

Alcohol	Cambs	Pboro
Local picture, stats	<p><b>79.4% are not in treatment for alcohol</b>  <b>44.2% are not in treatment for opiates/crack</b></p> <p>Estimates show that the social and economic costs of alcohol related harm amount to £21.5bn, while harm from illicit drug use costs £10.7bn. There are 1.1M alcohol related hospital admissions nationally. Drug deaths in 2016 were the highest on record. Deaths nationally from liver disease has increased 400% since the 1970's.</p>	<p><b>77 are not in treatment for alcohol</b>  <b>39.7 are not in treatment for opiates/crack</b></p> <p>Estimates show that the social and economic costs of alcohol related harm amount to £21.5bn, while harm from illicit drug use costs £10.7bn. There are 1.1M alcohol related hospital admissions nationally. Drug deaths in 2016 were the highest on record. Deaths nationally from liver disease has increased 400% since the 1970's.</p>
Training available	<p><b>Nursing staff can access professional Alcohol Identification and Brief Advice Training on line through the following route:</b></p> <p><a href="https://www.electronicstaffrecord.nhs.uk/functionality/self-service/">https://www.electronicstaffrecord.nhs.uk/functionality/self-service/</a></p> <p>Inclusion Cambridgeshire offers face to face training for substance misuse for all local professionals. This can be accessed at the following link:</p> <p><a href="http://www.inclusion-cambridgeshire.org.uk/professional-area/training/">http://www.inclusion-cambridgeshire.org.uk/professional-area/training/</a></p>	<p><b>Nursing staff can access professional Alcohol Identification and Brief Advice Training on line through the following route:</b></p> <p><a href="https://www.electronicstaffrecord.nhs.uk/functionality/self-service/">https://www.electronicstaffrecord.nhs.uk/functionality/self-service/</a></p> <p>Aspire Peterborough offers face to face training for substance misuse for all local professionals. This can be accessed by emailing:</p> <p><a href="mailto:Mark.Summerfield@cgl.org.uk">Mark.Summerfield@cgl.org.uk</a></p>
Local provider	<p><b>Inclusion Cambridgeshire</b>  <a href="http://www.inclusion-cambridgeshire.org.uk/">http://www.inclusion-cambridgeshire.org.uk/</a></p>	<p><b>Peterborough Aspire</b>  <a href="https://www.changegrowlive.org/content/aspire-peterborough">https://www.changegrowlive.org/content/aspire-peterborough</a></p>
Other resources you could recommend to them	<p>Further information and resources including recommended national websites are covering alcohol are available at:</p> <p><a href="https://www.cambridgeshire.gov.uk/bewell/your-health-and-wellbeing/alcohol-advice/">https://www.cambridgeshire.gov.uk/bewell/your-health-and-wellbeing/alcohol-advice/</a></p>	<p>Further information and resources including recommended national websites are covering alcohol are available at:</p> <p><a href="http://www.healthypeterborough.org.uk/jan-feb-2018/alcohol">http://www.healthypeterborough.org.uk/jan-feb-2018/alcohol</a></p>

Smoking		
Smoking	Cambs	Pboro
	Smoking Prevalence adults in England- 18% (Integrated Household Survey) Routine and Manual smoking prev in England 26.5 Smoking prevalence in East of England- 17.9% Routine and manual smoking prev in East of England-26.6 Smoking prevalence in pregnancy at time of delivery England 10.7% Smoking prevalence in pregnancy at time of delivery East of England 9.8% Smoking Attributable hospital admissions in England- 1685 Smoking Attributable hospital admissions in East of England-1642	
Local picture, stats	Smoking Prevalence adults-15.5% (varied across the districts South cambs 11.7%- Fenland 21.2%)  Routine and Manual smoking prev -26.8%  Smoking prevalence in pregnancy at time of delivery 11.6%  Smoking prevalence at age of 15 years- current smokers (What about Children survey)-8.2%  Smoking Attributable hospital admissions-1736	Smoking Prevalence adults-18.6%  Routine and Manual smoking prev-27.9%  Smoking prevalence in pregnancy at time of delivery -11.6%  Smoking prevalence at age of 15 years- current smokers (What about Children survey)-9.1%  Smoking Attributable hospital admissions-1774
