

## Public Health Bulletin. 5<sup>th</sup> April 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>

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## Alcohol misuse

### [Alcohol use across retirement: A qualitative study into drinking in later life](#)

Tuesday 22<sup>nd</sup> March 2016 Source: UK Health Forum: <http://www.ukhealthforum.org.uk/>

This report presents the results of a qualitative exploration of older people's drinking and the factors which influence their use of alcohol. In doing so, it locates alcohol use within the broader patterns, networks and routines that make up older people's lives and suggests new ways of approaching alcohol use amongst older people.

### [Weaker drinks 'to solve health problems', say councils](#)

Saturday 26<sup>th</sup> March 2016 Source: BBC Health: <http://www.bbc.co.uk>

Weaker beers, ciders, wines and spirits are what is needed to tackle drink-related health problems, local councils have said.

## Chronic conditions

### [Type-2 Diabetes: At-risk offered healthy lifestyle help](#)

Tuesday 22 March 2016 Source: BBC Health: <http://www.bbc.co.uk>

People in England at risk of type-2 diabetes are to be offered healthy-lifestyle support by the NHS to help them prevent the condition developing. The new national programme will be launched this spring, with the aim of helping 20,000 people this year.

### [World class stroke care is achievable: Latest quarterly Sentinel Stroke National Audit Programme \(SSNAP\) results](#)

Thursday 24<sup>th</sup> March 2016 Source: Royal College of Physicians: <https://www.rcplondon.ac.uk/>

The twelfth report from the Sentinel Stroke National Audit Programme (SSNAP) revealed today that 26 stroke services scored an overall 'A' score for the quality of care they provide for patients, demonstrating that a world class service is achievable.

### [Prostate cancer risk management programme: PSA test benefits and risks](#)

Tuesday 29<sup>th</sup> March 2016 Source: Public Health England: <https://www.gov.uk/>

This publication is to help GPs give asymptomatic men information about the potential benefits and risks of PSA testing for prostate cancer.

### [New RCP End of Life Care Audit shows steady progress in care of dying people](#)

Wednesday 30<sup>th</sup> March 2016 Source: Royal College of Physicians; <https://www.rcplondon.ac.uk/>

New end of life care audit is run by the Royal College of Physicians (RCP) and is funded by NHS England and Marie Curie, and commissioned by the Healthcare Quality Improvement Partnership.

### [Hopes for new child cancer test](#)

Thursday 31<sup>st</sup> March 2016 Source: BBC Health: <http://www.bbc.co.uk>

Scientists are beginning work to genetically test tumours from children with cancer.

### **Diabetes drug linked to increased bladder cancer risk**

Thursday 31<sup>st</sup> March 2016 Source: NHS Choices: <http://www.nhs.uk/pages/home.aspx>

"The anti-diabetic drug pioglitazone raises the risk of bladder cancer by 63 per cent," The Daily Telegraph reports.

### **Can HRT in early menopause cut heart disease risk?**

Friday 1<sup>st</sup> April 2016 Source: NHS Choices: <http://www.nhs.uk/pages/home.aspx>

"Women who take HRT drugs soon after going through menopause are 'less likely to suffer heart disease'," the Daily Mail reports.

## **Communicable diseases**

### **South Korea confirms first Zika case**

Tuesday 22 March 2016 Source: BBC Health: <http://www.bbc.co.uk>

South Korea has confirmed its first case of the Zika virus, in a man who had recently returned from Brazil.

### **UK trebles funding to tackle Zika virus**

Tuesday 22 March 2016 Source: Department for Business Innovation and Skills: <https://www.gov.uk/>

UK funding for rapid research into tackling the Zika virus is set to increase to £4million.

### **Uniting to end TB in England**

Thursday 24 March 2016 Source: Public Health England: <https://www.gov.uk/>

World TB Day marks one year since the TB Strategy for England was launched.

### **Zika 'World Cup theory' dismissed**

Thursday 24<sup>th</sup> March 2016 Source: BBC Health: <http://www.bbc.co.uk>

The Zika virus arrived in South America a year before the 2014 World Cup in Brazil, say British and Brazilian scientists.

### **Public Health England highlights the late flu season**

Thursday 24<sup>th</sup> March 2016 Source: Public Health England: [https://www.gov.uk](https://www.gov.uk/)

Public Health England (PHE) is reminding people to be aware of the risk of flu over the Easter period. The latest figures published at 2pm today (24 March 2016) indicate flu continues to circulate in the community late in the season, with several indicators remaining elevated in particular influenza confirmed hospitalisations amongst younger adults. The figures show 163 new admissions to ICU and HDU were reported in the week ending 13 March, a similar high rate to the previous week.

