

# More information...

## In brief

- [10 year olds in the UK have consumed 18 years' worth of sugar](#)
- [The health impacts of screen time](#)
- [Reverse vending machine trial a success](#)
- [More than one in four sandwich carers report symptoms of mental ill-health](#)
- [Health on the High Street: Running on Empty 2018](#)
- [Survey for improving cycling and walking routes across Liverpool City Region](#)
- [NHS Long Term Plan published](#)
- [Self-care: councils helping people look after themselves](#)
- [The Inquiry into the future of civil society](#)
- [National General Practice Profiles: Latest annual update](#)
- [National Child Measurement Programme and Child Obesity Profile: 2017 to 2018 update](#)
- [Cardiovascular disease profiles: January 2019 update](#)
- [Local Authority Interactive Tool \(LAIT\) on school data](#)
- [Government has announced a review of the autism strategy](#)
- [Integrated care in a nutshell](#)
- [The NHS long-term plan: five things you need to know](#)
- [Health state life expectancies](#)
- [Infographics explaining the commissioning and delivering of services to improve mental health](#)

## Community health services explained

[Community services](#) play a key role in keeping people well, treating and managing acute illness and long-term conditions, and supporting people to live independently – and yet they are poorly understood compared to other parts of the NHS. In this piece, [The Kings Fund set out](#) what community services are, the challenges they have faced and how they're changing.

## A connected society A strategy for tackling loneliness – laying the foundations for change

Government published its first [loneliness strategy](#).

## National measurement of loneliness: 2018

This [Office for National Statistics \(ONS\) compendium](#) provides comprehensive information on the loneliness measurement landscape, the recommended national indicators of loneliness and the question testing underpinning their recommendations. Includes:

- [Children's and young people's experiences of loneliness: 2018](#)
- [Children's loneliness: What characteristics are associated with children's loneliness](#)

## Older people living alone

[Research by the Health Foundation](#) found that people aged 65 and older who live alone are 50 per cent more likely to go to A&E than people who live with someone else. They are also at increased risk of being admitted to hospital as an inpatient and make more visits to their GP. More than one in four older people living alone have a mental health condition compared to one in five living with others. Social isolation can raise the risk of having a stroke by a third and is considered as unhealthy as smoking 15 cigarettes a day. The research suggests that tackling factors that impact on people living on their own, such as loneliness and social isolation, have the potential to reduce pressure on A&E and GP services.

## **NHS Long Term Plan published**

The [NHS Long Term Plan has been published](#) with its aims to make sure the NHS is fit for the future, providing high quality care and better health outcomes for patients and their families, through every stage of life. The NHS Long Term Plan is drawn up by frontline staff, patients groups, and national experts to be ambitious but realistic. More details about opportunities to help shape our local plans will be shared shortly. In the meantime, to read a copy of the national plan and find out more visit [www.longtermplan.nhs.uk](http://www.longtermplan.nhs.uk)

## **Supporting carers: guidance and case studies (Local Government Association (LGA))**

[This publication demonstrates current examples of how councils support adult and young carers](#) locally in a range of different ways from respite breaks to discount cards to tailored information and advice. Key statistics include: 1 in 12 young carers is caring for more than 15 hours a week; 1 in 20 misses school because of their caring responsibilities; young carers are 1.5 times more likely to have a long-term illness, special educational needs or a disability.

## **10 year olds in the UK have consumed 18 years' worth of sugar (Public Health England)**

Children have already exceeded the maximum recommended sugar intake for an 18 year old by the time they reach their tenth birthday, [according to Public Health England \(PHE\)](#). This is based on their total sugar consumption from the age of 2. This figure comes as a new [Change4Life campaign was launched on 2 January 2019](#), supporting families to cut back on sugar and to help tackle growing rates of childhood obesity. The Change4Life campaign is encouraging parents to 'Make a swap when you next shop'. Making simple everyday swaps can reduce children's sugar intake from some products (yoghurts, drinks and breakfast cereals) by half – while giving them healthier versions of the foods and drinks they enjoy.

## **Community-centred practice: applying All Our Health**

[Community-centred ways of working](#) can be more effective than more traditional services in improving the health and wellbeing of marginalised groups and vulnerable individuals. For this reason, they are an essential way of reducing health inequalities within a local area or community.

