

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 21st January 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

[Scottish pubs urged to offer 125ml wine measures](#)

21 January 2014

Scotland's bars and pubs are being urged to promote the sale of smaller measures of wine. Public Health Minister Michael Matheson said 125ml measures should be made more widely available.

[First motorway pub opens at Beaconsfield amid criticism](#)

21 January 2014

The first pub at a motorway services has opened in Buckinghamshire. Pub developer JD Wetherspoon said its restaurant and bar began offering alcohol at junction two of the M40 at Beaconsfield on Tuesday morning.

Chronic conditions

[NHS England predicts London cancer patients 'will double by 2030'](#)

21 January 2014

The number of people with cancer in London is expected to double by 2030, according to NHS England.

[UK gout rates rise 30%](#)

16 January 2014

"Britain is the gout capital of Europe with one in 40 people affected by the condition," the Daily Mirror reports.

[More Brits than ever are living with cancer](#)

14 January 2014

"UK's annual cancer diagnosis numbers rise by 50,000 in a decade," reports The Guardian.

Diet & nutrition

[UK Scientific Advisory Committee on Nutrition to debate recommended sugar levels](#)

20 January 2014

The UK dietary recommendation is that sugar should make up no more than 10% of daily calorie intake (this includes added sugar and free sugars in fruit juices and honey).

['Out-of-Home' section is hampering salt reduction plan](#)

20 January 2014

The British government has criticised the out-of-home sector lack-luster response to the Responsibility Deal. The deal which was chiefly aimed at at supermarkets and brands to bring down the salt in their products has seen a lack of interest from other sectors, in particular the catering sector.

[Changes in Eating Patterns and Diet Quality Among Working-Age Adults, 2005-2010](#)

January 17 2014

This study analyzes how improvements in dietary quality among working-age adults from 2005 to 2010 may be related to reduced consumption of food away from home.

[Is sugar the cause of our obesity epidemic?](#)

15 January 2014

Sugar hit the headlines last week when the Daily Mail and The Independent led with the quote "Sugar is the new tobacco". Many news outlets focused on a reported link between high sugar consumption and the rise in obesity and diabetes.

[How safe is your food?](#)

14 January 2014

A new Which? investigation reveals that, a year on from the horsemeat scandal, there's a huge variation in the levels of food standards nationally, with some authorities struggling to ensure their local businesses comply with hygiene rules.

[A small amount of coffee 'will not dehydrate you'](#)

10 January 2014

"Coffee is 'as hydrating' as drinking water," is the claim in the Daily Express. It reports on a new study suggesting that moderate coffee consumption does not dehydrate the body, as some had previously thought.

Environmental health

[News story: Flood alerts and warnings remain in place in Southern England](#)

15 January 2014

In Dorset, South Wiltshire, Somerset and along the Thames the risk of flooding from groundwater and rivers remains high.

Health services administration

[Inspection programme to improve the quality of dementia care](#)

21 January 2014

From now until February 2014 [the CQC] will inspect hospitals and care homes in 22 local authority areas as part of a new programme of inspection.

Infant & child health

[Broad public health intervention could be the most effective method of tackling childhood obesity](#)

21 January 2014

Researchers at the University of Manchester have been investigating the best methods of tackling childhood obesity. Researcher Michael Bourke believes a holistic approach that covers a broad spectrum of a child's life would be of the greatest benefit to children.

[Spoon-feeding link to child obesity 'not proven'](#)

8 January 2014

"Spoon-fed babies more likely to be overweight," reports The Independent. The study the news comes from found an association between feeding techniques and weight gain, although many other factors may also be involved.

Men's health

[Football 'can tackle male obesity'](#)

21 January 2014

Football participation is a good way to get men to slim down, a Scottish study published in The Lancet shows.

Mental health

[Tune into dementia](#)

16 January 2014

Film produced by Inspired Youth aims to raise awareness around dementia with young people and support York's bid to become dementia friendly.

[US recession saw more Google stress searches](#)

10 January 2014

"Google searches for stress-related illnesses rose during the recession," the Mail Online reports. The news comes from research looking at how US Google search trends for health complaints changed during the period researchers dubbed the "Great Recession".

Obesity

[Report warns of a looming UK obesity crisis](#)

13 January 2014

"Estimates that half the UK population will be obese by 2050 "underestimate" the problem, a report has claimed," according to BBC News, while the Daily Mail describes how a "bombshell report reveals true scale of crisis" around the nation's bulging waistlines.

