



# **Gin Lane - Biggest Public Health challenges facing British society in the 21st Century**

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Director of External Affairs & Marketing



## Our vision

“Everyone has the opportunity  
to optimise their health and  
wellbeing”

# About us



- Based in London, world's longest-established public health body
- Over 6500 members
- Special Interest Groups including Food Safety
- Educational services including published journals accreditation and e-learning
- OFQUAL qualification awarding body including food safety
- Organisers of #ScrollFreeSeptember
- Home of networks including Gambling & Health Alliance and wider public health workforce

# Created many new partnerships and programmes

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VISION, VOICE AND PRACTICE



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GULBENKIAN  
FOUNDATION





# Voice of the public's health

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## Measles sleep

13 minutes ago

The Royal Society for Public Health regularly gets

It is calling on the government to get every night

Joanna Gosling, Royal Society for Public Health



## The invisible calories we forget about: How one fifth of a woman's daily calories is in just TWO glasses of wine

- Most women are unaware that two glasses of wine contains 370 calories
- This is almost a fifth of their recommended daily allowance of calories
- Royal Society for Public Health is calling for a change in labelling to raise awareness

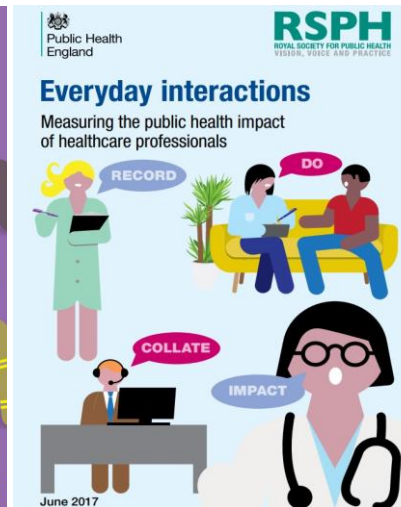
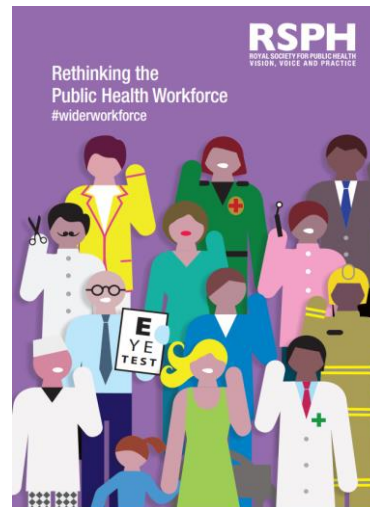
By DAILY MAIL REPORTER  
PUBLISHED 23:31, 28 April 2015 | UPDATED 08:20, 28 April 2015

