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Throughout this bulletin we have tried to highlight resources that might provide evidence for those of you working through the Practice Development Records.

We have used the key below to indicate which of the domains we feel each section of ‘In the Know’ might help you with. However, you may well find that any of the sections might provide information to support you with any of the domains:

- **P** Professionalism
- **VE** Values and Ethics
- **D** Diversity
- **RJ** Rights, Justice and Economic Wellbeing
- **K** Knowledge
- **CR** Critical Reflection and Analysis
- **IS** Intervention and Skills
- **CO** Contexts and Organisations
- **PL** Professional Leadership

If you have any comments or suggestions about In the Know, or what you would like to see included, then please email these to knowledge.management@cumbria.gov.uk
Your Information

EASI documents (External)

Our EASI (Essential and Supporting Information) process aims to identify external documents relevant to our work. Everything picked up in the last fortnight appears in this section of In the Know. To access a full list of all EASI documents identified since 1st April follow the link below.

[Click here for the Register of EASI Documents](#)

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<th>E10134 Care And Support Statutory Guidance</th>
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<tr>
<td><strong>Outline:</strong> The Department of Health has published updates to the Care Act Statutory guidance.</td>
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**Source:** Department of Health (DH)

E10137 Mental Health Problems In People With Learning Disabilities: Prevention, Assessment And Management – [NG54]

Outline: NICE has published a guideline on mental health problems in people with learning disabilities: prevention, assessment and management.

This guideline covers preventing, assessing and managing mental health problems in people with learning disabilities in all settings (including health, social care, education, and forensic and criminal justice). It aims to improve assessment and support for mental health conditions, and help people with learning disabilities and their families and carers to be involved in their care.

This guideline includes recommendations on:

- organising and delivering care;
- involving people in their care;
- prevention, including social, physical environment and occupational interventions;
- annual GP health checks;
- assessment;
- psychological interventions, and how to adapt these for people with learning disabilities; and
- prescribing, monitoring and reviewing pharmacological interventions.

Who is it for?

- Healthcare professionals.
- Social care practitioners.
- Care workers.
- Education staff.
- Commissioners and service providers.
- People with learning disabilities and their families and carers.

Source: National Institute for Health and Care Excellence (NICE)


E10138 Dementia: Supporting People With Dementia And Their Carers In Health And Social Care [CG42]

Outline: This guideline has been updated by NICE.

Source: National Institute for Health and Care Excellence (NICE)

Web Link: https://www.nice.org.uk/guidance/CG42/chapter/Update-information
**E10130 Quick Guide: Discharge To Assess**

**Outline:** This is one of a series of quick, online guides providing practical tips and case studies to support health and care systems. It aims to support local health and social care systems to reduce the time people spend in hospital, at the point that they no longer need acute care.

This document has been produced by NHS England, with the help and support of the Association of Directors of Adult Social Services (ADASS), Care Provider Alliance, Department of Health, NHS Improvement, Local Government Association, NHS Emergency Care Improvement Programme, and Housing LIN.

**Source:** NHS England  

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**E10151 Post Hospital Support Proven To Aid Recovery**

**Outline:** Older people supported after a stay in hospital are less likely to be readmitted and are more likely to report an improved quality of life according to new research. The analysis of Royal Voluntary Service’s Hospital to Home service in Leicester and Leicestershire funded by the Cabinet Office and Leicestershire County Council, explored the impact of a 6 week support service - given at the point of discharge from hospital - to those 55 and over who have limited or no social support locally.

The findings identified that staff and volunteers helped to significantly improve the health and wellbeing of those leaving hospital. The analysis of almost 800 older people found that 70% felt they had improved their level of social contact, 52% said they had improved their confidence and 47% reported an increase in their happiness levels. The benefits of the patient support were also evidenced by the fact that readmission within 30 days were lower in the patients supported through the service than the CCG rate. The service achieved a figure of 9.2% re-admissions compared to the national figure of 15% for those 75 years and over.

Royal Voluntary Service’s Hospital to Home service provides six weeks of volunteer support for older people returning home from hospital after illness, surgery or an accident. They are provided with practical and emotional support to help them get back on their feet and regain their independence. It also enables quicker discharge from hospital.

