

Health E-News Bulletin

ISSUE 01 - JANUARY 2009

Health Improvement - Keeping you informed

Welcome to the monthly issue of the Health E-News Bulletin. We aim to keep you updated with national, regional and local news, events and other relevant information which relates to the six key areas of the Department of Health's White Paper "Choosing Health: Making Healthier Choices Easier". We will also include more broader public health information. This is being produced collaboratively by the Halton & St Helens Health Improvement Library Service, the Library & Knowledge Service, and St Helens Health Partnership.

ALCOHOL

Stakeholder Update December 2008

An update from Alcohol Concern on the government's consultation on Safe. Sensible. Social and information about the Queen's Speech.

<http://www.alcoholconcern.org.uk/servlets/doc/1408>

Your views on Alcohol Services for Children and Young People

Alcohol Concern, together with the National Children's Bureau, is looking at how services for children and young people with alcohol problems can be improved. To help this work, we are inviting you to complete a short survey designed to find out the role that clients' needs and joint working play in the commissioning and provision of services. Your views will help to inform the current review of alcohol treatment services for children and young people, conducted by the Department for Children, Schools and Families. All results will be anonymised. The survey will run until 30 January 2009.

http://www.surveymonkey.com/s.aspx?sm=4CrcAtCZKtWYSSPZfVP8XQ_3d_3d

http://www.surveymonkey.com/s.aspx?sm=rGQAvRXBuRseM8nabVQhLA_3d_3d

CANCER

PCTs given £17m cancer immunisation fund

Primary care trusts are being handed up to £17m to carry out an anti-cancer immunisation programme for teenage girls two years ahead of schedule. The Department of Health is accelerating the funding in order that 13-18 year old girls can have the jab protecting against human papillomavirus, a virus that causes cervical cancer.

[http://www.hsj.co.uk/news/2008/12/pcts_given_17m_cancer_immunisation_fund.html;jsessionid=76AA2E288382766BE7DB17545DEF9580?tmcsTrackingInfo=\\$XowsaPVFkJ6f19bclOrJWc_g6daTxhbJtyObl_dtvnJwJpAWN2C1f6_GyMDw51Ejrp5we0ZYX8hQ\\$](http://www.hsj.co.uk/news/2008/12/pcts_given_17m_cancer_immunisation_fund.html;jsessionid=76AA2E288382766BE7DB17545DEF9580?tmcsTrackingInfo=$XowsaPVFkJ6f19bclOrJWc_g6daTxhbJtyObl_dtvnJwJpAWN2C1f6_GyMDw51Ejrp5we0ZYX8hQ$)

Free prescriptions for cancer patients

People being treated for cancer can now apply for free prescriptions. From 1 April, all prescriptions - not just those related to the cancer treatment - will be available to cancer patients at no charge.

[http://www.hsj.co.uk/news/2009/01/free_prescriptions_for_cancer_patients.html;jsessionid=9CE134093B3476492D117CAFA944369D?tmcsTrackingInfo=\\$CMXUglMcXOiuGrjMVFfj9lwb1Cf uMQWSyObl dtvnJKFKdby O5DUxGyMDw51Ejrml6SPd9FfE4\\$](http://www.hsj.co.uk/news/2009/01/free_prescriptions_for_cancer_patients.html;jsessionid=9CE134093B3476492D117CAFA944369D?tmcsTrackingInfo=$CMXUglMcXOiuGrjMVFfj9lwb1Cf uMQWSyObl dtvnJKFKdby O5DUxGyMDw51Ejrml6SPd9FfE4$)

Scientists make smoking and bowel cancer link

A firm link between smoking and bowel cancer has been established following a review of studies into the area. Smoking has long been known to be a contributory factor to the development of many cancers, but until now a direct link between the habit and bowel cancer had yet to be established. However, research undertaken by Edoardo Botteri and associates at the European Institute of Oncology in Milan suggests smoking accounts for an 18 per cent increase in bowel cancer risk.

