

Public Health Bulletin. 10th March 2015

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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

How alcohol intake can change over a lifetime

Monday 9th March 2015 Source: NHS Choices www.nhs.uk/news

"Binge drinking peaks at 25 ... but by middle age he's drinking daily," the Mail Online reports. In what has been described as the first of its kind, a new study has tried to track the average adult drinking pattern over the course of a lifespan.

Lower the drink drive limit to cut road deaths, say Fire and Rescue Authorities

Monday 9th March 2015 Source: Local Government Association www.local.gov.uk

The Local Government Association (LGA), which speaks for Fire and Rescue Authorities (FRAs) in England, says that dropping the current limit from 80 mgs to 50 mgs per 100 ml of blood – which is standard for virtually every other country – could save up to 170 lives annually by significantly reducing the number of road traffic accidents. Fire authorities attend almost 30,000 traffic accidents every year.

No proof 'alcohol will make you more gorgeous'

Thursday 5th March 2015 Source: NHS Choices www.nhs.uk/news

The headline comes from a small study looking at whether drinking alcohol makes people more physically attractive to others. It found photographs of those who had consumed a "low-dose" alcoholic drink (a large glass of wine) were rated as more attractive than images of sober individuals. But photographs of people who went on to have a second drink were not rated as more attractive than those who drank nothing, and the apparent effect of alcohol on perceived attractiveness was only slight.

Birmingham pubs and clubs will be breathalysing people on entry

Friday 6th March 2014 Source: BBC Newsbeat Health www.newsbeat.co.uk

Launched by the police and city council, door staff will have detectors that indicate if people are more than twice the legal drink-drive limit. Police hope it will help tackle the problem of alcohol-related violence. (...) Because of the way it's designed, with users blowing into the device from a short distance rather than putting their mouth on it, it is quicker and cheaper to use as there is no need to replace the straws. It means it can also be held over bottles to see if they contain alcohol.

Local authorities experiencing greatest alcohol harm are most likely to be reducing funds for alcohol treatment

Thursday 5th March 2015 Source: Alcohol Concern www.alcoholconcern.org.uk

New research released today shows that areas with the highest levels of alcohol harm, often in areas of high socio-economic deprivation, are most likely to be reducing funding for alcohol treatment. That is one of the findings from the final 'Measure of Change' report by Alcohol Concern – funded by Alcohol Research UK – looking at the effect that the transfer of public health responsibility to local authorities has had on alcohol services.

Understanding the alcohol harm paradox

Wednesday 4th March 2015 Source: UK Health Forum www.ukhealthforum.org.uk

There is good evidence that people with low individual or neighbourhood socioeconomic status (SES) show a greater susceptibility to the harmful effects of alcohol, but a lack of evidence means that it is not possible to conclude what mechanisms and pathways might underlie this difference in risk.

[The Lancet Liver Campaign](#)

Wednesday 25th February 2015 Source: UK Health Forum www.ukhealthforum.org.uk

Liver disease is the third commonest cause of premature death in the UK. The Lancet Liver Campaign calls upon key stakeholders to work towards tangible targets and the Commission recommendations to improve this record.

[Youth Alcohol Advertising Council becomes multi-award winning group](#)

Wednesday 25th February 2015... Source: Alcohol Concern www.alcoholconcern.org.uk

The Youth Alcohol Advertising Council are a group of young people from across England and Wales who meet quarterly to review alcohol advertising against key principles of the Advertising Standards Code. Their work has directly led to important changes in the rules, and the removal of inappropriate advertising from television, cinema and the internet.

Chronic conditions

[Frankie the dog 'sniffs out thyroid cancer'](#)

Sunday 8th March 2015 Source: BBC Health www.bbc.co.uk/health

A dog has been used to sniff out thyroid cancer in people who had not yet been diagnosed, US researchers say. Tests on 34 patients showed an 88% success rate in finding tumours.

[People with gout have lower risk of Alzheimer's disease](#)

Thursday 5th March 2015 Source: NHS Choices www.nhs.uk/news

"Gout could help prevent Alzheimer's, research shows," The Independent reports. Researchers think that uric acid, which causes gout, may have a protective effect against Alzheimer's disease.

[Gene testing could find those who would benefit most from statins](#)

Wednesday 4th March 2015 Source: NHS Choices www.nhs.uk/news

Researchers studied genetic risk factors previously discovered for CHD in 48,421 adults, and used them to group people into low, intermediate and high risk categories. They next looked at the effect of statins on reducing new and recurring CHD "events" such as heart attacks. Compared with not taking them, statins reduced CHD events by 13% in the low-risk group, 29% in the intermediate group and 48% in the high-risk group.

[MS stem cell treatment only a 'miracle' for some](#)

Monday 2nd March 2015 Source: NHS Choices www.nhs.uk/news

The Daily Telegraph reports a “miracle” stem cell therapy that reverses multiple sclerosis and which, according to The Sunday Times, gets “wheelchair-bound” people dancing. (...) This study was mainly about relapsing remitting MS, the most common type, where people have distinct attacks of symptoms, which then fade away either partially or completely.