### **Zika virus congenital infection: algorithm and interim guidance for neonatologists and paediatricians**

Thursday 24<sup>th</sup> March 2016

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

Guidance to manage confirmed and potentially infected infants born to parents who travelled to areas with active Zika virus transmission.

### **WHO downgrades Ebola health risk**

Tuesday 29<sup>th</sup> March 2016

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

Ebola is no longer an "extraordinary health event" and the risk of the virus spreading is low, the World Health Organization says.

## **Diet & nutrition**

### **Could a very low calorie diet 'cure' type 2 diabetes?**

Tuesday 22 March 2016

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

"Dieting for just eight weeks can reverse your diabetes," the Daily Mail reports. A small study of 30 people with [type 2 diabetes](#) found eight weeks on a [very low calorie diet](#) of around 600 to 700 calories a day, followed by a less radical six-month weight control diet, led to significant improvement in blood glucose levels in 12 people.

### **Salt consumption down - but not enough**

Tuesday 22 March 2016

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

Adults in England have cut their average salt consumption by nearly a gram in the last decade, but at 8g per day it is still above the recommended 6g for good health, figures reveal.

### **New PHE data on salt consumption levels**

Tuesday 22 March 2016

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

The National Diet and Nutrition Survey (NDNS) shows that on average adults are eating 8 grams of salt per day.

### **Sugar levels in children's fruit juices 'unacceptably high'**

Tuesday 29<sup>th</sup> March 2016

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

"Fruit juices and smoothies contain 'unacceptably high' levels of sugar," reports The Guardian. That was the stark conclusion of a new study looking at the sugar content of fruit juices and smoothies marketed at kids in the UK.

### **Vitamin D 'heals damaged hearts'**

Monday 4<sup>th</sup> April 2016

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

Vitamin D supplements may help people with diseased hearts, a study suggests.

## Disability

### [As a wheelchair user how would you get in?](#)

Thursday 24<sup>th</sup> March 2016

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

Tom Coledridge was paralysed after being shot in Afghanistan six years ago. He explains the issues with wheelchair accessibility he faces on a daily basis.

### [Disabled access: 'Taxis avoid wheelchair users'](#)

Thursday 24<sup>th</sup> March 2016

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

Disabled people are only an "afterthought" for the government, a House of Lords report has said.

### [Identity 2016: Facebook lets blind people 'see' its photos](#)

Tuesday 5<sup>th</sup> April 2016

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

As the internet becomes dominated by images, Facebook is launching a system which can "read" photos and tell visually impaired people what appears in them.

## Environmental health

### [COMEAP: long-term exposure to air pollution and chronic bronchitis](#)

Tuesday 5<sup>th</sup> April 2016

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

This report presents an assessment of the evidence on long-term exposure to ambient air pollutants and chronic bronchitis and respiratory symptoms. The work was undertaken by COMEAP's subgroup on the Quantification of Air Pollution Risks (QUARK), and the full report has been endorsed by the Committee.

## Health protection

### [Cervical screening: gynaecological cytopathology external quality assessment](#)

Wednesday 23 March 2016

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

NHSCSP no 15: external quality assessment scheme for gynaecological cytopathology in NHS cervical screening.

### [Vaxxed: Tribeca festival withdraws MMR film](#)

Sunday 27<sup>th</sup> March 2016

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

New York's Tribeca Film Festival will not show Vaxxed, a controversial film about the MMR vaccine, its founder Robert De Niro says.

### [New drug 'effective' for those with intolerable statin side effects](#)

Monday 4<sup>th</sup> April 2016

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

"A breakthrough drug can slash levels of bad cholesterol by half without the side effects of statins," the Daily Mail reports.

## Health services administration

### NHS spending devolved in Greater Manchester

Friday 1<sup>st</sup> April 2016

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

Greater Manchester has become the first English region to gain control of its health spending.

## HIV & AIDS

### Row over HIV prevention drug Prep

Tuesday 22 March 2016

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

Charities say NHS England's "eleventh hour decision to pull the plug" on game-changing HIV prevention drugs is leaving people at risk.

## Infant & child health

### Overcoming the emotional trauma of constipation

Monday 28<sup>th</sup> March 2016

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

Caroline's greatest fear was that her son Jack would have no control over his bowels when he started school.

