



## Public Health News

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### May 2023

#### **Standardised packaging on vapes reduces appeal to teenagers – Uploaded 2<sup>nd</sup> May**

Kings College London

New research from the Institute of Psychiatry, Psychology & Neuroscience (IoPPN) at King's College London and Action on Smoking and Health has found that standardising e-cigarette (vape) packaging, by removing brand imagery, is associated with a decrease in vapes appeal among teenagers.

The research, published in [JAMA Network Open](#), is the first major study into how packaging effects appeal of vaping to teenagers as well as adults, and suggests that regulating packaging could be an effective means of stopping young people from using vapes without lessening the appeal of vaping to adults who smoke.

2,469 teenagers aged 11-18 and 12,026 adults aged 18 and over were randomly assigned to view a set of three vape products from one of three packaging conditions – fully branded packs (acting as the control), standardised white packaging with brand name, and standardised green packaging with brand name. They were then asked which of the products would be of most interest to try.

Researchers found that those in the teenage group were more likely to report that their peers would have no interest in vapes when marketed in standardized packaging. This was in contrast to the adult group, whose interest in using vapes was not reduced by the standardisation of packaging.

Further information – [Standardised packaging on vapes reduces appeal to teenagers](#)

Background Research – Taylor E, Arnott D, Cheeseman H, et al. [Association of Fully Branded and Standardized e-Cigarette Packaging With Interest in Trying Products Among Youths and Adults in Great Britain](#). JAMA Netw Open. 2023;6(3):e231799

### **The preventative state: rebuilding our local, social and civic foundations - Uploaded 2<sup>nd</sup> May**

Demos – April 2023

This essay makes the case for a new paradigm in public services, which puts prevention first. It argues that there needs to be investment in foundational support for neighbourhoods, and a move away from reactive public services towards more relational public services that don't just service problems but try to prevent them from happening again.

Reda the Report – [The preventative state: rebuilding our local, social and civic foundations](#)

### **Occupational therapy under pressure- Uploaded 2<sup>nd</sup> May**

Royal College of Occupational Therapists – April 2023

This report finds that the occupational therapy (OT) workforce is under pressure due to increased demand coupled with workforce shortages. It outlines concerns that this is challenging OTs' capacity to provide essential support to people whose lives are impacted by long-term health conditions and disability. It makes several recommendations including building capacity within primary and community health and social care services, to ensure people receive advice and help early on. It also recommends that investment in the OT workforce must be matched to service and demographic need, not just in the NHS but also in social care

Full report – [Occupational therapy under pressure](#)

### **Food insecurity in London - Uploaded 3<sup>rd</sup> May**

London Assembly Economy Committee = April 2023

This report from the London Assembly Economy Committee provides 13 recommendations to the Mayor and government on how to alleviate food insecurity in London

Read the Report – [Food Insecurity in London](#)

## **Developing primary care leadership for population health and equity: how to begin - Uploaded 4th May**

Kings Fund – 4th May 2023

Lancashire and South Cumbria Integrated Care System (ICS), like many ICSs across England, wants to improve population health and tackle inequalities. Having articulated this aspiration and set up a Population Health and Health Equity Academy in May 2022, in partnership with The King's Fund, it has taken the first steps to making this a reality by developing its primary care workforce. In this long read, we outline key aspects of the approach taken in Lancashire and South Cumbria, and share reflections that may help others undertaking a similar journey.

Further information – [Developing primary care leadership for population health and equity: how to begin](#)

## **Mums in the UK missing out on specialist mental health support due to**

Maternal Mental Health Alliance – 3rd May 2023

Around 1 in 5 women experience mental health problems during or after pregnancy and suicide remains the leading cause of direct maternal death in the first postnatal year. It is therefore critical that those with the most severe and complex illnesses can access specialist care close to home.

In the last decade, the overall provision and quality of specialist perinatal mental health services have improved but progress across the UK has been uneven.

According to Maternal Mental Health Alliance (MMHA) research, this is largely due to workforce planning and shortage issues, made worse by insecure or late allocation of funds.

At a time when demands on mental health services are so high, it is vital that commitment to maternal mental health remains, and the improvements in care, which we now know can be made, must be sustained.

Read the Report – [Mums in the UK missing out on specialist mental health support due to insecure funding](#)

## **Value of unpaid care matches NHS budget, research finds - Uploaded 4th May**

University of Sheffield & [Carers UK](#) – 3rd May 2023

The value of unpaid care in England and Wales is now estimated to be £162 billion, exceeding that of the entire NHS budget in England for health service spending, which by comparison was £156 billion for 2020-21.

The value of unpaid care provided in England and Wales now exceeds the entire NHS budget in England

At £162 billion a year, the value of unpaid care has risen sharply in the last decade, increasing by 29 per cent since 2011

The data highlights how the number of unpaid carers and amount of hours they support a loved one, differs by local authority areas

The value of care has increased across all local authorities in England and Wales

Following analysis of the latest 2021 Census data, new research from the University of Sheffield and carers' charity, [Carers UK](#), found that the value of unpaid care has increased by nearly a third since 2011.

Millions of people provide unpaid care for a family member, friend or neighbour affected by long-term illness, disability, or those needing more help and assistance in older age. Most people will experience needing care, or become an unpaid carer during their lifetime.

Often caring around their own commitments such as employment and family life, unpaid carers receive little support or recognition for the massive savings they contribute to the UK's health and social care system every year.

Read the Report – [Valuing Carers research report](#)

### **Care data matters: a roadmap for better data for adult social care - Uploaded 4th May**

[Department of Health and Social Care](#) – 2023

This draft document sets out the government's roadmap for transforming adult social care data in England and seeks views on the data needed to commission, deliver and oversee care and support.

[Care data matters: a roadmap for better data for adult social care](#)

### **Impacts of air pollution across the life course - Uploaded 4th May**

Imperial College London – 2023

This review of evidence highlights the impact air pollution has on health across the life course, from before birth through to old age. The report was commissioned by the Greater London Authority via Imperial Projects and carried out by researchers from Imperial College London's Environmental Research Group. The report brings together findings from a range of key studies, to highlight the serious and life-limiting risks of air pollution and how it affects multiple aspects of physical and mental health over the course of pregnancy and birth, and child development, through to adulthood.

Read the Report – [Impacts of air pollution across the life course](#)

### **Adults at lowest risk are most likely to have undiagnosed hypertension, data show - Uploaded 4th May**

BMJ / 2023;3 81:p976

Younger, healthier adults who are least at risk of high blood pressure are among the groups most likely to have undiagnosed hypertension in England, data from the Office for National Statistics have shown...

The figures show that around a third (32%) of adults living in private households in England had high blood pressure. An estimated three in 10 of these (29%), or around 4.2 million adults, have undiagnosed hypertension...

