



**This March edition of Newham Council's Public Health Bulletin focuses on local achievements and working together to overcome the the borough's health issues.**

Tuberculosis (TB) is a key health issue in Newham, and 24 March is World TB Day. To help raise awareness, Newham Council's Community Neighbourhood Link Workers - in collaboration with colleagues from the health sector - are hosting an event in East Ham (see details below).

Among other things, this bulletin also highlights two listening events being held by the council and NHS Newham Clinical Commissioning Group (CCG) to inform the Health and Wellbeing Strategy, plus an update on Sustainability and Transformation Plans.



### TB World Day

Ahead of World TB Day on 24 March, Public Health England (PHE) have published a new report on tuberculosis in London. Across the capital, rates of TB have fallen by a third since 2011, and this is also true of Newham. This is mainly due to the introduction of the [latent TB screening programme from NHS Newham CCG](#), which has been held up as an example of good practice by PHE and the Department of Health.

Despite these encouraging signs, Newham still has the highest rate of TB in the capital and London remains at the centre of TB nationally. The proportion of patients completing treatment for TB still needs to be improved, and the new report from PHE highlights a year-on-year increase in TB patients reporting homelessness and drug use since 2011. Individuals with 'social risk factors' were also found to be more likely to have infectious and drug resistant forms of TB, and were more often hospitalised.

Local work to tackle TB continues, with Newham Council's Community Neighbourhood Link Workers – in collaboration with clinicians from NHS Barts Health Trust and NHS Newham Clinical Commissioning Group (CCG) – hosting an awareness raising event at East Ham Library on 24 March (10am-1pm).

The event will feature:

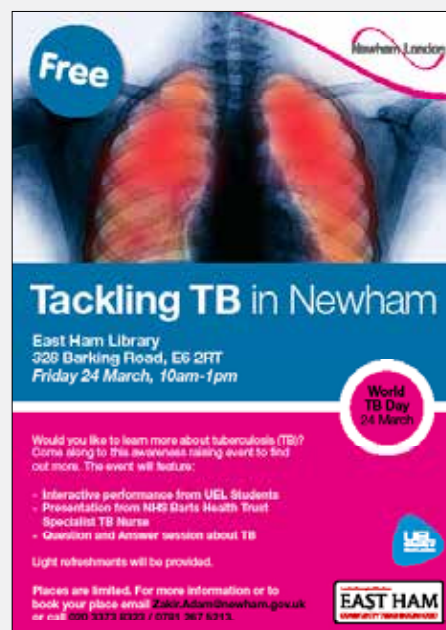
- Presentation from NHS Barts Health Trust Specialist TB Nurse
- Question and Answer session about TB
- Interactive performance from UEL Students

Places are limited. For more information or to book your place email [Zakir.Adam@newham.gov.uk](mailto:Zakir.Adam@newham.gov.uk) or call **020 3373 8323 / 0781 267 5213**

### Woodgrange Medical Practice rated Outstanding by CQ

The Care Quality Commission (CQC) has found the quality of care provided by Woodgrange Medical Practice to be Outstanding following their first inspection. The practice is one of only nine in London to receive the overall Outstanding rating.

Dr Muhammad Naqvi, said: "Our Team at Woodgrange Medical.



**Free**

Newham London

### Tackling TB in Newham

East Ham Library  
326 Barking Road, E6 2FT  
Friday 24 March, 10am-1pm

World TB Day 24 March

Would you like to learn more about tuberculosis (TB)? Come along to this awareness raising event to find out more. The event will feature:

- Interactive performance from UEL Students
- Presentation from NHS Barts Health Trust Specialist TB Nurse
- Question and Answer session about TB

Light refreshments will be provided.

Places are limited. For more information or to book your place email [Zakir.Adam@newham.gov.uk](mailto:Zakir.Adam@newham.gov.uk) or call **020 3373 8323 / 0781 267 5213**

**EAST HAM**

Practice work really hard in partnership with our patients, our PPG and NHS Newham CCG to deliver the best care we can. All the team are over the moon and their hard work has been recognised. This is a great news story for

Newham and Primary Care generally especially when the NHS is under such strain.

The full inspection report can be found on the [CQC website](#).



## Launch of Act FAST campaign

Public Health England (PHE) has launched its annual Act FAST campaign to remind people of the main symptoms of stroke and the importance of calling

999 immediately if they notice any of the symptoms.

As part of the campaign, new films encourage everyone in London to call 999 immediately if they see any of these signs:

- Face – has their face fallen on one side? Can they smile?

- Arms – can they raise both their arms and keep them there?
- Speech – is their speech slurred?
- Time – to call 999 if you see any single one of these signs

For more information read the [PHE press release](#).

