

Dear Colleagues,

Please find below a list of news items from the past fortnight that may be of interest to those involved in public health on the afternoon of Tuesday 18th March 2014

This service provides topical news and reports of relevance to public health teams, community health practitioners and anyone with an interest in health promotion in collaboration with other health library services in Thames Valley & Wessex.

Please contact me if you no longer wish to receive this bulletin, or if you know of anyone else who would like to join the mailing list. The bulletins are now also available on the Health Education Wessex website at: http://www.workforce.southcentral.nhs.uk/libraries_elearning/library_knowledge_resources/public_health_updates.aspx

Alcohol misuse

[Alcohol at end of aisles linked to 'boosted sales'](#)

17 March 2014, 10:47:00 | NHS Choices

"Putting alcohol and fizzy drinks at the end of supermarket aisles does make us buy more," the Mail Online reports.

Chronic conditions

[NICE warns of cancer email hoax](#)

14 March 2014, 10:01:00 | NHS Choices

"A health watchdog is warning that thousands of people have been sent hoax emails," BBC News reports. The emails, purporting to come from the [National Institute for Health and Care Excellence \(NICE\)](#), wrongly warn people they may have cancer.

[Breast cancer exercise advice may change](#)

12 March 2014, 10:58:00 | NHS Choices

"Exercise advised for lymphoedema after breast cancer," reports BBC News.

[Ovarian cancer](#)

World Cancer Research Fund have published their latest report on ovarian cancer

[Eyes on Evidence : Oral contraceptive pills in preventing ovarian cancer](#)

Source: Medicines information Service

A meta-analysis reports a lower incidence of ovarian cancer in women who have ever used oral contraceptive pills than in women who have never used oral contraceptives.

[Statins side effects are minimal, study argues](#)

13 March 2014, 11:30:00 | NHS Choices

“Cholesterol-lowering [statins](#) have almost no side effects,” The Guardian reports. A new UK study argues that the majority of reported side effects are actually due to the placebo effect – symptoms that are “all in the mind”.

[Act FAST campaign](#)

10 March 2014, 09:54:00

Public Health England launches a campaign today (9 March) that aims to save lives by showing people how to spot the signs of a stroke.

Communicable diseases

[Three-quarters of people with flu have no symptoms](#)

17 March 2014, 11:00:00 | NHS Choices

“‘77% of flu infections’ have no symptoms, say experts,” reports ITV News.

[EU-wide agreement on how to crack down on TB in cities](#)

07 March 2014, 10:00:24

The research also found that while the number of TB cases continues to reduce in some countries in Europe the rate of TB within some of Europe’s big cities continues to increase.

[England sees surge of scarlet fever](#)

10 March 2014, 14:38:49

England is seeing a resurgence of scarlet fever with the number of cases reaching a 24-year high, figures reveal.

Source: BBC News

Diet & nutrition

[Benefits of fish oil consumption](#)

Study by University of Pittsburgh Graduate School of Public Health.

Source: medical news today

[High protein diet not as bad for you as smoking](#)

05 March 2014, 09:58:00 | NHS Choices

“People who eat diets rich in animal protein carry similar cancer risk to those who smoke 20 cigarettes each day,” reports The Daily Telegraph.

[WHO says halving sugar target has extra benefit](#)

06 March 2014, 09:58:00 | NHS Choices

"Halve sugar intake, say health experts," The Daily Telegraph reports, while The Guardian tells us that "a can of coke a day is too much sugar".

[Children's diets contain 'too much salt'](#)

11 March 2014, 10:03:00 | NHS Choices

"Children eat too much salt," reports The Daily Telegraph, one of several news outlets to report on new findings that have led researchers to call for further reductions in the salt content of processed food.

[Saturated fats and heart disease link 'unproven'](#)

18 March 2014, 10:30:00 | NHS Choices

"No link found between saturated fat and heart disease," The Daily Telegraph reports. Researchers have looked at large amounts of data and say they have found no significant link between saturated fat and heart disease.

