

## More information...

### In brief

- [More than 600 people quit work to look after older and disabled relatives every day](#)
- [First 1000 days of life](#)
- [Forecast suggests Earth's warmest period on record](#)
- [The community paradigm: why public services need radical change and how it can be achieved](#)
- [House prices push old and young into separate neighbourhoods](#)
- [Local Authority finances continue to deteriorate amid rising demand for vital services](#)
- [Parking at St Catherine's Health Centre](#)
- [Austerity hits North harder than South](#)
- [Health matters: health and work](#)
- [Personal and economic well-being in the UK](#)
- [Golf prescribed by the NHS, after pilot studies find it boosts happiness, fitness and strength](#)
- [Funding for some councils to develop local solutions to childhood obesity](#)
- [How diet is changing - the good and the bad](#)
- [Progress in the apprenticeships programme: National Audit Office Report](#)
- [GPs must email patients instead of sending letters](#)
- [Artificial intelligence in healthcare](#)
- [Google offers a pair of apps to help the deaf community](#)
- [NHS to recruit army of 'social prescribers' to relieve pressure on GPs](#)
- [What is the best approach for integration of health and social care provision?](#)
- [Place-based partnerships need space and time to grow](#)
- [Patients avoid 7,500 nights in hospital with 'tailored' home help scheme](#)
- [Plans for first integrated care trust to be delayed for a year](#)
- [The rise of primary care networks](#)
- [Ending the postcode lottery of stroke care](#)
- [Co design plays a major role in the future of effective health care](#)
- [Long-term plan: moving on up](#)
- [Asthma UK says young people with asthma are more likely to have uncontrolled asthma and the least likely to get life-saving basic care](#)

### Improving the public's health: Local Government delivers (Local Government Association)

The changes to public health over the last six years should be seen as an exemplar of public sector reform. [This report](#) describes that good public health, drawing imaginatively on all local government's functions, can make a real, large-scale difference to promoting the independence of people with long-term chronic conditions; preventing ill health and therefore to reducing pressures on social care and the NHS; improving people's lives and wellbeing and reducing health inequalities.

### Progress in the apprenticeships programme: National Audit Office Report

The Department for Education has reformed the apprenticeships programme since NAO last reported on the topic in 2016, shifting its focus towards apprenticeship quality and meeting employers' needs. [This report suggests](#) it also now has a better, more holistic approach to assessing the benefits of the programme. However, employers have so far made limited use of the available levy funds to support new apprenticeships, and the period after the levy was introduced saw a large drop in apprenticeship starts.

## **NHS login launches pilot to help develop service for future use**

[NHS login is a single log in verification system](#) that, once fully implemented, will make it easier for people to log in to online health services and view their own patient data. Currently being trialled as part of the NHS app this new pilot will further test the system with five new partners, namely Tiny Medical Apps, eConsult, Helm, Audit and Transparency Summary Care Record and Digital Child Health.

## **What the Government said about Health and Social Care Select Committee report on childhood obesity**

[This Command paper](#) sets out the government's response to the conclusions and recommendations in the Health and Social Care Select Committee's report [Childhood obesity: time for action](#). The committee's report covered the following areas: a whole systems approach; marketing and advertising; price promotions; early years and schools; takeaways; fiscal measures; labelling; and support for children living with obesity. The government's response addresses each of these areas.

## **Polypharmacy: getting our medicines right**

This [report by Royal Pharmaceutical Society](#) summarises the scale and complexity of the issue of polypharmacy. It outlines how health care professionals, patients and carers can find solutions when polypharmacy causes problems for patients and points to useful resources that can help. The guidance recommends that all health care organisations have systems in place to ensure people taking 10 or more medicines can be identified and highlighted as requiring a comprehensive medication review with a pharmacist.

## **Personal and economic well-being in the UK**

This is the first time Office for National Statistics (ONS) has brought together its [data on both personal and economic well-being to give a fuller picture on the well-being of UK households](#).

## **More than 600 people quit work to look after older and disabled relatives every day**

[New research by Carers UK reveals](#) that 2.6 million have quit their job to care for a loved one who is older, disabled or seriously ill, with nearly half a million (468,000) leaving their job in the last two years alone - more than 600 people a day. This is a 12 per cent increase since Carers UK and YouGov polled the public in 2013. The findings also show that more people are caring than previously thought, with almost 5 million workers now juggling their paid job with caring – a dramatic rise compared with Census 2011 figures of 3 million. The research emphasises the need for UK employers to support the rapidly increasing number of staff with caring responsibilities to stay in the workforce. Previous research shows those aged 45-64 are most likely to have a caring responsibility, providing a strong driver for employers to support and retain some of their most skilled and experienced employees.

## **Artificial intelligence in healthcare**

[This paper commissioned by NHS Digital](#) looks at the clinical, ethical and practical concerns relating to artificial intelligence (AI) use in the health and social care system. The report makes seven key recommendations and warns that AI is not likely to solve all the problems faced by the health care system.

