

## **Public Health Bulletin. 13<sup>th</sup> December 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).

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## Alcohol misuse

### Chancellor urged to tackle the scourge of cheap alcohol

7 December 2016

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

Leading representatives from the alcohol harm reduction, children's, homelessness and religious sectors have called for action on the harm done by cheap alcohol. 43 organisations and experts have written to the Chancellor calling on him to implement targeted measures such as a minimum unit price for alcohol and increased taxes on high strength white cider, to lower the burden of cheap alcohol on our most vulnerable groups, our NHS and public services, and the economy.

### The Frontline Battle An Inquiry into the Impact of Alcohol on Emergency Services by the All-Party Parliamentary Group on Alcohol Harm

7 December 2016

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

The Frontline Battle is an inquiry by the All-Party Parliamentary Group on Alcohol Harm into the impact of alcohol on Emergency Services. The report reveals the full extent of the pressures and dangers of alcohol related problems placed on our Emergency Services discussing the impact on staff, the impact on service provisions and the effect on time and resources.

### PHE publishes alcohol evidence review

2 December 2016

Source: Public Health England:

<https://www.gov.uk/government/organisations/public-health-england>

Public Health England (PHE) has published a comprehensive review of the evidence on alcohol harm and its impact in England. It examines alcohol's health, social and economic impact, and the effectiveness of actions in reducing its harms.

### THINK! drink drive campaign targets young men digitally this Christmas

1 December 2016

Source: Department for Transport:

<https://www.gov.uk/government/organisations/department-for-transport>

The government launches its THINK! Christmas drink drive campaign today, specifically targeting young males, as figures show they account for almost two thirds of drink drivers killed on our roads. The campaign will target young men through Facebook, Twitter and Spotify.

## Black and ethnic minority groups

### Home Secretary hosts forum to end FGM

1 December 2016

Source: Department of Health:

<https://www.gov.uk/government/organisations/department-of-health>

Home Secretary Amber Rudd has brought together government ministers, frontline professionals, charities, campaigners and survivors to co-ordinate efforts to end female genital mutilation (FGM) at home and abroad.

## Chronic conditions

### [£226 million UK investment in cancer research announced](#)

1 December 2016      *Source:* Cancer Research UK:

<http://www.cancerresearchuk.org>

Cancer Research UK has announced the largest investment to date into its network of centres across the UK. £190 million has been committed to 13 Cancer Research UK centres over the next five years.

### [NICE recommends new lung cancer drug pembrolizumab](#)

2 December 2016      *Source:* National Institute for Health and Care Excellence

(NICE): <http://www.nice.org.uk>

Hundreds of people with advanced lung cancer will now have access to new drug pembrolizumab, also known as Keytruda, after NICE recommends it for routine NHS use.

### [Simon Stevens sets out ambitious action to improve survival and quality of life for people with cancer](#)

6 December 2016      *Source:* NHS England: <http://www.england.nhs.uk>

NHS England's chief executive Simon Stevens will today announce the first wave of hospitals to benefit from a major national investment in NHS radiotherapy machines alongside £200m of funding over two years to improve local cancer services.

### [App launched to help doctors assess risk of lung cancer in people with lung nodules](#)

6 December 2016      *Source:* Cancer Research UK:

<http://www.cancerresearchuk.org>

A new smartphone app has been launched today to help guide doctors on the next steps for patients who have small masses of tissue in their lungs – known as pulmonary nodules.

### ['Not enough over-50s' taking aspirin to prevent heart disease](#)

1 December 2016      *Source:* NHS Choices: <http://www.nhs.uk>

"Aspirin a day could dramatically cut cancer and heart disease risk ... study claims," the Mail Online reports. U.S. researchers ran a simulation of what might happen if all Americans over 50 years old took aspirin on a daily basis. Their results found that people would live about four months longer on average, adding 900,000 people to the US population by 2036.

### [NICE recommends first-of-its kind asthma treatment mepolizumab](#)

1<sup>st</sup> December 2016      *Source:* National Institute for Health and Care Excellence

(NICE): <http://www.nice.org.uk>

Adults with severe asthma will soon have access to new drug mepolizumab, also known as Nucala, after NICE recommends it for NHS use.

### **Vitamin D supplements can reduce risk of asthma attacks**

6 December 2016

Source: National Institute for Health Research (NIHR):

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

People with mild to moderate asthma experience fewer severe asthma attacks if they take vitamin D supplements. This review found that the average number of asthma attacks was equivalent to about one every four years in those taking vitamin D, compared to nearly one every two years in those taking a placebo.