Drug Misuse

[Press release: Successful bids announced for £10 million capital funding to support drug and alcohol recovery](#)

18 March 2014, 15:49:09

The capital funding is being distributed by Public Health England (PHE) via local authorities to service providers that support projects which contribute towards helping their clients to overcome dependency from drugs and alcohol.

Health promotion

[Don't ignore a persistent cough](#)

10 March 2014, 09:23:02

A Be Clear on Cancer campaign, aimed at increasing awareness of the symptoms of lung cancer, has been considered so successful it is being repeated.

Health protection

[BASHH statement on new research showing young women at highest risk of cervical cancer are still not receiving HPV vaccination](#)

New research published today in Sexually Transmitted Infections has found that young women most at risk of developing cervical cancer are the least likely to have been offered the protective HPV vaccination and the least likely to have completed the full course

Source; BASHH 18/3/14

[Antibiotic resistance 'toolkit' launched](#)

07 March 2014, 14:00:00 | NHS Choices

"Antibiotics: 'national threat' from steep rise in patients who are resistant to drugs," The Daily Telegraph reports. The Mail Online reports that there were, "600 reported cases of drugs failing because of resistant bacteria last year".

[Press release: Diabetes no longer leading cause of blindness thanks to screening](#)

17 March 2014, 15:58:33

Updated: Corrected contact details to refer to the national screening committee and NHS screening programme.

A new study carried out in affiliation with Moorfields Eye Hospital and UCL Institute of Ophthalmology reports on the causes of blindness in England and Wales in working age adults comparing data from 1999 to 2000 with 2009 to 2010.

Health services administration

[New fast track drug scheme to help severely ill](#)

14 March 2014, 10:30:00 | NHS Choices

"'Early access' drugs scheme launched for severely ill," BBC News reports. The government has launched the [Early Access to Medicines Scheme](#) designed to help patients with life threatening or debilitating conditions get access to unlicensed medications that could potentially be of benefit.

[Call for changes to infant organ donation guidelines](#)

18 March 2014, 00:00:00 | NHS Choices

"Allow parents to donate the organs of babies who die, urge doctors," The Guardian reports.

[BNF update March 2014](#)

This month's newsletter highlights the major changes made to the content of the BNF and BNFC, including updated information on the risk of VTE with combined hormonal contraception, and the inclusion of afatinib and dabrafenib.

Source: UK Medicines Information Service

HIV & AIDS

[Rare US woman-to-woman HIV case](#)

13 March 2014, 21:44:46

US health officials publish details of a rare case of suspected female-to-female HIV infection, reported in the state of Texas.

Source: BBC News

Infant & child health

[Rewiring: our ambition for children and young people – consultation document](#)

Consultation document from the local government association.

[Better Eating, Better Learning - A New Context for School Food](#)

Thursday, March 6, 2014

Refreshed guidance to support schools, local authorities, caterers, procurement departments, parents, children and young people to work in partnership to make further improvements in school food and food education. Source: Scottish Government

Mental health

[Claims new blood test can detect Alzheimer's disease](#)

10 March 2014, 09:50:00 | NHS Choices

"Blood test that can predict Alzheimer's," was the headline used by BBC News, the Daily Mail and The Guardian today. Similar coverage was seen across many of the front pages of other newspapers.

[Oxytocin nasal spray tested for anorexia](#)

13 March 2014, 11:30:00 | NHS Choices

"A kiss to 'cure' anorexia: 'Love hormone' can help reduce sufferers' obsession with food and weight," is the unsupported claim on the Mail Online.

Obesity

[Obese 11-year-old girls 'get lower school grades'](#)

12 March 2014, 09:58:00 | NHS Choices

"Study links obesity in teenage girls with lower academic results," BBC News reports. Previous studies have reported that child and adolescent obesity has a wide variety of adverse consequences in both the short and long term.