Full-text by subscription: [Adults at lowest risk are most likely to have undiagnosed hypertension, data show](#)

### **Time to act: a roadmap to reform care and support in England - Uploaded 5th May**

Association of Directors of Adult Social Services – April 2023

This roadmap proposes how care and support could be transformed in England, focusing on ten key areas for change: from improving housing options for those who are older or disabled, tackling social care staffing issues including pay and conditions, to supporting carers and making care more affordable. It suggests what needs to be done in the next two years, what changes are needed in two to five years and longer term over the next ten years to ensure that everyone who needs care and support can access it, wherever they are and wherever they live in England. It also includes examples already happening that are improving care and support for people.

Read the Report – [Time to act: a roadmap to reform care and support in England](#)

### **'It feels like being seen': how can local authorities know if their mental health services are working well? - Uploaded 5th May**

Centre for Mental Health – Published April 2023

This briefing describes research that focused on two core questions relating to the role of local authorities that commission and provide adult social services in assessing and meeting people's mental health needs: what does it look and feel like when support effectively considers people's social and psychological wellbeing as part of mainstream assessments and care planning?; and what does it look and feel like when there is good collaboration in the commissioning and planning of mental health services and support?

Read the Briefing – ['IT FEELS LIKE BEING SEEN' HOW CAN LOCAL AUTHORITIES KNOW IF THEIR MENTAL HEALTH SERVICES ARE WORKING WELL](#)

### **Snowballs and eels: a rapid review of national funding for cross-sector partnership building in health and care in England from 2019 to 2022 - Uploaded 5th May**

National Association for Voluntary and Community Action – May 2023

This report considers the results of a rapid review of the national funding available for cross-sector partnership building in health and care over the past three years. Considering the

longer term, it finds that since the launch of the 42 sustainability and transformation partnerships in 2016, through to the placing of integrated care systems (ICSs) onto a statutory footing in July 2022, much progress has been made. It concludes that external funding and support for the voluntary and community sector (VCS) continues to have a part in supporting local partnerships to develop and thrive and play a full role in ICSs.

[Snowballs and eels: a rapid review of national funding for cross-sector partnership building in health and care in England from 2019 to 2022](#)

### **Building a resilient social care system in England: What can be learnt from the first wave of Covid-19? - Uploaded 5th May**

Nuffield Trust – 5th May 2023

Social care in England entered the pandemic in a fragile state. With much already written about the government's response to the Covid-19 pandemic in the social care sector, our new report in collaboration with the Care Policy and Evaluation Centre analyses the structural and systemic factors that influenced that initial national response. Covid had far-reaching impacts on social care and exacerbated many longstanding issues. This work seeks to highlight progress and identify where action is needed to create a more resilient system.

Read the Report – [Building a resilient social care system in England: What can be learnt from the first wave of Covid-19?](#)

### **Knowledge, attitude, and practice toward pre-diabetes among the public, patients with pre-diabetes and healthcare professionals: a systematic review - Uploaded 5th May**

Teoh KW, et al. BMJ Open Diabetes Research and Care 2023;11:e003203

The prevalence of pre-diabetes is increasing globally, affecting an estimated 552 million people by 2030. While lifestyle interventions are the first line of defense against progression toward diabetes, information on barriers toward pre-diabetes management and how to overcome these barriers are scarce. This systematic review describes the public's and healthcare professionals' knowledge, attitude and practice (KAP) toward pre-diabetes and determines the barriers toward pre-diabetes management. A systematic search for studies examining KAP towards pre-diabetes was conducted in six databases from inception to September 2022. Studies that quantitatively assessed at least two KAP elements using questionnaires were included. The quality of studies was assessed using the NIH Quality Assessment Tool for Observational Cohort and Cross-Sectional Studies. Barriers and enablers were identified and mapped onto the Capability, Motivation, and Behaviour model to identify factors that influence behavior change. Twenty-one articles that surveyed 8876 participants were included in this review. Most of the reviews (n=13) were directed to healthcare professionals. Overall, positive attitudes toward diabetes prevention efforts were observed, although there were still knowledge deficits and poor behavior toward pre-diabetes management. Barriers and enablers were detected at patients (eg, goals and intention), healthcare professionals (eg, clinical judgement) and system (eg, access and resources) levels. The use of different survey instruments to assess KAP prevented a head-to-head comparison between studies. Most studies conducted among patients were from

middle-income countries, while among healthcare professionals (HCPs) were from high-income countries, which may produce some biasness. Nevertheless, the development of pre-diabetes intervention should focus on: (1) increasing knowledge on pre-diabetes and its management; (2) imparting practical skills to manage pre-diabetes; (3) providing resources for lifestyle management; (4) improving the accessibility of lifestyle management programs; and (5) other HCPs and human support to pre-diabetes management.

Read the article – [Knowledge, attitude, and practice toward pre-diabetes among the public, patients with pre-diabetes and healthcare professionals: a systematic review](#)

### **General practice and secondary care: Working better together - Uploaded 9th**

Academy of Medical Royal Colleges – March 2023

Much has been written about the challenges that occur at the general practice and secondary care interface. Some feel the problem almost pre-dates the NHS itself, while others point to the internal market and the purchaser provider split of the 1990s, others to the Lansley reforms of 2012. 'Perverse incentives' was also a frequent theme we heard in making this report, as too were the ways general practice and secondary care receive payment for the work they do.

This report, some may say thankfully, does not seek to address any of those issues.

Instead, what is set out here is a compendium of practical and workable solutions designed by local systems to reduce the friction that inevitably occurs across this divide. Many are astonishingly simple and help improve patient experience and reduce the burden on clinicians and other NHS staff. We are grateful to all those who told us how they had implemented change and what it meant locally. There are numerous formats we could have used to present these findings, but for ease we have put the examples into three broad themes: Culture, Communication and Clinical process. At the back of the report there is also an index which groups the examples by operational themes.

Read the Report – [General practice and secondary care](#)

### **Delivery plan for recovering access to primary care - Uploaded 9th May**

NHS England – 9th May 2023

This plan has two central ambitions:

To tackle the 8am rush and reduce the number of people struggling to contact their practice. Patients should no longer be asked to call back another day to book an appointment, and we will invest in general practice to enable this.

For patients to know on the day they contact their practice how their request will be managed.

a. If their need is clinically urgent it should be assessed on the same day by a telephone or face-to-face appointment. If the patient contacts their practice in the afternoon they may be assessed on the next day, where clinically appropriate.

b. If their need is not urgent, but it requires a telephone or face-to-face appointment, this



should be scheduled within two weeks.

c. Where appropriate, patients will be signposted to self-care or other local services (eg community pharmacy or self-referral services).

