

Public Health Bulletin. 30 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. 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

[The average person in Britain spends £50,000 on alcohol in their lifetime.](#)

30 September 2014

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

With Go Sober for October just around the corner, Macmillan Cancer Support has released survey that has found the average person in Britain spends almost £50,000 on alcohol in their lifetime.

[Alcohol is no excuse for abuse](#)

19 September 2014

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

Raising the price of alcohol and improved training for law enforcement agencies will help tackle alcohol-related violence and domestic abuse, claims a report published by the Institute of Alcohol Studies (IAS).

[Prenatal exposure to binge drinking could lead to mental health problems](#)

17 September 2014

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

Research, published in the European Child and Adolescent Psychiatry, investigated whether episodic binge pattern of alcohol consumption during pregnancy is associated with child mental health. It found that children of mothers who had drunk as little as four units of alcohol in a day were at greater risk of hyperactivity and inattention.

Chronic conditions

[Heart disease warning factors 'missed by many adults'](#)

29 September 2014

Source: www.bbc.co.uk

Many adults in the UK are unaware of the risk factors for heart disease, according to a new poll.

[Prime Minister backs the fight](#)

29 September 2014

Source: British Heart Foundation www.bhf.org.uk

Prime Minister David Cameron has pledged his support to the fight against heart disease on World Heart Day (29 September).

[Benefits of statins 'outweigh diabetes risk'](#)

24 September 2014

Source: NHS Choices www.nhs.uk

"Statins increase risk of diabetes, but benefits are still worth it, say experts," The Guardian reports.

[Statins link to diabetes](#)

23 September 2014

Source: British Heart Foundation www.bhf.org.uk

Scientists at University College London (UCL) and the University of Glasgow have discovered that taking statins is associated with a weight gain of around 240g (or half a pound).

[Late cancer diagnosis 'costing lives and money'](#)

22 September 2014

Source: NHS Choices www.nhs.uk

"Almost half of cancer patients diagnosed too late," says The Guardian, citing a new report that explored both the financial and health impact of late cancer diagnosis.

[Green light for new skin cancer drug](#)

18 September 2014

Source: www.bbc.co.uk

A new drug to treat skin cancer should be made available on the NHS, a health body has recommended.

Communicable diseases

[W Africa Ebola deaths 'pass 3,000'](#)

26 September 2014

Source: www.bbc.co.uk

The death toll from the Ebola outbreak in West Africa has passed 3,000, the World Health Organization (WHO) says.

[Ebola trial volunteer immunised](#)

17 September 2014

Source: www.bbc.co.uk

A trial of an experimental vaccine against the Ebola virus has begun in Oxford.

[Five bugs that lurk in changing rooms](#)

17 September 2014

Source: www.bbc.co.uk

After health experts issue a warning about the infection risk of sharing rugby baths, we look at five health risks from over-sharing in the changing room and bathroom.

Diet & nutrition

[Meals are being replaced by snacking](#) Source: UK Health Forum www.ukhealthforum.org.uk

30 September 2014

A survey conducted by Nielsen has found that globally people are snacking more and even substituting snacks for meals.

[The weight of a person next to us can affect our eating habits](#)

25 September 2014

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

Researchers from Cornell University have been investigating how the weight of people around us can affect our eating habits.

[Mental health can be improved by eating your 5 a day](#)

25 September 2014

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

Aside from protecting the body, eating fruit and veg could have an equally positive effect on a person's mental health.

[Western diets could be a cause of Asian Americans higher risk of type-2 diabetes](#)

23 September 2014

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

Researchers from the Joslin Diabetes Centre in Boston have been investigating possible reasons why Asian Americans have a higher risk of developing type-2 diabetes than Caucasian Americans.

[The fats that should be part of a healthy diet](#)

22 September 2014

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

A report produced by the Institute of Food Technologists has stated that in the current climate where people are being warned about the unhealthy aspects of fat it is important to stress that certain fats are healthy and an important part of a balanced diet. The list of nine fats includes omega-3 fatty acids, pinolenic acid and hemp oil.

Health promotion

[Consultation: Maintaining a healthy weight and preventing excess weight gain among children and adults](#)

23 September 2014

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

NICE is developing a public health guideline on 'Maintaining a healthy weight and preventing excess weight gain among children and adults'.

