

Public Health Bulletin. 02 Sep 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. This Bulletin provides topical news and reports of relevance to public health teams, community health practitioners and anyone with an interest in health promotion.

The information about each article only gives a brief overview so we recommend you view the original source by clicking on the title (NB: if you are viewing from the word document then use Ctrl+Click).

The section *Other Bulletins* contains details of alternative current awareness services that cover a different range of information and article types. Your local library service can offer assistance in locating other resources as well as answer any queries you have regarding finding the information you need.

Please contact your local 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>

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Alcohol misuse

Canada's Low-Risk Alcohol Drinking Guidelines

Aug 20, 2014

Source: www.ukhealthforum.org.uk

Canada's Low-Risk Alcohol Drinking Guidelines (LRDG) help Canadians moderate their alcohol consumption and reduce their immediate and long-term alcohol-related harm. If all Canadian drinkers were drinking alcohol within the proposed guidelines, it is estimated that alcohol-related deaths would be reduced by 4,600 per year.

Increase in off-licenses removing 6.5% super strength alcohol from shelves

Aug 27, 2014

Source: www.heartforum.org.uk

The number of off-licenses removing super-strength alcohol from the shelves has increased as initiatives around the UK grow. Portsmouth, Plymouth, Croydon and Woolwich all have initiatives aimed at reducing street drinking and alcohol related crime and all have seen a decrease in both street drinking and crime since the sign up of off-licences to the voluntary removal of cheap super-strength alcohol.

Scottish Minimum Unit Price legislation being considered by European Court of Justice

Aug 27, 2014 10:39 am

Source: www.heartforum.org.uk

Despite passing legislation in 2012, the Scottish Parliament has still to enact their Minimum Unit Price legislation. The Scottish Health Action on Alcohol Problems is calling for support to help convince the European Court of Justice to allow the legislation to stand and Scotland to finally enact the minimum unit price.

Chronic conditions

Common antibiotic linked to 'tiny' rise in heart deaths

20 August 2014

Source: NHS Choices www.nhs.uk/news

An antibiotic given to millions of people in the UK to treat chest infections has been linked to an increased risk of heart death, report The Daily Telegraph and The Independent.

New recommendations for overweight patients with high risk of heart disease

Aug 26, 2014

Source: www.heartforum.org.uk

Researchers from the United States Preventive Services Task Force have produced new recommendations for overweight patients who are at risk of heart disease.

Aspirin for the Prevention of Recurrent Venous Thromboembolism: The INSPIRE Collaboration

Aug 2014

Source: NICE Medicines Awareness

<http://www.medicinesresources.nhs.uk/en/Medicines-Awareness/Primary-Research/Other-primary-research/Aspirin-for-the-Prevention-of-Recurrent-Venous-Thromboembolism-The-INSPIRE-Collaboration/>

This individual-patient-data analysis of the WARFASA and ASPIRE trials found low-dose aspirin for extended treatment of VTE reduced recurrent VTE (5.1% vs. 7.5%/yr with placebo) and major vascular events (5.7% vs. 8.7%/yr). The rate of major bleeding was low (0.5% vs. 0.4%/yr). [Read UKMi comment](#)

Effect of Self-monitoring and Medication Self-titration on Systolic Blood Pressure in Hypertensive Patients at High Risk of Cardiovascular Disease: The TASMIN-SR Randomized Clinical Trial

Aug 2014

Source: NICE Medicines Awareness

<http://www.medicinesresources.nhs.uk/en/Medicines-Awareness/Primary-Research/Randomised-controlled-trials/Effect-of-Self-monitoring-and-Medication-Self-titration-on-Systolic-Blood-Pressure-in-Hypertensive-Patients-at-High-Risk-6354475488/>

This UK primary care study found that self-monitoring of BP with self-titration of antihypertensives was associated with lower systolic BP (difference of 9.2 mmHg at 12 months) compared to usual care in adults with hypertension at high risk of cardiovascular disease. *Journal of the American Medical Association* [Read UKMi comment](#)

Sunbed study finds repeated use increases skin cancer risk

29 Aug 2014

Source: BBC www.bbc.co.uk

Sunbed users are still at risk of skin cancer even if they do not burn their skin, according to a new study.

