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## Welcome to Issue 7 of the ScotPHO e-Newsletter

We decided to give our humble newsletter a bit of an overhaul and we hope you like what you see!

In the coming months you may also see improvements to the ScotPHO website. As part of the redesign process, we will be asking you for some input. Please keep an eye out for the ScotPHO Website User survey which should be landing in your inbox shortly.

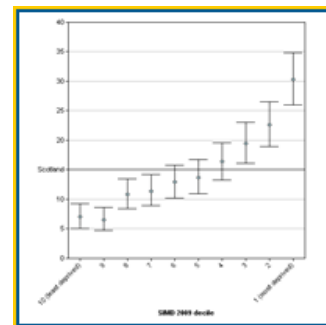
If you have any comments or questions about our e-Newsletter, or the ScotPHO collaboration, please [email us](#).

Send this newsletter to a friend!



### Website Focus

Suicide is the leading cause of mortality in those under the age of 35 years in Scotland, and is almost three times more common in males than females. Suicide rates generally increase with increasing deprivation, with rates approximately four times higher in the most deprived areas compared to the least deprived areas. The rate of suicide is higher in Scotland than in other parts of the UK, however, the rates have fallen in recent years. In 2009, there were 746 suicides (a standardised rate of 14.2 per 100,000 population).



Visit the newly updated [Suicide Information on the ScotPHO Website](#).

## Work by ScotPHO Members

### PHINS Seminar

This year's PHINS (Public Health Information Network for Scotland) seminar will take place on Friday 8th October 2010 in the Glasgow Royal Concert Hall. Unfortunately there are no spaces left for this event, with 300 people now registered. However, it is possible that some spaces may become available nearer the date: if you wish to be added to the waiting list, please email the reply slip to Sandra Auchterlonie at NHS Health Scotland. The seminar programme, reply slip, and Sandra's email address are all available on the [ScotPHO Website](#).

### Glasgow Effect Report

April saw publication of a new GCPH report entitled: Investigating a Glasgow Effect: why do equally deprived UK cities experience different health outcomes?. This is a longer, more detailed, summary of research originally published in March in the journal 'Public Health', and presents the results of the first of two phases of research aimed at gaining a better understanding of what lies behind the so-called 'Glasgow Effect', a term increasingly used in recent years to describe the poor health status of Glasgow over and above that attributable to the city's high levels of socio-economic deprivation. The report can be [downloaded from the GCPH website](#).

### Alcohol Sales in Scotland

A descriptive analysis of the price of alcohol off-sales in Scotland in 2009 was published in July. It showed that around two-thirds of the total alcohol sold in Scotland is off-sales. Sixteen percent of alcohol off-sales were sold at less than 30 pence per unit (ppu), 51% below 40ppu, 77% below 50ppu and 90% below 60ppu. Trend data on alcohol sales between 2005 and 2009 was also published. The total volume of alcohol sold in Scotland has remained stable during this time, in contrast to England and Wales where a small decrease was observed.

[Analysis of alcohol sales data, 2005-2009 \(July 2010\)](#)

### Mental Health Indicators

The development of mental health indicators for children and young people is progressing: a draft framework has been consulted on (report on consultation with children and young people is published) and data are being scoped. Survey

## Scottish Public Health Network (ScotPHN)

ScotPHN has recently embarked on two new projects:

**Mental health care needs assessment for looked after children in residential special schools, care homes and secure care accommodation.** Maggie Lachlan, CPHM, NHS Greater Glasgow and Clyde is lead author.

**Needs assessment of home oxygen services.** Rachael Wood, CPHM, ISD is lead author.

A needs assessment of rheumatoid arthritis will commence in November 2010.

The report of the needs assessments of services for people living with ME-CFS has been published and is available on the ScotPHN website. The needs assessment of type 2 diabetes will be available later in autumn 2010.

ScotPHN undertook a process of engagement on the Obesity Route Map published by the Scottish Government in February 2010. Three regional events and one video conference were held in May and June, to discuss the actions identified within the Route Map. The report is now available on the ScotPHN website.

For further information on all ScotPHN's work, visit the [ScotPHN website](#), email [Ann Conacher](#), ScotPHN Co-ordinator, or call 0141 354 2979.