<http://info.cancerresearchuk.org/news/archive/newsarchive/2008/december/18943551>

Bowel cancer screening set to save thousands of lives

Bowel cancer screening is predicted to save over two and a half thousand lives every year in the UK by 2025, according to new research published in the Journal of Medical Screening today. The Cancer Research UK funded study, which looked at the impact home testing kits could have on mortality rates, showed that deaths from bowel cancer are set to drop by around 16 per cent. By 2025, the numbers of lives that are expected to be saved in the UK each year is between 2200 and 2700.

<http://info.cancerresearchuk.org/news/archive/pressreleases/2008/december/bowel-screening>

CHILDREN/YOUNG PEOPLE

Uk leading the world on child accident prevention

The Royal Society for the Prevention of Accidents has welcomed the publication of two major reports which show the UK is leading the world on preventing deaths and injuries to children. Reports about child injury prevention at a European and global level are published today by the World Health Organisation's (WHO) Regional Office for Europe and jointly by the WHO and UNICEF.

http://www.rospa.co.uk/news/releases/2008/pr647_10_12_08_general.htm

Children at heart of New Opportunities White Paper

Secretary of State for Children, Schools and Families Ed Balls has announced a new package of support to help all children reach their full potential and narrow the gap in educational attainment and life chances between children from deprived backgrounds and those who are better off. The Government's New Opportunities White Paper builds on the Children's Plan and details new policies to provide more support for children and families.

<http://www.surestart.gov.uk/events/newsevents/whatsnew/index.cfm?news=438>

Bereavement in the Secure Setting

The Childhood Bereavement Network (CBN) has published a briefing paper revealing that bereavement is a major but often overlooked issue for young people in secure settings. This briefing suggests that appropriate and well-timed support combined with a safe environment and well-trained staff can help young people to manage the impact of death on their lives, both in secure settings and on release.

<http://www.childhoodbereavementnetwork.org.uk/documents/Bereavementinsecuresettings16p.pdf>

Children with mental health problems 'to double'

See Section: MENTAL HEALTH

Continued increase in measles cases

See Section: **OTHER PUBLIC HEALTH NEWS**

DRUGS

More employer support needed to enable recovering drug users get into work

DrugScope has welcomed a report by the UK Drug Policy Commission (UKDPC) which identifies the need for more action to address the barriers to employment faced by recovering problem drug users, particularly around the concerns of prospective employers.

http://www.drugscope.org.uk/ourwork/pressoffice/pressreleases/DS_employer_concerns.htm

Link to full report: <http://www.ukdpc.org.uk/publications.shtml#Work>

DrugScope highlights concerns over trends in ketamine use

An investigation by DrugScope's Druglink magazine has revealed concerning trends in the use of the Class C drug ketamine, with users taking higher doses of the drug and more people injecting the substance. Some drug services are also reporting an increase in the number of young people using ketamine.

http://www.drugscope.org.uk/ourwork/pressoffice/pressreleases/DS_concern_ketamine_trends.htm

Bringing vulnerable people in from the margins - new cross sector coalition launched

See Section: **SOCIAL INCLUSION/HEALTH INEQUALITIES**

MENTAL HEALTH

10% of people over 15 on anti-depressants

Almost one in ten people over the age of 15 are on anti-depressants, official NHS figures showed today. And Scotland spends more than £40 million every year on anti-depressants, despite a fall in last year's costs.

<http://www.mentalhealth.org.uk/information/news/?entryid17=66398>

See also: <http://www.mentalhealth.org.uk/information/news/?entryid17=66877>

Therapy hope for eating disorders

More people with eating disorders could benefit from "talking therapies" which aim to release them from obsessive feelings, say UK researchers. They said a specially-created form of cognitive behavioural therapy might work in four out of five cases.

<http://news.bbc.co.uk/1/hi/health/7779468.stm>

Self-harmers 'include boys too'

The idea that self-harm is almost exclusively a problem among teenage girls is wrong, research suggests. Almost 1,000 people with a history of self-harm responded to a survey by UK mental health charity Sane. More than 10% were male, and the researchers said it was possible that boys simply concealed their self-harm more than girls.

