is considered – it should be viewed and treated as an investment, and properly reported as such. Moving forward, PHE and CIPFA are interested in supporting and challenging finance professionals to pick up these ideas and integrate them into everyday practice.

Strengthening the frontline: Investing in primary care for effective suicide prevention

[This Centre for Mental Health and Samaritans report](#) explores the role of GP services in helping people who are at risk of suicide. About 6,000 people die by suicide each year in the UK. Only a third are in contact with mental health services in the year before their death, but many visit their GP in the months before their death. This research reviewed evidence about what GPs and their colleagues could do to help save lives among people with suicidal feelings.

Active Ageing

[This report, written by DEMOS in conjunction with care home provider Anchor Hanover](#), highlights the costs of physical inactivity in older people to the NHS and estimates that by 2030, this could be as much as £1.3 billion. It also outlines the human cost of inactivity in later life, illustrating how inactivity not only contributes to poorer physical health, but also to cognitive decline, reduced emotional wellbeing and loneliness. These findings highlight the scale of the UK's inactivity problem. Read the report [here](#).

Personal and economic well-being: what matters most to our life satisfaction?

Insights into socio-demographic and economic factors that matter to life satisfaction, such as an individual's characteristics or circumstances as well as household income and spending.

[Main findings](#)

- Self-reported health, marital status and economic activity have the strongest associations with how positively we rate our life satisfaction.
- Comparing this with previous findings, marital status appears to matter more for people's life satisfaction in October 2017 to September 2018 than it did six years before, while economic activity contributed less.
- Age is the personal characteristic most strongly related to life satisfaction, with younger people reporting higher life satisfaction; this falls in middle age and rises again in later years.
- People who own their home outright or with a mortgage rate their life satisfaction more highly than those living in both private and social rented housing.
- In terms of household economic circumstances, higher household spending is more strongly related to how we rate our life satisfaction than higher household income, though both matter less than personal circumstances.
- How we spend our money also matters; comparing people with the same level of spending, those able to spend a higher share on experiences, such as hotels and restaurants, are more likely to be very satisfied with life than those spending more on food, insurance and mobile phone subscriptions.

ONS have also updated the well-being [dashboard](#) and the assessment of change

Raising the equality flag: health inequalities among older LGBT people in the UK

This report highlights new findings from a recent project conducted by researchers at University College London, Cardiff University, and the International Longevity Centre UK, funded by the Wellcome Trust, to explore the discrepancies in health outcomes experienced by older LGBT people. The research reveals that a lifetime of prejudice and stigma is leading to worse physical and mental health, poorer access to health and social care, as well as greater levels of social isolation and loneliness among older LGBT people.

Older men at the margins: guidance for practitioners and services providing groups for older men

Older Men at the Margins was a two-year study to understand how men aged 65 and over from different social backgrounds and circumstances experienced loneliness and social isolation. It also explored the formal and informal ways they sought to stay connected with others and feel less lonely. This guidance sets out the learning from our research and highlights factors to be considered to meet the diverse needs of older men through group programmes and interventions.

Fixing the care crisis

This Centre for Policy Studies report argues that the current system is financially and politically unsustainable, opaque, unfair, and actively discourages local councils from investing in social care and housing for older people. It argues that the care system should adopt the model of the state pension – with the government providing enough support for a decent standard of care via a new Universal Care Entitlement, while encouraging and incentivising people to top up this provision from their savings or housing wealth via a Care Supplement.

Strengthening the frontline: investing in primary care for effective suicide prevention

This Centre for Mental Health report, produced with the Samaritans, explores the role of GP services in helping people who are at risk of suicide. It identifies five areas for improvement to help GPs to offer life-saving support: the provision of effective, ongoing training for GPs; investment in the capacity of primary care services to enable longer appointments and continuity of care for patients needing ongoing support; emotional support for GPs themselves; more effective care pathways for people who feel suicidal to clinical and social support; and opportunities to refer patients who need more specialist support.

End of life care for adults: service delivery: National Institute for Health and Care Excellence

This draft National Institute for Health and Care Excellence guideline, open for consultation, covers organising and delivering end of life care services for adults approaching the end of their life. It aims to ensure that people have access to end of life services in all care settings, according to their needs and wishes. It also includes advice on services for carers and other people important to adults who are approaching the end of their life. The consultation closes on 7 June 2019.

Opt-out organ donation: organs and tissues excluded from the new system

From 2020, everyone in England over the age of 18 will be considered to be in favour of donating their organs and tissue after death unless they: have said they do not want to donate (opted out); have appointed someone to decide for them after death; or are in an excluded group. In the Department of Health and Social Care consultation, the government proposes that transplants of certain organs and tissues will still need consent and is asking people for their views on which organs and tissues should be excluded from the new opt-out organ donation system. The consultation closes on 22 July 2019.