## Scottish Neighbourhood Statistics (SNS) Health Data

The SNS website has been updated with the latest information on hospital admissions, childhood obesity and primary care (on 25th February 2010) and teenage pregnancies and drugs misuse (on 26th August 2010). Following a recent review of the health indicators currently available on SNS, ISD has consulted SNS users via the SNS Forum and ScotStat about some proposed changes. Once users' responses have been considered, further updates will go ahead in the coming months.

[Scottish Neighbourhood Statistics Website](#)

questions have now been developed for some important mental health indicators in adults and validation of WEMWBS (Warwick-Edinburgh Mental-Well-being Scale) for children aged 13-16 completed. WEMWBS will be included in the SALSUS 2010. All reports are available on the [Health Scotland Website](#).

### Scotland and European Health for All (HfA) Database

ScotPHO last published this database in October 2009, with time trends for a range of health and health-related indicators up to 2007. We are now considering postponing the next update until 2012 (with data up to 2010), as there are constraints on ScotPHO resources and we believe that most users of the database are looking at long-term trends. If you would like us to consider an earlier (2011) update, please [e-mail us](#), describing what you use HFA information for and stating what impact the delayed update would have on your work.

### What is known about maternal and infant nutrition in Scotland?

A report title "What is known about maternal and infant nutrition in Scotland?" was published in September. The report uses routine data sources wherever possible, to inform the Scottish Government's development of a strategy to improve maternal and infant nutrition. The report also describes the main patterns and trends in maternal and infant nutrition from the data that are available.

### Obesity Related Indicators for Scotland

Preventing Overweight and Obesity in Scotland. A route Map Towards Healthy Weight' was published by the Scottish Government in February 2010. The Route Map sets out over eighty actions across four key areas (energy consumption, energy expenditure, early years and healthy working lives) to tackle the increase in obesity prevalence by 2030.

The ScotPHO team at ISD have developed a menu of options for the Scottish Government to consider as indicators to track the implementation and outcomes of the government's obesity route map. The indicators are to be wide-ranging and include high level measures (e.g. from behaviour changes in diet and physical activity to securing goals of healthy weight population and health improvements) as well as interim indicators of progress e.g. increased understanding of physical activity and diet, more healthy food choices, more options for active travel.

For further information about this work please email [Ian Grant](#) or [Dr Colin Fischbacher](#).

## Coming Soon

### ScotPHO Public Health Intelligence Training Course

We are pleased to announce that we are currently developing a Public Health Intelligence course. This will run from Tuesday 28th March 2011 to Friday 1st April 2011. We hope that each NHS Board will be able to send two trainees to this course which will run at Gyle Square, Edinburgh. The course will include sessions aimed specifically at trainees who manipulate data (e.g. analysts) and sessions aimed at trainees who have to use, act on or interpret such data. Trainees will be able to select which sections of the course they wish to attend. All taught topics will be backed up by practical sessions in our computer lab so trainees can put their new knowledge to the test. Training will primarily be delivered by ScotPHO staff with one or two guest trainers from outside the team.

More details about the course content will shortly be published on the ScotPHO website. The course will cover the following broad topic areas:

#### Part 1:

Public health basics

Data sources

Using and appraising statistics

#### Part 2:

Advanced analytical techniques

Applied public health intelligence

For further details, please email [James Reid](#) or call 0141 282 2044.

### Health and Wellbeing Profiles

Coming in November 2010, our new Health and Wellbeing Profiles ('Profiles 2010') are set to update our previously well received profiles published in 2008. They will be launched together with an additional and complementary set of Children and Young People Profiles, on the ScotPHO website.

Both sets of profiles are based on a socio-ecological model of health and include indicators of health outcomes (e.g. deaths and hospitalisations) and health determinants (e.g. behaviours and socio-economic factors). Project outputs will include: individual CHP area reports, a Scotland-level report, small area (intermediate zone) presentational tools to display spine charts, time trends and rank charts of the small area data within each CHP, and a spine chart pack for each CHP which will include spine charts for all the small areas within that CHP.

'Profiles 2010' will contain a total of 67 indicators split over 12 domains whilst the Children and Young People Profiles contain 47 indicators over 11 domains. There is a degree of overlap between both sets of profiles. Together they provide a set of resources designed to help prioritise action, inform planning of services, and address inequalities at local level throughout Scotland.

