

## **Public Health Bulletin. 27 January 2015**

**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 also available on the Thames Valley Public Health Network at: <http://phabbtv.net/bulletins/> and the Wessex Public Health Network at: <http://www.wessexphnetwork.org.uk/resources/public-health-updates.aspx>

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## Alcohol misuse

[Does moderate drinking reduce heart failure risk?](#) Source: NHS Choices [www.nhs.uk](http://www.nhs.uk)  
Tuesday 20 January 2015

"Seven alcoholic drinks a week can help to prevent heart disease," the Daily Mirror reports.

## Chronic conditions

[Diabetes 'info prescription' plan](#) Source: BBC News [www.bbc.co.uk](http://www.bbc.co.uk)  
Tuesday 27 January 2015

GPs across the UK are being advised to give out information prescriptions to any diabetic patients who do not have their condition under control.

[Poor diabetes care 'costing lives'](#) Source: BBC News [www.bbc.co.uk](http://www.bbc.co.uk)  
Wednesday 14 January 2015

Poor diabetes care in England is leading to avoidable deaths, record rates of complications and huge costs to the NHS, a charity warns.

[High cholesterol in mid-life risky](#) Source: BBC News [www.bbc.co.uk](http://www.bbc.co.uk)  
Tuesday 27 January 2015

Having even slightly raised cholesterol in midlife significantly increases a person's risk of heart disease, research reveals.

[Angry Twitter communities linked to heart deaths](#) Source: NHS Choices [www.nhs.uk](http://www.nhs.uk)  
Friday January 23 2015

"Angry tweeting 'could increase your risk of heart disease'," is the poorly reported headline in The Daily Telegraph.

[Heartburn 'could be sign of cancer'](#) Source: BBC News [www.bbc.co.uk](http://www.bbc.co.uk)  
Monday 26 January 2015

A health campaign is urging people not to ignore heartburn, because it could be a sign of stomach or oesophageal cancer.

[Exercise helps with ME, study says](#) Source: BBC News [www.bbc.co.uk](http://www.bbc.co.uk)  
Wednesday 14 January 2015

Experts are reassuring people with ME or chronic fatigue syndrome that gentle, graded exercise can help some people improve.

## Communicable diseases

[WHO vows reform after Ebola 'shocks'](#) Source: BBC News [www.bbc.co.uk](http://www.bbc.co.uk)  
Sunday 25 January 2015

The World Health Organization (WHO) has set out plans for reform, admitting that it was too slow to respond to the deadly Ebola outbreak in West Africa.

**[Ebola vaccine 'shipped to Liberia'](#)**

Friday 23 January 2015

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

The first batch of an experimental vaccine against Ebola is on its way to Liberia.

**[Falling Ebola cases show 'turning point'](#)**

Thursday 22 January 2015

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

There has been a "turning point" in the Ebola crisis, with cases falling in the three affected countries, World Health Organization officials say.

**[Rocketing vaccine cost warning](#)**

Tuesday 20 January 2015

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

The price of life-saving vaccines has skyrocketed leaving some countries struggling to fully immunise children, Medecins Sans Frontieres warns.

**[Infected blood legal case begins](#)**

Thursday 15 January 2015

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

Three men who contracted hepatitis C from contaminated imported blood have begun a legal case in the UK to challenge the support scheme.

## **Diet & nutrition**

**[Labour pledges caps on fat and salt](#)**

Thursday 15 January 2015

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

Maximum limits will be set on levels of fat, salt and sugar in food marketed to children under a Labour government, the shadow health secretary will say.

## **Drug Misuse**

**[Cannabis addicts 'let down' as class A drugs get attention](#)**

Thursday 15 January 2015

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

A leading drugs expert says cannabis addicts are being let down because there is too much focus on helping people hooked on class A substances.

## **Health services administration**

**[£10 million investment boost to expand general practice workforce](#)**

Monday 26 January 2015 Source: Royal College of General practitioners [www.rcgp.org.uk](http://www.rcgp.org.uk)

Health leaders have today announced a £10 million investment to kick start a new plan to expand the general practice workforce.

### [NHS Wales 'not worse than England'](#)

Monday 26 January 2015

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

Almost half of the people in Wales believe the Welsh NHS performs just as well as the health service in England while another 15% think it performs better, a new poll suggests.

### [Mark Drakeford on NHS stress from smoking and drinking](#)

Monday 26 January 2015

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

The NHS is being put under too much pressure dealing with self-inflicted conditions, the health minister has warned. Mark Drakeford says it is having to "rescue" people from "harm that need never have happened" through too much smoking, drinking and a poor diet.