Did government spending cuts to social care for older people lead to an increase in emergency hospital admissions? An ecological study, England 2005–2016

[Did government spending cuts to social care for older people lead to an increase in emergency hospital admissions? An ecological study, England 2005–2016](#). This study by The Strategy Unit investigates the assertion that cuts to council social care budgets are often cited as a cause of pressure on NHS urgent and emergency care services. Much of the evidence supporting this link, however, is anecdotal. This paper sets out to try to quantify the effect of cuts to social care on older people's use of emergency health care services.

Troubled Families: early help service transformation maturity model (Ministry of Housing, Communities & Local Government)

[This guide is for local authorities delivering the Troubled Families Programme](#). It provides practical advice on service transformation. Updated with the data maturity model, which aims to enable strategic leaders across local authorities and their partnership to understand families' needs and for the early help services to use data for decision making and prioritisation across the service and across the wider Authority.

Hepatitis C in England and the UK

Latest PHE hepatitis C virus (HCV) [reports and supporting documents](#), for England and the UK.

Health and well-being at work: Examines trends in absence and health and well-being in UK workplaces

This is [the nineteenth annual Chartered Institute of Personnel and Development (CIPD) survey](#) exploring trends and practices in health, wellbeing and absence management in UK workplaces. Overall, the findings reflect employers' growing recognition of their critical role in improving the health of the workforce. But the survey highlights some cause for concern, including an increase in stress-related absence and a lack of support for managers, who are increasingly expected to take responsibility for their team's wellbeing. The CIPD is calling on employers to invest in more training and development for managers and have published some top tips to support managers to minimise stress in their teams.

Prevalence of mental health problems in schools: poverty and other risk factors among 28,000 adolescents in England

Current mental health provision for children is based on estimates of one in ten children experiencing mental health problems. [This study analyses a large-scale community-based dataset of 28,160 adolescents](#) to explore school-based prevalence of mental health problems and characteristics that predict increased odds of experiencing them. Findings indicate the scale of mental health problems in England is much higher than previous estimates, with two in five young people scoring above thresholds for emotional problems, conduct problems or hyperactivity. Gender, deprivation, child in need status, ethnicity and age were all associated with increased odds of experiencing mental health difficulties.

Averting the antimicrobial resistance crisis: what are the avenues for policy action for countries in Europe?

This [policy briefing](#) summarises some of the key policy avenues for tackling antimicrobial resistance (AMR). Following the widely accepted 'One Health' approach to combating AMR, the brief aims to support the implementation of national action plans on AMR, drawing on numerous examples of effective policies implemented by European Union member states and involving the human, animal and environmental health sectors.

Paying the price: new evidence on the link between price promotions, purchasing of less healthy food and drink, and overweight and obesity in Great Britain

The Cancer Research UK study, which looked at the habits of more than 16,000 British households, found that people whose shopping baskets contained around 40-80 per cent of goods on special offer have more than a 50 per cent increased chance of being obese.

Tackling inequalities faced by Gypsy, Roma and Traveller communities

This report says there has been a persistent failure by national and local policy makers to tackle long standing inequalities facing Gypsy, Roma and Traveller communities in any sustained way. It finds that Gypsy, Roma and Traveller people have the worst outcomes of any ethnic group across a huge range of areas, including education, health, employment, criminal justice and hate crime. The report of this two year inquiry makes 49 recommendations for change.

Prevention before cure: prioritising population health

This policy paper contains a suggested framework for a cross-government approach to prioritising population health. The framework outlines four areas that should be considered: addressing the social determinants that influence health; increased and sustained funding for public health; prioritising prevention through the health service; and effective regulation to tackle key drivers of ill-health.

Variation found in quality of care provided by independent clinics and doctors

Care Quality Commission (CQC) has published a new report sharing findings from their comprehensive inspection programme of independent doctor and clinic services providing primary medical care in England. They analysed a sample of 85 inspection reports for independent doctor and clinic services and themes from a review of inspection reports for 38 independent slimming clinics. Although many services were providing good care, a number were not meeting the necessary regulations for delivering safe and effective care.

Supporting community pharmacies to engage with primary care networks: potential actions for LPCs

This briefing provides suggested actions that local pharmaceutical committees (LPCs) can take to ensure community pharmacy is effectively engaged in the work of primary care networks, and pharmacy contractors and their teams are supported to play their part in this.