### **NICE says people with osteoporosis should be assessed for their fracture risk**

30 November 2016

Source: National Institute for Health and Care Excellence

(NICE): <http://www.nice.org.uk>

In its draft quality standard on osteoporosis NICE says those at medium or high risk and diagnosed with osteoporosis should be offered medicines to help strengthen their bones and prevent fractures.

### **NICE publishes updated advice on treating low back pain**

30 November 2016

Source: National Institute for Health and Care Excellence

(NICE): <http://www.nice.org.uk>

NICE's updated guideline on low back pain and sciatica recommends exercise in all its forms - for example stretching, strengthening, aerobics or yoga - as the first step in managing the condition.

### **Emphasis on combination therapies for lower back pain offers flexibility for GPs and our patients, says RCGP**

30 November 2016

Source: Royal College of General Practitioners:

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

Chair of the RCGP Professor Helen Stokes-Lampard has commented on the updated NICE guidelines for lower back pain. She said: "What is clear is that there is no one size fits all solution for patients with lower back pain, so the emphasis on combination therapies – be these physical, psychological or pharmacological – is very welcome and offers flexibility for both GPs and our patients."

### **People with diabetes deserve the best possible care and support - says Health Secretary**

9 December 2016

Source: Welsh Government: <http://gov.wales>

The Welsh Government has today published the refreshed Diabetes Delivery Plan for Wales. The plan aims to reduce the rate of increase in diabetes and also the chance of people with diabetes developing serious complications from poorly controlled diabetes, such as heart disease, stroke and amputation.

## Communicable diseases

### [Tweet when you vomit: It's your duty](#)

13 December 2016      Source: BBC News: <http://www.bbc.co.uk>

If you're suffering with projectile vomiting and watery diarrhoea, reach for your phone and post an update. The UK Food Standards Agency has been using social media to track levels of norovirus, a highly contagious illness which spreads via food and through person-to-person contact.

### [Vomiting bug 'at high level this winter'](#)

9 December 2016      Source: BBC News: <http://www.bbc.co.uk>

The number of people falling ill with the vomiting bug norovirus in England this winter is at higher than average levels, figures suggest. Lab testing has revealed there have been 1,704 cases so far - 9% higher than the average seen at this stage in the previous five winters.

### [Flu outbreak closes Stockport high school for five days](#)

7 December 2016      Source: BBC News: <http://www.bbc.co.uk>

A flu outbreak has closed a school for five days after almost a third of pupils and members of staff were struck by the virus.

### [New measures to protect poultry against Avian Flu](#)

6 December 2016      Source: Department for Environment, Food & Rural Affairs: <https://www.gov.uk/government/organisations/department-for-environment-food-rural-affairs>

The Government Chief Vet has [declared a Prevention Zone](#) introducing enhanced biosecurity requirements for poultry and captive birds, helping protect them from a strain of avian flu circulating in mainland Europe.

### [Zika virus: data update](#)

30 November 2016      Source: Public Health England:

<https://www.gov.uk/government/organisations/public-health-england>

PHE has updated the number of cases of Zika infection diagnosed in the UK which includes the first likely UK case of sexual transmission.

## Diet & nutrition

### [Claim high-fat diets can prevent diabetes 'unproven'](#)

12 December 2016      Source: NHS Choices: <http://www.nhs.uk>

"Diets laden with butter, cream and cheese 'can help combat surge in type 2 diabetes'," the Mail Online reports. But the study it reports on only followed a small group of men for 12 weeks – not long enough to determine whether the diet would prevent diabetes or other chronic diseases.

### [FSA in Northern Ireland reminds food industry of further new labelling rules](#)

6 December 2016      *Source:* Food Standards Agency: <https://www.food.gov.uk>  
From 13 December 2016 businesses selling pre-packed foods are required to display mandatory nutrition declarations.

### [Handful of nuts 'cuts heart disease and cancer' risk](#)

5 December 2016      *Source:* NHS Choices: <http://www.nhs.uk>  
"People consuming at least 20 grams of nuts daily less likely to develop potentially fatal conditions such as heart disease and cancer," The Independent reports. That was the main finding of a review looking at 20 previous studies on the benefits of nuts.

