

Public Health Bulletin. 20th October 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: www.oxsph.org/bulletins.htm and the Wessex Public Health Network at: <http://www.wessexphnetwork.org.uk/resources/public-health-updates.aspx>

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Alcohol misuse

Alcohol and depression factsheet

14 October 2015

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

Alcohol Concern have released a new [alcohol and depression factsheet](#) which highlights 'a complex, powerful and mutually reinforcing relationship between alcohol and depression'.

Chronic conditions

More than 11 moles on an arm may be 'sign of skin cancer risk'

20 October 2015

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

"More than 11 moles on right arm 'could indicate greater skin cancer risk'," The Guardian reports.

Pancreatic cancer drug 'postcode lottery'

15 October 2015

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

Kevin Watts lost his mother to pancreatic cancer in 1969. Forty years later, he was diagnosed with the same cancer, and he had little time left to spend with his family.

As became painfully clear to his wife, Maggie, survival rates for pancreatic cancer have hardly changed in 40 years.

There may be four distinct types of bowel cancer

14 October 2015

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

"Bowel cancer is four distinct diseases, each with a different prognosis," BBC News reports after new research suggests there are four genetic sub-types of bowel cancer. It's hoped adapting treatment to each type will lead to better outcomes.

Am I more likely to get cancer because I'm tall?

14 October 2015

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

"Tall people more likely to get cancer", boomed the headlines, "Higher cancer risk for tall people". But how strong is the link between being tall and getting cancer - and what might explain it?

Why elephants hardly ever get cancer and how that can help us

9 October 2015

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

"Elephants have enhanced defences against cancer that can prevent tumours forming," BBC News reports.

Communicable diseases

Ebola nurse Pauline Cafferkey now 'critically ill'

14 October 2015

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

A nurse who contracted Ebola while working in West Africa is now "critically ill" with complications arising from the infection.

[Ebola nurse Pauline Cafferkey 'in serious condition'](#)

9 October 2015

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

A Scottish nurse who contracted Ebola in Sierra Leone last year is in a "serious condition" after being readmitted to an isolation unit in London. NHS Greater Glasgow and Clyde confirmed that the virus is still present in Pauline Cafferkey's body after being left over from the original infection.

[Ebola countries record first week with no new cases](#)

7 October 2015

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

The three West African countries at the heart of the Ebola epidemic recorded their first week with no new cases since the outbreak began in March 2014.

Diet & nutrition

[Listeria warning over caramel apples](#)

14 October 2015

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

Caramel-coated apples can be riddled with listeria - a type of bacterium that causes diarrhoea and vomiting and, rarely, meningitis - warn scientists.

[Toolkit to tackle fast food takeaways in the war on obesity](#)

13 October 2015

Source: Economic and Social Research Council www.esrc.ac.uk

Councils across the country are tackling fast food outlets to introduce measures such as cooking with less oil, offering salad or rice instead of chips, and even using 'reduced hole' shakers that sprinkle less salt, as part of the battle against soaring rates of obesity.

Environmental health

[Living near an airport 'may be bad for your health'](#)

21 October 2015

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

"People who live within six miles [of an airport] have higher levels of asthma and heart problems," the Daily Mail reports after a US study has suggested exposure to carbon monoxide from planes may impact on health.

[A brief guide to the benefits of urban green spaces](#)

19 October 2015

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

"...Almost two thirds of the urban area that will exist by the year 2030 is yet to be built, so it is vital that we take the opportunity to create and maintain healthy and sustainable urban environments."

The University of Leeds collates the evidence for green spaces in this [report](#) .

Concern about rise in UK Lyme disease cases

12th October 2015

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

"Surging numbers of people are being diagnosed with Lyme disease as cases spread from rural areas to the suburbs," the Daily Mail reports.

Health promotion

Dementia, disability and frailty in later life mid-life approaches to delay or prevent onset

20 October 2015

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

This guideline covers mid-life approaches to delay or prevent the onset of dementia, disability and frailty in later life. The guideline aims to increase the amount of time that people can be independent, healthy and active in later life.

Councils can double savings if government invests in prevention

14 October 2015

Source: Local Government Association www.local.gov.uk

For every £1 spent on programmes to keep people healthy, almost double could be saved for the public purse within five years, LGA analysis for the Spending Review reveals today.

