



family and community issues  
housing  
employment  
tackling health inequalities  
chemicals and poisons  
health service quality improvement  
emergency response  
screening  
immunisation and vaccination  
service planning  
audit and evaluation  
lifestyles  
clinical governance  
reducing health inequalities  
environmental health hazards,  
education  
clinical effectiveness  
evidence-based medicine  
monitoring risk factors

# Public Health

## Monthly bulletin

The East Sussex Public Health bulletin is a regular update of local Public Health news. This includes the latest additions to the East Sussex Joint Strategic Needs and Assets Assessment website, local campaigns and projects, primary care related public health news and national public health news.

### [Joint Strategic Needs and Asset Assessment \(JSNAA\) \(Page 2\)](#)

An update of the latest news and additions to the JSNAA website

### [East Sussex Better Together \(Page 2\)](#)

Hastings Youth Mental Health Project nationally recognised

### [Connecting 4 You \(Page 3\)](#)

The main focus for this year is frailty

### [News for CCGs and GPs \(Page 3\)](#)

Healthy Living Pharmacies in East Sussex, an update on the current Be Clear on Cancer campaigns, and the launch of the Baby Buddy App.

### [Health Improvement \(Page 4\)](#)

Integrated Lifestyle Service to commence in August, an update on Beat the Street and two new grants available for community work

### [National News \(Page 7\)](#)

An overview of top national public health news, guidance and tools

### [National Public Health Research \(Page 8\)](#)

The latest national research and how we compare locally

### [Upcoming FREE Training \(Page 11\)](#)

An exciting range of FREE Public Health funded training available July 2017 to December 2017

For more information contact: [Miranda.Scambler@eastsussex.gov.uk](mailto:Miranda.Scambler@eastsussex.gov.uk) or [Nick.Kendall@eastsussex.gov.uk](mailto:Nick.Kendall@eastsussex.gov.uk)

## IN THIS ISSUE

### **Hastings Youth Mental Health Project recognised nationally**

A mental health project supporting young people in Hastings and Rother has been shortlisted for a prestigious national award. **i-Rock**, a one stop shop for young people aged 14-25, is a finalist in the 'Redesign of Care in Mental Health' category at the Healthcare Transformation Awards. Read more on P2

### **New Integrated Lifestyle Service commences in August**

Following a competitive tendering process a specialist lifestyle service provider 'Thrive Tribe' has been appointed to deliver the new Integrated Lifestyle Service across the county. The new service will commence on the 7th August 2017. Find out more on page 4

## Joint Strategic Needs & Assets Assessment (JSNAA)

The Joint Strategic Needs & Assets Assessment (JSNAA) is a process that identifies both the health and wellbeing needs (i.e. problems) and assets (i.e. strengths) of the people, communities and populations in East Sussex. This website provides a central JSNAA resource of local and national information to inform decisions and plans to improve local people's health and wellbeing and reduce health inequalities in East Sussex.

<http://www.eastsussexjsna.org.uk/>

If you would like to receive the monthly email update alerting you to the content recently added to this website please enter your details at:

[www.eastsussexjsna.org.uk/subscribe](http://www.eastsussexjsna.org.uk/subscribe)

### Additions to the JSNAA site

- [National Profile - Adult Social Care Profiles, June 2017](#)
- [National Profile - Sexual and Reproductive Health Profiles, June 2017](#)
- [Overview - Population Projections Briefing, June 2017](#)
- [National Profile - Tobacco Control Profiles, June 2017](#)

## East Sussex Better Together

### Hastings youth mental health project recognised by national awards



**A mental health project supporting young people in Hastings and Rother has been shortlisted for a prestigious national award.**

**i-Rock**, a one stop shop for young people aged 14-25, is a finalist in the 'Redesign of Care in Mental Health' category at the Healthcare Transformation Awards. The awards celebrate hard work and innovation in local healthcare and are supported by NHS England. **Since opening its doors in June 2016 the drop in service, which offers support around mental health issues, wellbeing, education, employment and housing, has helped more than 300 young people.**

Based in Cambridge Road, Hastings, i-Rock is open Mondays, Wednesdays and Fridays from 10am-6pm. No

appointment is needed and representatives from a range of organisations are on hand to provide information and help young people access services. It is jointly run by Sussex Partnership NHS Foundation Trust and East Sussex County Council and commissioned by NHS Hastings and Rother Clinical Commissioning Group (CCG) as part of 'Healthy Hastings and Rother, a scheme that was set up to tackle health inequalities in the area as part of the wider *East Sussex Better Together (ESBT)* programme. ESBT is transforming and integrating health and care in East Sussex to achieve the best possible services for local people.