Physical activity

[Being more active can help ease the aging process](#)

16 January 2014

Researchers at Kansas State University have found that being inactive for large portions of the day can greatly increase the risk of a number of chronic diseases.

Sexual health

[Fertility and women aged over 35](#)

17 January 2014

There has been a lot in the news today about fertility and questioning whether women are leaving having children too late.

Smoking

[Hospitals in Scotland ban e-cigarettes](#)

20 January 2014

E-cigarettes have been banned from all hospital premises in Scotland. A spokesperson for NHS Greater Glasgow & Clyde said: "The use of e-cigarettes in NHS grounds perpetuates the idea smoking is acceptable in public health areas." Many local authorities have also banned e-cigarettes and Glasgow City Council look likely to follow.

[Second hand smoke exposure leads to hospital readmissions in asthmatic children](#)

20 January 2014

Researchers have investigated the relationship between tobacco smoke exposure and hospital re-admissions of asthmatic children within a year. Nearly 800 children aged 1-16 years old with asthma participated in the study.

[The Health Consequences of Smoking-50 Years of Progress: A Report of the Surgeon General, 2014](#)

20 January 2014

Major conclusions from the above report include: The century-long epidemic of cigarette smoking has caused an enormous avoidable public health tragedy. Since the first Surgeon General's report in 1964 more than 20 million premature deaths can be attributed to cigarette smoking; The tobacco epidemic was initiated and has been sustained by the aggressive strategies of the tobacco industry, which has deliberately misled the public on the risks of smoking cigarettes; and The disease risks from smoking by women have risen sharply over the last 50 years and are now equal to those for men for lung cancer, chronic obstructive pulmonary disease, and cardiovascular diseases.

[A tobacco-free future: an all-island report on tobacco, inequalities and childhood](#)

17 January 2014

The central aim of the report is to contribute to knowledge on the exposure of children to the harmful effects of tobacco smoke at various stages of their development. The findings of the report can support policy makers and service providers in their efforts to make tobacco-free childhoods a reality on the island of Ireland.

Social & economic issues

[Night work 'throws body into chaos'](#)

21 January 2014

Doing the night shift throws the body "into chaos" and could cause long-term damage, warn researchers. Shift work has been linked to higher rates of type 2 diabetes, heart attacks and cancer.

[Heavy drinking in middle age may lead to quicker cognitive decline](#)

20 January 2014

New research from University College London has found that heavy drinking may lead to faster cognitive decline later in life.

[Health charities publicly criticise football teams for unhealthy sponsors](#)

20 January 2014

European Healthy Stadia Network and Children's Food Campaign are among a group of health charities that have vocalised their disapproval of the new unions of Liverpool FC with Dunkin Donuts and Manchester City with Jaguar Energy Drink.

[Risk of diabetes and obesity could be lowered by living in densely populated neighbourhoods](#)

20 January 2014

Researchers at St. Michael's hospital in Toronto have found the area a person lives can dramatically affect their risk of diabetes and obesity.

Women's health

[PIP breast implant scandal: Compensation ruling upheld](#)

21 January 2014

A French appeal court has upheld a landmark ruling to grant compensation to some 1,700 women who were fitted with defective breast implants.

[Women who spend too long sitting may die earlier](#)

17 January 2014

"Why sitting for too long can be deadly for older women... even if they go to the gym," reports the Mail Online.

[Women over 50 warned not to skip smear tests](#)

15 January 2014

"Women aged 50 and older are being warned of the dangers of skipping smear tests," BBC News reports, as a UK study into the impact of cervical cancer screening found that our current screening practices seem to work.

Workplace health

[Health and safety law poster – reminder to display new version by April 2014](#)

21 January 2014

The new 2009 health and safety law poster replaces the version published in April 1999 and must be displayed from 5 April 2014. As well as a download, the new 2009 leaflet is also available as a pocket card and replaces the leaflet published in 1999.

[Pneumonia vaccination for employees exposed to welding and metal fume](#)

14 January 2014

Guidance to employers who are considering offering the pneumonia vaccine (PPV) for employees exposed to welding or metal fume who may be at risk of pneumococcal lobar pneumonia.

[Managing health and safety in civic amenity sites](#)

8 January 2014

This guidance gives advice about health and safety management at household waste and recycling centres.

Local news: Hampshire

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

Other National and Regional Public Health news update services:		
Title	Focus areas	Contact details/ Website
Public Health England Bulletin	Information from Public Health England.	https://www.gov.uk/government/organizations/public-health-england/series/phe-bulletin
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	Jill Rutland Kent & Medway Public Health Network jill.rutland@nhs.net

	government and other relevant websites.	
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