Health protection

Fears grow over increased antibiotic resistance

16 October 2015

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

More than 6,000 deaths a year could be caused by a 30% fall in the effectiveness of antibiotics in the US, a report in The Lancet suggests.

Antibiotic resistance rise continues

10 October 2014

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

Antibiotic prescriptions and cases of resistant bacteria in England have continued to soar despite dire warnings and campaigns, figures show.

Study to probe why patients disregard medical advice

15 October 2015

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

A £1.24m UK study has begun to examine why so many patients fail to follow medical advice or stick with treatment.

First drug 'slows decline' in progressive MS

8 October 2015

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

The first drug to slow the decline in patients with primary progressive multiple sclerosis has been reported at a conference.

[Fast-tracked skin cancer drug pembrolizumab gets approval](#)

7 October 2015

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

A new drug for advanced skin cancer should be made available on the NHS in England, experts recommend. The National Institute for Health and Care Excellence says pembrolizumab is cost-effective to use in patients who have already tried and not benefited from another drug called ipilimumab.

Health services administration

[CQC's response to the Bliss report](#)

19 October 2015

Source: CQC www.cqc.org.uk

Bliss Baby – the charity for premature babies – has today published its report [Hanging in the balance](#) about the impact that staffing has in neonatal units.

[State of Care report launched today](#)

15 October 2015

Source: CQC www.cqc.org.uk

Today marks the launch of the [State of Care report](#), our annual overview of health and adult social care in England.

[Seven day working could harm patient safety says RCGP](#)

14 October 2015

Source: RCGP www.rcgp.org.uk

Speaking in today's Guardian on proposals for a 7-day NHS, RCGP Chair Dr Maureen Baker said: "It's highly ironic – and extremely worrying – that the Government is hailing seven day working as the solution to making patients safer when, in reality, it could have the opposite effect."

[NHS deficits hit 'massive' £930m](#)

9 October 2015

Source: BBC News www.bbc.co.uk

NHS trusts in England have racked up a £930m deficit in the first three months of the financial year - that is more than the entire overspend last year.

[PHOENIX: Public Health and Obesity in England - the New Infrastructure Examined](#)

7 October 2015 Source: Policy Research Unit in Commissioning www.prucomm.ac.uk

The PHOENIX project aims to examine the impact of structural changes to the health and care system in England on the functioning of the public health system, and on the approaches taken to improving the public's health.

This second interim report presents the findings of our phase one case study research and first national surveys of Directors of Public Health (DsPH) and Councillors who lead on public health issues. [Full report](#)

[Migration rules need re-think - NHS boss](#)

6 October 2015

Source: BBC News www.bbc.co.uk

A re-think of immigration rules which protect ballet dancers but not vital foreign nurses need re-thinking, the head of the NHS in England says.

HIV & AIDS

[Reports of HIV 'breakthrough' and 'cure' are premature](#)

12th October 2015

Source: NHS Choices www.nhs.uk/news

"HIV breakthrough could lead to a cure," the Mail Online says, reporting on a study which looked at the phenomenon known as post-treatment control – where people with HIV remain in remission, even after treatment with antiretroviral (ARV) drugs is withdrawn.

Infant & child health

[Obesity crisis: councils' concerns about obese teenagers as sports participation figures plunge](#)

17 October 2015

Source: Local Government Association www.local.gov.uk

Britain's couch-potato culture is creating a "lost generation" of obese and physically inactive teenagers, as shock new figures show grassroots sports participation is plunging, councils warn.

Mental health

[Mental Health Foundation welcomes launch of Mindful Nation UK report](#)

20 October 2015

Source: Mental Health Foundation www.mentalhealth.org.uk

[The Mindful Nation UK report](#) is the result of a 12-month inquiry by the All-Party Parliamentary Group on Mindfulness into how mindfulness training can benefit UK services and institutions.

[Transforming care pathways for people with dementia](#)

19 October 2015

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

The report [Transforming care pathways for people with dementia](#) published by the National Housing Federation, links housing, health and social care. It is aimed at showcasing housing associations as being ideally placed to help health and social care commissioners meet growing needs and transform dementia care pathways.

[Could anti-inflammatory drugs prevent schizophrenia?](#)

19 October 2015

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

"It may be possible to prevent schizophrenia by calming the brain's immune system," BBC News reports after researchers found raised levels of immune activity in people thought to be at high risk of developing schizophrenia.