### ['Drinking plenty of fluids' advice questioned](#)

2 December 2016      *Source:* BBC News: <http://www.bbc.co.uk>  
Doctors often advise patients to "drink plenty of fluids" when unwell, but the case of a 59-year-old woman shows that drinking too much water too quickly can be dangerous. She developed hyponatraemia or water intoxication after trying to stave off a urinary infection.

## **Disability**

### [Transforming the lives of disabled people](#)

2 December 2016      *Source:* Scottish Government: <http://www.gov.scot>  
A plan to transform the lives of disabled people has been published by the Scottish Government today. "A Fairer Scotland for Disabled People" outlines five ambitions for Scotland which aim to aid independent living, safeguard decent incomes and fairer working lives including removing the barriers to employment, improve accessibility, promote active participation, and protect the rights of disabled people.

### [New wide range of improved support and care for adults and children with autism](#)

30 November 2016      *Source:* Welsh Government: <http://gov.wales>  
A new waiting time target, an improved diagnostic pathway and a better integrated service for adults and children with autism was announced by the Minister for Social Services and Public Rebecca Evans today.

## **Drug Misuse**

### [Child 'more likely to use drugs if mum smoked when pregnant'](#)

8 December 2016      *Source:* NHS Choices: <http://www.nhs.uk>  
"Children are more likely to use cannabis if their mother smoked while pregnant," the Mail Online reports. New research suggests smoking in pregnancy could affect the genes of the child, increasing their risk of substance abuse in later life.

### [Dame Carol Black publishes review on links between work and addiction](#)

5 December 2016      *Source:* Department for Work and Pensions:  
<https://www.gov.uk/government/organisations/department-for-work-pensions>  
The review shows how employment plays an important role in improving the wellbeing and self-worth of people with drug and alcohol addiction.

## Environmental health

### Doctors call for ban on diesel engines in London

9 December 2016      Source: BBC News: <http://www.bbc.co.uk>

A campaign led by medical professionals is calling for all diesel cars to be banned from London. Doctors Against Diesel claim 9,400 Londoners a year die prematurely from breathing in toxic fumes from diesel engines.

### More action is needed to protect the natural environment and people's health

9 December 2016      Source: European Environment Agency:

<http://www.eea.europa.eu>

Substantial progress in cutting greenhouse gas emissions, air and other pollutants, and improving energy and material efficiency, needs to be complemented by more actions by EU Member States to fully apply agreed-to policies to better protect biodiversity, natural resources, and people's health. These are the key findings of a new European Environment Agency (EEA) report which reviews key trends and outlook towards achieving EU 2020 environmental objectives.

### Car pollution in cities - do number plate schemes work?

7 December 2016      Source: BBC News: <http://www.bbc.co.uk>

For a second consecutive day, Paris is restricting vehicle traffic using a system of odd or even number plates. The move throws the spotlight again on the effects of traffic pollution in the world's major cities.

### Healthy Planning – Securing Outcomes from United Action

7 December 2016      Source: UK Health Forum: <http://www.ukhealthforum.org.uk>

PHE is pleased to note the publication today of a special edition of the Town and Country Planning Association (TCPA) Journal: Healthy Planning – Securing Outcomes from United Action. The TCPA is making the edition available to non-members in order to ensure that it is accessible to a broad community of planners as well as other interested stakeholders, especially local public health teams.

### Councils urged to redesign speed bumps to cut pollution

1 December 2016      Source: BBC News: <http://www.bbc.co.uk>

Local authorities should consider lower speed limits, clean air zones and even redesign speed bumps in a bid to reduce air pollution, health experts say. The National Institute for Health and Care Excellence (NICE) said "smooth" driving would cut air pollution, linked to 25,000 deaths a year in England. But pollution experts said the measures will only make small improvements.

## Quality of Europe's water for people's use has improved, but challenges remain to keep it clean and healthy

30 November 2016

Source: European Environment Agency:

<http://www.eea.europa.eu>

The quality of drinking water and bathing water, and the effectiveness of waste water treatment across the European Union continues to improve, according to a new European Environment Agency (EEA) report published today. However, pollution from sources like waste water treatment plants, agricultural runoff and storm water overflows, and emerging risks like micro pollutants from personal care products pose challenges to maintaining clean and healthy water for people's use.

## **Health protection**

### Partnership to protect public health – MHRA and HTA sign agreement

8 December 2016

Source: Medicines and Healthcare Products Regulatory Agency (MHRA): <https://www.gov.uk/government/organisations/medicines-and-healthcare-products-regulatory-agency>

The Medicines and Healthcare products Regulatory Agency (MHRA) and the Human Tissue Authority (HTA) have today signed a partnership agreement. Working in an increasingly innovative environment, regulatory authorities must balance their essential roles in protecting public health with making sure new, innovative treatments are made available to the UK healthcare sector at the earliest, safest opportunity.