Training available	Online training is available through the National Centre for Smoking Cessation Training <a href="http://www.ncsct.co.uk/pub_training.php">http://www.ncsct.co.uk/pub_training.php</a>  To deliver the National Standard Treatment programme on a one to one basis it is also essential that you attend the skills based training which the local stop smoking services provide.  CAMQUIT who sit within Everyone Health= <a href="mailto:eh.CAMQUIT@nhs.net">eh.CAMQUIT@nhs.net</a> or 0800 018 4304	Online training is available through the National Centre for Smoking Cessation Training <a href="http://www.ncsct.co.uk/pub_training.php">http://www.ncsct.co.uk/pub_training.php</a>  To deliver the National Standard Treatment programme on a one to one basis it is also essential that you attend the skills based training which the local stop smoking services provide.  Solutions for Health= Telephone: 0800 376 5655/01733 590064 Email: <a href="mailto:healthy.peterborough@nhs.net">healthy.peterborough@nhs.net</a> efax 01733 286835
Local provider	Stop smoking advisors sit within GP practices, Community Pharmacies and the local Lifestyle Provider, as detailed above.	
Other resources you could recommend to them	Further information and resources including recommended national websites are covering smoking are available at: Cambridgeshire's Public Health website: <a href="https://www.cambridgeshire.gov.uk/be-well/">https://www.cambridgeshire.gov.uk/be-well/</a> Peterborough's Public Health website: <a href="http://www.healthypeterborough.org.uk">www.healthypeterborough.org.uk</a> National Centre for Smoking Cessation Training: <a href="http://www.ncsct.co.uk/index.php">http://www.ncsct.co.uk/index.php</a> Action on Smoking and Health: <a href="http://ash.org.uk/">http://ash.org.uk/</a> NICE: <a href="https://www.nice.org.uk">https://www.nice.org.uk</a> Professor Robert West: <a href="http://www.rjwest.co.uk/resources.php">http://www.rjwest.co.uk/resources.php</a> Public Health England on Electronic Cigarettes- <a href="https://www.gov.uk/government/collections/electronic-cigarettes">https://www.gov.uk/government/collections/electronic-cigarettes</a>	

Obesity		
Obesity	Cambs	Pboro
Local picture, stats	<p><b>Two in three adults</b> (aged 18+) are classified as <b>overweight or obese in Cambridgeshire</b> (60.8%). This is similar to the England average (61.3%).</p> <p><b>Nearly 1 in 5 children aged 4-5 years are overweight or obese in Cambridgeshire (18.5%)</b>, this is below the England average (22.6%).</p> <p><b>More than 1 in 4 children aged 10-11 years are overweight or obese in Cambridgeshire (27.1%)</b>, below the England average (34.2%).</p>	<p><b>Two in three adults</b> (aged 18+) are classified as <b>overweight or obese in Peterborough</b> (62.9%). This is similar to the England average (61.3%).</p> <p><b>More than 1 in 5 children aged 4-5 years are overweight or obese in Peterborough (23.2%)</b>, similar to England (22.6%).</p> <p><b>More than 1 in 3 children aged 10-11 years are overweight or obese in Peterborough (36.8%)</b>, higher than the England average (34.2%).</p>
