



## Public Health Bulletin. 27th May 2014

Produced by NHS libraries in Thames Valley and Wessex.

Please find below a list of news items, from the past fortnight, in reverse date order by topic, that may be of interest to those involved in public health.

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 Wessex Public Health Network website at:

<http://www.wessexphnetwork.org.uk/resources/public-health-updates.aspx>

### Alcohol misuse

#### [Treatment providers fear that growing focus on alcohol harm won't be matched by funding](#)

Friday 23<sup>rd</sup> May 2014      Source: Alcohol Concern <http://www.alcoholconcern.org.uk/>

Local authorities are expecting the proportion of the substance misuse budget that is spent on alcohol to either increase or stay the same, reflecting a greater prioritisation of alcohol according to an interim report by Alcohol Concern.

#### [Could a single booze binge harm your health?](#)

Monday 19<sup>th</sup> May 2014      Source: NHS Choices      <http://www.nhs.uk/>

"Four glasses of wine is enough to harm your health, scientists say," reports The Independent. A study has found that just a small amount of alcohol can cause harmful bacteria to leak from the gut into the blood.

### Black and ethnic minority groups

#### [Policy Exchange - Ethnic minorities will make up a third of Britain by 2050](#)

Monday 12<sup>th</sup> May 2014      Source: Policy Exchange      [www.policy-exchange.org.uk](http://www.policy-exchange.org.uk)

A Portrait of Modern Britain reveals that the five largest distinct Black and Minority Ethnic (BME) communities could potentially double from 8 million people or 14% of the population to between 20-30% by the middle of the century.

### Chronic conditions

#### [Two meals a day 'effective' to treat type 2 diabetes](#)

Friday 16<sup>th</sup> May 2014      Source: BBC Health      [www.bbc.co.uk](http://www.bbc.co.uk)

Researchers in Prague fed two groups of 27 people the same calorie diet spread over two or six meals a day. The study supported "existing evidence" that fewer,

larger meals were more effective at managing type 2 diabetes than eating smaller, more regular meals.

### [Muscular dystrophy drug approval 'recommended' in EU](#)

Saturday 24th May 2014 Source: BBC Health [www.bbc.co.uk](http://www.bbc.co.uk)

Translarna, a drug which treats a particular form of Duchenne muscular dystrophy has been given the green light by the European Medicines Agency and could be available in the UK in six months.

## **Communicable diseases**

### [The brave new world of DIY faecal transplant](#)

Tuesday 27<sup>th</sup> May 2014 Source: BBC Health [www.bbc.co.uk](http://www.bbc.co.uk)

Clostridium difficile is an obnoxious microbe, usually kept in check by other bacteria in our guts. Even though antibiotics cause the disease, most patients are cured by more antibiotics but for some, the problem returns after every course of drugs. There is growing recognition that faecal transplant is the best way to treat patients like these.

### [Brazil 2014: World Cup dengue fever risk predicted](#)

Saturday 17th May 2014 Source: BBC Health [www.bbc.co.uk](http://www.bbc.co.uk)

Scientists have developed an "early warning system" to alert authorities to the risk of dengue fever outbreaks in Brazil during the World Cup. Three venues have the right conditions to harbour a large outbreak which would be capable of infecting visitors and spreading dengue back to their country of origin.

### [MRSA: Hospital superbug 'shared with pets'](#)

Thursday 22nd May 2014 Source: BBC Health [www.bbc.co.uk](http://www.bbc.co.uk)

MRSA may spread between animals at veterinary clinics in a similar way to hospital infections and can very rarely pass between pets and their owners.

### [Experts' anger over 'invisible' rabies death toll](#)

Tuesday 27th May 2014 Source: BBC Health [www.bbc.co.uk](http://www.bbc.co.uk)

A shortage of funds for vaccinating dogs is costing the lives of tens of thousands of children worldwide every year.