Depression in cancer 'overlooked'

28 August 2014

Source: BBC www.bbc.co.uk

Three-quarters of cancer patients who are depressed are not getting the psychological therapy they need, researchers say.

Communicable diseases

[Superbug measures 'lack evidence'](#)

21 August 2014, 01:24:40

Source: www.bbc.co.uk

Researchers suggest some standard methods to reduce the spread of MRSA infections need to be re-evaluated as they may do more harm than good.

[Ebola virus disease: clinical management and guidance](#)

1 Sept 2014

Source: Public Health England www.gov.uk

Includes

1. [Ebola: advice and risk assessment for universities and further educational establishments](#) Published 29 August 2014
2. [Ebola: advice and risk assessment for educational, childcare and young persons' settings](#)

Diet & nutrition

[Establishing food standards for NHS hospitals](#)

29 August 2014

Source: Department of Health www.gov.uk

This Hospital Food Standards Panel report recommends a set of food standards that should become routine practice across NHS Hospitals

BBC related story: [New hospital food rules introduced](#)

Campaign for Better Hospital Food <http://www.sustainweb.org/hospitalfood/>

[Literature update now available: Taxation of high fat and sugar foods and beverages](#)

Aug 2014

Source: UK Health Forum www.ukhealthforum.org.uk

Literature update by the UK Health Forum on the taxation of high fat and sugar foods and beverages and the impact of such taxes on obesity.

[High consumption of sodium estimated to have caused 1.65 million cardiovascular deaths globally each year](#)

Aug 18, 2014

Source: UK Health Forum www.ukhealthforum.org.uk

Researchers from Tufts University have estimated that 1.65 million cardiovascular deaths each year are directly attributable to excessive sodium consumption. The researchers found that the global average consumption of sodium was 3.95g per day, which is 1.95 grams over the WHO recommended limit. Those most affected by high sodium cardiovascular death were those in middle- and low-income countries.

[Tomato-rich diet 'reduces prostate cancer risk'](#)

28 August 2014

Source: NHS Choices www.nhs.uk/news

“Tomatoes ‘cut risk of prostate cancer by 20%’,” the Daily Mail reports, citing a study that found men who ate 10 or more portions a week had a reduced risk of the disease.

Vitamin D deficiency and insufficiency: using appropriate available products

29 Aug 2014

Source: NICE Medicines Awareness Service

<http://www.medicinesresources.nhs.uk>

East & South East England Specialist Pharmacy Services

This document summarises our understanding of the current range of vitamin D products available in the UK, whether these be licensed medicines, imported products, special manufactured products, or nutritional supplements.

Disability

Autistic brain 'overloaded with connections'

22 August 2014

Source: NHS Choices www.nhs.uk/news

"Scientists discover people with autism have too many brain 'connections'," the Mail Online reports. US research suggests that people with an autistic spectrum disorder have an excessive amount of neural connections inside their brain.

Drug Misuse

Spreading information on the risks of drug use: a European challenge

21 Aug 2014

Source Europa.eu

Young Europeans are less informed about the effects and risks of drugs than just a few years ago. While they widely use the Internet to gather knowledge, a new [Eurobarometer survey](#) shows that compared to 2011, respondents are less likely to have received such information from most sources, in particular from media campaigns and school prevention programmes.

Campaign launched to warn of risks of 'legal' highs

16 Aug 2014

Source Home Office www.gov.uk

A national campaign to raise awareness of the dangers of new psychoactive substances (NPS) – so-called ‘legal’ highs – among teenagers and young adults has been launched by the Home Office.