### How Judaism's definition of death can boost organ donations

11 December 2016

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

When Robert Berman, an Orthodox Jew from the US, settled in Jerusalem, he was not prepared for the strong resistance to his argument for organ donation from some sections of the society.

### Increasing organ donation and transplantation

7 December 2016

Source: Scottish Government: <http://www.gov.scot>

People across Scotland are being asked to give their views on organ and tissue donation, including the introduction of a potential soft opt out system. The 14-week consultation is looking for views on increasing the number of organ and tissue donors.

### Cold weather health warning

2 December 2016

Source: Public Health England:

<https://www.gov.uk/government/organisations/public-health-england>

Cold weather alerts have been sounded today (2 December) for 6 regions of England, prompting PHE to encourage people to think more about looking out for those at-risk.

### Wales organ donations 'encouraging' in year after consent law

1 December 2016

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

More organs are being donated and more lives saved a year after Wales became the only nation in the UK to introduce a new donation law, say ministers. Adults are regarded as having allowed organ donation unless they have opted out.

## Health services administration

### Ministers consider council tax rise to cover social care funding

12 December 2016

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

Local authorities could be allowed to make a further increase in council tax to pay for social care. Ministers in England are discussing ways to invest more money into care services for the elderly and disabled.

### Pfizer fined record £84.2m for overcharging NHS

7 December 2016

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

Drugs giant Pfizer has been fined a record £84.2m by the UK's competition watchdog for overcharging the NHS for an anti-epilepsy drug.

### What will the healthcare system look like in 2030?

7 December 2016

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

The Long-Term Sustainability of the NHS Committee discuss what a 'fit for purpose' healthcare system looks like in 2030 and how this will be delivered.

### Local health and care planning: menu of preventative interventions

7 December 2016

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

Public Health England (PHE) has worked with partners to identify preventative actions that can improve people's health, support quality improvement and potentially save the NHS and the wider system money. This menu details interventions that are estimated to give a return on investment (ROI) and can demonstrate cost-savings to the health and care system over a 5 year period.

### Ambulances 'too slow to reach 999 calls'

30 November 2016

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

Ambulance services are struggling to reach seriously ill and injured patients quickly enough after rising demand has left the system over-stretched, a BBC investigation has found.

### New nursing apprentice role announced

30 November 2016

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

Aspiring nurses can soon enrol on a new on-the-job apprenticeship role, the government says. From September 2017, up to 1,000 NHS staff will be able to take up the training without having to go down the conventional university route to get a nursing degree.

## HIV & AIDS

### HIV 'game-changer' now on NHS

4 December 2016

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

A drug that dramatically reduces the risk of being infected with HIV will now be given to patients by the NHS in England. The health service lost a court battle in the summer after arguing responsibility for paying for it should fall to local authorities not the NHS. Now at least 10,000 people will be given the "Prep" drug in a three-year-long clinical trial.

### **NHS England and PHE extend HIV prevention programme**

4 December 2016

Source: Public Health England:

<https://www.gov.uk/government/organisations/public-health-england>

The extension of the national HIV prevention programme will fund new specialised treatments. NHS England will fund a major extension to the national HIV prevention programme led by Public Health England (PHE) with the aim of supporting those most at risk and reducing the incidence of HIV infection.

### **Millions should be offered routine HIV testing, NICE and Public Health England say on World Aids Day**

1 December 2016

Source: National Institute for Health and Care Excellence

(NICE): <http://www.nice.org.uk>

HIV testing should be offered in A&Es and GP practices depending on local HIV prevalence, says NICE and PHE in new guidance.

### **GPs need support to increase HIV testing in primary care**

1 December 2016

Source: Royal College of General Practitioners:

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

Responding to new NICE guidelines on HIV care, RCGP Clinical Lead for HIV, sexual and reproductive health, Dr Philippa Matthews, said...“It is important that we do what we can to increase HIV testing in primary care – this is a priority for the RCGP. These NICE guidelines will support and encourage this, but they starkly highlight the need for a national approach, one which reflects these prevalence groups and both funds and requires Local Authorities to act.”

