



Public Health Bulletin. 24 Jun 2014

Produced by NHS libraries in Thames Valley and Wessex.

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 24th June 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 Wessex Public Health Network website at:

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

Alcohol misuse

[Shops in Newcastle are requested to stop selling super-strength lager](#)

18th June 2014 Source: UK Health Forum <http://www.ukhealthforum.org.uk/>

The Riverside East Neighbourhood Policing Team have requested shops in the area to sign up to a scheme in which they would stop selling super-strength beers and ciders.

[Minimum alcohol pricing gets new life with renewed push from BMA Scotland](#)

18th June 2014 Source: UK Health Forum <http://www.ukhealthforum.org.uk/>

BMA Scotland is attempting to get the government to implement the Alcohol (Minimum Pricing) (Scotland) Act it passed in 2012 after a recent survey found that a 41 per cent of the Scottish public were in favour of the act. 35 per cent opposed it.

Chronic conditions

[One in three adults in England 'has prediabetes'](#)

10th June 2014 Source: NHS Choices <http://www.nhs.uk/>

"One in three adults in England 'on cusp' of diabetes," BBC News and others report. The media reports are based on a study that estimated that 35.3% of adults in the UK now have prediabetes (also known as borderline diabetes).

[High-factor sunscreen doesn't cut melanoma risk](#)

12th June 2014 Source: NHS Choices <http://www.nhs.uk/>

“High-factor sun cream cannot...protect against the deadliest form of skin cancer,” The Guardian reports.

'Bionic' pancreas could be used to treat diabetes

16th June 2014

Source: NHS Choices <http://www.nhs.uk/>

“An artificial pancreas could allow thousands of diabetes patients to live normal lives,” the Mail Online reports.

Can a 'microwave helmet' really detect strokes?

17th June 2014

Source: NHS Choices <http://www.nhs.uk/>

“Microwave helmet ‘can spot a stroke’,” reports BBC News.

Prediabetic people could reduce their cholesterol levels through fasting

17th June 2014

Source: UK Health Forum <http://www.ukhealthforum.org.uk/>

Researchers from the Intermountain Medical Center in Utah have found that after 10 to 12 hours of fasting the body begins to scavenge for sources of energy.

Aspirin 'not best' for preventing heart problem

18th June 2014

Source: BBC www.bbc.co.uk

Doctors should use newer medications rather than aspirin to treat a common heart problem, say new guidelines for the NHS in England and Wales.

Diabetes gene 'raises risk tenfold'

19th June 2014

Source: BBC www.bbc.co.uk

A genetic susceptibility that gives a tenfold increased risk of developing type 2 diabetes has been discovered.

Sharp rise in skin and liver cancer across England

19th June 2014

Source: BBC www.bbc.co.uk

The numbers of people diagnosed with skin cancer and liver cancer have risen sharply in England.

One in four do not survive melanoma beyond 5 years

20th June 2014

Source: Public Health England

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

Pilot campaign in the Devon, Cornwall and Somerset area urges people to recognise key signs of skin cancer

Communicable diseases

[Making mosquitoes male may manage malaria](#)

11th June 2014

Source: NHS Choices <http://www.nhs.uk/>

"Mosquitoes modified to only give birth to males in bid to wipe out malaria," The Daily Telegraph reports after new research has found an innovative way of tackling the global problem of malaria.

[Bird flu 'danger zones' mapped](#)

18th June 2014

Source: BBC www.bbc.co.uk

The "danger zones" in Asia which are vulnerable to a deadly bird flu have been mapped by scientists.

Diet & nutrition

[Tomato extract's heart effects exaggerated](#)

10th June 2014

Source: NHS Choices <http://www.nhs.uk/>

"Ketchup with everything: tomato sauce helps fight heart disease," is the misleading headline in The Daily Telegraph.

[Department of Health denies that ministers will consider sugar tax](#)

10th June 2014

Source: UK Health Forum <http://www.ukhealthforum.org.uk/>

A Department of Health spokesman has stated that ministers will not be considering instituting a sugar tax.

[Red meat consumption linked to breast cancer](#)

11th June 2014

Source: NHS Choices <http://www.nhs.uk/>

"Eating a lot of red meat in early adult life may slightly increase the risk of breast cancer," BBC News reports.