**Source:** Royal Voluntary Service  
E10158 Guidance: Needs Assessments On Hospital Discharge

Outline: The Care Quality Commission has developed some best practice guidance to make clear the legal requirements for care homes readmitting people after periods in hospital.

Source: Care Quality Commission (CQC)

Web Link: http://www.cqc.org.uk/content/guidance-needs-assessments-hospital-discharge

E10131 Follow-Up To Parliamentary And Health Service Ombudsman (PHSO) Report On Unsafe Discharge From Hospital

Outline: The incidence of unsafe discharge from NHS hospitals is unacceptably high as a result of political maladministration, says the Public Administration and Constitutional Affairs Committee (PACAC) report.

The report looks at the work already carried out by the PHSO (Parliamentary and Health Service Ombudsman) which highlighted harrowing cases that illustrated the human costs of poor discharge, causing suffering and distress for patients, and anguish for their carers and relatives. Poor patient discharge can take the form of both delayed transfers of care, where patients are kept in hospital longer than is necessary, and premature or early discharge, where patients are discharged before it is clinically safe to do so, or without appropriate support in place.

The PACAC inquiry found that the discharge failures identified by the PHSO report are not isolated incidents but rather examples of problems that patients, relatives and carers are experiencing more widely. Despite increased attention to the issue, it remains a persistent problem. There is a need for more data to be gathered on the scale and impact of these discharge failures.

Whilst excellent guidance on best discharge practice is available, the extent to which good practice is implemented varies across the country. Barriers to the implementation of best practice are prevalent both within hospitals and at the interface between health and social care. Pressures on resources and capacity within hospitals are leading to worrying and unsafe discharge practices. The Committee calls upon health and social care leaders to endure that staff are operating in a culture where person-centred care is the undisputed priority.


Source: Public Administration and Constitutional Affairs Committee

Web Link: http://www.publications.parliament.uk/pa/cm201617/cmselect/cmpubadm/97/97.pdf
## E10149 Pressure Points: Carers And The NHS

**Outline:** Due to a lack of appropriate support in the community, unpaid carers are reluctantly taking their loved ones to A&E, according to new research published by Carers UK. The charity’s report comes as the NHS prepares for its annual challenge of increased A&E visits and hospital admissions during the winter months.

The research found carers identified serious difficulties accessing primary and community support services, with 1 in 5 saying they had no option but to take their loved one to A&E because it was impossible to see a district nurse or a GP out of hours, and 1 in 10 saying they didn’t know where else to go. The report found that of the 4 in 10 carers who have taken their loved one to A&E in the past 12 months believe their admission could have been prevented. Carers believed these admissions could have been prevented with more (55%) or higher quality support (50%) for the person they care for, more local support for them as a carer (32%) or access to a district nurse (25%).

Carers UK is calling for:

- A Carer Friendly NHS programme, introducing a new duty on the NHS to identify carers and promote their health and wellbeing, as well as policies which ensure carers are involved in decision making around hospital admissions and discharges, and the adoption of a Carer Passport scheme.

- Increased funding for social care, with the Government putting in place a sustainable funding settlement for social care and ring fencing funding for carer breaks.

- Greater access to social care and health care in the community, including looking to new technologies to facilitate virtual health consultations and access to electronic patient records.

- Greater support from primary care services to better help carers look after their own health, including annual health checks for carers and free flu jabs.


**Source:** Carers UK

**Web Link:** [http://www.carersuk.org/for-professionals/policy/policy-library?task=download&file=policy_file&id=5766](http://www.carersuk.org/for-professionals/policy/policy-library?task=download&file=policy_file&id=5766)
E10159 Under Pressure - The Growing Strain On Cancer Carers

Outline: An estimated 110,000 people in the UK are caring for a parent with cancer and have children living at home according to a new report published by Macmillan Cancer Support. The report "Under pressure – The growing strain on cancer carers" found that almost 1 in 10 cancer carers are “sandwich caring.” Most of them (89%) are also juggling a job as well as caring for someone with cancer.

Macmillan warns of the debilitating effect caring for someone with cancer can have on a person’s life. Up to 7 in 10 (70%) of all cancer carers experience mental health problems as a result of caring, including stress, anxiety and depression. Caring is also having a greater impact on the physical health of those who care such as exhaustion and insomnia. Additionally, almost one in three carers (30%) say their income or household finances are affected and four in 10 (43%) of those currently in employment report that caring affects their working lives.