### Embryos with defective cells 'can still develop healthily'

Wednesday 30<sup>th</sup> March 2016 Source: NHS Choices: <http://www.nhs.uk/pages/home.aspx>

"Abnormal cells not a sure sign of baby defects," reports The Telegraph following the publication of a study on the development of healthy embryos.

### £200 million to transform life chances of vulnerable young people

Sunday 3<sup>rd</sup> April 2016

Source: Department for Education: <https://www.gov.uk/>

Education Secretary unveils new £200 million investment to overhaul services for the most vulnerable children and young people.

### Why babies all over the world are now sleeping in boxes

Monday 4<sup>th</sup> April 2016

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

Nearly three years ago, the Magazine reported on the Finnish baby box - a starter kit of clothes, sheets and toys the state gives to expectant mothers. The story went viral and was read by 10 million people in 18 months. Now the box idea itself is spreading around the world.

## Men's health

### Claims that man flu 'really exists' are unsupported

Wednesday 23 March Source: NHS Choices: <http://www.nhs.uk/pages/home.aspx>

"Man flu really does exist," reports the Mail Online in a massive leap from the results of a small study that didn't look at flu at all. The study actually looked at why women are more likely to have autoimmune conditions such as [lupus](#). Autoimmune conditions are when the immune system wrongly starts attacking healthy tissue.

## Mental health

### People with autism are 'dying younger,' warns study

Monday 21<sup>st</sup> March 2016 Source: NHS Choices: <http://www.nhs.uk/pages/home.aspx>

"People with autism are dying earlier than the general population," BBC News reports. A recent study in Sweden showed the average age of death for a person with autism spectrum disorder (ASD) is 54 years, compared with 70 for matched controls.

### Health matters promotes midlife approaches to reduce dementia risk

Tuesday 22 March 2016 Source: Public Health England: <https://www.gov.uk/>

Up to a third of dementia cases may be attributable to potentially modifiable lifestyle risk factors.

### Mindfulness may be effective for treating lower back pain

Wednesday 23 March Source: NHS Choices: <http://www.nhs.uk/pages/home.aspx>

"Meditation could ease the agony of back pain, a study suggests," the Daily Mirror reports. A US study compared a technique called mindfulness-based stress reduction (MBSR) with usual care and [cognitive behavioural therapy \(CBT\)](#) for long-term non-specific lower back pain. The term "non-specific" refers to when there are no obvious causes, such as a slipped disc.

### Hypnotherapy helps chicken nugget diet teenager

Wednesday 23 March 2016 Source: BBC Health: <http://www.bbc.co.uk>

A teenager who lived on a diet of chicken nuggets, chips and white bread has found hypnotherapy has helped with her diet.

### Parental conflict damages children's mental health and life chances

Wednesday 23<sup>rd</sup> March 2016 Source: Economic and Social Research Council:

<http://www.esrc.ac.uk/>

New research has shown that conflict between parents – whether together or separated – can put children's mental health, and long-term life chances, at risk.

### **Funding for mental health social worker fast-track scheme**

Saturday 26<sup>th</sup> March 2016

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

The Department of Health is giving £10m to a fast-track scheme training graduates to become social workers in community mental health teams.

### **Can concussion be tested for with a 'simple' blood test?**

Tuesday 29<sup>th</sup> March 2016 Source: NHS Choices: <http://www.nhs.uk/pages/home.aspx>

"A new blood test can detect a concussion up to a week after a head injury," the Daily Mail reports. The test involved checking for biomarkers, which are substances created by a specific biological condition or state.

### **New campaign aims to raise awareness of autism**

Friday 1<sup>st</sup> April 2016

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

New figures from the National Autistic Society suggest that the majority of people with the condition feel socially isolated, despite the fact it affects nearly a million people in the UK.

### **Choir singing may boost immunity in people affected by cancer**

Tuesday 5<sup>th</sup> April 2016

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

"Being in a choir could help the body fight cancer by boosting the immune system," the Daily Mail reports.

## **Obesity**

### **More obese people in the world than underweight, says study**

Friday 1<sup>st</sup> April 2016

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

There are now more adults in the world classified as obese than underweight, a major study has suggested.

### **Global obesity rates expected to soar in next decade**

Friday 1<sup>st</sup> April 2016

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

"One-fifth of adults worldwide will be obese by 2025," The Guardian reports, while The Sun warns that the "UK's population to be fattest in Europe" by the same date. These are just some of the conclusions of a major modelling study of global obesity trends.