[Launch of We Love Eating campaign!](#)

22 September 2014

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

The EU has launched a new campaign and website to encourage healthy eating across the EU.

[Know Your Numbers Week begins!](#)

15 September 2014

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

Know your Numbers! Week involves hundreds of nationwide organisations signing up to provide free blood pressure tests and information at venues to be called 'Pressure Stations'.

Health protection

[15% of GP antibiotic courses 'fail'](#)

26 September 2014

Source: www.bbc.co.uk

Nearly one in seven antibiotic treatments given out by GPs for common infections over the last two decades in the UK have failed, researchers say.

Health services administration

[Adopted family can check medical past](#)

25 September 2014

Source: www.bbc.co.uk

The relatives of adopted people will have more rights to find out about their birth family - so they can find out information such as inherited medical conditions.

[What does Adult Social Care look like across CQC's new ratings?](#)

25 September 2014

Source: CQC www.cqc.org.uk

The Care Quality Commission (CQC) has set out what Outstanding, Good, Requires Improvement and Inadequate Adult Social Care would look like across each of the key areas it will routinely inspect services against.

[Labour would use tobacco tax to boost funding for NHS](#)

24 September 2014

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

The Labour leader Ed Miliband laid out plans to use tax on British cigarette companies to help fund the NHS.

[Elderly patients to trial online hospital appointments](#)

23 September 2014

Source: www.bbc.co.uk

Elderly patients in rural north Wales could be offered online consultations with hospital doctors saving them from having to travel long distances.

[NHS whistleblowing 'problems persist'](#)

22 September 2014

Source: www.bbc.co.uk

Whistleblowers still face real problems in speaking out in the health service - despite the push to create a more open culture, campaigners say.

[Health services finances 'worsening'](#)

19 September 2014

Source: www.bbc.co.uk

The NHS in England has run up a deficit of nearly £500m in the first few months of the financial year, official figures show.

Infant & child health

[Scans 'could halve stillbirth rate'](#)

30 September 2014

Source: www.bbc.co.uk

More than half of stillbirths in the UK could be prevented if the NHS implemented additional scans, a leading obstetrician has told Panorama.

[Children hit by tooth decay at three](#)

30 September 2014

Source: www.bbc.co.uk

More than one in 10 three-year-olds have tooth decay, the first survey of the age group shows.

[Antibiotics 'linked to childhood obesity'](#)

30 September 2014

Source: www.bbc.co.uk

Young children who are given repeated courses of antibiotics are at greater risk than those who use fewer drugs of becoming obese, US researchers say.

[Children 'being failed in early years'](#)

23 September 2014

Source: www.bbc.co.uk

The future prospects of children in England are being hampered because society fails them in the early years, a leading health expert says.

[Call to offer HPV vaccine to boys](#)

22 September 2014

Source: www.bbc.co.uk

Scientific experts are meeting on Monday to discuss whether boys as well as girls should be offered the HPV jab.

[Pregnancy hormone link to poor maths](#)

19 September 2014

Source: www.bbc.co.uk

Research suggests children born to mothers who have low thyroid hormone levels during pregnancy do worse at maths.

[Cosmetics blamed for raised child asthma risk](#)

Source: NHS Choices www.nhs.uk

17 September 2014

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

[Core competences for children and young people aged 5 to 16 years: A framework of skills and knowledge around food, diet and physical activity](#)

17 September 2014

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

In 2007, the Food Standards Agency (FSA) launched Core Food Competences for children aged 5-16 years...The updated framework, which includes changes in light of a consultation in January 2014, now covers physical activity and has an enhanced consumer awareness section.

[Brain scans offer fresh insights into ADHD](#)

Source: NHS Choices www.nhs.uk

16 September 2014

"Doctors could soon diagnose ADHD in children with a brain scan," is the over-exuberant headline from the Mail Online.

Mental health

[Talk therapy 'best for social phobia'](#)

Source: www.bbc.co.uk

26 September 2014

Talking therapy is more effective than pills in treating social anxiety disorder, a study has found.

[Nature walks can help improve mental health](#)

24 September 2014

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

Researchers from Michigan, Edge Hill and De Montfort University have conducted a large scale study which suggests group nature walks could benefit a person's mental health.