<http://news.bbc.co.uk/1/hi/health/7783347.stm>

See also: <http://www.sane.org.uk/Research/SelfHarmIntro>

'Not enough support' for mentally ill people to work

The government needs to take urgent action to make sure support and training is available to get more people with mental illness into work, say campaigners in a new report today. The Sainsbury Centre for Mental Health (SCMH) and the College of Occupational Therapists have published a joint paper arguing that the government risks "writing off" people with mental health problems during the recession if it doesn't take action on employment support immediately.

<http://www.guardian.co.uk/society/2008/dec/08/mental-health-work>

See also: http://www.scmh.org.uk/news/2008_vocational_rehab.aspx for link to Report

Health visitors 'aid birth blues'

The risk of new mothers developing postnatal depression is cut if health visitors are trained to spot signs and offer psychological help, a study says. Health visitors were trained to spot symptoms of depression six to eight weeks after birth. Women who were then given psychological support by health visitors, rather than the usual process of being referred on to a GP, fared better. Huddersfield and Sheffield University researchers looked at 4,000 women.

<http://news.bbc.co.uk/1/hi/health/7831868.stm>

See also: <http://www.mentalhealth.org.uk/information/news/?entryid17=66949>

Alzheimer's Society urges government to publish dementia strategy

The Alzheimer's Society has called on the government to publish its delayed dementia strategy following the announcement that all NHS GPs will be trained to spot the disease.

[http://www.hsj.co.uk/news/2008/12/alzheimers_society_urges_government_to_publish_dementia_strategy.html;jsessionid=57E70AA8A3702BC786A9028B06C3789A?tmcsTrackingInfo=\\$0oQASf1u7voSB7h8vqeLX6BaNavuJnHSyObl_dtvnJ3P3dVti0Aem_GyMDw51EjrSg4gNjTf1op\\$](http://www.hsj.co.uk/news/2008/12/alzheimers_society_urges_government_to_publish_dementia_strategy.html;jsessionid=57E70AA8A3702BC786A9028B06C3789A?tmcsTrackingInfo=$0oQASf1u7voSB7h8vqeLX6BaNavuJnHSyObl_dtvnJ3P3dVti0Aem_GyMDw51EjrSg4gNjTf1op$)

Recession will hit mental health hardest, study finds

The recession will have even more impact on people's mental health than on their finances, the Young Foundation think tank has found. Its report states that while many people are suffering materially from the economic downturn, the harm to the population's psychological well-being is even greater due to the fear of job loss and financial worries.

[http://www.hsj.co.uk/news/2009/01/recession_will_hit_mental_health_hardest_study_finds.html;jsessionid=1E757C80264E87D082EC3EAA62BF2F6A?tmcsTrackingInfo=\\$c9vEPgEv_kAzZONug0lql8OqfS1KOoL3yObl_dtvnJKdySKrSQpAhxGyMDw51EjrGiaEvNkCDtY\\$](http://www.hsj.co.uk/news/2009/01/recession_will_hit_mental_health_hardest_study_finds.html;jsessionid=1E757C80264E87D082EC3EAA62BF2F6A?tmcsTrackingInfo=$c9vEPgEv_kAzZONug0lql8OqfS1KOoL3yObl_dtvnJKdySKrSQpAhxGyMDw51EjrGiaEvNkCDtY$)

Link to full Report: <http://www.youngfoundation.org/mapping-needs/news/receding-tide-understanding-unmet-needs-a-harsher-economic-climate>

Children with mental health problems 'to double'

One in five children will have mental health problems over the next decade - double the current figure, a Government adviser warned today. The world economic crisis will play a role in the deterioration of children's mental health, he said.

<http://www.mentalhealth.org.uk/information/news/?entryid17=66777>

Scientists find link between schizophrenia and bipolar disorder

Schizophrenia and bipolar disorder may be two versions of the same mental illness, a major study of nine million people suggests. Scientists found that both conditions share the same genetic causes.

<http://www.mentalhealth.org.uk/information/news/?entryid17=66950>

RCPsych information leaflets available in British Sign Language

See Section: NEW RESOURCES

NUTRITION/OBESITY

Wales launches weight management scheme for children

A Welsh Assembly-funded programme to help obese children manage their weight will be rolled out across Wales from today, it has been announced. The £1.4m scheme will target around 2,000 children aged 7-13 and their families over the next three years.