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View comments



# Home of the wider public health workforce

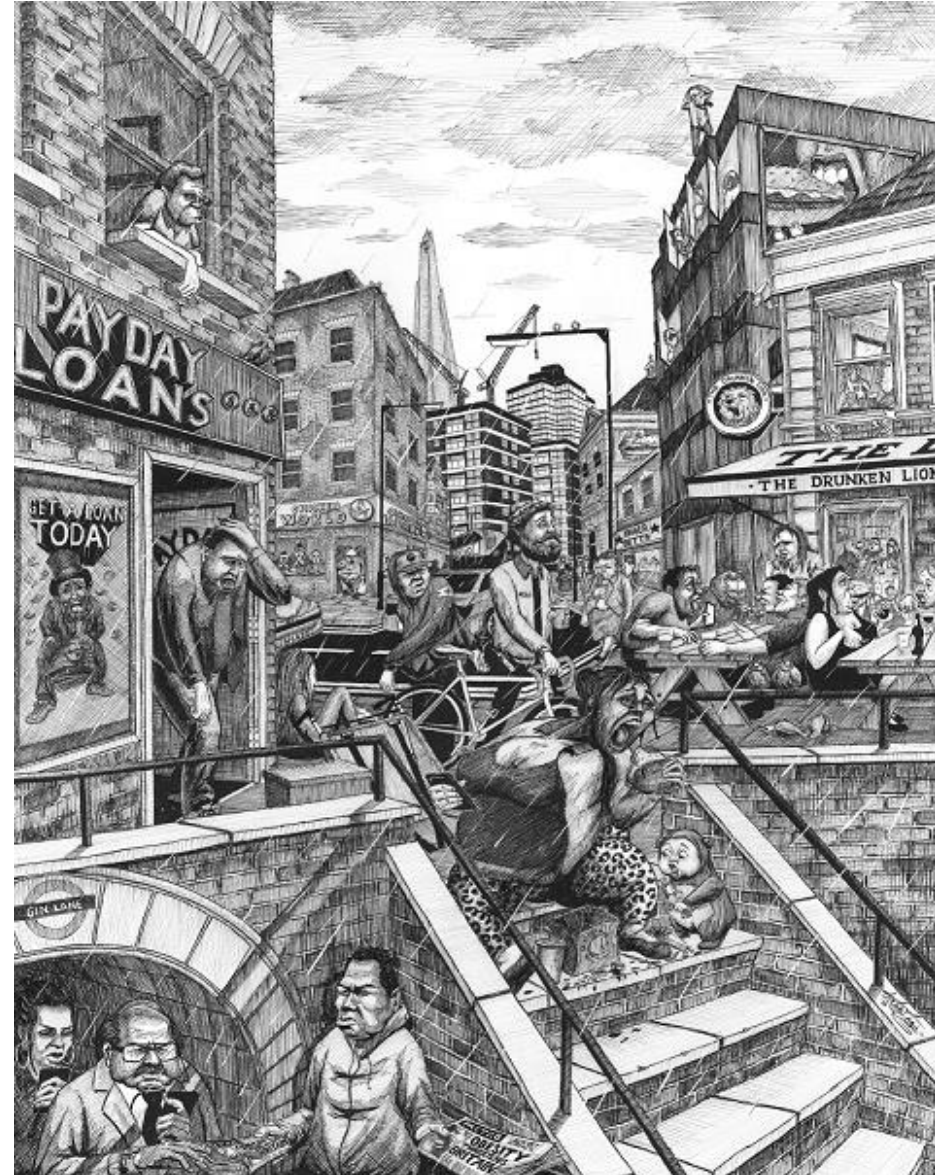








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# 1856: Top 10 Causes of Death

Rank	Cause of Death	Number
1	Phthisis (Respiratory TB)	53,950
2	Typhus	15,950
3	Violence	14,912
4	Scarlet fever	14,160
5	Diarrhoea	13,815
6	Whooping cough	9,225
7	Dropsy	8,213
8	Hydrocephalus	7,299
9	Measles	7,124
10	Cancer	5,859

# Today: Top 10 Causes of Death

Rank	Cause of Death	Number
1	Ischaemic heart diseases	60,509
2	Dementia and Alzheimer disease	51,498
3	Cerebrovascular diseases	34,157
4	Malignant neoplasm of trachea, bronchus and lung	30,868
5	Chronic lower respiratory diseases	29,032
6	Influenza and pneumonia	25,454
7	Malignant neoplasm of colon, sigmoid, rectum and anus	14,287
8	Malignant neoplasms, stated or presumed to primary of lymphoid, haematopoietic and related tissue	11,479
9	Malignant neoplasm of prostate	10,153
10	Malignant neoplasms of female breast	10,097

# Current and future challenges

## Tackling health inequalities

- Making places healthier – commercial determinants
- Tackling financial insecurity
- Gambling as a public health issue

## Supporting better mental health and wellbeing –

- #StatusofMind/ScrollFreeSeptember

## Tackling obesity

- Obesogenic environment
- Behaviour change

## Reducing the harms from drugs

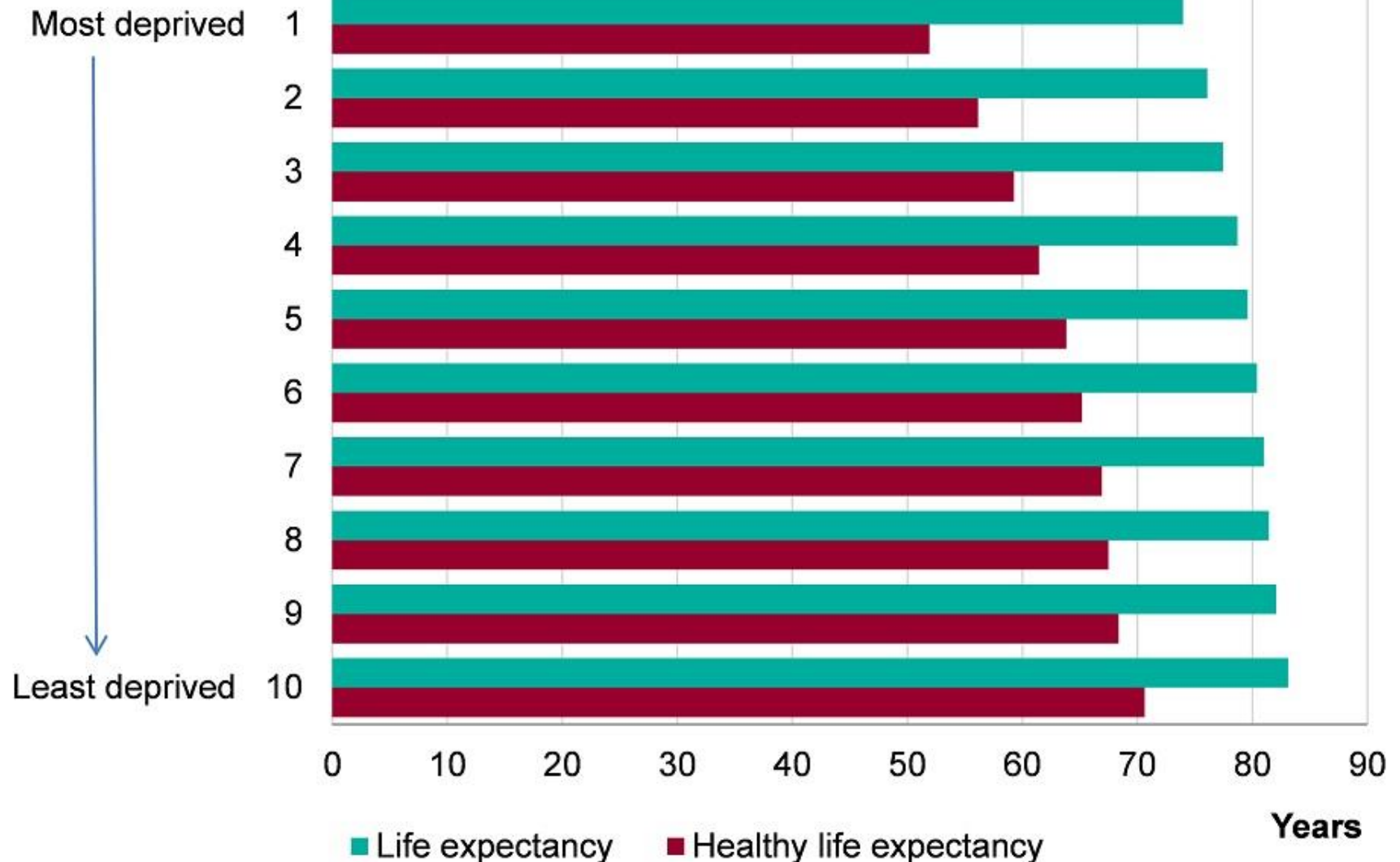
## Maintaining confidence in vaccinations



