

Update from the Nottingham City Council Director of Public Health

1. Childhood Obesity – Eating and moving for good health

The recently published National Child Measurement Programme (NCMP) data for 2018/19 showed welcome reductions in the proportion of overweight or obese children in Nottingham City, both in Reception (aged 5) and Year 6 (aged 11). The latest figures show that 23.8% of children are overweight/obese in Reception (down from 26.7% in 17/10), rising to 38.7% of children in Year 6 (down from 40.7%). This is positive news and brings Nottingham closer to the England average but there remains much work to do.

Efforts to implement a whole system approach to reducing childhood obesity got off to a great start in September 2019, with a workshop attending by over 80 people from across the system. The event sought to identify the causes of obesity in Nottingham and understand how they connect with each other, giving the big picture of the local system driving obesity. A second workshop in early February, will build on this, and seek to agree how best to align actions and work together to tackle the causes identified.

Childhood Obesity Whole Systems Workshop

Tuesday 4 February – 9:00am to 1:00pm

Nottingham Council House, Old Market Square

If you would like to attend the event, please confirm your place by registering [here](#).

2. It's Time to Talk in Nottingham – Thursday 6 February

Time to Change Champions and organisations across Nottingham will be marking Time to Talk Day by holding conversations around mental health stigma and discrimination. If you are holding an event, do not forget to promote it through the [Time to Change website](#), where you can find details of planned events.

3. Sexual Health – Online Screening

Local authorities are required to provide, or secure the provision of, open access sexual health services in its area, including preventing the spread of sexually transmitted infections (STIs); treating, testing and caring for people with STIs; and partner notification. Nationally, [figures released by Public Health England](#) (PHE) show demand for sexual health services is increasing, including attendances at sexual health clinics, number of screening tests and number of diagnoses of STIs. Increases have also been seen locally, most acutely with a recent spike in demand for screening kits, which can be ordered online and completed at home. Increased demand for this service creates an added financial pressure. PHE is currently seeking views on proposals to revise the policy for chlamydia screening in England. To learn more about the proposals and find out how to respond, please use this [link](#).

4. Suicide Prevention

In England, approximately one person dies every two hours from suicide. Although in recent years the rate in Nottingham has lowered, it remains higher than the England average, with 29 suicides recorded in Nottingham in 2018. Following the adoption of the Nottingham City and Nottinghamshire Suicide Prevention Strategy (2019-2023), work focused on the five strategic priorities is being progressed by a multi-agency steering group:

- Partners are working together to develop real-time surveillance, which will allow timely capture of suspected suicide deaths and enable identification and analysis of trends related to potential linked cases/clusters;
- Partners are working together to develop a model for Mental Health Sanctuaries – places that people can go to be in a calm non-clinical safe space when they are experiencing or at risk of a crisis, with practical and emotional support given;
- Partnership discussions are underway to secure a plan for service provision.

5. Period Poverty

Free period products are to be made available to all schools and colleges in England, following the launch of a Government funded scheme (January 2020). The new scheme will give pupils easy access to period products at school or college, helping to break down stigmas and ensure no young person's education is disrupted by their period. The Council will be working with local schools to ensure they are signed up to and participating in the new scheme. In addition, as part of the Council Plan pledge to end period poverty in Nottingham, the Council has secured menstrual wellbeing training for local schools and will continue to explore opportunities to distribute donated products to those who need them.

6. Primary Care Network (PCN) Profiles

Profiles, providing a detailed view of various aspects of health, wellbeing and social care in each of the eight PCNs in Nottingham City are newly available on [Nottingham Insight](#).