### [GP recruitment drive gets promo film](#)

Saturday 24 January 2015

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

A national recruitment video to encourage medical students to choose general practice as a career has been launched by the Royal College of GPs. (RCGP), which claims at least 10,000 extra GPs will be needed by 2020.

### [A&E waiting times in England improve](#)

Friday 23 January 2015

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

Waiting times in A&E units in England have improved to their best level since November - but the target is still being missed, figures show.

### [Progress in improving cancer services and outcomes in England](#)

Thursday 15 January 2015

Source: National Audit Office [www.nao.org.uk](http://www.nao.org.uk)

A recent NAO report says there is considerable scope to make further improvements in cancer services and patient outcomes across England.

### [UK Health Forum comment on Labour's public health strategy](#)

Friday 16 January 2015

Source: UK Health Forum: [www.ukhealthforum.org.uk](http://www.ukhealthforum.org.uk)

The Labour Party's public health strategy, launched this week (15 January) emphasises the importance of giving children a healthy start in life and reducing health inequalities and pledges to make public health a cross-government responsibility.

## **Infant & child health**

### [Napping 'key' to babies' memory and learning](#)

Tuesday 13 January 2015

Source: NHS Choices [www.nhs.uk](http://www.nhs.uk)

"The key to learning and memory in early life is a lengthy nap, say scientists," BBC News reports. The scientists were interested in babies' abilities to remember activities and events.

## **Mental health**

### [Dementia 'link' to common drugs](#)

Tuesday 27 January 2015

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

A study links commonly used medicines, including over-the-counter treatments for conditions such as insomnia and hay-fever, to dementia.

### [People with autism have 'unique' brain patterns](#)

Source: NHS Choices [www.nhs.uk](http://www.nhs.uk)

Monday 26 January 2015

"The brains of people diagnosed with autism are 'uniquely synchronised'," the Mail Online reports. Researchers used brain scans to study the brain activity of people with autism and found a distinctly unique pattern of connectivity.

### [Anxiety and depression twice as prevalent in military, study says](#)

Thursday 22 January 2015

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

Members of the UK armed forces are twice as likely to develop anxiety or depression than those in the general working population, a study suggests.

### [Jobless young people at risk of isolation, charity says](#)

Wednesday 14 January 2015

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

A third of unemployed young people regularly "fall apart" emotionally, a report by the Prince's Trust says.

### [What Does A Mindful Nation Look Like?](#)

Wednesday 14 January 2015 Source: Mental Health Foundation [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

The All Party Parliamentary Group on Mindfulness is launching its interim report, with recommendations on the role mindfulness could play in education, healthcare, work and criminal justice.

## **Older people**

### [Social care cuts 'major cause' of A&E problems](#)

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

Wednesday 21 January 2015

Older people in England are being left "high and dry" by councils cutting back on the care they provide, Age UK says.

### [Study finds care home residents 'more likely' to be dehydrated](#)

Friday 16 January 2015

Source: NHS Choices [www.nhs.uk](http://www.nhs.uk)

"Care home residents five times more likely to be left thirsty," The Independent reports after an analysis of some London hospital admission records found people admitted from care homes were five times more likely to be dehydrated than people coming from their own homes.

## **Oral health**

### [Dentists 'not clear about costs'](#)

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

Monday 19 January 2015

People could be paying too much for dental treatment because dentists are not being clear about their prices, consumer champion Which? has found.

## Physical activity

### [Exercise advice unrealistic, say experts](#)

Thursday 22 January 2015

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

Researchers say current exercise guidelines are unrealistic and argue that doctors should sometimes advise small increases in activity instead.

### [Unusual activities to get you moving](#)

Thursday 15 January 2015

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

Seven unusual ways of getting at least some of the 20 minutes of brisk activity a day being recommended.

### [Inactivity 'twice as deadly' as obesity](#)

Thursday 15 January 2015

Source: NHS Choices [www.nhs.uk](http://www.nhs.uk)

"Lack of exercise is twice as deadly as obesity," The Daily Telegraph reports. The headline is prompted by a Europe-wide study on obesity, exercise and health outcomes.

### [How therapy and exercise 'may help some with CFS'](#)

Wednesday 14 January 2015

Source: NHS Choices [www.nhs.uk](http://www.nhs.uk)

"Chronic fatigue syndrome patients' fear of exercise can hinder treatment," The Guardian reports. Chronic fatigue syndrome (CFS) is a long-term condition that causes persistent and debilitating fatigue.

