

Public Health Bulletin. 7th April 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

[UK alcohol industry's "billion units pledge": interim evaluation flawed](#)

25th March

Source: UK Health Forum <http://www.ukhealthforum.org.uk>

The UK government's 2012 alcohol strategy proposed several evidence based policies, including minimum unit pricing. Although the latest interim analysis claims that the pledge has been met, the authors of this article believe the data used in the analysis may not be fit for purpose, that the report makes simplistic assumptions about consumer responses to the pledge, and takes insufficient notice of confounding factors.

[Alcohol: Preventing harmful alcohol use in the community](#)

25th March

Source: UK Health Forum <http://www.ukhealthforum.org.uk>

This NICE quality standard covers a range of approaches at a population level to prevent harmful alcohol use in the community by children, young people and adults.

[Responsibility Deal pledges unlikely to reduce alcohol harm](#)

26th March

Source: UK Health Forum <http://www.ukhealthforum.org.uk>

An independent evaluation of the Responsibility Deal (RD) has revealed that it is unlikely to have any impact of reducing alcohol consumption.

Chronic conditions

[News analysis: Angelina Jolie's surgery to 'cut ovarian cancer risk'](#)

24th March

Source: NHS Choices <http://www.nhs.uk/news>

Writing in the New York Times, actress Angelina Jolie has announced she recently had her ovaries and fallopian tubes removed as tests showed she had an estimated 50% chance of developing ovarian cancer.

[Vital signs: taking the temperature of health and care services for people living with long term conditions](#)

24th March

Source: The Richmond Group of Charities
<http://www.richmondgroupofcharities.org.uk>

This report analyses the quality of health and care services from the users' perspective. It shows that there are some worrying gaps in long term conditions care which lead to many preventable problems.

[Frequent antibiotic use linked to higher type 2 diabetes risk](#)

25th March

Source: NHS Choices <http://www.nhs.uk/news>

"Repeated antibiotic use linked to diabetes," BBC News reports. New research has studied over 200,000 people from the UK who were diagnosed with diabetes between 1995 and 2013.

Fit middle-aged men have lower cancer risk

27th March

Source: NHS Choices <http://www.nhs.uk/news>

"Very fit men in their late 40s are less likely to get lung cancer and colorectal cancer than unfit men," says BBC News as it reports on a new US study.

Two years on: age is still just a number

27th March 2015

Source: Breakthrough Breast Cancer
<http://www.breakthrough.org.uk>

By 2040, almost three-quarters of all women living with breast cancer in the UK will be aged over 65 but, according to this All-Party Parliamentary Group on Breast Cancer report, this patient population is not being adequately provided for.

Paracetamol 'not effective' for lower back pain or arthritis

1st April

Source: NHS Choices <http://www.nhs.uk/news>

"Paracetamol doesn't help lower-back pain or arthritis, study shows," The Guardian reports on a new review.

Personal cancer vaccines 'exciting'

3rd April

Source: BBC Health News <http://www.bbc.co.uk/>

Tailor-made cancer vaccines that target unique genetic errors in a patient's tumour have been developed in the US.

Skin cancer 'linked to holiday boom'

6th April

Source: BBC Health News <http://www.bbc.co.uk/>

A boom in cheap package holidays in the 1960s is partly behind the "worrying rise" in skin cancers in pensioners, Cancer Research UK suggests.

Communicable diseases

Has Ebola focus led to other killer diseases being ignored?

24th March

Source: BBC Health News <http://www.bbc.co.uk>

The world is focusing on the Ebola outbreak in three West African states but what about malaria and measles?

Ebola 'more deadly' in young children

25th March

Source: BBC Health News <http://www.bbc.co.uk/>

Ebola is more deadly for young children than adults, an analysis in the New England Journal of Medicine suggests.

Ebola: £1 million grant to develop 'in the field' test

25th March

Source: Public Health England <https://www.gov.uk/>

Public Health England (PHE) scientists are heading a consortium researching a rapid 'in the field' Ebola test, following the successful award of Innovative Medicines Initiative (IMI) funding.

British medic declared free of Ebola

27th March

Source: BBC Health News <http://www.bbc.co.uk/>

A UK female military medic who tested positive for Ebola is released from hospital after being declared free of virus.