### **13,500 people living with an undiagnosed HIV infection in the UK**

1 December 2016

Source: Public Health England:

<https://www.gov.uk/government/organisations/public-health-england>

According to new figures released on World AIDS Day (WAD) by PHE, an estimated 101,200 people are living with HIV in the UK. Of these more than 13,500 are living with an undiagnosed infection.

### **World Aids Day: councils respond to undiagnosed HIV figures**

1 December 2016

Source: Local Government Association:

<http://www.local.gov.uk>

Responding to new data from Public Health England that shows 13,500 people are living with an undiagnosed HIV infection, Chairman of the Local Government Association's Community Wellbeing Board, Cllr Izzi Seccombe, said: "Councils are leading the way in helping to reduce the levels of undiagnosed HIV infections. One of the main ways in which we have been doing this is through our home-sampling kits, which have proven to be really successful at reaching those most at risk.

### **New HIV infections among adolescents to rise by nearly 60% by 2030 if progress stalls**

1 December 2016

Source: UNICEF: <http://www.unicef.org.uk>

New HIV infections among adolescents are projected to rise from 250,000 in 2015 to nearly 400,000 annually by 2030 if progress in reaching adolescents stalls, according to a new report released by Unicef today.

### [Elton John charity to fund HIV testing](#)

1 December 2016

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

The Elton John Aids Foundation has offered to finance HIV testing in Lambeth...the London borough is the UK local authority with the highest rate of HIV. Local councils and charities warn HIV test guidelines may not be implemented in England because of a lack of funds.

### [HIV myths 'endure from the 1980s'](#)

1 December 2016

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

Myths about HIV that were common in the 1980s still endure, according to the Terrence Higgins Trust. A survey of 2,000 people to mark Thursday's World Aids Day explored the beliefs that still persist, despite the significant medical advances since that time.

### [HIV vaccine: Clinical trial begins in South Africa](#)

30 November 2016

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

A new vaccine against HIV, the virus that causes Aids, is being tested in South Africa in what scientists say is the first large study of an HIV vaccine's effectiveness since 2009.

## **Infant & child health**

### [End of life care must be for the whole family not just the dying child, says NICE in new guidance](#)

7 December 2016

Source: National Institute for Health and Care Excellence (NICE): <http://www.nice.org.uk>

Families with dying children must be put at the heart of care, new guidance from NICE says. We advise people working in health and social care to make sure mothers and fathers, brothers and sisters, get the practical and emotional support they need to care for a family member at the end of life.

### [Australian court approves intersex child's surgery](#)

7 December 2016

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

A five-year-old Australian child born genetically male will grow up as a sterilised female after a court agreed to her having surgery.

## **Men's health**

### [Moderate exercise 'better for sperm' than high intensity exercise](#)

7 December 2016

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

"Doing at least half an hour of exercise three times a week may boost men's sperm count," BBC News reports... The researchers found that all types of training helped improved sperm quality. Moderate-intensity training (around three hours of walking or jogging per week) was found to be the most beneficial.

## Mental health

### [Mental health and relationships 'key to happiness'](#)

12 December 2016

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

Good mental health and having a partner make people happier than doubling their income, a new study has found. The [research by the London School of Economics](#) looked at responses from 200,000 people on how different factors impacted their wellbeing.

### [Self-harm hospital admissions of children show 'frightening rise'](#)

9 December 2016

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

The children's charity NSPCC says nearly 19,000 children were admitted to hospital after harming themselves last year - a 14% rise over three years. It called the figures "frightening". And it said they should be a "wake-up call" to all those who care about the wellbeing of young people.

### [Some psychotic episodes 'may be triggered by immune disorders'](#)

9 December 2016

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

"Sufferers of psychotic illnesses 'may have treatable immune disorder'," The Independent reports. Researchers from Oxford University found around 9% of people presenting with psychotic symptoms also had signs of immune dysfunction.

### [Mental Health Foundation urges football fans to stop 'shouldering pain alone'](#)

8 December 2016

Source: Mental Health Foundation:

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

The Mental Health Foundation has begun rolling out display advertisements aimed at men attending football grounds in response to the culture of men shouldering pain alone. The Foundation is calling on football fans to 'support each other as much as their teams.'

### [LGA responds to MIND data on public mental health funding](#)

8 December 2016

Source: Local Government Association:

<http://www.local.gov.uk>

Responding to data from the charity Mind on councils' spending on public mental health, Chairman of the LGA's Community Wellbeing Board, Cllr Izzi Seccombe, said: "It is wrong to look at mental health funding in isolation without considering the range of other services councils provide that directly impact on people with mental health issues.

