

Public Health Bulletin. 30th June 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://phabtv.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

Charity calls for spirit duty rise in Budget on back of new figures of under 18s drinking

Thursday, 25th June 2015

Source: Alcohol Concern
<http://www.alcoholconcern.org.uk>

The charity Alcohol Concern is calling for a rise in spirit duty of 4% above inflation after their new survey has found that children in treatment for alcohol are consuming more spirits than any other type of alcohol. Last year, over 10,000 children and young people accessed treatment for alcohol as either a primary or secondary substance.

Black and ethnic minority groups

Black and minority ethnic people shortchanged by mental health services

Thursday 25th June 2015

Source: The Guardian
<http://www.theguardian.com>

Services such as the police, A&E, social services and the benefit system do not work together to help people affected by mental illness

Chronic conditions

'Eat carbohydrates last' advice for diabetics

Monday 29th June 2015

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

"Eating protein and veg BEFORE carbs...could help diabetics control their blood sugar," the Mail Online reports. However, the advice is based on a very small study and the influence of food ordering really needs to be checked in much larger studies before it can be made an official guideline.

Communicable diseases

Ebola crisis in Guinea 'has set back malaria fight'

Wednesday 24th June 2015

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

The continuing Ebola epidemic in Guinea has set back the country's fight against malaria, say experts.

Diet & nutrition

Sugary drinks killing 'hundreds of thousands', study estimates

Tuesday, 30th June 2015

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

"Sugary drinks are killing 184,000 adults around the world every year, says study," The Independent reports. This is the alarming claim of researchers who created a model of sugary drink-related deaths based on global consumption rates.

Some health food brands may 'do more harm than good' claim

Thursday, 25th June 2015

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

"'Healthy' snacks could do more harm than good," claims the Mail Online, as it reports on a series of experiments investigating the effects of fitness branding in food marketing on food consumption and physical activity.

Online game 'may control snacking'

Friday 26th June 2015

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

A computer game may help some people control their unhealthy snacking habits, suggests a small study from the University of Exeter.

Drinking 'plenty of red wine' won't help you lose weight

Monday 22nd June 2015

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

Sorry to be party poopers, but The Daily Telegraph's headline "How to lose weight – drink plenty of red wine," is simply nonsense. First, the study it reports on did not involve red wine. Second, it was carried out on mice, not humans.

Disability

Paralysed man walks with robotic legs

Tuesday 30th June 2015

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

A 31-year old man who lost the use of his legs in 2013 after being diagnosed with a functional neurological disorder, has described the "incredible feeling" of walking with robotic legs.

Disability fund 'not protected' under councils

Monday 29th June 2015

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

An FOI request to councils in England – alongside additional BBC research - suggests that less than a third of local authorities can guarantee that all the funding transferred to them as part of the closing of the Independent Living Fund will be ring-fenced for the severely disabled that have come to rely on it.

Environmental health

Keep cool and carry on in the hot weather

Tuesday 30th June 2015

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

Public Health England urges people to look out for those who may feel the ill-effects of hot weather as prolonged spell of high temperatures forecast.

Public confused by sunscreen labelling, say experts

Friday, 26th June 2015

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

There is huge confusion over the labels on sun creams, and manufacturers should all use the same rating system, says the Royal Pharmaceutical Society.

Emergency planning

GPs call for emergency 'pause' in inspections to relieve pressure on crisis-hit surgeries

Tuesday, 23rd June 2015

Source:
Royal College of General Practitioners
(<http://www.rcgp.org.uk/news/>)

The UK's largest medical royal college – representing more than 50,000 family doctors – has agreed an emergency motion calling on Health Secretary Jeremy Hunt to introduce an 'immediate pause' in routine inspections of GP practices to relieve pressure on surgeries which it warns are "on the brink of meltdown".

Health promotion

GP receptionists 'could help prevent stroke deaths'

Monday 29th June 2015

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

"Teaching doctors' receptionists to spot the warning signs of strokes could save thousands of lives a year," the Daily Mail reports.

