

Public Health Bulletin. 20140916

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. This Bulletin provides topical news and reports of relevance to public health teams, community health practitioners and anyone with an interest in health promotion. All content and links are provided for information only and we do not sponsor, endorse or otherwise approve of any mentioned website or the contents of the news items. Please refer to the terms and conditions of the relevant website should you wish to reproduce any of the information.

Details of alternative current awareness services which cover more academic/specialist sources of information can be found in the section *Other Bulletins*. Your local NHS library service can assist you in accessing other current awareness services/tailored alerts, locating peer reviewed journal articles and answer any other queries you may have regarding finding information.

The information about each news item only gives a brief overview so we recommend you view the original source by clicking on the title (or Ctrl+Click in the word document).

Please contact your local NHS library service 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 available on the Wessex Public Health Network website at:

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

[Alcohol misuse](#)

[Black and ethnic minority groups](#)

[Chronic conditions](#)

[Communicable diseases](#)

[Diet & nutrition](#)

[Disability](#)

[Drug Misuse](#)

[Environmental health](#)

[Emergency planning](#)

[Health promotion](#)

[Health protection](#)

[Health Services administration](#)

[HIV and AIDS](#)

[Infant and child health](#)

[Men's health](#)

[Mental health](#)

[Obesity](#)

[Older people](#)

[Oral health](#)

[Physical activity](#)

[Prison health](#)

[Safety and accident prevention](#)

[Screening](#)

[Sexual Health](#)

[Smoking](#)

[Social and economic issues](#)

[Statistics](#)

[Women's health](#)

[Workplace health](#)

[Local news](#)

Alcohol misuse

[Pregnant drink binges harm kids' mental health](#)

12th September 2014

Source: www.bbc.co.uk

"Binge drinking ONCE during pregnancy can damage your child's mental health and school results," says the Mail Online.

[British spend up to a year hungover](#)

10th September 2014

Source: www.ukhealthforum.org.uk/

Macmillan Cancer Support has estimated that the average Brit spends 315 days recovering from a heavy night of drinking throughout their life.

[Dry January champions announced ahead of 2015 campaign](#)

3rd September 2014

Source: <http://www.alcoholconcern.org.uk/>

With less than four months until Alcohol Concern's Dry January 2015 gets underway, Alcohol Concern are celebrating the champions of Dry January 2014.

Chronic conditions

[HPV urine test could screen for cervical cancer](#)

17th September 2014

Source: www.nhs.uk

"A simple urine test which can detect the human papilloma virus (HPV) could offer women a much less invasive alternative to [current] cervical cancer screening," The Independent reports.

[Call for lung cancer screening in UK](#)

11th September 2014

Source: www.bbc.co.uk

Delays introducing lung cancer screening in the UK could cost thousands of lives, warns a leading cancer expert.

['Pocket' diagnosis for Parkinson's](#)

9th September 2014

Source: www.bbc.co.uk

Smartphone technology revealed at the British Science Festival could help diagnose and treat Parkinson's disease.

[NHS cancer services struggling, says charity](#)

8th September 2014

Source: www.bbc.co.uk

NHSx cancer services in England are at a "tipping point" in the wake of years of efficiency savings and the recent NHS reforms, warns Cancer Research UK.

[Wearing a bra 'doesn't raise breast cancer risk'](#)

8th September 2014

Source: www.nhs.uk

“Scientists believe they have answered the decades long debate on whether wearing a bra can increase your risk of cancer,” reports The Daily Telegraph.

[Lumpectomy 'as effective as double mastectomy'](#)

3rd September 2014

Source: www.nhs.uk

“Double mastectomy for breast cancer 'does not boost survival chances' – when compared to breast-conserving surgery,” The Guardian reports.

[Doctors' allergy mistakes 'risking lives'](#)

3rd September 2014

Source: www.bbc.co.uk

Thousands of lives are put at risk by doctors prescribing drugs to which patients are known to be allergic, the medicines watchdog says.

[Hospitals see rapid rise in skin cancer](#)

2nd September 2014

Source: www.bbc.co.uk

The number of people admitted to hospital for skin cancer treatment in England rose by nearly a third in five years, official figures show.

[Men can lower risk of prostate cancer through a tomato-rich diet](#)

2nd September 2014

Source: www.ukhealthforum.org.uk/

Researchers from several UK universities have found men could reduce their risk of prostate cancer by almost 20 per cent with a tomato-rich diet.

[NICE developing a new guideline to end the postcode lottery for treating bladder cancer](#)

2nd September 2014

Source: <https://www.nice.org.uk>

Bladder cancer is the seventh most common cancer in the UK. Due to the number of people with the disease, the intensive treatment and prolonged hospital stays needed, it is thought to be one of the most expensive cancers for the NHS, but there is a wide variation across the country in terms of the treatments offered.

Communicable diseases

[Ebola virus: 'Biological war' in Liberia](#)

11th September 2014

Source: www.bbc.co.uk

With warnings from officials that the Ebola virus is "spreading like wildfire" in Liberia, Sarah Crowe, who works for the UN children's agency (Unicef), describes her week on the Ebola front line:

Diet & nutrition

[Sugar intake guideline 'needs lowering'](#)

16th September 2014

Source: www.nhs.uk

“Sugar intake must be slashed further,” reports BBC News today.