Macmillan Cancer Support news release:

Source: Macmillan Cancer Support

E10157 Care Home And Manager Fined For Providing Unsafe Care

Outline: A Shrewsbury care home owner and its former manager have been fined over £50,000 at Telford Magistrates’ Court after admitting they failed to provide safe care.

Source: Care Quality Commission (CQC)
Web Link: http://www.cqc.org.uk/content/shropshire-care-home-and-manager-fined-providing-unsafe-care

E10139 Your Questions Answered On Choice And Top-Ups Under The Care Act

Outline: Community Care has published an article by legal trainer Belinda Schwehr who answers practitioners’ queries on what the Care Act says about choice of accommodation and fee top-ups. These questions have been raised with Belinda Schwehr through her training sessions and webinars.

Source: Community Care
### E10129 A Cohort Approach To Social Care Funding

**Outline:** This paper suggests that the problem of social care funding is approached by tailoring the solutions to each generation. It refers to this as a "cohort approach" to social care funding. It suggests that considering each generational group separately, and developing solutions for the group, will enable a robust, practical and workable set of solutions to be developed for the longer term. This paper, which is based on the position in England, briefly explores the issues and how such a cohort approach may be developed.

**Source:** Government Actuary's Department  

### E10132 Dementia And Digital: Using Technology To Improve Health And Wellbeing For People With Dementia And Their Carers

**Outline:** This Tinder Foundation project was a focused, short-term piece of research carried out to gain a better understanding of barriers to social and digital inclusion facing people with dementia and their carers, including the role that digital can play, and the ways centres are currently supporting these people. The work was carried out between January and April 2016 and followed the emerging findings from the NHS Widening Digital Participation programme, led by Tinder Foundation between 2013 and 2016.

**Source:** Tinder Foundation  
Outline: This report focuses on inequalities in the experience and prevalence of poor mental health, cognitive impairment and dementia and the impact of social isolation, lack of mental stimulation and physical activity, before and after retirement, and in later old age. These issues can exacerbate the risks of poor mental health, cognitive impairment and dementia in later life and are experienced disproportionately by people in lower socio-economic groups.

The report also provides a brief summary of life course social determinants that increase the risk of poor mental health, early onset of cognitive decline and the symptoms of dementia. In particular, the report examines the role of ‘cognitive reserve’, built throughout the life course, through educational and employment opportunities, and providing older people with a wider and more flexible set of skills, abilities and resources to delay onset of cognitive decline and dementia, and to cope better with the conditions should they occur. The report also makes recommendations, at a national and local policy level, in addition to providing example interventions for action on the social determinants of poor mental health, cognitive decline and dementia.

Source: UCL Institute of Health Equity


**Outline:** This official statistics report provides the findings from the Mental Capacity Act 2005, Deprivation of Liberty Safeguards (DoLS) data collection for the period 1 April 2015 to 31 March 2016. It includes any application that was received during the reporting year, or was received earlier and remained incomplete as at 1 April 2015.

Key finding included:

- Overall, 195,840 DoLS applications were reported as having been received by councils during 2015-16. This is the most since the DoLS were introduced in 2009 and represents 454 DoLS applications received per 100,000 adults in England.

- Following a period of relative stability during 2013-14 (prior to the 2014 Supreme Court judgment and where the total number of applications received was 13,715), a period of month-on-month growth occurred during 2014-15. This peaked with 14,930 applications received in March 2015, before monthly figures look to have re-stabilised at just above this level throughout 2015-16.

For further information and associated documents please see the following NHS Digital web page: [http://content.digital.nhs.uk/catalogue/PUB21814](http://content.digital.nhs.uk/catalogue/PUB21814)

**Source:** NHS Digital

E10141 Mental Health and Wellbeing in England Adult Psychiatric Morbidity Survey 2014

Outline: The National Study of Health and Wellbeing (also known as Adult Psychiatric Morbidity Survey) runs every 7 years. Since 1993, it has been finding out how the everyday stresses, strains and joys affect the health of people living in England. During 2014, the research team interviewed around 7,500 adults aged 16 and over from across England. The purpose of which is to help inform and improve local and national planning for health and support services. The survey includes information on wellbeing, disability, physical health, pain, lifestyle behaviours, work and stress, life events and many others.

