

Research, evidence, and reports collated for you

Integrating care: next steps to building strong and effective integrated care systems across England

This [document gives details of NHS England's proposals for a more effective and responsive care system across England](#). It sets out how NHS organisations, local councils, frontline professionals and others will join forces in an integrated care system (ICS) in every part of England from April 2021. Patients, NHS staff, partner organisations and interested members of the public are asked to submit their views on the proposals. The closing date for responses to the consultation is Friday 8 January 2021.

New HIV diagnoses in gay and bisexual men at their lowest in 20 years

A [PHE report published](#) earlier this month shows that, for the first time, the number of new HIV diagnoses in gay and bisexual men (GBM) outnumber new diagnoses in heterosexual adults by only 100 cases. The report shows there were 1,700 new HIV diagnoses in GBM in 2019 compared to 1,500 in 2000.

Improving the nation's health: the future of the public health system in England

In light of the impact of the pandemic and the government's decision to abolish Public Health England (PHE), [this briefing explores](#) what needs to be put in place to make progress on the government's commitments to improve the nation's health. It looks at the role the government can play in improving the nation's health before examining how England might transition to a new public health system and what the main priorities for any new system should be.

Updated Public Health Outcomes Framework and PHE Official Statistics Profiles

- [Public Health Outcomes Framework](#)
- [Diabetes foot care profile](#)
- [Liver disease profile](#)
- [Local Tobacco Control profiles](#)
- [Interactive Health Atlas of Lung conditions in England \(INHALE\)](#)
- [Physical activity profile](#)
- [Productive healthy ageing profile](#)
- [Child education: 2020 update](#)
- [Reproductive Health: 2020 update](#)

Reducing the health inequality gap: new framework for NHS trusts

A [new resource from NHS Providers and the Provider Public Health Network](#) (with support from Public Health England) sets out a plan of action for trusts to combat growing health inequalities in the next stage of the COVID-19 pandemic. Reducing health inequalities associated with COVID 19: a framework for healthcare providers presents a set of principles, stepped actions and examples from practice from NHS and integrated care settings, to help trusts and partner organisations understand and tackle health inequalities amongst their populations.

Prevalence, management, and outcomes of SARS-CoV-2 infections in older people and those with dementia in mental health wards in London, UK: a retrospective observational study.

This [research published in The Lancet Psychiatry](#) suggests people living in group situations or with dementia are more vulnerable to infection with severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). Older people and those with multimorbidity have higher mortality if they become infected than the general population. However, no systematic study exists of COVID-19-related outcomes in older inpatients in psychiatric units, who comprise people from these high-risk groups. The authors aimed to describe the period prevalence, demographics, symptoms (and asymptomatic cases), management, and survival outcomes of COVID-19 in the older inpatient psychiatric population and people with young-onset dementia in five National Health Service Trusts in London, UK, from March 1 to April 30, 2020. Implementation of the long-standing policy of parity of esteem for mental health and planning for future COVID-19 waves in psychiatric hospitals is urgent.

Is older age associated with COVID-19 mortality in the absence of other risk factors? General population cohort study of 470,034 participants

Older people have been reported to be at higher risk of COVID-19 mortality. [This study](#) explored the factors mediating this association and whether older age was associated with increased mortality risk in the absence of other risk factors. Overall, participants aged ≥ 75 years were at 13-fold (95% CI 9.13-17.85) mortality risk compared with those < 65 years. Participants aged ≥ 75 without additional risk factors were at 4-fold risk (95% CI 1.57-9.96, $P = 0.004$) compared with all participants aged < 65 years. Higher COVID-19 mortality among older adults was partially explained by other risk factors. 'Healthy' older adults were at much lower risk. Nonetheless, older age was an independent risk factor for COVID-19 mortality.