[Fried food twice per week limit in school meals](#)

17th June 2014

Source: BBC www.bbc.co.uk

School meals in England will have to include at least one portion of vegetables a day - and no more than two portions of fried food each week.

[Lack of public knowledge allows marketers to mislead consumers with food labels](#)

18th June 2014

Source: UK Health Forum <http://www.ukhealthforum.org.uk/>

Researchers from Huston University have found that terms like 'gluten-free', 'natural', 'wholegrain' and 'antioxidant' were able to trick the brain into disregarding unhealthy ingredients

Disability

[Exoskeleton helps paralysed patients to walk again](#)

13th June 2014

Source: BBC www.bbc.co.uk

A cutting-edge exoskeleton designed by a Brazilian neuroscientist has been featured as part of the 2014 Fifa World Cup opening ceremony.

Drug Misuse

[Long-term addicts 'should be prescribed heroin'](#)

18th June 2014

Source: BBC www.bbc.co.uk

Medical heroin should be prescribed to long-term addicts to prevent them causing harm to themselves and others, a German doctor has said.

[Khat ban: Why is it being made illegal?](#)

21st June 2014

Source: BBC www.bbc.co.uk

The leafy plant khat, which acts as a stimulant when chewed, is about to become a banned class C drug in the UK. But how big a problem is it and why are ministers making it illegal?

Environmental health

[Warning issued over washing raw chicken](#)

16th June 2014

Source: NHS Choices <http://www.nhs.uk/>

"Don't wash chicken before cooking it, warns Food Standards Agency," The Guardian reports.

['Diseased meat could go undetected' due to rule change](#)

17th June 2014

Source: BBC www.bbc.co.uk

More diseased meat could end up in sausages and pies because of changes to safety checks in slaughterhouses, hygiene inspectors have warned.

[Polio virus sample found at Brazil airport](#)

23rd June 2014

Source: BBC www.bbc.co.uk

A strain of the polio virus has been found at an international airport in Brazil, but there are no human cases, the World Health Organization has said.

Health protection

MMR jab unlikely to harm young babies

20th June 2014

Source: NHS Choices <http://www.nhs.uk/>

A young couple's baby was given the MMR jab by mistake "potentially putting her life at risk", The Daily Telegraph website reports misleadingly.

Health services administration

'Serious failings' at Sittingbourne GP practice

11th June 2014

Source: BBC <http://www.bbc.co.uk/>

Patients at a GP surgery in Kent are at "unacceptable levels of risk", the Care Quality Commission (CQC) has said.

Second hospital feed baby dies

12th June 2014

Source: BBC <http://www.bbc.co.uk/>

A second baby given suspected contaminated hospital feed has died, according to Public Health England.

Hip replacement cement linked with deaths

13th June 2014

Source: NHS Choices <http://www.nhs.uk/>

"Toxic NHS hip implants blamed for more than 40 deaths," The Daily Telegraph reports. Other media sources similarly report how surgical "cement" used in some hip replacements has been linked to the deaths.

Out-of-hours concerns highlighted in Southern Health Trust report

16th June 2014

Source: BBC <http://www.bbc.co.uk/>

An out-of-hours GP who works in Craigavon Area Hospital has described it as like "walking into hell".

Baby ashes report: Lord Bonython recommends new laws

17th June 2014

Source: BBC <http://www.bbc.co.uk/>

A report into the cremation of babies has recommended new laws and guidelines to protect bereaved families.

HIV & AIDS

Older HIV patients 'need more support'

15th June 2014

Source: BBC www.bbc.co.uk

The older generation of people with HIV need better support to keep them well, nurses say.

Infant & child health

Possible pesticide link to autistic disorders

23rd June 2014

Source: NHS Choices <http://www.nhs.uk/>

“Pregnant women who live near fields sprayed with pesticides can run more than three times the risk of having a child with autism,” the Mail Online reports.

Mental health

Samaritans suicide charity calls in five year high

10th June 2014

Source: BBC www.bbc.co.uk

Money worries are blamed as a key cause of suicidal feelings as the Samaritans in Wales report their highest number of calls for five years.

Recession 'led to 10,000 suicides'

12th June 2014

Source: BBC www.bbc.co.uk

The economic crisis in Europe and North America led to more than 10,000 extra suicides, according to figures from UK researchers.

