

More information

PHE: New survey of mums reveals perceived barriers to breastfeeding

The proportion of new mothers who are still breastfeeding after 2 months drops by 40%, according to data from PHE and NHS England. Access report [here](#)

The Children's Society: Nine homes by the age of nine – housing instability marks lives of children in poverty

The stress and uncertainty of repeatedly packing up their lives and moving home is becoming a worryingly normal part of life for some children growing up in poverty, [a report from The Children's Society has found](#)

Health matters: obesity and the food environment

[This guidance from PHE](#) outlines how councils and partners can help small food businesses and schools create a healthier food environment and help children and families choose healthier food.

Young people's health: where are we up to? Update 2017

[This briefing from the Association for Young People's Health \(AYPH\)](#) works sets out the latest policy and practice debates, recent data on trends, and recommendations for 'where next'.

Educational attainment at age 10–11 years predicts health risk behaviours and injury risk during adolescence

The aim of [this Journal of Adolescent Health study](#) was to examine the effect of educational attainment in primary school on later adolescent health.

Five year forward view for mental health: one year on

[This report from NHS England](#) marks the anniversary of the publication of the Five Year Forward View for Mental Health. It highlights the progress made in the first year of the programme, and takes a look at the achievements that need building upon to deliver next year and beyond.

Childhood Obesity

The first NCMP [tracking report](#) has now been published. Local Data [here](#)

Case studies on child obesity

These have been [published by the Department of Health \(DH\)](#) showing 8 examples of action being taken by local authorities, businesses, families and schools. Access [here](#)

Child and maternal health data and intelligence: a guide for health professionals

[This Public Health England guide](#) explains how healthcare professionals can use child and maternal health data and intelligence to help make decisions about the planning and provision of services.

Unpaid carers save economy almost £60bn each year

Unpaid carers save the economy almost £60bn a year, suggests [a new analysis of official figures by the ONS](#). About 8% of the population living in private households acted as informal carers last year, DWP figures show. The ONS calculates that it would cost £56.9bn to replace these unpaid carers with paid workers. Both sexes spent more time on unpaid care in 2015 than in 2000, it says. "At age 65 a man will spend, on average, 44% of the rest of his life in poorer health, and a woman, 47% of her life," says the ONS document. Women are more likely than men to be informal carers, with women making up 59% of carers.

Housing: State of the nation – Report of the Public Accounts Committee

The [Public Accounts Committee \(PAC\) published, just before the election, the results of its inquiry](#) into the effects of the continuing overall shortfall in housing supply, looking at housing policies and welfare benefits to establish whether the total money spent on housing was effective in increasing housing supply here

UK house price index: April 2017

This [update](#) highlights the average house price in the UK have increased by 5.6% in the year to April 2017 (up from 4.5% in the year to March 2017). While up against March 2017, there has been a general slowdown in the annual growth rate since mid-2016. The average UK house price was £220,000 in April 2017. This is £12,000 higher than in April 2016 and £3,000 higher than last month.

Finding information about child and maternal health data on .GOV.UK

PHE has moved content for the National Child and Maternal Health Intelligence Network to GOV.UK. GOV.UK makes it simpler, clearer and faster to find information. A [new guidance page](#) for health professionals has been developed for child and maternal health data and intelligence and has links to the various resources available in this field.

Learning more about what keeps young people safe and well.

[This issue of Public Health England's Health Matters](#) focuses on key findings from three new reports which focus on what some of the key factors are in protecting the mental wellbeing of 11-15 year olds. The three reports look at young people's experiences of cyber-bullying, the wellbeing of adolescent girls, and self-harm. They're based on new analysis of the [Health Behaviour in School-age Children \(HBSC\) Survey](#) and the reports will help all those supporting young people to be better placed to keep them safe and well. They also look at three main areas of young's people's lives - family, school and local neighbourhood - and identify what can help to protect against poor mental wellbeing. The blog highlights a range of other resources to support evidence based action to promote and protect children's emotional wellbeing.

Physical activity, cognitive decline, and risk of dementia: 28 year follow-up of Whitehall II cohort study

This [study](#) found no evidence of a neuroprotective effect of physical activity. Previous findings showing a lower risk of dementia in physically active people may be attributable to reverse causation—that is, due to a decline in physical activity levels in the preclinical phase of dementia.

Social prescribing and health and well-being

This [NHS Confederation Wales report](#) recognises the important role that social prescribing has on the health and well-being of the population, the social prescribing initiatives already in place across Wales and the evidence that already exists which highlights the effectiveness of social prescribing.

Persistent poverty in the UK and EU: 2015

This [ONS report](#) presents the rates of persistent relative income poverty for the UK are compared with other EU countries. The report suggests that 7.3% of the UK population were experiencing persistent poverty, equivalent to roughly 4.6 million people. Persistent poverty is defined as experiencing relative low income in the current year, as well as at least 2 out of the 3 preceding years. Of the 28 EU countries, the UK had the fifth lowest rate of persistent poverty (7.3%), but the 13th highest poverty rate of 16.7%, near the EU average of 17.3%. From 2012 to 2015, roughly 3 in 10 (30.2%) of the population were at risk of poverty for at least 1 year.

Supporting working carers and top

This [new TLAP report](#) offers good practice examples that demonstrate how employers are making significant progress with supporting an increasing number of working carers. They are finding that doing so is beneficial to the business as well as to the individual.

Physical activity can help people with arthritis

Arthritis Research UK recently [published a report Providing physical activity for people with musculoskeletal conditions](#) in partnership with the Department of Health, Public Health England and NHS England: The report highlights the role that local authorities play in supporting people with musculoskeletal conditions (including arthritis) to be physically active.

Internet users in the UK: 2017

In 2017, [Internet use in the UK](#), virtually all adults aged 16 to 24 and 25 to 34 years (99%) were recent internet users. 90% of men and 88% of women were recent internet users, up from 89% and 86% in 2016. Recent internet use among women aged 75 and over had almost trebled from 2011. 9% of adults in the UK had never used the internet in 2017. 22% of disabled adults had never used the internet in 2017, down from 25% in 2016.

If you have any local information, research or reports you think useful to share then please get in touch...or the bulletin has been passed onto you and you would like to subscribe then

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Thanks

John