Accessibility and allocation of public parks and gardens in England and Wales: A COVID-19 social distancing perspective

This [PubMed published research](#) suggests that visiting parks and gardens supports physical and mental health. We quantified access to public parks and gardens in urban areas of England and Wales, and the potential for park crowdedness during periods of high use. They examined variability by city and share of flats. Around 25.4 million people (~87%) can access public parks or gardens within a ten-minute walk, while 3.8 million residents (~13%) live farther away; of these 21% are children and 13% are elderly. Areas with a higher share of flats on average are closer to a park but people living in these areas visit parks that are potentially overcrowded during periods of high use. Such disparity in urban areas of England and Wales becomes particularly evident during COVID-19 pandemic and lockdown when local parks, the only available out-of-home space option, hinder social distancing requirements. Cities aiming to facilitate social distancing while keeping public green spaces safe might require implementing measures such as dedicated park times for different age groups or entry allocation systems that, combined with smartphone apps or drones, can monitor and manage the total number of people using the park.

ANIMATION: How to access your GP practice

The way people access their GP practice has changed to ensure patients get the best possible care safely and quickly. NHSE/I only want people to attend the practice when they need to, in order to keep patients and staff safe from Coronavirus. This new animation explains how people can access their GP practice, including how to get in contact, the different ways care may be delivered, and how face-to-face appointments have changed. [Watch the video](#) to find out how general practice has adapted to ensure patients receive the care they need as safely as possible.

How to improve recruitment, sustainability and scalability in physical activity programmes for adults aged 50 years and older: A qualitative study of key stakeholder perspectives

This [PubMed published research](#) suggests that physical inactivity among adults aged 50 years and over is a worldwide health concern. The objectives of the study were to investigate the perspectives of those involved with existing physical activity programmes on optimising recruitment, sustainability and scalability of physical activity programmes for adults aged 50 years and over. Data analysis produced three overarching themes. "Age appropriate" explains how communication and the environment should be adapted to the needs of adults aged 50 years and older. "Culture and connection" refer to the interplay of individual and social factors that influence participation, including individual fears and insecurities, group cohesion and added value beyond the physical gains in these programmes. "Roles and partnerships" outlines how key collaborations may be identified and managed and how local ownership is key to success and scalability.

Unequal impact? Coronavirus and BAME people

This [Women and Equalities Committee report](#) outlines the findings of an inquiry that aimed to explore the pre-existing inequalities facing people from ethnic minorities and how these inequalities have impacted on their vulnerability to the virus. [It makes a series of recommendations](#) to help mitigate the impacts of the pandemic on ethnic minority groups.

The multiple conditions guidebook – one year on

The Taskforce on Multiple Conditions is a partnership between the Richmond Group of Charities and Guy's and St Thomas' Charity, supported by the Royal College of General Practitioners. [In this report, The Taskforce revisits seven of the case studies featured in the multiple conditions guidebook](#) to find out how things are progressing in the year since their original publication. And in a year that has been extraordinary for everyone, the pandemic has presented some particular challenges for people living with multiple long-term conditions.

Social prescribing and NHS facilities: how could the NHS better use its facilities to support social prescribing, holistic care and community resilience?

The NHS long-term plan has pledged to refer at least 900,000 people to social prescribing by 2023/24 to help improve people's wellbeing; the fitter, healthier and more socially connected people are, the less likely it is they will need to access local GP or other health professionals. [This research carried out by The King's Fund](#) and based on a survey conducted with more than 2,000 people in England, shows that there is also a strong appetite from the public for these services. The research was commissioned by NHS Property Services.

Improving the nation's health: the future of the public health system in England

In light of the impact of the pandemic and the government's decision to abolish Public Health England (PHE), [this Health Foundation briefing](#) explores what needs to be put in place to make progress on the government's commitments to improve the nation's health. It looks at the role the government can play in improving the nation's health before examining how England might transition to a new public health system and what the main priorities for any new system should be.

How are the lives of families with young children changing? The changing face of early childhood in the UK

This [evidence review, by Nuffield Foundation](#), reveals the extent of changes to family life in the UK over the past 20 years, and highlights how these changes are experienced unequally across the population. The report argues that, without understanding family life today, the policies and initiatives that seek to address other key areas of society – education, the economy, physical health, and mental health – will falter.