[Delivery plan for recovering access to primary care](#)

### **Trying times: How people living in poor quality housing have fared during the cost of living crisis - Uploaded 9th May**

Resolution Foundation – April 2023

This report, using data from a March 2023 YouGov survey, looks at the experience of the cost of living crisis by tenure, the incidence of poor-quality housing, and the impact of poor-quality housing on health and wellbeing. It finds that people from disadvantaged groups are more likely to live in poor-quality housing. Even when accounting for income and demographic differences, poor-quality housing is associated with poorer physical and mental health.

Read the Report – [Trying times](#)

### **Monkeypox: WHO declares global emergency over - Uploaded 11th May**

BBC / 11th May 2023

Monkeypox is no longer a global public health emergency, the World Health Organization (WHO) has said, almost a year after the threat was raised.

The virus is still around and further waves and outbreaks could continue, but the highest level of alert is over, the WHO added.

The global health body's chief Tedros Adhanom Ghebreyesus called on countries to "remain vigilant".

It can be passed on by close contact with someone who is infected...

More than 87,000 cases and 140 deaths have been reported from 111 countries during the global outbreak, according to a WHO count.

But almost 90% fewer cases were recorded over the last three months compared with the previous three-month period, Tedros said.

In the UK, only 10 cases have been reported since the beginning of the year.

Dr Katy Sinka, Head of Sexually Transmitted Infections at the UK Health Security Agency, said: "If you're eligible and still need to take up the vaccine, please come forward ahead of the summer months to ensure you have maximum protection.

"First doses of the vaccine will end on 16 June and both doses will cease at the end of July."

Full-text: [Monkeypox: WHO declares global emergency over](#)



## **The invisible threat – how we can protect people from air pollution and create a fairer, healthier society - Uploaded 12<sup>th</sup> May**

Asthma + Lung UK – 28th April 2023

The health effects of air pollution are well documented, and politicians have known about its devastating health effects for well over a decade, yet there is no comprehensive public health plan in place to protect people from this harm. Health professionals aren't taught enough about air pollution in their training, there is no national system to warn people when air pollution is going to be high, and this report finds there are toxic levels of pollution outside our care homes, hospitals, GP surgeries and schools. New analysis in this report finds:

Over a quarter of care homes in England (26%) are located in areas with fine particulate matter (PM2.5) over levels recommended by the World Health Organisation (WHO), putting older people and those with health conditions at unnecessary risk.

Nearly a third of English schools and colleges (31%) are located in these areas of high PM2.5, putting children's growing and fragile lungs at risk.

Nearly 3,000 English medical centres (37% of all GPs and 29% of hospitals) are located in these areas of high PM2.5, putting vulnerable groups, as well as healthcare professionals, at unnecessary risk.

Additionally, legal targets in the UK are failing people's health. Targets for fine particulate matter are twice as high as those recommended by experts at the WHO. Our report concludes that tackling air pollution is critical

Read the Report – [The invisible threat](#)

## **Scrap tax on sunscreen, say cancer charities - Uploaded 15th May**

BBC / 15th May 2023

Value added tax – better known as VAT – should be scrapped on sunscreen to make it more affordable, say several UK cancer charities.

Sunscreen is classified as a “cosmetic” product and carries a 20% tax, adding around £1.50 to the cost of a bottle.

Charities want high-factor protective creams to be VAT exempt, citing the cost-of-living crisis which has seen many struggling to buy essential items.

Most skin cancers are caused by sun damage.

There are several types of skin cancer, and melanoma is the most dangerous, as well as the most common type among young people in the UK – with cases on the rise.

If untreated, the cancer can spread to other areas of the body...

“Few realise that getting painful sunburn just once every two years can triple your risk of skin cancer,” said Dr Louise Soanes, Chief Nurse, Teenage Cancer Trust.

“Preventing skin cancer by using an effective sun cream is essential – and sun cream shouldn't be a luxury that only some can afford.”...

Possible signs of skin cancer

A mole that has changed shape, or colour, or looks and feels unusual.

Or skin that:

has a sore or lesion that does not heal within four weeks

looks unusual – such as visible lumps or patches

hurts, itches, bleeds, crusts or scabs...

Scottish National Party MP [Amy Callaghan](#) is running a campaign and petition urging government to act. She was diagnosed with melanoma at 19.

“More people wearing sunscreen means fewer people getting melanoma,” said Ms Callaghan.

“But when 52% of people in my constituency can’t afford to turn on the heating, it’s unlikely they’ll take on extra expenses like sunscreen.

“That’s why we must make sunscreen more affordable, by removing VAT.”...

Full text: [Scrap tax on sunscreen, say cancer charities](#)

### **Paediatricians condemn “national scandal” of 400 000 children waiting for treatment - Uploaded 15th May**

BMJ / doi: <https://doi.org/10.1136/bmj.p1097>

The number of children on the waiting list for consultant led paediatric treatment has reached an all time high of 403 955 in England, NHS data show...

The Royal College of Paediatrics and Child Health expressed alarm at the numbers, saying it was particularly disturbing that 17 991 children had been waiting for more than a year for treatment, according to the figures for March 2023.

The royal college’s president, Camilla Kingdon, said, “It is a national scandal that over 400 000 children are stuck in limbo on a list, waiting for treatment. NHS England has a zero tolerance policy for 52 week waits, so it is deeply concerning that these targets are being missed.”...

Full-text by subscription: [Paediatricians condemn “national scandal” of 400 000 children waiting for treatment](#)

### **Primary care access plan could help narrow health inequalities, says pharmacy leader - Uploaded 15th May**

BMJ / 15th May 2023

The government’s plan to boost access to primary care by enhancing the role of community pharmacists offers the potential to narrow health inequalities as well as reducing the pressure on GPs, a pharmacy leader has said.

The plan...unveiled on 9 May, will enable patients in England to access prescription drugs for seven common conditions without seeing a GP. The plan is to boost patient access and help overstretched general practices,...with the help of £645m of government investment...

Full-text by subscription: [Primary care access plan could help narrow health inequalities, says pharmacy leader](#)

## Healthy New Towns four years on: the legacy of a national innovation programme - Uploaded 15th May

The King's Fund – 03 May 2023

In this blog The King's Fund's Chris Naylor explores the long-term impact of the Healthy New Towns programme.

It's often said that the NHS is good at trialling new approaches through pilot schemes but less good at locking in the benefits or spreading the learning more widely. The Healthy New Towns programme was part of a flurry of innovation in the years following the publication of the [NHS five-year forward view](#). The programme involved 10 'demonstrator sites', all areas with significant population growth (but not necessarily 'new towns' in the strictest sense – although some were). These sites took action at three levels with the goal of improving population health and reducing inequalities:

creating built environments that would promote physical activity and healthy lives more generally

developing new models of care, including through the creation of 'health and wellbeing hubs' that bring together health services, leisure services, and community-controlled spaces

stimulating community connectedness and community-led activities that promote health and wellbeing, and linking this to NHS services through social prescribing.