### [New report looks at the mental health of children in London](#)

8 December 2016

Source: Public Health England:

<https://www.gov.uk/government/organisations/public-health-england>

More than 110,000 children in London, or around one in 10, suffer with significant mental ill health according to a new report from Public Health England (PHE)...The report also reveals that just 1 in 4 (25%) children across the country who need treatment for mental ill health receive it.

### **Children and young people's mental health - the role of education inquiry**

7 December 2016

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

The Health Committee is beginning a new inquiry into the role of education in promoting emotional wellbeing in children and young people and preventing the development of mental health problems. The Education Committee has been invited to join the inquiry and share its expertise in the education sector with the Health Committee's overview of mental health services.

### **Optimistic women 'cut risk of deadly diseases'**

7 December 2016

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

Women who look on the bright side of life cut their risk of many deadly diseases, according to researchers. In a study of more than 70,000 women, optimists were less likely to get fatal cancer, heart disease, lung conditions and stroke in their retirement years.

### **Improving the mental health of children and young people**

6 December 2016

Source: Public Health England:

<https://www.gov.uk/government/organisations/public-health-england>

Public Health England have published two reports: *The mental health of children and young people in England* and *The mental health of children and young people in London*. These reports describe the importance of mental health and wellbeing among children and young people and the case for investment in mental health. They also summarise the evidence of what works to improve mental health among children and young people in order to inform local transformation of services.

### **LGA responds to ONS suicide statistics**

2 December 2016

Source: Local Government Association:

<http://www.local.gov.uk>

Responding to the number of registered deaths in the UK from suicide in 2015, Chairman of the Local Government Association's Community Wellbeing Board, Cllr Izzi Seccombe, said: "The fact there have been more than 6,000 suicides in the previous year shows the need for suicide to be recognised as a major national public health concern."

### **Mental health problems for children of depressed parents not inevitable**

1 December 2016

Source: Economic and Social Research Council:

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

Children whose parents have chronic or recurrent depression can have better resilience to tackling similar mental health problems in their own lives, a study funded by the Economic and Social Research Council has shown.

### **Improving mental health services in immigration detention: action plan**

1 December 2016

Source: Department of Health:

<https://www.gov.uk/government/organisations/department-of-health>

This is a joint action plan between the Department of Health, NHS England and Home Office on improving mental health services in immigration detention. It considers the provision of mental health services and wider welfare issues for vulnerable adults in immigration removal centres and residential short term holding facilities in England.

### **New NICE guidance on dual diagnosis is 'desperately needed'**

30 November 2016      *Source:* National Institute for Health and Care Excellence (NICE): <http://www.nice.org.uk>

NICE has published new guidance for the management of coexisting severe mental illness and substance misuse - often termed 'dual diagnosis'.

### **CQC responds to latest statistics on detentions under the Mental Health Act**

30 November 2016      *Source:* Care Quality Commission: <http://www.cqc.org.uk>  
NHS Digital today published [statistics on the number of detentions under the Mental Health Act](#)

in England throughout 2015/16. In response to the data, Dr Paul Lelliott, deputy chief inspector of hospitals (lead for mental health), said: "It is concerning to see that more people are being detained under the Mental Health Act than in previous years, when there is a national commitment to reduce this number."

## **Obesity**

### **First major survey of Britain's attitudes on obesity published**

8 December 2016      *Source:* Public Health England:  
<https://www.gov.uk/government/organisations/public-health-england>

The findings of the first British Social Attitudes (BSA) survey on obesity, commissioned by Public Health England (PHE), were published today... The primary findings show that people underestimate their weight and struggle to identify the point when someone becomes obese. Almost two thirds of adults are overweight or obese. All of this combined suggests being overweight or obese is normalised in society.

### **Children's online junk food ads banned by industry**

8 December 2016      *Source:* BBC News: <http://www.bbc.co.uk>

Online ads for food and drinks high in fat, salt or sugar aimed at children are to be banned under new rules from advertisers. The Committee on Advertising Practice (CAP) said its restrictions would also apply to all other media where under-16s made up a quarter of the audience.

### **Soft Drinks Industry Levy**

7 December 2016      *Source:* UK Health Forum: <http://www.ukhealthforum.org.uk>

This document summarises responses to the consultation over summer 2016 on introducing a levy on sugar sweetened beverages and provides a summary of the government response and the proposed next steps in this process.