	<p>Obesity is a major risk factor for a number of chronic diseases and weight management interventions can support individuals to achieve and maintain a healthier weight (PHE, 2017; NICE, 2014).</p> <p>Obesity and related ill health cost the NHS in England an estimated £6.1 billion per year (HSCIC, 2017). The social care cost of obesity is estimated to incur local authorities £352 million per year, and wider costs to society are estimated at £27 billion per annum (HSCIC, 2017).</p> <p>Research shows that well planned, very brief interventions can increase the chances of a patient making a successful weight loss attempt (PHE, 2017).</p> <p>Research has shown that brief, opportunistic interventions delivered in primary care can result in a five-fold increase in the proportion of patients engaging in weight management services. Simple advice from a health or care professional to lose weight increases patients' intentions to lose weight. However, referring people to weight management services can more than double the amount of weight they lose (PHE, 2017).</p> <p><i>References:</i>            -HSCIC (2017) Health Survey for England 2016 Adult overweight and obesity <a href="https://digital.nhs.uk/catalogue/PUB30169">https://digital.nhs.uk/catalogue/PUB30169</a>            -PHE (2017) Adult weight management: a guide to brief interventions. <a href="https://www.gov.uk/government/publications/adult-weight-management-a-guide-to-brief-interventions">https://www.gov.uk/government/publications/adult-weight-management-a-guide-to-brief-interventions</a>            -NICE (2014) <i>Weight management: lifestyle services for overweight and obese adults [PH53]</i>. <a href="https://www.nice.org.uk/guidance/ph53">https://www.nice.org.uk/guidance/ph53</a></p>	
Training available	<p>Resources for further learning and information recommended by PHE (2017) Adult weight management: a guide to brief interventions. <a href="https://www.gov.uk/government/publications/adult-weight-management-a-guide-to-brief-interventions">https://www.gov.uk/government/publications/adult-weight-management-a-guide-to-brief-interventions</a></p> <p>Health Education England obesity e-learning modules for practitioners in the NHS and local authorities working in weight management (introduction to obesity, identifying overweight and obesity and risk factors for weight gain, managing obesity treatment options, guiding and enabling behaviour change) <a href="http://www.e-lfh.org.uk/programmes/obesity/">http://www.e-lfh.org.uk/programmes/obesity/</a></p> <p>Cancer Research UK and the Royal College of General Practitioners very brief advice module and associated training videos (VBA e-learning on cancer prevention related to obesity, smoking cessation and alcohol reduction) <a href="http://elearning.rcgp.org.uk/behaviourchange">http://elearning.rcgp.org.uk/behaviourchange</a></p>	

	Royal College of General Practitioners obesity and malnutrition e-learning <a href="http://elearning.rcgp.org.uk/course/info.php?id=147">http://elearning.rcgp.org.uk/course/info.php?id=147</a>	
Local provider	<b>See AAA document</b> Everyone Health	<b>See AAA document</b> Solutions4Health
Other resources you could recommend to them	NHS Choices pages on: 'Obesity' <a href="https://www.nhs.uk/conditions/Obesity/">https://www.nhs.uk/conditions/Obesity/</a> 'Lose weight' <a href="https://www.nhs.uk/Livewell/loseweight/Pages/Loseweighthome.aspx">https://www.nhs.uk/Livewell/loseweight/Pages/Loseweighthome.aspx</a> 'OneYou Weight Loss' <a href="https://www.nhs.uk/oneyou/weight#a4Mx3QX2xAQjIQe3.97">https://www.nhs.uk/oneyou/weight#a4Mx3QX2xAQjIQe3.97</a> 'Child health 6-15' <a href="https://www.nhs.uk/LiveWell/Childhealth6-15/Pages/Childhealth615home.aspx">https://www.nhs.uk/LiveWell/Childhealth6-15/Pages/Childhealth615home.aspx</a> 'Your child's weight' <a href="https://www.nhs.uk/change4life/your-childs-weight/home#D9uaObkbbmZ2pxH.97">https://www.nhs.uk/change4life/your-childs-weight/home#D9uaObkbbmZ2pxH.97</a>	
<b>Physical activity</b>	Cambs	Pboro