Further information – [Healthy New Towns four years on: the legacy of a national innovation programme](#)

## Overcrowding in England - Uploaded 15th May

National Housing Federation – April 2023

As well as looking at the scale of overcrowding as measured in the English Housing Survey, this paper looks at the impacts on families who deem themselves to be living in overcrowded conditions. The report explores the impact overcrowding has on a family's physical and mental health, wellbeing, daily lives and relationships.

Key findings

- In four in ten (41%) overcrowded homes, children are sharing a bedroom with an adult.
- In one in four overcrowded homes (26%), children are having to share a bed with someone else.
- Over half of all respondents (52%) have had to sleep somewhere other than their bedroom, such as a living room, bathroom, corridor or kitchen due to overcrowding.
- Parents in more than half (53%) of overcrowded homes worry that their children are too embarrassed to bring friends home because of how overcrowded it is.

- In almost half (48%) of overcrowded homes, children struggle to do their homework because of the lack of space.
- 76% of overcrowded families have experienced an adverse impact on their health due to overcrowding.
- 77% of overcrowded families have had their mental health negatively affected by overcrowding

Further information – [Overcrowding in England](#)

### **Nine treatment options to be made available for adults with depression or an anxiety disorder - Uploaded 16th May**

NICE 16th May 2023

Six digitally enabled therapies for adults with anxiety disorders and three for adults with depression have been recommended for use in the NHS while further data is gathered, NICE has said

The launch of NICE's final guidance coincides with Mental Health Awareness Week. The new digital treatment options use cognitive behavioural therapy (CBT) techniques via an app or website and include the support and involvement of a NHS Talking Therapies clinician or psychological wellbeing practitioner.

Digital therapies offer an alternative way for people to access help in a way that may be more suited to their personal needs by offering flexibility around both time and location of treatment.

As the therapy is delivered via digital technology and needs less therapist time than standard care, this could free up clinical resources that could be used elsewhere in services to increase access or reduce waiting times.

Digitally enabled therapies for depression require on average 90 minutes of with a therapist. This compares with 8 hours each patient would receive with standard care. Digitally enabled therapies for anxiety require on average 4 hours of clinician or practitioner time compared with 10 hours required for standard care. How many more people will be able to be seen overall will depend on how many people opt for digitally enabled therapies.

Further information – [Nine treatment options to be made available for adults with depression or an anxiety disorder](#)

### **New Every Mind Matters campaign encourages public to get physical - Uploaded 16th May**

[Department of Health and Social Care](#) 14th May 2023

New research suggests 75% of adults surveyed report feeling anxious but only 45% are aware that physical activity is proven to reduce symptoms of anxiety. The campaign offers advice, links to free NHS apps to encourage physical activity & registration for anxiety-easing emails.

Further information – [New Every Mind Matters campaign encourages public to get physical](#)

Background Research – Singh B, Olds T, Curtis R, et al [Effectiveness of physical activity interventions for improving depression, anxiety and distress: an overview of systematic reviews](#) British Journal of Sports Medicine Published Online First: 16 February 2023. doi: 10.1136/bjsports-2022-106195

### **The first annual report for the national evaluation of A Better Start - Uploaded 16th May**

The National Centre for Social Research – 9 May 2023

A Better Start is a ten-year (2015-2025), £215 million programme set-up by The National Lottery Community Fund, the largest funder of community activity in the UK. Five A Better Start partnerships based in Blackpool, Bradford, Lambeth, Nottingham, and Southend are supporting families to give their babies and very young children the best possible start in life. Working with local parents, the A Better Start partnerships are developing and testing ways to improve their children's diet and nutrition, social and emotional development, and speech, language, and communication.

ABS is a place-based programme and aims to enable systems to change, for the better, the way that local health, public services and the voluntary and community sector work together with parents and communities to improve outcomes for children. It aims to improve the way that organisations work together and with families to shift attitudes and spending towards preventing problems that can start in early life.

[The national evaluation of A Better Start](#) aims to answer four key questions. These are:

What contribution has A Better Start made to the life chances of children?

How have the services in A Better Start sites contributed to improving children's diet and nutrition, social and emotional skills and language and communication skills?

How have families from different backgrounds experienced A Better Start?

How has A Better Start reduced public costs that relate to primary school-aged children?

To address these four objectives, the evaluation includes a range of research activities, to build a mosaic of evidence to help tell the story of the impact of ABS.

Read the Report – [ABS National Evaluation Annual Report](#)

### **2023 Alzheimer's disease facts and figures - Uploaded 16th May**

Alzheimer's Association – April 2023

2023 Alzheimer's Disease Facts and Figures is a statistical resource for U.S. data related to Alzheimer's disease, the most common cause of dementia. Background and context for interpretation of the data are contained in the Overview. Additional sections address prevalence, mortality and morbidity, caregiving, the dementia care workforce, and the use and costs of health care and services.

Better Alzheimer's disease care requires conversations about memory at the earliest point of concern and a knowledgeable, accessible care team that includes physician specialists to diagnose, monitor disease progression and treat when appropriate. The Special Report examines obstacles and opportunities for achieving better care in an era of new treatments for Alzheimer's

Read the Report – [2023 Alzheimer's disease facts and figures](#)

### Youth vaping: call for evidence - Uploaded 16th May

OHID – 16th May 2023

In the UK, vapes (e-cigarettes) are regulated as consumer products that can be legally sold to anyone over the age of 18. The government encourages adult smokers to switch to vapes as they are substantially less harmful than smoking. However, vapes should not be used by people under the age of 18 (children) and we have a range of restrictions in place to prevent their uptake and use.

Vaping (using an e-cigarette) is an important tool to help the government achieve its ambition for England to be smokefree by 2030. This is because vaping is one of the most effective ways to help people quit smoking. A recent [Cochrane systematic review](#) found with 'high certainty' that vapes were more effective than nicotine replacement therapy. Ensuring vaping devices can continue to be made available to current smokers is vital to reducing smoking rates, and their use contributes to an estimated 50,000 to 70,000 additional fewer smokers per year.

However, vapes are not risk free. There is well established concern about the harms from vaping, specifically associated with younger people, as outlined in the [Nicotine vaping in England report](#). There is considerable debate about the scale and nature of these harms. Recently, the Office for Health Improvement and Disparities (OHID), part of the Department of Health and Social Care (DHSC), has worked with the NHS to publish evidence-based [information on vaping to quit smoking](#) including [facts to tell young people about vaping](#).

Over the past decade, use of vapes by children has been consistently low. However, recent data collected in NHS Digital's [Smoking, Drinking and Drug Use among Young People in England](#) survey showed a doubling of regular vape use for 11 to 15 year olds to 4% in 2021, compared to 2% in 2018. This was also confirmed in the 2022 Action on Smoking and Health (ASH) survey report [Use of e-cigarettes among young people in Great Britain](#). The survey showed a sharp increase in vaping among 11 to 17 year olds from 4% in 2020, before the first coronavirus (COVID-19) lockdown, to 7% in 2022.

