

Public Health Bulletin. 12th January 2016

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

[New alcohol advice issued](#)

8th January 2016

Source: [NHS Choices](#)

New proposed guidelines on alcohol, drawn up by the Chief Medical Officers of the UK, have been published. There are three main issues on which revised or new guidance is given: guidance on regular drinking; guidance on single drinking sessions; and guidance on drinking in pregnancy.

[Dry January 'can lead to healthier drinking patterns long-term'](#)

4th January 2016

Source: [NHS Choices](#)

Dry January involves giving up alcohol for the month. There is limited evidence about whether taking part in the challenge could lead to long-term changes in patterns of drinking.

[Put calorie counts on alcoholic drinks, LGA says](#)

2nd January 2016

Source: [BBC News](#)

Makers of alcoholic drinks should display the calorie count on bottles and cans, the Local Government Association says. The association, which represents nearly 400 councils, says the effect of hidden calories is contributing to an obesity crisis.

Black and ethnic minority groups

[I'm slim so why am I at risk of diabetes?](#)

12th January 2016

Source: [BBC News](#)

Diabetes is on the rise around the world, and nowhere more rapidly than in developing countries that are adopting the sugary, starchy diet that has plagued the richer world for years. And it turns out that Asians, and especially South Asians, are particularly vulnerable.

Chronic conditions

[Consumption of alcoholic beverages and risk of cancer](#)

8th January 2016

Source: [Public Health England](#)

A statement from the Committee on Carcinogenicity of Chemicals in Food, Consumer Products and the Environment assessing the risk of cancers associated with drinking alcohol.

[Obesity 'linked to cancer rise'](#)

7th January 2016

Source: [BBC News](#)

Rising levels of obesity and unhealthy weights could be linked to 670,000 extra cases of cancer in the next 20 years, a report from Cancer Research and UK Health Forum predicts.

'Remixed' skin cells could lead to new diabetes treatments

7th January 2016

Source: [NHS Choices](#)

"End of injections in sight for diabetics after new discovery," says The Daily Telegraph. If you think you've read a similar headline before, you may be right – replacing insulin injections for type 1 diabetes has been a goal for many years.

First children diagnosed in DNA project

12th January 2016

Source: [BBC News](#)

The first children with debilitating "mystery" diseases have finally been given a diagnosis as part of a huge scheme to analyse people's DNA. They are among the first to the first to have their precise genetic abnormality identified through the 100,000 Genomes Project.

Communicable diseases

Bird flu strain found at farm in Fife

11th January 2016

Source: [BBC News](#)

A suspected case of bird flu has been identified in chickens at a poultry farm in Fife. Birds at the site will now be culled and a 1km control zone has been set up around the premises in Dunfermline.

PHE confirms flu is now circulating

8th January 2016

Source: [Public Health England](#)

Latest figures from Public Health England (PHE) indicate flu is now circulating in the community, with increases seen for several indicators in particular influenza confirmed hospitalisations amongst younger adults. The Chief Medical Officer has advised antiviral drugs may now be used for treatment of flu.

Diet & nutrition

Health Survey for England - 2014

4th January 2016

Source: [UK Health Forum](#)

Key facts from the survey on alcohol and obesity include: Alcohol - In 2014, a minority of adults, (15 per cent of men and 21 per cent of women), did not drink alcohol. Obesity - Around a quarter of adults in 2014 were obese, (24 per cent of men and 27 per cent of women).

Environmental health

Air quality in the UK: plan to reduce nitrogen dioxide emissions

17th December 2015

Source: [Department for Environment, Food & Rural Affairs](#)

These documents set out the UK's air quality plan to meet our goals of improving the UK's air quality and public health.

Emergency planning

Winter flooding 2015 to 2016: community support

10th January 2016

Source: [Environment Agency](#)

This page provides links to details of the current flooding situation and support available for recovery, including health guidance and advice after a flood.

Health promotion

Easier said than done - why we struggle with healthy behaviours and what to do about it

22nd December 2015

Source: [RSA](#)

The report sets out some of the reasons why we might find it hard to live healthily, exercising, eating well, and checking for early warning signs. It also looks at strategies that people can use to overcome those hurdles and to initiate lifestyle changes.

Health protection

One millionth screening milestone reached for AAA

6th January 2016

Source: [Public Health England](#)

The NHS Abdominal Aortic Aneurysm programme screens its one millionth 65-year-old man in January 2016. Since it began in 2009, well over 10,000 aneurysms have been detected that need monitoring or treatment.

Health services administration

Junior doctor strikes back on as talks fail

5th January 2016

Source: [BBC News](#)

Strikes by junior doctors in England are back on after talks with the government broke down. A 24-hour walk-out on Tuesday 12th January will be followed by a 48-hour strike on 26 January, and a third day in February in the contract dispute.