### **Food matters**

6 December 2016      *Source:* Department of Health:  
<https://www.gov.uk/government/organisations/department-of-health>

Richard Sangster, leader of the DH obesity policy team, looks to the future of food in the fight against childhood obesity.

### **Obesity Indicators statistics published**

6 December 2016      *Source:* Scottish Government: <http://www.gov.scot>

Scotland's Chief Statistician today released [Obesity Indicators](#) statistics. The publication reports the latest figures for indicators selected to monitor progress of the Scottish Government's Prevention of Obesity Route Map.

### Scottish primary schools 'should weigh pupils'

6 December 2016

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

Scotland should follow England's lead and routinely weigh pupils while they are at primary school, a cancer charity has recommended.

### UK pushes ahead with sugar tax

5 December 2016

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

The UK government has published draft legislation for a tax on sugar-sweetened drinks, which is set to begin from April 2018.

## Older people

### Health of the 'baby boomer' generation

8 December 2016

Source: Department of Health:

<https://www.gov.uk/government/organisations/department-of-health>

In her annual report on the state of the public's health, '[Baby Boomers: Fit for the Future](#)', Professor Dame Sally Davies, the Chief Medical Officer for England, focuses on the health of people aged between 50 and 70. It considers topics such as the impact of lifestyle choices on current and future health, mental health, sexual health, and screening and immunisation programmes.

### NICE calls on third sector and public bodies to work together to prevent loneliness in older people

5 December 2016

Source: National Institute for Health and Care Excellence

(NICE): <https://www.nice.org.uk>

Some older people should be sent to dance groups or choirs to help maintain their health, says NICE. Vulnerable older people should be offered befriending programmes or exercise classes to prevent loneliness. In a [new quality standard](#) NICE urges councils, housing organisations and the voluntary sector to work together to identify vulnerable older people.

### Age Friendly Places. Making our community a great place to grow older

30 November 2016

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

Age UK have published a report which looks at making communities age friendly places. Living longer is a huge opportunity if we adapt our neighbourhoods and communities to work for us as we age. As we grow older, we often spend more time in our homes and communities, so our immediate environment has a significant impact on our health, wellbeing and the quality of our lives.

## Oral health

### Improving oral health: supervised tooth brushing programme toolkit

6 December 2016

Source: Public Health England:

<https://www.gov.uk/government/organisations/public-health-england>

A toolkit to support commissioning of supervised tooth brushing programmes in early years settings and schools. This toolkit will help commissioners, public health teams and providers make sure their programmes are evidence-based and safe, and have clear accountability and reporting arrangements.

## Physical activity

### Record number of women get active

8 December 2016

Source: Sport England: <https://www.sportengland.org>

More than 7.2 million women now play sport and do regular physical activity – 250,000 more than when we launched our [This Girl Can](#) campaign. It means the gender gap, which once stood at over two million, has narrowed to 1.55 million.

### 1st Physical Activity Almanac: The Global Observatory for Physical Activity-GOPA!

7 December 2016

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

Explore information on physical activity from 130 countries to guide policy and programs, from the Global Observatory for Physical Activity (GoPA) and the International Society for Physical Activity and Public Health (ISPAH).

### 'Want to live longer? Try racquet sports', recommends study

30 November 2016

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

"If you want to stave off death for as long as possible, you might want to reach for a tennis racquet," The Guardian reports. A study looking at the impact of individual sports on mortality found racquet sports reduced the risk of death by around 47%. Researchers also found reduced risks of death for people who took part in cycling, swimming and aerobics.

## Safety & accident prevention

### CQC calls for action to end missed opportunities to learn from patient deaths

13 December 2016

Source: Care Quality Commission: <http://www.cqc.org.uk>

A national review by the Care Quality Commission (CQC) has found that the NHS is missing opportunities to learn from patient deaths and that too many families are not being included or listened to when an investigation happens.

### Can a hair salon sink wash be a stroke risk?

12 December 2016

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

A man who suffered a stroke after getting his hair washed in a salon has been talking about his "life-changing injury". Doctors who treated him said it was likely to have been a case of "beauty parlour syndrome" - which can occur when the neck is over-extended. This can damage arteries, which can lead to a clot and then a stroke. But the Stroke Association said the risk was "very small", and experts said hairdressers should use a cushion.

### Parents need more help to keep kids safe from accidents - RoSPA centenary survey

1 December 2016

Source: RoSPA: <http://www.rospace.com>

Most parents are unaware that accidents cause the most deaths of children and young people aged 0-19, according to research conducted for the 100th anniversary of UK safety charity the Royal Society for the Prevention of Accidents.