Viki Ashby, Sussex Partnership's Youth Services Project Manager responsible for setting up the service, said:

"i-Rock is going from strength to strength and the feedback we're getting from the young people who visit us is overwhelmingly positive. Nearly half of the people who come to i-Rock are not in education, employment or training, and the issues most regularly discussed are anxiety and stress, low mood and employment worries. These are common concerns for young people but often they don't know where to go for help, and if left unsupported they could develop into more complex problems. We offer a safe, trusted place for young people to talk about their worries and I'm so proud that we're making a real difference to the lives of young people."

Dr Susan Rae, GP at Silver Springs Surgery, St Leonards-on-Sea, and Hastings & Rother CCG's clinical lead for health inequalities, said:

"Helping young people to access services and support that will benefit their mental health is extremely important, especially those who come from our most deprived local communities. The i-Rock Project is already producing some encouraging results: namely that young people using i-Rock belong to a 'hard to reach' population, and that high numbers of young people using i-Rock have said that they would not have accessed other services without it. i-Rock's success so far is a testament to the fact that it has been designed not just by health and care professionals, but in close partnership with the voluntary and community sector, and local young people themselves. It is fast establishing itself as a valuable resource that young people trust to help them, and I am proud to support it through the Healthy Hastings and Rother programme."

The award winners will be announced on Wednesday 28 June at a ceremony at the Crown Plaza London Docklands.

For further information and updates follow i-Rock on Twitter @HastingsiRock or visit [www.sussexpartnership.nhs.uk/irock](http://www.sussexpartnership.nhs.uk/irock)

## Connecting 4 You

### Connecting 4 You: Focus on Frailty



Efforts to ensure the necessary governance is in place for the C4Y Programme is now largely complete giving the green light to accelerate the work into building the four communities of practice across the HWLH area.

**It has been agreed that the main focus for C4Y for the next year will be frailty as this is a high priority across most partner organisations.**

East Sussex has a much greater proportion of over 65's and 85's compared to most other parts of the Country and this gap is set to rise further in coming years. Frailty should be considered as a long-term condition in its own right resulting from a progressive decline in the body's physical and psychological reserves. This results in increased vulnerability where relatively minor changes in health can result in dramatic reductions in functionality, often resulting in hospital admissions or death.

To build up focus and commitment to this priority a 'Frailty Workshop' was held in May 2017 and was attended by over eighty people including front line professionals from primary care, social care, community health care and the voluntary sector. The event was very well received and the following key themes were discussed:

- Some good pro-active work practices are being embedded but there are inconsistencies and they are not 'joined up'.
- Existing services and initiatives to prevent and respond to frailty are not well published and not known about by all
- The role of the community geriatrician project is producing good outcomes and there is a need to be widened out across the whole of HWLH.
- The 'Dementia Golden Ticket' model of care is an excellent example of 'joined up care' for a cohort of largely frail complex people.

The main gaps identified were;

- Lack of rapid or urgent response functions including the lack of a falls service
- Workforce and capacity issues throughout the whole system
- Inconsistent access to patient/client records

- Inconsistent support to nursing and residential homes
- Frailty nurse specialist service

The development of the Communities of Practice is seen as vital to addressing the gaps and improving outcomes for those living with frailty including preventative initiatives. Within each Community of Practice programmes of 'bottom up' co-design will commence in the near future to identify and trail initiatives to drive this work and also to contribute to the development of a frailty strategy for HWLH.

To find out more please contact: Sam Tearle  
Senior Strategic Planning & Investment Manager  
HWLH CCG and ESCC Email: [sam.tearle@nhs.net](mailto:sam.tearle@nhs.net)

## News for CCGs, GPs and Health Professionals

### Cancer Awareness Campaigns to run through the summer

#### Be Clear on Cancer: Cover up mate launched 19 June

The "Cover Up, Mate" campaign aims to encourage men who work outdoors, such as farmers, builders, gardeners and sportsmen, to take a safer approach to the sun in summer in order to help reduce the incidence of skin cancer.



#### Be Clear on Cancer: respiratory symptoms

The national Be Clear on Cancer respiratory symptoms campaign is running until the 31st August. The campaign aims to raise awareness of possible signs and symptoms – especially a cough that lasts for three weeks or more and to encourage people to visit their doctor.



## Healthy Living Pharmacies - support for long term health conditions



Demand for NHS and social care services is increasing rapidly. Our population is

growing and people are living longer and demand for health and social care is growing faster than our budget. More and more people require long-term support from both NHS and social care services, so we need to make sure they are provided in a joined-up way. Healthy Living Pharmacies (HLPs) is a new initiative to maximise health promotion, self-care advice and support for people in East Sussex.

Pharmacies are well placed to support the health and wellbeing of the population due to their accessibility and the skills within the pharmacy team. HLPs have the public's health at the heart of what they do and have a proven track record of delivering high quality self-care and public health services such as common ailment advice and treatment, addressing lifestyle factors and harm reduction. By offering a range of high quality services, HLPs can contribute towards improving access to supported self-care and to reducing health inequalities.