Health protection

Meningitis B vaccine offered to all babies from September

Sunday 21st June 2015

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

All newborn babies in England and Scotland are to be offered a vaccine to combat meningitis B from September, the government has announced. The Men B vaccine will be given to babies at two months, four months and 12 months old.

Infant & child health

Leia Armitage hears mum and dad sing Happy Birthday for first time

Monday 29th June 2015

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

A girl celebrating her fourth birthday heard her parents sing Happy Birthday for the first time after becoming one of the youngest people in the UK to have "revolutionary" hearing surgery.

Report warns of threat to unborn babies from CMV virus

Tuesday 30th June 2015

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

"Thousands of pregnant women are unwittingly passing on infections to their unborn babies that cause severe disabilities," is the headline in the Daily Mail after a new report highlighted the risks cytomegalovirus (CMV) can pose to pregnancies.

Young becoming hostages to handheld devices, says charity

Tuesday 23rd June 2015

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

Future generations of young people risk becoming "hostages to handheld devices" and disengaged from physical activity, a sports charity says.

Drinking in pregnancy 'significant' cause of childhood brain damage

Tuesday 23rd June 2015

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

One of the UK's leading experts in child health is calling for stronger warnings on alcohol to alert women to the dangers of drinking while pregnant.

Mental health

The 'ugly truth' about Body Dysmorphic Disorder

Sunday 21st June 2015

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

It is often dismissed as a "first world" problem and a "bad case of vanity" caused by today's obsession with appearance and celebrity. But, writes Susanna Jolly, Body Dysmorphic Disorder (BDD) affects up to one in 50 people and many with the condition "self-medicate" by undergoing frequent and repeated plastic surgery procedures.

Drivers with early dementia are a 'risk to the public'

Tuesday 23rd June 2015

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

Drivers in the early stages of dementia could be posing a risk to the public, doctors are warning.

Being a 'couch potato' linked to increased anxiety risk

Monday, 22nd June 2015

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

"Being a couch potato is bad for your mental health," the Mail Online reports. However, the evidence gathered by a new review is not as clear-cut as the headline would lead you to believe.

Obesity

Obesity – the ticking time bomb which starts young

Thursday 25th June 2015

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

Simon Stevens, head of NHS England, has noted more than once that while a quarter of children entering primary school are overweight or obese the proportion rises to a third by the time they leave.

Weighing yourself every day may help with weight loss

Friday, 19th June 2015

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

"Stepping on the scales every day could be the key to weight loss, a study has found," the Mail Online reports. This report was based on a US study which suggested daily weighing can lead to a small, though sustainable, loss in weight.

Older people

Older people 'shouldn't cool down with cold water during heatwave'

Wednesday 1st July 2015

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

A level 3 heatwave warning, the highest, is expected to be issued for the UK today as temperatures in many parts of England hit the low- to-mid thirties Celsius.

End of life care improving according to report

Friday 26th June 2015

Source: Public Health England
(<https://www.gov.uk/government/news/>)

The 'What We Know Now 2014' report suggests a growing understanding within the health sector of what is important to people at the end of life.

Physical activity

Concern raised over inactive teens

Thursday, 25th June 2015

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

Teenagers should take an hour of exercise a day, but new figures suggest a mere 8% of girls aged 13 to 15 in England are meeting that target. For boys it is not much better - just 14% are doing an hour a day. Hugh Pym reports.

Do you really need to take 10,000 steps a day to keep fit?

Wednesday 17th June 2015

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

Fitbit and other fitness trackers set a default goal of 10,000 steps a day. But just how valid is this aim if you're trying to stay active, asks Chris Stokel-Walker.

Safety & accident prevention

Oil and Gas UK advises firms to ban e-cigarettes offshore

Wednesday 1st July 2015

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

Industry body Oil and Gas UK is advising companies not to allow e-cigarettes to be used offshore. Current safety measures permit workers to smoke in designated locations on offshore installations. But Oil and Gas UK's 2015 health and safety report has recommended e-cigarettes should be banned unless, and until, they become medically regulated. It suggested the industry should be consistent with public health measures aimed at reducing tobacco smoking.