[Distinct stages to chronic fatigue syndrome identified](#)

Saturday 28th February 2015

Source: BBC Health

www.bbc.co.uk/health

Distinct changes in the immune systems of patients with ME or chronic fatigue syndrome have been found, say scientists. Increased levels of immune molecules called cytokines were found in people during the early stages of the disease, a Columbia University study reported. It said the findings could help improve diagnosis and treatments.

['Our bid to raise awareness of our son's disease'](#)

Saturday 28th February 2015

Source: NHS Choices

www.nhs.uk/news

Miriam and Will Evans want doctors to be more aware of the symptoms of Niemann-Pick type C. (...) Think Again. Think NP-C aims to cut diagnosis times by helping doctors unfamiliar with the disease to recognise its key signs and symptoms.

[Does deadly diet drug DNP defeat diabetes?](#)

Friday 27th February 2015

Source: NHS Choices

www.nhs.uk/news

"A chemical [DNP] which caused munitions factory workers to lose weight inexplicably in the First World War could cure diabetes," The Daily Telegraph reports. The banned weight loss drug looked effective and safe when given in a modified form to rats bred to have diabetes.

[Longer sleep linked to stroke](#)

Thursday 26th February 2015

Source: NHS Choices

www.nhs.uk/news

"Too much sleep could kill you," is the baseless and needlessly alarmist headline on the front cover of today's Daily Express. The study it is reporting on actually showed that people who sleep for more than eight hours a night had a 46% increased risk of stroke over the following 10 years, compared with people sleeping six to eight hours.

[Skin may help spot Alzheimer's and Parkinson's disease](#)

Wednesday 25th February 2015

Source: BBC Health

www.bbc.co.uk/health

Scientists have proposed a new idea for detecting brain conditions including Alzheimer's - a skin test. Their work, which is at an early stage, found the same abnormal proteins that accumulate in the brain in such disorders can also be found in skin. Early diagnosis is key to preventing the loss of brain tissue in dementia, which can go undetected for years.

[Dementia research matchmaker scheme](#)

Tuesday 24th February 2015

Source: BBC Health

www.bbc.co.uk/health

A scheme to match dementia researchers with members of the public who are willing to take part in studies has been launched. The online and phone service in England, Scotland and Wales helps people find the projects that most suit them.

Communicable diseases

Adults get flu 'about once every five years'

Wednesday 4th March 2015 Source: BBC Health www.bbc.co.uk/health

Adults catch real flu about once every five years, scientists calculate, based on a field study in China. Although many of us will feel ill more often than this, other flu-like infections are to usually blame, the international team says.

WHO 'taken aback' by measles outbreaks

Wednesday 25th February 2015 Source: BBC Health www.bbc.co.uk/health

Measles vaccinations must be immediately stepped up across Europe and central Asia after a series of outbreaks, the World Health Organization says. Officials say they have been "taken aback" by more than 22,000 cases in 2014 and the first months of this year.

Diet & nutrition

A diet rich in veg and fish may reduce bowel cancer risk

Tuesday 10th March 2015 Source: NHS Choices www.nhs.uk/news

"Becoming a pescetarian can protect against bowel cancer, new research suggests," the Mail Online reports. The US study found people who mainly eat fish and vegetables, and small quantities of meat, had a significantly reduced risk of bowel cancer.

'Cancer made me want mashed potato'

Sunday 8th March 2015 Source: BBC Health www.bbc.co.uk/health

Cancer and the various ways of treating it have a profound effect on your body. As part of that, the sense of taste, smell and appetite can be dramatically altered. For some patients, all food tastes of metal or their daily cup of tea or coffee becomes a complete turn off. (...) Dr Clare Shaw, consultant dietician at the Royal Marsden Hospital in London, has edited The Royal Marsden Cancer Cookbook, which contains recipes and tips intended to help cancer patients overcome such difficulties, and offers advice on how to adapt recipes.

Regular coffee drinkers have 'cleaner' arteries

Tuesday 3rd March 2015 Source: BBC Health www.bbc.co.uk/health

Drinking a few cups of coffee a day may help people avoid clogged arteries - a known risk factor for heart disease - Korean researchers believe.

Energy drinks 'should be banned' for under-16s

Thursday 26th February 2015 Source: BBC Health www.bbc.co.uk/health

Energy drinks should be banned for children under 16, the campaign and research group Action on Sugar says. The team surveyed the nutritional labels of 197 drinks

found in supermarkets and online. (...) It is thought teenagers get 30% of their sugar from soft drinks.

Buzz Kill: A survey of popular energy drinks finds majority of the market unwilling to make commitments to protect adolescents

Wednesday 25th February 2015 Source: UK Health Forum www.ukhealthforum.org.uk

Letters were sent to 16 companies that produce major energy drink brands to assess the extent to which the energy drink industry as a whole will commit to voluntary measures that will better protect young consumers and prevent misuse.

Giving Up Loving Pop (GULP) campaign

Wednesday 25th February 2015 Source: UK Health Forum www.ukhealthforum.org.uk

The Gulp campaign has been created by Food Active following research that revealed the lack of awareness among both adults and young people regarding the link between consumption of sugary drinks and weight gain and a range of associated health conditions.

