



Public Health Wales worked with 'Children in Wales' and other organisations from across Wales to support a group of young people aged 13-22 years old to attend a two day event. Over the two days the group shared their views and supported work on developing the Public Health Wales website, the new 10 year strategy and the Public Health Wales well-being objectives, which were published under the 'Well-being of Future Generations Act 2014'

As part of the two days the group suggested producing a Young Person's Annual Quality Statement to highlight work of Public Health Wales undertaken during 2016/17 which was of importance to young people. The group felt the document should be written and designed by young people with support from Public Health Wales.

The group focused on key areas of interest and having undertaken communication training wrote the articles. They also worked with the designers to produce the final Young Person's Annual Quality Statement.

Contents

Welcome	1
Smoking and Vaping	4
Vacc before you pack and avoid a fatal infection at uni	6
HIV drug is a highly effective way to prevent infection according to expert group	8
Prevention better value than cure	10
Adverse childhood experiences	12
The young are not the only ones high in the clouds and sick in the streets	14
How much is too much	16

"As a young person who works with many organisations to represent young people fairly, it was a refreshing and pleasant surprise to find out that Public Health Wales was not looking for a tick in the box, but was interested in working with and for the benefit of young people."



This event has built a bond between young people and Public Health Wales that will just continue to grow.

The young person's event held at Public Health Wales was refreshing.

But, I'm not the only young person who attended the

event and was pleased with how Public Health Wales has started working with young people since the event, as it now has its new Annual Quality Statement that has been designed by young people for young people. These are some of the quotes from the rest of the team!"

Ruth Chohan

"It was nice that Public Health Wales considered young people by deciding to develop a young people's Annual Quality Statement and also good that they involved young people in the process of making it."

Joshua

"Young people are the future of this country. The statement is key to future developments in the field of health. The more input from young people, the better."

Toby

"The event has embodied recent changes in youth engagement; we are increasingly involved in society, health being a primary area. Through these events young people's opinions are finding traction. The more young people are given opportunities to effect change the more progressive and inclusive services become and policies become. Long may it continue, we are the future so we take part in shaping it."

Tom

Back row, left to right: Sam, Martyn, Jasmine, Joshua, Toby, Kaitlin, Tom, Jamie, Trisha,
Front row, left to right: Ethan, Ruth, Ashleigh, Sannan



The advice for e-cigarettes changes quite a bit, so Public Health Wales have updated their advice.

Public Health Wales have issued advice for smokers, and for non-smokers. As of the 26th January 2017 Public Health Wales have stated that for children, young people and non-smoking adults it is likely to be harmful to health. However, the advice for committed smokers who don't want to quit is that switching completely to e-cigarettes will significantly benefit their health.

Current smokers who want to quit are advised to find out about the range of help available to them and choose the approach that is best for them.

HELP ME QUIT HAS BEEN INTRODUCED AS THE FIRST STEP TOWARDS A FULLY INTEGRATED STOP SMOKING SYSTEM FOR WALES.

With a single brand, a free phone number and a new website, Help Me Quit makes it easier for smokers to access help to quit. A public campaign is encouraging smokers to contact the Help Me Quit contact centre team:



on 0800 085 2219 or via www.helpmequit.wales or by texting HMQ to 80818

Smokers will then be helped to shape their personal quit journey based on the local smoking services available to them.

Tobacco packaging can be glamorous and attractive, **right? Maybe not for much longer.** As of the 20th May 2017 cigarettes and rolling tobacco will all be sold in the same brown colour packs. The change supported by Public Health Wales, means a link to stop smoking help is on every pack. The hope is that this change will encourage less people to start smoking, and more people to stop.



Story written by:

For more information, go to www.wales.nhs.uk/sitesplus/888/news/43906
<http://www.wales.nhs.uk/sitesplus/888/news/41455>



Ruth



Jasmine



Jamie



Martyn



Sannan

VACC BEFORE YOU PACK AND AVOID A FATAL INFECTION AT UNI



Story
written
by:

If you are 17-18 years old and preparing for university, you should get your meningitis ACWY vaccination, according to Public Health Wales.

