

## Reports

### [Plan for Change](#)

This is the full Plan for Change document. The Prime Minister presented the Plan for Change to Parliament on 5 December 2024.

### [Meeting the Health Needs of Children and Young People in Educational and Community Settings](#)

This publication aims to provide information and professional guidance to Royal College of Nursing (RCN) members employed in a wide range of professional roles that provide or are responsible for the implementation of physical health needs delivery and training in nurseries, schools, and any other community setting.

### [How does the public feel about health technologies and data?](#)

The potential for advances in health technology and data to support the NHS is growing, particularly with the NHS facing record demand. The Labour government, elected in July 2024, prioritised health technology as a key part of its manifesto, aiming to enhance efficiency, improve diagnostic accuracy, reduce waiting times and deliver better patient care and outcomes across the health system.

## Guidance

### [Working group tasks - 10 Year Health Plan](#)

Briefs given to the working groups developing policy for the 10 Year Health Plan.

## Studies

### [Strategies for enhancing the implementation of school-based policies or practices targeting diet, physical activity, obesity, tobacco or alcohol use](#)

A range of school-based interventions are effective in improving student diet and physical activity (e.g. school food policy interventions and classroom physical activity interventions), and reducing obesity, tobacco use and/or alcohol use (e.g. tobacco control programmes and alcohol education programmes). However, schools are frequently unsuccessful in implementing such evidence-based interventions.

## Public Advice

### [Cannabis and mental health](#)

This information looks at cannabis, how it can affect your mental health and how to get help and support. This resource focuses on recreational cannabis use, and not on medicinal or prescribed cannabis.

## Blogs

### [Getting better with age? What's behind changes in health between the 2011 and 2021 censuses](#)

With the government focused on showing more immediate progress against its health mission, recent Office for National Statistics releases shed light on the scale of the long-term challenge of improving health and reducing inequalities in the UK – but also in measuring progress.

### [Realising the health mission: from emergency care to prevention](#)

I recently had the privilege of joining a shift with the London Ambulance Service. I learnt a lot about how the service is trying to improve its operations and culture, and could write a blog on the impressive work to boost staff morale and drive operational improvements. But the bigger learning – and important reminder – was that much of what our NHS 'front door' is facing could be avoided with a more preventive focus.



## News

### [Chief Medical Officer's annual report - health in cities](#)

2024 annual report from Chief Medical Officer, Professor Chris Whitty, focusing on health in cities.

### [North West of England has its say on the future of the NHS](#)

Attendees will hear from NHS England's Chief Nursing Officer, Duncan Burton, who will outline his commitment to transforming the NHS.

### [New data shows that healthy life expectancy in England and Wales has fallen below 2017–19 levels](#)

'Today's data release indicates that people in England and Wales are expected to live fewer years in good health – healthy life expectancy – than they did in 2017–2019. This decline, at least in part, reflects the impact of the pandemic on life expectancy and follows a decade during which improvements in healthy life expectancy have stagnated.'

### [Latest life expectancy data shows geographical divide in health in England](#)

Commenting on new data from the ONS on life expectancy in local areas, Veena Raleigh, Senior Fellow, The King's Fund.

### [Mind responds to Prime Minister's Plan for Change speech](#)

Today the Prime Minister Sir Keir Starmer set out his Plan for Change which featured a number of milestones, including on NHS waiting lists, living standards and crime.

### [Mind responds to ONS report on the impact of NHS Talking Therapies on employment status](#)

A [report](#) published by the ONS today highlights how NHS talking therapies help people with mental health problems get back into work.

### [PIF response to NHS 10-Year Health Plan consultation](#)

The UK Government has set out its plans to "build a health service fit for the future". It is running a public consultation to help shape a 10-year plan for the NHS in England. As part of the consultation, organisations were invited to submit their views around five key questions.