[http://www.hsj.co.uk/news/2009/01/wales_launches_weight_management_scheme_for_children.html;jsessionid=01D172BF5275F659152B49A514579C5E?tmcsTrackingInfo=\\$CMXUglMcXOiuGrijMVfj9IQCSZmfzt_0yObl_dtvnJKZmh8kJfE5J_GyMDw51EjruBQY5htXN5Q\\$](http://www.hsj.co.uk/news/2009/01/wales_launches_weight_management_scheme_for_children.html;jsessionid=01D172BF5275F659152B49A514579C5E?tmcsTrackingInfo=$CMXUglMcXOiuGrijMVfj9IQCSZmfzt_0yObl_dtvnJKZmh8kJfE5J_GyMDw51EjruBQY5htXN5Q$)

See also: <http://www.mentalhealth.org.uk/information/news/?entryid17=67061>

First steps in providing nutrition information for consumers eating out

The Food Standards Agency today launched the first phase of activity aimed at introducing nutrition information in a range of catering outlets to provide consumers with more consistent information when they are eating out. The first step will be the introduction of calorie labelling. The Agency is talking to a range of companies that will act as early adopters by voluntarily introducing calorie information on menus and other materials available at the point consumers choose what to eat. Further details of this introduction, which will begin in the summer, will be published in due course.

<http://www.food.gov.uk/news/newsarchive/2009/jan/eatoutinfo>

FSA calorie labelling does not go far enough says BHF

In response to the Food Standards Agency (FSA) plans to introduce calorie labelling in a range of catering outlets, Ruairi O'Connor, Head of Policy and Public Affairs at the British Heart Foundation (BHF) said: "As one-in-six meals are eaten outside the home we should be encouraging people to think about what they eat (1). Whilst we welcome this first step in improving the information available to people, calorie labelling alone does not help people understand the damage unhealthy food may be doing to their health.

http://www.bhf.org.uk/news_and_campaigning/press_office/latest_news_january/fsa.aspx

Healthy Weight for Children Hub

See Section: NEW RESOURCES

PHYSICAL ACTIVITY

Gold Medal Olympian launches new stadium

Tessa Sanderson was in St. Helens today to launch Sportstada, the world's first portable multi-sports stadium for children. Gold medallist javelin Olympic winner Tessa Sanderson CBE chatted with youngsters from St. Theresa's Primary school who were the first to use the stadium. A new children's sporting initiative - Go Active Pathfinder is being launched by the council and Tessa took time out to chat with council officers about project. The modular 10m x 5m stadium allows children between the ages of 5-12 to enjoy 5 popular sports in a safe and fun environment. Sportstada revolves around a unique 3-a-side team game, designed for inclusion of children of all age, gender and ability. Further information about Sportstada can be found at www.sportstada.com or by contacting the Sportstada Team on 028 9044 9989.

<http://www.sthelens.gov.uk/newsarticle.do?articleid=4913>

SEXUAL HEALTH/HIV/AIDS

Teenage pregnancy rates

Responding to the announcement of the third quarter 2007 teenage pregnancy statistics Simon Blake, Brook's Chief Executive, said: "Teenage pregnancy rates are still much lower than they were in 1998 when the Teenage Pregnancy Strategy was launched. We are in this for the long haul and we must not lose faith.

www.brook.org.uk/content/M7_TPTHIRDQUARTER_2008.asp

SOCIAL INCLUSION/HEALTH INEQUALITIES

Bringing vulnerable people in from the margins - new cross sector coalition launched

Clinks, DrugScope, Homeless Link and Mind announce groundbreaking joint campaign, 'Making Every Adult Matter' – supported by the Calouste Gulbenkian Foundation - to address the plight of some of the most socially excluded and vulnerable people in Britain.

http://www.drugscope.org.uk/ourwork/pressoffice/pressreleases/MEAM_Coalition.htm

Link to full Report: <http://www.drugscope.org.uk/Documents/PDF/meamreport.pdf>

RCPsych and leading health bodies unite to stop discrimination against people with a learning disability in NHS care

Leading health bodies, including the Royal College of Psychiatrists, have joined forces with Mencap to produce a best practice guide for health professionals on improving healthcare for people with a learning disability. Getting it right, published today (11 December), is part of the health organisations' support for Mencap's campaign to stop discrimination against people with a learning disability in NHS care. An interactive website accompanies the guide -

www.mencap.org.uk/gettingitright

<http://www.rcpsych.ac.uk/pressparliament/pressreleases2008/bank2008/prmencap.aspx>

Children's life chances still dependent on social class

Social background remains a major determinant behind children's life chances, according to a social mobility commission which reports today. The task force, set up by Liberal Democrat leader Nick Clegg, said increased investment in education had disproportionately benefited the middle class.