Reducing Sodium in Children's Diets

12th September 2014

Source: www.ukhealthforum.org.uk

CDC has produced a factsheet regarding the amount of sodium in children's diet.

'Food addiction' doesn't exist, say scientists

11th September 2014

Source: www.nhs.uk

"Food is not addictive ... but eating is: Gorging is psychological compulsion, say experts," the Mail Online reports.

Coca-Cola to adopt traffic light health labels in UK

5th September 2014

Source: www.bbc.co.uk

Coca-Cola will adopt government recommendations and introduce traffic light nutrition labels on the front of its cans and bottles.

Missing breakfast linked to type 2 diabetes

3rd September 2014

Source: www.nhs.uk

"Skipping breakfast in childhood may raise the risk of diabetes," the Mail Online reports.

Sticking with a diet is more important than which diet you do

3rd September 2014

Source: www.ukhealthforum.org.uk

Researchers from McMasters University and the Hospital for Sick Children Research Institute have found that no single diet produced greater results than any other.

Brain can be 'retrained' to prefer healthy foods

2nd September 2014

Source: www.nhs.uk

"The brain can be trained to prefer healthy food over unhealthy high-calorie foods, using a diet which does not leave people hungry," reports BBC News.

Environmental health

Air quality in mega-cities can damage children's brain

12th September 2014

Source: www.ukhealthforum.org.uk

Researchers from the University of Montana have compared children's brains from mega-cities and low population cities and found those living in mega-cities were at greater risk of developing Alzheimer's or Parkinson's disease.

Health services administration

GP patients 'sicker due to waits,' doctors' body fears

11th September 2014

Source: www.bbc.co.uk

Patients could be getting sicker and need more expensive treatment due to GP appointment difficulties, it has been claimed.

Out-of-hours GP services in England

10th September 2014

Source: www.nao.org.uk/

Although some areas of the NHS in England are achieving value for money for out-of-hours GP services, this is not the case across the board.

End unfair split between NHS and council care, review says

4th September 2014

Source: www.bbc.co.uk

The NHS and social-care systems in England should be merged in the most radical overhaul since the 1940s, an independent review says.

Infant & child health

Cosmetics blamed for raised child asthma risk

17th September 2014

Source: www.nhs.uk

"Chemicals in make-up and perfumes fuelling rise in children with asthma," reports the Mail Online.

1 in 5 child deaths 'preventable'

5th September 2014

Source: www.nhs.uk

"One in five child deaths 'preventable'," reports BBC News.

Fast-paced TV 'does not harm kids' concentration'

5th September 2014

Source: www.bbc.co.uk

Watching fast-paced television programmes does not affect children's ability to concentrate afterwards, suggests a Keele University study.

The Good Childhood Report 2014

1st September 2014

Source: www.ukhealthforum.org.uk

The Good Childhood Report 2014, shows that while most children in the UK have relatively high well-being, there is significant room for improvement, particularly in the area of appearance.

Mental health

Mental health delays: 'I just couldn't bear it anymore'

16th September 2014

Source: www.bbc.co.uk

Almost one in six mental health patients in England have attempted suicide because of long waiting lists for therapy, according to new research.

Botox 'may stunt emotional growth' in young people

13th September 2014

Source: www.bbc.co.uk

Giving young people Botox treatment may restrict their emotional growth, experts warn.

Prescription sleeping pills linked to Alzheimer's risk

10th September 2014

Source: www.nhs.uk

"Prescription sleeping pills ... can raise chance of developing Alzheimer's by 50%," reports the Mail Online.

Dementia patients 'face unfair care tax'

10th September 2014

Source: www.bbc.co.uk

A study suggests that people with dementia, and their families, face care costs that are equivalent to more than £20,000 a year.

Anxiety and sleeping pills 'linked to dementia'

10th September 2014

Source: www.bbc.co.uk

Long-term use of pills for anxiety and sleep problems may be linked to Alzheimer's, research suggests.

Sibling bullying linked to young adult depression

9th September 2014

Source: www.nhs.uk

“Being bullied regularly by a sibling could put children at risk of depression when they are older,” BBC News reports

Chief medical officer: Make mental health bigger priority

9th September 2014

Source: www.bbc.co.uk

Mental health needs to be more of a priority, with targets for waiting times and more protection for funding, says England's chief medical officer.

A death by suicide every 40 seconds, says WHO

4th September 2014

Source: www.bbc.co.uk

Somebody dies by taking their own life every 40 seconds, according to a significant report by the World Health Organization (WHO).

Obesity

Weight discrimination study fuels debate

12th September 2014

Source: www.nhs.uk

Much of the media has reported that discriminatory “fat shaming” makes people who are overweight eat more, rather than less.

Action films most likely to make you fat, says study

2nd September 2014

Source: www.bbc.co.uk

Watching action films may make you more likely to pile on the pounds, according to US researchers.

