

Research, evidence and reports collated for you

What are health inequalities?

This [detailed report from Kings Fund](#) looks to explain the many aspects related to health inequalities and that they are avoidable, unfair and seen as differences in health between different groups of people. There are many kinds of health inequality, and many ways in which the term is used.

Health and wellbeing: a guide to community-centred approaches

[This guide](#) outlines a ‘family of approaches’ for evidence-based community-centred approaches to health and wellbeing.

The Health of the Nation - A Strategy for Healthier Longer Lives

[The Health of the Nation - A Strategy for Healthier Longer Lives](#) – has been produced on behalf of the All-Party Parliamentary Group for Longevity in February 2020. It presents a draft national strategy setting out what the United Kingdom needs to do to meet the goal set by Government of five more years of healthy life expectancy by 2035 and at the same time to close the large social gap in healthy life expectancy.

Changing a place: microfunding, co-production and community development

[Ambition for Ageing has published](#) a suite of documents looking at the conditions needed to get microfunding right. The documents draw on its five years of delivering microfunding to highlight areas of success, note challenges and share learning for those who may want to implement similar practices.

Realising the neighbourhood NHS: delivering a new deal for primary care

[This report](#) calls for general practitioners to become salaried employees of the NHS, rather than independent contractors, known as partners, who run their own GP practices. This move would overturn the historic model of general practice that has been in place since 1948. [The report](#) argues that this shift, to be phased in, would enable the NHS in England to deliver better access to, and quality of, primary care in the community and would also help to address the workforce crisis in general practice.

Changes to the GP contract in 2020/21 [for Community Pharmacy]

[This Pharmaceutical Services Negotiating Committee \(PSNC\) Briefing](#) provides a summary of the changes to the General Medical Services contract in 2020/21, which are of most relevance to community pharmacy, including LPC officers and members and PCN pharmacy lead.

The Academy of Fabulous NHS Staff

[This library of case studies](#) submitted by NHS staff searchable by category. “There are over 3000 amazing shares - stuff that works, stuff that solved a problem, improved patient experience, improved staff wellbeing, improved safety and compassionate care.”

Supporting a healthy childhood: the need for greater investment in services in England

[This briefing](#) highlights that investment in services that would give children a good chance of having a healthy childhood has been severely lacking, with cuts commonplace. Today’s unhealthy and adversely affected children risk becoming tomorrow’s unhealthy and adversely affected adults. The briefing has two key recommendations: the development of a cross-government ‘healthy childhood strategy’, and a commitment in the March 2020 budget to reversing cuts to local authority children’s services and public health budgets in England.

Case study: The parkrun practice initiative

This [case study](#) reflects upon the introduction of the parkrun practice initiative. In 2018, the Royal College of General Practitioners (RCGP) and parkrun UK launched the parkrun practice initiative to promote the social prescribing of physical activity through participation in local 5k parkrun events. More than 16 per cent of practices in the UK have registered to become a parkrun practice.

e-Learning to help people living in cold homes

Around three million people in England live in homes that are too cold. PHE has worked with Health Education England e-Learning for Healthcare (HEE e-LfH) to develop the [Helping People Living in Cold Homes e-learning programme](#). Aimed at health and care staff who undertake home visits, the resource provides information on local services that can assist people living in cold homes, such as installing insulation, improving heating systems or helping reduce energy bills. It also helps people spot the signs of a cold home – including less obvious ones. With this information, staff can have a conversation with people whose health may be affected by being too cold at home and signpost them to the relevant local services.

Alcohol licensing

Local Government Association have worked with Public Health England to revise [guidance](#) for councils public health teams on engaging with alcohol licensing. The guidance provides practical ways that public health can input into the licensing process and includes some new local examples of how teams have made effective contributions.

The state of children's mental health services

[This report gives an overview of the provision of Children and Young People's Mental Health Services \(CYPMHS\) in England](#). The briefing also looks ahead to assess whether current government plans go far enough to meet demand. It finds that while the NHS has made tangible progress in the provision of mental health services for children, the current system is still far away from adequately meeting the needs of all of the estimated 12.8 per cent of children in England with mental health problems – or the many more children who fall just below the threshold for clinical diagnosis.

Equipped for success? What clinical directors need for effective primary care networks

[This report](#) explores the three top areas for action if primary care networks are to succeed. Based on engagement with PCNs and their clinical directors, and an online survey, the PCN Network has identified time, support and funding as pressing priorities for NHS England and NHS Improvement to address.

Cities outlook 2020

[This report](#) finds that poor air quality impacts on the health of residents and workers in cities in particular. Urgent action is needed from local and national government to clean up the air we breathe.

