



Public Health Briefing Note April 2017



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Health Trainer top tip

Now that the clocks have changed, the evenings are staying light for much longer. Whether you have a garden, some planters, or just a sunny windowsill, it's the perfect time to get gardening. Gardening not only counts towards your physical activity for the day but is also therapeutic, improving your mental and emotional well-being. Gardening has some great benefits:

- You can grow your own food
- You can do it alone or with others
- It's good for emotional well-being to get outside among the plants and greenery
- You can get a workout without realising it
- Satisfaction from growing plants

More information on gardening and activities can be found at:

www.rhs.org.uk/advice/beginners-guide, www.gardenersworld.com/what-to-do-now/checklist/april/ and www.nhs.uk/change4life/Pages/get-going-every-day.aspx

If you would like support with becoming more physically active, why not talk to a Health Trainer? The Health Trainer service is here to help with improving your diet, cutting down or reducing smoking, improving general health, self-confidence and motivation. Call 0300 003 4566 or email health.trainers@wiltshire.gov.uk to find out more or book a free session.

NHS Digital Annual Report

On 30 March NHS Digital released their annual report "Statistics on Obesity, Physical Activity and Diet, England 2017". The report and accompanying documents can be found [here](#). The report is an annual compendium bringing together information from a variety of sources. The topics include: overweight and obesity prevalence, hospital admissions and prescribing related to obesity, physical activity levels among adults and children, trends in purchases and consumption of food and drink and body image in teenagers. Most of this information has been published previously, either by NHS Digital or other organisations. The information on obesity-related admissions to hospital (including bariatric surgery) and prescribing for obesity is new analysis.

BBC Wiltshire picked up on data that shows [Wiltshire has one of the lowest rates of inactivity in the country](#) (14.7%) and interviewed John Goodall, Consultant in Public Health on 1 April 2017. Click on the link above to listen from 15:50.

World Immunisation Week - 24-30 April 2017

World Immunisation week aims to promote the use of vaccines to protect people of all ages against disease. The main objective was to increase awareness of the importance of immunisation throughout life to help build and sustain herd immunity in all communities throughout the world.

Immunisation saves millions of lives and is widely recognised as one of the world's most successful and cost-effective health interventions. However, coverage with childhood immunisations has not reached optimal levels across all populations and is declining in some countries.

Adolescents and adults are often not aware that they need vaccines too to protect themselves and those around them from potentially dangerous and preventable diseases. Gaps in coverage have led to avoidable disease outbreaks in the European region affecting people of all ages. Vaccination protects health at every stage of life. More information can be found [here](#).

CAJSA website update

Each Community Areas Joint Strategic Priorities have been published on the [CAJSA website](#). To find these priorities visit the Community Area you wish to know, scroll down the page slightly and on the right you will find the priorities for that Community Area in a pdf.

HIV Prevention England Prepping for PrEP HIV seminar

HIV Prevention England held a seminar that covered three main topics. Dr Michael Brady from King's College Hospital provided information around key studies which have taken place and an overview of their findings. All present confirmed a reduction in transmission of HIV, but an important message to take from the studies is that adherence to the treatment means effectiveness. Dr Will Nutland, London School of Hygiene and Tropical Medicine/ Prepster provided the history of PrEP and the journey so far with information given on the recent legal process. A brief overview was provided about the current online facility of 'I Want PrEP Now' where people can purchase generic drugs and the health inequalities around accessibility to this service and highlights how an NHS funded programme will reduce these inequalities. Professor Noel Gill, Public Health England provided insight into the NHS funded PrEP trial which is due to start later this year, a peer review is still in the process but the objectives of the trial were confirmed and the hope that uncertainties will hopefully be addressed by this trial. Clarification was given on who will be eligible to participate in the trial and how the trial will be monitored. All sexual health clinics in England will be invited to take part but can opt out if they wish. The seminar raised questions around the need for positive media coverage, highlighted the lack of communication regarding the trial and potential cost implications to commissioners.

