

Public Health Bulletin. 01 November 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

[IEA - Ruling on minimum alcohol pricing sets a bad precedent](#)

21 October 2016

Source: Institute of Economic Affairs

Commenting on the Scottish Courts' ruling to back minimum alcohol pricing, Christopher Snowdon, Head of Lifestyle Economics at the Institute of Economic Affairs said: "This is bad news for drinkers in Scotland and is a worrying precedent for consumers of other products. The court has decided that EU free trade rules can be sacrificed in favour of poorly defined concepts like 'public health' and 'public morality'. In effect, they offer no protection at all

[Women now drinking 'almost as much alcohol as men'](#)

Oct 25 2016

Source: NHs Choices www.nhs.uk

"Women have caught up with men in the amount of alcohol they drink," The Guardian reports. A survey of data from around the world suggests the gap between men and women is closing rapidly when it comes...

[New initiative sees Dry January campaign open up to 12,000 charities](#)

Oct 28 2016

Source: Alcohol Concern

Dry January is Alcohol Concern's annual behaviour change campaign, supporting the nation to take month off the booze every January. In an exciting new partnership, Alcohol Concern are now opening up the campaign to over 12,000 charities registered with Virgin Money Giving. This new initiative will allow supporters to fundraise for both their chosen charity and Alcohol Concern, splitting the funds raised 50/50 between the two charities.

[UK Health Forum welcomes Scotland's ruling that Minimum Unit Pricing can go ahead](#)

Oct 21, 2016

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

Commenting on the ruling in favour of minimum unit pricing (MUP) by the Scottish court, Paul Lincoln, Chief Executive of the UK Health Forum said: The UK Health Forum strongly supports minimum unit pricing and we are delighted that the courts in Scotland have rejected the alcohol industry's legal challenge to the legislation.

Chronic conditions

[Landmark chronic fatigue trial could treat two-thirds](#)

1 November 2016

Source: BBC News www.bbc.co.uk/news

A therapy that successfully treats two-thirds of children with chronic fatigue syndrome is being trialled for NHS use.

[NHS England launches biggest upgrade to NHS cancer treatment in 15 years](#)

25 October 2016

Source: NHS England www.england.nhhs.uk

£130 million fund to modernise radiotherapy care across England.
NHS England chief executive Simon Stevens has yesterday (Tuesday) announced a £130m investment to kickstart the upgrade of radiotherapy equipment and transform cancer treatment across England.

[Press release: Diabetics warned of health risks of suddenly changing life-saving devices without medical supervision](#)

26 October, 2016 *Source:* MHRA www.gov.uk

People with diabetes are being reminded to seek medical advice before changing their insulin therapy devices.

[Bacteria that process nitrates in food 'may trigger migraines'](#)

Oct 19 2016 *Source:* NHs Choices www.nhs.uk

"Research shows [migraine] sufferers have higher levels of bacteria involved in processing nitrates, and could explain why some foods appear to act as migraine triggers," The Guardian reports. Nitrates are found in processed meats, like bacon...

[Doctors excited by cystic fibrosis therapy](#)

28 October 2016 *Source:* BBC News www.bbc.co.uk/news

A therapy that corrects the underlying cause of cystic fibrosis could transform treatment, doctors have said.

Communicable diseases

[Guidance: Zika virus: epidemiology and cases diagnosed in the UK](#)

26 October, 2016 *Source:* Public Health England www.gov.uk

[Updated with latest number of UK imported cases.]
Historical and current epidemiology of Zika virus infections, including cases in UK travellers.

[News story: UK team of health experts to tackle global disease outbreaks](#)

01 November 2016 *Source:* Public Health England www.gov.uk

The UK Public Health Rapid Support Team, consisting of clinicians, scientists and academics, can be deployed to tackle outbreaks of disease anywhere in the world within 48 hours. They will be on call to respond to urgent requests from countries around the world and fly in to help tackle disease outbreaks at source.

Diet & nutrition

[Sweetened drinks, including diet drinks, may raise diabetes risk](#)

Oct 21 2016 *Source:* NHs Choices www.nhs.uk

"Drinking more than two sugary or artificially sweetened soft drinks per day greatly increases the risk of diabetes, research has shown," The Guardian reports. The research was a Swedish cohort study of sweetened drink...