HLPs have a health and wellbeing ethos, where everyone in the team works together to proactively engage their customers in health promotion activities and consistently provide high quality public health services. Each pharmacy's health and wellbeing ethos is enabled by a Health Champion, who develops and motivates the team to be the best they can be and who is also available to offer information about local NHS and community services.

East Sussex Public Health, the Local Pharmaceutical Committee and the CCGs have supported local pharmacies to achieve Healthy Living Pharmacy level 1 accreditation. To date 29 pharmacies have achieved the Royal Society for Public Health (RSPH) accreditation and a further 51 are expected to be accredited by the end of November 2017.

Kamsons Pharmacy, Victoria Drive, Eastbourne recently received a visit from a RSPH representative who quoted that the pharmacy had delivered 'over and above' the requirements for accreditation. Sue Otter and her team including Health Champion, Beverley Palmer (featured below) commented that 'Pharmacies are a very important part of the community and as a Healthy Living

Pharmacy we are demonstrating that we can promote healthier lifestyles'.



To find out more about Healthy Living Pharmacies contact [publichealth@eastsussex.gov.uk](mailto:publichealth@eastsussex.gov.uk)

## Health Improvement News

### New Integrated Lifestyle Service will Commence in August

**Following a competitive tendering process a specialist lifestyle service provider 'Thrive Tribe' has been appointed to deliver the new Integrated Lifestyle Service across the county. The new service will commence on the 7th August 2017.** The integrated service model provides a single point of access for a range of evidence-based support to help people make lifestyle changes. This means that in future, accessing services will be much easier for clients/service users, as well as for referring organisations.

The integrated service brings together support to help people change a range of lifestyle behaviour, such as stopping smoking, maintaining a healthy weight and getting more physically active. The service will also have an enhanced role in supporting and developing campaigns to encourage individuals to change their lifestyle, and training for professionals to incorporate health improvement activity into their roles. For general practices and pharmacies who provide commissioned lifestyle services to their patients under Public Health Local Service Agreements (PHLSA's), the new Integrated Lifestyle Service provider will be on hand to provide expert support, advice and training to GP and pharmacy staff, as well as continuing the supply of

supporting kit such as smokelysers. In addition, the service will complement the successful General Practice NHS Health Check programme by providing targeted outreach NHS Health Checks to people least likely to access a check from their GP.

The East Sussex health improvement team are working closely with Thrive Tribe and the existing providers to ensure that the transition to the new service is successful. More information will be provided over the next few weeks leading up to the 7<sup>th</sup> August, including detailed information for GPs and pharmacies on how to access the support available to them. In the meantime, up until the 'go-live' date, organisations and the public can continue to contact the current lifestyle services for advice and support.

A new name and suitable branding for the service across East Sussex will be agreed soon and it is expected that this will be closely aligned with the national 'One You' brand. In the meantime, if you have any urgent queries regarding lifestyle services, please contact Peter Aston, Health Improvement Principal (NHS Health Checks and Lifestyles) on 01273 337207 or [peter.aston@eastsussex.gov.uk](mailto:peter.aston@eastsussex.gov.uk)

The new integrated lifestyle service is part of our whole systems transformation programme East Sussex Better Together; and is part of Connecting4You in the west of the county.

## Mass participation in Beat the Street East Sussex



Over 39,580 people in East Sussex have walked and cycled 133,935 miles in the first four weeks of Beat the Street – a free competition which challenges people to see how far they can travel in neighbourhoods across East Sussex.

The county has been turned into a giant game with more than 400 special sensors, known as Beat Boxes, placed on lampposts across East Sussex. Participants tap the box with their Beat the Street cards to track their journey, earning points for the distance they walk, cycle

or scoot, and the chance to win prizes for themselves and their team.

The response to Beat the Street has been incredible with thousands



of people visiting their local library or leisure centre to collect a card and get involved. **More than 180 schools and teams in East Sussex are currently competing against each other to see who can journey the furthest and win up to £500 worth of sports and fitness equipment.** With the game continuing until 26 July it's still all to play for.

Beat the Street is designed to help re-set the way in which our communities embed physical activity into their everyday life. It takes a community approach to behaviour change working with schools, GPs, local authorities, community organisations and local media. It unites the whole community in mass participation.

Funded by NHS Hastings and Rother CCG, NHS Eastbourne, Hailsham and Seaford CCG and East Sussex Public Health, Beat the Street forms part of a comprehensive programme of activity to improve health through East Sussex Better Together; and as part of Connecting 4 You in the west of the county.

### Can your organisation help keep up the good work?

We're asking organisations and groups to help us build on the great start to mass participation in physical activity made by Beat the Street. The 'sustain' phase of Beat the Street encourages people to remain physically active in their local community after the game period.

