

In brief

- [New call for 'calorie tax' on foods high in sugar and fat](#)
- [Closing the gap of health inequalities](#)
- ['More than 1 million' trips on cycle superhighway](#)
- [Middle-aged generation most likely to die by suicide and drug poisoning](#)
- [Children's lack of sleep 'more harmful than social media use'](#)
- [Dental surgeons urge England's schools to go sugar-free](#)
- [Fears of public health emergency as drug deaths hit record levels](#)
- [Pharmacists must be integrated into diabetes care](#)
- [NHSmail registers 11 million blocked attacks in three years](#)
- [Obesity should be recognised as a disease, medical experts say](#)
- [NHS health information available through Amazon's Alexa](#)
- [Smoking must be stamped out in the UK within 11 years, according to timeline set out in ambitious new Government plan](#)
- [Healthy lifestyle may cut risk of dementia regardless of genes](#)
- [Welfare failures and cuts fuelling extreme poverty, MPs say](#)
- [Pollution warning over car tyre and brake dust](#)
- [Government announces £135 million investment in health research](#)
- [Sugar in fruit juice may raise risk of cancer, study finds](#)
- [Child mental health unit referrals 'up nearly 50%'](#)
- [Increased screen time linked to 'greater risk of depression' among young people](#)
- [Rough sleepers denied access to healthcare, pushing them into 'repeat cycles of homelessness', study says](#)
- [Inappropriate housing for an ageing population could cost NHS '£1 billion a year by 2041'](#)
- [NHS trusts, councils and police to work together to tackle serious crime under new 'public health duty'](#)
- [Campaign encouraging month without social media returns](#)
- [Plant-based milks on the rise: A quarter of Britons are drinking them](#)
- [Changing order of menu 'tricks customers into choosing healthy options' at fast food restaurants](#)

Research, evidence and reports collated for you

Health Matters - Whole systems approach to obesity

[In the new edition of Health Matters](#) it focuses on Public Health England's [Whole systems approach to obesity guide](#), which is designed to support local action on addressing obesity and promoting a healthy weight. A local whole systems approach to obesity draws on local authorities' strengths, supports their priorities and recognises that they can create their local approaches more effectively by engaging with their community and local assets.

PHE data and analysis tools

[Data and analysis tools](#) from across Public Health England (previously known as the 'Data and knowledge gateway').

ONS Release calendar

[This webpage](#) provide you with the most recent published information from Office for National Statistics

NHS Digital Publications Calendar: July 2019-July 2020

[This webpage](#) provide you with the most recent published information from NHS Digital

National child measurement programme (NCMP): trends in child BMI

[These documents present data](#) on the trends in child body mass index from the National Child Measurement Programme (NCMP), between 2006 to 2007, and 2017 to 2018. The documents cover trends in severe obesity, obesity, overweight, excess weight and underweight prevalence. Trends are examined within different socioeconomic and ethnic groups, to assess whether existing health inequalities are widening or narrowing.

Adult Smoking Habits in the UK, 2018

[This is a report on cigarette smoking among adults](#) including the proportion of people who smoke, their demographic breakdowns, changes over time, and e-cigarettes.

Supporting the health system to reduce inequalities in screening: PHE screening inequalities strategy

[This strategy](#) is aimed at supporting local screening services, commissioners and others involved in the provision of screening to [address inequalities](#).

Multidimensional Inequality Framework

The [London School of Economics Multidimensional Inequality Framework \(MIF\)](#) provides a systematic, theoretically underpinned instrument for measuring and analysing inequalities, and for identifying causes and potential solutions. This brief introduction sets out the motivation for the MIF, the context in which the MIF was developed, and provides details of its theoretical and conceptual foundations. It is also being made available online with tailored toolkits, additional resources on drivers and candidate policies, and information on taking action.

Severe lack of age-friendly homes: Report by Royal Institute of British Architects (RIBA)

[This report from Royal Institute of British Architects \(RIBA\) and the Centre for Towns](#) challenges the current failure in England to meet the need for housing that is suitable for the older generation. From making the current housing stock more accessible through to delivering specialised housing for people with significant care needs, there is currently a failure to build enough of all forms of age-friendly housing. Among the recommendations is that local authorities and health and wellbeing boards should draw up joint urban ageing strategies to address issues of active ageing in line with World Health Organization age-friendly cities principles