Further information – [Youth vaping: call for evidence](#)

### WHO advises not to use non-sugar sweeteners for weight control in newly released guideline - Uploaded 16th May

WHO – 15th May 2023

The World Health Organization (WHO) has released a new guideline on non-sugar sweeteners (NSS), which recommends against the use of NSS to control body weight or reduce the risk of noncommunicable diseases (NCDs).

The recommendation is based on the findings of a systematic review of the available evidence which suggests that use of NSS does not confer any long-term benefit in reducing body fat in adults or children. Results of the review also suggest that there may be potential undesirable effects from long-term use of NSS, such as an increased risk of type 2 diabetes, cardiovascular diseases, and mortality in adults.

“Replacing free sugars with NSS does not help with weight control in the long term. People need to consider other ways to reduce free sugars intake, such as consuming food with naturally occurring sugars, like fruit, or unsweetened food and beverages,” says Francesco Branca, WHO Director for Nutrition and Food Safety. “NSS are not essential dietary factors and have no nutritional value. People should reduce the sweetness of the diet altogether, starting early in life, to improve their health.”

The recommendation applies to all people except individuals with pre-existing diabetes and includes all synthetic and naturally occurring or modified non-nutritive sweeteners that are not classified as sugars found in manufactured foods and beverages, or sold on their own to be added to foods and beverages by consumers. Common NSS include acesulfame K, aspartame, advantame, cyclamates, neotame, saccharin, sucralose, stevia and stevia derivatives.

The recommendation does not apply to personal care and hygiene products containing NSS, such as toothpaste, skin cream, and medications, or to low-calorie sugars and sugar alcohols (polyols), which are sugars or sugar derivatives containing calories and are therefore not considered NSS.

[Use of non-sugar sweeteners: WHO guideline](#)

## Health Survey for England, 2021, part 2 - Uploaded 16th May

NHS Digital 16th May 2023

The surveys provide regular information that cannot be obtained from other sources on a range of aspects concerning the public's health. The surveys have been carried out since 1994 by the Joint Health Surveys Unit of NatCen Social Research and the Research Department of Epidemiology and Public Health at UCL. The topics covered include obesity and overweight, smoking; alcohol, general health; long-standing illness; fruit and vegetable consumption; the prevalence of diabetes (doctor diagnosed and undiagnosed), hypertension (treated and untreated) and cardio-vascular disease and prevalence of chronic pain.

Health Survey for England, 2021, part 2

[Part 1](#) was published in December 2022 and featured:

Smoking, E-cigarettes and Alcohol

Overweight and obesity.

## Homes England strategic plan 2023 to 2028 - Uploaded 16th May



[Homes England](#) – 16th May 2023

Our plan for how we'll drive regeneration and housing delivery to create high-quality homes and thriving places.

This 5-year plan spans financial year 2023 to 2024 to financial year 2027 to 2028. It outlines:  
our mission

our strategic objectives and what we're aiming to deliver

how we'll measure our performance

[Homes England strategic plan 2023 to 2028](#)

### **Digital working in adult social care: What Good Looks Like for local authorities and care providers - Uploaded 16th May**

Department of Health and Social Care – 16th May 2023

[People at the heart of care](#) set out a 10-year vision to reform adult social care, recognising the role of technology in improving the quality and safety of care. As part of the work to achieve ambitions for digital transformation, the Department of Health and Social Care has developed guidance on 'what good looks like' for social care technology. The guidance aims to bring the needs of local authorities and care providers into one piece of guidance to develop understanding of what they need to do to work well digitally.

[Digital working in adult social care: What Good Looks Like for local authorities and care providers](#)

### **Active and healthy counties: encouraging, supporting and enabling residents to live healthy lives - Uploaded 16th May**

County Councils Network – May 2023

This report finds that the number of adults in England's county and rural areas who are overweight or obese has increased by 1.1 million since 2015. It sets out the scale of the challenge for county councils and unitary councils in counties and also highlights what those local authorities are doing to encourage healthier and more active lives from their residents across 16 best practice case studies. It is ten years since public health functions were transferred from the NHS to local government. It says that as providers of public health services, as well as being responsible for leisure centres and active travel infrastructure such as cycle lanes, councils are best placed to engage with communities to support and enable residents to live healthier lives.

Download the new report [County Spotlight: Active and Healthy Communities here.](#)

### **A new dawn for nursing: 2023-2027 – 5 year strategic plan - Uploaded 17th May**

RCN – 16th May 2023

Our five-year strategic plan aims to inspire, champion and support the nursing community to deliver the best possible care. To do this, the RCN will continue to transform the way we work and make best use of new technology. We will develop the skills of our staff to ensure that our products and services meet the needs of all our members, readers, subscribers, customers and beneficiaries. We will continue to shape policy, set clinical standards and support advancement of the profession to improve the health and wellbeing of the public.

Read the strategy – [A new dawn for nursing: 2023-2027](#)

### **Step Up! Tackling the Burden of Insufficient Physical Activity in Europe - Uploaded 17th May**

WHO – 2023

Being physically active is one of the most important things people can do to improve their physical and mental health. It prevents a range of non-communicable diseases, improves cognitive functioning and sleep quality, prevents falls, and reduces symptoms of depression and anxiety. Considering both the impact of the COVID-19 restrictions on physical activity levels and the rising burden of non-communicable diseases and mental health conditions, increasing physical activity is now more important than ever.

Read the publication – [Step up](#)

### **Anti-Social Behaviour Action Plan**

[MAY 17, 2023](#) ~ [LEAVE A COMMENT](#) ~ [EDIT"ANTI-SOCIAL BEHAVIOUR ACTION PLAN"](#)

[Department for Levelling Up, Housing and Communities](#) and [Home Office](#) – 17th May 2023

The Anti-social Behaviour Action Plan sets out the government's approach to stamping out anti-social behaviour and restoring the right of people to feel safe in, and proud of, their local area. The plan is an ambitious and wide-reaching new approach that will give Police and Crime Commissioners, local authorities, and other agencies the tools to tackle the blight of anti-social behaviour facing communities across England and Wales.

[Anti-Social Behaviour Action Plan](#)

### **Experimental child vaping up significantly since 2022 but not current vaping - Uploaded 19th May**

ASH (published 18th May 2023)

The 2023 ASH surveys find:

No significant change between 2022 and 2023 in the proportion of 11-17 year olds currently vaping or smoking

However, trying vaping once or twice is up by 50% on last year

Disposable (single use) e-cigarettes are the vape of choice for children currently vaping  
Corner shops are the main source of purchase and child awareness of instore promotion has grown significantly since last year.