**If your organisation or group are involved in delivering physical activity related projects and activities, and you'd like others to join, you can contact the Beat the Street team TODAY to discuss how your organisation can benefit from linking with the Beat the Street brand and promoting ongoing physical activity participation among the 39,580 people in East Sussex that have taken part so far.**

✉ [team.eastsussex@beatthestreet.me](mailto:team.eastsussex@beatthestreet.me)

🏠 [www.beatthestreet.me/eastsussex](http://www.beatthestreet.me/eastsussex)

🐦 @BTSEastSussex 📘 Beat the Street East Sussex

## Exciting new grants programme for voluntary and community groups

Partners across East Sussex are offering two new grant programmes to support groups and organisations working with communities. The grant programme is part of our work to transform health and social care outcomes for local people through East Sussex Better Together (ESBT); and as part of Connecting 4 You (C4Y) in the west of the county. In particular the grants contribute to the work we are doing to grow strong communities (the personal and community resilience workstream).

The grants programme recognises that it can often be difficult for smaller groups and organisations to put together funding applications, and to bring their projects to life once a grant is received. To help with this, dedicated support is available throughout the process - both before and after award of a grant- from East Sussex voluntary sector infrastructure organisations (community and voluntary sector) to any organisation or group wishing to make an application.

### **Two funds are available:** **Reducing Health Inequalities Fund Round 3 (Hastings and Rother)**

This fund is part of NHS Hastings and Rother CCG's Healthy Hastings and Rother Programme, which aims to reduce health inequalities in the area by encouraging people to make healthier lifestyle choices and improving access to local healthcare and other support services. Round 3 will close on 7<sup>th</sup> July 2017 so interested organisations who haven't submitted their application yet are encouraged to act fast!

The fund targets the most disadvantaged and marginalised communities in Hastings and Rother and consequently is only able to accept applications which benefit the residents of the 14 most deprived wards in Hastings and Rother. The fund is supported by additional investment from Artswork, the Bridge Organisation for the South East in support of Arts Council England's Cultural Education Challenge. Groups with an income of up to £50,000 can apply for a Fasttrack award of up to £1,000.

### **The Building Stronger Communities Fund (Countywide)**

This fund makes Public Health resource available across the whole of East Sussex with awards of up to £1,500 to communities and groups with an income of up to £50,000.

This fund focuses on providing small amounts of resource to support communities to do the things that that are important to them, and which help communities to recognise, grow and build on their own strengths and talents (asset based approaches). Consequently groups do not need to be formally constituted to apply for funds as smaller groups will be offered support by their local voluntary sector infrastructure organisation. For example this could be a group of neighbours who want to start some community activity in their area.

Full details of the range of grants available, qualifying conditions and areas together with an application form and guidance notes can be found at:

<https://www.eastsussex.gov.uk/community/funding>

For queries about the grant form or process then please email: [external.funding@eastsussex.gov.uk](mailto:external.funding@eastsussex.gov.uk)

If you would like support and advice about your activity or completing the form please contact:

- For activities in Hastings please contact: HVA - Tel: 01424 444010 Email: [peter@hvauk.org](mailto:peter@hvauk.org)
- For activities in Rother please contact RVA: Tel: 01424 217259 or 07722 298692; Email: [gina.sanderson@rva.uk.com](mailto:gina.sanderson@rva.uk.com)
- For activities in Eastbourne, Lewes District, or Wealden District please contact: 3VA - Tel: 01323 639373 Email: [jenny.watson@3va.org.uk](mailto:jenny.watson@3va.org.uk) or [miriam.wilkinson@3va.org.uk](mailto:miriam.wilkinson@3va.org.uk)

## Change4Life 'Shake Ups' is back this Summer!

The Change4Life 10 Minute Shake Ups with Disney is back and is encouraging families across East Sussex to be active together! **On 17th July, Change4Life is launching the 4th national 'Shake Ups' programme with Disney, and Sport England, to help get the nation's children active.** The 'Shake Ups' programme will once again look to promote the benefits of physical activity. Being active helps improve children's physical health and mental wellbeing,

New 'Shake Ups' will be released each week over the summer holidays with games, featuring characters from Disney Pixar's latest animation Cars 3, as well as Moana, Frozen Fever, Zootropolis, Beauty and the Beast and The Lodge. The 10 Minute Shake Ups with Disney also aim to inspire longer term activity among children, promoting

healthy habits all year round. **Every 10 minute burst of exercise can make a real difference in helping children reach the 60 minutes they need each day.**

### What can you do to support?

**Talk about it:** One of the most important things you can do to support the campaign is also one of the easiest. Direct people to the 10 Minute Shake-Up website and encourage them to do the 'Shake Ups' over the summer holidays.