[LGA: Let councils decide how sugar levy is spent](#)

15 October

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

The sugar levy on soft drinks should be administered by councils, who are best placed to work with schools and communities to fight childhood obesity, council leaders said recently. The Local Government Association, which represents more than 370 councils, says rather than schools receiving the funding directly, local authority public health teams would ensure the money is invested where it is needed most.

[Calcium Intake and Cardiovascular Disease Risk: An Updated Systematic Review and Meta-analysis](#)

25 October 2016

Source: Annals of Internal Medicine <http://annals.org>

This analysis of 4 RCTs and 27 observational studies showed no consistent dose-response relationships between total, dietary, or supplemental calcium intake levels and cardiovascular mortality and inconsistent relationship between intake and risk for total stroke/stroke mortality

Drug Misuse

[Will 'Fix rooms' help drug addicts?](#)

31 October 2016

Source: BBC News www.bbc.co.uk/news

A controversial plan to set up the UK's first so-called "fix rooms" to allow drug addicts to inject safely is likely to get the go-ahead.

Environmental health

[Foodborne viruses: identifying research needs to tackle public health risks](#)

24 October 2016

Source: UK Food Standards Authority.

EFSA has published a scientific report on the outcomes of a scientific workshop on foodborne viruses organised jointly by EFSA and the UK Food Standards Authority.

[Are high-speed cyclists at risk from air pollution?](#)

Oct 31 2016

Source: NHs Choices www.nhs.uk

"High-speed cyclists 'breathe in dangerous levels of air pollution'," The Sun reports. Alexander Bigazzi, a Canadian engineer, put together a mathematical model, and his figures suggest cycling faster than 20km...

Health promotion

Promotional material: Breast screening: helping women decide

27 October, 2016

Source: Public Health England www.gov.uk

[Updated: Added NHS breast screening: helping you decide (large print).]

A 16-page leaflet, available in 18 languages, explains the NHS breast screening programme, so as to help eligible women make an informed choice about whether or not to participate.

Health services administration

Urgent need for better care of people dying

21 October 2016

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

Research at the Marie Curie Palliative Care Research Centre at Cardiff University School of Medicine highlights the urgent need for better care for dying people and more support for the relatives and professionals who look after them.

Forty treatments that bring little or no benefit to patients

24th October 2016

Source: Academy of Medical Royal Colleges www.aomrc.org.uk

This report features a list of 40 treatments that bring little or no benefit to patients, based on a survey of medical experts from 11 specialties who were asked to identify 5 treatments or procedures commonly used that were not always necessary or valuable

State of Care

27 October 2016

Source: CQC www.cqc.org.uk

Demands are increasing on health and social care. State of Care – our annual overview of health and social care in England – looks at the trends, highlights examples of good and outstanding care, and identifies factors that maintain high-quality care.

Quarter of people do not need to be admitted to hospital, new research reveals

27 October 2016

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

Up to one in four people admitted to hospital do not need to be there and could be looked after elsewhere if better use was made of services available to treat people in the community, council leaders stressed today.

Complaints about avoidable deaths and delayed cancer diagnosis not being dealt with properly by the NHS, Ombudsman report reveals

31 October 2016

Source: Parliamentary and Health Service Ombudsman

<http://www.ombudsman.org.uk>

People who complain to the NHS are often denied the answers they so desperately need, leaving them no choice but to bring their complaints to the Ombudsman's service

Infant & child health

[Parent training may benefit children with severe autism](#)

Oct 26 2016

Source: NHs Choices www.nhs.uk

"A new form of therapy has for the first time been shown to improve the symptoms and behaviour of autistic children," The Guardian reports. A new trial looked at the impact of early intervention in children with severe autism...

[Bad childhood experiences 'mean chronic illness more likely'](#)

1 November 2016

Source: BBC News www.bbc.co.uk/news

Children who are exposed to abuse, domestic violence or other stresses are far more likely to develop long term health problems, says new research. The Public Health Wales study looks at adverse experiences in childhood (ACEs) which include parents separating.

[Share the message to keep kids safe from firework and sparkler injuries](#)

28/10/2016

Source: RoSPA www.rospa.com

Whether you're gearing up to mark Bonfire Night or Diwali, RoSPA is encouraging people to share the Firework Code and sparkler safety advice to prevent nasty burn injuries to young children.