Tackling loneliness

The government's Loneliness Strategy was published in October 2018. It set out a wide variety of cross-departmental measures that the government would take to provide 'national leadership' to tackle loneliness in England. [This briefing](#) explains the strategy; considers the steps taken so far by the government; looks at research into the causes and impact of loneliness and possible interventions; and briefly outlines the situation in Wales, Scotland and Northern Ireland. [The briefing is accompanied by a reading list.](#)

Chief Medical Officer annual report 2019

The focus of [this year's annual report](#) is current and future UK engagement with global health. It states that global health security is only as strong as its weakest link, and that increasing levels of non-communicable diseases globally could undermine health systems in lower- and middle-income countries

Care in places: inequalities in local authority adult social care spending power

[The International Longevity Centre UK \(ILC\) was commissioned by The Salvation Army to explore local-level inequalities in adult social care.](#) It reveals there is significantly less money to care for older people who live in rural areas across England. Adult social care is largely funded by local business rates, council tax and other local charges but areas with lower house prices, fewer businesses and lower populations cannot raise as much money as more urban areas. This has led to deep levels of funding inequality across the entire country and prevents most local authorities from providing adequate social care for older residents.

Health, care and the 100-year life

[This is the first in a series of reports](#) focusing on how the 100-year life may affect Britain's society, economy and public services. This report focuses on health, care and medicine. A child born today has a one in three chance of living to 100. Increased longevity should be celebrated. However, it will bring a range of challenges for society.

Department of Health and Social Care: assessment of NHS England (the NHS Commissioning Board) for 2017-18 and 2018-19

[This paper sets out](#) the Secretary of State for Health and Social Care's annual assessment of NHS England against its mandate and business objectives for financial years covering 2017 to 2019.

Why a "risk pool" must underpin a social care system

Several proposals have been put forward that suggest social care should be funded via individual insurance or savings products. [This briefing](#) outlines why the Nuffield Trust thinks relying on individual funding options is unlikely to provide a viable basis for the system.

Tobacco control: how do you know that your council is doing all it can to reduce smoking-related harm?

The National Institute for Health and Care Excellence estimates that every £1 invested in smoking cessation saves £10 in future health care costs. [This paper](#) argues that councils should implement a robust tobacco control strategy that embeds a health-in-all-policies approach.

Place-based approaches for reducing health inequalities: main report

[This guidance](#) aims to reinforce a common understanding of the complex causes and costs of health inequalities and provide a practical framework and tools for places to reduce health inequalities. The accompanying documents include a slide set providing a summary and examples of how to use a place-based approach to reduce health inequalities

Involving patients and the public in research

[This learning report](#) aims to build a better understanding of the role of patient and public involvement (PPI) in research, thereby helping ensure meaningful involvement that has tangible impacts and mitigates against undesired consequences.

Six principles to achieve integrated care

The [LGA have defined 6-key principles](#) that they believe underpin their joint approach to integration outlined in [Shifting the centre of gravity: making place-based, person-centred health and care a reality](#). They see this as informing the work of all partners and helping that collective approach to work across organisational boundaries to plan and deliver person-centred care and support.

Is an ounce of prevention worth a pound of cure? Estimates of the impact of English public health grant on mortality and morbidity

Most previous attempts to estimate the marginal productivity of English health care expenditure have employed instruments that rely on statistical tests alone for their justification. [A new approach, to instrumentation, presented by Centre for Health Economics](#) has proposed the use of 'funding rule' variables as instruments, which can be justified on theoretical grounds. This paper exploits the availability of a funding formula for local authority public health expenditure in England to investigate the relationship between such expenditure and mortality.

Active travel: trends, policy and funding

Active travel means making journeys by physically active means, like walking or cycling. The Cycling and Walking Investment strategy, published in 2017, is the government's strategy to promote walking and cycling in England. Given active travel is a devolved policy area, [this House of Commons briefing](#) relates primarily to active travel policies in England.

Our future in the land: Food, Farming and Countryside Commission

This [Royal Society of Arts report](#) argues that action must be taken in the next ten years to prevent the collapse of ecosystems to recover and regenerate nature, and to restore people's health and wellbeing. It looks at the costs of diet-related illness to the NHS, and in lost work and benefits.

School sport and activity action plan

This [policy paper lays out the government's action plan](#) to provide pupils with greater opportunity to access 60 minutes of sport and physical activity every day. The plan outlines a range of new measures to strengthen the role of sport within a young person's daily routine, explains how teachers and parents can play their part, and promotes a joined-up approach to physical activity and mental wellbeing

Drink Free Days campaign 2018: executive summary

This [independent report details the principal findings of the Drink Free Days campaign](#), which was run in partnership between Drinkaware and Public Health England in 2018/19. The evaluation, carried out by Kantar Public, was commissioned in order to understand the extent to which the campaign has reached and influenced its target audience. [Full evaluation report for the Drink Free Days 2018 campaign](#).

