

Public Health Bulletin. 22 10 2104

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

Alcohol accounts for 37% of liver disease deaths in England

Monday 20 October 28, 2014

Source: [Public Health England](#)

PHE launches local authority liver disease profiles which shows significant variation in mortality across England.

Alcohol related hospital admissions in England near 10 million

Tuesday 21 October 2014

Source: [UK Health Forum](#)

Data taken from Alcohol Concern's updated Alcohol Harm Map has revealed alcohol related illnesses account for nearly two thirds of inpatient admissions.

Chronic conditions

Changes in 'Parkinson's walk' predict dementia

Wednesday October 22 2014

Source: [NHS Choices](#)

"Subtle changes in the walking pattern of Parkinson's patients could predict their rate of cognitive decline," The Times reports after new research compared the gait of people with [Parkinson's disease](#) with those of healthy volunteers

RCGP dementia roadmap helps in the identification of patients with dementia

Wednesday 22 October 2014

Source: [RCGP](#)

The Dementia Roadmap, in collaboration with NHS England, gives healthcare teams a platform to identify dementia and advice as to what to do at different points during the course of a patient's experience through dementia.

University's £1m study of eyeball link to Alzheimer's

Monday 27 October 2014

Source: [BBC Health](#)

Researchers at Dundee University are to lead a £1.1m study into whether eye tests can reveal the onset of Alzheimer's disease

Living with dementia at a young age

Friday 24 October 2014

Source: [BBC Health](#)

Listen to Anne's story on BBC iplayer

[GP's to get £55 for each dementia diagnosis](#)

Wednesday 22 October 2014

Source: [BBC Health](#)

NHS England aim to increase the number of sufferers obtaining treatment for dementia.

Communicable diseases

[Ebola outbreak: Cases pass 10,000, WHO reports](#)

Saturday 25 October 2014

Source: [BBC Health](#)

The number of cases in the Ebola outbreak has exceeded 10,000, with 4,922 deaths, the World Health Organization says in its latest report.

[Ebola blood-therapy team set up](#)

Thursday 23 October 2014

Source: [BBC Health](#)

An international team of scientists has been set up to determine the effectiveness of using the blood of Ebola survivors as a treatment.

[Up-to-date news, features and maps showing how West Africa is tackling Ebola](#)

Tuesday 28 October 2014

Source: [BBC Health](#)

[Ebola: WHO under fire over response to epidemic](#)

Monday 20 October 2014

Source: [BBC Health](#)

WHO is the biggest and most important public health body but when it comes across a sudden threat or danger, does it deliver?

Diet & nutrition

[Crash diets 'work best' claim misguided](#)

Thursday 16th October 2014

Source: [NHS Choices](#)

"Crash diets DO work, claim experts" the Mail Online reports from an Australian study of 200 obese adults.

[Research from WHO show health professionals are right to be concerned about the dangers of energy drinks](#)

Monday October 20 2014

Source: [UK Health Forum](#)

Researchers from WHO have produced a literature review which validates many health professionals concern over the dangers of energy drinks

Exercise data signs could cut sugary drink intake

Friday October 17 2014

Source: [NHS Choices](#)

“Signs warning shoppers how much exercise they need to do to burn off calories in sugary drinks can encourage healthier choices,” BBC News reports

No need for nightshift workers to avoid steak

Thursday October 23 2014

Source: [NHS Choices](#)

Speculation by the media mistakenly highlighted the “broad implications” of this research for shift workers.

Sunshine isn't slimming and can't halt diabetes

Friday October 24 2014

Source: [NHS Choices](#)

"Sunshine can make you thin," claims the Daily Mirror, while the Daily Express splashed on its front page that, "Sunlight is key to fighting diabetes". Both are strong contenders for the title of the day's most inaccurate health headline.

Apples helped me lose 4 stone says Lord Falconer

Sunday 26 October 2014

Source: [BBC Health](#)

Former Lord Chancellor Lord Falconer has revealed that he lost more than five stone by giving up most meals for a mixture of apples and diet cola

Drug Misuse

Do dopamine drugs lead to compulsive shopping?

Thursday October 23 2014

Source: [NHS Choices](#)

Metro reports that researchers in the US have looked at serious drug side effects reported to the FDA over a 10-year period. In particular, they were interested to see how often reports of impulsive behaviours such as gambling were linked to a group of drugs called dopamine receptor agonists

'Legal high' poison queries climb

Thursday 23 October 2014

Source: [Public Health England](#)

PHE commissioned National Poisons Information Service (NPIS) today publishes its annual report for 2013 to 2014.

Health promotion

Get everybody active every day

Thursday 23 October 2014

Source: [Public Health England](#)

PHE evidence-based framework both nationally and locally to improve the inactivity epidemic.

[Benefits of investing in cycling](#)

Monday 20 October

Source: [UK Health Forum](#)

British cycling have published an academic paper detailing the benefits that more people using bikes to get around would bring to everyone in Britain.

[Lifestyle more relevant to heart attack than genetics](#)

Tuesday 21 October 2014

Source: [UK Health Forum](#)

Doctors from the Intermountain Medical Centre Heart Institute, in the US have found lifestyle factors are more accurate at predicting risk of cardiac arrest than genetics history.

Health protection

[Evidence into action: protecting and improving the nation's health](#)

Thursday 23 October 2014

Source: [Public Health England](#)

PHE publishes its 7 priorities for the next 5 years.