Today ASH published headline results for its 2023 vaping surveys [1] to inform responses to the government consultation on how to reduce youth vaping which closes on 6th June. [2]

Further information – [Experimental child vaping up significantly since 2022 but not current vaping](#)

[Results from the Smokefree GB surveys commissioned from YouGov by ASH](#)

## The health of people from ethnic minority groups in England - Uploaded 19th May

Kings Fund 17th May 2023

This long read examines ethnic differences in health outcomes, highlighting the variation across ethnic groups and health conditions, and considers what's needed to reduce health inequalities.

### Key messages

In England, there are health inequalities between ethnic minority and white groups, and between different ethnic minority groups<sup>1</sup>. The picture is complex, both between different ethnic groups and across different conditions.

Access to primary care health services is generally equitable for ethnic minority groups, but this is less consistently so, for example dental health care. However, people from some ethnic minority groups are more likely to report being in poorer health and to report poorer experiences of using health services than their white counterparts.

Before the Covid-19 pandemic, life expectancy at birth was higher among ethnic minority groups than the white and Mixed groups. The headline figures conceal significant differences between ethnic groups, for example:

people from the White Gypsy or Irish Traveller, Bangladeshi and Pakistani communities have the poorest health outcomes across a range of indicators

rates of infant and maternal mortality, cardiovascular disease (CVD) and diabetes are higher among Black and South Asian groups than white groups

mortality from cancer, and dementia and Alzheimer's disease is highest among white groups.

The Covid-19 pandemic has had a disproportionate impact on most ethnic minority communities. They experienced higher infection and mortality rates than the white population, in large part due to differences in location, occupation, deprivation, living arrangements and health conditions such as CVD and diabetes. Ethnic differences in Covid-19 mortality declined over the course of the pandemic, and by 2022 there was no excess in ethnic minority groups compared with the White British group.

In 2020, Covid-19 caused overall mortality in some ethnic minority groups to exceed that of the white population, reversing the pre-pandemic picture. However, by 2022 overall mortality

rates returned to pre-pandemic patterns, with the white and Mixed groups again having the highest mortality.

Unpicking the causes of ethnic inequalities in health is difficult. Available evidence suggests a complex interplay of many factors including deprivation, environment, health-related behaviours and the 'healthy migrant effect'<sup>2</sup>. Most ethnic minority groups are disproportionately affected by socio-economic deprivation, a key determinant of health status in all communities.

Among ethnic minority groups structural racism can reinforce inequalities, for example, in housing, employment and the criminal justice system, which in turn can have a negative impact on health. Racism and discrimination can also have a negative impact on the physical and mental health of people from ethnic minority groups.

Covid-19 has shone a light on inequalities and highlighted the urgent need to strengthen action to prevent and manage ill health in deprived and ethnic minority communities. A cross-government strategy for reducing health inequalities (and the wider socio-economic and structural inequalities that drive them) and addressing the diverse health needs of all groups at risk of poor health and high mortality has never been more urgent.

Comprehensive, good-quality data is essential for enabling policy-makers and health care professionals to identify the specific needs of different ethnic groups, respond with tailored strategies for addressing inequalities, and track the impact of these strategies.

Further information – [The health of people from ethnic minority groups in England](#)

### **The power of data to transform population health - Uploaded 19th May**

Reform, April 2023

Reform was delighted to host a policy roundtable on how data can be harnessed to transform population health in March 2023, in partnership with Imperial College London's The Forum. The discussion was introduced by Dr Timothy Ferris, National Director of Transformation, NHS England and Dr Aldo Faisal, Professor of AI & Neuroscience, Imperial College London

Further information – [The power of data to transform population health](#)

### **Global Health Framework: working together towards a healthier world - Uploaded 22nd May**

[Department of Health and Social Care](#) – 22nd May 2023

As the [Integrated Review Refresh 2023](#) states, this refreshed Global Health Framework sets out the UK's continued commitment to global health efforts. The framework harnesses capabilities across government towards our global health aims, as set out in the [International Development Strategy](#).

The Global Health Framework seeks to maximise the combined impact of our investments, innovation and engagement with important partners around the world on a bilateral and multilateral basis. It also aims to maximise impact working with global partners from industry, academia, funders, and civil society organisations to shape global policy and health

outcomes. The Framework ensures that we are using our resources as effectively as we can to meet our objectives in a fully joined-up way.

This Framework sits alongside our:

[Health Systems Strengthening position paper](#) setting out how we will help build strong, resilient and inclusive health systems

[Ending Preventable Deaths of Mothers, Babies and Children approach paper](#) setting out how we will meet our commitment to do this by 2030

Further information – [Global Health Framework: working together towards a healthier world, May 2023](#)

### **The King's Fund submission to the Special Inquiry Committee on the Integration of Primary and Community Care - Uploaded 22nd May**

Kings Fund – 22nd May 2023

This evidence submission draws on our experience of working closely with local system leaders, as well as our research on primary care, community health services and integrated care in England and internationally. It will focus on community health services, such as district nursing, physiotherapy, occupational therapy and falls services, rather than primary care. This is because we believe the area of community health services is particularly poorly understood. We are, of course, also happy to speak separately about primary care.

The submission focuses on the main challenges facing community services in seven key areas:

the profile and understanding of the sector

funding

reorganisation

workforce shortages

primary care networks and community services

learning from the new models of care programme

[The King's Fund submission to the Special Inquiry Committee on the Integration of Primary and Community Care](#)

### **Smoke-free Sheffield: a comprehensive approach to making smoking obsolete - Uploaded 23<sup>rd</sup> May**

LGA – 18th May 2023

Around 59,000 adults smoke in Sheffield and smoking causes 5,200 hospital admissions and 1,000 deaths in the city every year<sup>[i]</sup>. People who live in the most deprived areas of the city are three times more likely to smoke than people from the least deprived areas; 6 per cent of year 10 pupils smoke regularly; and one in nine pregnant women are smokers at the

time their baby is born<sup>[iii]</sup>. Smoking costs the city £193m a year through lost productivity and costs to the NHS and social care<sup>[iii]</sup>.

The city's Tobacco Partnership Board, led by Sheffield City Council, has a five-year strategy to tackle these harms, Striving for a Smoke-free Future for All. The goal of the strategy is to make smoking obsolete, reaching 5 per cent or less smoking prevalence as fast as possible across all groups. The vision is for a smoke-free city by 2030 where people live longer and healthier lives and children grow up in environments where smoking is unusual. Driving down smoking prevalence will lift people out of poverty, reduce health inequalities, build resilience in health and social care systems, and boost the local economy.

Further information – [Smoke-free Sheffield: a comprehensive approach to making smoking obsolete](#)

### **Integrating community and NHS stop smoking services in Salford - Uploaded 23rd May**

LGA – 17th May 2023

Salford City Council is one of ten metropolitan borough councils in Greater Manchester and is a constituent council of the Greater Manchester Combined Authority. Greater Manchester was a pioneer of hospital-based tobacco dependence treatment services and experience in the region informed the national programme subsequently launched in the NHS Long Term Plan. Salford Council has worked hard to adapt the community stop smoking service to these changes, ensuring that local smokers experience an efficient and seamless service when leaving NHS care.