The pharmacy offer for sexual health, reproductive health and HIV: a resource for commissioners and providers

This resource discusses the capacity and capability of pharmacy teams, in both the primary and community sector, to provide consistent and high-quality sexual and reproductive health services. It aims to help commissioners and providers further embed pharmacy into key sexual health (SH), reproductive health (RH) and HIV workstreams to: improve delivery of sexual and reproductive health, and HIV services through pharmacies; increase public access to sexual and reproductive health and HIV services; help reduce inequalities within the community; improve sexual health; and reduce the burden on other health services.

Risks that Matter: main findings from the 2018 Organisation for Economic Co-operation and Development (OECD) Risks that Matter survey

This survey asked over 22,000 people aged 18 to 70 years old in 21 countries about their worries and concerns and how well they think their government helps them tackle social and economic risks. Among the findings are that many people in Organisation for Economic Co-operation and Development (OECD) countries believe public services and social benefits are inadequate and hard to reach. Nearly three out of four people say they want their government to do more to protect their social and economic security.

Better Care Service Pathways (Winter into Spring - 2018/19)

The Better Care Fund (BCF) is a programme spanning both the NHS and local government which seeks to join-up health and care services, so that people can manage their own health and wellbeing and live independently in their communities for as long as possible. The BCF has been created to improve the lives of some of the most vulnerable people in our society, placing them at the centre of their care and support and providing them integrated health and social care services, this will result in an improved experience and better quality of life. Although there are many BCF services available to people in Wirral, there are no clear, simple pathways directing users to the referral mechanism or the criteria for access.

Healthwatch Wirral is working with Wirral Clinical Commissioning Group (CCG) to promote BCF services to ensure patients can access care and support earlier and closer to home. This project has been developed to help design, promote and improve the access to services in partnership with the service providers and the contract teams. Pathways available include Falls, Tele-triage, Red Bag and Dementia (in development). For more details contact Healthwatch on 0151 230 8957.

NHS screening programmes in England

This report focuses on some of the highlights of the NHS population screening programmes that help deliver important public health improvements in England.

Keeping kids safe: improving safeguarding responses to gang violence and criminal exploitation

This report estimates there are 27,000 children in England who identify as a gang member, only a fraction of whom are known to children's services. The report recommends that the government needs to make child criminal exploitation a national priority and lay out clear expectations about the role of all organisations working with children – including the police, schools, children's services and NHS bodies. There also needs to be more support from the NHS, including better mental health support for children at risk of gang membership and exclusion.

Monitoring and restricting digital marketing of unhealthy products to children and adolescents

This report calls for greater monitoring of the digital marketing of alcohol, tobacco and unhealthy food products, especially those high in salt, sugar and fat.

Using digital technology to design and deliver better mental health services: perspectives from Australia and the USA (work commissioned by NHS Confederation)

Across the world, people experiencing mental health problems face challenges accessing care and support. The purpose of this project is to explore what we in the UK might learn from colleagues in the USA and Australia engaged in work relating to making better use of digital technology in the mental health sector.

#NewFilters to manage the impact of social media on young people's mental health and wellbeing

This report examines the impact of social media on the mental health and wellbeing of young people. It explores the positive and negative health impacts of social media, as well as putting forward recommendations to protect young social media users from potential health harms.

An introduction to Primary Care Networks

This briefing aims to provide an explanation for community pharmacy teams of what Primary Care Networks (PCNs) are and their role in the NHS. It can be used by Local Pharmaceutical Committees as an introductory briefing on PCNs for contractors, as part of local work to engage contractors and their team in the work of networks.

National LGBT survey 2017: healthcare amongst lesbian and bisexual women - research report

This report presents key findings on health care among different groups of lesbian and bisexual women who responded to the survey, looking in detail at disclosing sexual orientation to health care providers, accessing and using mental health services, sexual health services and gender identity services. The analysis uses multivariate models to control for socio-demographic characteristics such as age, education level, income and region.

Learning from deaths: a review of the first year of NHS trusts implementing the national guidance

Since September 2017, the Care Quality Commission (CQC) has been assessing NHS trusts' implementation of national guidance on learning from deaths as part of CQC's inspections assessing the quality of leadership in organisations. This report provides a very first look at observations from CQC inspection teams, as well as an indication of the types of enablers and barriers that trusts have faced in implementing the guidance and is not necessarily representative of all trusts' experiences.

Home to the unknown: Getting hospital discharge right

Home to the unknown: Getting hospital discharge right: In this report, the British Red Cross detail research on patients' experience of discharge from hospital and their transition from hospital to home. The report cites several examples of good practice initiatives across the country, saying that many are working in successful partnerships with the voluntary and community sector, but argue for more consistency.