**Get Involved:** Use the Shake Ups resources to promote or deliver related activities over the summer. All resources can be downloaded or ordered via the Campaign Resource Centre from the 10th July: <http://tinyurl.com/y9msdogf>. There are lots of engaging ways to do this;

- **Display** the 10 Minute Shake Ups posters in your building
- **Incorporate 'Shake Ups' into any activities or events** you are running over the summer
- **Give out the 10 Minute Shake Ups passports**
- Use the **10 Minute Shake Ups screen graphic** on waiting room TV screens or on computer screen savers

For more information, please contact Anna Card Health Improvement Specialist - [anna.card@eastsussex.gov.uk](mailto:anna.card@eastsussex.gov.uk) or search '10 Minute Shake Ups' online to find lots of exciting Disney inspired 10 Minute Shake Up games and make this a non-stop summer of fun and activity.

## National News



### Cancer Registrations continue to rise in England

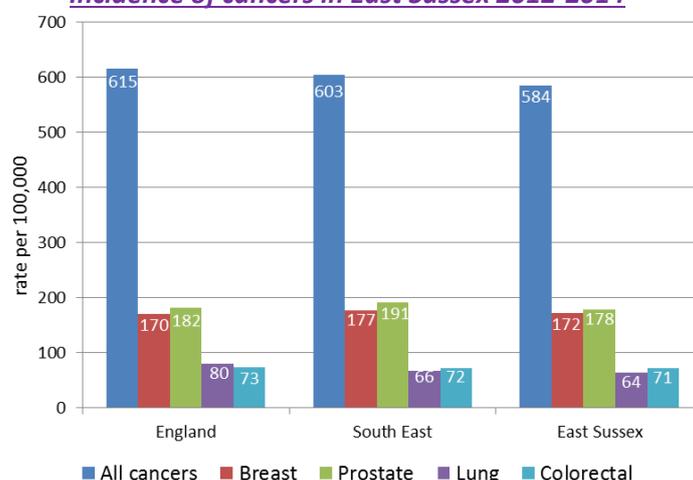
The number of newly diagnosed cases of cancer in England continues to rise and in 2015 there were almost 300,000 cancers registered – an equivalent to 822 per day. Breast (15%), prostate (13%), lung (13%) and colorectal (12%) cancer continue to account for over half of the malignant cancer registrations in England for all ages combined.

More cancers were registered in males (153,061) than females (146,862). This is a persistent feature, reported

in previous registration years. Adults aged 65 and over account for 65% of the total cancers registered in 2015. Age-standardised rates of cancer registrations per 100,000 people have increased in both males and females for the period 1995 to 2015. During this period, cancer incidence rates have increased from 649 to 667 per 100,000 males and from 470 to 543 per 100,000 females. The average rate of cancer incidence in England was 596 per 100,000 people, but this varied across the country from 567 per 100,000 people in London to 650 per 100,000 people in the North East. The rate was 595 in the South East Region <https://tinyurl.com/y7h6r74r>

*The latest available data for East Sussex (2012-2014), show the age-standardised incidence rate of all cancers (584 per 100,000) is significantly lower than the national figure (615 per 100,000).*

### Incidence of cancers in East Sussex 2012-2014



Source: CancerStats [http://www.ncin.org.uk/cancer\\_information\\_tools/](http://www.ncin.org.uk/cancer_information_tools/)

*The age-standardised incidence rate of lung cancer is significantly lower in East Sussex (64 per 100,000) than nationally (80 per 100,000). While the incidence rates of Breast cancer (172 per 100,000) and prostate cancer (178 per 100,000) are similar to national rates. The South East as a whole has significantly higher rates of breast and prostate cancer than nationally.*

### Preventing tooth decay in children under 5: new guidance released

Tooth decay is largely preventable yet findings from Public Health England's (PHE) 2015 national dental epidemiology survey of 5 year old children showed that in 2015 in England, a quarter (25%) of 5 year olds had experienced tooth decay, having on average 3 or 4 teeth affected. Public Health England has released new guidance outlining how health professionals can help

prevent tooth decay in children under 5 as part of ensuring every child has the best start in life.

The risk of tooth decay increases as a child's diet starts to include foods and drinks other than breast milk or formula, depending on the sugar content. Every child who has teeth is at risk of tooth decay, but the risk increases for those living in more deprived areas where the imbalance in income, education, employment and neighbourhood circumstances affect the life chances of children's development. Children are more at risk of developing tooth decay if they: eat a poor diet; brush their teeth less than twice per day with fluoride toothpaste; or are from a deprived background.

Achieving good dental health for all children needs the support and commitment of a wide range of partners. The most effective way to improve dental health is to embed it in all children's services at strategic and operational levels. Improving child dental health requires a whole systems approach, from national and local policy, healthcare and families and the food and drink industry. Whilst local authorities have a lead statutory role in improving the local oral health, everyone has a part to play.



There are a number of cost effective interventions to prevent tooth decay that can save money in the long term and reduce the number of children needing time off school because of tooth decay. Distribution of toothbrushes and toothpaste can, for example, result in an extra 1,025 school days gained per 5,000 children after 5 years. PHE estimates that the return on investment (ROI) for this intervention is £4.89 for every £1 spent after 5 years, increasing to £7.34 after 10 years. Combining postal provision of toothbrushes with support from health visitors can result in 2,566 school days gained per 5,000 children after 5 years.