Local picture, stats	<p><b>275,000 (32.5%) of Cambridgeshire residents do NOT meet CMO guidelines</b> for physical activity levels, and 167,000 (19.7%) residents are currently inactive (&lt;30mins moderate activity per week) <i>taken from Active Lives Survey 2016/17</i>. The largest health gains occur in people moving from inactive to moderately inactive and from moderately inactive to moderately active (Int. Journal Epidemiology, 2006).</p> <p>The UK has amongst the lowest levels of physical activity, with almost <b>1 in 4 people defined as 'inactive' (PHOF, 2017)</b>. The health improvements with physical activity are often greater than many Drugs (CMO, 2009; BMJ, 2013)</p> <p>In the UK, low levels of physical activity are responsible for:</p> <ul style="list-style-type: none"> <li>• <b>1 in 6 deaths</b> (equal to smoking)</li> <li>• Up to <b>40% of many long-term conditions</b> (e.g. diabetes)</li> <li>• <b>£7.4bn annual costs</b>, including £0.9bn to the NHS (CMO, 2004; Kings Fund, 2008; IHME, 2014)</li> </ul> <p>The British Journal of General Practice recently reported <b>'80% of GPs in England are currently unfamiliar with the Chief Medical Officer's guidelines for physical activity, and fewer than two thirds are confident about discussing activity with their patients'</b> (<i>R Chatterjee et al, British Journal of General Practice, Aug 2017</i>:</p>	<p><b>80,000 (40%) of Peterborough residents do NOT meet CMO guidelines</b> for physical activity levels, and 50,000 (24.3%) residents are currently inactive (&lt;30mins moderate activity per week) <i>taken from Active Lives Survey 2016/17</i>. The largest health gains occur in people moving from inactive to moderately inactive and from moderately inactive to moderately active (Int. Journal Epidemiology, 2006).</p> <p>The UK has amongst the lowest levels of physical activity, with almost <b>1 in 4 people defined as 'inactive' (PHOF, 2017)</b>. The health improvements with physical activity are often greater than many Drugs (CMO, 2009; BMJ, 2013).</p> <p>In the UK, low levels of physical activity are responsible for:</p> <ul style="list-style-type: none"> <li>• <b>1 in 6 deaths</b> (equal to smoking)</li> <li>• Up to <b>40% of many long-term conditions</b> (e.g. diabetes)</li> <li>• <b>£7.4bn annual costs</b>, including £0.9bn to the NHS (CMO, 2004; Kings Fund, 2008; IHME, 2014)</li> </ul> <p>The British Journal of General Practice recently reported <b>'80% of GPs in England are currently unfamiliar with the Chief Medical Officer's guidelines for physical activity, and fewer than two thirds are confident about discussing activity with their patients'</b> (<i>R Chatterjee et al, British Journal of General Practice,</i></p>

	<p><a href="http://bjgp.org/content/early/2017/08/14/bjgp17X692513">http://bjgp.org/content/early/2017/08/14/bjgp17X692513</a>)</p> <p>Physical activity (PA) brief advice in health care is effective at getting individuals active. It has been suggested that <b>one in four people would be more active if advised by a GP or nurse</b>, but as many as <b>72% of GPs do not discuss the benefits of physical activity with patients</b> (Chapman, Branning &amp; Varney, 2017: <a href="http://bjgp.org/content/early/2017/08/14/bjgp17X692513">http://bjgp.org/content/early/2017/08/14/bjgp17X692513</a>).</p>	<p>Aug 2017: <a href="http://bjgp.org/content/early/2017/08/14/bjgp17X692513">http://bjgp.org/content/early/2017/08/14/bjgp17X692513</a>)</p> <p>Physical activity (PA) brief advice in health care is effective at getting individuals active. It has been suggested that <b>one in four people would be more active if advised by a GP or nurse</b>, but as many as <b>72% of GPs do not discuss the benefits of physical activity with patients</b> (Chapman, Branning &amp; Varney, 2017: <a href="http://bjgp.org/content/early/2017/08/14/bjgp17X692513">http://bjgp.org/content/early/2017/08/14/bjgp17X692513</a>).</p>