[Physical health of mentally ill people 'ignored'](#)

14 October 2015

Source: BBC News www.bbc.co.uk

People in England who have had mental health problems are five times as likely to be admitted to hospital as an emergency as those who have not, a study shows.

[2015 Scottish Mental Health Arts and Film Festival to launch on World Mental Health Day](#)

9 October 2015 *Source:* Mental Health Foundation www.mentalhealth.org.uk

Wellbeing and diversity take centre stage this World Mental Health Day as one of Scotland's most iconic buildings is transformed to mark the beginning of the Scottish Mental Health Arts and Film Festival 2015.

[Visits from friends and family 'ward off depression in later life'](#)

6 October 2015 *Source:* NHS Choices <http://www.nhs.uk/news>

"Low levels of face-to-face social contact 'can double the risk of depression in older people'," say The Daily Telegraph and the Daily Mail. The papers are reporting on a new study that found over-50s who saw their family and friends at least three times a week were half as likely to develop depression as those who saw loved ones much less often.

Obesity

[Weight loss surgery linked to increased self-harm risk](#)

6 October 2015 *Source:* NHS Choices <http://www.nhs.uk/news>

The Mail Online reports on "the dark side of weight loss surgery", warning that "people who have the operation are four times more likely to commit suicide and twice as likely to self-harm". Confusingly, the headline combines two sets of statistics, from two different studies, and misreported the information on self-harm, exaggerating the risk.

Oral health

[The Challenge of Oral Disease: A call for global action](#)

12 October 2015 *Source:* UK Health Forum <http://www.ukhealthforum.org.uk>

This completely rewritten text for the 2nd edition of the FDI World Dental Federation's Oral Health Atlas is explicitly directed at policy makers and key opinion leaders. The first edition of the Oral Health Atlas, published in 2009, aimed at 'mapping a neglected global health issue'. The extent of neglect has not changed in the intervening period, yet there are new and encouraging opportunities for action addressing oral diseases on a global scale.

[Dental caries and obesity: their relationship in children](#)

13 October 2015 *Source:* UK Health Forum <http://www.ukhealthforum.org.uk>

Review of current evidence about the relationship between dental caries and obesity in individuals and populations.

Physical activity

[Physical Activity Infographic](#)

21 October 2015

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

An [infographic](#) has been developed by the four home nation Chief Medical Officers to support the promotion of physical activity and can be used by health professionals promoting physical activity.

[What works in schools and colleges to increase physical activity: A briefing for head teachers, college principals, staff working in education settings, directors of public health and wider partners](#)

19 October 2015

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

Emerging evidence suggests an association between being physically active and academic attainment and attention. Being physically active also helps to promote physical and emotional health and wellbeing.

[Put your heart into walking](#)

13 October 2015

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

This booklet from the British Heart Foundation describes how to keep your heart healthy and happy by walking your way to fitness.

Safety & accident prevention

[NHS and care sector: Safety a 'big concern' in England](#)

15 October 2015

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

Safety across the NHS and care sectors in England is a "significant concern", with particular problems in hospitals, inspectors are warning.

[Are three-quarters of English hospitals really unsafe?](#)

15 October 2015

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

The majority of hospitals in England are not really unsafe - of course not. That would be a staggering situation to find in the 21st century NHS. But the way the Care Quality Commission has presented its evidence has allowed that idea to form.

[Working with victims: HSE policy statement](#)

Thursday 8 October 2015

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

Policy statement setting out the general principles HSE staff follow when working with victims.

[Campaign launched to prevent child choking and poisoning](#)

7 October 2015

Source: ROSPA www.rospa.com

As more electronic items appear in the modern home and with thoughts turning to Christmas, families with young children are being warned of the potential dangers of button batteries in a bid to reduce accidental choking and poisoning.

Screening

Heart attack test 'cuts hospital stays'

8 October 2015

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

A blood test can more than halve the number of people admitted to hospital with a suspected heart attack, say doctors. They say the rapid test, which looks for a chemical in the blood, would reduce stress for patients, save money and ease pressure on hospital wards.

Flu drug given out "indiscriminately"

8 October 2015

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

The antiviral drug Tamiflu was handed out "indiscriminately" during the last swine flu outbreak, a leading panel of UK scientists has said. The experts said many thousands of patients had received treatment that may have done no good at all.