Guinea declares Ebola 'emergency'

29th March

Source: BBC Health News <http://www.bbc.co.uk/>

Guinean President Alpha Conde has declared a 45-day "health emergency" in five regions in the west and southwest of the Ebola-hit nation.

1,000-year-old onion and garlic eye remedy kills MRSA

30th March

Source: BBC Health News <http://www.bbc.co.uk/>

A 1,000-year-old treatment for eye infections could hold the key to killing antibiotic-resistant superbugs, experts have said.

80,000 'might die' in future outbreak

6th April

Source: BBC Health News <http://www.bbc.co.uk/>

About 80,000 people could die if there was a "widespread outbreak" of an antibiotic-resistant blood infection, according to a government document.

Diet & nutrition

Using price policies to promote healthier diets

24th March

Source: World Health Organization <http://www.euro.who.int/>

This publication provides information on using price policies to promote healthy diets and explores policy developments from around the WHO European region. It examines the economic theory underpinning the use of subsidies and taxation and explores the available evidence.

Guidance: Composition of foods integrated dataset (CoFID)

25th March

Source: Public Health England <https://www.gov.uk/>

Public Health England (PHE) is responsible for maintaining up-to-date data on the nutrient content of the UK food supply in order to support the National Diet and Nutrition Survey, and funds a programme of nutrient analysis of foods commonly consumed in the UK.

Milk and dairy 'good for the brain' claim unproven

26th March

Source: NHS Choices <http://www.nhs.uk/news>

"Three glasses of milk every day 'helps prevent Alzheimer's and Parkinson's'," is the misleading headline in The Daily Telegraph. The study it reports on only found that a high-dairy diet was linked to increased levels of an antioxidant called glutathione.

Healthy diet could cut risk of Alzheimer's disease

31st March

Source: NHS Choices <http://www.nhs.uk/news>

"A new diet could more than halve a person's risk of developing Alzheimer's disease," the Mail Online reports.

Eating greens once a day could have cognitive benefits

1st April

Source: UK Health Forum <http://www.ukhealthforum.org.uk>

Research presented at the Experimental Biology Conference, has found that people who eat greens such as kale and spinach, once or twice a day suffered less cognitive decline than those who didn't.

Sugars intake for adult and children

1st April

Source: UK Health Forum <http://www.ukhealthforum.org.uk>

This WHO guideline provides updated global, evidence-informed recommendations on the intake of free sugars to reduce the risk of NCDs in adults and children, with a particular focus on the prevention and control of unhealthy weight gain and dental caries.

Unsafe food 'growing global threat'

2nd April

Source: BBC Health News <http://www.bbc.co.uk/>

Eating food contaminated with bugs leads to more than 580 million cases of illness a year, a World Health Organization report warns.

Drug Misuse

After the party: clinical guidance improves care for users of club drugs

26th March

Source: The Health Foundation <http://www.health.org.uk>

People using club drugs present right along the health front line, and yet there's a significant knowledge gap about how to treat the health problems the drugs cause. The NEPTUNE project set out to change this.

Local Solutions, Healthy Lives: council's role in drug and alcohol services

31st March

Source: Local Government Association <http://www.local.gov.uk/>

This resource commissioned by the Local Government Association describes how public health in a number of councils has started to use the opportunities of a local government setting to improve health and wellbeing. The case studies were chosen because they show a range of ways in which public health in councils is approaching drug and alcohol services.

Environmental health

[Study finds link between air pollution and stroke risk](#)

25th March

Source: NHS Choices <http://www.nhs.uk/news>

"Air pollution is linked to an increased risk of stroke," BBC News reports, prompted by a large global study in The BMJ. Researchers found an association even with brief upsurges in air pollution levels.

[RSPH publishes league table of "unhealthiest high streets"](#)

26th March

Source: Royal Society for Public Health <https://www.rsph.org.uk>

The Royal Society for Public Health (RSPH) has published a league table ranking 70 of the UK's major towns and cities based on the proportion of businesses found in their main retail area that either support or harm the public's health.

Health protection

[Meningitis B jab to be added to NHS child vaccine schedule](#)

30th March

Source: NHS Choices <http://www.nhs.uk/news>

"All babies in the UK will soon have a potentially life-saving vaccine against meningitis B," The Guardian reports. The vaccine, Bexsero, will soon be offered to babies once they reach the age of two months, followed by two more booster shots.