# **1. Tackling health inequalities**

# Health inequalities persist

## Deprivation decile (IMD 2015)





HIGH STREET



# HEALTH ON THE HIGH STREET

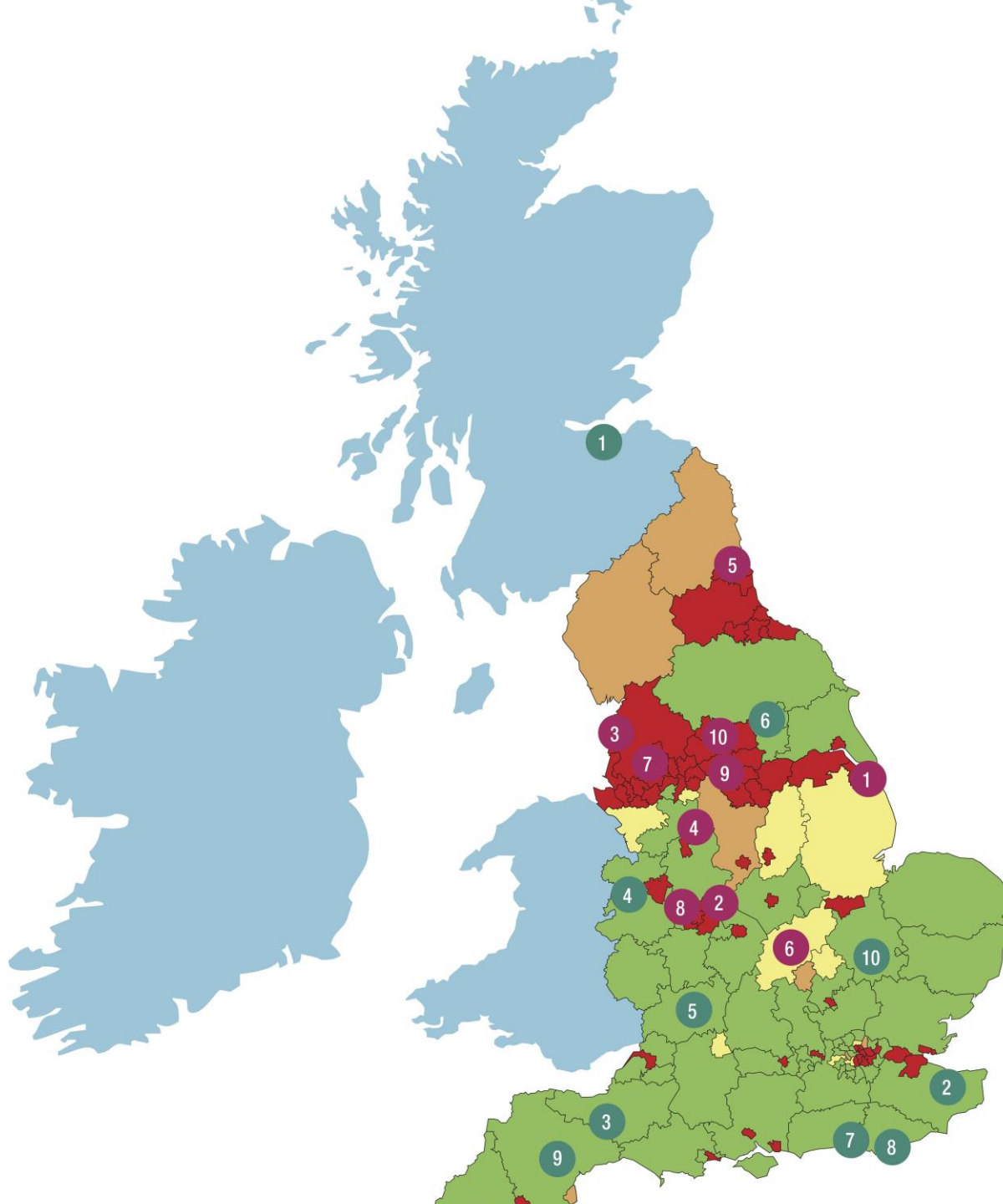