Sexual health

Is Ebola an STI? Virus can survive in semen for up to nine months

15th October 2015

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

"Survivors of Ebola can carry the virus in their sperm and transmit it sexually for up to nine months, a study has found," The Guardian reports.

Essure sterilisation implant has 'high risk' of complications

14 October 2015

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

"According to US experts, women given Essure were ten times more likely to need a later operation than if they had undergone surgical sterilisation," the Daily Mail reports.

Frozen ovarian transplants 'safe and effective'

7 October 2015

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

"Ovarian tissue transplants for women who want to have a baby after cancer treatment appear to be safe and are very successful," The Guardian reports after a small Danish study found the technique has around a 1 in 3 pregnancy success rate.

Smoking

Smoking and mental health: A neglected epidemic

19 October 2015

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

This [ASH Scotland document](#) aspires to provide a broad overview of the evidence on smoking and mental health issues and is aimed at public health professionals and policy makers.

Smoking cessation in pregnancy: A review of the challenge

16 October 2015

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

A [report](#) published today by the Smoking in Pregnancy Challenge Group calls on Government to close the gap in smoking in pregnancy rates between rich and poor.

[Scottish Parliament backs ban on smoking in cars with children](#)

8 October 2015

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

A bill to ban smoking in cars carrying children has passed its first hurdle in the Scottish Parliament. MSPs voted unanimously in favour of the general principles of the legislation, which aims to protect children from the effects of second-hand smoke.

Social & economic issues

[Modern sleep patterns 'mirror how our ancestors slept'](#)

16th October 2015

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

"Forget eight hours of sleep a night – we only actually need six," the Daily Mail reports. Research into hunter gatherer tribes suggests getting six to seven hours sleep a night may not be a modern phenomenon and is actually the norm for humans.

[No one in Scotland living in a hard-to-treat, draughty home by 2025](#)

Oct 14, 2015

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

The Existing Homes Alliance Scotland, along with a broad group of high-profile organisations, is calling for there to be no household in Scotland living in a hard-to-heat, draughty home by 2025.

Statistics

[Deaths data](#)

20 October 2015

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

[New data](#) from registered deaths in Australia has found that Alzheimer's Disease and dementia are the second biggest causes of death in Australia. The leading cause is coronary heart disease.

[2015 Global Hunger Index: Armed Conflict and the Challenge of Hunger](#)

19 October 2015

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

The [2015 Global Hunger Index \(GHI\) report](#) findings show the level of hunger in developing countries as a group has fallen by 27 percent since 2000. While the world has made progress in reducing hunger in recent decades, the state of hunger is still serious or alarming in 52 countries.

[World Obesity Day Statistics](#)

14 October 2015

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

World Obesity Day took place on 11th October 2015. These [maps](#) highlight adult obesity around the world.

[Welsh Health Survey 2014](#)

13 October 2015

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

Statistics on the health and health-related lifestyle of people living in Wales.

[English Indices of deprivation 2015: Research report](#)

12 October 2015

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

The [English indices of deprivation 2015](#), produced by the Department for Communities and Local Government, measure relative levels of deprivation in small areas in England called lower-layer super output areas. This report gives a fuller account of how to use and interpret the data, and presents some findings from the indices of deprivation 2015

[Did you know? Cancer Videos](#)

12 October 2015

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

A new series of [short videos](#) from the US National Institutes of Health (NIH) explains some of the statistics and trends behind different types of cancer, including colorectal, prostate, breast, and lung cancers. Learn about related topics, such as the link between excess weight and cancer risk

[Factsheets on health-enhancing physical activity in the 28 European Union member states of the WHO European Region](#)

12 October 2015

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

The aim of this document is to give an overview of information on selected surveillance and monitoring physical activity indicators in the 28 European Union Member States of the WHO European Region.

[Councils reject two-thirds of requests for care](#)

7 October 2015

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

Two-thirds of older and disabled people in England who turn to their local councils for help with care are turned away, figures show.

Workplace health

[Standing 'no healthier than sitting'](#)

13th October 2015

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

"Sitting down at work no worse than standing up," ITV News reports. A new study seems to contradict earlier advice – including recommendations on this website – that standing rather than sitting at work could bring health benefits and reduce the risk of early death.

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>
<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>



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