'Don't just screen, intervene': improved guidance to improve the health of people living with a mental illness

13th June 2014

Source: Public Health England

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

The updated Lester Tool is part of PHE's work to support people to live well for longer.

Truss: Pupils in poor mental health 'not troublemakers'

16th June 2014

Source: BBC www.bbc.co.uk

Too many young people with unmet mental health needs are unfairly labelled as troublemakers, says the Education Minister, Elizabeth Truss.

Building on the National Dementia Strategy: Change, progress and priorities

18th June 2014

Source: UK Health Forum <http://www.ukhealthforum.org.uk/>

This is the 2014 report from the All-Party Parliamentary Group on Dementia.

New Mental Health Dementia and Neurology Intelligence Networks

18th June 2014

Source: Public Health England

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

PHE launches a new health intelligence network in partnership with NHS England, supported by the Department of Health and key stakeholders.

[Dementia progress 'achingly slow' says global envoy](#)

19th June 2014

Source: BBC www.bbc.co.uk

Progress on research and treatment for dementia has been "achingly slow", an expert says ahead of a London summit.

[Antidepressant suicide warnings 'backfired'](#)

19th June 2014

Source: BBC www.bbc.co.uk

"Antidepressant suicide warnings 'may have backfired'," BBC News reports.

[Stress 'causes damage to the heart,' study finds](#)

23rd June 2014

Source: NHS Choices <http://www.nhs.uk/>

"Stress is already known to be bad for the heart, but now scientists have discovered why it is so harmful," The Times reports.

[Mental health services 'a car crash'](#)

24th June 2014

Source: BBC www.bbc.co.uk

Mental health services in England are "a car crash" and the health secretary is not taking the problems seriously, according to the outgoing president of the Royal College of Psychiatrists.

Obesity

[Women with weight problems more impulsive than normal](#)

17th June 2014

Source: UK Health Forum <http://www.ukhealthforum.org.uk/>

Research undertaken at the University of Luxembourg has found that women with weight problems are more likely to be impulsive in a food-related psychology test than women with no such problem.

[Family wellness programs help treat obesity in children in real-world setting](#)

18th June 2014

Source: UK Health Forum <http://www.ukhealthforum.org.uk/>

Dr. Paula Lonzano has found that behavioural treatments for overweight or obese children are effective but normally require regular one-on-one meetings with a trained health coach.

[To reduce obesity and diabetes, create more walkable neighbourhoods](#)

18th June 2014

Source: UK Health Forum <http://www.ukhealthforum.org.uk/>

A study presented at the American Association's Scientific Sessions has found areas

that are more conducive to walking had less obese or diabetic residents compared with areas which were more auto-dependent.

[Health group calls for 'sugar tax' to cut child obesity](#)

22nd June 2014

Source: BBC www.bbc.co.uk

A "sugar tax" should be introduced by the UK government to help curb obesity in childhood, a campaign group says.

Older people

['Identify people living in cold homes', says NICE](#)

13th June 2014

Source: BBC www.bbc.co.uk

Guidance on how to reduce deaths and illnesses among elderly people during the winter has been drawn up by the National Institute for Health and Care Excellence (NICE).

Oral health

[Dental health guidance recommends a healthy lifestyle to help protect oral health](#)

12th June 2014

Source: Public Health England

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

Public Health England has released the latest Delivering Better Oral Health.

[Dentists aim for drill-free future](#)

16th June 2014

Source: BBC www.bbc.co.uk

A new idea to encourage teeth to repair themselves may see the end of the fear-inducing sound of the dentist's drill, researchers say.

[PHE publishes new guidance on improving oral health](#)

19th June 2014

Source: Public Health England

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

New guidance is published to help local authorities develop their oral health strategies.

[Improving oral health: an evidence-informed toolkit for local authorities](#)

19th June 2014

Source: Public Health England

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

Commissioning better oral health for children and young people.

Physical activity

Exercise guidelines 'hard to meet'

20th June 2014

Source: BBC www.bbc.co.uk

One of the UK's leading sports medicine specialists says government guidelines are actually discouraging people from being active.

Is working standing up good for health?