### **The Coming Crisis – Access to health in our towns.**

[Centre for Towns has published look at the accessibility of local health services for people in all parts of Britain](#). If, as we suggest, our towns will get older and older this report describes the implications for the ability of people to get to their GP, pharmacy, dentist and A&E. How easy is it to access health services, and does it differ depending on where you live? To understand what it means for a place to be left behind, we need to be able to compare and contrast the ability of different places to connect with a range of local services and institutions, the most important of which are health services.

### **State of child health: England - two years on**

This [Royal College of Paediatrics and Child Health \(RCPCH\) report](#) congratulates the government on its commitment to child health, commending those responsible for bold pledges in areas such as obesity, mental health and the integration of children's health services. However, the scorecard also reveals that England continues to lag behind other western European countries on a range of child health outcomes and notes areas for improvement, particularly in universal public health provision, including reducing child poverty and inequality; child deaths; tobacco and alcohol control, and breastfeeding.

### **Dementia-friendly sport and physical activity**

[The Alzheimer's Society and Sport England have launched a guide for the sports and physical activity sector](#), so they have a better understanding of dementia and how it affects people, as well as tools and guidance to help people affected by dementia lead more active lives.

### **Google offers a pair of apps to help the deaf community**

[Google has launched two apps aimed at helping the deaf and hard of hearing](#). The first focuses on translating speech to text and is available in 70 languages and dialects; the second one can amplify some sounds and minimise others.

### **International comparisons of health and wellbeing in adolescence and early adulthood**

[This report summarises](#) how 17 key indicators of the health and wellbeing of young people aged 10–24 vary in a selection of 19 similar high-income countries both within and outside of Europe. The report, published with the Association for Young People's Health, provides an indication of where health outcomes for adolescents and young adults in the United Kingdom could be improved.

### **Updated national and regional slide sets on Child Obesity**

Public Health England (PHE) has published two separate slide sets: a [national slide set on child obesity](#) and [regional child obesity slide sets](#) (one for each of the nine regions). These PowerPoint slides present key data and information on the patterns and trends in child obesity in clear, easy to understand charts and graphics. The national child obesity slide set summarises the latest national level data from the National Child Measurement Programme (NCMP) and the Health Survey for England (HSE) while the regional child obesity slide sets show customised data for each region from the NCMP. Slides showing severe obesity prevalence and trends are included for the first time.

### **Health matters: preventing cardiovascular disease**

A [professional resource](#) on improving the detection and treatment of the high-risk conditions atrial fibrillation, high blood pressure and high cholesterol.

## **Age UK's Personalised Integrated Care Programme: evaluation of impact on hospital activity**

Age UK's Personalised Integrated Care Programme (PICP) aims to improve the lives of older people through practical support, underpinned by a change in the way that the health and care system work together for these people locally. [This report analyses the hospital use of 1,996 older people who had received a service from PICP in eight areas in England](#), and compares their activity with that of a carefully selected control group. The research concludes that it has almost certainly not been able to reduce costs or emergency admissions. However, the results suggest that the scheme may be identifying unmet need in the population, which manifests in greater use of hospital care.

## **The age divide and housing debate**

[Economic and Social Research Council present this article](#) - has the housing debates have almost entirely ignored residential age segregation as one of the potential consequences of the ongoing housing affordability crisis? Is age segregation something we should be worried about?

## **Town and Country Planning Association (TCPA): Developers and Wellbeing project report**

The TCPA, with support from PHE, has published a [report](#) looking at how local authorities and developers can work together to create healthy communities. Based on insights from the private and public sector, the report explores developers' attitudes and motivations in relation to health and wellbeing and how they can work better with councils to create healthier places.

## **Maternity services survey 2018**

[Findings from a national survey of more than 17,600 women](#) who gave birth in February 2018 show that many women are positive about maternity care in England. However, the findings also show that there has been limited improvement in patient experience between 2017 and 2018.

## **Statin therapy reduces cardiovascular disease risk in older people**

Statin therapy reduces major vascular events, such as heart attacks and strokes, in a wide range of people, including those over the age of 75, [according to new research from Medical Research Council \(MRC\) scientists](#). For the new study, MRC scientists worked with Australian researchers to assess the effects of statins in nearly 187,000 people who had taken part in 28 large clinical trials. Participants were divided into six age groups from 55 to over 75 years old to assess the effects of statins on major vascular events, deaths and cancer incidence.

## **Health matters: health and work**

[Information from Public Health England](#) provides actions that employers in general, local authorities, and the NHS workforce can take with regards to health and work.

## **A brief guide to measuring loneliness (What Works Centre for Wellbeing)**

[This guide on measuring loneliness](#) is aimed at charities and social enterprises in the UK. The guidance sets out: what we mean by loneliness and what the evidence says so far; the national measures for adults and children, and how to use them; other related measures that can help build a picture of people's social relationships; how to have conversations about loneliness and capture qualitative data; how to make sense of your results, and how to compare your findings to a national picture.

