

### Research, evidence, and reports collated for you

#### Valuing lived experience – learning report: are you ready to commit to the work of co-production?

Voices for Improvement is a National Voices project that seeks to strengthen collaboration between those with lived experience and decision-makers, in the service of improving health and social care. The project supports those with lived experience to provide coaching and mentoring to those in senior positions in health and care. The coaching allows clients to gain deeper understanding of lived experience perspectives and promotes the confidence to try new approaches to co-production in their own work. [This National Voices report](#) summarises two years of work of the project.

#### Tackling mental health disparities

Mental health inequalities mean that while it is true that anyone can experience mental ill health, the risks are much higher for certain groups who experience structural discrimination and disadvantage. [This Centre for Mental Health briefing](#) sets out 10 evidence-based actions that the government could take in the forthcoming disparities White Paper.

#### Healthy foundations: integrating housing as part of the mental health pathway

This [NHS Confederation report](#) explores the steps needed to achieve a more integrated and strategic approach between health, housing and social care. It was commissioned by the NHS Confederation's Mental Health Network, delivered and written by the Housing Associations' Accountable Trust (HACT).and supported by Home Group

#### How can local authorities reduce obesity? Insights from NIHR research

This [National Institute for Health and Care Research review](#) draws on the breadth of NIHR research relevant to obesity, conversations with staff at local councils and at national organisations, as well as feedback from a group of practitioners, researchers and members of the public. Together they identify evidence-based actions that local authorities, working with their local partners, can take to reduce obesity in their communities.

#### What people have told us about long Covid: September 2020 – March 2022

[Healthwatch looked at a sample of 122 people's experiences, shared with them between September 2020 and March 2022](#), to explore what it is like for people seeking help with symptoms of long Covid. Key findings set out in this briefing include: GPs are unsure of the symptoms of long Covid; GPs are unaware of what support is on offer or how to access it; and long Covid can affect every aspect of life, but patients are not being offered holistic support.

#### Climate and health: applying All Our Health

This [Office for Health Improvement and Disparities guide](#) is part of All Our Health, a resource that helps health and care professionals prevent ill health and promote wellbeing as part of their everyday practice. The guidance will help frontline health and care professionals use their trusted relationships with patients, families and communities to reduce the contribution of the health and care system to the climate crisis.

#### No honour in abuse: harnessing the health service to end domestic abuse

This [Centre for Social Justice report](#) looks at domestic abuse from a health perspective and states that NHS England and the Department of Health must play a greater role in tackling what has traditionally been seen as a criminal justice issue. Health professionals need to be given the training and confidence to call out domestic abuse, which has such an enormous mental and physical impact on survivors, perpetrators, and their children. The health service needs to improve its collaboration with third sector support services, which can often be better at meeting the need of victims.

## Support at the end of life: the role of hospice services across the UK

Covid-19 created huge disruption to end of life care services, with many thousands more people dying at home than previously. Hospices play a vital role supporting people and their families at the end of life, but little is known about how these services are being delivered and the issues they are grappling with. [This analysis by Nuffield Trust](#), based on a survey carried out by Hospice UK, provides a picture of a sector undergoing rapid change in the face of fast-changing circumstances.

## BMA Covid review

The British Medical Association (BMA) has undertaken a review into the UK government's handling of the pandemic and its impact on the NHS, the health of the population, and doctors. These reports ([Report 1 Protection](#) and [Report 2 Impact](#)) conclude that the UK government failed in its duty of care to protect doctors and the wider health care workforce from avoidable harm and suffering in its management of the Covid-19 pandemic.

## Putting patients first: championing good practice in combatting digital health inequalities

This [Patient Coalition for AI, Data and Digital Tech in Health report](#) focuses on digital health inequalities and the impact that digital exclusion is having on health in the UK. It highlights different reasons for disparities in a person's ability to access and use digital health technology and provides insights into the severity of the UK's digital inequalities. The report also looks at four case studies demonstrating unique ways to combat digital health inequalities and improve access, and use of digital health technology for patients.

## Smoking and social housing: supporting residents, addressing inequalities

This [Housing LIN report](#) is a collaboration between Action on Smoking and Health (ASH) and the Housing Learning and Improvement Network (LIN). It outlines the case for reducing rates of smoking in the social housing sector as part of social landlords' health and wellbeing activities and the action needed to achieve this.

## The impact of dementia on women: how women are disproportionately affected across their lives and what needs to change.

Dementia became the leading cause of death for UK women in 2011. Two in three people with dementia (65 per cent) are women, and longer life expectancy alone does not explain this disparity. Women are also more likely to care for a loved one with dementia – making up around two thirds of unpaid carers. Yet across medical research, data from women is too often missing. And in the lab, female dementia researchers are less likely to move into senior roles than men. This [Alzheimer's Research UK report](#) calls for action to tackle dementia's disproportionate impact on women and to ensure women can make a full contribution to research, both as participants and as researchers.

## The potential legacy of the pandemic on mortality

The impact of Covid-19 on mortality can be broadly split into three categories: direct impacts; indirect impacts; and wider social and economic impacts. Indirect impacts represent excess deaths due to stresses on the health system or changes in the health-seeking behaviour of individuals. These are the focus of this bulletin. At this stage of the pandemic, the mortality impacts are shifting from direct to indirect. [Analysing emerging data, as this Covid-19 Actuaries Response Group briefing seeks to do](#), can help to identify the magnitude of these impacts and the extent to which they are asymmetric across the population. If care pathways do not rapidly return to pre-pandemic levels, then the Covid-19 pandemic will affect the standard of health care, morbidity and mortality across the UK for years to come.

## WHO European regional obesity report 2022

Overweight and obesity affect almost 60 per cent of adults and nearly one in three children in the WHO European Region. Recent estimates suggest that overweight and obesity is the fourth most common risk factor for noncommunicable diseases in the Region, after high blood pressure, dietary risks and tobacco. This [World Health Organization report](#) examines the growing challenge and impact of obesity in the Region and focuses on managing obesity throughout the life course and tackling obesogenic environments. It also considers more recent challenges, including problematic digital marketing to children and the impact of the Covid-19 pandemic on obesity prevalence.

## Migrant journey: 2021 report

[This release \(formerly known as the 'Statistics on changes in migrants' visa and leave status' report\) is the twelfth in an annual series of publications](#) that explore changes in migrants' visa and leave status within the UK's immigration system. This publication provides evidence on migrants entering the UK immigration system for the main routes of entry to the UK and the common pathways through the immigration system that result in settlement.

## The first comprehensive map of young people's health inequalities in the UK

[In this blog](#), AYPH policy fellow Rachael McKeown outlines newly published data, from The Health Foundation, showing the scale and complexity of young people's health inequalities, and the need for action.

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Thanks, John