Disability

Regulation change to support children with disability

Monday 9th March 2015 Source: Dept for Transport www.gov.uk

People with serious medical conditions will be able to carry heavy medical equipment (...) on powered wheelchairs and mobility scooters to travel outside their home.

Drug Misuse

Is long-term paracetamol use not as safe as we thought?

Tuesday 3rd March 2015 Source: NHS Choices www.nhs.uk/news

A new review of previous observational studies found that long-term use of paracetamol was linked with a small increased risk of adverse events such as heart attacks, gastrointestinal bleeds (bleeding inside the digestive system) and impaired kidney function.

Nick Clegg to make drug law election pledge

Wednesday 4th March 2015 Source: BBC Health www.bbc.co.uk/health

The Liberal Democrats' manifesto will include a pledge to hand drugs policy from the Home Office to the Department of Health, Nick Clegg is to say. His party would also shift resources away from prosecuting drug-users.

Drug-drive changes and "drugalysers" come into force

Monday 2nd March 2015 Source: BBC Health www.bbc.co.uk/health

New regulations aimed at stopping people driving while on drugs have come into force in England and Wales. For the first time, motorists face prosecution if they exceed limits set for the presence of eight illegal drugs, including cannabis and cocaine.

[Public Health England invests £10m in drug and alcohol recovery services](#)

Thursday 26th February 2015 *Source:* Public Health England www.gov.uk

Public Health England (PHE) has announced the successful applicants for £10 million of capital funding for services that are helping people in England with drug or alcohol problems to recover from their addiction. Over 50 projects across England, in partnership with local authorities, will receive grants from PHE.

[Prevention of drug and alcohol dependence](#)

Wednesday 25th February 2015 *Source:* Advisory Council on Misuse of Drugs www.gov.uk

The (ACMD) Recovery Committee's briefing paper on the prevention of drug and alcohol dependence.

Environmental health

[Hormone-disrupting chemicals 'cost billions'](#)

Friday 6th March 2015 *Source:* BBC Health www.bbc.co.uk/health

Common chemicals that disrupt human hormones could be costing more than €150bn (\$165.4bn; £108.5bn) a year in damage to human health in Europe, a series of studies claims. The data suggests the high economic impact of chemicals in pesticides, plastics and flame retardants.

[Healthy air where you live](#)

Monday 2nd March 2015 *Source:* UK Health Forum www.ukhealthforum.org.uk

A community campaign pack to help raise awareness of and tackle air pollution in your area. It includes a fact sheet on pollution sources and its impacts and a guide to air pollution law.

Health protection

[Cut music to 'an hour a day'](#)

Friday 27th February 2015 *Source:* BBC Health www.bbc.co.uk/health

People should listen to music for no more than one hour a day to protect their hearing, the World Health Organization suggests. It says 1.1 billion teenagers and young adults are at risk of permanently damaging their hearing by listening to "too much, too loudly".

Health services administration

[Starting gun 'fired' on new NHS](#)

Tuesday 10th March 2015 *Source:* BBC Health www.bbc.co.uk/health

Hospitals, GPs, community services and care homes are being brought together in England to provide more joined up care under a series of pilots. The 29 "vanguards" have been announced by NHS England boss Simon Stevens as part of his drive to integrate care

[End 'fixation' with A&E waiting time target, say experts](#)

Friday 6th March 2015 Source: BBC Health www.bbc.co.uk/health

The call by the Nuffield Trust comes as one of the most difficult winters for years is coming to an end with all four parts of the UK missing the target. The think tank said the "fixation" meant other bottlenecks, such as ambulance delays and waits for beds, were not getting enough attention. It said using a range of measures would give a more "balanced" picture.

[Taking forward proposals for digital health and care](#)

Wednesday 4th March 2015 Source: NHS www.gov.uk

Health and care leaders to start collaborative programme to produce proposals for digital health and care priorities. The priorities were agreed by the government and the National Information Board in 'Personalised Health and Care 2020: A Framework for Action'.

[GP shortages put pressure on doctors and patients](#)

Monday 2nd March 2015 Source: BBC Health www.bbc.co.uk/health

An investigation by the BBC has uncovered a national shortage of GPs, doctors deserting the profession and junior doctors avoiding what they see as an "unglamorous" career. All these have culminated in the number of unfilled GP posts quadrupling in the past three years, which may help explain why your surgery's phone number is often engaged.

HIV & AIDS

['Give HIV drugs to healthy gay men'](#)

Tuesday 24th February 2015 Source: BBC Health www.bbc.co.uk/health

Healthy gay men should be offered daily HIV drugs to prevent infections, say campaigners. A UK study, on 545 high-risk men, found one case of HIV could be stopped for every 13 men treated for a year.

Infant & child health

[Child mortality statistics in England and Wales: 2013](#)

Tuesday 10th March 2015 Source: NHS www.gov.uk

Stillbirths, infant deaths and childhood deaths by sex and age-group. Includes age of mother and birthweight.

