

## Reports

### [Five Years On: Are we Achieving Parity between Physical and Mental Health?](#)

The RCN conducted its last survey on parity of esteem in 2018, which focused solely on the context of mental health settings. Our 2023 survey had an expanded remit to include all health care settings where RCN members work, to establish members' views on the progress in clinical settings towards achieving greater mental health equality. The quantitative results and accompanying narrative in this survey report provide an overview of findings and broad perspectives on mental health equality.

### [State of Care 2022/23](#)

State of Care is our annual assessment of health care and social care in England. The report looks at the trends, shares examples of good and outstanding care, and highlights where care needs to improve.

### [Black British Voices Project](#)

The largest survey to date of the opinions and attitudes of Black people in Britain has revealed a central split on the question of British pride. Over 10,000 Black Britons from across the UK completed an extensive survey covering a range of social and cultural issues, from media and politics to mental health. Cambridge researchers also conducted dozens of in-depth interviews with a subset of participants.

### [Growing up inside: Understanding the key health care issues for young people in young offender institutions and prisons](#)

Serious challenges remain over the health and care of children in young offender institutions, as well as for younger people in prisons across the country. This Nuffield Trust analysis, funded by the Health Foundation, shows missed appointments and admissions relating to violent incidents or self-harm are far more common among younger people in prisons, while support within the system for people with neurodivergent conditions remains a concern, with diagnoses of ADHD associated with higher hospital admissions for violence among young adult males.

## Position Statements

### [What we say about... Healthy ageing](#)

The proportion of older adults in the UK is projected to reach 24.7% by 2049 – this will bring benefits as well as challenges. A whole system approach is needed to support older adults to remain independent and healthy.

## Research

### [Premature mortality during COVID-19 in adults with severe mental illness](#)

This report investigates premature mortality (deaths in those aged 18 to 74) during the early part of the COVID-19 pandemic (January 2020 to March 2021) in people with SMI. It looks at premature mortality from all causes in people with SMI during the pandemic, how this differs across subgroups or regionally in England, and how this compares to premature mortality in people without SMI.

## Online Events

### [2023 Stephen Hawking MND Lecture: MND – Planning ahead for effective person-centred care](#)

The ability to support patients with planning ahead is key to all health disciplines. Knowing when and how to best explore aspects of future care, which can often include difficult and very personal decisions, presents a clear challenge for professionals and their practice.



## Blogs

[“A men’s football peer support group helps me thrive” – James’ story](#)

James talks about attending a peer support group for men who enjoy playing football and struggle with mental health issues. He reflects on how his physical health has improved, the value of peer support and the friendships he’s made along the way.

## News

[Government sets out next steps to create ‘smokefree generation’](#)

The government has launched a public consultation on youth vaping as part of measures to clamp down on vapes being promoted to children.

[Charities voice support for government's smokefree plans](#)

Government today brought together members of the Smokefree Action Coalition to discuss historic new legislation to protect future generations of young people.

[Government seeks views on improving alcohol treatment services](#)

Public consultation launched on first UK-wide guidelines for clinical treatment of harmful drinking and alcohol dependence.

[New support for NHS to treat gambling addiction](#)

The NHS is set to benefit as new levy will raise an estimated £100 million of new funding for research, prevention and treatment of gambling addiction.

[National pelvic health service to support women](#)

Maternity and neonatal services nationwide will be required to support and inform women who experience trauma during childbirth.

[A national framework for NHS – action on inclusion health](#)

This framework focuses on the role that the NHS plays in improving healthcare, and how partnerships across sectors such as housing and the voluntary and community sector play a key role in addressing wider determinants of health.

[NHS delivering fastest ever flu vaccine rollout ahead of winter](#)

The lifesaving NHS winter vaccination programme has delivered more than ten million flu jabs (10,527,579) and over seven million Covid vaccines (7,525,637) to people most at risk across England in just over five weeks, making this the fastest NHS flu vaccine roll out on record.

[Open letter from NHS medical leaders to patients and the public](#)

As frontline clinicians with extensive experience of working in the NHS, we have all felt the frustrations when systems, processes, and people don’t talk to each other as well as they should. Sometimes, these are the frustrations of patients needing to repeat their medical history whenever they need to use a different part of the NHS. In others, it is the time wasted cross-checking and logging in to different systems to access information about the individuals in our care.

[New awareness campaign to help reduce hospital admissions for urinary tract infections](#)

The NHS and UK Health Security Agency (UKHSA) are raising awareness of urinary tract infections (UTIs), as new data shows they have led to more than 800,000 admissions to hospitals across the country over the past five years.