## **Diet & nutrition**

### [Study discovers secret of the Mediterranean diet](#)

Tuesday 20th May 2014 Source: NHS Choices <http://www.nhs.uk/>

"The combination of olive oil and leafy salad or vegetables is what gives a Mediterranean diet its healthy edge," BBC News reports. A new study, on mice, examined nitro fatty acids which scientists believe may be created as chemicals in olive oil and fish combine with chemicals in vegetables.

### [New National Diet and Nutrition Survey shows UK population is eating too much sugar, saturated fat and salt](#)

Wednesday 14th May 2014

Source: Public Health England

<https://www.gov.uk/government/organisations/public-health-england>

The latest National Diet and Nutrition Survey (NDNS) data released by Public Health England (PHE) shows that overall the population is still consuming too much saturated fat, added sugars and salt and not enough fruit, vegetables, oily fish and fibre.

### **Olive oil could cut risk of heart disease**

Wednesday 14th May 2014 Source: British Heart Foundation [www.bhf.org.uk](http://www.bhf.org.uk)

A study has found increasing extra virgin olive oil consumption by 10g a day could cut the risk of cardiovascular death and heart disease by as much as 10 per cent.

## **Disability**

### **Half of GP surgeries providing patients with medical evidence for ESA appeals charge a fee**

Wednesday 14<sup>th</sup> May 2014 Source: Citizens Advice Bureau

<http://www.citizensadvice.org.uk/>

61% of GP surgeries charge people appealing 'fit for work' decisions between £10 and £50 for medical evidence when appealing against Work Capability Assessments (WCA) decisions.

### **Learning disabilities Complain for Change campaign kicks off**

Tuesday 13<sup>th</sup> May 2014 Source: Parliamentary and Health Service Ombudsman

<http://www.ombudsman.org.uk/>

The recently launched "Complain for Change" campaign aims to provide simple and accessible information for people with a learning disability in GP practices on how to make a complaint.

## **Drug Misuse**

### **Opiate and crack use continues to fall, alongside significant decrease in injecting**

Wednesday 21<sup>st</sup> May 2014 Source: Public Health England

<https://www.gov.uk/government/organisations/public-health-england>

There has been a 10% fall in the number of opiate and crack users since 2004 and a significant fall in the number of people injecting these drugs.

### **UN warns of unprecedented growth in synthetic drugs**

Tuesday 20<sup>th</sup> May 2014 Source: BBC Health [www.bbc.co.uk](http://www.bbc.co.uk)

Uncontrolled synthetic drugs such as methamphetamines and so-called "legal highs" are undergoing an "unprecedented global expansion", the UN has warned. Nearly 350 new psychoactive substances (NPS) have been identified which can often be as dangerous as more common drugs.

### **Doctors 'powerless' to treat UK users of legal highs**

Tuesday 20<sup>th</sup> May 2014 Source: BBC Health [www.bbc.co.uk](http://www.bbc.co.uk)

Unprecedented numbers of UK drug users are taking new and duped psychoactive substances without knowing exactly what's in them according to a United Nations report. Medical staff are "powerless" to help people when users are unable to identify what they had taken.

### **[ChildLine: Dealing with addiction 'has been my life'](#)**

Friday 16<sup>th</sup> May 2014 Source: BBC Newsbeat Health  
<http://www.bbc.co.uk/newsbeat/health>

The number of children phoning Childline because they are worried about their parents' drink and drug habits has doubled.

## **Environmental health**

### **[Campers reminded of barbeque carbon monoxide risk](#)**

Friday 23<sup>rd</sup> May 2014 Source: Public Health England  
<https://www.gov.uk/government/organisations/public-health-england>

With the bank holiday approaching, campers are reminded never to take barbeques inside their tents because of the risk of carbon monoxide poisoning.

### **[UK cities becoming mosquito-friendly habitats](#)**

Wednesday 21<sup>st</sup> May 2014 Source: BBC Health [www.bbc.co.uk](http://www.bbc.co.uk)

Warmer ambient temperatures and more water containers in gardens are providing ideal habitats for mosquitoes increasing the chances of a potential outbreak of conditions such as malaria and West Nile virus in the future.

