



January 2010

Happy New Year!

1. Stop Press

1.1 What do you think about our website?

Please tell us what you like or dislike about our website. Complete our short survey at:
<http://www.surveymonkey.com/s/KW9RLDH>

2. New from the LHO

2.1 Slope index of inequality

A paper analysing the slope index of inequalities in life expectancy in London PCTs has just been published by the LHO, following the launch of the index as a world class commissioning indicator in September 2009.

The paper can be downloaded from: <http://www.lho.org.uk/viewResource.aspx?id=15559>

2.2 Health Needs Assessment toolkit

The first update to the HNA toolkit was published on 21 December 2009. 28 new indicators have been added, 14 on standardised mortality and admission ratios at electoral ward level and 14 local authority level indicators, including physically active children and excess winter deaths. A further ten indicators have been updated, including child immunisation and deaths from smoking.

The toolkit is available at: <http://hna.csl.nhs.uk/>

2.3 Updated physical activity web page

We have revised our web page on physical activity to bring it up to date with current government policy and the latest data for London.

View the page at: http://www.lho.org.uk/LHO_Topics/Health_Topics/Determinants

In the pipeline

2.4 Updated pages on Obesity and Diet & nutrition

Revised web pages on policy and London data for obesity and diet & nutrition are being completed and will be live on our website during January.

2.5 Physical activity tool

The tool is nearing completion and will be available on the LHO website in the next month.

2.6 Regional health profiles

The regional health profiles, including a profile for London, are being finalised and should be published in the next month.

3. London news & events

3.1 Active people in London

1.06 million people in London now participate in at least three sessions of sport a week according to the third Active people survey published in December. London was one of only two English regions to show an increase in numbers taking part in sport since the previous survey in 2008. Within London, the boroughs of Greenwich, Kingston-upon-Thames and Westminster achieved statistically significant increases in people participating in at least three, thirty minute sessions a week of moderate intensity.

Active people survey 3 is at: http://www.sportengland.org/research/active_people_survey

3.2 London's new health innovation and education clusters

Three of the proposed 17 new health innovation and education clusters (HIECs) will be in London, attracting a share of the £11million allocated to improving healthcare innovation through education and training. North east London, North central London and Essex HIEC will look at prevention of ill health, acute care and chronic conditions; North west London will look at cancer and cardiovascular diseases; and South London will focus on diabetes, stroke care, mental health services and infectious diseases.

Read the announcement by NHS London at: <http://www.london.nhs.uk/news-and-health->

What's new at the LHO

[Analysis of slope index of inequalities in London](#)

[Physical activity web page](#)

Top three downloads for December

[Health Inequalities Intervention Tool](#)

[Local Basket of Indicators Webtool](#)

[Practice Profiles Tool](#)

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3.3 London rents map

The cost of private sector renting across London boroughs is now available via the Mayor's new London rent maps. Currently a two bedroom home is cheapest in Dartford at £160 per week and the most expensive in South Kensington at an average £625 per week.

View the maps at: <http://www.london.gov.uk/rents/>

4. National and international news

4.1 Physical activity and fitness

The 18th annual Health survey for England focused on physical activity and fitness. According to self-reported activity in 2008, 39% of men and 29% of women over the age of 16 met the Chief Medical Officer's minimum recommended levels of physical activity. 31% of boys and 22% of girls aged 4-15 met the minimum levels. 32% of men and 60% of women were not able to sustain walking at 3mph up a 5% incline and were classed as "unfit."

Health survey for England 2008 is at: <http://www.ic.nhs.uk/statistics-and-data-collections/>

4.2 Obesity and fitness

Shuttle-run tests in 10 year old children from an affluent area revealed a decline in cardiorespiratory fitness from 1998 levels. Although obesity levels had risen for boys, levels had not changed for girls. Researchers suggest that addressing weight alone may not be enough to tackle fitness. Qualitative research suggests that parental concerns over appropriate outdoor space and safety of their children may have an impact on children's physical activity outside school.

Cardiorespiratory fitness and body mass index is at: <http://adc.bmj.com/content/95/1/46.full.pdf>
(Athens account required)

Licence to be active is at: <http://jpubhealth.oxfordjournals.org/cgi/content/full/31/4/472> (free)

4.3 Cost of alcohol to the NHS

A joint report from the Royal College of Physicians of London and the NHS Confederation finds that treating alcohol-related admissions to hospital costs the NHS £2.7 billion in 2006/07, twice that of 2001. The report warns that this is unsustainable and more cost-effective care is required. A report from the House of Commons Health Committee also details the wider cost to society and calls for minimum pricing, increased tax on spirits and mandatory labelling as a start to addressing the problem.

Too much of the hard stuff is at: http://www.nhsconfed.org/Publications/Documents/Briefing_193

House of Commons Health Committee report is at:
<http://www.publications.parliament.uk/pa/cm200910/cmselect/cmhealth/151/151i.pdf>

4.4 Guidance on alcohol consumption

The Chief Medical Officer published guidance in December on alcohol consumption by children and young people. Among the recommendations are that 15-17 year olds should only drink with the guidance of their parents or in a supervised setting and that this age group should only drink once a week at most. The importance of parental influence is emphasised.

