

## **Public Health Bulletin. 8<sup>th</sup> September 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

### [Research utilisation and knowledge mobilisation in the commissioning and joint planning of public health interventions to reduce alcohol-related harms: a qualitative case design using a cocreation approach.](#)

Aug 15

Source: NIHR

Considerable resources are spent on research to establish what works to improve the nation's health. If the findings from this research are used, better health outcomes can follow, but we know that these findings are not always used. In public health, evidence of what works may not 'fit' everywhere, making it difficult to know what to do locally. The aim of this study was to work in cocreation with research participants to investigate how research is utilised and knowledge mobilised in the commissioning and planning of public health services to reduce alcohol-related harms

### [Alcohol price plans face further delay after European ruling](#)

3 September 2015

Source: BBC Health

Plans to introduce minimum unit pricing for alcohol in Scotland face further delay, following an initial ruling by Europe's highest court.

### [Response to the Minimum Unit Pricing Legal Challenge Decision](#)

3 September 2015

Source: Alcohol Concern

Comment on opinion supporting MUP: The charity Alcohol Concern today welcomes the opinion from the Advocate General for the European Court of Justice that minimum unit pricing is justified on public health grounds.

### [Inquiry launched into the impact of alcohol on Emergency Services](#)

07 September 2015

Source: Alcohol Concern

The All Party Parliamentary Group on Alcohol Harm has today launched an Inquiry into the 'Impact of alcohol on the Emergency Services'. The Inquiry will examine the way in which alcohol-related incidents and injuries place a strain on emergency services in the UK and how this impacts our emergency workers and their ability to carry...

### [Overage Drinkers](#)

02 Sep 2015

Source: UK Health Forum

Heavy drinking by older people is causing a major public health risk in the UK, yet the issue often falls below the radar. While alcohol consumption among the young is falling, the over 60s are drinking more, and more harmfully, with one in three developing problems with alcohol for the first time in later life and alcohol-related hospital admissions among the old rising alarmingly.

### [Drinkaware Monitor 2014: young people's and their parents' drinking behaviours and attitudes in the UK](#)

01 Sep 2015

Source: UK Health Forum

Ipsos MORI was commissioned by alcohol education charity Drinkaware to undertake a survey of young people aged 10-17 living in the UK, to provide a picture of their drinking attitudes and behaviours. Ipsos MORI conducted a quota survey among a representative sample of 754 young people aged 10-17 living in the UK. The fieldwork was conducted through an online panel and took place between 17th November and 10th December 2014. The research also surveyed 2,294 adults aged 18-75 and 813 parents of young people aged 10-17

## **Chronic conditions**

### [Diabetes prevention programmes: evidence review](#)

26 August 2015

Source: Public Health England

A systematic review of the effectiveness of lifestyle interventions for the prevention of type 2 diabetes mellitus (T2DM) in routine practice.

### [Five million people at high risk of Type 2 diabetes](#)

26 August 2015

Source: Public Health England

Five million people in England have blood sugar levels indicating a high risk of developing Type 2 diabetes, according to a new report published today by Public Health England (PHE).

### [Right Care Casebook – Beating Diabetes in Bradford](#)

August 24th, 2015

Source: RightCare

Report on the commissioning of diabetes prevention in Bradford using the NHS Right Care approach. Results include 1000 previously undiagnosed individuals with type-2 diabetes.

### [Blood sugar monitor tested on diabetes patients](#)

30 August 2015

Source: BBC Health

A blood sugar monitor that can stay in the body for up to five months is being tested on NHS patients. It is hoped the device, which continuously monitors the blood and beams the information to a smartphone, will help control type 1 diabetes

### [Diabetes drug may help in leukaemia](#)

03 September 2015

Source: BBC Health

A drug used to treat diabetes could help in the fight against blood cancer, early research in the journal Nature suggests. An international team of scientists gave the drug to patients with chronic myeloid leukaemia, alongside standard treatment.

### [Blood test 'detects cancer relapse'](#)

27 August 2015

Source: BBC Health

A blood test may be able to save lives by finding cancers that have started to grow again after treatment, a study suggests. Scientists at the Institute of Cancer Research in

London found traces of breast cancer eight months before doctors would normally have noticed.