## Healthy Lifestyle for over 50's

Manor Park Neighbourhood has launched a Healthy Lifestyle programme at Manor Park Library, 685-693 Romford Road, E12 5AD.

Delivered by the West Ham United Foundation, the 10-week healthy living programme is aimed at Newham residents aged 50 and above.

Sessions feature information about health and wellbeing, plus interactive workshops. They are held on Thursdays (12noon-1pm) at Manor Park Library, 685-693 Romford Road, E12 5AD. For more information call **020 3373 0858** or email [CN.Manorpark@newham.gov.uk](mailto:CN.Manorpark@newham.gov.uk).

## NHS Health Check

PHE commissioned Cambridge University to conduct an [analysis of all current evidence for the NHS Health Check programme](#) and the key findings have been included in a new report produced by the independent Expert Scientific and Clinical Advisory Panel (ESCAP). The 2017 update of the [NHS Health Check Best Practice Guidance](#) includes:

- a new recommendation to use the validated diabetes risk assessment tool as part of a check
- updated advice on information governance and data flows

- information on new dementia training resources.

The report also sets out the ongoing case for prevention and presents recommendations for future priorities for action.

## Update to the Public Health Outcomes Framework

PHE has published an update to the [Public Health Outcomes Framework \(PHwOF\) data tool](#).

The online [Health Profiles](#), [Local Tobacco Control Profiles](#) and [Local Alcohol Profiles for England](#) have also recently been updated

## National Child Measurement Programme (NCMP) Local Authority Profile

The annual update of the [NCMP Local Authority Profile](#) for child obesity in England has been published. Data has been added for the academic year 2015-16, broken down to local authority (LA) level. The tool displays prevalence of obesity, overweight, healthy weight and underweight at local, regional and national level over time, for children in Reception and Year 6. Users can compare LA data by region or between 'CIPFA nearest neighbours' (LAs with similar characteristics). [A short statistical](#)

[commentary can be found on gov.uk](#).

## Obesity in secure mental health settings literature review

As part of PHE's role to provide advice to the NHS on specialised mental health services, they have published a [review of the evidence on obesity in adult mental health secure units](#).

Prevalence of obesity and overweight is higher in people detained within mental health secure units, with rates of up to 80% reported, due to the [effects of medication](#), poor diet, alcohol misuse and [less active lifestyles](#).

The review reflects the current available evidence and highlights to commissioners the need to align nutrition, physical activity and mental wellbeing as a way to support healthy weight within these settings.



**Give us your thoughts:** To provide feedback, tell us about a project that you're working on or to suggest content for future issues please [email us](#). To unsubscribe, [click here](#).

## Back pain bulletins

In partnership with Imperial College London, Arthritis Research UK (ARUK) has developed the [Musculoskeletal Calculator](#), a tool for estimating the prevalence of musculoskeletal conditions.

Data on the burden of musculoskeletal conditions were previously lacking and for the first time this prevalence model provides estimates of the burden of back pain to local areas. ARUK, in partnership with PHE, has created back pain bulletins for each local authority, which have been designed to illustrate the scale of the burden of back pain both nationally and in each local area.

The bulletins can be used to inform joint strategic needs assessments, service planning and prioritisation in local areas. The [back pain bulletin](#) for Newham suggests 39,590 people in the borough live with back pain. Of the total Newham population, 12.6% are estimated to have back pain (overall prevalence), with 21,804 estimated to have severe back pain.



## Sustainability and Transformation Plans

NHS England has created a [short animation](#) to help explain Sustainability and Transformation Plans (STPs). As life expectancy increases, so do the ailments of old age and there are now more people with chronic conditions such as heart failure and arthritis. STPs present big opportunities to improve care by making common-sense changes to how the NHS works.

For more information on STPs [visit the NHS England web page](#), or for more about local plans [visit the North East London STP website](#).

## Health and wellbeing listening events

Newham Council and NHS Newham Clinical Commissioning Group are hosting two listening events to inform the upcoming 'Health and Wellbeing Strategy:

- Thursday 23 March (10am-12pm): Newham Town Hall, Barking Road, E6 2RP.
- Tuesday 28 March (6-8pm): University Square, Stratford, 1 Salway Road, E15 1NF.

Attendees will be entered into a prize draw for LOVE2SHOP vouchers

Places are limited and refreshments will be provided. To register email [health@newham.gov.uk](mailto:health@newham.gov.uk) or call **020 3373 7053**.

Please mention any specific access requirements.



**Give us your thoughts:** To provide feedback, tell us about a project that you're working on or to suggest content for future issues please [email us](#). To unsubscribe, [click here](#).