### [Charities warn Prime Minister that nation's mental health services could be devastated if funding isn't protected](#)

A group of charities and organisations have today written an open letter to the Prime Minister to ask for urgent clarification on mental health funding. The letter highlights two critical safeguards that currently act to address historic underfunding of mental health services but which are in doubt.

### [Mental health and A&E: Finding a path forward](#)

The interface between emergency medicine and mental health and how we improve care for people in crisis.

### [Living alone is linked to poor health and unemployment amongst those with severe mental illness, study finds](#)

New research from the Institute of Psychiatry, Psychology & Neuroscience (IoPPN) at King's College London has shown that over three quarters of people with severe mental illness report they are economically inactive, with around two thirds reporting a disability and poor health.

### [Government should tackle loneliness or risks national health epidemic, warn psychologists](#)

Ahead of the festive period, the BPS is calling on the government for urgent intervention to ensure those most in need get the support they require.



### [New poll reveals toll of addiction across the UK](#)

As Addiction Awareness Week 2024 begins, we commissioned research into the scale of dependency in the UK. On our behalf, Ipsos interviewed a representative sample of 2,139 UK adults aged 16 to 75. Just over one in 10 (11%) had experienced addiction to alcohol, drugs, medication, or gambling at some point in their lives.

### [Ban on puberty blockers to be made indefinite on experts' advice](#)

Existing emergency measures banning the sale and supply of puberty-suppressing hormones will be made indefinite, following official advice from medical experts.

### [Health Secretary asks NHS to prioritise patient safety for winter](#)

Health and Social Care Secretary Wes Streeting held a specially-convened meeting with trust leads this morning as the NHS battles record pressures in winter.

### [Rising winter virus levels pile pressures on urgent and emergency care](#)

NHS leaders and their teams are working incredibly hard to keep patients safe.

### [Don't spend your Christmas holidays in bed with the flu](#)

The NHS is offering flu jabs to people at football clubs, supermarkets and Christmas markets as it braces itself for a rise in winter viruses in the coming weeks. Latest data from the UK Health Security Agency (UKHSA) shows flu cases are currently highest among 5 to 14-year-olds, but adult cases are expected to rise significantly once schools and nurseries close for Christmas, as the NHS contends with a 'quad-demic'.

### ["Now or never" for people to protect themselves in time for Christmas](#)

The NHS is urging people to come forward for their flu vaccination without delay so they and their families are protected in time for Christmas. UK Health Security Agency (UKHSA) data shows flu cases are highest among those aged 5 to 14, and the NHS is urging those eligible for a flu jab to make sure they're protected in time for family get togethers over the festive period.

### [Less Healthy Advertising Legislation To Address Child Health](#)

Restricting advertisements for unhealthy food and drink is an essential step towards a healthier food environment, writes Katharine Jenner in the British Medical Journal 11th December 2024.

### [NICE describes how weight loss drug tirzepatide will be rolled out](#)

The medication will initially be offered only to those people with the highest clinical needs.

### ["Weight loss drugs have the potential to improve lives but should not be seen as a silver bullet" says College Chair](#)

In responding to NICE guidelines on tirzepatide, Professor Kamila Hawthorne, Chair of the Royal College of GPs, said the following: "Weight loss drugs, such as semaglutide and tirzepatide, have been shown to be beneficial for some patients who meet certain criteria – and there's certainly a lot of potential to improve the lives of many patients, as we know many people have health conditions linked to their weight but really struggle to lose it."

### [Professor Paolo Fusar-Poli delivers inaugural lecture "The Future of Mental Health Starts with Prevention"](#)

On Wednesday 20 November, Professor Fusar-Poli delivered his inaugural lecture as Professor of Preventative Psychiatry in the Department of Psychosis Studies.

### [Recordings from Henry Hawkins Lecture 2024](#)

Together's Henry Hawkins Lecture 2024 took place on Wednesday the 13th of November with a focus on the theme of community and the benefit that can have on mental health and wellbeing. We're pleased to share recordings from the event now that people can watch below to view the discussion from the night.