## **Health promotion**

### **[Trust your doctor, not Wikipedia, say scientists](#)**

Tuesday 27<sup>th</sup> May 2014 Source: BBC Health [www.bbc.co.uk](http://www.bbc.co.uk)

Wikipedia, the online encyclopaedia, contains errors in nine out of 10 of its health entries, and should be treated with caution, a study has said.

### **[Top end suncreams fail SPF test as cheaper lotions pass](#)**

Friday 16<sup>th</sup> May 2014 Source: BBC Health [www.bbc.co.uk](http://www.bbc.co.uk)

Which?, the consumer watchdog, have found three suncreams, including some of the most expensive on the market, offer lower factor protection than the SPF written on the bottle.

### **[HPV vaccination programme schedule changing from 3 to 2 doses](#)**

Wednesday 14<sup>th</sup> May 2014 Source: Public Health England  
<https://www.gov.uk/government/organisations/public-health-england>

The human papillomavirus (HPV) vaccination programme is currently offered to girls aged 12 to 13 in school year 8. From September 2014, the schedule will change from 3 to 2 doses.

## Health services administration

### [Hospital admissions cut plan 'risky'](#)

Friday 23<sup>rd</sup> May 2014      Source: BBC Health [www.bbc.co.uk](http://www.bbc.co.uk)

Health researchers have warned that a £3.8bn scheme to cut hospital admissions and treat more people at home is risky, "overly optimistic", and could even lead to more hospital admissions.

### [GPs say no to charging patients](#)

Thursday 22<sup>nd</sup> May 2014      Source: BBC Health [www.bbc.co.uk](http://www.bbc.co.uk)

Calls to charge patients for GP visits in the UK have been rejected by family doctors at the British Medical Association's annual GP conference in York. Delegates voted against the idea, but warned that services were being stretched so much that care was being put at risk.

### [Most patients 'right to go to A&E'](#)

Thursday 22<sup>nd</sup> May 2014      Source: BBC Health [www.bbc.co.uk](http://www.bbc.co.uk)

The College of Emergency Medicine review of more than 3,000 patients found only 15% could have been treated in the community. It said the expectation that large numbers of visits to A&E could be saved was likely to be wrong, and it was important to take other steps to relieve pressures.

### [eHealth must foster inclusion and solidarity](#)

Tuesday 13<sup>th</sup> May 2014      Source: European Public Health Alliance  
<http://www.epha.org/>

Coinciding with the opening of the 2014 eHealth forum in Athens held under the Greek Presidency, EPHA highlights the necessity that eHealth solutions must meet the needs of all end users including individuals with specific health conditions and their carers, vulnerable groups, and health providers.

## HIV & AIDS

### [An HIV-positive teenager is campaigning online for better education about the virus in English schools](#)

Tuesday 20<sup>th</sup> May 2014      Source: BBC Newsbeat Health  
<http://www.bbc.co.uk/newsbeat/health>

HIV charity Terrence Higgins Trust says the topic is only raised in science lessons and many pupils miss out.

## Infant & child health

### [Child sight loss on increase, says Blind Children UK](#)

Tuesday 27<sup>th</sup> May 2014      Source: BBC Health [www.bbc.co.uk](http://www.bbc.co.uk)

Blind Children UK estimates the number of babies born with sight difficulties as a result of being premature has risen 22% over the past decade to more than 1,800 a

year. Delays in diagnosis are leaving children unnecessarily impaired and the organization is aiming to raise awareness of the warning signs that parents should watch for.

### **Kidney dialysis machine 'miniaturised' for babies**

Friday 23<sup>rd</sup> May 2014 Source: BBC Health [www.bbc.co.uk](http://www.bbc.co.uk)

Italian scientists have designed a miniaturised dialysis machine specifically to treat babies with kidney failure, which they say could improve treatment. UK experts warn dialysis is still very challenging, even with new equipment.