*Running on empty*





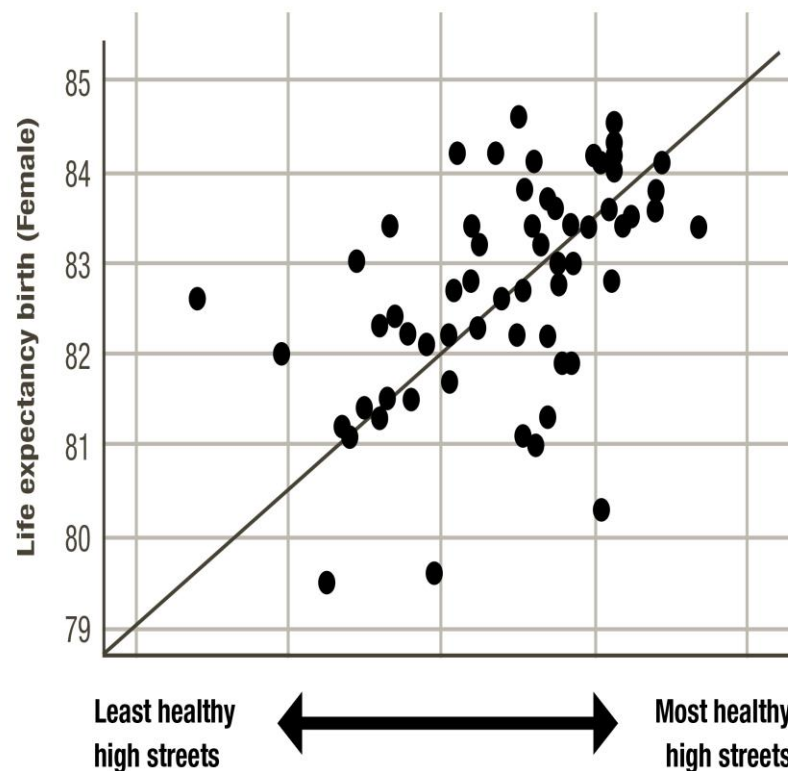
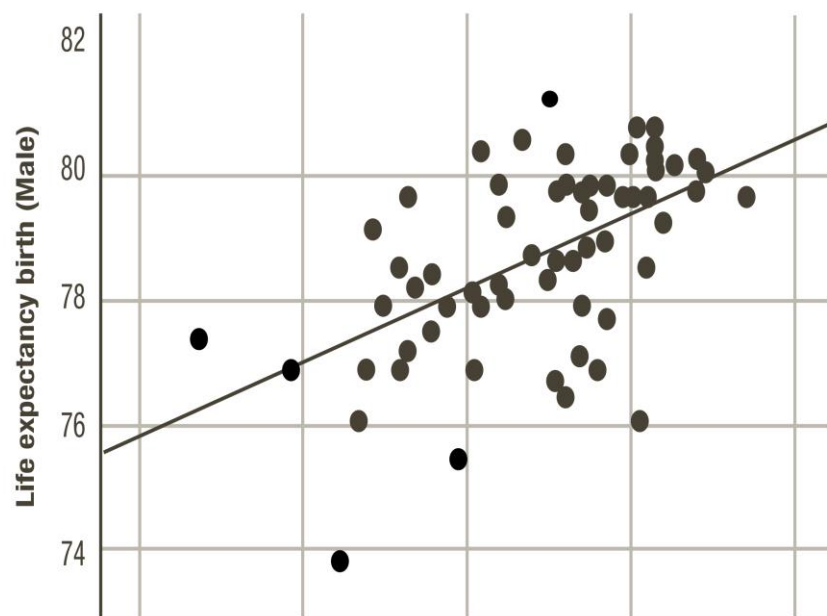
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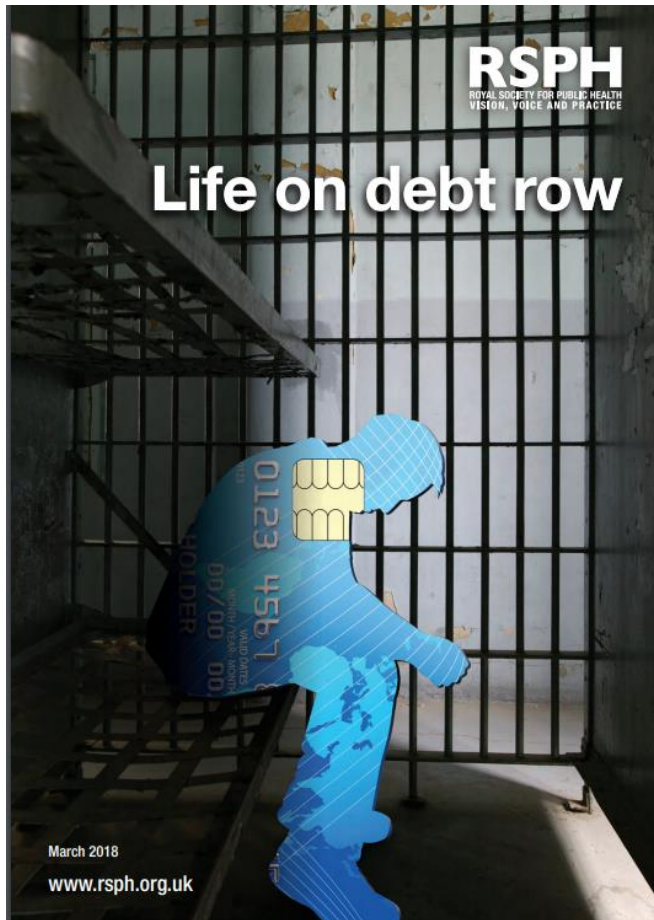




