

Public Health Bulletin. 26th 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: <http://www.oxsph.org/bulletins.html> and the Wessex Public Health Network at: <http://www.wessexphnetwork.org.uk/resources/public-health-updates.aspx>

[Alcohol misuse](#)

[Chronic conditions](#)

[Communicable diseases](#)

[Diet & nutrition](#)

[Environmental health](#)

[Health promotion](#)

[Health protection](#)

[Health Services administration](#)

[HIV and AIDS](#)

[Infant and child health](#)

[Men's health](#)

[Mental health](#)

[Obesity](#)

[Older people](#)

[Physical activity](#)

[Safety and accident prevention](#)

[Screening](#)

[Smoking](#)

[Social and economic issues](#)

[Statistics](#)

[Women's health](#)

[Workplace health](#)

[Local news](#)

Alcohol misuse

[Risky business: The alcohol industry's dependence on Australia's heaviest drinkers](#)

23 January 2016

Source: UK Health Forum www.ukhealthforum.org.uk

A new report has exposed the Australian alcohol industry's heavy reliance on risky drinkers, with over 3.8 million Aussies averaging more than four standard drinks of alcohol a day, twice the recommended health guidelines.

[Health matters: harmful drinking and alcohol dependence](#)

21 January 2016

Source: UK Health Forum www.ukhealthforum.org.uk

This resource provides guidance and information on the harmful impact of alcohol dependency. It supports the commissioning and delivery of evidence based treatment interventions to address harmful drinking and alcohol dependence in adults.

[Alcohol and Young People Conference Report](#)

12 January 2016

Source: UK Health Forum www.ukhealthforum.org.uk

Scottish Health Action on Alcohol Problems (SHAAP) and Holyrood Communications held a conference on Alcohol and Young People. Policymakers, people who work with young people, and young people themselves, came together to discuss the findings of 'SHAAP's 2014 Alcohol and the Developing Adolescent Brain: Evidence Review' and to make recommendations about next steps.

Chronic conditions

[Chronic fatigue syndrome on rise among 16-year-olds](#)

Mon 25 January 2016

Source: [BBC Health](#)

Chronic fatigue syndrome is more common than previously thought, particularly among girls at the age of 16, research by the University of Bristol suggests.

[Diabetes: Government and NHS too slow to act, say MPs](#)

Fri 22 January 2016

Source: [BBC Health](#)

MPs have criticised the Department of Health and the NHS in England for being "too slow" to act in preventing and treating diabetes. A report by the Public Accounts Committee says variations in the care of both type 1 and 2 diabetes mean the annual cost to the health service will continue to rise.

[Cancer treatment for MS patients gives 'remarkable' results](#)

Mon 18 January 2016

Source: [BBC Health](#)

UK doctors in Sheffield say patients with multiple sclerosis (MS) are showing "remarkable" improvements after receiving a treatment usually used for cancer.

Communicable diseases

[Zika virus: Outbreak 'likely to spread across Americas' says WHO](#)

Mon 25 January 2016

Source: [BBC Health](#)

The Zika virus is likely to spread across nearly all of the Americas, the World Health Organization has warned.

Diet & nutrition

[Why do people put on differing amounts of weight?](#)

Tues 26 January 2016

Source: [BBC Health](#)

Foods that make some of us put on weight can have little effect on others, according to research being carried out in Israel. It might be time to rethink the way we diet, writes Dr Saleyha Ashan.

[Why the government is going sweet on a sugar tax](#)

Mon 25 January 2016

Source: [BBC Health](#)

Next month, the government in England is expected to publish its long-awaited child obesity strategy. The plan has been in the pipeline for some time - it was originally going to be published last autumn.

[2016 Hunger Report - the nourishing effect : ending hunger, improving health, reducing inequality](#)

22 January 2016

Source: UK Health Forum www.ukhealthforum.org.uk

Key messages from [The Nourishing Effect](#), the 2016 Hunger Report on Health Inequalities in the United States include: Nutritious food is essential to healthy growth and development and can prevent the need for costly medical care.

[Scotland could add folic acid to flour](#)

Fri 22 January 2016

Source: [BBC Health](#)

Scotland is considering whether to add folic acid to flour as concern mounts that there could be an increase in birth defects while the Westminster government delays a decision.

