



# East Midlands Public Health emphasis news

## Health on the Lottery *Part 8*

"A healthy mind in a healthy body" said Juvenal, the Roman poet. As early as the second century people were making the link between physical and mental health, and some of the projects we have picked for this issue are wonderful examples of community responses to this link.

### Money available for young people's projects

The Big Lottery Fund has nearly £3 million still available in the East Midlands for projects by voluntary and community organisations that involve and benefit young people aged 11 - 25. Grants of between £5000 and £150,000 are available.

Projects need to involve young people at all stages, and meet at least two of these outcomes:

- being healthy
- staying safe
- enjoying and achieving
- making a positive contribution
- economic wellbeing.

**The Mill Street Project** got just over £124,000 for a new project called KIC (Keeping It Clean): a self-help group run by young people, for young people who misuse drugs and alcohol, helping them to stay clean and take control of their lives. The aim is to offer support to young people both at times of need and in the longer term in their day to day lives, helping them to achieve their full potential. They plan to include advice on employment, training, benefits, & drug treatment programs.

**Young People Cornwall**, with a grant of £9000, is running a Hear Our Voice project for young people with mental ill health. It is producing a pop-DVD with a mental health education aspect to it which will enable Young People Cornwall to tell their stories. This can then be used as a way of educating both young people and professionals about mental health from the young person's perspective.

**East Northamptonshire Cultural Trust** has had just over £15,000 for a Rural Adventure Project, offering young people from rurally isolated areas the opportunity to experience adventurous activities in a safe but challenging environment aimed at encouraging physical activity. Young people will get to choose from a range of activities including rafting, snowboarding, rock climbing and sailing.

For a Young People's Fund outline proposal pack call 08454 10 20 30, or visit [www.biglotteryfund.org.uk](http://www.biglotteryfund.org.uk) and go to Funding Programmes.

### Awards for All - focus on health

Corby, Lincoln and Nottingham have been designated as health priority zones for Awards for All, and projects based in these districts which clearly show how they aim to improve health have a good chance of success, especially at the moment. Awards for All has increased its budget by 52%, but in the East Midlands it is getting fewer fundable applications, and not just in these three areas. Right across the region groups are encouraged, if they have a project in mind to apply and not to wait until the £10,000 programme is launched next year. They expect high demand for funding then and most awards are likely to still be under £5000.

### New programme rules

Awards for All has also made some changes to procedures to make sure the money goes to groups who will use it to really make a difference in their communities. The new rules are:

- All documents must match (no differences in group names)
- Three months' worth of bank statements (not just one)
- A short form signed by the bank to

confirm the account details (so they know the account is genuine)

- A referee from our list (not just a friend of a committee member for example)

Also, if any groups are waiting to apply to new Big Lottery Fund programmes once they are introduced but could use a smaller grant in the meantime (start up costs or a pilot project for example), they might be suitable for Awards for All.

### Two examples of successful health projects

Nottingham City Primary Care Trust ran a sun safety campaign in Nottingham with a grant of £4790, to promote awareness amongst children and young people as well as amongst professionals. They ran a schools competition, in conjunction with the school nursing service, for children to design a logo for T shirts and caps to be used at promotional events. Their aim is to cut excessive sun exposure and help early detection of skin cancers.

Bulwell Hall Community Garden received an award of £4974 to deliver Bulwell Hall Vegetable Soup project. They gave a free sample of vegetables to every house on the Bulwell Hall Estate, along with a soup recipe, 5-a-day leaflet and a leaflet about the community garden. They also held cooking demonstrations and tasting sessions. The aim is to encourage people to eat fresh vegetables, which should help to improve their health and well being. The project also develops people's skills through the cooking demonstrations.

For Awards for All application packs call 0845 600 2040 or visit [www.awardsforall.org.uk](http://www.awardsforall.org.uk) and go to How to Apply.

**Mick McGrath**  
*Head of East Midlands Region,  
Big Lottery Fund*

# NICE News

In the spring edition of this newsletter we provided an introduction to the structure of the new NICE. The NICE Board has subsequently been considering how to support the implementation of NICE guidance, through direct engagement with the organisations and individuals who receive it. An important part of this has been a decision on the future of the 9 regional offices, which was held over from the merger of NICE and the Health Development Agency earlier this year.