# Healthy high streets v life expectancy



# Debt: Life on Debt Row



- We highlighted negative impact of debt and high cost credit on those with the lowest socio-economic status
- Debt increases:
  - Social isolation and causes stigma
  - Depression
  - Leads to more unhealthy behaviours
- More support required to promote affordable credit options, provide debt advice services and teach financial literacy

# Gambling as a public health issue

**BeGambleAware**.org<sup>®</sup>

- Establishing a Gambling Health Alliance – to be launched in autumn 2019
- Undertaking work to better understand attitudes of young people towards online gambling and impact on their health and wellbeing
- Providing resources to wider workforce to enable signposting to support services



## **2. Tackling obesity**

# No silver bullet



Obesogenic environment

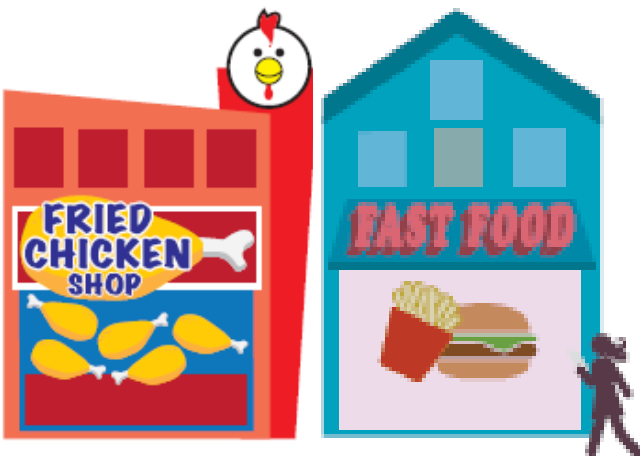
Social determinants

Commercial determinants

Wellbeing and emotional factors

Personal behaviour and choices

Genetic determinants



-2

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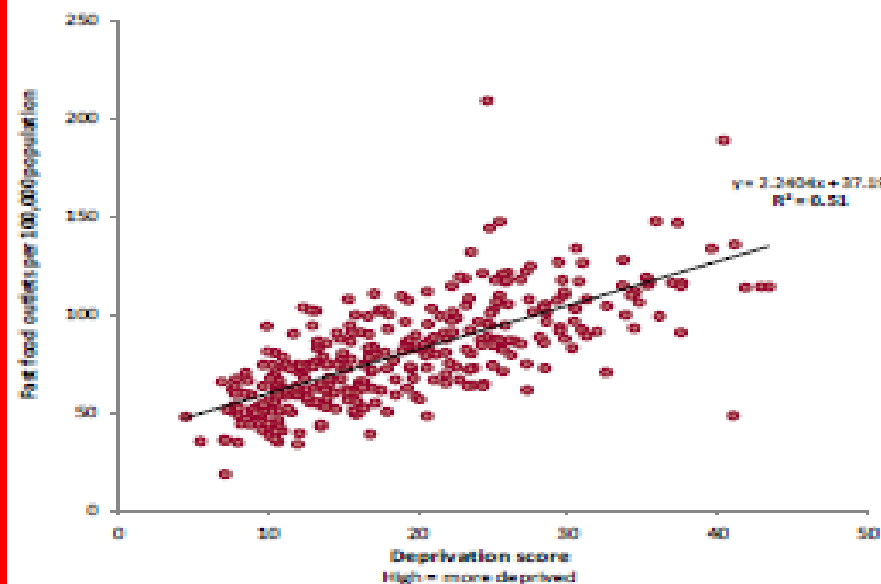