Smoking prevalence in the adult population in Salford is estimated to be 18.4 per cent based on QOF data. This is higher than the rate for Greater Manchester as a whole (15.2 per cent) and the national average of 16.5 per cent. Health inequalities within the city are strongly linked to tobacco use with smoking prevalence of 25.4 per cent in the most deprived communities compared to 9.8 per cent in the most affluent communities

Further information – [Integrating community and NHS stop smoking services in Salford](#)

### **Modern outpatient care: Principles and practice for patient-centred outpatient care - Uploaded 24th May**

The Royal College of Physicians – April 2023

The Royal College of Physicians (RCP) sets out principles and recommendations for patient centred outpatient care.

It is an opportune moment for the RCP to reflect on and revise our 2018 guidance and recommendations for modern outpatient care. In doing so we have been influenced by two key factors: the changes driven by the pandemic and the fact that outpatient services are an important environment for education, training and professional development.

Our updated principles and recommendations are a clinical framework for service planning and delivery in the context of the difficult UK national health landscape. Opportunities for outpatient service transformation should be embraced and led by clinical teams, supported

by local organisations and systems. We hope that local service can self-assess against the principles in this document and identify priorities for improvement.

In summary, we recommend that:

Improving population health and reducing inequalities must be considered in the design and delivery of outpatient care.

Outpatient service redesign must be based on co-production with patients and carers.

Outpatient service transformation must consider the needs of patients with multiple conditions. It should be a significant element in developing more integrated care involving specialist, primary, community, and social care as well as the voluntary sector.

Training in delivering effective outpatient care must be incorporated into clinical training for all health and social care professionals.

Modernisation of outpatient services must be used as an opportunity to reduce adverse environmental impacts of healthcare.

Read the Report – [Modern outpatient care: Principles and practice for patient-centred outpatient care](#)

### **Government not taking “appalling” harms from alcohol seriously enough - Uploaded 24th May**

House of Commons – Committee of Public Accounts – 24th May 2023

Deaths rose 89% over last two decades and sharply since start of pandemic

Estimated £25 BN/year cost to NHS and wider society out of date and may not reflect full scale of harm

Alcohol linked to over 100 illnesses and 42% of violent crime but no strategy in place since 2012

The Committee says DHSC must secure a consensus and act on the best available evidence on preventative measures around price, availability, and marketing. It must also address the key issues of funding uncertainty for local authorities; barriers to accessing treatment; local variations in outcomes and severe and worsening healthcare workforce shortages.

Read the Report – [Alcohol treatment services](#)

### **National Clinical Guideline for Stroke for the UK and Ireland - Uploaded 25th May**

National Clinical Guideline for Stroke for the UK and Ireland – 2023

The National Clinical Guideline for Stroke for the UK and Ireland provides authoritative, evidence-based practice guidance to improve the quality of care delivered to every adult who has a stroke in the United Kingdom and Ireland, regardless of age, gender, type of stroke, location, or any other feature. The guideline is intended for:

Those providing care – nurses, doctors, therapists, care staff



Those receiving care – patients, their families, their carers

Those commissioning, providing or sanctioning stroke services

Anyone seeking to improve the care of people with stroke.

The guideline is an initiative of the Intercollegiate Stroke Working Party. The fifth edition of the guideline was published in 2016. The 2023 edition is a partial update of the 2016 edition and was developed in collaboration with the Scottish Intercollegiate Guidelines Network (SIGN) and the National Clinical Programme for Stroke, Ireland. The 2023 edition is endorsed for use in clinical practice by the Royal College of Physicians of London, SIGN and the Royal College of Physicians of Ireland.

Read the guideline – [National Clinical Guideline for Stroke for the UK and Ireland](#) – 2023

### **Levels and trends in child malnutrition - Uploaded 25th May**

WHO – 2023

Child malnutrition estimates for the indicators stunting, wasting, overweight and underweight describe the magnitude and patterns of under- and overnutrition aligned with the Sustainable Development Goal (SDG) Target 2.2. The UNICEF-WHO-WB Joint Child Malnutrition Estimates inter-agency group updates the global and regional estimates in prevalence and numbers for each indicator every other year. The key findings 2023 Edition includes global, regional, and country trends from 2000-2022 for stunting and overweight. For wasting and severe wasting, country estimates are based on available primary data sources (e.g., household surveys), global trends are presented for 2000-2022 and the latest estimates (2022) at the regional level. Country progress assessment towards the 2030 targets are aggregated into regional summaries included in the brochure.

Further information – [Levels and trends in child malnutrition](#)

### **Caring in a complex world: perspectives from unpaid carers and the organisations that support them - Uploaded 26th May**

Kings Fund – 26th May 2023

Unpaid carers contribute the equivalent of 4 million paid care workers to the social care system. But are carers able to access the support they need? In our new report, we explore the local support available for unpaid carers in England.

Read the Report – [Caring in a complex world: perspectives from unpaid carers and the organisations that support them](#)

### **Where does specialist public health sit across the UK? - Uploaded 26th May**

Association of Directors of Public Health – 2023

There are four nations in the UK, three Crown Dependencies and 14 UK overseas territories. Public health functions look very different across these 21 administrations. This explainer aims to provide an overview of where functions sit in different nations.

Further information – [Where does specialist public health sit across the UK?](#)

### **The case for more geriatricians: strengthening the workforce to care for an ageing population - Uploaded 26th May**

British Geriatrics Society – May 2023

This report is intended to start the conversation about the workforce needed to provide high-quality care for the ageing population with increasingly complex needs. It explains why training, recruiting and retaining geriatricians should be a priority, and estimates how many geriatricians are needed to provide safe and effective care for older people. It also outlines some of the structural barriers that currently prevent recruitment and concludes with six calls for governments across the UK.

Read the Report – [The case for more geriatricians: strengthening the workforce to care for an ageing population](#)

### **No more free vapes for kids - Uploaded 30th May**

NHS England – 30th May 2023

Increased education and dedicated school police liaison officers to keep illegal vapes out of schools

Rules around sale of nicotine free vapes and fines for shops selling illicit vapes to be reviewed

A loophole that allows retailers to give free samples of vapes to children in England is set to be closed under new plans announced by the Prime Minister today to clamp down on youth vaping.

This comes as recent NHS figures for 2021 showed that 9% of 11 to 15 year old children used e-cigarettes, up from 6% in 2018.

Selling vapes to under 18s is illegal, however it is clear from this recent rise in teenage usage of vapes and the recent surge in the use and promotion of cheap, colourful products that businesses are targeting children, which has prompted today's action to crack down on this.