You can see the full Firework Code and sparkler safety advice on [RoSPA's website](#).

[Sociability helps language-impaired children](#)

27 October 2016

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

Researchers have identified the sociability of children with language impairment as a positive strength and a source of resilience, potentially influencing longer-term outcomes.

[Now is the time to talk about turning Children's Centres into 'Family Hubs' to support children in need](#)

31 Oct 2016 Source: Children's Commissioner www.childrenscommissioner.gov.uk

Putting a range of services to support children in need and their families in and around 'Family Hubs' could have the potential to transform their lives, reduce family breakdown and give children the best start in life – a new discussion paper by the Children's Commissioner for England says.

Men's health

[UK's national sperm bank stops recruiting donors](#)

27 October 2016

Source: BBC News www.bbc.co.uk/news

The UK's first national sperm bank has stopped recruiting donors less than two years after its launch, it has emerged. The National Sperm Bank said it was unable to fund further donor recruitment, having successfully only taken on seven men.

Mental health

Measuring and monitoring children and young people's mental wellbeing. A toolkit for schools and colleges

Oct 25, 2016

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

Public Health England and the Anna Freud National Centre for Children and Families are committed to improving health outcomes for children, young people and their families, and collaborated to fund and develop this toolkit. The toolkit aims to raise awareness amongst school and college staff of the range of validated tools that are available to help measure subjective mental wellbeing amongst the student population.

Public unaware of the factors that increase the risk of dementia

26 Oct 2016

Source: Public Health England www.gov.uk

More than a quarter (28%) of the British public is unable to correctly identify any potentially modifiable risk factor for developing dementia, according to new findings from the British Social Attitudes survey, which was commissioned by Public Health England (PHE).

Guidance: Suicide prevention: developing a local action plan

25 October, 2016

Source: Public Health England www.gov.uk

This document is part of Public Health England's ongoing programme of work to support the government's suicide prevention strategy.

[Updated: Updated local suicide prevention planning resource.]

Mental health is key in the GP training curriculum, says RCGP

01 November 2016 Source: Royal College of General Practitioners www.rcgp.org.uk

"Mental health is a key component of the RCGP training curriculum that all GP trainees must follow and demonstrate their competence in before they can practise independently as family doctors in the UK.

Health professions calling for greater leadership and action to tackle early deaths of people living with severe mental illness

25 October 2016 Source: Economic and Social Research Council www.esrc.ac.uk

The report, 'Improving the physical health of adults with severe mental illness: essential actions' was written in partnership with the Academy of Medical Royal Colleges and the Royal Colleges of General Practitioners, Nursing, Pathologists, Physicians, the Royal Pharmaceutical Society and Public Health England. The report makes practical recommendations for changes that will help adults with SMI to receive the same standards of physical healthcare as the general population and reduce the risk of premature death.

Psychological distress on the rise for younger generations as men feel the strain in middle age

10 October 2016

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

Generation X suffers poorer mental health in mid-life than the Baby Boomers before them, according to new research funded by the ESRC.

Anti-inflammatory arthritis drugs may help with depression

Oct 19 2016

Source: NHs Choices www.nhs.uk

"Arthritis pills could help beat depression," The Sun reports. A review of studies suggests anti-cytokine drugs, currently used to treat inflammatory conditions such as rheumatoid arthritis, could have a role in treating depression...

Feeling connected could alleviate depression

10 October 2016

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

Group identification could play a vital role in supporting mental health and wellbeing, and might pave the way for 'social prescriptions' in treatment.

Post-natal depression: Speaking out about 'secret stigma'

02 November 2016

Source: BBC News www.bbc.co.uk/news

It has been 17 years, but Belfast mother-of-four Samantha Patterson still remembers the secret stigma of post-natal depression.

Related articles:

[Adele speaks about her postnatal depression after the birth of her son Angelo](#)

['So did I': The words that helped a mum through postnatal depression](#)

New web app for online mindfulness course launched

25 October 2016

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

The Mental Health Foundation and online mental health programme producer Wellmind Media today officially announced the launch of a ground-breaking web app for their online mindfulness course, Be Mindful.