Environmental health

Pre-cook barbecue food, agency warns

21 August 2014, 02:40:27

Source:BBC www.bbc.co.uk

People are urged to pre-cook food in the oven before barbecuing it after research finds many Britons make hygiene mistakes when cooking outdoors.

[Salmonella outbreak investigation: update](#)

22 August 26, 2014

Source: Public Health England www.gov.uk

PHE is continuing to investigate a national outbreak of Salmonella Enteritidis. Total reported numbers have reached 247 cases, from 158 on 15 August 2014.

[Deaths attributed to heat, cold, and other weather events in the United States, 2006-2010](#)

Aug 18, 2014

Source: www.ukhealthforum.org.uk

This report examines heat-related mortality, cold-related mortality, and other weather-related mortality during 2006-2010 among subgroups of U.S. residents. This study demonstrated that a better understanding of subpopulations at risk from weather-related mortality can be obtained by considering area-based variables (county median household income, region, and urbanization level) when examining weather-related mortality patterns.

Health protection

[Vaccine uptake guidance and the latest coverage data](#)

01 Sep 2014

Source: Public Health England www.gov.uk

Data and reports on the coverage of vaccinations offered under the national immunisation programme, including on influenza, human papillomavirus (HPV), and pertussis (whooping cough) vaccinations for pregnant women in England.

[Vaccination of individuals with uncertain or incomplete immunisation status \(updated\)](#)

26 Aug 2014

Source: Public Health England www.gov.uk

The sections on MenC and HPV vaccine recommendations for those over 10 years of age have been revised, and updates on the dates of birth for those eligible for flu and shingles vaccines have been made.

[Dual vaccine approach could help eradicate polio](#)

22 August 2014

Source: NHS Choices www.nhs.uk/news

Double vaccines "could hasten the end of polio", BBC News reports. Researchers in India found that using a combination of the oral and injected vaccines provided enhanced protection against the disease.

[Vaccination management and vaccination errors: a representative online-survey among primary care physicians](#)

13 Aug 2014

Source: PLOSOne www.plosone.org

The objective of this study was to assess variations in vaccination management and vaccination errors in primary care.

[Rabies vaccine and immunoglobulin: administering Ig SRCN 0022](#)

Aug 2014

Source: Public Health England www.gov.uk

This letter recommends that patients receive a course of post-exposure rabies vaccination with rabies immunoglobulin (RIG) SRCN 0022. It also provides critical information on the correct administration of RIG, which should remain with the product.

Health services administration

[New tool for local authorities on outcomes and expenditure](#)

27 Aug 2014

Source: Public Health England www.gov.uk

Public Health England's (PHE) has published its [spend and outcome tool \(SPOT\): local authorities](#) today (27 August 2014). SPOT gives local authorities in England an overview of spend and outcomes across key areas of business and for public health and its sub-programmes.

[Use of clarithromycin and roxithromycin and risk of cardiac death: cohort study](#)

19 Aug 2014 Source: NICE Medicines Awareness

<http://www.medicinesresources.nhs.uk/en/Medicines-Awareness/Primary-Research/Other-primary-research/Use-of-clarithromycin-and-roxithromycin-and-risk-of-cardiac-death-cohort-study/>

This prospective Danish study found a significantly increased risk of cardiac death associated with clarithromycin compared with penicillin V but not with roxithromycin (not UK licensed) in adult patients receiving 7 day treatment courses.

British Medical Journal *Read UKMi comment*

[Chief Inspector of Hospitals asks people to tell him about the care provided by South Central Ambulance Service NHS Foundation Trust](#)

1 Sep 2014

Source: CQC www.cqc.org.uk

England's Chief Inspector of Hospitals is inviting members of the public to tell his inspectors what they think of the services provided by South Central Ambulance Service NHS Foundation Trust

Their views and experiences will help inspectors decide what to look at when they inspect the ambulance trust next month.

Infant & child health

Transfer of 0-5 children's public health commissioning to local authorities

22 Aug 2014

Source: Department of Health www.gov.uk

Planning and paying for public health services for 0 to 5 year olds will transfer from the NHS to local authorities in October 2015.