Key facts included:

- One in three adults aged 16-74 (37 per cent) with conditions such as anxiety or depression, surveyed in England, were accessing mental health treatment, in 2014. This figure has increased from one in four (24 per cent) since the last survey was carried out in 2007.

- Overall, around one in six adults (17 per cent) surveyed in England met the criteria for a common mental disorder (CMD) in 2014.

- Women were more likely than men to have reported CMD symptoms. One in five women (19 per cent) had reported CMD symptoms, compared with one in eight men (12 per cent). Women were also more likely than men to report severe symptoms of CMD - 10 per cent of women surveyed reported severe symptoms compared to 6 per cent of men.

For further information and associated documents please see the following NHS Digital web page: [http://content.digital.nhs.uk/catalogue/PUB21748](http://content.digital.nhs.uk/catalogue/PUB21748)

Source: NHS Digital


E10133 The Mental Skills Training For Life Programme For Homeless Young People

Outline: This Housing LIN Case Study No 127 outlines how the Mental Skills Training for Life (MST4LIFE) programme takes a novel approach to helping homeless young people gain the confidence and resilience required to engage in education, employment, and training, with the end goal of allowing them to successfully lead independent lives as adults. As a collaboration led by the University of Birmingham and a West Midlands youth homeless charity St Basils, the programme is based on interventions more commonly done in sport to help athletes enhance performance and achieve their potential.

Source: Housing LIN

Web Link: [http://www.housinglin.org.uk/_library/Resources/Housing/Practice_examples/Housing_LIN_case_studies/HLIN_CaseStudy_127_StBasils.pdf](http://www.housinglin.org.uk/_library/Resources/Housing/Practice_examples/Housing_LIN_case_studies/HLIN_CaseStudy_127_StBasils.pdf)
E10127 Still Not Ready For Ageing

Outline: This report from the Ready for Ageing Alliance assesses the Government's response to the UK's rapidly ageing society and finds the UK is still not ready. The report argues that Government action on tackling the challenges and maximising the opportunities of ageing has stalled. In terms of pressing public policy issues today the Ready for Ageing Alliance ask for “an urgent focus on the crisis in social care with the aim of achieving a sustainable long term financial settlement which ensures people’s care needs are met”.

International Longevity Centre – UK publications:
Source: Ready for Ageing Alliance

E10128 Growing Older In The UK

Outline: This report published by the British Medical Association warns the UK’s ageing population and its families are being failed by a flawed and fragmented health and social support regime.

The report, "Growing Older in the UK", pinpoints how the health and life chances of older people of this and future generations are harmed by holes in the safety net of health, social and other welfare services.

Across six chapters authored by experts, the report identifies how older people’s health and that of their carers is affected from experiences throughout their lives as far back as childhood. The report also pinpoints established links between patients’ social circumstances that influence the quality of their lives significantly.

The report urges several measures to improve people’s health and well-being as they grow older, including:

- Action to tackle the social isolation of older people using ‘social prescribing’, a means of doctors referring patients to non-medical and community services, such as councils’ housing departments.
- An effort to improve the diagnosis and under-treatment of older people with mental health problems.
- Better identification and support of informal carers, the family and friends whose needs are often neglected.
- An emphasis on valuing the ways older people can continue to contribute positively to society.

British Medical Association news release:
Source: British Medical Association (BMA)
Outline: The adult social work sector in England needs to urgently identify its key research priorities, in an inclusive and rigorous way, if it is to generate the ideas and evidence needed to ensure that people receive the best possible support, according to researchers at the Policy Institute, King’s College London.

In a discussion paper on the state of social work research with adults in England, the researchers stress that the profession needs to be underpinned by research if it is to survive and to flourish. Among their recommendations are the establishment of a network that provides learning and mentor support for early career researchers, practitioner researchers, and managers interested in adult social work research, something that currently exists for researchers working on subjects such as ageing or in health services research.