Health visiting: giving children the best start in life

The health visiting service plays a crucial role in giving children the best start in life, and this collection of case studies shows how councils have embraced the opportunity to make a difference in this key development stage.

No room at the inn: how easy is it for nomadic Gypsies and Travellers to access primary care?

This report describes the findings of a mystery shopping exercise in which the charity contacted 50 GP practices posing as a patient wishing to register who didn't have a fixed address or proof of identity. It found that almost half of practices would not register them. Despite this, every GP practice was rated 'good' or 'outstanding' by the Care Quality Commission for their work with 'people whose circumstances may make them vulnerable'.

NHS waiting times for elective and cancer treatment

This review presents data on the NHS's performance against current waiting times standards for elective and cancer care in England, and some of the factors associated with that performance. It draws together existing evidence and analysis by the Department of Health and Social Care, NHS England, NHS Improvement and other stakeholders. The report discusses: changes in waiting times performance, and variations in that performance; the impact of waiting times performance on patients; the factors that influence waiting times performance; and NHS England's and NHS Improvement's approach to managing and improving waiting times performance.

Transforming children's services

[This report looks at the current pressures on children's social care](#) and what the Department for Education has been doing to make the quality or finances of these services sustainable. The report concludes that the Department for Education has not done enough and requires: a step-change in the understanding of pressures; the reduction of unnecessary variation between areas in their social care activities and the costs of providing them; and greater pace in its work with struggling local authorities.

Childhood circumstances and young adult outcomes: the role of mothers' financial problems

[This paper considers the consequences on young adults of growing up with a mother who reported experiencing major financial problems](#). It uses UK data from the Avon Longitudinal Study of Parents and Children to show that early childhood financial problems are associated with worse adolescent cognitive and non-cognitive outcomes, controlling for both income and a set of standard variables, and in value-added models controlling for children's earlier age-5 outcomes. The estimated effect of financial problems is almost always larger in size than that of income. Around one-quarter to one-half of the effect of financial problems on the non-cognitive outcomes seems to transit through mothers' mental health.

World Happiness Report 2019

[The World Happiness Report](#) is a survey of the state of global happiness that ranks 156 countries by how happy their citizens perceive themselves to be. This year's report focuses on happiness and the community - how happiness has evolved over the past dozen years, with a focus on the technologies, social norms, conflicts and government policies that have driven those changes. Finland was ranked highest for the second year in a row, while South Sudan ranked lowest. The UK was placed fifteenth.

A menu of interventions for productive healthy ageing: for pharmacy teams working in different settings

[This document lists interventions that can be made by pharmacy teams to help older people to lead more independent lives and improve their health](#). The document includes interventions based around preventing falls; dementia; physical inactivity; social isolation and loneliness; and malnutrition. In addition to pharmacy teams, the guidance can be consulted by pharmaceutical and medical committees, local authorities, clinical commissioning groups and local NHS England teams.

Quality in public health: a shared responsibility

[This document](#) outlines a framework that aims to raise quality in public health services and functions. It is the first such framework for public health and has been developed by the Public Health System Group with support from important partners across the public health system including from local government and the NHS.

Home to the unknown: getting hospital discharge right

[This research explored patients' unplanned stays in hospital and what it was like for them after they had returned home](#). More specifically, the research sought to reveal patients' experiences of being discharged from hospital; hospital systems and health care professionals' experiences and perceptions of the discharge process; and what it was like for people returning home from hospital feeling more or less prepared. As a result, it aimed to explore the impact of discharge on recovery and wellbeing and to identify opportunities to improve systems, communication and support.

Pregnancy and early life: reducing stillbirth and infant death

A planning tool to examine factors that influence stillbirth and infant death at the population level, rather than in individual clinical care.

National evaluation of the Troubled Families Programme 2015 to 2020: findings (Ministry of Housing, Communities & Local Government)

The Troubled Families Programme 2015-20 aims to: improve outcomes for families; transform local services; provide savings for the taxpayer. The national evaluation of the programme looks at how well the programme is achieving those aims. This is the fourth evaluation update and it brings together findings from the latest analysis of national and local datasets, a cost benefit analysis, case study research, staff survey research and follow up family survey.

Knife crime: safeguarding children and young people in education. Lessons from London (Ofsted)

New knife crime research looks at how schools, colleges, and pupil referral units (PRUs) in London protect children from knife violence in school and makes recommendations. The research found that while schools need to keep children safe, they do not have the ability to counter the complex societal problems behind the rise in knife crime. These need to be addressed by a range of partners including the police, local authorities and policy makers.