[Children and Young People's Health Outcomes Forum: 2014 to 2015](#)

Tuesday 10th March 2015 Source: NHS www.gov.uk

The Children and Young People's Health Outcomes Forum (CYPHOF) annual report reviews progress on improving health outcomes for children and young people.

[Children as young as six 'uploading sexually explicit content of themselves'](#)

Tuesday 10th March 2015 Source: BBC Newsbeat www.bbc.co.uk/newsbeat

Children, some as young as six, are performing sexual acts online, new research suggests. The Internet Watch Foundation (IWF) says they use chat rooms and gaming websites where they create indecent content. It's thought much of the material is then being "harvested" - or stolen - and shared by strangers. The research also suggests some children are then being blackmailed into performing more indecent acts.

[C-section rates 'vary widely' across Europe](#)

Monday 9th March 2015 *Source:* BBC Health www.bbc.co.uk/health

There are wide variations in Caesarean section rates across Europe, indicating a lack of consensus about the best way of delivering babies, a study suggests. Around one in four births in the UK is by C-section, while in Cyprus the figure is 52% and in Sweden 17%.

[Warning over young diabetics' health](#)

Monday 9th March 2015 *Source:* BBC Health www.bbc.co.uk/health

A "worryingly high" number of children with type 1 diabetes have warning signs of long-term health complications, including blindness, a report says. And charities say this leaves "great concern" for their future health - some patients show early markers of eye, heart and kidney disease.

[Healthy child programme: rapid review to update evidence](#)

Friday 6th March 2015 *Source:* Public Health England www.gov.uk

From 1 October 2015, local authorities will take over responsibility from NHS England for planning and paying for public health services for babies and children up to 5 years old. These services include: health visiting (and the Family Nurse Partnership programme. Public Health England commissioned a rapid review of new evidence to: support this transition (and) ensure that the HCP is underpinned by resilient, up-to-date evidence of 'what works', as the programme was last updated in 2009

[Ubisoft's tablet video game combats lazy eye condition](#)

Tuesday 3rd March 2015 *Source:* BBC Health www.bbc.co.uk/health

Dig Rush is designed to be played on tablets by people diagnosed as having Amblyopia - also known as "lazy eye". The condition affects an estimated one in 50 children, according to the NHS, and often causes them to see less clearly out of one eye than the other.

[Record number of children adopted by LGBT families](#)

Monday 2nd March 2015 *Source:* Dept for Education www.gov.uk

The number of children adopted by lesbian, gay, bisexual, and transgender (LGBT) couples and individuals has reached record highs over the last 12 months, with over 480 children placed in loving stable homes in the last year.

[Child health should be election issue, say doctors](#)

Monday 2nd March 2015 *Source:* BBC Health www.bbc.co.uk/health

The Royal College of Paediatrics and Child Health said child health was falling "to the wayside", with too much attention on the elderly. It said there was large public support for junk food advertising bans, cooking lessons in school and lowering speed limits.

Tough new inspections of children's homes from 1 April

Friday 27th February 2015 Source: Ofsted www.gov.uk

A new inspection framework to improve standards in children's homes will take effect in April, Ofsted has confirmed today. The new framework, published today alongside Ofsted's consultation responses, will contribute to improving standards in children's homes across the country. It puts the experiences of the most vulnerable children at the heart of how homes are regulated and assessed.

Over two hours screen time a day may raise a child's blood pressure

Thursday 26th February 2015 Source: NHS Choices www.nhs.uk/news

"Watching TV for more than two hours a day increases the risk of raised blood pressure in children," The Daily Telegraph reports. A large study, involving more than 5,000 children who were followed up over two years, found a link between time sitting in front of a screen and an increase in blood pressure rates.

Mental Health Foundation supports new Parliamentary report on perinatal mental health

Wednesday 25th February 2015 Source: Mental Health Foundation www.mentalhealth.org.uk

A report published today by the All-Party Parliamentary Group for Conception to Age Two – The First 1001 Days sets out nine recommendations to ensure that children by the age of two have the "social and emotional resources that form a strong foundation for good citizenship".

UK approves three-person babies

Tuesday 24th February 2015 Source: BBC Health www.bbc.co.uk/health

The UK has now become the first country to approve laws to allow the creation of babies from three people. The modified version of IVF has passed its final legislative obstacle after being approved by the House of Lords

Men's health

Male fertility: Losing weight and cancer drugs 'boost sperm'

Saturday 7th March 2015 Source: BBC Health www.bbc.co.uk/health

Two approaches to boosting obese men's sperm have been presented at the annual meeting of the Endocrine Society. The first suggested that obese men who lost weight were more likely get their partners pregnant. The second found that a cancer drug helped some infertile men have children.

Average penis size revealed to be less than six inches

Tuesday 3rd March 2015 Source: BBC Newsbeat Health www.bbc.co.uk/newsbeat

By looking at more than 20 studies of more than 15,000 men from around the world, they also found that when flaccid, the average penis size is 9.16cm (3.61in). They hope the data will help "reassure" men who worry about their size.