<http://tinyurl.com/y8pifsww>

## National Public Health Research



### Children and over 65s should be prioritised for vaccination in a flu pandemic

People over 65 and young people aged 0-19 should be prioritised for influenza vaccination after clinical risk groups during times of limited vaccine supply, a study has recommended.

Using computer modelling, researchers created a "synthetic population" in the US city of Chicago. They developed a population that works, moves, and mixes with others like a real community to build a more accurate picture of how one person's vaccination may lower the risk of infection of those around them.

The study highlighted how, during the 2009 H1N1 flu pandemic, delays occurred in developing and distributing a vaccine. Similar scenarios of delay in vaccine introduction with limited vaccine efficacy and limited supplies are likely in future influenza pandemics. Researchers developed different pandemic scenarios: moderate, strong, and catastrophic. Children were more likely to be infected during all three levels of a pandemic than other groups because of their larger social contact network and interactions with other children at school.

The study found that over 65s had a higher risk of death during a potential pandemic and should therefore be prioritised for vaccination along with young people. The death rate among the older age group during a catastrophic pandemic was modelled as 392 per 100 000 flu cases, compared with 7 deaths per 100 000 in people aged 0-19. The researchers also looked at the return on investment and found that it was highest in the younger age group. For every \$1 (£0.78) invested in vaccine intervention in the younger age group, \$249 (£194) would be saved. It was lowest in the older age group, at just \$8.20 (£6.40) saved for every \$1 invested.

<https://tinyurl.com/ya5x2v69>

## Cancer patients spend 5 million days in hospital in first year of diagnosis

New research From Macmillan Cancer Support and Public Health England finds that on average a person diagnosed with cancer will spend 20 days in hospital during the first year. The research is based on data from 270,000 people on England's national cancer registry diagnosed for the first time in 2014. It highlights the potential impact of cancer on an individual's daily life and the importance of ensuring all patients have the information and support they need to prepare for the changes they will face.

The main findings of the research showed that:

- A quarter of people with cancer (25%) spent in total a month or more in hospital during the first year
- One in five people (21%) made 25 or more trips to hospital during the year (including individual trips for inpatient stays and outpatient appointments) – the equivalent of once every two weeks on average
- Almost 10,000 people (4% of total) made 50 or more trips – the equivalent of once a week
- More than 3,500 people (1% of total) spent in total a quarter of the year or more in hospital (90 days or more)

The research also shows variation in the amount of time people spend in hospital between age groups and cancer types. This information will help healthcare professionals to tailor the information patients receive. For example, breast cancer patients were shown to have the longest time spent in hospital during the first year of diagnosis.

<http://tinyurl.com/yczfnss3>

## Adversity-related injury in adolescence significantly increases 10-year risk of suicide and drug or alcohol related death

Emergency hospital admission with adversity-related injury (defined as self-inflicted, drug-related, alcohol-related or violent injury) affects 4% of 10–19-year-olds. Their risk of death in the decade after hospital discharge is twice as high as that of adolescents admitted to hospitals for accident-related injury. A new retrospective, nationwide cohort study funded by the Department of Health and published in the Lancet compared risk of five causes of death: suicide; drug-related or alcohol-related; homicide; accidental and other causes of death up to 10 years after discharge for adversity-related or accident-related injury. Using

Hospital Episode Statistics, between 1997 and 2012 the study identified 333,000 10-19 year olds admitted for adversity-related injury, and 650,000 admitted with accident-related injury, 4,800 (0.5%) of whom died in the 10 years after discharge.

The study found that in the decade after admission adolescents discharged after adversity-related injury had a higher risk of suicide and of drug-related or alcohol-related death (four times higher for girls and three times higher for boys) compared to those discharged following accident-related injury. There was also evidence of a small increased risk of accidental death for boys discharged after adversity-related injury compared with those discharged after accident-related injury. The study concluded that current practice to reduce risks of harm after self-inflicted injury should be extended to drug-related or alcohol-related and violent injury in adolescence. Prevention should address the substantial risks of drug-related or alcohol-related death alongside risks of suicide <https://tinyurl.com/yb6bvhd6>

## Moderate alcohol consumption as a risk factor for adverse brain outcomes

Recent evidence of associations with risk of cancer has prompted revision of UK government alcohol guidance. While chronic dependent drinking is associated with Korsakoff syndrome and alcoholic dementia, the long term effects of non-dependent alcohol consumption on the brain are poorly understood.

New research by University of Oxford and University College London has found that alcohol consumption, even at moderate levels, is associated with adverse brain outcomes including hippocampal atrophy (brain damage affecting memory and spatial navigation). The study, published in the BMJ included 550 non-alcohol-dependent people with an average age of 43 who were participants of the UK Whitehall II study (established in 1985 to investigate the relationship between socioeconomic status, stress, health and lifestyle variables over 30 years).