### **Mobile phone child health risk investigation**

Tuesday 20<sup>th</sup> May 2014 Source: BBC Health [www.bbc.co.uk](http://www.bbc.co.uk)

A major investigation into whether mobile phones and other wireless technologies affect children's mental development will look at 2,500 11- and 12-year-olds' thinking skills, memory and attention in September and then repeat the tests in 2017.

### **Vaccines not linked with autism, study finds**

Tuesday 20<sup>th</sup> May 2014 Source: NHS Choices <http://www.nhs.uk/>

A new study involving more than a million children found no evidence of a link between childhood vaccines and autism or autism spectrum disorder.

## **Mental health**

### **Self-harm rate triples among teenagers in England**

Wednesday 21<sup>st</sup> May 2014 Source: BBC Newsbeat Health  
<http://www.bbc.co.uk/newsbeat/health>

The report "Health Behaviour in School-Aged Children" (HBSC), produced in conjunction with the World Health Organisation, has revealed that 20% of the 15-year-olds questioned had hurt themselves in the previous year.

### **Investing in projects supporting mental health conditions**

Thursday 16<sup>th</sup> May 2014 Source: Sport England <http://www.sportengland.org/>

Sport England's Our Inclusive Sport fund has invested over £170 million into sport provision for disabled people including people with mental health conditions.

### **Psychiatric patients to receive physical health checks**

Thursday 15<sup>th</sup> May 2014 Source: BBC Health [www.bbc.co.uk](http://www.bbc.co.uk)

Psychiatric patients die from physical health problems around 15 years earlier than the general population. Mental health trusts are to be paid for carrying out assessments of their physical condition and lifestyle, with the aim of cutting the number who die from heart, liver and lung disease in particular.

### **A MOD partnership mental health team has been recognised for their efforts in supporting our armed forces and their families.**

Wednesday 14<sup>th</sup> May 2014 Source: Ministry of Defence  
[www.gov.uk/government/organisations/ministry-of-defence](http://www.gov.uk/government/organisations/ministry-of-defence)

Veterans First, were recently recognised for the fantastic work they do in supporting our armed forces when they were presented with the mental health award at the Nursing Standard Nurse Awards on Friday, 9 May.

### [Mental health awareness app for veterans](#)

Monday 12<sup>th</sup> May 2014      Source: Ministry of Defence

<https://www.gov.uk/government/organisations/ministry-of-defence>

Following the successful launch of the innovative Joining Forces mental health awareness app for serving military personnel, a similar app is now also available for veterans. Features include videos of veterans telling their own stories.

## **Obesity**

### [Night-eating syndrome 'is real', study suggests](#)

Friday 23<sup>rd</sup> May 2014      Source: BBC Health

[www.bbc.co.uk](http://www.bbc.co.uk)

Night-eating syndrome, which affects 1-2% of people, has recently been classified as an eating disorder, but the cause is unknown. Signs include waking in the night and being unable to go back to sleep without eating, often unhealthy food, leading to weight gain and sometimes obesity.

### [Health experts asked how Government can tackle obesity](#)

Tuesday 13<sup>th</sup> May 2014      Source: Lords Science & Technology Committee

<http://www.parliament.uk/business/committees/committees-a-z/lords-select/science-and-technology-committee/>

The Committee has been looking at whether or not Government interventions tackling obesity have been successful. Topics discussed include: how the balance should be struck between 'nudging' and measures such as taxation, and whether the transfer of responsibility of public health from central to local government has made any difference.

## **Older people**

### [Call for new policy focus on brain health to reduce the risk of dementia](#)

Tuesday 20<sup>th</sup> May 2014      Source: Public Health England

<https://www.gov.uk/government/organisations/public-health-england>

Action to tackle smoking, drinking, sedentary behaviour and poor diet could reduce the risk of dementia in later life alongside other conditions such as heart disease, stroke and many cancers, according to a consensus statement released by 59 organisations and experts from across the dementia and public health community.