## **Older people**

### **LGA: Living wage 'could put care services at breaking point'**

Tuesday 29<sup>th</sup> March 2016

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

Care services for the elderly and disabled could hit "breaking point" when the new National Living Wage comes into effect, councils say.

## Oral health

### [Improving oral health: community water fluoridation toolkit](#)

Wednesday 23 March 2016

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

A toolkit to help local authorities make informed decisions on whether to implement, vary or terminate a water fluoridation scheme.

### [General dentistry: exposure prone procedure categorization](#)

Wednesday 30<sup>th</sup> March 2016

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

Exposure prone procedures (EPPs) and non EPPs carried out in general dentistry, categorised by levels of risk of bleed-back, compiled by UKAP.

### [Teeth whitening: Call for action on 'rogue' beauticians](#)

Saturday 2<sup>nd</sup> April 2016

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

"Rogue" beauticians who offer teeth whitening and people who sell illegal kits should face tougher penalties, councils in England and Wales say.

## Sexual health

### [Fertility treatment: Lesbian couple says criteria for free care 'impossible to meet'](#)

Tuesday 22 March 2016

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

A lesbian couple who cannot get free fertility treatment claim they are being indirectly discriminated against because of their sexuality.

### [FPA awarded sexual health programme contract](#)

Tuesday 22 March 2016

Source: Family Planning Association: <http://www.fpa.org.uk/>

FPA is delighted to announce it has been awarded a three-year Public Health England (PHE) contract to lead a new sexual and reproductive health programme.

### [FPA responds to abortion guidance published in NI](#)

Tuesday 29<sup>th</sup> March 2016

Source: Family Planning Association: <http://www.fpa.org.uk/>

It has been more than a decade since FPA successfully challenged the Department of Health, Social Services and Public Safety in the High Court over its refusal to issue guidance around abortion law to health professionals. Today the sexual health charity welcomed the publication of [updated guidelines](#) (PDF).

### [FPA responds to sentencing of woman who bought abortion pills online](#)

Monday 4<sup>th</sup> April 2016

Source: Family Planning Association: <http://www.fpa.org.uk/>

A 21-year-old woman was today handed a suspended prison sentence for accessing and using early medical abortion pills in Northern Ireland.

## Smoking

### [UK Health Forum welcomes Government's commitments to reduce smoking](#)

Tuesday 22<sup>nd</sup> March 2016 Source: UK Health Forum: <http://www.ukhealthforum.org.uk/>

The UKHF welcomes the Government's commitments to reduce smoking in the UK through a range of helpful measures announced in the budget. Particularly the 2% above inflation duty escalator on cigarettes and the larger - 5% rise on hand rolled tobacco. This will help reduce smoking rates as a significant number of smokers have switched to hand rolled tobacco as the price of cigarettes has steadily increased and this measure will reduce the price difference.

### [Smoking cessation in secondary care: mental health settings](#)

Tuesday 22<sup>nd</sup> March 2016 Source: UK Health Forum:  
<http://www.ukhealthforum.org.uk/>

Guidance and self-assessment framework for NHS mental health trusts to develop local action to reduce smoking prevalence and the use of tobacco.

## Women's health

### [Birth care variation in hospitals in England 'concerning'](#)

Wednesday 23 March 2016 Source: BBC Health: <http://www.bbc.co.uk>

The variation in care women get when giving birth in hospital in England is concerning, experts say.

### [Termination of pregnancy service inspections roll-out](#)

Wednesday 23 March 2016 Source: Care Quality Commission: <http://www.cqc.org.uk/>

This week sees the roll-out of a programme of inspections by CQC of independent providers of stand-alone termination of pregnancy services, after having trialled and evaluated a new approach.

## Workplace health

### [Three in four working mothers say they've experienced pregnancy and maternity discrimination](#)

Wednesday 23<sup>rd</sup> March 2016 Source: Equality and Human Rights Commission:  
<http://www.equalityhumanrights.com/>

The Equality and Human Rights Commission is calling for the Government to take urgent action as new research suggests more than three quarters of pregnant women and new mothers, the equivalent of 390,000 women, experience negative and potentially discriminatory treatment at work each year.

## Display Screen Equipment (DSE) Risk Management

Friday 25<sup>th</sup> March 2016      Source: Health and Safety Executive: <http://www.hse.gov.uk/>

This course, delivered by experienced HSL ergonomists, will provide you with an understanding of DSE risks and approach to risk management and with the documentation to provide your employer with risk assessments.

### Local news: []

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### 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>

#### 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>



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