[Self-management and peer-support intervention in Wales wins best practice award](#)

19 September 2014

Source: Mental Health Foundation <http://www.mentalhealth.org.uk>

Our ground-breaking self-management project - the first initiative of its kind and on a scale not seen within the UK - has been won a Good Practice Award from Public Health Wales.

[World Alzheimer Report 2014: Dementia and risk reduction](#)

17 September 2014

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

The World Alzheimer Report 2014, Dementia and Risk Reduction: An analysis of protective and modifiable factors critically examines the evidence for the existence of modifiable risk factors for dementia.

[The provision of talking therapies is a post code lottery](#)

17 September 2014

Source: Mental Health Foundation <http://www.mentalhealth.org.uk>

Today's release of the national statistics from the Health and Social Care Information Centre (HSCIC) reinforces the We Need To Talk coalition's message that provision of talking therapies is a post code lottery with a huge disparity of access across the country.

[Is it time for a mental health waiting target?](#)

17 September 2014

Source: www.bbc.co.uk

Waiting time targets have become synonymous with the NHS in England. They apply to everything from A&E units and ambulance calls out to routine surgery and cancer treatment. The exception is mental health.

Obesity

[Being obese when entering the job market can hinder earning potential](#)

29 September 2014

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

Researchers from several Swedish universities have found that young men entering the job market who are obese can expect 18 per cent lower wages than normal weighted men of similar age.

[Watch less TV to prevent obesity, says NICE](#)

23 September 2014

Source: NHS Choices www.nhs.uk

“Take TV-free days to combat obesity, health experts urge,” The Guardian reports. This is one of a range of new recommendations from [National Institute of Health and Care Excellence \(NICE\)](#) draft guidelines that are designed to help adults and children maintain a healthy weight.

[Obesity Society produce position statement](#)

22 September 2014

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

On the heels of new research showing that 16 major food and beverage companies have collectively cut 6.4 trillion calories from U.S. food products, The Obesity Society (TOS) issues an official position statement

[Tax breaks for employers who try to tackle obesity](#)

22 September 2014

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

At the Public Health Conference at Warwick University the head of NHS England, Simon Stevens, suggested a possible tax break for employers who help employees lose weight through the set up of weight loss clubs and lunch time running groups.

[Obesity the new smoking - NHS boss](#)

18 September 2014

Source: www.bbc.co.uk

Obesity is the new smoking in terms of the impact on health and the cost to the NHS, the head of the NHS in England says.

[US waists 'grow an inch in a decade'](#)

17 September 2014

Source: www.bbc.co.uk

Girths are continuing to expand in the US, despite obesity appearing to be reaching a plateau, data suggests.

Older people

[New study calls for better awareness of drug problems in older people](#)

22 September 2014

Source: www.biglotteryfund.org.uk

The issue of drug misuse in older people is being systematically ignored according to a report published by the Big Lottery Fund today. The scoping study indicates that while the number of older people with drug problems in the UK is on the rise they fail to get the same attention as young people.

Physical activity

[Expert says walking is the 'superfood' of the fitness world](#)

30 September 2014

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

Katy Bowman, a scientist and author of the book "Move Your DNA: Restore Your Health Through Natural Movement" has said walking is the 'superfood' of the fitness world.

[Exercise hard, drink hard: Alcohol consumption increases after harder workout session](#)

25 September 2014

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

Researchers at Northwestern University have found that on days when people exercise more they also drink more alcohol.

[Public health authorities are missing key points of physical activity for children](#)

22 September 2014

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

At the University of Montreal researchers have found that, for children, active play has no end goal but is an end in itself.

Safety & accident prevention

[RoSPA welcomes fall in road deaths and injuries](#)

25 September 2014

Source: ROSPA <http://www.rospa.com>

Figures revealing that the number of people killed and injured on the road has fallen to the lowest number since records began have been welcomed by the Royal Society for the Prevention of Accidents (RoSPA).

Smoking

[France to implement toughest anti-tobacco laws in the world](#)

29 September 2014

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

French health minister Marisol Touraine has stated that new rules and laws will help prevent the 200 deaths that occur each day as a result of smoking.