### [End-of-life care 'deeply concerning'](#)

Thursday 15<sup>th</sup> May 2014      Source: BBC Health [www.bbc.co.uk](http://www.bbc.co.uk)

A review of the standards of care given to people dying in hospital in England is "deeply concerning". The audit found communication was poor and only a fifth of hospitals provided specialist end-of-life care seven days a week - 10 years after this was recommended.

### [Older people suffering in silence](#)

Tuesday 13<sup>th</sup> May 2014 Source: PHSO <http://www.ombudsman.org.uk/>

PHSO casework has revealed that older people are less likely to complain, even though they are some of the most frequent users of the NHS.

### [RoSPA opens new skills training centre for the healthcare and manufacturing sectors](#)

Thursday 15<sup>th</sup> May 2014 Source: RoSPA <http://www.rospace.com/>

RoSPA has opened a new practical training centre to provide hands-on learning experiences for workers in the healthcare and manufacturing sectors.

## Screening

### [Cancer Research UK - 70 per cent take part in bowel screening but not enough do it regularly](#)

Monday 12<sup>th</sup> May 2014 Source: Cancer Research <http://www.cancerresearchuk.org/>

New research published in the journal "Gut" shows that only 40% of people return all three bowel screening kits, and people from more deprived backgrounds are less likely to do so than people from more affluent backgrounds.

## Sexual health

### [Premature ejaculation 'doesn't just upset men'](#)

Thursday 22<sup>nd</sup> May 2014 Source: NHS Choices <http://www.nhs.uk/>

A new study has assessed the psychological impact of premature ejaculation on women and found a significant relationship between the importance of ejaculatory control and the women's "distress".

### [Prostate cancer linked to common STI](#)

Wednesday 21<sup>st</sup> May 2014 Source: NHS Choices <http://www.nhs.uk/>

Researchers have found evidence of a link between the cancer and trichomoniasis – a common parasite that is passed on during unprotected sexual contact. Further research will be required as it could be the case that trichomoniasis is just one of a series of risk factors rather than a single definitive cause.

## Smoking

### [E-cigarettes 'help smokers to quit'](#)

Tuesday 20<sup>th</sup> May 2014 Source: BBC Health [www.bbc.co.uk](http://www.bbc.co.uk)

Smokers who use e-cigarettes to quit are more likely to succeed than those who use willpower alone or buy nicotine replacement therapies, such as patches or gum, a study suggests.

### [Public Health England publishes independent evidence papers on e-cigarettes](#)

Thursday 15<sup>th</sup> May 2014 Source: Public Health England  
<https://www.gov.uk/government/organisations/public-health-england>

Two evidence papers commissioned from leading academics have been published to coincide with the national Symposium: 'Electronic cigarettes and tobacco harm reduction'. The papers examine the risks and opportunities of e-cigarettes

## Social & economic issues

### Arrogance' of ignoring need for sleep

Monday 12th May 2014 Source: BBC Health [www.bbc.co.uk](http://www.bbc.co.uk)

Scientists from Oxford, Cambridge, Harvard, Manchester and Surrey universities warn cutting sleep is leading to "serious health problems" such as cancer, heart disease, type-2 diabetes, infections and obesity . They conclude that people and governments need to take the problem seriously.

## Local news: []

Other relevant bulletins – in order to avoid duplication we leave Department of Health 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.  | <a href="https://www.evidence.nhs.uk/about-evidence-services/bulletins-and-alerts/whats-new-in-public-health/public-health-bulletin-archive">https://www.evidence.nhs.uk/about-evidence-services/bulletins-and-alerts/whats-new-in-public-health/public-health-bulletin-archive</a> |
| Health Intelligence bulletin                        | Fortnightly email update containing public health news, publications and information from government and other relevant websites. | Jill Rutland<br>Kent & Medway Public Health Network<br><a href="mailto:jill.rutland@nhs.net">jill.rutland@nhs.net</a>   |

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