[Is scurvy making a comeback?](#)

22 January 2016

Source: [BBC Health](#)

The numbers are very small, but scurvy is on the rise in England, according to official figures from the Health and Social Care Information Centre.

Force-Fed: Does the food system constrict healthy choices for typical British families?

21 January 2016

Source: UK Health Forum www.ukhealthforum.org.uk

This [report](#) offers a system-based analysis of some of the policy levers that can be used to make it easier for typical British families to make healthy choices and avoid the life-threatening and costly consequences of diet-related disease, while at the same time going further to protect us all from the disastrous effects of climate change.

Introducing activity equivalent calorie labelling to tackle obesity

19 January 2016

Source: UK Health Forum www.ukhealthforum.org.uk

In the latest move to help tackle the UK's growing obesity crisis, RSPH is calling for the introduction of 'activity equivalent' calorie labelling on food and drink, which show how much activity would be required to burn off the calories contained in food and drink.

Smarter rules for safer food: what we are doing

16 January 2016

Source: UK Health Forum www.ukhealthforum.org.uk

The smarter rules for safer food package is a set of EU proposals for protecting against animal disease and pests in the food chain. When agreed, these rules will affect anyone involved in the production manufacture, supply and regulation of food, feed, live animals and plants.

Environmental health

Playground equipment contains 'toxic levels of lead paint'

Monday 25 January 2016

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

"Paint on playground equipment has been found to contain high amounts of the toxin lead – up to 40 times recommended levels," BBC News reports.

Calls for research into health effects of ultrasound exposure

Wednesday 20 January 2016

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

"Ultrasound in public places could be triggering sickness," the Daily Mail reports. Ultrasounds are high frequency sound waves used by a wide range of devices, and are thought to be inaudible to most humans. A review has highlighted how many public places are now exposed to ultrasound, and there is a knowledge gap about what effect it has on our health.

Climate Change: HHS Could Take Further Steps to Enhance Understanding of Public Health Risks

16 January 2016

Source: UK Health Forum www.ukhealthforum.org.uk

A United States review performance audit on public health and climate change, in the U.S, was conducted between June 2014 and September 2015. The report discusses the types of activities that selected federal agencies have conducted to enhance understanding about the risks that climate change poses to public health...

Health promotion

[Behavioural insights and health: case studies](#)

22 January 2016

Source: UK Health Forum www.ukhealthforum.org.uk

There are a variety of ways that people can be supported to make better choices. Councils are demonstrating this through the way they are making use of behavioural insights to improve health.

[Local action on health inequalities Improving health literacy to reduce health inequalities](#)

17 January 2016

Source: UK Health Forum www.ukhealthforum.org.uk

This [report](#) is part of a series of practice resources commissioned by PHE and written by the IHE. The series is designed to help local authorities, health and wellbeing boards, and health and social care professionals when devising local programmes and strategies to reduce health inequalities.

Health protection

[Osborne and Gates pledge cash to beat malaria](#)

Mon 25 January 2016

Source: [BBC Health](#)

Chancellor George Osborne and philanthropist Bill Gates have announced £3bn in funding over the next five years to tackle malaria.

[UK is 'vulnerable' to next Ebola outbreak](#)

Mon 25 January 2016

Source: [BBC Health](#)

The UK is vulnerable to epidemics such as Ebola because of a gaping hole in the country's ability to manufacture vaccines, a group of MPs has warned.

[Ebola: \\$5m vaccine deal announced](#)

Wed 20 January 2016

Source: [BBC Health](#)

The Vaccine Alliance, Gavi, has signed a \$5m (£3.5m) deal for an Ebola vaccine, to protect against future outbreaks of the deadly disease.

[NHS Health Checks 'prevented thousands of heart attacks'](#)

Friday 15 January 2016

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

"NHS Health Checks scheme hailed as 'remarkable success'," Pulse magazine reports.

Health services administration

[RCGP response to Labour analysis of GP Patient Survey](#)

18 January 2016

Source: RCGP www.rcgp.org.uk/news.aspx

Dr Maureen Baker, Chair of the Royal College of GPs, said: "GPs and our teams are working harder than ever, making more consultations than ever, to meet the increasing demand of our growing and ageing population. But resources into general practice have been decreasing over the last ten years to the point where our service now receives just over 8% of the overall health service budget..."