[Macmillan Cancer Support. Exploring the attitudes and behaviours of older people living with cancer.](#)

20 August 2015

Source:Macmillan Cancer

Currently, older cancer patients (aged 65 and over) are far less likely to be given life-saving treatment than younger cancer patients (aged 55 to 64). One reason previously put forward for this is that older people may be more likely to turn down treatment. This report, commissioned by Macmillan Cancer Support and carried out by Ipsos MORI, has found that older people are no more likely to refuse cancer treatment than younger people

[Cancer fund cuts 23 treatments](#)

04 September 2015, 18:19:03

Source:BBC Health

The Cancer Drugs Fund in England has cut 23 treatments from the list of medicines it funds.

[Will people use free suncream?](#)

06 September 2015, 00:46:26

Source:BBC Health

Will a Florida project be a success?

## **Communicable diseases**

[New Ebola death confirmed in Sierra Leone](#)

1 September 2015

Source:BBC Health

A woman who recently died in northern Sierra Leone has tested positive for Ebola. It comes as a setback to the country's effort to eradicate the deadly disease. Sierra Leone was celebrating last week when it discharged its last known Ebola patient from hospital.

[Village of 1,000 sealed off over Ebola](#)

04 September 2015, 12:14:30

Source:BBC Health

A Sierra Leone village of nearly 1,000 people is put under quarantine after a dead woman's body tested positive for Ebola.

[Polio: Vaccinated man 'has spread polio', say British scientists](#)

28<sup>th</sup> August 2015

Source:BBC Health

A British man who was vaccinated against polio has been producing the virus for nearly 30 years. He had an immune disorder that mean the weakened polio virus used to vaccinate him in childhood survived in his body.

[Children paralysed in Ukraine polio outbreak](#)

2 September 2015

Source:BBC Health

Two children have been paralysed in the first polio outbreak in Europe for five years, according to the World Health Organization (WHO). Both cases were in Ukraine where only half the children are fully immunised.

## **Diet & nutrition**

### [Low vitamin D levels linked to increased multiple sclerosis risk](#)

Aug 27 2015

Source: NHS Choices

"Lack of vitamin D may cause multiple sclerosis, study finds," reports the Guardian. A large study found people genetically programmed to have lower vitamin D levels are at an increased risk of multiple sclerosis (MS)

### [Jamie's Sugar Rush](#)

01 Sep 2015

Source: UK Health Forum

Jamie Oliver investigates sugar's huge contribution to global health problems like obesity and type 2 diabetes, reveals how much sugar is in healthy-looking food, and explores what can be done to help. The programme is due to be aired on Thursday 03 September 2015, on Channel 4.

### [RCGP statement on Jamie Oliver's 'Sugar'](#)

27 August 2015

Source: RCGP

Commenting on the launch of his new TV show 'Sugar', Dr Maureen Baker, Chair of the RCGP, said: "Sugar in our food and drink, whilst enjoyable in the short term, is our hidden enemy and can lead to numerous serious, chronic health problems, including dental decay, obesity, diabetes and cancer.

### [Is shop-bought baby food 'too sweet'?](#)

Thursday Sep 3 2015

Source: NHS Choices

"Baby foods found too sweet to encourage variety of tastes in children," says The Guardian.

### [School Meals: Meeting Youth Nutrition Needs](#)

01 Sep 2015

Source: UK Health Forum

CDC researchers analysed school-level data from the 2000, 2006, and 2014 School Health Policies and Practices Study (SHPPS) to understand how schools were implementing 9 school nutrition services practices related to fruits, vegetables, whole grain, and sodium in school meals, and examine trends over time.

## **Drug Misuse**

### [Recovering alcohol and drug users leading service planning](#)

7 September 2015

Source: Public Health England

Public Health England (PHE) has launched a new guide showing the benefits of involving recovering alcohol and drug users in the design and development of their own, and others treatment and recovery.

## Health protection

### [New whooping cough figures prompt call for pregnant women to get immunised](#)

3 September 2015

Source: Public Health England

Public Health England (PHE) is calling for pregnant women to take up the whooping cough (pertussis) vaccine in order to protect themselves and their babies from this serious disease. New surveillance figures confirm that whooping cough activity remains at raised levels in England.

### [National childhood immunisation programme boosted by MenB vaccine](#)

28 August 2015

Source: [Public Health England](#)

From 1 September 2015, the MenB vaccination will be added to the NHS Childhood Immunisation Programme in England

## Health services administration

### [NHS personal health budgets spent on 'patient treats'](#)

01 September 2015

Source: BBC Health

Thousands of pounds from NHS "personal health budgets" are spent on "treats" such as holidays and clothes, a Freedom of Information request has found.