Young People Friendly Scheme

'Quality criteria for making health services young people friendly'

Public Health have been working with GP practices, school nurses and sexual health services, to improve the way services are offered to young people in Wiltshire by being friendly and supportive. Service providers have to demonstrate as part of the 'Young People Friendly' accreditation process that they meet the six national standards and actively engage with young people by listening to their opinions, involve them in decision making and making changes to meet their needs.

The following health services in Wiltshire have been successful in the 'Young People Friendly' accreditation process and several more are working towards this quality mark.



**No
Worries!**

GP Practices (with No Worries service)

- Ramsbury and Wanborough Surgery
- Hathaway Practice, Chippenham
- Whiteparish Surgery, Salisbury
- Castle Practice, Ludgershall and Tidworth
- Beversbrook Medical Centre, Calne
- Avenue Surgery, Warminster
- Courtyard Surgery, West Lavington
- Tinkers Lane Surgery, Royal Wootton Bassett
- Lovemead Group Practice, Trowbridge
- White Horse Surgery, Westbury
- The Lodge Surgery, Chippenham

School Nurse Drop-ins accredited

- John O' Gaunt, Trowbridge
- St Augustine's College, Trowbridge
- Sarum Academy, Salisbury
- Trafalgar School, Downton, Salisbury

Sexual Health Services accredited

- Salisbury Sexual Health Clinic, Salisbury Hospital
- Salisbury CASH Clinic

The Department of Health, 'You're Welcome' programme has commissioned the Association of Young People's Health to review, refresh and update 'Young People Friendly', with young people's involvement. The pilot is currently being undertaken, and there is an opportunity to comment on the new documentation at www.ayph.org.uk

Meningococcal ACWY

From 1 April a new cohort of Year 13 students will be eligible for call and recall of MenACWY. This is being offered in response to an increasing number of cases of a highly aggressive strain of meningococcal W (MenW). This disease can cause meningitis (inflammation of the brain) and septicaemia (blood poisoning) that can kill in hours, with those who recover at risk of being left severely disabled. Young people starting university are particularly at risk of MenW.

Uptake of MenACWY for last year's cohort was much lower than expected. This is a difficult group to vaccinate and we would encourage all practices to start calling as soon as possible before exams start, summer holidays begin and students move away for university. Public Health will be asking schools and colleges to inform their Year 13 students and make school staff aware of MenW disease to promote vaccination.

From 1 April 2017 practices should:

- Identify eligible population (DOB 01/09/1998 – 31/08/1999) who have not had a MenACWY conjugate vaccination since the age of 10 (i.e. previous travel vaccine);
- Actively invite the eligible students [template letter available here](#)
- Continue to recall these young people until they are either vaccinated or decline vaccination
- Only order vaccines needed for the next fortnight to reduce wastage.

Previous Year 13 cohorts (DOB 01/09/1996 – 31/08/1998) remain eligible until they reach the age of 25. Vaccination appointments are a great opportunity to catch up on other missing vaccinations which may also attract additional payments: particularly HPV, MMR and Td/IPV. Full contracting information can be found [here](#). Posters, leaflets and other resources are available [here](#). For further information please contact the screening and immunisations team at england.bgswareateampublichealth@nhs.net.

National Institute for Health and Care Excellence (NICE) Guidance

NICE has published new guidance for the distribution of condoms through condom card schemes. This guideline covers condom distribution schemes and the aim is to reduce the risk of sexually transmitted infections (STIs). In addition, these schemes can provide a good introduction to broader sexual and reproductive health services, especially for younger people and help prevent unplanned pregnancies. You can see the guidance [here](#) and obtain free condoms from any No Worries GP practice or pharmacy.

Public Health Intelligence news

The [Wiltshire Intelligence Network](#) (WIN) provides numerous reports full of local information on a wide range of topics.

Public Health in the news this month:

[Maternity Services and choices around place of birth](#) – 24 April

For further information on any of the programmes of work mentioned please contact PHAdmin@wiltshire.gov.uk