The government has also announced today that there will be a review into banning retailers selling "nicotine-free" vapes to under-18s. This will ensure our rules keep up with the way that vaping products are being used.

Further information – [No more free vapes for kids](#)

### **Brighter future ahead? – Comparing three generations of childhood - Uploaded 30th May**

Action for Children – 2023

Landmark study finds that most parents and grandparents across the UK think childhoods are getting worse – and a third of children agree

Children today are growing up in a very different world to that of their parents and grandparents. This report compares childhoods across these three generations. We shine a light on the progress that we, as a society, are making for our children.

We asked the three generations to share their views on childhood today, the barriers that children and young people face, how children are supported and what they think about local services.

Read the Report – [Brighter future ahead?](#)

### **ADPH manifesto for a healthier nation - Uploaded 30th May**

The Association of Director of Public Health – 2023

The UK's health is declining and health inequalities are widening – strong leadership is required to change the current situation. Austerity and Covid-19, among other factors, have left lasting scars and poor economic performance is both a cause and a consequence of poor health. This manifesto from ADPH calls for all political parties across the UK to set out long-term plans to improve public health and reduce health inequalities.

Read the Report – [ADPH manifesto for a healthier nation](#)

### **Modelling the potential impact of a reduction in salt consumption on hypertension, coronary heart disease and stroke in the population of the United Kingdom from 2021 to 2035 - Uploaded 1<sup>st</sup> June**

British Heart Foundation – May 2022

Poor diet is a factor contributing to the high prevalence of hypertension, obesity and non-communicable diseases (NCDs), such as cardiovascular diseases, cancers and diabetes, in Europe.<sup>1,2,3,4</sup> In particular, high levels of salt consumption are harmful to the cardiovascular system. Therefore, a comprehensive strategy to improve diet, including reducing the levels of salt consumption is widely recognised as a strategy to improve health at a population level.

In 2003, the Scientific Advisory Committee on Nutrition (SACN) report, Salt and Health, recommended that the UK Government take action to reduce the population average intake of salt to 6g per day.<sup>6</sup> In 2004, the Food Standards Agency initiated a salt reduction programme, which saw good progress in reducing average salt intake from 9.5g to 8.1g by 2011. However, further salt reduction efforts in recent years have seen mixed results. The average daily salt intake of working-age adults in England of 8.4g exceeds the UK-recommended 6g per day by 2.4g (40%) and is 3.4g (68%) higher than the World Health Organization (WHO) target of 5g per day.

The key aims of this project are to quantify the health and economic impact from 2021 to 2035 if the United Kingdom could achieve reduced salt consumption to meet national and international guidelines across the population by 2030

Read the Report – [BHF Salt Report](#)

## Understanding the challenges faced by fuel poor households – Final report for the Committee on Fuel Poverty - Uploaded 1<sup>st</sup> June

London Economics – May 31st 2023

The Committee on Fuel Poverty welcomes this commissioned research undertaken by London Economics during the winter of 2022/2023. In the midst of a cost of living crisis, a record number of households faced fuel poverty. Understanding the lived experience and relationship between challenges faced by fuel poor households is critical in designing policy to meet the UK's fuel poverty targets.

The research highlighted specific demographics facing particular challenges over winter and draws clear linkages and insights between fuel poverty and negative financial (energy affordability, debt)

and non-financial (health, nutrition, education) outcomes. Key insights include:

' Energy was rationed: According to Citizens Advice, in 2022, the number of people unable to top up their prepayment meter was more than the previous ten years combined.

Alternative heating strategies such as use of electric blankets and hot water bottles spiked in popularity.

' Health and wellbeing suffered as a result of heat rationing: London Economics' analysis of ONS statistics demonstrated that over winter, 57% of adults rationing heating fuel (34% of all adults) felt that having to cut back on heating their home affected their health and wellbeing. For children, cold temperatures worsen respiratory diseases, cognitive development, ability to focus on schoolwork, and increase rates of depression; while for older people, 800,000 of the over 60s left their home in January 2023 to stay warm elsewhere.

' The fabric of homes suffered from damp: Visits to Citizens Advice 'damp repairs' webpage doubled year on year.

' Help was challenging to access: Workshop participants noted calls to energy companies over winter were more numerous, complex, and required more frequent intervention.

The research also noted the link between fuel poverty and costs borne by the health service: the

cost to the NHS from people living in cold conditions in England amounts to £1.4 billion per year,

whereas upgrading cold homes to no longer being a health and safety hazard would save the NHS

£540 million per year. The relationship between the behaviour and needs of the fuel poor, health

outcomes and health service costs demonstrate both the complexity of the issue and the potential

for cross-departmental policy interventions to drive positive societal outcomes.

Further information – [Understanding the challenges faced by fuel poor households](#)

## Understanding the drivers of healthy life expectancy: Report - Uploaded 1<sup>st</sup> June

[Office for Health Improvement and Disparities](#) – 1st June 2023

A report summarising several pieces of statistical analysis and findings from a rapid literature review aimed at exploring the drivers of healthy life expectancy.

The report assesses the relative impact of mortality rates and self-reported health on healthy life expectancy (HLE) and details the key factors which are most influential in driving these 2 components.

HLE has been identified as a key outcome measure in assessing the extent to which health is improving and disparities are narrowing. There is a need to better understand what drives HLE to help inform policy.

The report includes:

the results of a scenario modelling analysis, used to assess the relative contributions of mortality rates and self-assessed good health prevalence on healthy life expectancy

the results of a decomposition analysis, used to assess the contribution of mortality rates and self-reported good health prevalence to changes in healthy life expectancy over time

the results of a logistic regression analysis used to assess the strength of associations between health, behavioural and socioeconomic factors and self-reported poor health taken from the [2016 Health Survey for England](#)

the results of a rapid literature review used to assess the risk factors most strongly associated with self-reported poor health

estimates of risk factors contributing to years of life lost taken from the Global Burden of Disease

a summary of the public health implications of the findings

Read the Report – [Understanding the drivers of healthy life expectancy: report](#)

## Health and the cost of living – Key messages from our polling - Uploaded 1<sup>st</sup> June

Healthwatch – May 2023

Over the last year, [many charities and campaign groups](#) have warned that millions of people are struggling with the cost of living crisis. We have heard from our Healthwatch network about the impact the rising cost of living is having on people.

To understand the scale and nature of this impact, especially the effect on people's health and their use of health and care services, we commissioned a nationally representative (of England) poll.

We have run this poll in four waves across winter to track the changing impact of the rising cost of living over time. We're using the findings to help inform health and care decision-makers about the steps they may need to take to improve support for people.

We focused our research on finding out the following:

- What impacts do people anticipate the rising cost of living having on them;

•What impacts are people already experiencing, including how they are changing their behaviour to cope with the rising cost of living; and If, and how, the rising cost of living affects how people interact with health and care services

Read the Research – [Health and the cost of living – Key messages from our polling](#)