[Young men unconfident checking for testicular cancer](#)

Friday 27th February 2015 Source:BBC Newsbeat www.bbc.co.uk/newsbeat

Orchid, a leading male cancer charity, says only 38% of 18 to 34-year-olds are confident in recognising the signs of testicular cancer. That's despite it being the most common type of the disease to affect young men.

Mental health

[Building public mental health skills](#)

Tuesday 10th March 2015 Source: Public Health England www.gov.uk

Public Health England (PHE) has today (10 March 2015) published a new framework to build mental health skills in a wide range of professions working with children and adults in all areas of life, including work settings.

[Being optimistic after heart attack may help with recovery](#)

Friday 6th March 2015 Source: NHS Choices www.nhs.uk/news

"It's true! Optimists do live longer," is the slightly misleading headline from the Mail Online. The study it reports on actually looked at the effects of optimism on physical and emotional health in 369 people recovering from a heart attack or unstable angina (angina that does not respond to medication), rather than overall lifespan.

[New mental health rights proposed by minister Norman Lamb](#)

Friday 6th March 2015 Source: BBC Health www.bbc.co.uk/health

Proposals to give more rights to people with learning disabilities, autism and mental health conditions are to be unveiled by the government. Care Minister Norman Lamb said the changes would put people in charge of their care, and promote community support as an alternative to hospital.

[Autism is largely down to genes, twins study suggests](#)

Thursday 5th March 2015 Source: BBC Health www.bbc.co.uk/health

Genetic influences on autism are estimated to be between 74-98%, a Medical Research Council study of 258 twins suggests. The King's College London team said 181 of the teenagers had autism, but the risk was far higher in identical twins where one twin had autism, as they share the same DNA. The researchers told JAMA Psychiatry that hundreds of genes were involved. But they do not rule out environmental factors.

[Health and wellbeing website for young people launched](#)

Friday 27th February 2015 Source: Public Health England www.gov.uk

Created by young people for young people, the 'Rise Above' website aims to build emotional resilience in individuals aged 11 to 16 by equipping them with the skills and knowledge they need to make informed decisions, and help deal with the pressures of

growing up. It also encourages conversations about the key health and wellbeing issues that affect teens and young people.

Facebook launches new suicide prevention tool in the US

Thursday 26th February 2015 Source: BBC Newsbeat www.bbc.co.uk/newsbeat

Facebook has launched a new tool in the US to help users who are worried about a friend's risk of suicide. It will help people report posts which will trigger a message from the site.

Depression linked to violent crime, study finds

Wednesday 25th February 2015 Source: BBC Health www.bbc.co.uk/health

People with a depressive illness are three times more likely to commit a violent or sex crime than those in the general population, a study suggests.

Obesity

Hunt for new obesity pills

Monday 9th March 2015 Source: BBC Health www.bbc.co.uk/health

Two promising approaches to finding effective weight loss drugs have been presented at the annual meeting of the Endocrine Society. Animals given one experimental drug showed "dramatic" weight loss, according to scientists. In another early study, in men, the love hormone oxytocin appeared to help reduce appetite.

Low-fat diet 'burns more fat', study finds

Friday 6th March 2015 Source: BBC Health www.bbc.co.uk/health

Eating a low-fat, rather than a low-carb diet leads to a greater loss of body fat, according to US National Institutes of Health scientists.

Older people

Choice works for NHS patients with hearing loss

Thursday 5th March 2015 Source: NHS www.gov.uk

Monitor found that the vast majority of people treated for hearing loss want to choose where and how they get NHS services. Monitor found only 1 in 10 NHS patients treated for hearing loss is offered a choice of who provides their care. However, only 1 in 10 NHS patients treated for hearing loss is offered a choice of who provides their care, according to Monitor.

Home care 'being short changed'

Wednesday 4th March 2015 Source: BBC Health www.bbc.co.uk/health

Just one in seven councils in the UK is paying a "fair" price for home care for the elderly, according to a survey. About 500,000 people rely on the support, which includes help with washing and dressing. The UK Homecare Association poll of more than 200 councils found 28 paid a "minimum price" of £15.74 an hour.

[Leukaemia mutations 'almost inevitable', researchers say](#)

Thursday 27th February 2015 Source: BBC Health www.bbc.co.uk/health

It is "almost inevitable" that your blood will take the first steps towards leukaemia as you age, researchers show. The cancer is often associated with children, but some types become more common with age. The study, published in the journal Cell Reports, showed 70% of healthy people in their 90s had genetic errors that could lead to leukaemia.

[NHS 'must step in' over Avastin row](#)

Tuesday 24th February 2015 Source: BBC Health www.bbc.co.uk/health

Doctors are calling on health ministers and NHS England to intervene to make a drug called Avastin routinely available to people with a debilitating eye condition known as wet AMD. Another drug (...) Lucentis is licensed for wet AMD, but typically costs about £700 for an injection. Avastin costs about £60, so switching to this drug could save the NHS in England £102m a year, according to the clinical leaders.

