



## Public Health Bulletin. 10 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 10<sup>th</sup> 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

#### [Pledge to remove 1bn units of alcohol from shops finds wine and spirits ABV has increased](#)

28 May 2014

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

Despite a pledge to the responsibility deal to remove 1 billion units of alcohol from shops a progress report has found that although beer, cider and alcopops have been reduced, either through reformulation or removal, wine and spirits have seen a rise in their alcohol content.

#### [UK Home Office and National Union of Students launch pilot program to curb binge drinking culture at universities](#)

28 May 2014

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

The UK Home Office and The NUS have enlisted seven universities into a pilot program to change the drinking culture at universities. The program is hoping to instill a "cafe culture" into students and get the universities to promote more non-alcoholic social events and tackle key areas known to promote binge drinking.

#### [A measure of change: an evaluation of the impact of the public health transfer to local authorities on alcohol - interim report](#)

28 May 2014

Source: Alcohol Research UK <http://alcoholresearchuk.org/>

This report looks at local alcohol services and commissioning following the transfer of Public Health teams to local authorities. It is based on a survey of CCGs, Directors of Public Health and service providers in 30 local authority areas. It finds a greater focus on alcohol issues but expresses concerns over funding.

#### [Statistics on Alcohol - England, 2014](#)

30 May 2014

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

This statistical report acts as a reference point for health issues relating to alcohol use and misuse, providing information obtained from a number of sources in a user-friendly format.

### **Warnings over demand on emergency services during World Cup tournament**

09 June 2014      Source: Alcohol Concern <http://www.alcoholconcern.org.uk>

Alcohol Concern have release a briefing today about the increasingly entwined relationship between alcohol and football, in advance of the World Cup

## **Chronic conditions**

### **Breast cancer gene and smoking is a 'lethal mix'**

02 June 2014      Source: NHS Choices

"Smoking and the breast cancer risk gene BRCA2 combine to 'enormously' increase the chance of developing lung cancer," BBC News reports.

The [BRCA2 gene](#), which is known to increase [breast cancer](#) risk, appears to also up the risk of [lung cancer](#) in smokers.

### **Just five sunburns increase your cancer risk**

03 June 2014      Source: NHS Choices

"Five serious sunburns increase the risk of deadly skin cancer by 80%," The Daily Telegraph reports. A US study has found that sun overexposure during the teenage years significantly increases the risk of developing skin cancer in later life.

### **New Commissioning for Value focus packs to help improve cardiovascular disease commissioning**

30 May 2014      Source: Public Health England

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

PHE's National Cardiovascular Intelligence Network (NCVIN) has published Cardiovascular Disease (CVD) focus packs as part of Commissioning for Value, a collaborative project between PHE, NHS Right Care and NHS England.

### **Blood pressure and incidence of twelve cardiovascular diseases: lifetime risks, healthy life-years lost, and age-specific associations in 1•25 million people**

31 May 2014      Source: The Lancet

This study analysed the associations of blood pressure with 12 different presentations of CVD and estimated the lifetime risks (up to 95 years of age), and CVD-free life-years lost adjusted for other risk factors at index ages 30, 60, and 80 years.

### **Greater risk of heart disease in women with diabetes than men**

28 May 2014      Source: UK Health Forum <http://www.ukhealthforum.org.uk/>

Researchers from Cambridge University and others have found that women with type

2 diabetes are 44 per cent more likely to develop heart disease than men with the same condition.

### [Thinking Ahead - Diabetes Week 2014 - i Can](#)

31 May 2014

Source: UKMi

THINKING AHEAD is a resource document for specific health events and seasonal conditions that may have a public health impact. This edition is for Diabetes Week 8th - 14th June 2014

## **Communicable diseases**

### [PHE provides MERS warning posters to airports](#)

30 May 2014

Source: Public Health England

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

Public Health England (PHE) is [providing two posters](#) to major UK airports to warn about the risks of Middle East respiratory syndrome coronavirus (MERS-CoV). The first poster gives general advice for travellers to the Middle East, while the second issues advice for travellers returning to the UK.

## **Diet & nutrition**

### [Which? finds ready meals contain shocking levels of sugar](#)

27 May 2014

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

Which? has compared 17 own brand and branded ready meals and found that some contained more than double the WHO recommend daily intake of sugar. Which? has said that these findings fly in the face of the Responsibility Deal which many of the brands and own brand producers have signed up to to help reduce consumers intake of salt, sugar and fat.