The Board has now decided that significant change to the current structure is needed. Their intention now, subject to consultation with staff and their representatives, is to disband the existing structure and replace it with a small team of five senior field representatives, with administrative support, whose role will be to engage, at a senior level, with individuals and organisations inside and beyond the NHS. This decision is not a judgement about the value the Board has placed on the work the regional teams, which it recognises has made an important contribution to regional public health programmes and initiatives.

This decision affects all staff working in the regional offices. A 2 month period of consultation with the staff affected and their representatives starts on 7 October. Consultation will run until 2 December and the Board will consider the response at its meeting on 21 December. It is expected that a final decision will be given to staff in the week beginning 9 January.

Within the NICE structure the regional teams are currently situated in the Implementation Support Directorate and, we were given a provisional role to support implementation of NICE Guidance produced by all three Centres; the Centre for Clinical Practice, then Centre for Health Technology, and the Centre for Public Health Excellence. We have been working on supporting the implementation of both new and existing guidance across a number of areas.

## Smoke Free Hospitals

Over the summer months we worked on supporting the implementation of HDA Guidance on smokefree hospitals (HDA 2005). To do this we convened a series of meetings with Hospital Trusts across the region in order to establish a baseline

awareness of work currently being undertaken with respect to:

- **development and implementation of a smoke-free policy**
- **the use of the HDA guidance to support the policy development**
- **identify future support needs**
- **bring together the key stakeholders to develop a partnership approach to guidance implementation.**

In undertaking this work, we came across a wide variety both in approaches to the development of smoke-free policies, and in how far Trusts had progressed towards the 2006 target. We also found some excellent examples and many instances of clear strategic thinking and planning. All the Trusts we visited warmly welcomed our approach and all indicated that the meetings had helped them to develop their thinking, to make useful contacts with potential support providers, and to gain a better understanding of the 'difficult' issues such as the approach to exemptions and grounds. The report of this work can be downloaded from the emphasis website.

## Health and Mid-life

The HDA produced some excellent publications and tools on supporting health in mid-life, and in this region we established a steering group and network of both strategic planners and practitioners from a variety of sectors to promote this work. This culminated in a successful launch event for the network in March 2005 attended by over 60 delegates. Although this work is not a current priority for NICE, we were able to offer some support to enable the work done last year to continue and be sustained in the future. This work is being undertaken by Tim Corbin, a Consultant on mid-life and health, who can be contacted by email at: [timothycorbin@hotmail.com](mailto:timothycorbin@hotmail.com)

## Managing the Financial Implications of NICE Guidance

The Audit Commission recently published a report 'Managing the financial implications of NICE guidance' (NAO 2005). The report highlights the financial management challenges that NHS bodies face when implementing NICE guidance, and makes practical recommendations for strengthening financial management

arrangements to support improved implementation of NICE guidance in the future. It is a significant report with recommendations for NICE too, and we anticipate undertaking further work with Trusts across the region to support the adoption of its recommendations.

## How to Implement NICE Guidance

The Implementation Directorate is also working on a 'How to' Guide for implementing NICE guidance across Clinical and Public Health.

The aim of the Guide is to help organisations:

- **implement NICE guidance**
- **meet the expectations of the Healthcare Commission**
- **comply with core and developmental standards**
- **ensure good use of resources.**

There is no single model for effective implementation, different organisations will implement NICE guidance in different ways. The content of this step-by-step guide is based on NICE's work with NHS organisations across the country, feedback received from workshops, and published literature. Its publication is expected in December 2005.

## Recently published and forthcoming NICE Guidance

The production and publication of NICE Guidance can be tracked on NICE's website [www.nice.org.uk](http://www.nice.org.uk)

Information about the scope, development and publication of the NICE Public Health Guidance [www.publichealth.nice.org.uk/](http://www.publichealth.nice.org.uk/)

If you want to sign up for the monthly e-newsletter and become a registered user (free of charge) please visit: [www.nice.org.uk/page.aspx?o=e-newsletter](http://www.nice.org.uk/page.aspx?o=e-newsletter)

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# Health in the Growth Area

Healthcare professionals now have access to in-depth studies into the health and social care impact of the Government's housing growth following extensive work being carried out in the Milton Keynes South Midlands (MKSM) sub-region.