Higher alcohol consumption over the 30-year follow-up was associated with increased odds of hippocampal atrophy. Those consuming over 30 units a week had six times the risk of right-sided hippocampal atrophy compared to abstainers. There was no protective effect of light drinking (<7 units/week) over abstinence.

The study found that drinking habits were remarkably stable over a 30 year period, suggesting that risky drinking habits might be embarked on in midlife, and as such, alcohol might represent a modifiable risk factor for cognitive impairment. Thus primary prevention interventions targeted on behaviour-change in later life could be too late. These results support the recent reduction in alcohol guidance in the UK.

<http://tinyurl.com/y8aqy9bu>

## Predictors of mental illness scores differ from predictors of wellbeing outcomes

Many research studies and articles in the media often use the terms 'mental illness' and 'emotional wellbeing' interchangeably and there is extensive debate around whether these two definitions are part of the same continuum or two separate domains entirely. A recent study published in the Journal of the American Academy of Child & Adolescent Psychiatry aimed to address this by exploring the predictors of mental illness and wellbeing using an epidemiological sample of 12,350 11-year olds in the UK.

A mental ill-health score was constructed from parent recording of their child's mental health, and a wellbeing score from the child's own rating of their mental wellbeing. Other measures included: ethnicity; socio-demographic status; cognitive and health factors; family structure; home environment; parent health; social relationships and wider environment.

Correlation between variable outcomes was calculated to identify factors best predicting mental illness and wellbeing. The study found mental illness is better predicted by chronic and health conditions, and ethnicity that wellbeing is better predicted by aspects of social and relationship life.

47% of variance of mental illness outcome scores was explained by the predictor variables of:

- Cognitive factors
- Home environment factors
- Parent health
- Social relationships

Mental illness scores were significantly higher for children with: communication difficulties; chronic illnesses; peer relation problems and frequent arguments with a parent. Scores were significantly lower for children with high family income and for children from Black, Asian, or ethnic groups other than White.

In comparison, 26% of the variance of wellbeing scores was explained by the predictor variables of:

- Social relationships
- The wider environment

The highest individual predictors of wellbeing were: perceived school connectedness; liking school and peer bullying.

While this study has a large, representative sample, there is a limitation of the two indicators having different reporters, one being parent-reported and one child-reported. To investigate whether this is an issue, the next wave of the Millennium Cohort study in 2017 from which this sample was drawn, will contain self-reported mental illness measures.

<https://tinyurl.com/ya33u2rk>



## Free Public Health Funded Training June-November 2017

TITLE	DESCRIPTION	DATE/TIME	VENUE	INFO AND BOOKING
<b>NHS HEALTH CHECK MENTOR E-LEARNING COURSE</b>	Recommended for all staff providing NHS Health Checks. The full package is made up of four modules accessible any time online and will take approx. 1.5 hours to complete. This includes 1) What is NHS Health Check all about; 2) Overview of cardiovascular conditions; 3) How to conduct an NHS Health Check; 4) Calculating and communicating risk.	<b>AVAILABLE ANY TIME</b>	e-learning	Please visit <a href="https://shop.onclick.co.uk/">https://shop.onclick.co.uk/</a> select Health Check Mentor course and enter the following regional enrolment key: esFive21\$_bn7X (unique for staff providing NHS health checks in East Sussex)
<b>SUBSTANCE MISUSE TRAINING FOR PRIMARY CARE</b>	Change Grow Learn [CGL], formerly known as CRI, are offering training to providers who are delivering substance misuse support with drug and alcohol detox under the Public Health Local Service Agreements. Bespoke training can be arranged through CRI as required.	<b>AVAILABLE ANY TIME</b>	Bespoke	Please contact Daniel Parsonage (Strategic Commissioning Manager, Substance Misuse): <a href="mailto:Daniel.parsonage@eas.sussex.gov.uk">Daniel.parsonage@eas.sussex.gov.uk</a>
<b>C-CARD CONDOM DISTRIBUTION TRAINING</b>	Training for those wishing to offer condom distribution to young people as part of the Public Health Local Service Agreement, and for those needing update training, including: general practice staff and pharmacy staff involved in the C-Card scheme. Participants will gain understanding of: the aims, objectives, guidance and processes of the C-Card Scheme; the importance of confidentiality; Fraser guidelines, child protection procedures and law; and different types of condom.	<b>AVAILABLE ANY TIME</b>	Training can be delivered in your premises at a time that suits you.	Please contact <a href="mailto:ccardpublichealth@eas.sussex.gov.uk">ccardpublichealth@eas.sussex.gov.uk</a> The condom distribution training is usually an hour but if you would like to also offer the registration element of C-Card scheme training may be up to a half day.
<b>MECC 1-DAY TRAINING</b>	Making Every Contact Count [MECC] Competency Levels 1&2 for staff and volunteers providing support in East Sussex. MECC is recommended as essential training by Supporting People and Public Health England and we have trained over 900 people in MECC in East Sussex since 2012 including Smoking Cessation, Housing Support, Children's Services, Older Peoples Services and Physical Activity Specialists. Training covers: opportunistic brief advice, motivational questioning, active listening, SMART, solution-focused goal setting, support assets, dealing with resistance and live case studies. Participants also receive behaviour change factsheets and a resource pack of healthy lifestyle services available in East Sussex. The course teaches the skills and knowledge to confidently initiate conversations around health.	<b>Tues 11th July</b> 9.30-16:00  <b>Tues 18th July</b> 9.30-16:00  <b>Weds 6th Sept</b> 9.30-16:00  <b>Weds 20th Sept</b> 9.30-16:00	Eastbourne Town Hall, Grove Rd, Eastbourne BN21 4UG  Prospects House 7-9 George Street Hailsham BN27 1AD  Eastbourne Town Hall, Grove Rd, Eastbourne BN21 4UG  Hastings Voluntary Action, Jackson Hall, Portland Place, Hastings TN34 1QN	To request a booking form for any of these courses please email <a href="mailto:healthylifestyles@sussexcommunity.org.uk">healthylifestyles@sussexcommunity.org.uk</a> or call Natalie or Michelle on 01273 516032  To discuss a booking a bespoke course for your team email <a href="mailto:Jazka.atterbury@sussexcommunity.org.uk">Jazka.atterbury@sussexcommunity.org.uk</a> Or call 01273 516032