Oral health

[Billions 'have untreated tooth decay'](#)

Thursday 5th March 2015 Source: BBC Health www.bbc.co.uk/health

More than 2.4bn people have untreated tooth decay across the globe, a study in the Journal of Dental Research suggests. Experts say it is alarming it has been neglected to this level - despite known ways to both treat and prevent it. They warn that dental decay can lead to severe pain, infections, days off work and problems with childhood growth.

Physical activity

[Rospa calling for better infrastructure to get more kids on their bikes](#)

Wednesday 4th March 2015 Source: RoSPA www.rospa.com

(RoSPA) is calling for better education, engineering and enforcement to help make Britain's roads safe for kids to cycle. As part of RoSPA's [Family Safety Week](#) the charity is aiming to get more people, especially children, out cycling, and to do so will mean creating safer urban areas through investment in infrastructure.

[New cyclists still disproportionately young and male, research finds](#)

Friday 27th February 2015 Source: Economic and Social Research Council www.esrc.ac.uk

New research based on the analysis of Census 2001 and 2011 data has found that growing cycling levels have not been accompanied by greater age and gender diversity.

[Ministers' To-Do List: Raising the Heartbeat of the Nation: A five-step plan for a more active population](#)

Wednesday 25th February 2015 Source: UK Health Forum www.ukhealthforum.org.uk

This Minister's To-Do List offers, to any future government, a concise, easily understandable programme from those within sport and recreation which, if implemented

fully, would remove some of the obstacles that currently stop sector from realising its full potential.

[Olympic hero backs ROSPA's big push for more cyclists and fewer accidents](#)

Wednesday 25th February 2015 Source: ROSPA www.rospa.com

Double gold Olympic medallist James Cracknell is to launch RoSPA's Family Safety Week in an effort to get more people pedalling – safely.

Prison health

[Prison staff and inmates face possible prosecution under smoking ban laws](#)

Thursday 5th March 2015 Source: BBC Health www.bbc.co.uk/health

Prison guards and inmates could face prosecution for flouting smoking ban laws in communal prison areas after a High Court ruling. The ruling was made after one inmate brought a case complaining about the health impact of second-hand smoke.

Safety & accident prevention

[RoSPA issues safety advice for those cycling to work](#)

Thursday 5th March 2015 Source: RoSPA www.rospa.com

As part of its Family Safety Week - www.familysafetyweek.org.uk - the Royal Society for the Prevention of Accidents ([RoSPA](#)) is urging those who cycle to work to make sure they stay safe on the road. (...) it is providing practical safety advice to those taking to their bikes for the journey to work.

[THINK! cycle safety campaign expanded](#)

Tuesday 3rd March 2015 Source: Dept for Transport www.gov.uk

This year's THINK! cycle safety campaign will be extended to include a further 7 cities with high cyclist casualties figures. (...) The campaign uses a series of practical tips to remind motorists and cyclists of the rules of the road and the actions they can take to help reduce collisions.

Sexual health

[Is education the best form of teen contraception?](#)

Monday 9th March 2015 Source: NHS Choices www.nhs.uk/news

"Getting a good education could be the best form of contraception for teenagers," The Independent reports after a study of recent data from England found an association between improved GCSE results and lower rates of teenage pregnancy.

[New fund to help women speak up on child sexual exploitation](#)

Tuesday 3rd March 2015 Source: Dept for Communities www.gov.uk

Local Government Minister Kris Hopkins today (3 March 2015) announced a new £250,000 fund to support women and give them the confidence to speak out against abuse and child sexual exploitation within their communities.

[Concern over online gonorrhoea treatment](#)

Monday 2nd March 2015 Source: BBC Health

www.bbc.co.uk/health

Some websites offering treatment for gonorrhoea put patients at risk by not following best treatment guidelines, BBC 5 Live Investigates has found. Sexual health experts recommend patients receive a powerful antibiotic, which can only be injected, but the BBC found seven UK-based websites offering only oral antibiotics.

[86 percent fewer HIV infections found in two PrEP studies](#)

Thursday 26th February 2015 Source: Lesbian & Gay Foundation www.lgf.org.uk

Two studies of PrEP in gay men and trans women have demonstrated that the availability of PrEP reduced the rate of infection by 86%. This amounts to the highest effectiveness yet seen for PrEP and is superior to most other HIV prevention interventions.

[FPA welcomes MPs vote over sex-selection abortion](#)

Wednesday 25th February 2015 Source: FPA www.fpa.org.uk

FPA has responded to a Parliamentary vote against a law explicitly saying sex-selection abortions are illegal.

[Teenage pregnancies hit record low](#)

Tuesday 24th February 2015 Source: BBC Health

www.bbc.co.uk/health

The number of teenage pregnancies in England and Wales has fallen to the lowest level since 1969 when records began. Office for National Statistics data show the under-18 conception rate is now 24.5 per thousand women compared with 27.9 per thousand the year before.

Smoking

[Experts debate smoking ban in outdoor public spaces](#)

Thursday 26th February 2015

Source: BBC Health

www.bbc.co.uk/health

Leading health experts have called for smoking to be banned in outdoor public spaces such as parks. Writing in the British Medical Journal, former Labour Health Minister Lord Darzi and others argue it would encourage people to make healthier lifestyle choices. But in the same journal, Prof Simon Chapman of the University of Sydney called the idea "paternalistic".