<http://www.mentalhealth.org.uk/information/news/?entryid17=6682>

Children at heart of New Opportunities White Paper

See Section: CHILDREN/YOUNG PEOPLE

TOBACCO

Smokers cough up £100,000 fines in Liverpool

Smokers have paid close to £100,000 in fines in just eight months for dropping cigarette butts on city streets. Liverpool council has made £98,625 - more than £10,000 a month - from fixed penalty notices handed out from May 2008. Figures released under the Freedom of Information Act show the total is up nearly 50% on last year, when the council made £54,300 out of the £75 fines.

<http://www.liverpoolecho.co.uk/liverpool-news/local-news/2009/01/02/smokers-cough-up-100-000-fines-in-city-100252-22592043/>

Photos of smokers trigger brain reaction in those trying to quit

If you're trying to quit smoking, just looking at a picture of someone taking a puff could hurt your attempt to kick the habit, a new study says. Brain scans of smokers taken before and 24 hours after quitting showed increased activity in certain areas of the brain that cue the person to crave a drag when they view photographs of others smoking, according to research published online Jan. 5 in Psychopharmacology.

http://www.ash.org.uk/ash_jxdo2xz3.htm#6767

MPs fall foul of 'dirty' tricks by tobacco giants

Britain's tobacco giants have been accused of 'dirty' tactics after it emerged they created a supposedly 'independent' campaign group for small retailers to lobby against government restrictions on the promotion of cigarettes in shops. The Save Our Shop campaign claimed proposals to remove large displays of cigarettes in stores would result in costly refits and see many small retailers go out of business

http://www.ash.org.uk/ash_6415i5uq.htm#6677

Scientists make smoking and bowel cancer link

See Section: CANCER

OTHER PUBLIC HEALTH NEWS

Patients to get own NHS budgets

Patients are to get their own health budgets so they can pick and choose what NHS services they want. Ministers will include legislation in the Health Bill, due to be unveiled later, to allow the scheme to be piloted in England later this year.

<http://news.bbc.co.uk/1/hi/health/7831804.stm>

See also:

[http://www.hsj.co.uk/news/2009/01/bill_sets_out_personal_health_budget_proposals.html;jsessionid=E9783345AFA78A8FE7295CF0F58E986D?tmcsTrackingInfo=\\$c9vEPgEv_kAzZONug0lqlu_0JHybdw4YyObI_dtvnJ3M5pHmLY7cEdGyMDw51EjrtScJzMpBx7t\\$](http://www.hsj.co.uk/news/2009/01/bill_sets_out_personal_health_budget_proposals.html;jsessionid=E9783345AFA78A8FE7295CF0F58E986D?tmcsTrackingInfo=$c9vEPgEv_kAzZONug0lqlu_0JHybdw4YyObI_dtvnJ3M5pHmLY7cEdGyMDw51EjrtScJzMpBx7t$)

More advice on healthy living

Department of Health response to Health Survey for England. New public health campaigns launched in 2008 and 2009 will help people understand Government guidelines around healthy eating, exercise and drinking alcohol Public Health Minister Dawn Primarolo outlined today.

Responding to figures released today by the NHS Information Centre, the Department of Health highlighted that ongoing and future campaigns would help people to live more healthily.