## **Mental health and wellbeing in schools**

[This briefing on mental health and wellbeing in schools was produced to support a Westminster Hall debate on 4 December 2018](#). The debate pack explains recent Government policy announcements, including the 2017 consultation on [Transforming children and young people's mental health provision](#). The pack also outlines progress in introducing mental health into the school curriculum by 2020, as well as recent Government efforts to recruit mental health support teams which will work alongside schools as part of the Government's [Suicide prevention strategy](#).

## **Immigration White Paper**

The [Government's Immigration White Paper](#) identifies nurses, midwives, health and care services managers and health professionals as among 49 medium and high skilled groups which could potentially see a 25 per cent reduction in EU workers. The UK is heavily reliant on long term EU migrant labour in health and care and could find it hard to make adjustments, though there will be more opportunities elsewhere. We will be publishing a briefing on the white paper.

## **Active lives children survey**

Sport England has published the first ever [Active Lives: Children and Young People Survey for the academic year 2017/18](#). With a sample of over 130,000, the report presents data down to local authority level. The report explores and seeks to better understand the behaviours of children and young people and their attitudes towards sport and physical activity; and the extent to which being active links to levels of mental wellbeing, individual development and social and community development.

### **Health Matters - mental health unity**

[The new edition](#) sets out the scale of the problem and presents actions that local areas can take to reduce health inequalities, improve physical health and life chances of people living with mental illness.

### **NHS Right Care: High Intensity User service resource packs**

NHS RightCare has published a [High Intensity User service resource pack](#) which provides support for systems on setting up a service. In addition to improving patient experience, this service offers a robust way of reducing frequent user activity primarily to A&E and non-elective admissions but can also contribute to reducing other avoidable unscheduled care contacts.

### **Cardiovascular disease profiles: January 2019 update**

Update of [cardiovascular disease \(CVD\) data](#) looking at heart disease, diabetes, kidney disease and stroke.

### **Cardiovascular disease prevention: cost effective commissioning**

These [resources](#), released this month, synthesise evidence on the effectiveness and associated costs for interventions aimed at preventing cardiovascular disease (CVD) in individuals with associated risk factors.

### **The women's mental health taskforce: final report**

The taskforce was formed in response to the rise of women with mental health problems. [The report explores](#) how women's experience in mental health can be different to men's and indicates that there is a bias towards men's needs in service design. It identifies service redesign and strategic priorities for commissioners and providers to implement, based on what matters to women: taking into account gender violence, eating disorders and related conditions, the role of women as mothers and carers and women's multiple needs.

### **Autism strategy**

The [Government has announced a review of the autism strategy](#) soon into 2019. For the first time the Government is reviewing the support provided to autistic children as well as adults, which is an important development. It will inform the new joint adults and children autism strategy to be published in autumn 2019 and we are working with colleagues to provide a response.

### **Inquiry into the future of civil society**

[This Inquiry into the future of civil society](#), launched in 2016 and chaired by Julia Unwin, reported its findings in November 2018. The report says that what the Inquiry found was both challenging and exciting. It says that the Inquiry believes that civil society has a vital role to play in helping to address the challenges that lie ahead. Re-energised, civil society could be at the heart of changes needed in society as a whole: reviving "dented" democracy, rebuilding social fabric and enabling us to address the great challenges of climate change and environmental degradation.

### **Musculoskeletal (MSK) diseases profile**

This [profile](#) was updated on 4 December as musculoskeletal data is essential for understanding the health needs of local populations, the number of people accessing services, the cost of services, and the outcomes services deliver.

### **Local Tobacco Control Profiles**

These [profiles](#) were updated on 4 December.

### **School-Age Children Profiles**

This [PHE section presents data](#) on factors related to the health and wellbeing of school-age children and includes School-Age Children Profiles. It is maintained by the National Child and Maternal Health Intelligence Network.

### **Mental health: improving employment and health outcomes**

[PHE are facilitating closer collaboration](#) across work, public health and mental health systems to improve employment and health outcomes in mental health.

### **Characteristics of children in need: 2017 to 2018**

[This report](#) describes the circumstances for those children referred to and assessed by children's social services for the year ending 31 March 2018.

### **NHS surveys exempted from 1.6m patients' data sharing opt-outs**

[Health Service Journal are reporting](#) that the government has confirmed that the 1.6m people who opted out of sharing their health data will not be exempt from patient experience surveys, following concerns that to do so would impede improvements in care.

If you have any local information, research or reports you think useful to share then get in touch [wirralintelligenceservice@wirral.gov.uk](mailto:wirralintelligenceservice@wirral.gov.uk) or if the bulletin has been passed onto you and you would like to subscribe please [complete this form](#)  
Thanks,  
John