The Government published plans last year to provide an additional 211,000 homes by 2021 in the MKSM area - which covers Northamptonshire, Milton Keynes and parts of Bedfordshire and Buckinghamshire, including Aylesbury and Luton. The Office of the Deputy Prime Minister (ODPM) invested £800,000 to undertake studies into health and social care provision in the area.

An inter-agency group looking into the impact of housing growth and subsequent population growth is chaired by David Sissling, Chief Executive of Leicestershire, Northamptonshire and Rutland Strategic Health Authority. Over the past 18 months the group has undertaken extensive stakeholder liaison and commissioned a number of studies which are now available both as printed documents and as a CD ROM, called 'Health & Social Care Services Provision for the Future'.

Speaking about the CD, Mr Sissling said:

"Being a growth area provides every health and social care service in the MKSM sub-region with a

great opportunity. Working together across organisational and geographical boundaries we can develop new ways of working and new models of care to reduce health and social inequalities, improve the health and well-being of our local communities, and deliver more services to more people at home, or closer to home."

There are four growth areas being earmarked by the Government:

- Ashford
- Thames Gateway
- London-Stansted-Peterborough-Cambridge
- MKSM

This is the first time healthcare professionals have carried out a dedicated body of work into the impact of the growth areas.

Health & Social Care Services Provision for the Future explains that the growth represents an opportunity to promote good health and healthy lifestyles to help tackle health inequalities and deliver innovative services at an early, planning stage. It also recognises that the built environment has a fundamental impact on the health, well-being and social cohesion of a community.

It concludes that health and social care provision should focus on new and expanded primary and

community facilities while secondary and tertiary healthcare facilities will be configured, expanded and modernised as required to ensure sufficient capacity.

The Regional Assemblies will monitor progress in achieving the main elements of the strategy using a range of health and social care delivery indicators.

Copies of the brochure and CD ROM can be ordered by emailing Dawn Bason at: dawn.bason@northantshearthlandspct.nhs.uk

Two related documents on the MKSM strand of the project focus on public health:

'Healthy Sustainable Communities - What works' provides the evidence base for the impact of the built environment on health and,

'Healthy Sustainable Communities - A spatial planning checklist' provides a tool for planners to put this into practice.

Both are funded by the ODPM and are available from [www.mksm.nhs.uk](http://www.mksm.nhs.uk)

## The Art of Healthy Living

Government Office East Midlands (GOEM) has been instrumental in linking up arts and health professionals in the region to work on joint projects to boost health through arts projects. Dance for older people, artwork and sculpture in hospitals, and use of arts activity to boost self esteem in mental health patients are just a few of the activities promoted through this partnership.

GOEM helped broker an agreement between the Arts Council East Midlands and the regional Public Health team to look at how the arts can contribute to health objectives and how the NHS can support the development of artists in the region.

This partnership funded a one-year post for a resource development officer at the Arts Council whose remit was to co-ordinate joint activities and commission a programme of events to develop and enhance arts in health practice in the region.

Kevin Tennant, who took up post in January, has been working with artists and arts organisations to help them to understand the health agenda and with health agencies to help them recognise that art has a positive role to play.

Projects Kevin has worked with include the Artery group in Amber Valley, Derbyshire which has

organised activity including dance for all ages and the "Will of Iron" project in which residents of Ironville composed an epic poem. Also in Amber Valley is a drama project to help young people tackle negative body image issues and develop communication skills.

In Rushcliffe, Nottinghamshire, the Primary Care Trust commissioned independent theatre company Indigo Brave to run drama workshops for people with mental health difficulties. And in Leicestershire, the county council education department has begun a £65,000 arts and healthy schools project which uses dance, theatre and art in the school environment. This project received £49,500 from Arts Council England.