The report also highlights the present challenges in tracking what research is being undertaken in the field, given the lack of a research register and the increasing number of studies and evaluations being conducted by independent and commercial research organisations, as well as universities. Identifying if and how social work researchers are involved in such projects would be useful for broadening understanding of social work effectiveness and capacity.

Social Care Workforce Research Unit at King's College London Blog: [http://blogs.kcl.ac.uk/socialcareworkforce/2016/09/30/social-work-research-with-adults-in-england-the-state-were-in/](http://blogs.kcl.ac.uk/socialcareworkforce/2016/09/30/social-work-research-with-adults-in-england-the-state-were-in/)

Source: King’s College London

The State Of The Adult Social Care Sector And Workforce In England

Outline: Skills for Care has published its new report on the state of the social care workforce. The report, "The state of the adult social care sector and workforce in England", presents the most recent and comprehensive overview of the adult social care sector, which continues to grow and employs an estimated 1.55 million jobs.

Key findings include:

- the sector was estimated to contribute £40.4 billion per annum to the English economy;
- workers had, on average, eight years of experience in the sector and four years of experience in role;
- the majority (83%) of the adult social care workforce were British, 7% had an EU nationality and 11% a non-EU nationality;
- the average age of a worker was 43 years old and a fifth were over 55 years old;
- almost two thirds of directly employed staff new to their roles since January 2015 had achieved or are working towards the Care Certificate;
- in 2015/16, prior to the introduction of the mandatory National Living Wage, care worker pay was £7.46; and
- over the past 12 months the starters rate was 35% and turnover rate was 27.3%.


Source: Skills for Care

Web Link: https://www.nmds-sc-online.org.uk/Get.aspx?id=980099

Plan To Reduce Health And Care Red Tape Burden

Outline: Minister for Health Lord Prior is setting up the Burden Reduction Challenge Panel in partnership with NHS Providers, NHS Confederation and Care England. The panel will look at evidence of both the burdens and benefits of current NHS and social care regulatory activity and will then challenge their use and necessity. Regulatory activity judged to be unnecessary by the panel and relevant officials will be amended or removed. The organisations will engage health professionals to provide evidence that will feed into the panel. The panel’s first session will focus on data and information requests, at both national and local level.

Source: Department of Health (DH)

### E10144 The Framework For Enhanced Health In Care Homes

**Outline:** NHS England has published a framework for enhanced health in care homes. This framework is for local health and care systems, organisations, communities and patients, wishing to develop and implement new ways of working. It lays out a clear vision for providing joined up primary, community and secondary, social care to residents of care and nursing homes, via a range of in reach services. Seven key components and eighteen sub-components which define the care homes model are put forward, with practical guidance explaining how organisations and providers can make the transition and implement the whole model.

- **Source:** NHS England

### E10145 Integrated Primary And Acute Care Systems (PACS): Describing The Care Model And The Business Model

**Outline:** This framework is for local health and care systems, organisations, communities and patients, wishing to develop and implement new ways of working. This framework document uses the learning from the nine PACS vanguards to support local health and care systems planning to implement a PACS model.

The integrated (PACS) Framework outlines the next steps required to set up the model – including the need to develop new contractual, funding and organisational form. It sets out three contractual options that will help make a phased transition towards a fully-fledged PACS – a single provider with a single contract for all local health and care services.

- **Source:** NHS England
E10153 Health In All Policies A Manual For Local Government

Outline: Health in All Policies (HiAP) is an approach to policies that systematically and explicitly takes into account the health implications of the decisions we make; targets the key social determinants of health; looks for synergies between health and other core objectives and the work we do with partners; and tries to avoid causing harm with the aim of improving the health of the population and reducing inequity.

It is now over three years since councils took on responsibility for public health and health and wellbeing boards (HWBs) took on their statutory role. Councils have welcomed their new role. Having secured a safe transition, they are now moving into a phase of transformational change. Success will depend on getting healthy policies embedded in all aspects of what a council and its partners do or, put simply, the extent to which councils become genuine public health councils. HWBs will play a crucial role in building constructive relationships between departments, the NHS, local government and partners, including the voluntary sector, communities and other bodies.