20th June 2014

Source: BBC www.bbc.co.uk

Standing up three hours a day, five days a week for a year, would be the equivalent of "running ten marathons" according to UK health experts.

Sexual health

Sex apps increase risk of STIs, US researchers warn

13th June 2014

Source BBC www.bbc.co.uk

Using smartphone apps to seek out partners for casual sex poses an increased risk of sexually transmitted infections, researchers warn.

Sexually transmitted infection risk in England is greatest in gay men and young adults

17th June 2014

Source: Public Health England

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

Number of STI cases diagnosed in 2013 remain close to 2012 figures.

Smoking

Cigarette packaging: Republic of Ireland bid to ban branded tobacco

10th June 2014

Source: BBC www.bbc.co.uk

The Republic of Ireland has become the first country in Europe to try to pass a law banning the sale of branded cigarette and tobacco packets.

Ministers urged to speed up plain cigarettes plans

11th June 2014

Source: BBC www.bbc.co.uk

The government is being urged to speed up plans to ban branded cigarette packets, with campaigners warning "time is running out" for action before the general election.

E-cigarette use most prevalent amongst current smokers

17th June 2014

Source: UK Health Forum <http://www.ukhealthforum.org.uk/>

New research published in BMJ Tobacco Control has found that e-cigarettes are mostly being used by current smokers and smokers who have attempted to quit in the last year.

Smoking during pregnancy in England 'lowest on record'

19th June 2014

Source: BBC www.bbc.co.uk

The number of women smoking during pregnancy across England is down to 12%, the lowest recorded level, figures for 2013-2014 show.

Pre-teen girls have 'easy access' to e-cigarettes

20th June 2014

Source: NHS Choices <http://www.nhs.uk/>

"Children 'addicted to sweet tasting e-cigarettes'," is the alarmist headline in the Daily Mirror.

Ban new smokers, call from BMA conference

24th June 2014

Source: BBC www.bbc.co.uk

Smoking should be banned for anyone born in the UK in the 21st Century, doctors say.

Women's health

'Super-mums' at risk of depression

12th June 2014

Source: NHS Choices <http://www.nhs.uk/>

"'Super-mums' ... may be more likely to suffer from depression, researchers say," the Mail Online reports.

Are 'career girl' lifestyle abortions on the rise?

13th June 2014

Source: NHS Choices <http://www.nhs.uk/>

Media sources have reported on the "career girl" abortion (Daily Mail) or "lifestyle" abortion (The Daily Telegraph) after figures released by the Department of Health showed that increasing numbers of women aged 25 to 29, or who have long-term partners or children already, are having abortions.

Birthing pool infection risk warning

17th June 2014

Source: BBC www.bbc.co.uk

The NHS in England has advised women not to use certain home birthing pools after a baby had to go into intensive care for an infection believed to be linked to their use.

Key protein in childbirth contractions identified

18th June 2014

Source: NHS Choices <http://www.nhs.uk/>

"Australian scientists discover protein that triggers child birth," the Mail Online reports.

'Shoebbox IVF' hope for infertile couples

22nd June 2014

Source: BBC www.bbc.co.uk

Could an IVF kit that fits in a shoebox and some kitchen cupboard essentials provide hope for people who long for children?

Workplace health

Unemployment is bad for your health - new report shows how men suffer double whammy from joblessness

11th June 2014

Source: The Work Foundation <http://www.theworkfoundation.com/>

Services are failing to address the serious health problems worsened by unemployment in men, hampering their chances of finding and retaining a job

Sickness absence at record low says industry body

16th June 2014

Source: BBC www.bbc.co.uk

The number of days taken off work through sickness is at a record low, says industry body the EEF.

Office screen work linked to dry eye syndrome

18th June 2014

Source: NHS Choices <http://www.nhs.uk/>

“Staring at computer screens all day ‘changes your eyes’, scientists say,” is the headline in The Independent.

Healthy workplaces manage stress – get involved in the campaign

19th June 2014

Source: Health and Safety Executive

<http://www.hse.gov.uk/index.htm>

Managing work related stress makes good sense and applies to businesses of all types and sizes.

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	A monthly update	https://www.evidence.nhs.uk/about-

Public Health Awareness Bulletins	containing national public health news and information from NICE.	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

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