Amendments to the Human Medicines Regulations 2012 to allow the supply of salbutamol inhalers to schools: response to the consultation

7 Aug 2014

Source: Medicines and Healthcare Products Regulatory Agency and Department of Health www.gov.uk

This document summarises responses received to the UK-wide public consultation on proposed changes to the Human Medicines Regulations 2012. The amended regulations will allow schools to hold stocks of asthma inhalers containing salbutamol for use in an emergency from 1st October 2014.

Parents lifestyle can impact child's future before conception

Aug 19, 2014

Source: www.ukhealthforum.org.uk

Researchers from the University of Adelaide have published a paper that shows how parents lifestyles choices can effect a child's health before conception even more than previously thought. In the research the scientists found parents with certain risk factors had an increased risk of passing on health issues to their child. Risk of diabetes, CVD and anxiety are all likely to develop in a child whose parents lead a poor lifestyle.

Independent Inquiry into Child Sexual Exploitation in Rotherham (1997 – 2013)

21 Aug 2014

Source: www.rotherham.gov.uk

Information relating to the Independent Inquiry into Child Sexual Exploitation in Rotherham

National child measurement programme operational guidance

1 Sept 2014

Source: Public Health England www.gov.uk

This guidance advises local commissioners and providers of the national child measurement programme (NCMP) on its implementation.

Mental health

[Distorted positive emotions about weight loss 'fuel anorexia'](#)

9 Aug 2014

Source: www.medicalnewstoday.com

Past research claims that negative emotions, such as feeling depressed or angry, can fuel anorexia nervosa. But a new study from Rutgers University in New Jersey finds the eating disorder can also be encouraged by "skewed" positive emotions, such as feeling pride after weight loss.

[Does weight loss surgery affect dementia risk?](#)

27 August 2014

Source: NHS Choices www.nhs.uk/news

"Weight loss surgery 'reduces chance of Alzheimer's disease'," reports The Daily Telegraph. This misleading headline reports on a small Brazilian study of severely obese women before and after weight loss surgery. None of the women had any signs or symptoms of Alzheimer's.

[Risk of developing dementia higher in those obese during middle-age](#)

Aug 27, 2014

Source: UK Health Forum www.ukhealthforum.org.uk

Researchers at Oxford University have found people suffering from obesity during middle-age are at an increased risk of developing dementia in later life

[School-based prevention programs for depression and anxiety in adolescence: a systematic review](#)

2014

Source: Health Promotion international <http://heapro.oxfordjournals.org>

This systematic review focuses on school-based prevention interventions on depression and anxiety disorders utilizing an RCT design, starting from the year 2000.

[Antidepressant use in pregnancy linked to ADHD](#)

27 August 2014

Source: NHS Choices www.nhs.uk/news

"Pregnant women who take anti-depressants 'could raise their child's risk of ADHD'," reports the Mail Online, saying that this could explain "the rise in children with short attention spans".

Obesity

[Healthier and more sustainable catering](#)

27 August 2014

Source: Public Health England www.gov.uk

Catering guidance that offers practical advice on how to make catering affordable, healthier and more sustainable.

[The Fat Lie](#)

Christopher Snowden 18 Aug 2014

Source: Institute of Economic Affairs www.iea.org.uk

Inactivity, not calorie consumption, behind rising obesity in the UK.

[CAB - Slimming pill swindles at an all-time high](#)

21 Aug 2014

Source: Citizens Advice Bureau www.citizensadvice.org.uk

More people than ever are being lured into online slimming pill rip-offs that can cost them over 180 times what they expected, finds Citizens Advice and Citizens Advice Scotland.

[Obesity can be attributed to 12,000 new cases of cancer every year](#)

Aug 18, 2014

Source: www.ukhealthforum.org.uk

Researchers from the London School of Hygiene & Tropical Medicine have found that obesity is linked to an increased risk in 10 of the most common cancers. Every five-point increase in BMI added significant risk. With the global BMI average set to rise significantly by the mid 2020s, researchers predict an extra 3,500 cases of cancer will be discovered each year.