Public Health  
England

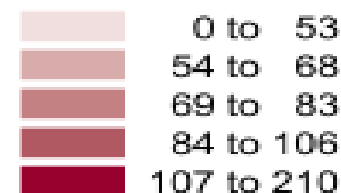
# Obesity and the environment

## Fast food outlets

Relationship between density of fast food outlets and deprivation  
by local authority



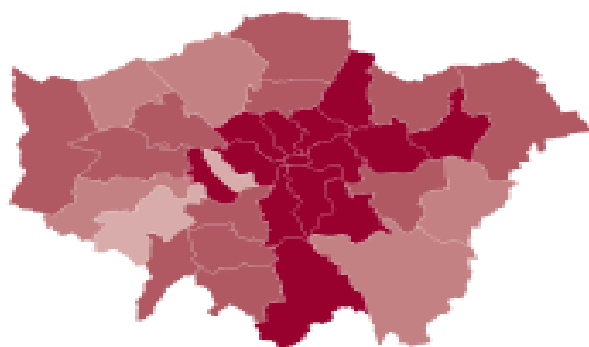
Fast food outlets  
by local authority  
per 100,000 population



England value  
per 100,000 population

86

London inset:



Public Health  
England (2014)

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Data sources: IntersectMap™, Ordnance Survey (May 2013)

Indices of Deprivation 2010, DCLG

- Obesogenic environment – Health on the high street/work in Lambeth and Southwark
- Behaviour change – advocating new forms of labelling
- Fiscal measures – sugar levy and extension
- Commercial determinants – Business rates to incentivise health promotion from retailers, cafes etc.

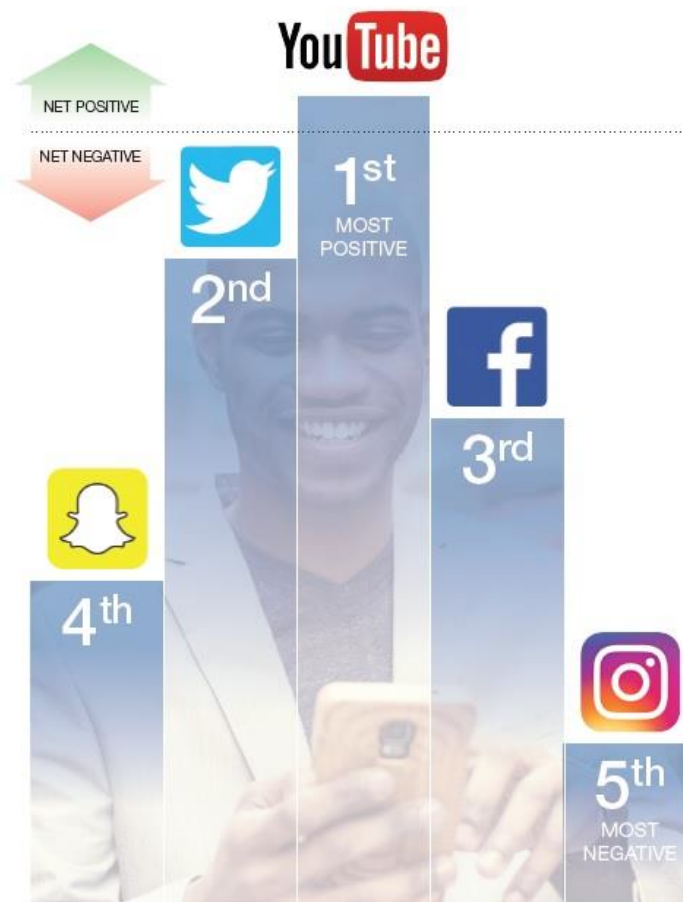
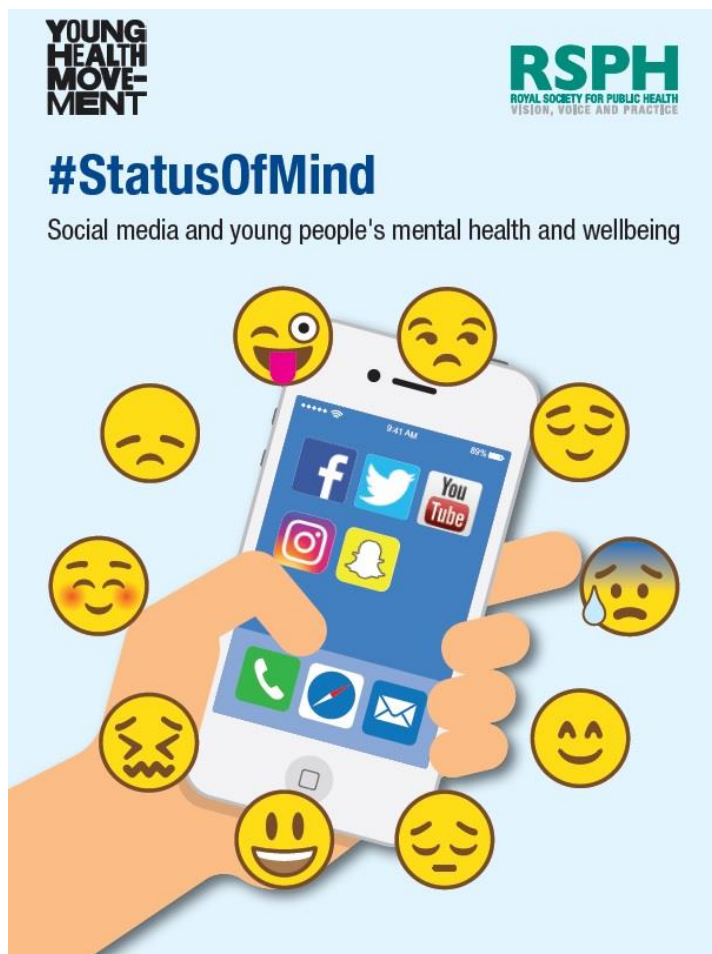
## **2. Promoting mental health & wellbeing**