Finding our own way home – a 'big conversation'

With Covid-19 shining a spotlight into the health and social care inequalities faced by people with a learning disability and/or autism, [this Housing LIN report](#) outlines the key results from research conducted into the housing opportunities and blockages for people with a learning disability and/or autism.

Digital technology and health inequalities: a scoping review

This [report](#), published jointly by Public Health Wales and The King's Fund, explores how a lack of access, skills and motivation for using digital technologies could contribute to inequalities in health and other outcomes. It considers approaches to reduce the widening differences between groups.

Review of interventions to improve outdoor air quality and public health

This [Public Health England paper](#) reviews the evidence for practical interventions to reduce harm from outdoor air pollution, stratified by their health and economic impact. The focus of the review was on those actions available to local authorities and, where appropriate, the national actions needed to support them. The paper is accompanied by a guide to help local authorities to use the evidence to choose or plan interventions to tackle air pollution.

Levelling up health for prosperity

This [Progressive Policy Think Tank report](#) reveals how cuts to public health budgets since 2014 have disproportionately hit the Midlands and north of England. In the 2019 general election, the Conservative party's manifesto made ambitious pledges on both the economy and health. This report outlines policy to make health improvement and the reduction of place-based health inequality a joint enterprise between local and national government and recommends three 'paradigm shifts' for a new approach to health and prosperity.

WHO guidelines on physical activity and sedentary behaviour

These [World Health Organization guidelines](#) are an update to the first global guidelines established in 2010. Based on the most recent evidence for how physical activity can improve health, the guidelines are a fundamental tool for countries to develop incentives and programmes to make their citizens more active and healthier.

Joint Committee on Vaccination and Immunisation: advice on priority groups for Covid-19 vaccination

This [advice](#) is provided to facilitate the development of policy on Covid-19 vaccination in the UK.

Analysis of the health, economic and social effects of Covid-19 and the approach to tiering

This [paper](#) provides an overview of the evidence and analysis in relation to coronavirus and the health, economic and social effects of the government's tiered approach.

Monitoring the Mental Health Act in 2019/20: The Mental Health Act in the Covid-19 pandemic

Monitoring the [Mental Health Act is the CQC's annual report](#) on the use of the Mental Health Act (MHA). It looks at how providers are caring for patients, and whether patients' rights are being protected. This year's annual report puts a specific focus on the impact that the coronavirus (Covid-19) pandemic has had on patients detained under the MHA, and on the services that care for and treat them.

State of the nation: understanding public attitudes to the early years

The insights contained within this [Royal Foundation report](#) highlight the need to help people understand the importance of the early years. The report suggests that parents and carers need more support and advice to ensure good mental health and wellbeing as they raise young children.

All hands on deck: public-private partnerships during Covid-19

This [Reform report](#) examines how the government has worked with the private sector to respond to Covid-19. It suggests that there are lessons from the pandemic that, if acted on, would allow the government to more effectively leverage the private sector to respond to future crises.

Digital health and Covid-19: A Professional Record Standards Body (PRSB) consultation

This [PRSB report](#) examines the digital transformation of health and care services during the pandemic and recommends how the system can use the lessons from Covid-19 to advance digital change, while maintaining safety and prioritising citizens' needs. The report is based on consultation with more than 100 PRSB members and partners including the Royal Colleges, social care system leaders, health care providers, patient groups, regulators, and others.

Child sexual abuse in healthcare contexts

This [Independent Inquiry into Child Sexual Abuse report](#) finds that health care practitioners abused their positions of trust and authority to sexually abuse children under the guise of medical procedures. Based on the accounts of 109 victims and survivors who came forward to the Truth Project, the report analyses experiences of abuse across a wide range of health care settings from the 1960s to the 2000s. The report provides an insight into the role of health care in victims' and survivors' lives, revealing that for many participants, their health care needs related to the physical, psychological, and sexual abuse they had suffered.

Number of UK ice days slipping away

[Analysis of the Met Office's UK Climate Projections](#) reveals that climate change is expected to decrease markedly the number of so-called ice days, where the daily maximum temperature does not exceed 0.0 °C.

Climate change in your area

[New tool](#) shows what climate change might look like in your area.

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Thanks, John