Further details at: <http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/>

4.5 International health at a glance 2009

A comparison of international indicators on health status, determinants of health, access to healthcare and health expenditure shows that no one OECD country provides high quality care in all areas. The UK screens more women for breast and cervical cancer than most other developed countries but most other OECD countries achieve higher survival rates. The OECD concludes that the UK does well in avoiding hospital admissions for conditions such as hypertension but could do more in treating people with diabetes and asthma.

Further details at: <http://www.oecd.org/document/14/0,3343>

5. New from APHO and the PHO network

5.1 Mortality and life expectancy area profiles

Eastern Region PHO has used mortality and population data from 2001-2008 to create area profiles showing life expectancy by deprivation group for PCTs in the East of England.

Further details at: <http://www.erpho.org.uk/viewResource.aspx?id=20529>

5.2 Alcohol and ambulance pick-ups

East Midlands PHO has mapped pubs and clubs in the region's priority areas against ambulance call-outs between the hours of 9pm and 6am for conditions likely to be alcohol-related.

Further details at: <http://www.empho.org.uk/pages/viewResource.aspx?id=11583>

5.3 Infant mortality surveillance

A study from the North East PHO assesses the feasibility of improving infant mortality surveillance by linking infant mortality data to clinical data on births held at maternity units.

Surveillance of infant mortality and its determinants is at: <http://www.nepho.org.uk/publications.php5?rid=774>

5.4 Diabetes outcome versus expenditure (DOVE)

Yorkshire and Humber PHO has published a tool that allows all PCTs to compare expenditure on diabetes care with clinical outcomes data.

Download the tool at: <http://www.yhpho.org.uk/resource/item.aspx?RID=63145>.

6. New from the Office for National Statistics

6.1 21st Century mortality and population datasets

ONS has released files for both population and mortality for 2001 – 2008 at:

<http://www.statistics.gov.uk/StatBase/Product.asp?vlnk=10530>

7. New from the Information Centre

7.1 Updates from National Centre for Health Outcomes Development (NCHOD)

NCHOD published updated figures in December for a selection of indicators, including deaths at home, years of life lost, births and infant deaths, conceptions and infectious diseases. The workbench, allowing customised reports for both PCTs and local authorities, has also been updated.

Further details at: <http://www.nchod.nhs.uk/>

8. New from other organisations

8.1 Guide for world class commissioners

The Royal Society of Public Health has published a guide for health commissioners on the best methods of promoting health.

Promoting health and wellbeing: reducing inequalities is at: <http://www.rsph.org.uk/en/policy-and-projects/projects/>

8.2 GP patient survey 2009

The combined results from quarters 1 and 2 of the 2009 GP patient survey were published on 17 December. The survey reports on a range of issues including satisfaction with opening times, seeing a doctor and out of hours care. View the results by PCT and practice at: <http://results.gp-patient.co.uk/report/main.aspx>

8.3 Home drinking

According to experiments carried out for the Department of Health, home drinkers are pouring more than twice a standard single measure of spirits. A unit of wine was also over-estimated with the average of 157ml being poured against the correct amount of 76.25ml at 13% ABV.

Further details at: http://www.dh.gov.uk/en/News/Recentstories/DH_110619

8.4 Substance misuse among young people

Data for 2008/09 show only a “modest” increase in the number of young people accessing substance misuse services. The majority are seeking help for alcohol and cannabis use via structured counselling programmes. The number of young people entering treatment for crack or heroin use has fallen by a third over the last four years.

Read the report at: http://www.nta.nhs.uk/publications/documents/nta_substance

8.5 Standard of living falls in Britain

A report from the consultancy company Oxford Economics finds that the cost of living in Britain has fallen to the equivalent of £225 per person, the lowest GDP per capita since 2005. This is 23% lower than the USA and 10% lower than Germany, France and Japan. Currently the UK GDP is the same as that of Italy, considered to be one of Europe’s most poorly performing economies.

Full details at: http://www.oef.com/OE_FA_UK.asp

8.6 Local public services assessed

The Audit Commission has published a new website that brings together the evaluations of six organisations to provide a comprehensive picture of how well local public services are doing. Local authorities are rated according to a number of themes, including wellbeing of children, housing, value for money, safety and community cohesiveness. According to Ofsted’s ratings for 2009, published in December, eight of the ten top performing local authorities for children’s services are in London. The first year of the Comprehensive Area Agreements (CAA) reveal that six London boroughs gained the top score and overall the capital has 40% of the top local authorities in England.

View overall details for your local authority at: <http://oneplace.direct.gov.uk>

View Ofsted's 2009 ratings at: http://www.ofsted.gov.uk/oxcare_providers/list_by_la

Further details about the CAA results at:

<http://www.londoncouncils.gov.uk/media/current/pressdetail.htm?pk=854>

8.7 Social impact of the recession

Investigations into the impact of the recession reveal that although the incidence of job loss and job insecurity appeared higher in the 1991 recession, both were associated with a higher risk of depression. Good financial standing and high levels of social support appear to reduce this risk. A briefing paper from the Social Exclusion Taskforce sets out plans to address the issues.

Download the papers from: : http://www.cabinetoffice.gov.uk/social_exclusion_task_force/

Comments

This newsletter is compiled and edited by the London Health Observatory, now part of Commissioning Support for London. If you wish to receive this update regularly in future and wish to be added to our distribution list, or would like to provide feedback about this newsletter, please email heather.lodge@csl.nhs.uk.