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# PUBLIC HEALTH RESOURCE CENTRE

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Public Health Resource Centre Manager

# What is the PHRC?

A specialist knowledge and resource hub offering support to anyone in Leeds with a responsibility for, or professional interest in, public health or promoting health and wellbeing.

We are the **only** service in Leeds to provide this service and we have 25 years experience.



# NOBODY LEFT BEHIND: GOOD HEALTH AND A STRONG ECONOMY

THE ANNUAL REPORT OF THE DIRECTOR  
OF PUBLIC HEALTH IN LEEDS 2017/18

## CONCERNING HEALTH TRENDS

Leeds as a whole



82yrs 1mth  
Female life expectancy  
(2013-2015)

↓  
down by  
2.5mths



78yr 4mths  
Male life expectancy  
(2013-2015)

■■■■  
static

## CAUSES - RISING DEATHS



93  
female deaths in  
Leeds were from  
alcohol-specific  
conditions



139  
people died from  
drug misuse in Leeds  
of these  
75%  
deaths were in men  
(in Leeds 2014-16)



213  
deaths by suicide  
in Leeds (2014-16)  
83%  
of deaths were men



48  
infant deaths  
in Leeds  
(2014)



16-24  
age group women  
in Leeds have the  
highest rates of  
common mental  
health disorders,  
self-harm and PTSD

## UNDERLYING FACTORS - INCREASING DEPRIVATION



175,000  
are classified as being  
in "absolute poverty"  
(around a quarter of our  
population)



38,000  
households are  
in fuel poverty



15,000  
households  
affected by  
in-work poverty



28,000  
Leeds children  
are in poverty  
(around 20% ...)



...of these  
64%  
are estimated to  
be from working  
families

For the whole report and recommendations  
see: <http://www.leeds.gov.uk/residents/Pages/Director-of-Public-Health-Annual-Report.aspx>

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# The PHRC Mission Statement

The Public Health Resource Centre develops the public health workforce, which increases community capacity to improve the health and wellbeing of people in Leeds, with particular focus on helping the poorest to improve their health the fastest.

Q1

April - June 2018

# Public Health Resource Centre



# 1,874

Active Centre Users



# 168

New Users



# 1,914 followers

Follow us @PHRCLeeds



# 2,019

mailing list subscribers



# 1,845

emails responded to

phrc@leeds.gov.uk

What you say about our courses ...  
*informative*  
*interesting*  
*educational*  
*forward thinking*  
*thought-provoking*



# 10,600

website visits

www.leeds.gov.uk/phrc

*council staff*  
*fire service*  
*students*  
*prisons*  
*teaching staff*  
*police*  
*our users*  
*volunteers*  
*community groups*  
*charities*  
*NHS*  
*businesses*

"We all have a **unique** opportunity with the **people** we work with on a daily basis to really **make a difference** to their health and wellbeing." ❤️

#PH4Leeds18 delegate



# 50

people learned to play 113 health and wellbeing games at our special Games Day

# 4,349

 resources available

# 68,569

leaflets and posters distributed

# 1,000



cuppas enjoyed in our free, bookable training room

## Where we've been ...

*Schools Infection Control Event*

*Community Pharmacy West Yorkshire Event*

*Mindful Employer Conference*

*GMB Union*

*Leeds City Council staff networks*

*Leeds Health & Care Academy Conference*

... upcoming outings

Call us for help with your health promotion activity on 0113 3786200

We hosted

# #PH4Leeds18

## Leeds' Annual Public Health Workforce Conference

[bit.ly/PH4Leeds18](http://bit.ly/PH4Leeds18)

Thanks for coming!


*Alcohol-Related Brain Damage*  
*Time To Change*  
*Money, Debt and Mental Health*  
*E-cigarettes*  
*Children's Healthy Weight*  
*Problem Gambling*  
*Social Isolation, Loneliness and Older People*

# 100

people learned more about ...

Want to know more about ...