Kevin said: "The aim of the work is to inspire people in the arts and health sectors for mutual benefit.

"There is strong evidence that arts can improve quality of life, physical and mental health and well-being. There is also evidence about how art in a clinical environment can make a difference."

The Arts Council has also financed a £20,000 arts programme at Nottingham's Queen's Medical



First Movement:  
Matlock dance project for people with special needs

Centre which includes the opening of a new children's gallery, monthly concerts and a dance project to help children who have been in hospital a long time become more mobile.

Russell Coughtrey, GOEM's Department of Culture, Media and Sport representative said: "There are true health benefits from taking part in arts activity and the projects being developed demonstrate this. The arts have a unique way of relating to people which can bring positives to a range of health scenarios.

"It is really encouraging that this work has come about due to real collaboration between GOEM, Public Health and the Arts Council."

# Improving Health in the East Midlands

## A report by the Regional Director of Public Health

My first report on Improving Health in the East Midlands was published in July and I wanted to take this opportunity to highlight some key issues which will need widespread engagement and action at regional and local levels, if my aspirations for East Midlands people are to be met.

The public health strategy for the region, 'Investment for Health', was published in 2003 following extensive consultation. It represents a consensus for future action to improve health and reduce health inequalities and sets out a broad framework for action.

My report reviews progress on Investment for Health's objectives and cross-cutting themes in the context of current patterns and trends in health and proposes a way forward. A great deal of work has already been done and I am optimistic that many of our objectives will be achieved. Some significant challenges remain, however.

### What is the current position?

Overall health in the East Midlands is improving but inequalities are static or widening.

Notable patterns and trends in health in the region include:

- Premature mortality rates for the major killers of circulatory disease and cancer have decreased significantly and are on course to meet future target levels.
- Rates of teenage pregnancy have fallen slightly but need to fall at a faster rate to achieve targets.
- Obesity rates in the region are amongst the highest in the country.
- Only 30 per cent of East Midlands adults achieve the recommended levels of physical activity.
- Only around 8 per cent of boys and 10 per cent of girls consume the recommended five portions of fruit and vegetables per day.
- Smoking rates are still above target levels.
- Rates of some sexually transmitted infections have increased significantly over recent years.
- A high proportion of men and women drink more than the recommended level of alcohol.

### Next Steps

I am concerned that with the very wide spectrum of activity undertaken in public health, that we may not always achieve as much as we could if we focused our work more sharply. I am, therefore, recommending 4 priorities for special attention over the coming year: Tobacco, Obesity, Sexual Health and Alcohol. These are in line with the Government's 'Choosing Health' priorities. They have been agreed by the Government Office for the East Midlands and Trent and Leicestershire, Northamptonshire and Rutland Strategic Health Authorities and have already been endorsed by local authorities in the region.

### Tobacco

Annual estimates of smoking prevalence in East Midlands adults from the General Household Survey have fluctuated between 27 per cent and 24 per cent in recent years and have yet to show the sustained downward trend which will be needed to achieve the



target of 21 per cent or less by 2010.

### We need to:-

- Deliver a smoke-free NHS and smoke-free Government by 200.
- Implement public place smoking restrictions.
- Secure co-operation between wider tobacco control networks and Customs and Excise to reduce contraband and counterfeit tobacco.
- Work with Trading Standards on underage sales and law enforcement on smuggling.
- Develop Stop Smoking Services.

### Obesity

Proportionally more men (38 per cent) than women (23 per cent) meet the national physical activity recommendations for individuals.

On average, manual social class men are more active than non-manual social class men. In contrast, a higher proportion of non-manual social class women are active compared with manual social class women.

Fruit and vegetable consumption is relatively low among households with relatively low income and in socio-economically deprived areas.

### We also need to:-

- Improve access (in disadvantaged communities) to shops selling a range of affordable healthy food
- Increase the consumption of fruit and vegetables among individuals and families
- Encourage local co-ordination of resources and delivery mechanisms through PCTs and County Sports Partnerships working together
- Develop further work in schools on the Healthy Schools Blueprint and nutritional standards

### Sexual Health

There are large variations in teenage pregnancy rates across the East Midlands. In 2003 the teenage pregnancy rate in Nottingham was more than seven times the rate in Rutland.