Obesity

Weight loss programmes have a place in efforts to curb obesity, says College

24 October 2016

Source: Royal College of General Practitioners www.rcgp.org.uk

"Levels of obesity are a growing concern in the UK and can lead to a number of debilitating and serious conditions, such as diabetes and cancer, so any initiatives that have shown to help patients think and also take action to lose weight and lead a healthier lifestyle can only be a good thing.

Schools Embrace Proven Strategies to Promote Students' Healthy Eating

Oct 25, 2016

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

To examine how school meal programs have encouraged good decisions among their students, the Kids' Safe and Healthful Foods Projecta joint initiative of The Pew Charitable Trusts and the Robert Wood Johnson Foundation commissioned a nationally representative sample of school nutrition department directors.

Fast food outlets by local authority

Oct 25, 2016 Source: UK Health Forum www.ukhealthforum.org.uk

The PHE Obesity Risk Factors Intelligence team has produced a map displaying the density of fast food outlets across local authorities in England

3 in 5 of England's most deprived boys will be overweight or obese by 2020

October 2016 Source: UK Health Forum www.ukhealthforum.org.uk

Stark new figures from the Obesity Health Alliance, released, show a looming significant weight gap between the poorest and wealthiest primary-school aged boys living in England. Three in five (60%) of the most deprived boys aged 5-11 are predicted to be overweight or obese by 2020, compared to about one in six (16%) of boys in the most affluent group [1].

Older people

Hidden in plain sight - older people's mental health

Oct 26, 2016 Source: UK Health Forum www.ukhealthforum.org.uk

According to a new Age UK report, the current availability of mental health services does not meet the increasingly high demand from our ageing population. The report, Hidden in plain sight - older people's mental health, revealed that: [1]Currently 3 million people in the UK over the age of 60 are living with depression. [2] This figure is set to rise to 4.3 million in the next 15 years due to the growing number of older people in our society. [3] The NHS is not providing those in later life with mental health problems with sufficient treatment options, such as talking therapies and integrated care plans.

Oral health

Mouthwash and disinfectant ingredient linked to 'superbug'

Tuesday Nov 1 2016 Source: NHS Choices www.nhs.uk

"A household mouthwash may be creating superbugs," the Daily Mail reports. A laboratory study found the ingredient chlorhexidine, used in a wide range of antiseptic products, increased bacterial resistance to the antibiotic colistin...

Parents advised not to use unlicensed homeopathic teething products in infants and children

19 October 2016 Source: MHRA www.gov.uk

Parents of infants and young children should not use unlicensed homeopathic teething tablets or gels which are available to buy online due to the risk of side effects.

Physical activity

A 10-minute walk after every meal 'effective at controlling diabetes'

Oct 18 2016 Source: NHS Choices www.nhs.uk

"Short stroll after meals better for blood sugar than walks at other times," says The Daily Telegraph. The story is based on a study which aimed to see whether taking a 10-minute walk after a main meal resulted in lower blood glucose levels...

[Heading footballs may cause short-term brain changes](#)

Oct 24 2016

Source: NHS Choices www.nhs.uk

"Heading a football can significantly affect a player's brain function and memory for 24 hours, a study has found," BBC News reports. The news is based on a small experimental study involving 19 amateur footballers. The players were asked...

[Green Space and Health](#)

Oct 25, 2016

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

A range of bodies, including Government agencies, have promoted the possible physical and mental health benefits of access to green space. This Parliamentary Office of Science and Technology (POST)note summarises the evidence for physical and mental health benefits from contact with nature, such as reducing rates of non-communicable diseases, and the challenges for urban green spaces.

Prison health

[Research and analysis: Prison health: health and justice annual report](#)

25 October, 2016

Source: Public Health England www.gov.uk

Public Health England (PHE) annual report on health trends in prisons and other prescribed places of detention (PPDs). [Updated: Uploaded latest annual review.]

[Research and analysis: Health outcomes in prisons in England: a rapid review](#)

25 October, 2016

Source: Public Health England www.gov.uk

A review of evidence of the impact on health outcomes of NHS commissioned health services for people in secure and detained settings.

[Health outcomes in prisons in England: a rapid review](#)

25 October 2016

Source: Public Health England www.gov.uk

A review of evidence of the impact on health outcomes of NHS commissioned health services for people in secure and detained settings.