[Joint Targeted Area Inspections to be launched this year](#)

14 January 2016

Source: CQC www.cqc.org.uk

Details about our new joint child safeguarding inspections have been published today. The new Joint Targeted Area Inspections of services for vulnerable children and young people (JTAI) will launch this year, involving CQC, Ofsted, Her Majesty's Inspectorate of Constabulary (HMIC) and Her Majesty's Inspectorate of Probation (HMIP).

HIV & AIDS

[Men at high risk of getting HIV 'need preventative treatment'](#)

Thursday 14 January 2016

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

"Giving healthy gay men HIV drugs 'could help reverse epidemic'," BBC News reports. A modelling study looking at the effects of pre-exposure prophylaxis (PrEP), where drugs are used to prevent infection, estimated thousands of new cases of HIV could be prevented.

Infant & child health

[Recovery position 'a must for unconscious children and babies'](#)

Tues 26 January 2016

Source: [BBC Health](#)

Doctors are reminding the public that unconscious infants and children should be put in the recovery position. The advice follows a European study that found dangerous manoeuvres, such as slapping, were often used instead.

[New online diagnostic support tool set to transform children's health](#)

13 January 2016

Source: RCGP www.rcgp.org.uk/news.aspx

Paediatric Care Online, hosted by the Royal College of Paediatrics and Child Health, may reduce child deaths by ensuring children receive the best possible treatment before they become too unwell, say child health experts.

Men's health

[Men's Health Forum: Submission of evidence to the independent review into the effects on employment outcomes of drug or alcohol addiction and obesity](#)

24 January 2016

Source: UK Health Forum www.ukhealthforum.org.uk

The Men's Health Forum has [responded](#) to Professor Dame Carol Black's consultation as part of her independent review into 'how best to support benefit claimants with potentially treatable conditions, such as obesity or addictions to drugs and alcohol, back into work'.

[Paternal depression linked to premature birth](#)

Thursday 21 January 2016

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

"Depression in expectant fathers linked to premature births," The Independent reports. A Swedish study found a link between paternal depression occurring for the first time and an increased risk of very premature birth.

Mental health

[Tackling loneliness and social isolation in later life](#)

21 January 2016

Source: www.mentalhealth.org.uk

At an extra-care housing scheme in Lewisham yesterday, Jenny Edwards CBE, Chief Executive of the Mental Health Foundation, and Bruce Moore, Chief Executive of Housing & Care 21 marked the launch of [Standing Together](#).

[Mental Health Foundation publishes review of mental health services in Scotland](#)

18 January 2016

Source: www.mentalhealth.org.uk

Today, the Mental Health Foundation has [published a review of Mental Health Services](#) in Scotland in partnership with [Voices of Experience](#) (Vox) and supported by [Healthcare Improvement Scotland](#).

[A Review of the Dementia Research Landscape and Workforce Capacity in the United Kingdom](#)

16 January 2016

Source: UK Health Forum www.ukhealthforum.org.uk

This report, commissioned by the Alzheimer's Society, aims to inform funding and capacity-building efforts in UK dementia research by examining the current research and workforce landscape, and associated strengths and gaps.

[Mental Health Foundation comments on major new survey of people's mental health experiences](#)

15 January 2016

Source: www.mentalhealth.org.uk

Today the Health & Social Care Information Centre (HSCIC) [has published](#) a major new study, surveying over 5,000 adults in England.

Obesity

[Obesity in adults: prevention and lifestyle weight management programmes](#)

24 January 2016

Source: NICE www.nice.org.uk

This NICE quality standard covers ways of preventing adults (aged 18 and over) becoming overweight or obese and the provision of lifestyle weight management programmes for adults who are overweight or obese. Although local definitions vary, these programmes are usually tier 2 interventions covering lifestyle interventions that

may include weight management programmes, courses or clubs, and form one part of a comprehensive approach to preventing and treating obesity.

Final report of the Commission on Ending Childhood Obesity

26 January 2016

Source: UK Health Forum www.ukhealthforum.org.uk

The Commission on Ending Childhood Obesity (ECHO) presented its [final report](#) to the WHO Director-General culminating in a two-year process to address the alarming levels of childhood obesity and overweight globally. The ECHO report proposes a range of recommendations for governments aimed at reversing the rising trend of children aged under 5 years becoming overweight and obese.