# Impact of social media on mental health

## League Table – Quick guide

Based on the 14 health and wellbeing-related questions we asked young people to rank, below is a quick guide for each of the social media platforms in order of their net impact on young people's health and wellbeing – with the most positive first, and most negative last.

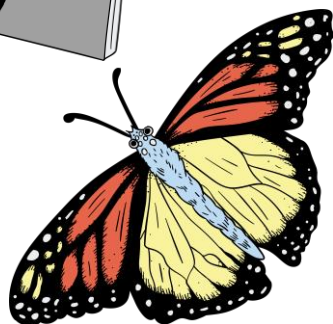
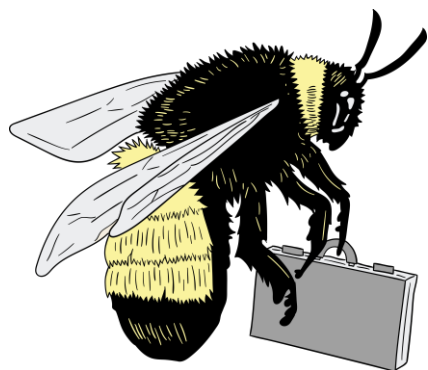
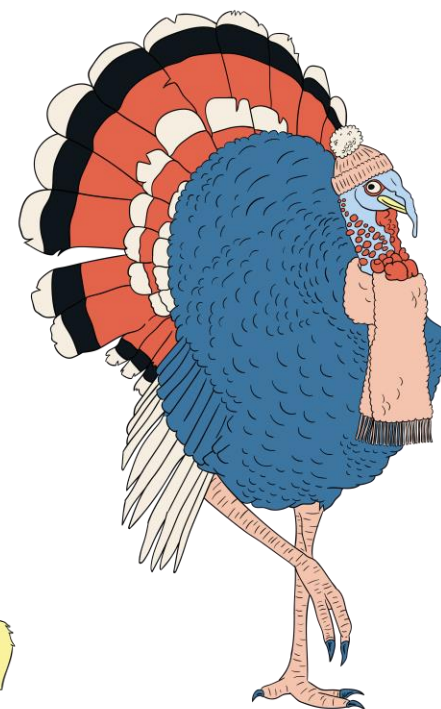


# #Scroll Free September

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# SCROLL FREE SEPTEMBER



# Waking up to the benefits of sleep



- Sleep plays pivotal role in the public's health
- People may be under-sleeping by an hour each night
- One in three of us live with a sleep disorder
- Call to introduce a national "slumber number"
- Have launched free Sleep E-learning

## **3. Reducing the harms from drugs**



# Taking a new line on drugs

- Call for public health approach to drugs policy
- Only 1 in 4 believe drugs strategy is effective in protecting public's health
- Treat drugs users as patients not criminals
- Creating harm profiles to supplant existing classification system
- Establishing a Drugs Health Alliance



# Drug testing at festivals & nightclubs

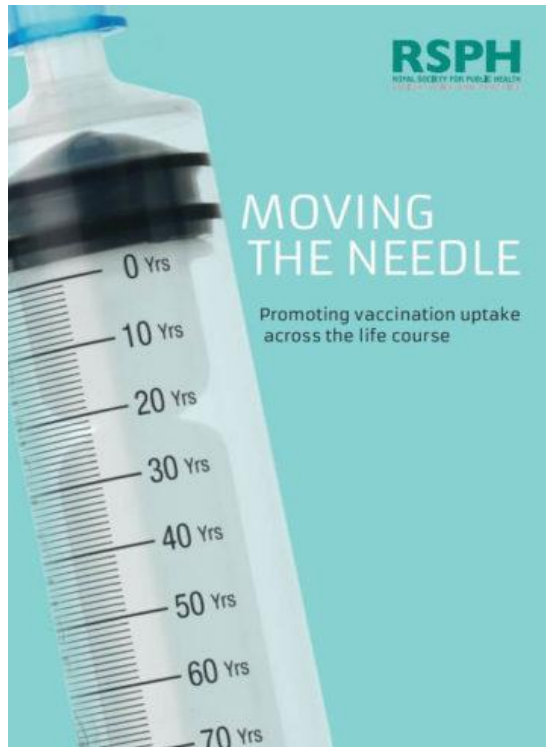


- More than one in eight regular clubbers in UK have used ecstasy in the last year
- Deaths from ecstasy have risen from 10 in 2010 to 57 in 2015