Around two-thirds of this age group have not had the MenACWY vaccine which gives protection against these infections that can lead to death in up to ten percent of cases.

Leony Davies, Specialist Nurse at Public Health Wales said,

"I WOULD ENCOURAGE ALL 17-18 YEAR OLDS TO GET VACCINATED AS MIXING WITH NEW PEOPLE AND LIVING CLOSE TOGETHER IN PLACES LIKE UNIVERSITY HALLS ARE KNOWN TO INCREASE THE RISK OF THE DISEASE"

For more information, go to <http://www.wales.nhs.uk/sitesplus/888/news/42412>



Bacterial meningitis is fatal
1 IN 10 CASES

Bacterial Meningitis is fatal in 1 in 10 cases and 1 in 3 cases who survive are left with life changing disabilities which may include brain damage, sight or hearing loss and scarring or loss of limbs. However good news, **in younger teenagers vaccine uptake is much higher with up to 80% already protected.**

Information and resources on the MenACWY vaccination programme is available from www.MenACWY.co.uk



Jasmine



Ashleigh



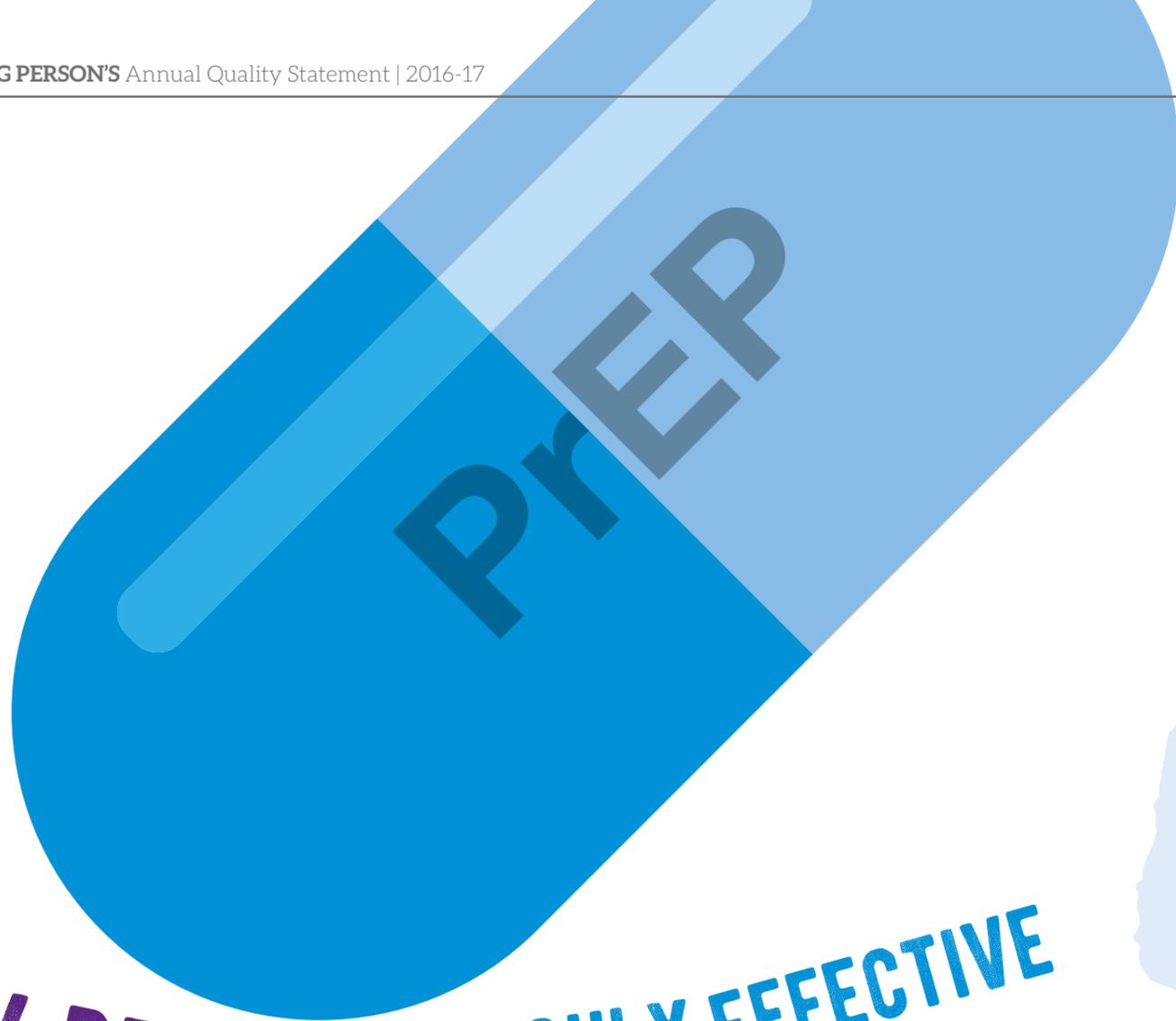
Jamie



Martyn



Sannan



HIV DRUG IS A HIGHLY EFFECTIVE WAY TO PREVENT INFECTION ACCORDING TO EXPERT GROUP

A new review into the drug PrEP (Pre-Exposure Prophylaxis) shows that it can be highly effective in HIV prevention among high risk individuals.

The review was commissioned by Welsh Government Ministers following the publication of studies that have shown that PrEP is highly effective for preventing HIV.

Story written by:

The Expert Group also considered the potential impact of the use of PrEP for HIV in relation to the acquisition of other sexually transmitted infections (STIs).

Dr. Giri Shankar, Professional Lead Consultant for Health Protection at Public Health Wales and Chair of the Expert Group said:

“THE REVIEW OF EVIDENCE SUGGESTS THAT PRE-EXPOSURE PROPHYLAXIS (PREP) FOR HIV PREVENTION IS HIGHLY EFFECTIVE CLINICALLY WHEN USED IN THE RIGHT CLIENT GROUPS AND IN THE RIGHT DOSE WITH APPROPRIATE MONITORING.

WE ARE AWARE THAT PREP IS ALREADY BEING ACCESSED FROM

Our advice to all would be to practice safe sex

NON-NHS SOURCES BY INDIVIDUALS WITHIN WALES.

IT IS THEREFORE IMPORTANT THAT SPECIALIST SERVICES ARE ABLE TO OFFER GUIDANCE TO MAKE SURE THAT THESE MEDICINES ARE USED SAFELY.

THOSE INDIVIDUALS WHO CHOOSE TO USE PREP NEED TO BE AWARE OF THE CORRECT DOSING REGIMENS, POTENTIAL SIDE EFFECTS, INTERACTIONS WITH OTHER MEDICATION AND RESISTANCE THAT CAN DEVELOP.”

The most common way of getting HIV in the UK is by having sex without a condom. For more information about HIV virus, go to <http://www.nhs.uk/Conditions/HIV/Pages/Introduction.aspx>

WRAP IT UP AND WEAR A CONDOM

For more information about the original story, go to <http://www.wales.nhs.uk/sitesplus/888/news/44336>



Ruth



Jasmine



Sannan



Martyn



Jamie

PREVENTION BETTER VALUE THAN CURE

A report from Public Health Wales has highlighted 10 areas that will play a vital role in improving the country's health and wellbeing.

Increasing CYCLING and WALKING in urban areas could SAVE

£0.9 billion
for the NHS in Wales over 20 years



'Making a Difference: Investing in Sustainable Health and Well-being for the People of Wales' puts forward the idea that investing in prevention of poor health will help to achieve aims of improved

education, increased employability and reducing the risk of criminal activity and ill health. A result in real cost savings and benefits to society, communities and economy would be seen too.