Health services administration

[RCGP comment on patient de-registration](#)

Tuesday 28 October 2014

Source: [RCGP](#)

The RCGP comment on an article in [Pulse](#) on GP catchment areas

Infant & child health

[NICE wants tooth brushing to be taught in schools](#)

Wednesday October 22 2014

Source: [NHS Choices](#)

Children should get their teeth brushed at school, says NHS watchdog, the Daily Telegraph reports. The headline follows the publication of guidance by the National Institute for Health and Care Excellence (NICE) on ways for local authorities to improve the oral health of their communities

[GPs on alert for children at risk from cyber-trolling](#)

Sunday 25 October 2014

Source: [RCGP](#)

The RCGP and NSPCC have launched a new Safeguarding Children toolkit to help identify and support children and young people at risk of child trafficking and radicalization.

Putting clocks forward boosts kids' exercise

Friday October 24 2014

Source: [NHS Choices](#)

“Moving the clocks forward by one extra hour all year in the UK could lead to children getting more exercise every day, say researchers,” reports BBC News.

Mental health

Mindfulness works in Rotherham, Doncaster, Lincolnshire and Manchester

16 October 2014

Source: [Mental Health Foundation](#)

An NHS trust has been providing patients with access to an online mindfulness course as an intervention for depression and anxiety. An average depression reduction of 42 % and an average anxiety reduction of 40 % was measured on a small sample of those taking the course.

Places of safety must match levels of need across the country

Thursday 24 October 2014

Source: [Centre for mental health](#)

The Care Quality Commission has reported this week that police custody was used as a place of safety in more than a third of Section 136 Mental Health Act detentions last year

Mind warns mental health spending too low

Tuesday 28 October 2014

Source: [BBC Health](#)

A report by the charity said on average just 1.4% of public health budgets was spent on mental health.

Brain scans show cause of seasonal affective disorder

Tuesday 21 October 2014

Source: [BBC Health](#)

A small sample of volunteers were compared by scientists at the University of Copenhagen and say they have identified the underlying reason why some people are prone to the winter blues, or seasonal affective disorder (SAD)

Shocking failure to fully address mental health problems in pregnancy and childbirth costs over £8 billion

Monday 20 October 2014

source: [Centre for Mental health](#)

Read the report by the London School of Economics and Centre for Mental Health

Obesity

BMI tests 'miss' over a quarter of obese children

Monday October 20 2014

Source: [NHS Choices](#)

37 studies in more than 50,000 children found body mass index (BMI) is an imperfect way of detecting excess body fat. A 1/4 of obese children are missed by BMI tests, the Mail Online reports.

Obesity could be a factor in the high rates of gullet cancer in the UK

Monday 20 October 2014

Source: [UK Health Forum](#)

Men are four times more likely than women to develop cancer such as adenocarcinoma with suggestions that greater waist circumference could be a reason for this disparity.

Homer Simpson blamed for obesity problem

Thursday 23 October 2014

Source: [BBC Health](#)

With 1 in 4 of us clinically obese, Fat Families TV presenter Steve Miller thinks Homer Simpson should go on a diet.

Oral health

People living in Roman Britain had healthier gums than their modern-day descendants

Friday 24 October 2014

Source: [BBC Health](#)

Modern day smoking and type 2 diabetes are blamed for a figure of nearly one in three people suffering from gum disease today.

Prison health

Prisons struggling with an increase in elderly inmates

Wednesday 28 October 2014

Source: [BBC Health](#)

Prisons are struggling to cope with the increasing number of elderly, sick and disabled people behind bars, a Prison Reform Trust report says.

Safety & accident prevention

Keep yourself and everyone else safe when organizing a firework display

Tuesday 22 October 2014

Source: [HSE](#)

Sexual health

Updated guidance on long-acting reversible contraception

Thursday 23 October 2014

Smoking

Smokers' homes 'as polluted as Beijing'

Tuesday October 21 2014

BBC news reports that Scottish researchers have estimated that the level of fine particulate matter (PM2.5) in smokers' households is similar to those found in a heavily polluted city such as Beijing.

Over a quarter of a million quit for Stoptober as smoking rates reach an all-time low in England

Tuesday 28 October 2014

Source: [Public Health England](#)

The nation's biggest mass quit attempt saw more people than ever helping each other through to 28 days without smoking

E-cigarette poison queries climb

Thursday 23 October 2014

Source: [Public Health England](#)

Increase in queries from NHS staff about E-cigarettes.

Social & economic issues

Cold weather plan England 2014

Friday 24 October 2014

Source: [Public Health England](#)

PHE has published the Cold Weather Plan for 2014, part of the national effort to reduce an estimated 25,000+ excess winter deaths in England each year, many of which are entirely preventable.

Women's health

Crucial to prioritise infant and parental mental health

20 October 2014

Source: [Mental Health Foundation](#)

The Maternal Mental Health Alliance's call for more investment in perinatal mental health, as revealed in a major report, shows how crucial this can be in the prevention of lifelong problems

Nearly 500 new FGM cases identified in UK last month

Thursday 16 October 2014

Source: [BBC Health](#)

This is the first time the NHS has collected figures on FGM with half of all cases reported in London.

Can opioids be used for pain relief during pregnancy?

Friday 17 October 2014

Source: [Medicines Information](#)

Opioid analgesics can be used at any stage of pregnancy for the short-term treatment of moderate to severe pain, but prolonged use may cause tolerance and dependency in the mother and withdrawal symptoms in the neonate if they are used regularly

Local news: []

Responses to NHS 5 year plan

<http://www.mentalhealth.org.uk/our-news/news-archive/2014/2014-10-23-nhs-five-year-plan/>

http://www.centreformentalhealth.org.uk/news/2014_NHS_5year_forward.aspx

<http://www.rcgp.org.uk/news/2014/october/rcgp-response-to-nhs-england-road-map-for-the-future-of-the-health-service.aspx>

<https://www.gov.uk/government/news/nhs-leaders-set-out-road-map-for-healthcare-in-england>

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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/>