A charter for change: protecting Welsh children from the impact of poverty (Children's Commissioner for Wales)

A report outlining the practical steps Welsh Government, local authorities and schools could take to help protect the most vulnerable children and young people from the impact of poverty. It makes several recommendations to Welsh Government, including: Publishing a new Child Poverty Delivery Plan with clear, measurable steps they will take to improve the lives of children living in poverty; Making more children eligible for free school meals; Giving more children access to Holiday Hunger schemes; Making more families eligible for a grant to spend on school costs such as uniform and equipment; Making sure school uniform policies across Wales are affordable, flexible, and fair. Alongside the report, are resources to help schools consider the impact of their current policies on families' finances and make plans for changes together with children in their school.

Breaking the cycle of youth violence

Councils are, in many ways, just at the beginning of this journey to curb violent crime with growing evidence that the key is a 'public health approach' – treating it as a disease that can be cured. By working together with our local partners, it can make a difference. See Report.

Improving outdoor air quality and health: review of interventions

A comprehensive overview of actions that national and local government and others can take to improve air quality and health.

Bottom up working for effective place-based leadership

Letting go of power for stronger leadership is recommended by Kate Ardern, director of public health for Wigan Council. In the first blog of two, Kate reflects on place-based working and the qualities NHS leaders need to consider as they develop the Neighbourhood, Place and System vision for ICS working described by the NHS Long Term Plan. Second blog.

Term-time holiday fines double

The [Department for Education has revealed that the number of fines issued to parents in England for taking children out of school for holidays has almost doubled in a year](). The number of penalty notices issued rose by 93%, to almost 223,000, in 2017/18. There were also 19,518 prosecutions in England for non-payment of fines, up from 13,324 the year before. Father Jon Platt, who lost a case in the Supreme Court in 2017 after challenging a fine for taking his daughter to Florida during term time, said he felt "partly responsible," as the law become "harsher and stricter" since the ruling on his case.

Living Longer: Fitting it all in – Working, caring and health in later life

By 2066, one in four people in the UK will be aged 65 and over. How does this affect the economy, services and society? [This report presents]() the initial findings of research into two barriers to working at older ages - health and caring. This article follows on from the [Living Longer-how our population is changing and why it matters]() report.

Care home performance across England

[This briefing assesses the state of care home performance across England and looks at what is being done to tackle poor performance](). The report uses publicly available inspection data from the Care Quality Commission to work out a total figure for the percentage of care homes in each local authority that are rated either 'Inadequate' or 'Requires Improvement'. The briefing also outlines how Independent Age wants to see care home quality develop and what factors are key to ensuring that care home quality does improve.

Living longer: Caring in later working life

As the UK population gets older, an increasing number of workers are providing care towards the end of their working life for family members. One in four older female workers, and one in eight older male workers, have caring responsibilities. [This article from the Office for National Statistics]() looks further at the differences between men and women who work and care, and how who is being cared for drives the number of hours a carer provides and their ability to work.

Dementia 2020 challenge progress review

During 2018, stakeholders were asked to comment on the progress of the actions set out in the [Challenge on dementia 2020 implementation plan]() and what else needed to be done to complete them. [This report summarises the responses and sets out revised actions for 2018 to 2020]().

Inequalities in mobility and access in the UK transport system

[This review]() looks at the links between unequal mobility and the inability to access jobs, education, training, health care, affordable food and leisure opportunities in the UK. The report builds on the premise that a people-centric approach to understanding transport accessibility and inclusion is the key to ensuring socially sustainable transport futures for all.

The wider public health workforce: a review

[This review identifies three broad categories of work completed by the wider public health workforce](): leading and advocating for health; influencing the wider determinants of health; and direct contact with individuals and communities. It reports on progress to date to engage and develop the wider public health workforce across a range of sectors: health care; social care; emergency services; voluntary, community and social enterprise; education; employment; criminal justice; housing; and planning.

The state of ageing in 2019

This Centre for Better Ageing report brings together public data across four areas: work and finances; housing; health; and communities. It reveals vast differences in how people experience ageing depending on factors such as where they live, how much money they have or their sex or ethnicity. Today's least well-off over 50s face far greater challenges than their wealthier peers and are more likely to die younger, become sicker earlier and fall out of work due to ill health.

Hospital tooth extractions 0 to 19-year olds 2011 to 2018 (Public Health England)

Episodes of children being admitted to hospital for tooth extractions from 2011 to 2018. The latest data from academic year 2017 to 2018 shows: 7% (59,314) of hospital episodes of 0 to 19 year olds involved dental extractions; dental extraction is the most common reason for 6 to 10 year olds to be admitted to hospital; and 65% of these extractions are recorded as being required because of decay.

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

Thanks,
John