Welcome

In the run up to Christmas and in preparation for the Dry January campaign 2016, we thought it timely to present some of the recent resources on alcohol and liver disease. The harm caused by excess alcohol consumption extends beyond physical health - from alcohol related violence and mental health to family breakdown. Alcohol related incidents also take up a large amount of emergency services’ time. Alcohol is one of the key themes in What About YOUth (WAY) Survey 2014, results of which were published this month (see South West infographic on page 2 with further details on page 3) and available in Fingertips.

The December issue is released earlier than usual as many of you will be getting ready for Christmas and a well deserved break. We wish you happy holidays and a happy 2016.

South West intelligence update

South West liver disease infographic profiles

Mortality from liver disease is on the rise in the South West, a trend which is different from other main preventable diseases. It is the third biggest cause of premature mortality and lost working life behind ischaemic heart disease and self-harm. Moreover, mortality from liver disease is linked to deprivation.

As a response to this, the PHE South West Centre has developed liver disease infographic profiles, in addition to an audit template for local authorities. The profiles summarise information about South West prevalence, mortality and risk factors with infographics (see figure 1) along with guidance on how to reduce the burden of liver disease. The profiles and audit templates have been sent to Directors of Public Health but if you would like to obtain a copy please email liz.rolfe@phe.gov.uk.

Figure 1. Over 90% of liver disease is due to three main risk factors: Alcohol, Viral Hepatitis, Non-Alcohol Related Fatty Liver disease (NAFLD)
South West Infographic Series: No. 2

Health behaviors in adolescents in the South West

What do 15 year olds say about their health behaviours and attitudes towards healthier lifestyles? This infographic, produced by the SW Local Knowledge and Intelligence Service, is based on the recent release of What About YOUth (WAY) Survey 2014 and a new data tool available in Fingertips (see page 3 for further details).

### General health, diet and physical activity

- 31% report general health as excellent
- 15% with a long-term illness, disability or medical condition
- 57% eat 5 portions or more of fruit and veg per day
- 67% mean daily sedentary time in the last week over 7 hrs per day
- 16% physically active for at least one hour per day 7 days a week

1 in 3 fifteen year olds report excellent health

1 in 6 do at least one hour daily physical activity

### Smoking, drinking and drugs

- 19% have tried e-cigs
- 7% are regular drinkers
- 6% have taken cannabis in the last month
- 18% report 3 or more risky behaviours

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6% are regular smokers

7% are regular drinkers

6% took cannabis in the last month

### Emotional Wellbeing

- 52% think they’re the right size
- 13% report low life satisfaction
- 58% bullied in the past couple of months

6 in 10 report having been bullied in the past couple of months


You can download Local Updates from LKIS (SW) resources. PHE data tools and profiles can be found from the Data gateway and Fingertips. To contact the South West LKIS email SouthWestKIT@phe.gov.uk.
Recent PHE intelligence updates

Health behaviours in young people – What About YOUth? data tool

This new tool provides local authority level estimates on healthy lifestyles based on what 15 year olds say about their behaviours and attitudes to diet and physical activity, smoking, alcohol, use of drugs, bullying and wellbeing. The data was collated from the What About YOUth (WAY) Survey 2014. The Health and Social Care Information Centre (HSCIC) was commissioned to develop the survey as a response to data gaps identified by the Children and Young People’s Health Outcomes Forum relating to the health and wellbeing of young people. A selection of data for the South West are presented on page 2 but local authority level data is available from Fingertips. In addition, main findings for England are available online.

Liver disease profiles updated on Fingertips

Liver disease profiles on Fingertips have been refreshed and now include premature mortality indicators for all liver disease and alcoholic liver disease for the period 2012-14, as well as premature mortality indicators for hepatitis B & C related end-stage liver disease/hepatocellular carcinoma, and non alcoholic fatty liver disease (NAFLD). Drug treatment indicators are also available for 2014/15 in the profile.