Older people

Death of a loved one 'affects health of elderly'

10th September 2014

Source: www.bbc.co.uk

Losing a loved one can have a detrimental affect on the health of the elderly, according to a study.

Build homes for elderly on NHS land, says MP

3rd September 2014

Source: www.bbc.co.uk

Surplus NHS land should be used to build dedicated housing for older people, a former care minister says.

Oral health

Teeth brushing: What is the best way to clean?

10th September 2014

Source: www.bbc.co.uk

Advice on the best way to brush teeth for adults and children is confusing and inconsistent, according to researchers from University College London.

Physical activity

Everybody Active, Every Day

16th September 2014

Source: www.ukhealthforum.org.uk

Public Health England are seeking views on the draft physical activity implementation document 'Everybody Active, Every Day' and supporting implementation and evidence guide.

Being physically active as a child linked to early academic achievement

15th September 2014

Source: www.ukhealthforum.org.uk

Researchers from the University of Eastern Finland found children who were physically active during the first three years of school had better reading and arithmetic skills than others.

Walking or cycling to work 'improves wellbeing'

14th September 2014

Source: www.bbc.co.uk

Switching from driving a car to walking or cycling to work improves our wellbeing, a study suggest.

Regular walking breaks 'protect arteries'

9th September 2014

Source: www.nhs.uk

"Just a five-minute walk every hour helps protect against damage of sitting all day," the Mail Online reports.

Sexual health

Young women face stigma over emergency contraception

16th September 2014

Source: <http://www.fpa.org.uk/>

Many young women do not have a basic understanding of emergency contraception and feel embarrassed to ask for it.

FPA launches Sexual Health Week 2014

12th September 2014

Source: <http://www.fpa.org.uk/>

More than one-quarter (29%) of sexually active women aged 16 to 54* have had unprotected sex in the last two years and not used emergency contraception, despite saying they were not planning a pregnancy.

Lord Winston says better IVF provision needed on NHS

3rd September 2014

Source: www.bbc.co.uk

Lord Robert Winston has called for "better provision" of IVF treatment on the NHS.

Smoking

Nicotine device licensed as medicine in UK

12th September 2014

Source: www.bbc.co.uk

A nicotine inhaler which closely resembles a cigarette is the first product of its kind to be licensed as a medicine in the UK.

Less smoking, more joking: Stoptober campaign launched

12th September 2014

Source: <https://www.gov.uk/>

Stoptober: the 28 day stop smoking challenge was launched this week with the support

of top British comedians.

[£50 on-the-spot fine for people caught smoking in cars carrying children proposed in Wales](#)

11th September 2014

Source: <http://wales.gov.uk/>

People in Wales could face a £50 on-the-spot fine if they are caught flouting a ban on smoking in cars carrying children under plans unveiled by the Welsh Government.

[E-cigs refills 'threat to children'](#)

9th September 2014

Source: www.bbc.co.uk

Parents need to keep electronic cigarette refills away from young children because of the risk of poisoning, doctors in Birmingham say.

[E-cigarette criticisms 'alarmist' say researchers](#)

5th September 2014

Source: www.bbc.co.uk

Warnings over e-cigarettes are alarmist - and increasing their use could save many lives, researchers have said.

[Claims e-cigarettes are a 'gateway to cocaine'](#)

4th September 2014

Source: www.nhs.uk

"E-cigarettes could lead to using cocaine and cannabis scientists say," the Daily Mirror reports.

[Experts say e-cigarettes should be called 'nicotine sticks' to reduce popularity](#)

2nd September 2014

Source: www.ukhealthforum.org.uk/

The Royal Society for Public Health (RSPH) has called for a name change for e-cigarettes to nicotine sticks to curb their appeal.

Women's health

[Royal baby: Severe sickness 'traumatic'](#)

8th September 2014

Source: www.bbc.co.uk

It affects about one in every 200 pregnancies and results in severe nausea and vomiting. One of the main dangers is dehydration.

Local news: []

*This bulletin contains public sector information licensed under the Open Government Licence v2.0

Other Bulletins

Big Four Bulletin

This is a weekly Bulletin that details original articles in the BMJ, JAMA, New England Journal of Medicine and The Lancet.

<http://cash.libraryservices.nhs.uk/cash-service/rss-newsfeed-menu/medicine/big-four-bulletin/>

Daily Health Bulletin

The Daily Health Bulletin is produced by the Knowledge Service of the West and South Yorkshire

and Bassetlaw Commissioning Support Unit.

<http://cash.libraryservices.nhs.uk/cash-service/daily-health-bulletin/>

NICE Public Health Awareness Bulletin

This is a monthly update highlighting 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>

PHE Bulletin (Public Health England)

The PHE Bulletin is issued monthly and contains public health news and information.

<https://www.gov.uk/government/collections/phe-bulletin>

Public Health and Social Care Bulletin

This is published weekly and created by Kent & Medway Public Health Observatory. It provides an update on what is new in public health and social care, both nationally and locally.

<http://www.kmpho.nhs.uk/events-and-updates/bulletins/bulletins-archive/>