Sexual health

STIs soaring in gay men – warning

Tuesday, 23rd June 2015

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

The number of sexually transmitted infections being spread in gay men is soaring, according to Public Health England.

Social & economic issues

ESRC prize rewards researchers whose work has benefited society

Wednesday, 24th June 2015

Source: Economic and Social
Research Council
(<http://www.esrc.ac.uk/>)

The winners of the Economic and Social Research Council's (ESRC) annual Celebrating Impact Prize, in partnership with SAGE, have been announced at an awards ceremony held at Central Hall Westminster on the 24 June 2015. The prizes were awarded to researchers whose work has had a substantial impact on society, from helping victims of violence to securing funding for UK businesses.

Migrant salary rules may cost NHS nurse jobs, union warns

Monday, 21st June 2015

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

Thousands of foreign nurses working in junior posts in the UK could be forced to return home under new immigration rules, union leaders have warned. A new pay threshold for migrants means non-European workers will have to leave the UK after six years if they are not earning at least £35,000.

Statistics

Children's survey finds good care but highlights inequalities

Wednesday 1st July 2015

Source: Care Quality Commission
<http://www.cqc.org.uk/>

This is the first national children's survey conducted by CQC. It represents the experiences of nearly 19,000 children and young people who received inpatient or day case care in 137 acute NHS trusts in 2014.

Women's health

Antidepressant use in menopause linked to broken bones

Friday 26th June 2015

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

"Taking antidepressants like Prozac to counter mood changes in menopause 'raises risk of broken bones'," the Daily Mail reports. A new study suggests that using selective serotonin reuptake inhibitors (SSRIs) during the menopause may increase the risk of bone fracture by around 76%.

Skinny jeans given health warning

Tuesday 23rd June 2015

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

Skinny jeans can seriously damage muscles and nerves, doctors have said. A 35-year-old woman had to be cut out of a pair after her calves ballooned in size, the medics said in the Journal of Neurology, Neurosurgery and Psychiatry.

Workplace health

Health boss warns GPs risking mental health and suicide

Friday 26th June 2015

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

The amount of GPs seeking help for work-related stress and mental health problems is increasing according to the former head of the Royal College of GPs.

HSE launches new workplace health expert committee

Monday, 22nd June 2015

Source: HSE
<http://press.hse.gov.uk>

HSE has appointed a new committee to provide independent expert knowledge and advice on workplace health. The workplace health expert committee (WHEC) will be made up of nine members who will provide expert opinion on emerging issues and trends, new evidence relating to existing issues and, on the quality and relevance of the evidence base on workplace health issues.

Local news: []

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Other Bulletins

Big Four Bulletin

This is a weekly Bulletin that details original articles in the BMJ, JAMA, New England Journal of Medicine and The Lancet.

<http://cash.libraryservices.nhs.uk/cash-service/rss-newsfeed-menu/medicine/big-four-bulletin/>

Daily Health Bulletin

The Daily Health Bulletin is produced by the Knowledge Service of the West and South Yorkshire and Bassetlaw Commissioning Support Unit.

<http://cash.libraryservices.nhs.uk/cash-service/daily-health-bulletin/>

NICE Public Health Awareness Bulletin

This is a monthly update highlighting national public health news and information from NICE.

<https://www.evidence.nhs.uk/about-evidence-services/bulletins-and-alerts/whats-new-in-public-health/public-health-bulletin-archive>

PHE Bulletin (Public Health England)

The PHE Bulletin is issued monthly and contains public health news and information.

<https://www.gov.uk/government/collections/phe-bulletin>

Public Health and Social Care Bulletin

This is published weekly and created by Kent & Medway Public Health Observatory. It provides an update on what is new in public health and social care, both nationally and locally.

<http://www.kmpho.nhs.uk/events-and-updates/bulletins/bulletins-archive/>



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