## **4. Supporting** **health protection**

# Vaccinations – maintaining confidence



- More than 500,000 children not vaccinated against measles (2010-17)
- Timing, access and location of appointments main barriers to vaccination across the lifecycle
- Attitudes to vaccination largely positive – 91% agree vaccines are important for children's health
- Trust in HCPs remains high
- Social media identified as propagating negative messages



## **5. Ensuring food safety**


# Fast food takeaways and allergens

July 2015

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## Allergy information and fast food takeaways

Reducing the risk to allergic consumers from takeaways breaking the law



Each year in the UK, some 5000 of the 2 million people living with food allergies need hospital treatment for severe allergic reactions and 10 die from food-induced anaphylaxis.<sup>1</sup> Food allergies are on the rise, having doubled over the last decade, while hospital admissions have risen 7-fold.<sup>2</sup> Unlike food intolerance, food allergy affects the immune system causing potentially life-threatening reactions triggered by allergens used as ingredients in food. Long term consequences of exposure to allergens can be serious, for instance resulting in increased risk to contract of developing bowel cancer.<sup>3</sup> Many deaths and hospitalizations are avoidable and most of those that are avoidable are the result of consumers being given the wrong information about ingredients.<sup>4</sup>

While clear allergen information on pre-packed food products has been required for some while, retailers of non-pre-packed food (including fast food outlets, takeaways, hot food street vendors, and sandwich shops) have not been obliged to provide this information. Inaccurate information on takeaway meals has posed a particular threat, being implicated in a significant number of the severe and fatal allergic reactions in the UK, around 1 in 10 of fatal food reactions since 1992 are supposed to have been caused by unannounced peanut or nut in curry meals, usually from takeaways.<sup>5</sup>

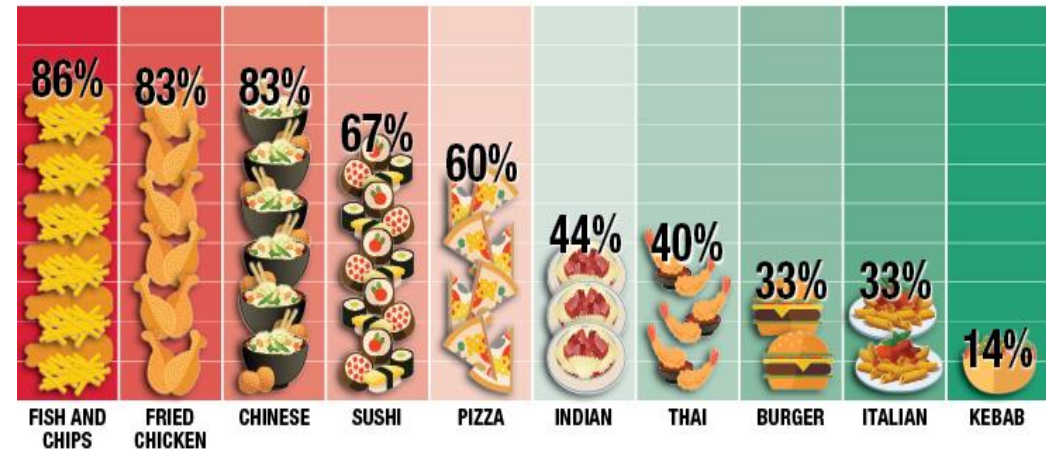
New food allergen and information requirements (EU Food Information for Consumers Regulation No. 1169/2011) came into force in December 2014, aiming to protect consumers by plugging this gap.

- They must declare the presence of any of the 14 major allergens used as ingredients in their food (including eggs, nuts, milk, fish and sulphites)
- This information can be supplied on the menu, on chalk boards, toasters or provided verbally by a member of staff or in other formats made available to the consumer
- It must be clear and conspicuous, not hidden away, easily visible, and legible
- If the information is given verbally, businesses must make it clear how customers can access the information by means of a notice, menu, toaster or other that can easily be seen
- There must be a system in place to make sure the information can be checked by others, it is accurate, and the same information is given each time

It is no longer acceptable for a food retailer to say that they do not know whether or not a food contains a stated allergen, or that at their foods may contain allergens.

Many chains and independent operators have worked hard to ensure compliance and avoid health risks, in response to comprehensive efforts by the FSA and others to pursue guidelines and resources for businesses. Aside from being a criminal offence, failure to comply could be particularly hazardous if, in light of new regulations, allergy sufferers dine more confidently in takeaway restaurants, believing that allergen information will be complete and correct. It is therefore vital that these businesses know what is in their food and are able to convey this to consumers.

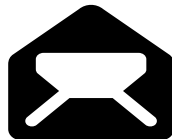
Percentage who didn't know if a major allergen was in a meal



# Thank you



**DuncanStephens9**



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