### [More male care workers needed, says providers' chief](#)

01 September 2015

Source: BBC Health

More male care workers are needed to look after older people, the chief executive of Care England has said.

### [Care of dying patients 'still inconsistent and poor'](#)

04 September 2015

Source: BBC Health

More investment is still needed to improve the "inconsistent and often poor" care of dying people, say palliative care experts. The King's College London lecturers also fear relatives are sometimes excluded from "critical conversations" about the end of loved one's life. And they say the NHS does not always have the capacity to provide "time and continuity".

### [Royal Pharmaceutical Society \(RPS\). Patient engagement hub.](#)

21 August 2015

Source: Royal Pharmaceutical Society (RPS)

RPS have launched a patient hub which includes a collection of resources, including leaflets, posters and videos, that have already been developed and used by pharmacy teams to speak directly to patients, carers and the public engagement hub

## [Public Health Outcomes Framework Consultation](#)

3<sup>rd</sup> September 2015

Source: Department of Health

The Department of Health has launched a consultation on refreshing their Public Health Outcomes Framework. The consultation runs until the 2nd October:

## [Wales moving forward with Public Health \(Wales\) Bill](#)

28 August 2015

Source: UK Health Forum

Following the successful passage of the Future Generations (Wales) Act earlier this year, the Welsh Government is moving ahead with its public health legislation. Currently, the National Assembly for Wales' Health & Social Care Committee is consulting on the principles of the proposed bill.

## **HIV & AIDS**

### [HIV patient tells of fears of disclosure after details leak](#)

03 September 2015

Source: BBC Health

A man says he fears having to tell friends and family he is HIV positive after he was among 780 patients whose details were leaked by a health clinic. The 56 Dean Street clinic, in London, accidentally sent out names and email addresses in an online newsletter.

### [BASHH statement on mistaken release of HIV patient information by 56 Dean Street clinic in London](#)

02 September 2015

Source: BASHH

It is deeply regrettable that names and email addresses of 780 patients with HIV was sent out as a group email rather than in blind copy as intended by the Dean Street clinic in London. This was down to "human error" and it is right that Chelsea and Westminster Hospital, who run the HIV clinic, are undertaking a review of how this happened and to make sure it does not happen again.

### [Department of Health update on patient confidentiality in sexual health services](#)

04 September 2015

Source: BASHH

## **Infant & child health**

### [Child health data 'shows regional gaps'](#)

07 September 2015

Source: BBC Health

Some local authorities in England are not doing enough to prevent health problems in children under the age of five, a report by the National Children's Bureau suggests.

## **Mental health**

### [Mental health nurses team up with police in 'street triage'](#)

25 August 2015

Source: BBC Health

Plans to improve care for those with mental health issues has seen the number of acutely ill people held in police cells reduce by more than a third, BBC Breakfast has learned.

### [Girls' Attitudes Survey 2015](#)

25 Aug 2015

Source: UK Health Forum

Girlguiding asked 1,574 girls and young women aged between 7 and 21 for their views on a range of issues - from health and well-being to relationships and careers. They will be launching the full survey in September but wanted to reveal their key findings about the mental well-being and resilience of girls in the UK.

### [Goth teens 'at increased risk of depression and self-harm'](#)

Friday Aug 28 2015

Source: BBC Health

"Goths are three times more likely to be depressed than other teenagers, with 37% admitting to self-harming," the Daily Mail reports. A new study looked at mental health outcomes in young people who said they identified with the goth sub-culture

### [Suicide-risk behaviour patterns identified - study](#)

30 August 2015

Source: BBC Health

Depressed people who display "risky behaviour", agitation and impulsivity are at least 50% more likely to attempt suicide, a study has found. Research by the European College of Neuropsychopharmacology (ECNP) concluded that the behaviour patterns "precede many suicide attempts".

### [How having 'senior moments' may be a good thing](#)

27 Aug 2015

Source: NHS Choices

"Senior moments? Only worry if you don't notice them," the Daily Mail reports. A new study suggests becoming unaware of failing memory could be a warning sign of impending dementia

### [Blood test for dementia claims are premature](#)

September 7 2015

Source: NHS Choices

The test looks at genes associated with healthy ageing  
"Simple blood test ... could predict if you'll suffer dementia," the Daily Mail reports. This study aimed to identify a genetic score that could be used to indicate an individual's biological age.