<http://nds.coi.gov.uk/environment/fullDetail.asp?ReleaseID=387695&NewsAreaID=2&NavigateFromDepartment=False>

One person diagnosed with diabetes every three minutes

One person is diagnosed with diabetes every three minutes in the UK, according to new figures from Diabetes UK. The charity reports that the number of people diagnosed with the condition is growing faster than ever.

http://www.diabetes.org.uk/About_us/News_Landing_Page/One-person-diagnosed-with-diabetes-every-three-minutes-/

Continued increase in measles cases

1, 217 cases of confirmed measles have been reported to the Health Protection Agency up to the end of November 2008. Dr Mary Ramsay, an immunisation expert at the Health Protection Agency, said: "We are still seeing a continued increase in measles cases across England and Wales. This rise is due to relatively low MMR vaccine uptake over the past decade and there are now a large number of children who are not fully protected with MMR. This means that measles, which is highly infectious, is spreading easily among these unvaccinated children."

http://www.hpa.org.uk/webw/HPAweb&HPAwebStandard/HPAweb_C/1231490128640?p=1231252394302

Clostridium difficile infections continue to fall

Quarterly figures for July to September 2008 published by Health Protection Agency Latest reported C. difficile figures show that between July to September 2008 there were 7,061 cases recorded in patients aged 65 years and over. This represents a fall of 19% in this age group from the previous quarter, April to June 2008, when the total was 8,696.

http://www.hpa.org.uk/webw/HPAweb&HPAwebStandard/HPAweb_C/1231919494892?p=1231252394302

NEW RESOURCES

RCPsych information leaflets available in British Sign Language

The Royal College of Psychiatrists has translated ten of its acclaimed Mental Health and Growing Up factsheets into British Sign Language (BSL). The [new BSL video clips](#) can be freely accessed from the Royal College of Psychiatrists website, and provide practical and up-to-date information about emotional and psychiatric disorders which can affect children and young people.

<http://www.rcpsych.ac.uk/pressparliament/pressreleases2008/bank2008/prbsltranslations.aspx>

Healthy Weight for Children Hub

A new interactive network to help tackle the rising number of overweight children in the South West.

<http://www.healthyweight4children.org.uk/>

Change4Life Campaign Materials

Monthly quantities of these resources can be ordered by schools, GP surgeries, health professionals and Children's Centres by contacting 0300 123 1002. The resources may also be ordered via your local Health Promotion Unit.

LOCAL & NATIONAL EVENTS/COURSES

Announcing National Family Week 2009

The UK's first National Family Week will be held from 25th to 31st May 2009. This new initiative will celebrate and promote the social and personal benefits of family life, which is crucial for the future of our society. Improvements in education, health, crime rates and the economy are all closely connected with good family relationships.

<http://www.surestart.gov.uk/events/newsevents/whatsnew/index.cfm?news=439>

NATIONAL/INTERNATIONAL HEALTH EVENTS 2009 – February

For a full list of Health Events and links please visit:

<http://www.equip.nhs.uk/Events/EventList.aspx>

OTHER LOCAL E-BULLETINS.

ChaMPS Public Health Network Bulletin

ChaMPS is your public health network for Cheshire and Merseyside PCTs, NHS Acute Trusts, local authorities and wider health organisations. If you would like to know more about joining ChaMPS and receiving this bulletin contact Viv Martindale, ChaMPS Network Administrator on 0151 643 5369 or email vivienne.martindale@bwwpct.nhs.uk

Cheshire & Merseyside New Documents Bulletin

A weekly review of new documents produced collaboratively by primary care librarians across Cheshire & Merseyside. Contact the Primary Care Library on 0151 676 5650 or email library.pct@sthk.nhs.uk if you would like to receive this bulletin.

Your Comments

The content of this bulletin highlights recent articles and/or documents appearing on a selection of websites, which we feel may be of interest to the wider health improvement area. All links are correct at the time of publishing. If you have any comments or suggestions about the Bulletin or would like to forward an item or news of an event, we would love to hear from you. Please forward this bulletin on to people who might otherwise not receive it.

Contact lynda.moss@hsthpct.nhs.uk.

Bulletin prepared by:

Lynda Moss with contributions from Linda Gittens, Paula Wright & Colette McKeever.

Library Contact Details:

St Helens Health Improvement Library – Tel. 01744 626667, Fax. 01744 457257

Library & Knowledge Service – Tel. 0151 676 5650, Fax. 0151 676 5663

Halton Health Improvement Library – Tel. 01928 593057, Fax. 01928 569532