[Depression and anxiety more likely in smokers](#)

Wednesday 25th February 2015 Source: UK Health Forum www.ukhealthforum.org.uk

New research has found that smokers are at a 70 percent increased risk of anxiety and depression compared with non-smokers.

[Tobacco 'kills two in three smokers'](#)

Tuesday 24th February 2015

Source: BBC Health

www.bbc.co.uk/health

The death risk from smoking may be much higher than previously thought - tobacco kills up to two in every three smokers not one in every two, data from a large study suggests. The study tracked more than 200,000 Australian smokers and non-smokers above the age of 45 over six years. Mortality risk went up with cigarette use, BMC Medicine reports.

Social & economic issues

Plumbers 'should report cold homes'

Thursday 5th March 2015 Source: BBC Health

www.bbc.co.uk/health

Plumbers and heating engineers should join with GPs and care staff in tackling problems caused by cold homes, health experts say. There are about 24,000 excess winter deaths a year, while many more people are made ill by living in cold homes. (...) the watchdog said with a little training a "hidden army" of plumbers, meter readers and engineers could join with more traditional health and care staff in helping identify people at risk.

Cutting the cost of keeping warm

Tuesday 3rd March 2015 Source: Dept of Energy

www.gov.uk

(...) the first fuel poverty strategy in over a decade. The strategy is underpinned by the fuel poverty target for as many fuel poor homes as reasonably practicable to achieve an energy efficiency standard of Band C by 2030 - which became law in December 2014.

Women's health

HRT linked to clots - and possibly stroke - study finds

Tuesday 10th March 2015 Source: BBC Health

www.bbc.co.uk/health

Women on HRT pills should be aware that there is a small chance of an increased risk of blood clots and possibly stroke, according to a study. The link was made by the international Cochrane group, which looked at medical trials involving some 40,000 women.

£10 million support for women facing the threat of domestic violence

Monday 9th March 2015 Source: Dept for Communities

www.gov.uk

A £10 million government fund will help support refuges across the country and boost provision for vulnerable victims of domestic violence.

Local news: []

Are Wiltshire tattoo studios up to scratch on safety?

Tuesday 10th March 2015 Source: Spire FM

www.spirefm.co.uk

If you've ever considered getting a tattoo, how do you know whether the studio you're going to in Wiltshire is following the right safety standards? From now on, there's a bit more of an idea, thanks to a new scheme being rolled out across the county.

Dyslexia film showing in Salisbury aims to help families affected by it

Tuesday 10th March 2015 Source: Spire FM www.spirefm.co.uk

Is there someone in your house with dyslexia? And do you know how best to support them and yourselves? A special film's being shown at Salisbury's Godolphin School tonight (Tuesday March 10th) to give families the chance to learn more about the condition. (...) The aim is to crush some of the myths surrounding dyslexia to help sufferers, their families and teachers to learn how to better deal with the impact of the condition.

Hampshire police crackdown on drivers not wearing seatbelts

Monday 9th March Source: Spire FM www.spirefm.co.uk

Not wearing a seatbelt is having a devastating effect on lives say Hampshire Police. They are joining with other forces across Europe to crack down on people who don't belt up this week (March 9th - 15th). A report into road safety shows you are TWICE as likely to die in a crash if you are not wearing a seatbelt.

Parental pressures eased with new South Wiltshire course

Friday 6th March 2015 Source: Spire FM www.spirefm.co.uk

Vulnerable new parents in South Wiltshire are to get more help with the pressures of having a baby. A programme, piloted in Tidworth, by a children's charity is to be rolled out across the county. Baby Steps, developed by the NSPCC working with Warwick University, is an antenatal and postnatal education programme to help support families during pregnancy and the vital first months of a child's life.

Call for pilot mental health projects support

Thursday 5th March 2015 Source: Salisbury Journal www.salisburyjournal.co.uk

Dorset Police and Crime Commissioner Martyn Underhill is calling for funding and expertise for pilot mental health projects. Mr Underhill (...) who is the chairman of the Association of Police and Crime mental health taskforce, has written to Deputy Prime Minister Nick Clegg to ask for his backing. The pilots are aimed at better supporting those with mental health issues who come into contact with the criminal justice system.

E-Cigarette users helped to quit this No Smoking Day

Thursday 5th March 2015 Source: Hampshire Council www.hants.gov.uk

Thinking about or trying to reduce your smoking by using an e-cigarette? Quit4life is one of the first "e-cigarette friendly" NHS stop smoking services in the country. It offers free support and advice to users of cigarettes and e-cigarettes to beat the habit as well as help make sure any medical conditions are monitored.

Tennis club in Salisbury gets funding to encourage more people into the sport

Thursday 5th March 2015 Source: Spire FM www.spirefm.co.uk

A Salisbury tennis club is set to serve up some sessions for adults to get back into the sport if they've not played for a while. The Victoria Park Tennis Club has been given a share of £2,000 of funding from Wiltshire Council. It's for a special programme, Return to Sport as part of the London Olympic legacy, to get people more active.