### [NHS delivers 10,000 virtual ward beds target with hundreds of thousands of patients treated at home](#)

More than 240,000 patients have now been treated on virtual wards thanks to the world-leading initiative, with research showing people who are treated at home recover at the same rate or faster than those treated in hospital.

### [Obesity](#)

We look at how the proportion of the population who are overweight and obese has changed over time.

### [Smoking](#)

We look at the effectiveness of NHS Stop Smoking Services, smoking by deprivation and smoking patterns among young people.

### [Alcohol-related harm and drinking behaviour](#)

This indicator explores whether alcohol-related harm and drinking behaviour has changed over time.

### [Visit the Forum made for the youth advice and counselling community](#)

A space dedicated to connecting the diverse youth advice and counselling community.

### [Why we need to understand breast cancer risk](#)

Breast cancer is the most common cancer in the UK and every year, around 56,000 people are diagnosed with it. That's around 150 women a day. The causes are not fully understood, but research is expanding our knowledge about the risk factors.

### [Fears for children and young people's development as community health services waiting list tops a million for first time](#)

The mental well-being and social development of high numbers of children and young people is being put on hold, as under resourced community health services experience record delays for care. That's according to leaders of community health services providing paediatrics, health visiting and speech and language therapy who fear for the futures of young people experiencing very long waits.

### [OHA Responds to the National Child Measurement Programme 2022-23](#)

NHS Digital has presented findings from the Government's National Child Measurement Programme (NCMP) for England, 2022/23 school year. It covers children in Reception (aged 4-5 years) and Year 6 (aged 10-11 years) in mainstream state-maintained schools in England. The new data shows that, for children living in the most deprived areas, obesity prevalence was twice as high compared with those living in the least deprived areas.

### [RCPsych urges Government to act as children under five face lifelong mental health conditions](#)

Today, the Royal College of Psychiatrists [has published a landmark report, Infant and Early Childhood Mental Health: the case for action](#) (PDF), which calls on the Government to prioritise the mental health of babies and young children. Early action is vital, given half of mental health conditions arise by age 14 and many of these start to develop in the first years of life. In England prior to the Covid-19 pandemic, more than 100,000 (5.5%) of two to four-year-olds struggled with anxiety, behavioural disorders and neurodevelopmental disorders. Globally, an estimated one in five (20.1%) of children aged between one and seven years have a mental health condition.

### [Cost-of-living crisis is worsening the mental health of most vulnerable](#)

Three out of five Britons (60%) report that the cost-of-living crisis is negatively impacting their mental health, to the extent that as many as a quarter (23%) say they're having problems sleeping because of worries about rising costs, according to new research. The study, by the ESRC Centre for Society and Mental Health and the Policy Institute at King's College London, also finds certain groups are more likely than others to be negatively affected by the crisis.



[Parent and child experiences of racism affect whole family's mental health, according to new study](#)

Parents' experiences of racism affect their children's mental health and vice versa, according to a new briefing published today, on World Mental Health Day, by Centre for Mental Health and King's College London.

[Urgent action needed to address unacceptable inequalities facing people with severe mental illness](#)

New data from the Office for Health Improvement and Disparities (OHID) today shows that people with a severe mental illness in England were five times more likely to die prematurely during the pandemic. Some 42,815 people with a mental illness died before the age of 75 during the first year of the pandemic. That's nearly 8,000 more than the average from previous years of 35,025.

[People who have had a stroke should be offered additional rehabilitation to help them recover NICE says in updated guidance](#)

The recommendations are made today (18 October 2023) in NICE's updated guideline on stroke rehabilitation in adults. The guideline says that people who have had a stroke should be offered, needs-based rehabilitation for at least 3 hours a day on at least 5 days of the week covering a range of multidisciplinary therapy including physiotherapy, occupational therapy and speech and language therapy.

[Mind reveals true extent of crisis in mental healthcare with more than 17,000 reports of serious incidents in past year alone](#)

The UK's largest mental health charity today publishes previously unseen data laying bare the full scale of the emergency in mental healthcare, with staff reporting 17,340 serious incidents in 12 months.

[Play in hospital could improve children's mental health](#)

A new report from children's charity Starlight has been in the news this week, claiming that a budget for play resources in hospitals could prevent children from developing 'serious, long-term mental health problems'.

[The 'male menopause' – what you need to know](#)

East Midlands Ambulance Service is reportedly giving men up to a year of paid leave for "andropause related issues", which some are calling the "male menopause". This move has angered some commentators who question whether there really is such a thing as the male menopause or "manopause".