There have recently been large increases in STI diagnoses in the East Midlands. Between 1999 and 2003 the rate of gonorrhoea diagnoses increased by 32 per cent and the rate of Chlamydia diagnoses by 58 per cent.

### We need to:-

- Ensure the reduction of under 18 conceptions and support for teenage parents remain priorities for all relevant organisations and are included in all Local Area Agreements, Children and Young People's Plans, plans for Children's Trusts, developments for children's centres and extended schools
- Modernise and transform sexual health services in the East Midlands

### Alcohol

About 25 per cent of the population drink more than the weekly recommended levels and in the East Midlands 41 per cent of men and 18 per cent of women have drunk over the recommended daily level on at least one day in the previous week. 22 per cent of EM men and 8 per cent of East Midlands women have drunk more than double the daily level.

### We need to:-

- Reduce the alcohol consumption of the East Midlands population
- Encourage the NHS, the police and local authorities to work together to respond to concerns about health and social order in relation to alcohol

### Underpinning Themes

In my report I also refer to the importance of social cohesion (18 per cent of East Midlands men and 11 per cent of East Midlands women report a 'severe lack of social support'), the Healthy Schools Standard (where we need to increase the proportion of schools with 20 per cent or more of their pupils eligible for free school meals being fully engaged from 40 per cent to 100 per cent by March 2006) and the development of Working Well East Midlands (with a focus on improving health through corporate social responsibility).

### Finally

In the East Midlands we have put in place new systems to integrate the implementation of 'Choosing Health' with 'Investment for Health'. We have a geographical focus on Spearhead areas and on deprivation in non-Spearhead areas and now, through this report, we have the priorities of Tobacco, Obesity, Sexual Health and Alcohol. These are solid foundations on which we can - and must - build.

I hope the report will help all of us in the region to pursue, together, the focussed and sustained action needed to improve health and to reduce health inequalities.

Investment for Health can be viewed at: [www.investmentforhealth.org.uk](http://www.investmentforhealth.org.uk)

'Improving Health in the East Midlands' can be downloaded from: [www.emphasisnetwork.org.uk](http://www.emphasisnetwork.org.uk). Printed versions are available by request from [improvinghealth.goem@go-regions.gsi.gov.uk](mailto:improvinghealth.goem@go-regions.gsi.gov.uk)

# Building a Flourishing Region Together

The East Midlands Development Agency (emda) is currently developing the region's third Regional Economic Strategy, or RES. As part of this process emda recently published a Consultation document, which sets out an assessment of the challenges facing the region, and proposes a number of actions which may improve the sustainable economic performance of the East Midlands. emda is seeking your views to help shape a strategy which all stakeholders can sign up to and help deliver. This article provides an overview of the consultation document and demonstrates the important links between good health and a strong resilient economy.

## What is the RES?

The RES is a framework for ensuring long term sustainable economic growth in the region. It proposes a vision which will help direct the activities of private, public and voluntary sector partners towards a shared aim of building a 'flourishing' region over the next decade, and towards 2020.

Since 1999 the East Midlands has shared a vision to become a "Top 20 region in Europe by 2010". When this was first measured in 2003 the region was in 35th position, we have since climbed 7 places to 28th position. This demonstrates substantial progress and this target will continue to be monitored up to 2010, part way through the life of the new strategy.

## What is a flourishing region?

For the East Midlands to thrive and to compete with the best in the world we need to ensure our economic growth creates a prosperous and sustainable region, where everyone has the opportunity to achieve their potential. A 'flourishing' region is one which has economic wellbeing at its heart, where economic success brings improved life chances for all its residents. A 'flourishing' region is characterised as a region which is;

- productive, with an efficient, healthy workforce and high levels of innovation in both manufacturing and services, able to compete on a global basis and achieve high levels of investment, enterprise and skills;
- a great place to live, where people want to live, work and raise a family, with a good quality natural and built environment, with equal access to high quality services, cultural and civic opportunities, and it is safe and inclusive;
- people friendly, characterised by a strong economy which provides opportunities for

all and recognises the balance between work and life;

- resilient, where people and businesses are responsive and adaptive to change;
- informed, where people are educated, have skills appropriate and relevant to their work and have a strong sense of achievement;
- capable, with high performing institutions and networks in the private, public and voluntary sectors which facilitate sustainable economic growth.