The Nightingale: Time to get serious about addressing the social, behavioural and environmental influences on health

In [this paper NESTA](#) proposes a new centre of innovation and research excellence that would draw together expertise from across public health and behavioural and social sciences, in order to improve the social, behavioural and environmental determinants of health.

Information on the community pharmacy contract settlement and funding for 2019/2020 to 2023/24

This [Pharmaceutical Services Negotiating Committee \(PSNC\) briefing](#) sets out the main elements of the five-year community pharmacy funding settlement for 2019/20 to 2023/24 and gives background information on what the announcement means and how community pharmacy funding works. This may be of particular use to journalists and others wanting to know more about how community pharmacy funding works.

Overcoming poverty of hope (Barnado's)

[Barnardo's 'Overcoming the Poverty of Hope' report](#) set out to find out more about how young people in the UK feel, Barnado's polled over 1,000 young people aged 16-25 with YouGov. The charity also conducted three focus groups with young people aged 14-25 at our services. Amongst other issues the report suggests that two thirds (67 per cent) of young people believe their generation will be worse off than their parents and that 62 per cent of 16-24-year-olds feel the government cares more about older generations than their own.

Review on childhood obesity prevention

[Cochrane review looked for interventions for preventing obesity in children](#) and concluded that more children are becoming overweight and obese worldwide. Being overweight as a child can cause health problems, and children may be affected psychologically and in their social life. Overweight children are likely also to be overweight as adults and continue to experience poor physical and mental health.

Emergency admissions to hospital from care homes: how often and what for?

Reducing emergency admissions from care homes has the potential to reduce pressure on hospitals. This is a significant national policy focus, as demonstrated by a strong commitment to improve support in care homes in the NHS Long Term Plan. [This briefing looks at the multiple key issues impacting this area of health and care.](#)

UK national eye health and hearing study: case for investment

[This report](#) argues that a lack of accurate data is contributing to a £58 billion bill for vision and hearing loss in the UK. This takes into account medical costs (for example falls and fractures caused by visual impairment), an increased risk of dementia due to hearing loss, service costs and reduced employment. It calls on the government to support the first ever national survey of the UK population's sensory needs. ([Press Release](#)) ([Report](#))

Public Health Outcomes Framework 2019 to 2020: a consultation – government response

In January 2019, [Public Health England published proposals for changes to the Public Health Outcomes Framework \(PHOF\)](#). Indicators that were to be revised, added or removed, with a rationale for each, were outlined in the consultation. [This report summarises the response to the consultation](#) and outlines the changes to the PHOF from 2019/20.

Polling on resident satisfaction with councils: June 2019

[This Local Government Association report](#) outlines the 23rd set of results in a series of regular LGA public polls on resident satisfaction with local councils, including services and support for older people, conducted every four months.

Identifying the health care system benefits of housing with care

[This study](#), in partnership with Southampton City Council, found benefits ranging from improvements to residents' quality of life, reductions in the use of health services and associated resources, and significant cost-benefits for the health system from the use of housing with care services. Although the research focuses on Southampton, the findings will be of interest to planners and commissioners of services across the UK

People with learning disabilities in England

[This report](#) provides updates of national statistics about people with learning disabilities in England and the services and support available to them and their families.

Building healthier communities: the role of the NHS as an anchor institution

Anchor institutions are large, public sector organisations that are unlikely to relocate and have a significant stake in a geographical area. The size, scale and reach of the NHS means it influences the health and wellbeing of communities simply by being there. This [Health Foundation report](#) identifies five ways in which NHS organisations act as anchor institutions and it sets out actions and opportunities for the NHS to harness its considerable influence to have an even greater impact on the health and wellbeing of communities.

International migration and the health care workforce

This [Office for National Statistics analysis](#) draws on all currently available data to set out how many migrants work in health care in the UK and explore their age structure, location and changes over time. It also presents data on specific health workers in England, such as hospital nurses and general practitioners.

Government response to 'Ignoring the alarms follow-up: too many avoidable deaths from eating disorders'

In June 2019, the [House of Commons Public Administration and Constitutional Affairs Committee published](#) its report into avoidable deaths from eating disorders. It contained recommendations across six areas to improve eating disorder services and this report outlines the government's response to the recommendations

Disclaimer: The views and opinions expressed in these republished articles are those of the original authors and do not necessarily reflect the official policy or position of Wirral Council and its staff.

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