Older people

Later Life in 2015: Views and experiences of people aged 50 and over

16 January 2016

Source: UK Health Forum www.ukhealthforum.org.uk

The [report](#) explores how the three dimensions of a good later life health, financial security, and social connections contribute to overall wellbeing.

Physical activity

Exercise is 'most effective' method of preventing lower back pain

Wednesday 13 January 2016

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

"Exercise is the best medicine to banish back pain and stop people taking sick days," reports the Daily Mirror. While this may be true, the research in question did not look at treatments for existing back pain. In fact, the researchers reviewed previously gathered evidence about what helps prevent, not treat, lower back pain.

Webinar: The health benefits of active travel, evidence for collaboration, 10 February 2016

Source: UK Health Forum www.ukhealthforum.org.uk

Hosted by Sustrans, Dr Adrian Davis, a leading academic is providing some compelling evidence to support the links between active travel and health.

Safety & accident prevention

Councils are using state-of-the-art technology to help tackle the big chill

19 January 2016

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

With the big chill still gripping much of the country, councils are using state-of-the-art technology including GPS location trackers, salt spreading monitors and thermal mapping to ensure roads are safe.

New Northern Ireland law to improve standards for young drivers welcomed

19 January 2016

Source: ROSPA www.rospa.com

The Royal Society for the Prevention of Accidents (RoSPA) has hailed a new law passed in Northern Ireland that will help young drivers to be safer on the country's roads.

[NHS prosecuted after pensioner killed in mobility scooter plunge](#)

Friday 15 January 2016

Source: HSE www.hse.gov.uk

The NHS Litigation Authority has been prosecuted after an 82 year old man fell 12 feet to his death from an elevated walkway outside a health centre.

Screening

[Sisters help launch cancer study aiming to end chemotherapy](#)

Thurs 21 January 2016

Source: [BBC Health](#)

The first patients have had their DNA analysed in a massive study that aims to help replace chemotherapy.

Smoking

[Tackling inequality is the key to improving health ASH Scotland manifesto for the 2016 Scottish Parliament elections](#)

23 January 2016

Source: UK Health Forum www.ukhealthforum.org.uk

An infographic detailing the [ASH Scotland Manifesto](#) for the 2016 Scottish Parliament Elections. The Manifesto proposes to: Ensure the next generation grows up free from tobacco.

[Are ads for candy-flavoured e-cigs tempting teens to vape?](#)

Monday 18 January 2016

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

"Advertisements for ... flavoured e-cigarettes could encourage children to try vaping," ITV News reports after a study found children shown these ads were more likely to express an interest in trying flavoured e-cigs.

[Evidence brief: How can we best protect non-smokers from exposure to tobacco smoke?](#)

17 January 2016

Source: UK Health Forum www.ukhealthforum.org.uk

Research clearly shows that there is no safe level of exposure to second-hand smoke. [...] The regional evidence showing the impact of smoke-free legislation for the nine countries in the WHO European Region that meet the eligibility criteria for inclusion in [this brief](#) is presented in light of statements commonly made in connection with the proposed introduction of smoke-free legislation.

Social & economic issues

[Pharma 'cash call' for new antibiotics](#)

Thurs 21 January 2016

Source: [BBC Health](#)

More than 80 pharmaceutical companies have called on governments to develop new ways of paying them to develop antibiotics.

Alcohol Advertising Compliance on Cable Television, January - March, 2015

16 January 2016

Source: UK Health Forum www.ukhealthforum.org.uk

This report is the first of a series of quarterly reports that assess non-complaint alcohol advertising on cable TV based on the no buy list criteria and how this non-compliance varies by program, cable network and daypart. [...] Applying these no-buy list criteria to alcohol advertisements, sequentially in the order presented, could eliminate the vast majority of youth exposure to non-compliant advertising.

Generation Stuck: Exploring the Reality of Downsizing in Later Life

16 January 2016

Source: UK Health Forum www.ukhealthforum.org.uk

This [report](#) by ILC-UK, commissioned by McCarthy and Stone, explores older peoples' attitudes towards moving, the pros and cons of downsizing and provides evidence to help inform the public debate about the role of housing stock held by older people.

2016 could yet sow the seeds for a bountiful harvest

16 January 2016

Source: UK Health Forum www.ukhealthforum.org.uk

Jeremy Porteus, Founder and Director of the Housing LIN (Learning and Improvement Network) sets out opportunities for healthy homes and communities to contribute to healthier lives.