PHE research: annual review

4th January 2016

Source: [Public Health England](#)

This publication sets out PHE research achievements for 2014 to 2015. It includes information about strategy, funding and peer reviewed publications.

Public health commissioning in the NHS 2016 to 2017

17th December 2015

Source: [Department of Health](#)

The NHS public health functions agreement sets out the arrangements under which the Secretary of State delegates responsibility to NHS England for certain public health services.

Infant & child health

Antidepressant paroxetine use linked to risk of birth defects

6th January 2016

Source: [NHS Choices](#)

"Antidepressant 'does increase your baby's risk of birth defects if taken in first 12 weeks of pregnancy'," the Mail Online reports.

Infertility treatments 'not linked' to developmental delays

5th January 2016

Source: [NHS Choices](#)

"There is no heightened risk of developmental delays ... in children conceived through IVF or other infertility treatments," the Mail Online reports. A study found that the numbers of children affected with such delays were the same as those conceived naturally.

5 year olds eat and drink their body weight in sugar every year

4th January 2016

Source: [Public Health England](#)

A new Sugar Smart app has been launched to help parents see how much sugar there is in everyday food and drink. The free app works by scanning the barcode of products and revealing the amount of total sugar it contains in cubes and grams.

Mental health

David Cameron pledges extra mental health support

11th January 2016

Source: [BBC News](#)

David Cameron will call for a "more mature" conversation about mental health as he sets out how services in England will benefit from extra cash. Specialist care for new mothers with mental health problems and support for anorexic teenagers will gain money allocated in the Autumn Statement.

Targeting inflammation 'could help treat Alzheimer's disease'

8th January 2016

Source: [NHS Choices](#)

"Blocking brain inflammation 'halts Alzheimer's disease'," BBC News reports. This research tentatively suggests inflammation is involved in the progression of the disease, and it can be reduced by targeting it.

Obesity

Data Factsheet: Determinants of Obesity (Child & Adult Diet)

2nd January 2016

Source: [UK Health Forum](#)

This series of factsheets (previously known as Key Data Briefings) compiles up-to-date key information and data about obesity and its determinants in an easily readable format.

Older people

Do high doses of vitamin D increase falls risk in the elderly?

6th January 2016

Source: [NHS Choices](#)

"Giving pensioners high doses of vitamin D to strengthen their leg bones may put them at higher risk of a fall," The Times reports.

The Frailty Fulcrum

5th January 2016

Source: [NHS England](#)

The concept of frailty as a long-term condition brings with it the opportunity to adopt a much more proactive, person-centred, community-based approach to care. The 'frailty fulcrum' is an animated model for frailty that has been developed with these opportunities in mind. The model aims to provide a 'common language' for frailty.

Homes and ageing in England

5th January 2016

Source: [UK Health Forum](#)

There are over a million homes occupied by those over 55 where there is a significant risk to health (for example excess cold or of injury from falling on poorly designed steps, both inside and outside the home).

Elderly 'reluctant to complain' over health care

30th December 2015

Source: [BBC News](#)

Elderly people are reluctant to make complaints about poor health care or do not know how to, the Parliamentary and Health Service Ombudsman says.

Oral health

Oral health of older people in England and Wales

6th January 2016

Source: [Public Health England](#)

This publication brings together data from existing national, regional and local surveys of oral health in older people. It combines this information with social, demographic and health data to provide a summary of what we already know about the current and future oral health needs of older people in England and Wales.

Dental care in England 'Third World'

4th January 2016

Source: [BBC News](#)

Standards of NHS dental care in England have been likened to a "Third World" service, by dentists. The care, already "unfit for purpose", is becoming even worse, a letter signed by 400 dentists, in the Daily Telegraph newspaper, adds.

Physical activity

Sporting Future: A New Strategy for an Active Nation

3rd January 2016

Source: [UK Health Forum](#)

The Government has announced a new strategy to strengthen sport. The move will see Sport England's remit changed from investing in sport for those aged 14 and over to supporting people from five years old right through to pensioners.

Smoking

[E-cigarette may become available on NHS](#)

4th January 2016

Source: [BBC News](#)

The UK medicines regulator has approved a brand of e-cigarette to be marketed as an aid to help people stop smoking. The decision means e-Voke, produced by British American Tobacco, could be prescribed on the NHS.

[Article 20\(5\), Tobacco Products Directive: proposals for UK law](#)

11th December 2015

Source: [Department of Health](#)

Article 20(5) of the Tobacco Products Directive 2014/40/EC requires EU member states to introduce restrictions on the advertising of electronic cigarettes.

Social & economic issues

[Place-based Health: A position paper](#)

5th January 2016

Source: [Collaborate](#)

There is broad recognition of the importance of wider determinants of health – where only 20 per cent of health outcomes result from clinical treatment and the remaining 80 per cent determined by factors such as lifestyle, environment and social networks.

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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