[New recommendations for overweight patients with high risk of heart disease](#)

Aug 26, 2014

Source: www.ukhealthforum.org.uk

Researchers from the United States Preventive Services Task Force have produced new recommendations for overweight patients who are at risk of heart disease.

[Improving dog walking facilities and dog owner education could help reduce human inactivity levels](#)

Aug 27, 2014

Source: www.ukhealthforum.org.uk

Researchers from the University of Liverpool have recommended local investment in improving dog owner education and facilities to help improve human physical activity

Older people

[Mental health and physical activity linked in older adults](#)

Aug 27, 2014

Source: www.ukhealthforum.org.uk

Researchers from University College London found there is a possible bidirectional association between mental health and physical activity in older adults.

Physical activity

Public transport is better for your health than driving to work

Aug 20, 2014 10:44 am

Source: www.ukhealthforum.org.uk

Researchers from LSHTM and UCL have found taking public transport is significantly more beneficial to a person's health than driving. Those who used public transport or actively travelled were on average 1 BMI lower (around 7lb) than those that used private transportation. This is an important find as 76 per cent of men and 72 per cent of women in the study were found to use private transport rather than public transport or active travel.

Teachers can play vital role in getting children more active

Aug 19, 2014 02:57 pm

Source: www.ukhealthforum.org.uk

Researchers investigating a physical activity programme have found teachers play an important role in making children more active. The Frank Porter Graham Child Development Institute (FPG) has developed a program to help combat childhood obesity in North Carolina. The results of the investigation have found that when teachers direct the physical activities young children become more active.

Obesity and physical activity factsheets - updated

Aug 27, 2014

Source: www.ukhealthforum.org.uk

This series of factsheets (previously known as Key Data Briefings) compiles up-to-date key information and data about obesity and its determinants in an easily readable format.

Safety & accident prevention

Risk assessments – A brief guide to controlling risks in the workplace

29 August 2014

Source: HSE www.hse.gov.uk

HSE has revised and simplified the 5 Steps. INDG163 'Risk assessment – A brief guide to controlling risks in the workplace' clearly outlines what businesses need to do to assess their workplace risks without creating mountains of meaningless paperwork.

Smoking

All Wales guide on pharmacotherapy for smoking cessation

Aug 2014

Source: All Wales Medicines Strategy Group

<http://www.awmsg.org/>

This guide from the **All Wales Medicines Strategy Group** considers choice of therapy/formulation, clinical suitability, cautions, adverse effects, dose and duration of treatment for NRT, bupropion and varenicline. Cautions on use in special populations (e.g. pregnancy; cardiovascular disease) are summarised in the Appendix.

Toxic fake cigarettes filled with asbestos and excrement seized by councils

23 Aug 2014

Source: Local Government Association www.local.gov.uk

Millions of illegal cigarettes filled with dead flies, human excrement and abnormally high levels of cancer-causing chemicals are being taken off the streets by councils cracking down on the black market trade.

The SNAP trial: a randomised placebo-controlled trial of nicotine replacement therapy in pregnancy - clinical effectiveness and safety until 2 years after delivery, with economic evaluation

Aug 2014

Source: www.nihr.ac.uk

This RCT found NRT patches increased smoking cessation rates in pregnancy one month after randomisation but not at the time of delivery; however, 2-year-olds born to women who used NRT were more likely to have survived without any developmental impairment.

Study finds plain cigarette pack fears 'unfounded'

29 August 2014

Source: NHS Choices www.nhs.uk

"Cigarette plain packaging fear campaign unfounded," reports The Guardian. After Australia introduced plain packaging laws in 2012, opponents of the legislation argued it would lead to a number of unintended consequences

Social & economic issues

Health experts' food poverty warning

22 August 2014

Source: BBC www.bbc.co.uk

More people are suffering from malnutrition as a result of worsening food poverty, health experts warn.

