

# Even more information...

## In brief

- [Number of very old needing round-the-clock care set to double](#)
- [Helping to support and transform the lives of people affected by drug and alcohol problems](#)
- [Commissioning for transition to adult services for young people with SEND](#)
- [Bowel cancer screening to start earlier at age 50 in England](#)
- [Just how much caffeine and sugar is in some of the UK's most popular energy drinks?](#)
- [Modelling the growing need for social care in older people](#)

## Health Profile for England: the health of England today and into the future

[The first update to PHE's Health Profile for England](#) report sets out the most comprehensive picture of the health of the population, as well as future trends, and forecasting what the story might look like in years to come.

## Mental Health and Wellbeing JSNA

[The Mental Health and Wellbeing JSNA toolkit](#) comprises the profile and the Knowledge Guide for Mental Health and Wellbeing JSNAs - offering expert advice and links to policy, evidence and additional data sources (first published August 2017).

## Living Longer - How our population is changing and why it matters

[This report](#) explains the structure of the ageing population and provides evidence on what an ageing population means for the economy, services and society. We intend to follow this report with a 'Living Longer' series of articles that will take a deeper look into some of these areas.

## We all have mental health: its here!

Our new animation and teacher toolkit: [We all have mental health](#) is now available, and is being emailed to every secondary school in England. The aim is to encourage young people to have the confidence to be open about their mental health and to know how and when to ask for support.

## Walking and cycling statistics, England: 2017

[Walking and cycling statistics](#) in England for 2017, including the proportion of adults participating at a local authority level.

## State of Caring Survey 2018 results

Each year Carers UK run the [State of Caring Survey](#) to help understand the reality of what it means to care for a family member or friend. This year almost 7000 people currently caring unpaid for loved ones filled out their survey and this helped to gather valuable evidence as to a real-time picture of what it's like to be a carer in 2018. Worryingly results from the annual State of Caring survey have shown that half of unpaid carers said they expect their quality of life to get worse in the next 12 months. The research shows the immense strain carers are under and an underfunded social care system that is really taking its toll on families. Only one in ten of those caring unpaid for a relative or friend feel confident that the support they receive and rely upon will continue.

## Artificial intelligence (AI) in health Royal College of Physicians 3 September 2018

The [RCP has issued recommendations for the use of artificial intelligence \(AI\)](#) to support doctors in providing patient care. The policy statement urges industry to address real-world challenges, doctors to appraise the technology and regulators to develop guidance and evaluation methods.

## Forecasting the care needs of the older population in England over the next 20 years

### [Estimates from the Population Ageing and Care Simulation \(PACSim\) modelling study.](#)

This study models the growing need for social care in older people using PACSim, a dynamic microsimulation model. It finds that, in the next 20 years, the English population aged 65 years or over will see increases in the number of individuals who are independent but also in those with complex care needs. This increase is due to more individuals reaching 85 years or older who have higher levels of dependency, dementia, and comorbidity.

## Calorie labelling for food and drink served outside of the home

This [consultation](#) is seeking views on making places that serve food and drink outside of the home show calorie information (calorie labelling). This consultation closes at 11:59pm on 7 December 2018. The purpose of calorie labelling is to make sure that people have clear and accurate information about the calorie content of the food and drink that they and their families are eating when dining out, so that they can make informed and healthy choices for themselves and their children. Nearly 1 in 4 children in England are obese or overweight by the time they start primary school, and this rises to 1 in 3 by the time they leave primary school.

## Champs Collaborative secures second round of funding from British Heart Foundation

Champs Public Health Collaborative has been successful in its latest partnership bid to the British Heart Foundation (BHF). [Details of the new programme](#) suggest it will enable further at scale detection of high blood pressure by embedding blood pressure checks within wellbeing at work programmes.

## New research suggests more than one in five children in England carry out some care for sick and disabled family members

[New figures from BBC News and the University of Nottingham](#) reveal that the extent of caring by children is much higher than had been thought, with 22% of children, who responded to a questionnaire, admitting to being young carers. If the results reflect the country as a whole, it would mean that over 800,000 secondary school children (aged 11-16 years) in England have to care for someone at home, with nearly 260,000 regularly doing domestic work, household management and emotional care.

## A new measure of poverty for the UK: the final report of the Social Metrics Commission

The Social Metrics Commission (SMC) is an independent commission founded in 2016, which has brought together experts to develop a new approach to measuring poverty. Currently there is no agreed UK government measure of poverty and the SMC's mission is to provide a new consensus around poverty measurement that enables action, informs policy making and so improves the lives of people in poverty, in real ways. The [report](#) reveals key findings such as the total number of people living in poverty is 14.2 million with the composition of poverty moving towards a better identification of children (4.5 million).

## Young people in employment without degrees

[Second in a four-part series](#) about young people in the UK, examining employed young non-graduates, including the types of jobs they undertake and how much these jobs pay.

## Flu vaccination: What you need to know about this year's programme

With another flu season almost upon us our Medical Director Professor Paul Cosford [has answered some key questions about flu and flu vaccination](#).

## Carers action plan 2018 to 2020

The [plan sets out how the government will improve support for carers](#) in England over the next 2 years.

### **Social media, young people and mental health**

The rise of social media, and its impact upon young people's mental health, has become a hotly debated topic over the past few years. Combined with a fear about cyber bullying and an increase in young people self-harming, social media has become the latest focus of public concern for mental health. [This briefing paper offers a brief scan of the latest evidence on the impact of social media on young people's wellbeing](#), both negative and positive. It seeks to understand what constitutes 'problematic' social media use, including addiction, jealousy and 'fear of missing out', as well as looking at how social media can positively impact on wellbeing.

### **Financial sustainability of police forces in England and Wales 2018**

There are 43 territorial police forces in England and Wales. Police forces' ability to provide an efficient and effective service is the defining test of their financial sustainability. The Home Office's role in ensuring that forces are financially sustainable is complex. Local accountability gives commissioners and chief constables greater control over spending decisions, but consequently, the Home Office has less oversight over forces' financial sustainability and how the funding it has provided is used. The [report concludes that there were significant gaps in the Home Office's understanding of demand and of pressures on the service](#), and it needed to be better informed to discharge its duties of overseeing the police and distributing funding.

### **Health matters: stopping smoking - what works? (Public Health England)**

This [edition of Health Matters](#) focuses on the range of smoking quitting routes that are available and the evidence for their effectiveness.

### **Ways to support your child as they go to university (Young Minds)**

Going to university is a big change for both you and your child. Here are some tips from Young Minds' Parents Helpline of things you can do before they go, and whilst your child is at university. Young Minds has also produced a short guide, [University: A freshers' survival guide](#), which looks at how to manage money, workloads and finding a balance with everything going on.

### **Connecting communities to tackle loneliness and social isolation**

British Red Cross [research](#) found that over nine million people in the UK say they're often or always lonely; loneliness affects people of all ages; life changes, such as becoming a parent, retirement, health changes, loss of mobility, divorce or bereavement are key triggers for loneliness.

### **Dementia survey**

The Government wants to understand more about people's experiences of dementia services. [Complete the survey.](#)

### **New Frailty Framework**

The [new framework](#) sets out the skills, knowledge and behaviours healthcare staff need when providing care and support for people living with frailty.

If you have any local information, research or reports you think useful to share then get in touch...or if the bulletin has been passed onto you and you would like to subscribe please [complete this form](#)  
Thanks,  
John