Physical Activity: latest edition of Health Matters

The latest edition of Health Matters focusses on physical activity and the prevention and management of long term health conditions. One in 3 adults in England live with a long-term health condition, and they are twice as likely to be among the least physically active. This edition of Health Matters details:

- [the health benefits of physical activity](#)
- [the wider role and benefits of physical activity](#)
- [the scale of physical inactivity](#)
- [the barriers to physical activity for those with long-term conditions](#)
- [resources, programmes and campaigns for the public](#)

Health inequalities and people with learning disabilities

The following topics have been added to the [collection of summaries](#) about the health inequalities people with learning disabilities experience: Cardiovascular disease, Diabetes Type 1 and Type 2, Hypertension, Menstrual issues, Mental health problems, Overweight, obesity and underweight, Physical activity, Respiratory disease, Sensory impairments, Sexual health and Thyroid disorder.

The inside story: health effects of indoor air quality on children and young people

Children in the UK spend more and more of their lives indoors, and the health impact of the air within our homes and schools must be taken seriously. [This report, produced by the Royal College of Paediatrics and Child Health \(RCPCH\) and the Royal College of Physicians](#), is based on a systematic review of the science of indoor pollution, and conversations with children, young people and families. It makes recommendations for the government and local authorities and provides guidance for families.

The older adults' NHS and social care return on investment tool: final report

These [return on investment resources](#) were designed to help local commissioners in designing and implementing services to support older people's healthy ageing. The tool can be adapted to local conditions and presents results showing the economic benefits of each intervention.

Maternity survey: Find the results for your local trust

Care Quality Commission (CQC) asked over 17,000 women who gave birth early last year about their experience of maternity care. Nationally, CQC found improvement across a number of questions compared to the previous survey. The most positive results relate to experiences interacting and communicating with staff in maternity services, particularly during labour and birth. CQC also saw upward trends in areas such as feeding choices and partner involvement. But CQC also found that there remains scope for improvement in postnatal care, as women consistently report poorer experience for this than for the care they received during pregnancy and labour. The quality of information around changes to mental health could also be improved

- [See the survey results for your local trust](#)
- [Read the press release](#)
- [Find out more about the 2019 maternity services survey](#)

QualityWatch: quality and inequality

The poorest get worse quality of NHS care in England, [new research finds](#). The [analysis](#) finds people living in the most deprived areas of England experience a worse quality of NHS care and poorer health outcomes than people living in the least deprived areas. This includes spending longer in A&E and having a worse experience of making a GP appointment.

Increasing uptake for vaccinations: maximising the role of councils

[This report](#) by Local Government Association reinforces the fact that Councils are not directly responsible for commissioning or delivering vaccine programmes, but they are in a unique position to understand the health needs of their local population, and support vaccination services to reach them. This may be through helping immunisation teams work with frontline services such as health visitors or children's centres or supporting pop-up vaccination clinics in under-vaccinated areas.

Access to child and adolescent mental health services in 2019

Education Policy Institute have produced a [study](#) of access to specialist services, waiting times for treatment, and provision for the most vulnerable children in England.

Behaviour change: digital and mobile health interventions

This [draft guideline](#) covers interventions that use a digital or mobile platform to help people change established unhealthy behaviour. It covers people who want to stop smoking, be more active, practise safer sex, or improve their eating and drinking habits. This consultation is open for comment until 5pm on 6 March 2020.

Position statement on loneliness and social isolation

A [new report](#) published by the British Geriatrics Society and the Royal College of Psychiatrists considers early identification and treatment of health conditions that increase loneliness are crucial to improving the lives of older people. Key elements of [this position statement](#) include improving the process of identifying older people suffering from loneliness, the role of social prescribing and voluntary sector interventions, and advice for commissioners.

Mental health policy in England

This [House of Commons Library](#) briefing considers mental health strategies, the reform of the Mental Health Act 1983, the use of force in mental health settings and mental health crisis care.

The art of life and death: 14-year follow-up analyses of associations between arts engagement and mortality in the English Longitudinal Study of Ageing

[A paper examining data from more than 6000 participants in the English Longitudinal Study of Ageing \(ELSA\) over 14 years](#), has concluded that "receptive arts engagement (going to museums, art galleries, exhibitions, the theatre, concerts, or the opera) could have a protective association with longevity in older adults." There was no evidence of moderation by sex, socioeconomic status, or social factors. More than 40% of patients with lung disease, depression, or loneliness reported never engaging with the arts despite robust evidence of the potential benefits.

A whole system approach to tackling childhood tooth decay

This [Local Government Association report](#) highlights that childhood tooth decay is largely preventable but remains the most common oral disease affecting children and a serious public health problem. Tooth decay was the number one reason for hospital admissions for children aged 6 to 10 years in 2017/18. The report contains a range of examples of the steps that need to be taken to improve child oral health and achieve success. Many of the areas included are places where there have traditionally been high rates of tooth decay, but where significant improvements are now being made.

Community-centred public health: taking a whole system approach

[These resources](#) aim to provide guidance to improve the effectiveness and sustainability of action to build healthy communities and to embed community-centred ways of working within whole systems action to improve population health. They are intended for use by local authority, NHS and voluntary and community sector decision-makers.