Health services administration

[CQC welcomes launch of the Care Certificate from April](#)

24th March

Source: CQC <http://www.cqc.org.uk/>

CQC has published information that sets out what is expected from health and social care providers ahead of the introduction of a new Care Certificate from 1 April.

[Penrose inquiry: David Cameron apologises over infected blood](#)

25th March

Source: BBC Health News <http://www.bbc.co.uk/>

Prime Minister David Cameron has apologised on behalf of the British government to victims of the contaminated blood scandal.

[NHS performance deteriorating](#)

26th March

Source: King's Fund <http://www.kingsfund.org.uk>

A King's Fund report finds that NHS performance held up well for the first three years of this parliament but has now deteriorated, with waiting times repeatedly being at their highest levels for a number of years and several key targets missed.

[Care system gets 'biggest shake-up in 60 years'](#)

1st April

Source: BBC Health News <http://www.bbc.co.uk/>

Major changes to the care system in England are being introduced in what is being dubbed the biggest shake-up for 60 years.

Infant & child health

'4D' ultrasound shows effects of smoking on unborn babies

24th March

Source: NHS Choices <http://www.nhs.uk/news>

"Unborn baby shown grimacing in womb as mother smokes," is the somewhat misleading headline in The Daily Telegraph.

Child health information systems: information requirements and output specifications

24th March

Source: Public Health England <https://www.gov.uk>

Guidance for child health information system (CHIS) providers on information requirements, and suppliers on system capabilities for collecting and reporting.

New action plan to tackle mental health stigma in schools

25th March

Source: Dept for Education <https://www.gov.uk>

Schools across the country are to receive new advice to improve teaching about mental health and tackle stigma in schools.

Do antibiotics in pregnancy cause cerebral palsy and epilepsy?

26th March

Source: NHS Choices <http://www.nhs.uk/news>

"Antibiotic used in pregnancy linked to risk of epilepsy and cerebral palsy," The Guardian reports.

Men's health

Sperm quality pesticides claim 'should be treated with caution'

31st March

Source: NHS Choices <http://www.nhs.uk/news>

"Pesticides on fruit and vegetables may be damaging sperm counts and men should consider going organic if they want to have children," The Daily Telegraph reports.

Mental health

Deputy Prime Minister launches mental health in sport initiative

25th March

Source: Wired-gov <http://www.wired-gov.net>

Sports bodies are signing up to the Mental Health Charter for Sport and Recreation to help remove stigma and prejudice around mental health.

Major new taskforce launched to chart roadmap for services and priorities over next five years

26th March

Source: Wired-gov <http://www.wired-gov.net>

As signalled in the NHS Five Year Forward View, a new Taskforce is being established to develop a new five year national strategy for mental health, for people of all ages across England.

Adult autism strategy statutory guidance published

26th March

Source: DoH <https://www.gov.uk>

New guidance for local authorities and NHS organisations follows public consultation. It accounts for progress and updates to the strategy made since 2010, and recent legislation like the Care Act 2014 and the Children and Families Act 2014.

Dementia-friendly health and social care environments

27th March 2015

Source: DoH <https://www.gov.uk>

This health building note sets out the design guidance for dementia-friendly health and social care environments. The design principles, core design features and a selection of case studies provide guidance for the development of new design solutions and the adaptation or extension of existing facilities.

More pupils have mental health issues, say school staff

28th March

Source: BBC Health News <http://www.bbc.co.uk/>

More children have mental health issues than two years ago, a survey of school teachers suggests.

Veterans' mental health: Referrals rise by 26%

31st March 2015

Source: BBC Health News <http://www.bbc.co.uk/>

Mental health referrals for ex-servicemen and women have increased by 26% in the last year, says a specialist mental health charity for veterans.

The route to employment: the role of mental health recovery colleges

3rd April

Source: CentreForum <http://www.centreforum.org>

This report examines the role of these unique institutions, and suggests ways that their effectiveness can be enhanced. It argues that recovery colleges should therefore increase their focus on these employment outcomes, supported by more rigorous and systematic evaluation of the overall impact of the model.

Obesity

NHS approach to obesity inexplicable, say MPs

25th March

Source: BBC Health News <http://www.bbc.co.uk/>

MPs say it is "inexplicable" that the NHS in England spends more on bariatric surgery than well-established measures to prevent obesity.