Safety & accident prevention

[New report shines a light on major failings by the DVLA in assessing people's fitness to drive](#)

19 October 2016

Source: Parliamentary and Health Service Ombudsman

<http://www.ombudsman.org.uk>

Vulnerable drivers have been left in limbo for years as a result of major failings by the Driver and Vehicle Licensing Agency (DVLA) in assessing people's fitness to drive, leaving them unable to work and cutting them off from their friends and famil [...]

Screening

[Study recommends screening toddlers for heart disease risk](#)

Oct 27 2016

Source: NHs Choices www.nhs.uk

"Toddlers should be screened for an inherited form of heart disease ... experts suggest," BBC News reports. A new study looked at the feasibility of screening for familial hypercholesterolaemia (FH), an inherited...

[Full report from QMUL](#)

Sexual health

[Male contraceptive jab 'effective', but side effects are common](#)

Oct 28 2016

Source: NHs Choices www.nhs.uk

"Male contraceptive injection '96% effective'," ITV News reports. The news comes from a study looking at a new type of male contraceptive injection, which was found to be effective – but side effects like acne and mood changes were common...

[FPA launches new education report in Parliament](#)

25 Oct 2016

Source: Family Planning Association www.fpa.org.uk

A new report, 'Going beyond biology: Why we need comprehensive sex and relationships education (SRE)', will be launched in Parliament this evening.

Smoking

[Scottish Schools Adolescent Lifestyle and Substance Use Survey \(SALSUS\): Smoking Report 2015](#)

Oct 25, 2016

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

This report presents the smoking findings from the 2015 wave of SALSUS. The research was commissioned by the Scottish Government and carried out by Ipsos MORI Scotland.

Social & economic issues

['Keep Warm Keep Well' leaflet](#)

Oct 25, 2016

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

'Keep Warm Keep Well' is part of Public Health England's cold weather plan, which aims to protect people's health and reduce harm from severe cold. These leaflets give advice on staying well in cold weather, covering issues such as financial help, healthy lifestyle, flu jabs and heating.

Statistics

[Official Statistics: Breastfeeding at 6 to 8 weeks after birth: annual data](#)

26 October, 2016

Source: Public Health England www.gov.uk

Number and proportion of infants who have been fully, partially or not at all breastfed at 6 to 8 weeks after birth.

Research and analysis: Legionnaires' disease in England and Wales report: 2015

26 October, 2016

Source: Public Health England www.gov.uk

Reported cases of Legionnaires' disease in residents of England and Wales where symptoms started during 2015.

Official Statistics: Weekly national flu reports

27 October, 2016

Source: Public Health England www.gov.uk

[Updated: Added national flu report (week 43, 2016).]

National influenza reports for winter 2013 onward, tracking seasonal flu and other seasonal respiratory illnesses in the UK.

Women's health

Miscarriage can trigger post-traumatic stress disorder

2 November 2016

Source: BBC News www.bbc.co.uk/news

Women who have recently had a miscarriage are at risk of developing post-traumatic stress disorder, doctors at Imperial College London have said. At their early pregnancy loss clinic, a third of the women have PTSD symptoms.

Government approves new Down's syndrome test

31 October 2016

Source: BBC News www.bbc.co.uk/news

Pregnant women in England will soon be offered a safer, more accurate new test for Down's syndrome, government ministers have confirmed. The non-invasive prenatal test (NIPT) will be rolled out by the NHS from 2018.

Poorer girls over twice as likely to start period by 11

12 October 2016

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

New research from the ESRC International Centre for Lifecourse Studies in Society and Health shows that girls from poorer families are two-and-a-half times more likely to start their period by the age of 11, than children from wealthier backgrounds.

Workplace health

RoSPA: #OSHtober – raising awareness of workplace accidents

25 Oct 2016

Source: RoSPA www.rospa.com

Safety charity RoSPA has launched a new campaign to highlight the devastating impacts that workplace accidents and ill health can have – #OSHtober.

UK workers with mental health problems contributed £226 billion to UK GDP last year

2 November 2016

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

New research released today in a report by Mental Health Foundation and employee benefits provider, Unum, reveals that people with mental health problems deliver significantly more value than costs for the UK economy.

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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