Some examples of key savings outlined in the report include:

- Anti-bullying interventions in schools could return £15 to taxpayers for every £1 spent.
- Improving mental health in the workplace could produce annual savings of £250,607 for an organisation with 1000 employees.
- Every £1 spent on motivational interviewing in primary care for people with alcohol dependence would return £5 to the public sector reduced costs in health, social care and criminal justice.
- £1.35 would be returned for every £1 spent on targeted flu vaccination.

- Increasing cycling and walking in urban areas could save £0.9 billion for the NHS in Wales over 20 years.

It's a report attempting to spark public debate about the importance of investment priorities and the social and economic benefits that result from investing in prevention rather than treating poor health. It also aims to support decision makers to focus on what works to support health, wealth and growth across all our society.



For more information about the original story, go to <http://www.wales.nhs.uk/sitesplus/888/news/42095>

Story written by:



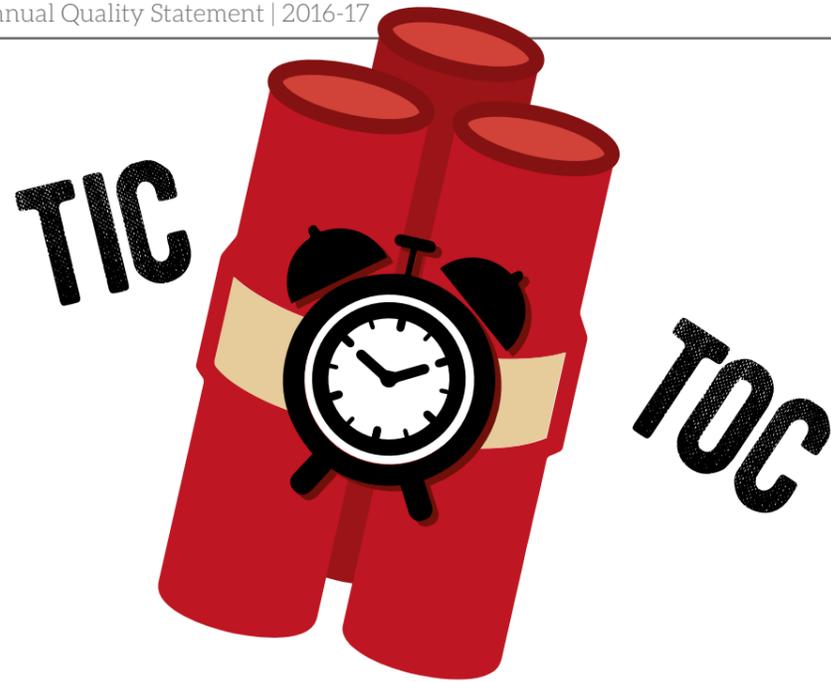
Sam



Toby



Trisha



ADVERSE CHILDHOOD EXPERIENCES

A new report has found that childhood abuse, neglect or poor home environment, can lead to long term health Problems in later life.

Adverse Childhood Experiences (ACEs) are traumatic experiences that occur before the age of 18. These experiences range from verbal, mental and physical abuse, to being exposed to alcoholism, drug use and domestic violence at home.

The report shows that adults up to the age of 69, who had

experienced four or more ACEs, were four times more likely to have developed type 2 diabetes. They were also three times more likely to have developed a heart disease when compared to adults who reported no ACEs.

The report also shows that over a 12-month period, those with four or more ACEs were;

- **THREE TIMES MORE LIKELY TO HAVE ATTENDED ACCIDENT AND EMERGENCY UNITS**
- **THREE TIMES MORE LIKELY TO HAVE STAYED OVERNIGHT IN HOSPITAL**
- **TWICE AS LIKELY TO HAVE FREQUENTLY VISITED THEIR GP,**

When compared to people with no Adverse Childhood Experiences.

Professor Mark Bellis, Director of Policy, Research and International Development at Public Health Wales said that,

“Our research to date has already shown how ACEs increase the uptake of health harming behaviours such as smoking and drug use as well as reducing mental well-being in adults across Wales.