Local Government Association publications:
http://www.local.gov.uk/web/guest/publications/-/journal_content/56/10180/7970816/PUBLICATION

Source: Local Government Association (LGA)

Web Link:
http://www.local.gov.uk/documents/10180/7632544/1.4+Health+in+ALL+Policies_WEB.PDF/b21cf56f-403e-45c4-8a29-2c96df48acdb

E10154 Improving Eye Health Through Community Optical Practice A Briefing For Councils

Outline: As public health authorities, councils across England have responsibility for many public health issues, such as health protection, health promotion and disease prevention. This includes eye health services.

This Local Government Association, Optical Confederation and Local Optical Committee Support Unit (LOCSU) briefing for councillors, senior council officers and commissioners of services, describes the essential role community optics can play in helping to improve eye health specifically, as well as general health and wellbeing.

Local Government Association publications:
http://www.local.gov.uk/web/guest/publications/-/journal_content/56/10180/7969345/PUBLICATION

Source: Local Government Association (LGA)

Web Link:
http://www.local.gov.uk/documents/10180/7632544/15.1+Improving+eye+health+through+community+optical+practice+a+briefing+for+council/9602d957-ee12-4444-a073-69ef93093866
### E10142 Increase In The Number Of People Dying With Dementia

**Outline:** Public Health England has launched a range of products which examine the deaths of people recorded with dementia between 2012 and 2014. Figures show the number of deaths with a mention of dementia was: 6.6% of all deaths in 2001 and 15.8% of deaths in 2014. This is most likely due to an increase in awareness and recording of dementia.

The new reports were produced by the Dementia Intelligence Network (DIN) in collaboration with the National End of Life Care Intelligence Network (NEoLCIN) and draw on national data to see if there have been changes in dementia deaths over time, who the people dying with dementia are, where they die and the cause of their death.

The findings suggest that people who live in more deprived areas die with dementia at a younger age than those who live in more affluent areas. There are also considerable differences between the place of death for people who have dementia and the general population. People with dementia are considerably more likely to die in hospitals and care homes and less likely to die at home or in end of life care settings such as hospices.

**Resource**

**Source:** Public Health England (PHE)


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### E10146 Action On Cardiovascular Disease: Getting Serious About Prevention

**Outline:** This publication brings together Public Health England's (PHE's) work in addressing cardiovascular disease. This document aims to: highlight the ongoing impact of cardiovascular disease, provide an overview of PHE’s wide-ranging work in relation to cardiovascular disease, and underline PHE’s role in providing leadership and support to the NHS and wider partners.

It is intended for those involved in the commissioning and provision of services for cardiovascular disease and its prevention, including:

- clinicians,
- local authorities,
- service commissioners,
- public health specialists,
- the third sector, and
- PHE staff.

**Source:** Public Health England (PHE)

E10135 Tuberculosis In England 2016 Report (Presenting Data To End Of 2015)

Outline: This report describes the recent epidemiology of TB in England, providing an update on trends and burden of TB at a national and sub-national level. It also presents data on the implementation of the UK pre-entry TB screening programme, the national rollout of systematic latent TB infection (LTBI) testing, and BCG vaccination coverage estimates. The data presented is used to inform recommendations on the ongoing implementation of the Collaborative TB Strategy for England 2015-2020.


Source: Public Health England (PHE)


E10143 Childhood Obesity Plan: PHE’s Role In Implementation

Outline: Public Health England (PHE) has published a paper outlining PHE’s priority for reducing the proportion of overweight children leaving primary school.

Source: Public Health England (PHE)


E10150 Industry Attends PHE Briefing On Reduction And Reformulation

Outline: A programme led by Public Health England has asked food and drink industry businesses to remove 20% of the sugar from food eaten most by children.

Source: Public Health England (PHE)

**E10123 Launch Of The Children's Oral Health Improvement Programme Board**

**Outline:** Public Health England (PHE) has announced the launch of the Children's Oral Health Improvement Programme Board (COHIPB). The Board’s ambition is that “every child grows up free from tooth decay as part of every child having the best start in life”. The group’s oral health action plan and 5 high level objectives have been developed and agreed by partners working together following a PHE Best Start in Life oral health roundtable held in July 2015.