The cost of the school holidays: Meeting the needs of low income families during school holidays

17 January 2016

Source: UK Health Forum www.ukhealthforum.org.uk

This [report](#) was written by Deborah Butcher, Child Poverty Action Group (CPAG) in Scotland. [...]Key findings include: Over one third of parents responding to the survey said that they had found it hard to pay for meals in the holidays; parents had higher heating and utilities bills during holiday periods, particularly in winter; children could recognise financial pressures on their parents and the impact this had on their holiday experiences; many working parents don't have access to affordable consistent holiday childcare which fits with their working hours.

Statistics

Statistics on NHS Stop Smoking Services in England - April 2015 to September 2015

26 January 2016

Source: UK Health Forum www.ukhealthforum.org.uk

This quarterly report presents provisional results from the monitoring of the NHS Stop Smoking Services in England during the period 1 April 2015 to 30 September 2015.

Cancer survival for children in England: 2014

16 January 2016

Source: UK Health Forum www.ukhealthforum.org.uk

This report provides information on 5 year cancer survival estimates for children aged 0 to 14 years diagnosed from 1990 to 2009 and followed up to 2014. Main points from the report: The general trend of increasing 5-year survival has continued for all children (aged 0 to 14 years) diagnosed with cancer in the 20 years from 1990 to 2009.

Dementia Profile

14 January 2016

Source: UK Health Forum www.ukhealthforum.org.uk

Public Health England has published a new Dementia Profile, providing access to local authority and CCG level data across the whole dementia care pathway. This profile has been developed to support the work of the Dementia Intelligence Network (DIN) in providing health intelligence with which to inform the provision of care of people in England who have dementia.

Women's health

New genetic risk factor for ovarian cancer identified

Thursday 21 January 2016

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

"A faulty gene has been identified that increases the risk of ovarian cancer more than threefold," The Independent reports. The genetic mutation, found in the BRIP1 gene, adds to the known genetic warning signs for ovarian cancer.

Irregular heartbeat 'riskier for women'

Wednesday 20 January 2016

Source: [BBC Health](#)

Having an irregular heartbeat poses a greater health risk to women than men, a review of 30 studies, involving more than four million patients, suggests.

A potato-rich diet before pregnancy could up diabetes risk

Wednesday 13 January 2016

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

"Eating potatoes before pregnancy increases risk of diabetes," The Daily Telegraph reports. Researchers found a small, but significant, increase in gestational diabetes risk in mothers who reported eating a potato-rich diet before their pregnancy.

Workplace health

Cardiff welcomes health and safety system strategy roadshow

Thursday 21 January 2016

Source: HSE www.hse.gov.uk

Welsh business leaders and supporting organisations are meeting today in Cardiff to discuss the development of Britain's new strategy for workplace health and safety.

Website charts how the UK is one of the safest places to work and live

20 January 2016

Source: ROSPA www.rospa.com

The history of occupational health and safety in the UK is being preserved in a website that features more than 200 years of development in workplaces.[...] Already acclaimed in many parts of the world, the website is fast becoming an invaluable resource for students, academics, health and safety professionals and others with a general interest in industrial history.

Scottish business leaders turn out as Glasgow kicks off 'working well' roadshow

Tuesday 19 January 2016

Source: HSE www.hse.gov.uk

There was a huge turnout at a Glasgow hotel on Monday as Scottish business leaders, worker representatives and regulators met to discuss the how to help more people come home safe and well from their jobs.

Local news: []

*This bulletin contains public sector information licensed under the Open Government Licence v2.0

Other Bulletins

Super Six Bulletin

This is a weekly Bulletin that details original articles in the BMJ, JAMA, New England Journal of Medicine and The Lancet, Annals of Internal Medicine and Annals of Emergency Medicine
<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 Evidence Awareness Bulletin

This is a monthly update highlighting national public health news and information from NICE.
<http://www.nice.org.uk/News/NICE-newsletters-and-alerts>

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.kpho.org.uk/library-services/keeping-up-to-date/e-bulletin-archive>



Public Health Bulletin by NHS Libraries in Thames Valley and Wessex is licensed under a [Creative Commons Attribution-NonCommercial 4.0 International License](https://creativecommons.org/licenses/by-nc/4.0/).