### [British Nutrition Foundation - National Pupil Survey 2014 - UK Survey Results](#)

03 Jun 2014

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

The purpose of the National Pupil Survey was to find out what children and young people know about healthy eating, cooking and where food comes from. It also asked their opinion on a number of food related aspects, as well as some questions about food/drink consumption and their activity level. The survey results are based on what children reported

### [Cadbury to cap calories in chocolate bars](#)

04 Jun 2014

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

Cadbury has pledged to reduce all their individual person bars to below 250 calories with the complete phasing out of their "bar and a half" products. Cadbury, along with Sainsbury's, Kraft Foods, Nestle, Tate & Lyle and Unilever, has signed up to the government's anti-obesity pledge to reduce the amount of calories in their products.

## **Policy recommendations for promoting healthy sustainable diets in the UK**

04 Jun 2014

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

Eating Better is calling for action by governments, the food industry and all those who can make a difference to help people move towards eating less meat and more plant-based food. They believe this is better for us, and the planet, as part of a vital task of creating healthy sustainable and fair food and farming systems.

## **'Tomato in a pill' for heart disease**

09 June 2014

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

Taking a daily pill that contains an important extract from tomatoes could help keep heart disease at bay, say scientists.

## **Disability**

### **Adults with Disabilities - Physical activity is for everybody**

28 May 2014

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

More than 21 million US adults 18-64 years of age have a disability. These are adults with serious difficulty walking or climbing stairs; hearing; seeing; or concentrating, remembering, or making decisions.

## **Drug Misuse**

### **European Drug Report out today — Europe's drugs problem 'increasingly complex'**

27 May 2014

Source: EMCDDA <http://www.emcdda.europa.eu/>

Europe's drugs problem is becoming increasingly complex with new challenges emerging that raise concerns for public health. This is according to the *European Drug Report 2014: Trends and developments* released today by the EU drugs agency (EMCDDA) in Lisbon.

### **EU drugs agency places six topics in the spotlight with new online analyses**

27 May 2014

Source: EMCDDA <http://www.emcdda.europa.eu/>

The EU drugs agency (EMCDDA) releases today alongside its *European Drug Report 2014: Trends and developments*, six new additions to its Perspectives on drugs (PODs) series. This latest selection of online, interactive analyses provides a state-of-the-art review of key aspects of the European drug situation.

### **Cannabis can damage lives, researchers argue**

09 Jun 2014

Source: NHS Choices

"Smoking marijuana as a teenager lowers IQ for life, scientists warn," the Mail Online reports.

## Environmental health

### [Public health and landscape: creating healthy places](#)

29 May 2014

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

In April 2013, responsibility for public health moved from the NHS in England to local authorities. The Landscape Institute was inspired by this change to look at the promotion of public health across the whole of the UK. Their challenge was to answer the question: can landscape help create healthy places? They believe that the evidence in this publication and especially the projects that they describe, provide a clear and positive answer.

### [Air pollution linked to irregular heartbeat and lung blood clots](#)

05 June 2014

Source: NHS Choices

"Air pollution is linked to increased risk of developing an irregular heartbeat and blood clots in the lung," BBC News reports

## Health protection

### [Press release: Child flu vaccine pilot has positive impact](#)

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

06 June 2014

Source: Public Health England

Initial results of the uptake and impact of the child flu vaccine pilot programme launched last year by Public Health England (PHE) are encouraging, according to an article published in Eurosurveillance.

## Health services administration

### [NHS Health Check up by 9.5% in 2013 to 2014](#)

28 May 2014

Source: Public Health England

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

More people than ever before are accepting the offer to attend an NHS Health Check according to new figures from Public Health England (PHE).

### [Complaints statistics on all adult social care providers published for first time](#)

29 May 2014

Source: CQC <http://www.cqc.org.uk/>

For the first time the Local Government Ombudsman (LGO) has published its complaints statistics for local authorities and private social care providers in a report issued on Wednesday 28 May.

### [Specialist palliative care services lead to more deaths at home](#)

03 June 2014

Source: Public Health England

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

Specialist palliative care services in the community are continuing to lead to more people being able to die at home, according to a new report from the National Council for Palliative Care (NCPC) and Public Health England (PHE).

#### [Mapping health and wellbeing boards' priorities](#)

04 June 2014      Source: Local Government Association <http://www.local.gov.uk>

An interactive map highlighting the priorities of all health and wellbeing boards across England is now available.

#### [Teenagers with complex health needs lack support as they approach adulthood](#)

8 June 2014      Source: CQC <http://www.cqc.org.uk/>

The findings from our recent review show that young people with complex health needs do not always receive the necessary care and support when they move on to adult care services

### **Infant & child health**

#### [You can train a toddler to eat veggies, study claims](#)

02 June 2014      Source: NHS Choices

“Children can learn to eat new vegetables if they are introduced regularly before the age of two,” BBC News reports. A new study suggests that the key is to introduce them 'early and often'.