[Love your Lungs events throughout county](#)

Wednesday 4th March 2015 Source: Wiltshire Council www.wilts.gov.uk

A number of events are taking place throughout the county for people that are concerned about the health of their lungs to receive expert advice. Wiltshire Council is working with the British Lung Foundation (BLF) to hold a series of twelve chronic obstructive pulmonary disease (COPD) screening events across the County, to help find the thousands of local residents estimated to be living with undiagnosed COPD, so that they can get the support and help they need.

[More people taking up their Hampshire Health Check](#)

Wednesday 4th March 2015 Source: Hampshire Council www.hants.gov.uk

55 % of those invited for an NHS Health Check in Hampshire are now taking this up. This equates to 11,963 people - almost twice the number attending a check the same time last year.* This means more people are taking action to reduce their risk of developing diabetes, heart conditions, kidney disease, strokes and dementia.

[Additional support for new and expectant parents](#)

Tuesday 3rd March 2015 Source: Wiltshire Council www.wilts.gov.uk

A new service which supports vulnerable parents to cope with the pressures of having a baby is now up and running in Wiltshire. Baby Steps, developed by the NSPCC working with Warwick University, is an antenatal and postnatal education programme to help support families during pregnancy and the vital first months of a child's life. Some people may not get the support they need in preparing to become parents or have their own support network, so Baby Steps is there to help them in the lead up to the birth of their baby and afterwards.

[Council recognised for 'exemplary' mental health work](#)

Tuesday 3rd March 2015 Source: Wiltshire Council www.wilts.gov.uk

Wiltshire Council has received national recognition of their exemplary work in mental health. The council was shortlisted for a National Mental Health First Aid (MHFA). It was nominated for the Standard MHFA Champion Standard for the mental health training it has commissioned in the county to a range of organisations. In shortlisting for the awards the MHFA identifies examples of excellent projects and individuals, acknowledging innovation and high performance in raising mental health literacy across England.

[Macmillan encourage Salisbury men to speak up about prostate cancer](#)

Tuesday 3rd March 2015 Source: Spire FM www.spirefm.co.uk

It's prostate cancer awareness month throughout March, and Salisbury's men have been encouraged to be 'wary' this afternoon (Tuesday March 3rd). Macmillan Cancer Support has brought their information bus to the Guildhall Square. 119 men in the UK are

diagnosed with prostate cancer every single day and the charity's asking guys not to be scared or embarrassed about going to a doctor with any concerns.

New record sharing system to improve health and care in Dorset

Wednesday 4th March 2015 Source: Dorset Council www.dorsetforyou.com

Health and social care organisations in Dorset are celebrating the award of £1.35 million to create a seamless electronic record system for patients. The Dorset Care Record (DCR) will bring together information from hospitals, GPs and local councils, meaning details of a person's medical or care history – and their needs – will all be in the same place.

Project to help keep homes safe and healthy

Monday 2nd March 2015 Source: Wiltshire Council www.wilts.gov.uk

Local residents are being encouraged to find out more about the support available to help them live in safer and healthier homes. Warm & Safe Wiltshire is a project delivered jointly by Wiltshire Council and Wiltshire Fire & Rescue Service to help and advise residents to improve energy efficiency in their homes.

Community group supports curriculum

Friday 27th February 2015... Source: Valley News.....www.yourvalleynews.co.uk

In Salisbury last year there were no deaths as a result of drugs such as cocaine, heroine, and crack, however alcohol related deaths numbered 768. This is according to Sara from Alcoholics Anonymous who recently came to speak to pupils in Year 10 at Sarum Academy. As part of the PSHCE curriculum (Personal, Social, Health, and Citizenship Education) the Academy invited in guest speakers who are all members of AA to help pupils explore the topic of alcohol awareness. The guests all told their own story with a focus on the damaging effects of excessive alcohol consumption.

Greatham children say goodbye to the car for a safer, healthier school run

Thursday 26th February 2015 Source: Hampshire Council www.hants.gov.uk

Pupils at Greatham Primary School have decided to take action to reduce the problems of traffic congestion on the school run and improve safety for pedestrians outside the school gates. The village school had extremely low walking rates (as few as 14% of children are currently walking to school on a regular basis), so the school has been working hard to increase the children's awareness of active travel through Hampshire County Council's My Journey initiatives. This has resulted in scooter training for all children, Bikeability training for year 5, a "Biker's Breakfast" for children cycling to school as well as pedestrian training for year 2. The school has also recently acquired two scooter storage pods to enable scooters to be left safely at school during the day.

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Other Bulletins
<p>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/</p>
<p>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/</p>
<p>Healthcare Public Health Monthly bulletin containing news and information about key public health issues including health service commissioning, updates from Public Health England, local authorities, Faculty of Public Health and others agencies, resources and good practice. http://www.healthcarepublichealth.net/newsletters.php</p>
<p>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</p>
<p>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</p>
<p>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/</p>