[Smokefree playgrounds scheme piloted by Islington Council](#)

22 September 2014

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

In order to protect children from the harmful effects of second-hand smoke a pilot scheme has begun in several Islington Council playgrounds.

[Big tobacco moving into e-cigarettes in the US](#)

22 September 2014

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

France 24 reports on the movement of big tobacco companies into the world of e-cigarettes. Using their money and experience they can out-manoeuvre smaller competitors by producing flashy advertisement not seen on television since the ban of cigarette advertisement.

Social & economic issues

Too poor to wash - the reality of living in fuel poverty

23 September 2014

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

In a press release the charity Christians Against Poverty discuss the findings from a recent survey of its clients about their experience of fuel poverty before they got assistance from the charity group.

Marmot Indicators 2014

23 September 2014

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

Fair Society, Healthy Lives: The Marmot Review report was published in February 2010. ... Launched in September 2014 by the Institute of Health Equity, the Marmot Indicators 2014 were developed in collaboration with Public Health England. They are a new set of indicators of the social determinants of health, health outcomes and social inequality, that broadly correspond to the policy recommendations proposed in Fair Society, Healthy Lives.

Government needs to do more to ensure children don't grow up in a cold home

22 September 2014

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

Matthew Reed, the chief executive from The Children's Society, writes in the Guardian about the rise in children living in fuel poverty and how the government must do more to help.

Due North: The report of the Inquiry on Health Equity for the North

22 September 2014

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

The aim of this inquiry is to develop recommendations for policies that can address the social inequalities in health within the North and between the North and the rest of England.

Reducing the number of young people not in employment, education or training (NEET)

17 September 2014

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

This pair of documents, commissioned by Public Health England, and written by the UCL Institute of Health Equity, examine how to help young people into employment, education or training. They describe the relationship between being NEET and health; inequalities in prevalence of being NEET; and the scale of the problem. The papers show that being NEET, particularly for prolonged periods, is associated with negative effects on health and a range of other outcomes.

Local Action on Health Inequalities

16 September 2014

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

Local public health teams have indicated they would value evidence to support implementation of practical action on health inequalities.

Statistics

National Well-being Measures, September 2014

22 September 2014

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

Updated national well-being measures data are published in Spring and Autumn each year. This article provides the Autumn 2014 update. The ONS Measuring National Well-being programme aims to produce accepted and trusted measures of the well-being of the nation - how the UK as a whole is doing.

Women's health

[Breast density could indicate risk of developing breast cancer](#)

29 September 2014

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

Breast cancer charity The Breast Cancer Campaign (BCC) has raised concerns that over 700,000 women in the UK could be living with a "hidden risk" of developing breast cancer.

[Skirt size 'can flag up cancer risk'](#)

25 September 2014

Source: www.bbc.co.uk

Going up several skirt sizes in midlife could be a warning sign of increased cancer risk, research suggests.

[Mums 'feel shame' about how they feed their babies](#)

19 September 2014

Source: NHS Choices www.nhs.uk

"Mothers are made to feel 'marginalised and ashamed' when they breastfeed in public, according to an international study," the Mail Online reports. But the same study found mothers who bottlefeed also feel subject to criticism.

['Angelina Jolie effect' doubled breast gene tests](#)

19 September 2014

Source: NHS Choices www.nhs.uk

"Referrals to breast cancer clinics more than doubled in the UK after Angelina Jolie announced she had had a double mastectomy," BBC News reports. NHS services saw a sharp rise in referrals from women worried about their family history of breast cancer.

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

17 September 2014

Source: NHS Choices 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.

Workplace health

[Working long hours linked to increased risk of diabetes](#)

25 September 2014

Source: British Heart Foundation www.bhf.org.uk

In a study part-funded by the British Heart Foundation, scientists at University College London (UCL) have found that those working more than 55 hours per week doing a manual or low socioeconomic status job have around a 30 per cent greater risk of developing type 2 diabetes than co-workers who work a shorter week.

[National clampdown targets construction industry's poor health record](#)

22 September 2014

Source: HSE www.hse.gov.uk

'Health as well as safety' will be the message as poor standards and unsafe work on Britain's building sites are targeted as part of a nationwide drive aimed at reducing ill health, death and injury in the industry.

Local news: []

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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/>