#### [Update on investigation into Bacillus cereus infections: 6 June 2014](#)

06 June 2014      Source: Public Health England  
<https://www.gov.uk/government/organisations/public-health-england>

Public Health England (PHE) can report that 3 further cases of blood poisoning (septicaemia) in babies being treated in neonatal intensive care units in England, have been identified after looking back at clinical records. These babies received the potentially affected batches of intravenous liquid before Tuesday 3 June, when the affected stock expired. This takes the total number of cases to 21, with 1 death.

### **Men's health**

#### [Watching porn associated with male brain shrinkage](#)

30 May 2014      Source: NHS Choices

“Viewing porn shrinks the brain,” reports the Daily Mail.

#### [Cannabis and sunshine may damage sperm quality](#)

05 June 2014      Source: NHS Choices

"Cannabis doubles younger men's risk of infertility, study finds," reports The Independent. The same study also found a drop in sperm quality during the summer months.

### Concern over phone 'sperm threat'

10 June 2014      Source [www.bbc.co.uk](http://www.bbc.co.uk)

More research is needed into the risks of mobile phones on sperm counts, warn researchers.

## **Mental health**

### Serious mental illnesses reduces life expectancy by 10 to 20 years

27 May 2014      Source: UK Health Forum <http://www.ukhealthforum.org.uk/>

Researchers from Oxford University have found that serious mental illness can reduce a person's life expectancy by 10 to 20 years, the equivalent to or worse than being a heavy smoker. Every mental health illness has different life expectancy reduction with bipolar disorder resulting in a nine to 20 year reduction while recurrent depression was a much narrower time frame of seven to 11 years. Many of these illnesses if caught early can be treated and this could help in reducing the number of early deaths.

### How much do household income and spending matter to personal well-being?

04 Jun 2014      Source: UK Health Forum <http://www.ukhealthforum.org.uk/>

The latest analysis from ONS shows that both household income and spending matter to personal well-being, but spending has a greater effect on how we feel about our lives. The analysis looks at how household income and spending affect personal well-being, after taking many other possible influences on well-being into account

## **Obesity**

### Weight loss at any point during adulthood can yield health benefits

27 May 2014      Source: UK Health Forum <http://www.ukhealthforum.org.uk/>

Research conducted since 1946 has found that losing weight at any point during adulthood can improve cardiovascular health. The lead author of the study Professor John Deanfield from University College London believes that the data recorded during the 60 year study shows strong evidence that weight loss at any point during their adult life helped improve long-term cardiovascular health

### Intervention Atlas

28 May 2014      Source: UK Health Forum <http://www.ukhealthforum.org.uk/>

World Obesity Federation has created an atlas of Europe with all the intervention projects and programs in each country. The programmes included are those involving diet improvement and/or physical activity.

### [Birmingham city council places ban on takeaway outlets](#)

29 May 2014

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

With 64 per cent of people in the city of Birmingham overweight, obese or morbidly obese the city council placed a ban on fast food outlets in March 2012. In that time 15 takeaway shops have been refused planning permission.

### [FTO 'fat gene' may make people more impulsive](#)

29 May 2014

Source: NHS Choices

"Carriers of the FTO gene are more likely to succumb to impulsive hunger pangs and prefer high-calorie foods," the Mail Online reports.

### [Obesity Update](#)

30 May 2014

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

The majority of the population, and one in five children, are overweight or obese in the OECD area. A nearly tenfold variation in rates of obesity and overweight is observed across OECD countries.

### [Is sleeping in a light room linked to obesity?](#)

30 May 2014

Source: NHS Choices

"Sleeping in a room with too much light has been linked to an increased risk of piling on the pounds," BBC News reports. The news comes from a study that assessed self-reported sleeping habits and body weight measurements in a group of women at a single point in time.

### [Less likely to be obese if children eat with their families at breakfast](#)

02 Jun 2014

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

Researchers from the University of Adger in Norway have found that families who ate breakfast together were more likely to have children who were not obese. Looking at nearly 8000 children in eight countries, the researchers believe that mealtimes spent together ensured parent's would provide healthier meals.

## **Older people**

### [Centenarians are outliving 'lifestyle' diseases](#)

04 June 2014

Source: NHS Choices

"Centenarians have found a way to beat the common diseases of old age," BBC News reports. A UK study found that the over-100s are less likely to die of diseases associated with lifestyle and more likely to die from infections such as pneumonia.

## **Physical activity**



### [Failure of school scheme to boost children's physical activity](#)

29 May 2014

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

Active for Life Year 5 was a scheme to get children to be more active. The scheme included 60 schools with over 2,000 children between the ages of eight and 10. A team from the University of Bristol investigated the effectiveness of the scheme and found that it did not increase time spent being moderately or vigorously active or reduce time spent being sedentary. There was also no reported effect on children's consumption of fruit and vegetables.