Mental health in pregnancy, the postnatal period and babies and toddlers: needs assessment report -

A helpful tool for local needs assessments and service planning, the perinatal needs assessment tool is now available on ChiMat (Child and Maternal Health Intelligence Network). The tool brings together data on mental health in the antenatal and postnatal periods, including a range of maternal mental health conditions as well as the social and emotional development and wellbeing of babies and toddlers.

The report includes data for upper tier local authorities and for CCGs (although not all data is available for clinical commissioning groups). It also presents evidence on key risk factors for poor infant and maternal mental health, factors such as domestic violence, poor social support, drug and alcohol misuse, teenage parents, being a looked after child and homelessness.
PHE intelligence updates cont.

New data tools for cancer intelligence

- **Cancer Outcome Metrics** developed together with the NCRS (National Cancer Registration Service) consists of two cancer outcomes indicators *stage at diagnosis* and *emergency presentation*. The data, to be refreshed on a quarterly basis, contains both metrics presented at CCG level with a 1-year rolling average.

- **CancerData** also produced together with NCRS is a public version of what was the CancerStats/CASCADE. This tool contains basic cancer incidence and mortality data at a national level and by CCG.

- **The GP Profiles for cancer** are available from Fingertips. Five years of historic data have been included from 2009/10 with the addition of financial year 2014/15 data. The historic data has been refreshed to current methodologies to allow variation over time to be meaningfully examined. A wider range of standard tools are now available including time series of indicators at GP and CCG level and funnel plots comparing practices within a CCG.

- **Linked cancer patient experience survey (CPES) data and cancer registration dataset**: In partnership with Cancer Research UK and Macmillan Cancer Support, PHE have linked the CPES with cancer registration data. A number of documents have been released, including a data briefing, a full report describing the linkage, a descriptive overview of respondents characteristics, and an Excel workbook with detailed data by cancer site.

**GP Profiles update**

The **National General Practice Profiles** have been refreshed with the 2014-15 Quality and Outcomes Framework (QOF), GP patient survey data, and 2015 demographics. Additions and changes to the profiles include:

- new cancer domain focusing on cancer services
- deprivation scores update to 2015 IMD (Index of Multiple Deprivation)
- improved 2011 Census-based ethnicity estimates
- 2015 populations in 5-year age bands up to 95+
- outdated prevalence estimates and secondary care indicators have been withdrawn and will be reintroduced once more timely data becomes available.
PHE intelligence updates cont.

Early December saw the release of Substance Misuse statistics from the National Drug Treatment Monitoring System (NDTMS): financial year ending March 2015 as well as a report on young people in drug and alcohol treatment for the same period.

Other updates in brief

- The Chief Medical Officer’s (CMO) latest annual report Health of the 51%: women provides data and recommendations on a wide range of health issues affecting women, ranging from obesity, ovarian cancer to incontinence and the menopause.

- Housing is high on the public health agenda. To assess the affordability of housing in local areas, you can access recently released ONS house price statistics for small areas, now available on a quarterly basis for a rolling year.

South West Events

- **South West LKIS (Local Knowledge and Intelligence Service) webinar series:** The presentations from earlier webinars are available online, including the latest webinars on variation in liver disease and the impact of alcohol in local communities. Please see details of our forthcoming webinars but please note a new date for Best start in life: Data tools supporting the early years agenda webinar which now takes place 21 Jan 2016.

- **Intelligence training for the South West:** The LKIS (Local Knowledge and Intelligence Service) South West plans to deliver a 6 day intelligence course in early 2016 which covers: basic epidemiology; data sources; analytical techniques and statistics; applications of public health intelligence; and presenting, interpreting and communicating data.

  The location and dates of the course are to be confirmed but the programme is likely to run in 2 consecutive days per week over a three weeks in February. Priority are given to those who wish to attend all 6 days of the course, but if capacity allows people will be able to attend specific days as required. For more information and to book a place please contact stuart.harris@phe.gov.uk.

- **Health Economics training for Local Authorities** is planned for early next year. Places are limited so further details will be emailed to Directors of Public Health shortly so that they can identify most suitable candidates for the session.

Suggestions for news items, updates, infographics or events to be included in future issues please email SouthWestKIT@phe.gov.uk.