Training available	<p>PHE physical activity clinical training – currently being organised for local healthcare professionals in 2018.</p> <p>Online resources available - <b>Training</b> - Dr William Bird e-learning modules, free of charge but need to register on the BMJ website (all free of charge);</p> <ol style="list-style-type: none"> <li>1) <a href="#">The importance of physical activity</a></li> <li>2) <a href="#">How does physical activity produce health benefits</a></li> <li>3) <a href="#">Health Benefits of Physical Activity: Cancer</a></li> <li>4) <a href="#">Health Benefits of Physical Activity: Diabetes</a></li> </ol> <ul style="list-style-type: none"> <li>• <i>Health Infographics on Sport, Physical Activity &amp; Exercise</i> <a href="https://www.gov.uk/government/publications/start-active-stay-active-infographics-on-physical-activity">https://www.gov.uk/government/publications/start-active-stay-active-infographics-on-physical-activity</a></li> </ul>	<p>PHE physical activity clinical training – GP session planned for 16<sup>th</sup> May 2018. Nurse and HCA session currently being organised for Spring 2018.</p> <p>Online resources available - <b>Training</b> - Dr William Bird e-learning modules, free of charge but need to register on the BMJ website (all free of charge);</p> <ol style="list-style-type: none"> <li>1) <a href="#">The importance of physical activity</a></li> <li>2) <a href="#">How does physical activity produce health benefits</a></li> <li>3) <a href="#">Health Benefits of Physical Activity: Cancer</a></li> <li>4) <a href="#">Health Benefits of Physical Activity: Diabetes</a></li> </ol> <ul style="list-style-type: none"> <li>• <i>Health Infographics on Sport, Physical Activity &amp; Exercise</i> <a href="https://www.gov.uk/government/publications/start-active-stay-active-infographics-on-physical-activity">https://www.gov.uk/government/publications/start-active-stay-active-infographics-on-physical-activity</a></li> </ul>
Local provider	<p><b>See AAA document</b></p> <p>Let's Get Moving Cambridgeshire Everyone Health District Council providers</p>	<p><b>See AAA document</b></p> <p>Vivacity Solutions 4 Health</p>
<b>Sexual Health</b>	<b>Cambs</b>	<b>Pbora</b>
Local picture, stats	<p>PHE Sexual and Reproductive Health Profiles 2016</p> <p>New Sexually Transmitted Infections (STI)</p> <ul style="list-style-type: none"> <li>• New sexually transmitted infections (STIs) 511 diagnoses of STIs per 100,000 residents (compared to 795 per 100,000 in England, and 566 in the East of England)</li> </ul> <p>Rates of HIV late diagnosis</p>	<p>PHE Sexual and Reproductive Health Profiles 2016</p> <p>New Sexually Transmitted Infections (STI)</p> <ul style="list-style-type: none"> <li>• New sexually transmitted infections (STIs) 882 diagnoses of STIs per 100,000 residents (compared to 795 per 100,000 in England, and 566 in the East of England)</li> </ul> <p>Rates of HIV late diagnosis</p>

	<ul style="list-style-type: none"> <li>Between 2014 -2016 51.1% of HIV diagnoses were made at a late stage of infection, compared to 40.1% in England.</li> </ul> <p>Rates of teenage pregnancy</p> <ul style="list-style-type: none"> <li>Rates are below the national average in 2016 at 16.5 per 1,000 females aged between 15-17 years, compared to the England rate of 20.8 per 1,000.</li> </ul> <p>Chlamydia diagnoses</p> <ul style="list-style-type: none"> <li>The rate of chlamydia diagnoses per 100,000 young people aged 15-24 years is 1159, which is below the England average at 1,882 and the East of England at 1,361. This is below the Public Health Outcomes Framework (PHOF) higher target of 2,300 per 100,000.</li> </ul> <p>LARC Uptake</p> <ul style="list-style-type: none"> <li>Total prescribed LARC excluding injections rate per 1,000 is 55.3</li> </ul>	<ul style="list-style-type: none"> <li>Between 2014 -2016 50% of HIV diagnoses were made at a late stage of infection, compared to 40.1% in England.</li> </ul> <p>Rates of teenage pregnancy</p> <ul style="list-style-type: none"> <li>Rates remain above the national average in 2015, at 28.3 per 1,000 females aged between 15-17 years, compared to the England rate of 20.8 per 1,000.</li> </ul> <p>Chlamydia diagnoses</p> <ul style="list-style-type: none"> <li>The rate of chlamydia diagnoses per 100,000 young people aged 15-24 years is 2862, which is above the England average at 1,882 and the East of England at 1,361. This exceeds the Public Health Outcomes Framework (PHOF) higher target of 2,300 per 100,000.</li> </ul> <p>LARC Uptake</p> <ul style="list-style-type: none"> <li>Total prescribed LARC excluding injections rate per 1,000 is 57.5</li> </ul>