# Quality Improvement Cycle

	A	B	C	D	E	F	G	H	I	J	K	L	M
1													
2			Public Health										
3			Quick Stock Check										
4													
5													
6													
7		Leaflet / Poster Code	L101			Refresh Pivots							
8													
9		Title:	How safe is your child at home?										
10		Supplier:	Children's Accident Prevention Trust										
11		Product Code:	LEA019										
12		Quantity in stock:	275										
13		Quantity received:	500										
14		Quantity distributed:	346										
15													
16													
17		Leaflet / Poster Code	L101			Leaflet or Poster id number	L101						
18													
19		Organisation	Qty Requested	Qty Provided		Row Labels	Qty Req	Qty Provided					
20		Leeds City Council	70	70		LS5 3PS	1	1					
21		Hawthorn Wood Childrens Centre	1	1		LS25 7JN	200	200					
22		Kippax Health Centre	200	200		LS12 3HD	75	75					
23		Armley Medical Practice	75	75		LS5 3JN	70	70					
24		Grand Total	346	346		Grand Total	346	346					
25													

# Public Health Information and Evidence

- Monthly Public Health Effectiveness Bulletin
- Literature search and training for PH Specialists by LCH Library SLA



Welcome to the Public Health Effectiveness Bulletin. Produced each month, the Effectiveness Bulletin is your gateway to key publications to aid evidence-based practice specifically related to Public Health.

Feel free to forward the bulletin to those who may benefit from it but may not be on the distribution list.

**In this issue:**

Mapping the Standards of Evidence Used in UK Social Policy .....4	Financial incentives effective at reducing antibiotic prescribing .....5
Children consume more than a year's worth of sugar in 6 months .4	Children's public health 0 to 5 years: national reporting .....6
Work, worklessness and health: local infographic tool .....4	Lyme disease: signs and symptoms .....6
Survey reveals women experience severe reproductive health issues.4	Alcohol and drug misuse and treatment statistics .....6
Measles and summer travel to Europe .....5	Reproductive health: what women say .....6
Hot weather health warnings: 2018 .....5	Understanding the contraceptive needs of postnatal women.....6
PHE and Disney UK launch Change4Life Train Like A Jedi programme .....5	Preconception and pregnancy: opportunities to intervene .....7
Cancer patients at increased risk of suicide .....5	Health matters: reproductive health and pregnancy planning .....7
	Cancer survival in England – childhood: patients followed up to 2017 .....7

# We love our PHRC





## Models



## Leaflets and posters



# Training and events









phrcleeds

phrcleeds We're at @leedsmind #mentalhealth conference in #Leeds today. Come see us if you're here too, we've got LOADS of resources to support positive mental health in the workplace #phrcleeds

bipolar\_poet Good work, your posts seem to be getting better with time & I'll be waiting for your next post 📖

phrcleeds @bipolar\_poet thank you 🙏



mizzy1980, sanahleeds, block47studio, discoveringdarragh, boommirfield and bipolar\_poet like this

JUNE 26

Add a comment...





# PHRC 25<sup>th</sup> Birthday









# Public Health Campaigns

**E-CIGARETTES CAN HELP YOU QUIT FOR GOOD**

Thousands of smokers are quitting with e-cigarettes. We can help you find the quitting support that is right for you.

Call 0800 189 4219 or visit [oneyouleeds.co.uk/stoptober](http://oneyouleeds.co.uk/stoptober)

**STOP TOBER** **ONE YOU LEEDS**

**NOT THE USUAL SUSPECTS**

#NotTheUsualSuspects

1.7m  
1.6m  
1.5m  
1.4m  
1.3m  
1.2m  
1.1m  
1.0m  
0.9m

Drive home after the office party to save a few quid...

It's not worth the risk. Don't drink and drive.

WEST YORKSHIRE POLICE

**Are you 65 or over?**

Cold weather can make you more likely to catch a winter illness that could become very serious.

So if you start to feel unwell, even if it's just a cough or cold, seek advice from your pharmacist before it gets more serious.

**STAY WELL THIS WINTER**

[nhs.uk/staywell](http://nhs.uk/staywell)

# PHRC videos





Making  
Every Contact  
Count Training



Advanced Health  
& Wellbeing  
Training  
Programme



Public Health  
Priority Based  
Training



Want to Know  
More About...  
information  
seminars

[www.leeds.gov.uk/lpht](http://www.leeds.gov.uk/lpht)



# Public Health Resource Centre

Technorth Centre  
9 Harrogate Road  
Chapel Allerton  
Leeds LS7 3NB  
T: 0113 378 6200

*Leaflets and posters*

*News & information*

*Books and models*

*Training*

*Open days*

*Networking*