TITLE	DESCRIPTION	DATE/TIME	VENUE	INFO AND BOOKING
<b>INFECTION CONTROL CHAMPIONS TRAINING</b>	The ESCC Public Health Team, together with the East Sussex CCGs, are offering a programme of free training for care home and other providers on infection control: The 'Infection Control Champions and Accreditation' programme. The programme aims to provide a high standard of bespoke training, through ongoing support, as well as an accreditation scheme to key members of staff within a healthcare environment. Staff attending will then be expected to cascade learning from the programme to other members of staff to promote the Principles of Infection Prevention and Control.	<b>Tues 19<sup>th</sup> Sept</b>	Cumberland Hotel, Grand Parade, Eastbourne, BN21 3YT	For further information contact Helen Cheney: Health Protection Specialist. <a href="mailto:helen.cheney@eastsussex.gov.uk">helen.cheney@eastsussex.gov.uk</a> or call 01273 336864  For booking details contact; Tina Burke: Infection Prevention Solutions, Phone 020 8865 2858
<b>NHS HEALTH CHECK CORE SKILLS TRAINING</b>	Practices providing NHS Health Checks as part of their Public Health contract must ensure that staff meet the workforce competences for the role. This training is for all staff who have not previously attended Health Checks training. Training will support practitioners to understand: what cardiovascular disease includes and the importance of primary prevention, best practice and implementation of the service, the tests and lifestyle assessments included in an NHS Health Check, when to respond to results, where to signpost patients for lifestyle support and quality factors when using Point of Care Testing (POCT). It is expected that participants will already be performing key skills such as performing BP measurements, BMI measurements and have understanding of infection control principals and safe disposal of sharps and waste.	<b>Fri 6<sup>th</sup> October</b> 9.30-16:30	Seven Sisters 2 Room, East Sussex Training & Development Centre, St Mary's House, St Leonards Road, Eastbourne, BN21 3UU	To book your free place, please email Public Health: <a href="mailto:publichealth@eastsussex.gov.uk">publichealth@eastsussex.gov.uk</a>  Lunch and refreshments will be provided, please advise when booking if you have any special dietary requests. For any further enquiries please call 01273- 336469
<b>Sexual Health &amp; Contraception Update Day for GPs and Practice Nurses</b>	The East Sussex Healthcare NHS Trust Sexual Health Service team are inviting all doctors and nurses in East Sussex to attend a free educational meeting presented by experts in their field. The aim of the meeting is to provide a forum for relating the latest research on specific aspects of sexual and reproductive health and in supporting your practice. The programme will include presentations on contraception guidance update, LARC, emergency contraception, quick start and switching, chlamydia screening update, GUM and HIV in primary care, chemsex and the menopause.	<b>Thurs 14th September</b> 09.00 – 16.15	The Cooden Beach Hotel, Cooden Sea Road, Bexhill on sea TN39 4TT	To book your place on this course please complete and return the registration form by 7th September 2017. Spaces are limited to 80 attending. Please email <a href="mailto:rachael.holman@nhs.uk">rachael.holman@nhs.uk</a>  fax: 01424 464751 or post: Sexual Health Clinic, 1st Floor Station Plaza Health Centre, Station Approach, Hastings, TN34 1BA