Training available	<p>Nursing staff can access training via the following links:  <a href="https://www.e-lfh.org.uk/programmes/sexual-health-and-hiv/">https://www.e-lfh.org.uk/programmes/sexual-health-and-hiv/</a></p> <p>LARC Training is available via Navigate 2 <a href="mailto:fiona@navigate2.co.uk">fiona@navigate2.co.uk</a> who will provide you with an application form and supporting information.</p> <p>Bespoke Sexual and Reproductive Health Training Courses can provided for groups of Practice Nurse can be provided</p> <p>Contact Tony via email <a href="mailto:tony.lacey@cambridgeshire.gov.uk">tony.lacey@cambridgeshire.gov.uk</a></p>	<p>Nursing staff can access training via the following links:  <a href="https://www.e-lfh.org.uk/programmes/sexual-health-and-hiv/">https://www.e-lfh.org.uk/programmes/sexual-health-and-hiv/</a></p> <p>LARC Training is available via Navigate 2 <a href="mailto:fiona@navigate2.co.uk">fiona@navigate2.co.uk</a> who will provide you with an application form and supporting information.</p> <p>Bespoke Sexual and Reproductive Health Training Courses can provided for groups of Practice Nurse can be provided</p> <p>Contact Tony via email <a href="mailto:tony.lacey@cambridgeshire.gov.uk">tony.lacey@cambridgeshire.gov.uk</a></p>
Local provider	<p>iCaSH Cambridgeshire</p> <p><a href="https://www.icash.nhs.uk/">https://www.icash.nhs.uk/</a></p>	<p>iCaSH Peterborough</p> <p><a href="https://www.icash.nhs.uk/">https://www.icash.nhs.uk/</a></p>

<p>Other resources you could recommend to them</p>	<p>Free Sexwise resources pack</p> <p>A free Sexwise resource pack with A4 posters, wallet cards and stickers is available to order from <a href="https://sexwise.fpa.org.uk/professionals">https://sexwise.fpa.org.uk/professionals</a></p> <p>Resources will also be made available to download and print directly from the website and we're looking at how we can add an option for services to add their own details.</p> <p>Sexwise webinars for professionals</p> <p>We've confirmed dates of our next two bite sized webinars for professionals. They are free to attend, with the recording being made available afterwards for those who can't attend live</p> <ul style="list-style-type: none"> <li>· Thursday 29 March, 1pm - STIs</li> </ul> <p>Details and registration at <a href="https://sexwise.fpa.org.uk/professionals">https://sexwise.fpa.org.uk/professionals</a></p> <p>Sexual and Reproductive Health Profiles <a href="https://fingertips.phe.org.uk/profile/sexualhealth">https://fingertips.phe.org.uk/profile/sexualhealth</a></p>	<p>Free Sexwise resources pack</p> <p>A free Sexwise resource pack with A4 posters, wallet cards and stickers is available to order from <a href="https://sexwise.fpa.org.uk/professionals">https://sexwise.fpa.org.uk/professionals</a></p> <p>Resources will also be made available to download and print directly from the website and we're looking at how we can add an option for services to add their own details.</p> <p>Sexwise webinars for professionals</p> <p>We've confirmed dates of our next two bite sized webinars for professionals. They are free to attend, with the recording being made available afterwards for those who can't attend live</p> <ul style="list-style-type: none"> <li>· Thursday 29 March, 1pm - STIs</li> </ul> <p>Details and registration at <a href="https://sexwise.fpa.org.uk/professionals">https://sexwise.fpa.org.uk/professionals</a></p> <p>Sexual and Reproductive Health Profiles <a href="https://fingertips.phe.org.uk/profile/sexualhealth">https://fingertips.phe.org.uk/profile/sexualhealth</a></p>
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