[Easy access to takeaways 'increases obesity risk'](#)

14 March 2014, 10:00:00 | NHS Choices

"Encountering too many takeaway outlets near our homes, workplaces and even on the daily commute to work could be increasing our risk of [obesity](#)," The Independent reports.

[Obesity and disability: children and young people](#)

05 March 2014, 16:40:52

The paper looks at a range of impairments or health conditions associated with disability and explores the main obesity-related chronic health conditions that can develop during childhood and adolescence.

Oral health

[Public Health England launch 'Smokefree and Smiling' guidance for dental teams](#)

12 March 2014, 09:06:00

PHE has published new [guidance for dental health professionals](#) today (12 March 2014), national 'No Smoking Day', on how to help their patients to quit tobacco and in doing so, save lives.

Safety & accident prevention

[Case 260 – Young persons risk assessment required for work experience placements](#)

13 March 2014, 12:00:02 | HSE

Safety consultant advises that work experience placements should provide the school with a young persons risk assessment, detailing the processes they have in place to mitigate risk to young people.

Smoking

[Parental smoking 'ages' children's arteries](#)

05 March 2014, 11:48:00 | NHS Choices

"Passive smoking causes lasting damage to children's arteries, prematurely ageing their blood vessels by more than three years," BBC News reports.

[Are e-cigarettes a 'gateway to nicotine addiction'?](#)

10 March 2014, 10:02:00 | NHS Choices

"E-cigarettes are encouraging a new generation to become hooked on nicotine," reports the Mail Online.

[Effectiveness of a preventive cardiology programme for high CVD risk persistent smokers: the EUROACTION PLUS varenicline trial](#)

European Heart Journal article

Compared to usual care, a nurse-led preventative cardiology programme addressing smoking cessation, diet, physical activity plus optional varenicline for persistent high CVD risk smokers increased smoking abstinence over 16 weeks (51% v 19%) and reduced overall CV risk. Source UK Medicines Information

Social & economic issues

[News story: New national planning policy and guidance aims to promote health and reduce inequalities](#)

13 March 2014, 09:31:13

Public Health England welcomes the Department for Communities and Local Government's newly published National Planning Practice Guidance which recognises the importance of local infrastructure planning in the development of healthy communities.

[Inequality in Healthy Life Expectancy at Birth](#)

by National Deciles of Area Deprivation: England, 2009-11

http://www.ons.gov.uk/ons/dcp171778_356031.pdf

Women's health

[Low-level drinking in early pregnancy 'harms baby'](#)

11 March 2014, 11:57:00 | NHS Choices

"Drinking alcohol early in pregnancy, even in small amounts, increases chances of harming your baby," reports The Independent, one of several news outlets to report on the latest study on the risks of drinking during pregnancy.

[Nicotine patches in pregnant smokers: randomised, placebo controlled, multicentre trial of efficacy](#)

British Medical Journal article

This French RCT found that nicotine patches did not increase smoking cessation rates compared to placebo in 402 pregnant smokers in their second trimester who smoked at least five cigarettes a day (abstinence rates, 5.5 vs 5.1%; odds ratio 1.08; 95% CI 0.45 to 2.60).

Source UK Medicines Information Service [Read UKMi comment](#)

[St John's wort blights contraceptive](#)

18 March 2014, 09:11:52

Women on hormonal contraceptives such as the pill are being warned that they could fall pregnant if they take St John's wort because the herbal remedy can have an unwanted interaction.

Source : BBC News

Local news: []

Other relevant bulletins – in order to avoid duplication we leave DH and NICE publication to Public Health Awareness Bulletins.

Other South East Public Health news update services:

Title	Focus areas	Contact details/ Website
NICE Public Health Awareness Bulletins:	A monthly update containing national public health news and information from NICE.	https://www.evidence.nhs.uk/about-evidence-services/bulletins-and-alerts/whats-new-in-public-health/public-health-bulletin-archive
Health Intelligence bulletin	Fortnightly email update containing public health news, publications and information from government and other relevant websites.	Jill Rutland Kent & Medway Public Health Network jill.rutland@nhs.net