## Building a Flourishing Region

The Consultation document proposes to build a 'flourishing' region through ten strategic priorities and three structural themes. The structural themes proposed are:

- **Raising productivity - making people and businesses more productive, competitive and innovative**
- **Ensuring sustainability - protecting, developing and enhancing the region's key assets.**
- **Achieving equality - helping people to realise their full potential and work together effectively for the common good**

Ten strategic priorities sit beneath these structural themes and these are listed in full within the RES Consultation Document.

## Why is public health important to the RES?

A healthy population is an important aspect of a strong economy. Evidence has shown that a healthy workforce takes less time off work and is more productive. Poor health is a clear indicator of poverty, and a serious barrier to economic inclusion and achieving quality of life. Our joint ambition to build a 'flourishing' region must therefore address the health inequalities which exist in the region.

## How to take part in the Consultation

It is essential that the RES has wide support from across the region. The East Midlands Development Agency therefore needs your views to help develop a strategy which realistically reflects the challenges facing the region. During the summer the RES was discussed at over 80 separate events and meetings were attended by more than 1,000 people across the region. The RES roadshow has visited 11 venues and more than 5,000 people have visited the dedicated RES review website. The views, comments, questions and observations expressed at these events and through the website have helped to shape the RES Consultation document.

emda welcomes your views on the 14 questions listed in the Consultation document. These questions are aimed at anyone who lives and works in the region, or has an interest in its future prosperity. Views on issues not directly addressed in the questions are also welcome. You can contribute views and comments in a number of ways:

- **By completing the form at the back of the Consultation document and returning it to the freepost address.**
- **By telephoning 0115 947 1730 and recording a message.**
- **By completing a response form on the RES review website - [www.haveyoursay.co.uk](http://www.haveyoursay.co.uk)**
- **By attending a RES consultation event (details are available online).**

Responses to this consultation will inform preparation of the strategy. The deadline for all responses is Friday 2 December 2005. The final strategy will be published in April 2006.

# Improving information *on the health of local populations*

EMPHO and the Association of Public Health Observatories (APHO) are working to improve the availability and quality of information on the health of local populations. This section of Emphasis News provides further details.

## Background

Derek Wanless' 2004 report for the Treasury on "Securing Good Health for the Whole Population" noted the difficulties faced by PCTs and local authorities in accessing reliable information on the health of their populations. Wanless recommended that an annual report about the state of people's health and of the major determinants of health should be made available at local authority level, helping to illuminate local inequalities and inform and evaluate health improvement action.

## Community Profiles

"Choosing Health: Making Healthy Choices Easier" placed the responsibility for producing these "Community Profiles" with Public Health Observatories. The first of these will be published in Spring 2006 and will aim to inform and supplement Director of Public Health Annual Reports. Work on this project, coordinated by APHO, is now underway.

The target audience includes Chief Executives of Local Authorities, Directors of Public Health and their staff, and members and officers of Local Strategic Partnerships and Health Overview and Scrutiny Committees.

The project will deliver, on an ongoing basis, reports and web pages enabling users to access local authority level

and some sub-local authority level data on:

- **Demography: population and age structure/trends; ethnic mix; migration.**
- **Determinants of health, for example:**
  - Education, income, employment, housing, transport, physical and social environment, indicators of deprivation, crime and disorder.
  - Disease and lifestyle risk factors, e.g. smoking, alcohol, obesity, physical activity.
  - Service provision, e.g. availability, use and effectiveness of health promoting interventions.
- **Health outcomes:**
  - Mortality, e.g. SMRs, life expectancy, other summary measures.
  - Morbidity, e.g. incidence and prevalence of tracker/marker conditions: diabetes, hypertension.
- **Performance, e.g. data on progress towards PSA targets.**

Where possible, analyses will include local breakdowns by gender and ethnic group as well as area of residence and will increasingly include information on trends.