Public health managers want to include weight-loss programmes in QOF

26th March 2015

Source: Pulse <http://www.pulsetoday.co.uk>

GP practices should score QOF points for putting overweight patients through weight-loss programmes, Public Health England (PHE) has suggested.

Parents fail to spot that their kids are obese

30th March

Source: NHS Choices <http://www.nhs.uk/news>

"Parents hardly ever spot obesity in their children, resulting in damaging consequences for health," BBC News reports after a new study found a third of UK parents underestimated the weight of their child.

Physical activity

Physical activity: encouraging activity in all people in contact in contact with the NHS

25th March

Source: UK Health Forum <http://www.ukhealthforum.org.uk>

This NICE quality standard covers encouraging physical activity in people of all ages who are in contact with the NHS, including staff, patients and carers

Health Committee 6th report - Impact of physical activity and diet on health

25th March

Source: UK Health Forum <http://www.ukhealthforum.org.uk>

This report looks at the impact of physical activity and diet on people's health. The Health Committee concludes that there needs to be far greater emphasis on the benefits of physical activity and that this is independent of issues such as obesity

Sedentary lifestyle – not watching TV – may up diabetes risk

2nd April

Source: NHS Choices <http://www.nhs.uk/news>

"Experts claim being a couch potato can increase the risk of developing diabetes," the Daily Express reports.

Why strenuous runs may not be so bad after all

7th April

Source: BBC Health News <http://www.bbc.co.uk/>

A recent study reported that joggers who exercise strenuously have the same life expectancy as people who do barely any exercise at all. But the author has now admitted he hasn't actually proved this.

Prison health

Prisons seeking National Autistic Society help to improve support for prisoners

27th March

Source: Wired-gov <http://www.wired-gov.net>

At the start of World Autism Week, which runs from 27 March 2015 to 2 April 2015, the Ministry of Justice (MOJ) has taken a significant step to improve the rehabilitation support for prisoners with autism.

Consultation: Our approach to regulating: health and social care in prisons and young offender institutions, and health care in immigration removal centres

3rd April

Source: CQC <http://www.cqc.org.uk>

In October 2014 the CQC published a signposting statement, *Inspecting Together, developing a new approach to regulating healthcare in prisons, young offender institutions and immigration removal centres*. Since then they have engaged with internal and external stakeholders to develop a joint inspection framework with HM Inspectorate of Prisons (HMIP) and are now formally consulting on that approach.

Safety & accident prevention

HSE statement on the Government's final progress report on health and safety reforms

26th March

Source: HSE <http://www.hse.gov.uk/index.htm>

The final progress report from the Department for Work and Pensions marks a major milestone in the achievements HSE has made in delivering reforms to health and safety legislation and guidance.

Screening

New Down's syndrome test more accurate than current screening

2nd April

Source: NHS Choices <http://www.nhs.uk/news>

"Blood test for Down's syndrome 'gives better results'," reports BBC News today. The test, which is based on spotting fragments of "rogue DNA", achieved impressive results in a series of trials.

Smoking

Smoking: reducing tobacco use

25th March

Source: UK Health Forum <http://www.ukhealthforum.org.uk>

This NICE quality standard covers reducing tobacco use, including interventions to discourage people from taking up smoking, tobacco control strategies and smokefree policies.

Concerns raised about increased e-cigarette use in teenagers

1st April

Source: NHS Choices <http://www.nhs.uk/news>

"E-cigarettes: Many teenagers trying them, survey concludes," BBC News reports after a survey of around 16,000 English teenagers found one in five teens had tried an e-cigarette.

Tobacco display ban for all shops

6th April

Source: BBC Health News <http://www.bbc.co.uk/>

Restrictions on the display of cigarettes and tobacco products in small shops in Wales come into force.

Workplace health

Hospital staff absences for mental health reasons double

24th March

Source: BBC Health News <http://www.bbc.co.uk>

Staff absences for mental health problems have doubled at hospital trusts across England in the past four years.

Office workers 'too sedentary'

27th March

Source: BBC Health News <http://www.bbc.co.uk/>

Office workers need to get off their backsides and move around more, according to a new campaign.

Local news: []

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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>
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