The Board’s objectives are to ensure:

- child oral health is on everyone’s agenda
- the early years and dental workforce have access to evidence based oral health improvement training
- oral health data and information is used to the best effect by all key stakeholders
- all stakeholders use the best evidence for oral health improvement
- child oral health improvement information is communicated effectively

**Source:** Public Health England (PHE)


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**E10148 Youth Drinking In Transition**

**Outline:** This report published by Demos explores the drinking habits of young adults in Great Britain. It seeks to contribute evidence to explain some of the shifting trends in these drinking habits as reported in the official statistics – including the decline in binge drinking and rise in teetotalism. And it looks in particular at the drinking habits of students, those in work, and those not in education, employment or training (NEETs), as three major case studies.

For further information see the following Demos web page: [http://www.demos.co.uk/project/youth-drinking-in-transition/](http://www.demos.co.uk/project/youth-drinking-in-transition/)

**Source:** Demos

E10147 No Country For Young Women

Outline: Millions of young people in Britain are being hit by serious financial and work problems and pessimism about the future with young women worst affected, according to a new study of 18-30 year olds by the charity Young Women’s Trust.

Drawing on findings from a major poll of 4000 18-30 year olds, carried out by Populus Data Solutions, the Young Women's Trust 2016 Annual Survey, "No Country for Young Women", reveals a generation of young people despairing and anxious, many of whose lives are on hold because of serious financial, work and housing problems - with young women hit hardest.

The survey found that amongst 18-30 year olds:

- 47% lack self-confidence, with young women (54%) much more likely to say this than young men (39%).
- Over half of young people said they feel worried for the future (55% of young women, 47% of young men).
- Four in ten (42%) said they feel worn down (46% of young women, 38% of young men).
- One in three said they were worried about their mental health (38% of young women, 29% of young men).

Young Women's Trust press release:
http://www.youngwomenstrust.org/what_we_do/media_centre/press_releases/468_major_survey_reveals_a_generation_in_crisis

For further information see: http://www.youngwomenstrust.org/nocountryforyoungwomen

Source: Young Women’s Trust

Web Link:
http://www.youngwomenstrust.org/assets/0000/4258/No_country_for_young_women_final_report.pdf
E10126 Ambient Air Pollution: A Global Assessment Of Exposure And Burden Of Disease

Outline: This report, published by the World Health Organization (WHO), presents a summary of methods and results of the latest World Health Organization (WHO) global assessment of ambient air pollution exposure and the resulting burden of disease. The report provides several indicators of the burden of disease from air pollution, with global estimates revealing that 94% of air pollution-related deaths are due to noncommunicable diseases (ischaemic heart diseases, stroke, chronic obstructive pulmonary disease and lung cancer). An interactive map has also been produced to provide information on population-weighted exposure to air pollution.

Interactive map: [http://maps.who.int/airpollution/](http://maps.who.int/airpollution/)


Source: World Health Organization (WHO)

Web Link: [http://apps.who.int/iris/bitstream/10665/250141/1/9789241511353-eng.pdf?ua=1](http://apps.who.int/iris/bitstream/10665/250141/1/9789241511353-eng.pdf?ua=1)

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E10156 Duncan Selbie’s Friday Message: 30 September 2016


Source: Public Health England (PHE)


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E10161 HPR Volume 10 Issue 33: News (30 September)


Source: Public Health England (PHE)

E10155 PHE Bulletin: 29 September 2016

Outline: Highlights for this month include:

- New diabetes prevalence data published by PHE.
- Health matters: tobacco standard packs – seizing the moment to support smokers to quit.
- PHE publishes data showing more people are living with cancer than ever before.
- Men B vaccine success figures published.
- National Diet and Nutrition Survey data 2012-14 published.
- New recommendations to address deaths from drug misuse published.

Source: Public Health England (PHE)


E10124 Vaccine Update: Issue 252, September 2016

Outline: Latest edition of Vaccine Update.

Source: Public Health England (PHE)


E-library documents (Internal)

Any new or amended documents added to the E-library in the last fortnight appear in this section of In the Know. To access a full list of all documents on the E-library follow the link below. You can also complete an e-learning course on ‘Using the Adult Social Care and Children’s Service e-library’

List of All Documents on the E-library

Using the Adult Social Care and Children’s Service e-library

There are no e-library documents in this week’s edition.