### **Air pollution: outdoor air quality and health. Quality standard [QS181] (National Institute for Health and Care Excellence (NICE))**

This [new quality standard covers road-traffic-related air pollution and its impact on health](#). It describes high-quality actions in priority areas for improvement. Local authorities should consider how buildings and other physical barriers will affect the distribution of air pollution, it says. The standard also suggests that schools and care homes should not be sited in areas where pollution levels may be high to reduce the impact on vulnerable groups.

### **Children aged under 16 years who have experienced the death of their mother (Office for National Statistics)**

Estimates of the number of children born in England and Wales who have experienced the death of their mother before they reach age 16 years. [Data are taken from the Longitudinal Study](#).

### **The association between anxiety and poor attendance at school – a systematic review (Child and Adolescent Mental Health)**

Anxiety may be associated with poor attendance at school, which can lead to a range of adverse outcomes. [The authors systematically reviewed the evidence](#) for an association between anxiety and poor school attendance.

### **Wirral Child health profile 2019 published**

PHE has published the [Child Health Profiles](#) which present data across key health indicators of child health and wellbeing. The profiles provide an annual snapshot of child health and wellbeing for each local authority in England and sit alongside an interactive version which is available for both local authorities and CCGs. They are designed to help local organisations understand the health needs of their community and work in partnership to improve health in their local area.

### **NHS staff survey 2018: national results briefing**

[The latest NHS staff survey](#) shows a decline in overall levels of wellbeing and an increase in the numbers of staff reporting discrimination.

### **Exploring the UK's digital divide**

[This ONS article](#) explores the scale of digital exclusion in the UK and its impact. It looks at the characteristics and circumstances of those who aren't currently using the internet, and how internet use and digital skills vary for different groups of the population. It also looks at barriers to digital inclusion.

### **Public satisfaction with the NHS and social care in 2018**

Since 1983, NatCen Social Research's British Social Attitudes (BSA) survey has asked members of the public – rather than only patients – in England, Scotland and Wales about their views on the NHS and health and care issues generally. The latest survey was carried out between July and October 2018 and asked a nationally representative sample of 2,926 people about their satisfaction with the NHS overall, and 973 people about their satisfaction with individual NHS and social care services. [The 2018 BSA survey questions reported here were jointly sponsored by the Nuffield Trust and The King's Fund](#).



## **Trends in life expectancy in EU and other Organisation for Economic Co-operation and Development (OECD) countries**

[This paper reports on trends in life expectancy in the 28 EU countries and other high-income OECD countries](#), and examines potential explanations for the slowdown in improvements in recent years. This downward trend since 2011 has been greatest in the USA, where life expectancy has fallen in recent years, and in the UK, but France, Germany, Sweden and the Netherlands have also seen a sharp slowdown. The report also considers wider contributing factors. Although some risk factors, such as smoking, excessive alcohol consumption, high blood pressure and cholesterol levels, continue to decline in most EU countries, the prevalence of obesity and diabetes continues to rise.

## **Proceed with caution: what makes personal budgets work?**

[This report](#) provides a critical examination of how personal budgets have been used to deliver public services in the UK. It suggests where personal budgets show potential to deliver more effective, personalised public services, while also highlighting and suggesting solutions to the key challenges raised by their implementation so far.

## **Keeping kids safe: improving safeguarding responses to gang violence and criminal exploitation**

[This report](#) estimates there are 27,000 children in England who identify as a gang member, only a fraction of whom are known to children's services. It recommends that the government needs to make child criminal exploitation a national priority and lay out clear expectations about the role of all organisations working with children – including the police, schools, children's services and NHS bodies. There also needs to be more support from the NHS, including better mental health support for children at risk of gang membership and exclusion.

## **What does Brexit mean for social policy in the UK?**

[This London School of Economics and Political Science report](#) explores the potential consequences of Brexit for domestic social policy. Drawing on existing research and evidence, it sheds light on the many ways in which social policy in the UK has been affected by EU membership, and hence the likely implications and challenges arising from the decision to leave.

## **International comparisons of health and wellbeing in adolescence and early adulthood**

[A new report from the Nuffield Trust and Association for Young People's Health](#) has found that the UK has the highest rates of obesity for 15 – 19-year-olds in 14 European countries. There is also a strong association between childhood obesity and poverty. England also has the highest proportion of young people with a longstanding health condition and more young people not in education, employment or training.

## **Paying to breathe: why unfair asthma prescription charges must be stopped**

[Asthma UK has conducted the largest-ever survey](#) carried out on prescription charges, engaging over 9,000 people. The results reveal many people with asthma are cutting back on their medication for financial reasons, with a dramatic impact on their health. Considering this evidence, Asthma UK is campaigning to stop asthma prescription charges.

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