### [Quality, not quantity, of exercise helps reduce weight and improve health](#)

02 Jun 2014

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

Researchers from Skidmore College have been studying different exercise regimens and their successes in improving health. The research showed that doing a multi-dimensional exercise regimen of stretching, resistance, interval sprint and endurance exercises had the greatest result in the trial. The lead researchers have criticised health organisations' messages believing they are too complex and difficult for the public to understand.

### [Activity aids breast cancer survival](#)

09 June 2014

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

Exercise can aid recovery after breast cancer but many women are not active enough, a study suggests.

## **Sexual health**

### [Schools 'avoid proper sex education'](#)

06 June 2014

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

Current legislation on sex education is confusing and allows some schools to avoid teaching the subject beyond the basics, say campaigners.

## **Smoking**

### [Public health experts urge WHO not to control e-cigarettes](#)

29 May 2014

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

53 researchers and public health specialists have signed an open letter to the World Health Organisation (WHO) to urge them not to "control and suppress e-cigarettes."

### [E-cigarette exposure increases smoking urges](#)

02 Jun 2014

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

Research using young adult smokers investigated the exposure of e-cigarettes on participant's desire for regular and e-cigarettes. They found that exposure to e-

cigarettes increased desire for both regular and e-cigarettes. The researchers concluded that attention should be placed on users and observers of e-cigarettes.

### [Smoking could cause hearing loss](#)

02 Jun 2014

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

Research from the University of Manchester has found that smokers have 15.1 percent higher odds of hearing loss compared to non-smokers

### [France to ban e-cigarettes from public places](#)

04 Jun 2014

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

France has released draft legislation to ban the use of e-cigarettes in public places. If the legislation goes through, France would become the first large European country to ban e-cigarettes. It is also looking to bring in plain packaging for tobacco products

## **Social & economic issues**

### [Link between level of education and smoking](#)

28 May 2014

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

Researchers from Yale University have been examining the role education plays in the uptake of smoking. They have found that although adults with college degrees are less likely to smoke these choices have already been decided during their adolescence. The study found school policies, peers and expectations about the future at the ages of 13 to 15 helped predict smoking at ages 26 to 29

### [The lower a persons social economic status, the less likely they are to use weight loss strategies](#)

28 May 2014

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

Researchers from McGill University, Canada have found that people with low-income are less likely than their high-income counter-parts to use healthy weight loss strategies. Though lack of funds can explain those in lower income brackets not going to weight loss groups it did not explain why they would not take the advice of drinking more water or reducing their intake of fats and sweets.

### [Socioeconomic status can effect the odds of certain cancers](#)

29 May 2014

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

Researchers from New York State Cancer Registry have found that the type of cancer a person develops can be dependent on their socioeconomic status. People in greater poverty are more likely to develop cancers such as Larynx, cervix, penis and liver while those in more affluent areas have greater odds of developing melanoma, thyroid and testis cancer. Researchers also noted that although cancer rates were the same across all socioeconomic levels, those in greater poverty were more likely to die from the cancer compared to affluent groups.

## **Women's health**

### Staying active 'helps normal births'

28 May 2014 Source: [www.bbc.co.uk](http://www.bbc.co.uk)

Pregnant women who stay active are more likely to have a normal birth without the need for medical intervention, research shows.

### Ignoring unplanned pregnancy a false economy for local authorities

29th May, 2014 Source: FPA <http://www.fpa.org.uk>

7.4 million women aged between 15 and 44 in England live in an area where the local authority currently has no strategy to reduce unplanned pregnancy

### New report into body image during pregnancy and after birth

2 June 2014 Source: Department for Culture, Media & Sport  
<https://www.gov.uk/government/organisations/department-for-culture-media-sport>

Becoming a mother is a time of transition and transformation, yet women face cultural messages about the importance of getting their bodies back to shape after having a baby, Minister for Women and Equalities Jenny Willott said today as she welcomes a new report by Susie Orbach and Holli Rubin.

## Workplace health

### EU Strategic Framework on Health and Safety at Work 2014-2020

07 June 2014 Source: EU Business [www.eubusiness.com](http://www.eubusiness.com)

The European Commission presented on 6 June a new Strategic Framework on Health and Safety at Work 2014 – 2020, with the aim of better protecting the more than 217 million workers in the EU from work-related accidents and diseases.

## Local news: [ ]

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

<b>Other South East Public Health news update services</b>		
<b>Title</b>	<b>Focus areas</b>	<b>Contact details/ Website</b>
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	Jill Rutland Kent & Medway Public Health Network <a href="mailto:jill.rutland@nhs.net">jill.rutland@nhs.net</a>

	information from government and other relevant websites.	
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