Deaths in prison: a national scandal

[This report](#) aims to provide insight and analysis into findings from 61 prison inquests in England and Wales in 2018 and 2019. It details safety failures including mental and physical health care, communication systems, emergency responses, and drugs and medication. It also looks at the wider statistics and historic context. It makes recommendations to improve safety and prevent future deaths including reallocating resources from criminal justice to community-based health and welfare services.

Supporting adult carers

[NICE guideline on supporting adult carers has been published](#) and covers support for adults (aged 18 and over) who provide unpaid care for anyone aged 16 or over with health or social care needs. It aims to improve the lives of carers by helping health and social care practitioners identify people who are caring for someone and give them the right information and support. It covers carers' assessments, practical, emotional and social support and training, and support for carers providing end of life care.

Commission for Equality in Mental Health: Determinants of mental health

This [first briefing from the Centre's Commission for Equality in Mental Health](#) finds that mental health inequalities are closely linked to wider injustices in society. Inequalities in wealth, power and voice are linked to poorer mental health. Exclusion, discrimination, violence and insecurity all increase our risk of poor mental health and explain why some groups of people face markedly higher rates of mental ill health than others. The briefing explores actions that can be taken, from communities and local services to national policies, to reduce mental health inequalities. They include action to reduce income inequality, housing insecurity and poor working conditions as well as changes to education and the provision of early years support to families.

Loneliness

The Government has published the first [annual report](#) on tackling loneliness, updating on progress since the publication of the cross-government Loneliness Strategy in October 2018. The report reflects the work that councils are leading and how the Local Government Association (LGA) is supporting this. The work of the LGA includes the ['Reaching Out'](#) guide on tackling loneliness we produced with the National Association of Local Councils and our work with government on open data pilots that are investigating ways of collecting information about the activities and services available locally to address loneliness.

Indoor air quality at home

[NICE guideline](#) covers indoor air quality in residential buildings. It aims to raise awareness of the importance of good air quality in people's homes and how to achieve this.

The economic influence of the NHS at the local level

[This long read](#) looks at the NHS's role within the wider economy from several perspectives – the level of influence the NHS holds through employment and spending; the relative level of earnings in the NHS compared to the wider local economy; and the provision of training, skills and opportunity. Social determinants are a far larger factor in someone's health than the quality and amount of health care they receive. An individual's employment status, wellbeing, living conditions and income all have a greater impact on their health than the accessibility and quality of care provided by health services. As the biggest employer in England and a significant economic force in local communities, the NHS has a unique opportunity to use its resources to influence the wellbeing of the population it serves and reduce the health inequalities that exist in England.

Social media: how much regulation is needed? (House of Commons Library)

[This article](#) is part of a series of insights looking at social media regulation. The article describes the current position, a legal duty of care to protect children on social media, the Online Harms White Paper, and reaction to it.

Planning for patients: the role of Section 106 planning contributions

Between 2013-14 and 2018-19, local planning authorities captured more than £87 million of developer contributions to invest in health care infrastructure, yet more than £34 million is currently sitting unspent. [This report shows that a lack of awareness of the Section 106 planning contributions process](#) (effectively contributions and concessions made by developers in order to reduce their impact on the community and secure planning permission), insufficient expertise and skills among staff, and poor co-ordination are key barriers to the use of Section 106. By failing to act, the NHS is missing out on potentially millions of pounds that could go towards improving and delivering vital services for patients.

Access to child and adolescent mental health services in 2019

The Education Policy Institute (EPI) has [published its Annual Report](#) on access to child and adolescent mental health services (CAMHS). The study examines access to specialist services, waiting times for treatment, and provision for the most vulnerable children in England. The research is based on new data obtained using freedom of information (FOI) requests to mental health providers and local authorities over the course of a year. This data is not published by the NHS. The majority of lifelong mental health problems develop early on, during childhood or adolescence. The wider economic costs of mental ill health in England are vast, estimated at £105bn each year.

What are ACEs - Adverse Childhood Experiences? And how do they relate to toxic stress

This Center for the Developing Child - Harvard University - provides [this overview](#) of some of the frequently asked questions about ACEs.

The impact of poverty on child mental health

National children's charity Buttle UK surveyed frontline support workers to find out about their current experiences of working with children in poverty. [Their feedback, and other aspects in this report](#), illustrate the extent of some of the challenges that families are currently facing.

Headache and migraine toolkit

Headache and migraine sufferers could soon benefit from more targeted care thanks to a new RightCare [toolkit](#). Developed in collaboration with [The Neurological Alliance](#) the toolkit looks to support health systems to understand the priorities in headache and migraine care and the key actions to take. It also provides the opportunity to assess and benchmark current systems to find opportunities for improvement. This will work to improve the quality of life for patients through better symptom management while ensuring they only need to access health and care services when necessary.

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Thanks,
John