## Screening

### [Hearing loss care demand rises](#)

Monday 26 January 2015

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

Nine of Scotland's 14 health boards have said they are facing increased demand from people with hearing loss.

### [Blood pressure device 'promising'](#)

Friday 23 January 2015

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

A device the size of a paper clip inserted in the groin has shown promising results in lowering blood pressure, scientists say.

## Sexual health

### [Nordic IVF outcomes improving - is the same true for the UK?](#)

Wednesday 21 January 2015

Source: NHS Choices [www.nhs.uk](http://www.nhs.uk)

"The health of artificially conceived children has steadily improved in the last 20 years," The Guardian reports.

### Could 'DNA editing' lead to designer babies?

Monday 19 January 2015

Source: NHS Choices [www.nhs.uk](http://www.nhs.uk)

"Rapid progress in genetics is making 'designer babies' more likely and society needs to be prepared," BBC News reports.

## Smoking

### Cigarettes could be in plain packaging by 2016

Wednesday 21 January 2015

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

The government have announced that a vote will be held on putting cigarettes in plain packets before the general election.

## Social & economic issues

### Statin use may be widening health inequalities in England

Friday 23 January 2015

Source: NHS Choices [www.nhs.uk](http://www.nhs.uk)

'Mass prescription of statins 'will widen social inequalities'' The Independent report. A UK analysis of heart disease deaths from 2000 to 2007 found that statins were far more effective for the richest 20% of the population compared to the poorest 20%

### Fitness 'rubs off on your partner'

Monday 19 January 2015

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

Men and women are more successful when they adopt healthy behaviours as a couple, research reveals.

## Statistics

### The cost of being unhealthy

Monday 26 January 2015

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

There are seven established factors that raise the risk of ill health. They cover everything from smoking to low fruit and vegetable consumption. An incredible 93% have at least one risk factor, according to the Health Survey for England. Over a third have three or more.

## Women's health

### New heart attack test shows promise for women

Thursday 22 January 2015

Source: NHS Choices [www.nhs.uk](http://www.nhs.uk)

"Doctors could spot twice as many heart attacks in women by using a newer, more sensitive blood test," BBC News reports. In women, for reasons that are unclear, a heart attack often doesn't trigger the symptom (*sic*) most people associate with the condition.

### Doctor 'performed FGM on new mother'

Monday 19 January 2015

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

A UK doctor performed female genital mutilation on a young mother after she gave birth in hospital, a court has heard, in the first prosecution of its kind in the UK.

## **Workplace health**

**[Appeal to South East employers as new figures underline importance of workplace safety](#)**

Source: HSE [www.hse.gov.uk](http://www.hse.gov.uk)

Thursday 15 January 2015

Safety watchdog the Health and Safety Executive is marking its 40th anniversary with an appeal for South East businesses to make the wellbeing of workers their top priority for the new financial year.

## **Local news: []**

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| <p><b>Big Four Bulletin</b><br/> This is a weekly Bulletin that details original articles in the BMJ, JAMA, New England Journal of Medicine and The Lancet.<br/> <a href="http://cash.libraryservices.nhs.uk/cash-service/rss-newsfeed-menu/medicine/big-four-bulletin/">http://cash.libraryservices.nhs.uk/cash-service/rss-newsfeed-menu/medicine/big-four-bulletin/</a></p>   |
| <p><b>Daily Health Bulletin</b><br/> The Daily Health Bulletin is produced by the Knowledge Service of the West and South Yorkshire and Bassetlaw Commissioning Support Unit.<br/> <a href="http://cash.libraryservices.nhs.uk/cash-service/daily-health-bulletin/">http://cash.libraryservices.nhs.uk/cash-service/daily-health-bulletin/</a></p>   |
| <p><b>NICE Public Health Awareness Bulletin</b><br/> This is a monthly update highlighting national public health news and information from NICE.<br/> <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></p> |
| <p><b>PHE Bulletin (Public Health England)</b><br/> The PHE Bulletin is issued monthly and contains public health news and information.<br/> <a href="https://www.gov.uk/government/collections/phe-bulletin">https://www.gov.uk/government/collections/phe-bulletin</a></p>   |
| <p><b>Public Health and Social Care Bulletin</b><br/> This is published weekly and created by Kent &amp; Medway Public Health Observatory. It provides an update on what is new in public health and social care, both nationally and locally.<br/> <a href="http://www.kmpho.nhs.uk/events-and-updates/bulletins/bulletins-archive/">http://www.kmpho.nhs.uk/events-and-updates/bulletins/bulletins-archive/</a></p>                          |