For more information about the original story, go to <http://www.wales.nhs.uk/sitesplus/888/news/43126>

This latest report shows how experiencing abuse and other problems in childhood are linked with increased levels of chronic disease in adulthood and much greater use of health care. What happens to us as children can make our bodies develop differently, leaving them more vulnerable to conditions like Type 2 diabetes and heart disease in later life.

Early, effective action to prevent ACEs will help relieve ever increasing pressures on the National Health Service from an ageing population who may develop cancer, type 2 diabetes and other diseases earlier in life because of what happened to them as children.”



Story written by:



Sam



Toby



Trisha

THE YOUNG ARE NOT THE ONLY ONES HIGH IN THE CLOUDS AND SICK IN THE STREETS



Opioid-related admissions fell 23% since 2011-12

Drug and substance misuse in the under 25s has fallen in the past five years in Wales, according to a report by Public Health Wales.

The report shows that alcohol-specific hospital admissions have fallen 32 per cent and opioid-related admissions fell 23 per cent since 2011-12. However, increased presentations to specialist services are seen in older adults, including those aged over 50 years.

32%
Alcohol-specific hospital admissions have fallen 32% since 2011-12

Leaving us to question who the responsible people are?

Perhaps granddad has had one too many whiskeys. Nan's nursing of a sherry has never been so ironic.

Josie Smith Head of the Substance Misuse Programme at Public Health Wales, said:

"WHILE IT IS ENCOURAGING TO SEE THAT DRUG MISUSE IN THE UNDER 25S HAS DECLINED, OUR DATA SUGGESTS WORK IS STILL REQUIRED TO TACKLE DRUG AND ALCOHOL MISUSE IN OLDER GENERATIONS."

So the word is out there, ground your parents and grandparents, cut their pocket money or beware catching them on the latest episode of Booze Britain.

For more information, go to <http://www.wales.nhs.uk/sitesplus/888/news/43053>

Story written by:



Tom



A report from Public Health Wales suggests that a substantial majority of almost 8,000 people who went on to die from alcohol related causes had no contact with alcohol treatment services, despite repeated hospital admission and A&E attendance.

The report links, for the first time, the health records of 7,901 individuals registered as dying from alcohol, either as an underlying or contributory factor, in the ten years 2005-14. A third of these deaths were in people aged under 50 years old.

Public Health Wales is now leading the call for all people to recognise when their drinking may be starting to cause problems and get out of hand.

Josie Smith Head of the Substance Misuse Programme at Public Health Wales, said: "We knew anecdotally, and now from the findings of this report, that not enough people are seeking help for their problems with alcohol. This may be due to a range of cultural and service barriers.

"WE KNOW THAT OFTEN PEOPLE DO NOT THINK THEY HAVE A PROBLEM WITH ALCOHOL BECAUSE THEY DO NOT NEED TO DRINK EVERY DAY OR 'TO HAVE A DRINK FIRST THING IN THE MORNING'. HOWEVER, WE KNOW THAT ALCOHOL AFFECTS DIFFERENT PEOPLE IN DIFFERENT WAYS AND THAT FOR SOME PEOPLE, EVEN REGULAR HEAVY DRINKING WILL BE ENOUGH TO DAMAGE THEIR HEALTH.



7,901 individuals registered as **DYING FROM ALCOHOL** either as an underlying or contributory factor, in the ten years 2005-14

WE NEED TO BREAK DOWN THE STIGMA AND TALK MORE OPENLY AND EARLIER TO THOSE THAT CAN OFFER HELP ABOUT ANY CONCERNS. SEEKING HELP FOR ALCOHOL IS A POSITIVE STEP AND ONE WHICH COULD ULTIMATELY SAVE LIFE."

For more information about the original story, go to <http://www.wales.nhs.uk/sitesplus/888/news/43894>

Story written by:



Kaitlin



Ethan

If you would like to share your views and help support our work, please contact us.

Email: general.enquiries@wales.nhs.uk

You can also contact us through social media.

Facebook

www.facebook.com/PublicHealthWales

Twitter

www.twitter.com/PublicHealthW

Check out our Vimeo channel

<https://vimeo.com/publichealthwales>