Good neighbours give health benefits

Aug 19, 2014

Source: www.ukhealthforum.org.uk

Researchers from the University of Michigan have found being part of a close community and living next to good neighbours can reduce the risk of cardiovascular disease. The effects of having a positive relationship with neighbours and the

community at large included the lowering of stress levels and increased social support.

[Poorly educated smokers at higher risk of stroke than those with higher education](#)

Aug 18, 2014

Source: www.ukhealthforum.org.uk

A study in Denmark has revealed that those with a lower education, who smoke and have high blood pressure are at greater risk of a stroke than those with a higher education. The researchers believe any intervention aimed at reducing stroke risk in smokers should target lower educated smokers more than any other group. The study does not state why the difference in education affects stroke risk.

[Health Inequalities Update](#)

Aug 2014

Source: www.heartforum.org.uk

The first issue of the quarterly Health Inequalities Update is freely available to download as a PDF. The updates cover a selection of the latest research, reports and data related to health inequalities

[CDC raise concerns over the attraction of e-cigarettes to young non-smokers](#) Aug 26, 2014

Source: www.heartforum.org.uk

Research conducted by the CDC has found e-cigarettes to be a gateway mechanism to conventional cigarettes for young people.

[Male African American adolescents explain their reasons for using e-cigarettes](#)

Aug 26, 2014

Source: www.heartforum.org.uk

Researchers from Texas have found e-cigarettes are becoming socially acceptable among adolescent African American males

Statistics

[New analysis shows improving cancer survival in England using world-leading cancer staging data](#)

26 August 2014

Source: Public Health England www.gov.uk

Cancer survival in England for breast, lung, prostate, colorectal and ovarian cancer continues to improve, shows new data published in a [report](#) today (26 August 2014) from Public Health England's National Cancer Intelligence Network

Women's health

[Third of women discharged too early after giving birth says new RCM report 29-08-14](#)

29 Aug 2014

Source: Royal College of Midwives www.rcm.org.uk

Over a third (40%) of women were discharged from hospital before they were ready after having a baby according to a report published today by the Royal College of Midwives (RCM).

[Is breastfeeding inability causing depression?](#)

20 August 2014

Source: NHS Choices www.nhs.uk

Mothers who plan, but are unable, to breastfeed their babies are more likely to suffer from postnatal depression, report BBC News and The Independent.

[Violence against women and girls newsletter, summer 2014](#)

12 Aug 2014

Source: Home Office www.gov.uk

Includes HMIC review of domestic abuse and Action to tackle female genital mutilation

Workplace health

[NHS Trust in court after workers potentially exposed to asbestos](#)

20 Aug 2014

Source : Health & Safety Executive www.hse.gov.uk

An NHS Trust has been fined after it was found likely to have exposed workers to potentially fatal asbestos material for more than a decade at its three hospitals in Hertfordshire.

Local news: [Berks]

[Home Secretary appoints Reading academic to drug council](#)

28 Aug 2014

Source: Reading University

The University of Reading is delighted to announce Professor Ben Whalley has been appointed to the Advisory Council for the Misuse of Drugs (ACMD).

[West Berkshire working towards a healthier lifestyle](#)

28 Aug 2014

West Berks Council

West Berkshire Council's Public Health and Well-Being team is currently offering range of initiatives to help get West Berkshire healthy and active.

[Wokingham Borough cyclists overtake national trend](#)

22 August 2014

Source: Wokingham Borough Council

Cyclists in the Wokingham Borough are overtaking the national trend, following an 11 per cent increase in cycling locally during the past year.

[Celebrate Age Event 2014](#)

28 August 2014

Source: Wokingham Borough Council

This year's Celebrate Age event is taking place at Loddon Valley Leisure Centre, Chalfont Close, Rushey Way, Lower Earley on Wednesday October 1 between 10am and 3pm.

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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/>