### ['Antipsychotics used on people with no mental illness diagnosis'](#)

2 Sep 2015

Source: NHS Choices

"'Chemical cosh' scandal: Thousands of patients with no history of mental illness needlessly given cocktail of antipsychotic drugs," says the Mail Online.

## Obesity

### [Weight loss surgery 'cures half of type-2 diabetes cases'](#)

04 September 2015

Source: BBC Health

Weight loss surgery cures half of patients with type-2 diabetes, for at least five years, a study suggests. The trial, on 60 people, published in the Lancet, found none of those with type 2 had been cured by medication and diet alone.

### [Site removes toxic 'diet pills'](#)

07 September 2015

Source: BBC Health

A distributor of "highly toxic" diet pills that killed a Shropshire student agrees to stop selling them after being confronted by her mother.

### [Lessons Learned from Global Efforts](#)

01 Sep 2015

Source: UK Health Forum

In October 2014, NCCOR held a one-day meeting funded by the Robert Wood Johnson Foundation to convene leading international and interdisciplinary researchers and practitioners to share lessons learned about what works to guide ongoing efforts to reduce childhood obesity prevalence in the United States and worldwide.

## Physical activity

### [Evidence brief: Impact of adopting school-based active transportation policy](#)

02 Sep 2015

Source: UK Health Forum

This is one of a series of evidence summaries on key public health topic produced by Public Health Ontario. The Evidence briefing focuses on school-based active transportation.

### [Physical activity assessment for public health: efficacious use of the single-item measure](#)

25 Aug 2015

Source: UK Health Forum

The accurate mass assessment of physical activity is essential for effective Public Health policy and practice. Combined with a desire to minimise participant burden, the self-reported single-item physical activity screening measure has become increasingly attractive and widespread.

## Smoking

### [Sign up to Stoptober with friends, family and colleagues](#)

3 September 2015

Public Health England

Research shows smokers are 67% more likely to quit if their partner also stops smoking and 36% more likely to quit if a friend stops. Smokers across the country are being

urged to sign up to Stoptober, the country's 28-day mass quit attempt from Public Health England (PHE).

**[Press release: Sign up to Stoptober with friends, family and colleagues](#)**

04 September 2015

Public Health England

*Updated:* Updated contact details for clarity.

**[Is incense smoke more dangerous than tobacco smoke?](#)**

Aug 26 2015

Source: NHS Choices

"Incense may need a health warning over 'toxic' smoke, claims research," The Daily Telegraph reports.

**[Nottinghamshire County Council considers staff smoking break ban](#)**

3 September 2015

Source: BBC Health

Smoking breaks could be banned for thousands of council employees under new proposals, it has emerged. Nottinghamshire County Council wants to bar its 9,000 employees from smoking during work time.

**[E-cigarettes: Public Health England's evidence-based confusion](#)**

29 August 2015

Source: The Lancet

The Lancet has published comments regarding last week's, Public Health England (PHE) "landmark review" of evidence about e-cigarettes.

**[Stroke damage 'helps smokers quit'](#)**

8 September

Source: BBC Health

A particular region of the brain may drive smoking addiction, say scientists who found stroke survivors with damage to their insular cortex more easily kicked the habit.

**Social & economic issues**

**[Hay fever 'bar to university places'](#)**

26 August 2015

Source: BBC Health

The impact of hay fever at exam time could be harmful enough to mean that some students might miss out on a university place, say researchers. A study in Norway has examined the relationship between pollen levels, hay fever and exam performance.

**Statistics**

**[Teen pregnancy rate continues to fall](#)**

25 August 2015

Source: BBC Health

The teen pregnancy rate in England and Wales is continuing to fall, latest figures show. It stands at 23.3 per 1,000 women aged 15 to 17, which experts say is more in line with

the rest of Western Europe. There were 5,740 pregnancies in girls aged under 18 in the three months to June 2014, data from the [Office for National Statistics](#) shows.

## Workplace health

### [NHS staff offered Zumba to stay healthy](#)

2 September 2015

Source: BBC Health

NHS staff will be offered exercise classes in a bid to keep them fit and in work, NHS England's chief executive has announced.

## 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/>

### **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>

### **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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