Initially, Community Profiles will draw on and add value to information from various established sources such as NCHOD and ONS Neighbourhood Statistics. Over time, new data sources and indicators will be developed and utilised, e.g. data from primary care, data on child obesity, and possibly lifestyle data from commercial providers.

This work builds on other APHO/PHO-led projects including: the Local Basket of Health Inequalities Indicators; the Health Poverty Index; and Regional Indications. Users can find out more about these projects and view outputs on the EMPHO [www.empho.org.uk](http://www.empho.org.uk) and APHO [www.pho.org.uk](http://www.pho.org.uk) websites.

Current tasks include establishing, in more detail, users' information requirements. To this end, there will be consultation events in the East Midlands. The first such event was on 13th October in Derby (further information available from EMPHO).

## EMPHO Reports on Health Inequalities in East Midlands Counties and Unitary Authorities

Recognising that outputs from the Community Profiles project are still some way off, EMPHO has produced reports for each East Midlands county and unitary authority area highlighting, via maps and tables, wards with relatively good and relatively poor health using a range of indicators. These reports complement and build on a small area dataset developed by EMPHO and which is also available to local users.

The aim of all of this work is to inform and empower professionals and their local communities to take action to improve their health. Feedback and suggestions on any of the above would be very welcome. Contact EMPHO on 01623 812069 or e-mail [steve.salzano@empho.nhs.uk](mailto:steve.salzano@empho.nhs.uk).

## Dates for your Diary

- **Physical Activity and Food and Health** (8th Dec 05)  
This all day conference will be held at the Riverside Centre in Derby. More details will be available shortly on the **emphasis** website and member of the **emphasis** network will be notified via the regional public health group e-bulletin.
- **Prison Health** (1st Dec 05)  
The aim of this event is to focus on the delivery of Choosing Health priorities within the prison healthcare sector. It is aimed at prison healthcare commissioners and managers and at the national offender management service.
- **Arts and Health** (18th Jan 06)  
This event is a celebration of what has been achieved in the arts and health field so far and will provide a platform for the future relationship between arts and health. It is aimed at Directors of Public Health, Chief Executives and **emphasis** members with an interest in the arts.

**More information on all of these events will be available on the emphasis website shortly.**

## What's new on the Emphasis website?

### [www.emphasisnetwork.org.uk](http://www.emphasisnetwork.org.uk)

- **Improving Health in the East Midlands.** Report of the Regional Director of Public Health to the East Midlands Regional Assembly, 2005
- **School Snack Survey 2005.** A survey of foods available in schools, excluding school lunches, throughout the East Midlands

### Let me introduce myself....

My name is Sarah Hassell and some of you may already be aware that I joined the Public Health team in June as Events and Network Development Manager. My role is twofold, as the title suggests! I will be organising the comprehensive **emphasis** Events Programme, developing the **emphasis** website and expanding the already impressive 1500 strong membership, roles formerly undertaken by Christie Sharp and Tracey Fearn.

Over the next few months, we will be investigating ways of making the website more interactive in addition to updating the information pages. As part of this exercise, we will contact all **emphasis** members to ask which networks you would specifically like to belong to (for example, the physical activity or avoidable injury networks) allowing us to provide you with more accurate, timely and targeted information about the subjects which interest you most.

Finally, the **emphasis** website exists to serve you, providing information about events and other developments in the field of public health. Therefore, if you have any comments or suggestions you would like to make about the website I would like to hear from you. You can contact me on my direct line - 0115 9714754, or by e mail to [sarah.hassell@dh.gsi.gov.uk](mailto:sarah.hassell@dh.gsi.gov.uk)

### [www.empho.org.uk](http://www.empho.org.uk)

EMPHO will be very shortly moving over onto a new website, which will not only have a new look and feel, but will be interoperable with the other public health observatories around the country. This means that when users search the EMPHO website they will have access to all the usual EMPHO products, but will also be able to search and retrieve content from the other PHO sites.

**The next edition of the emphasis newsletter will be published in February 2006**