### Trampoline parks 'need more safety measures'

30 November 2016

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

There should be more safety measures in place at trampoline parks, a group of organisations including British Gymnastics has said. The group has written a series of rules which they believe will make trampoline parks safer.

## Screening

### Self-testing kits for HPV could be a useful option to tackle low cervical screening rates in young women

6 December 2016

Source: National Institute for Health Research (NIHR):

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

Human Papilloma Virus (HPV) self-sampling kits and the opportunity to book appointments had the largest effect in improving cervical screening uptake for those not responding to initial prompts. However, uptake improved only slightly from 27% to 30%, when the kit was sent. A survey of non-attenders showed they value the convenience and privacy of self-testing.

## Sexual health

### Survey finds worrying gaps in GP contraceptive provision

12 December 2016

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

A survey of more than 1,000 GPs across England has highlighted worrying gaps in contraceptive provision. Just 2% of the 1,023 GPs from 914 practices questioned by FPA said they offer the full range of methods to patients, and more than half said there is not time in a standard contraception appointment to talk about the options.

### Contraceptive cuts: Warning over rise in abortions

12 December 2016

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

Many GPs in England have stopped providing some forms of contraception because of funding cuts, the Victoria Derbyshire programme has learned. Some clinicians have said cuts to contraceptive services will mean "more unplanned pregnancies and abortions".

### Grooming pubic hair linked to increased STI risk

6 December 2016

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

"Women and men who regularly trim or remove all their pubic hair run a greater risk of sexually transmitted infections," BBC News reports. A survey of around 7,500 Americans, aged between 18 and 65 years, found "groomers" had a higher rate of sexually transmitted infections (STIs) such as herpes.

### FPA goes Danish to make Christmas more special

1 December 2016

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

Sexual health charity FPA is going Danish this Christmas, with a campaign to make people feel more hyggeligt about their relationships. The charity, through its FPA Pleasure site, is helping people to apply the idea of hygge to the way they think about sex, sexual pleasure, and relationships.

## Smoking

### [Tobacco-free NHS: achieving a step change](#)

6 December 2016

Source: Public Health England:

<https://www.gov.uk/government/organisations/public-health-england>

This letter invites NHS trust and FT chief executives to work towards making the NHS a place which provides a supportive tobacco-free environment for patients, staff and visitors, and where patients are supported to stop smoking.

### [Behavioural and drug treatment together help those with lung disease stop smoking](#)

6 December 2016

Source: National Institute for Health Research (NIHR):

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

Smokers with chronic obstructive pulmonary disorder (COPD) given drug treatment alongside behavioural therapy were more than twice as likely to stop smoking by six months as those given behavioural treatment alone.

### [BMA calls for complete ban on smoking in vehicles](#)

5 December 2016

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

The Scottish government should ban smoking in vehicles completely, according to the British Medical Association (BMA). The association has welcomed a new law which now makes it illegal to smoke in a car when children are present. But Dr Peter Bennie, BMA chairman for Scotland, said ministers should go even further.

### [Tobacco firms lose plain packaging appeal](#)

30 November 2016

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

Three tobacco companies have lost their appeal against the government's plain packaging rules for cigarettes packs.

### [Philip Morris could stop making conventional cigarettes](#)

30 November 2016

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

Philip Morris has launched a new, less harmful cigarette in the UK which it says could mean halting sales of its conventional tobacco products. The so called Iqos product heats tobacco rather than burning it. The tobacco giant claims this means smokers get the same nicotine hit, but 90% less of the nasty toxins that come with cigarette smoke.

## Statistics

### [US life expectancy declines for first time in 20 years](#)

8 December 2016

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

Life expectancy in the United States has declined for the first time in more than two decades. Data from the [National Center for Health Statistics](#) showed a drop for men from 76.5 years in 2014 to 76.3 in 2015, and from 81.3 to 81.2 for women. The preliminary figures show rises in several causes of death, especially heart disease, dementia and accidental infant deaths.

## **Health Inequalities – Regional Report 2016**

7 December 2016

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

The Department of Health has published the 2016 regional report on health inequalities in the north of Ireland.

## **Latest figures on detentions under the Mental Health Act published by NHS Digital**

30 November 2016

Source: NHS Digital: <https://digital.nhs.uk>

New statistics have been published by NHS Digital today on the number of detentions under the Mental Health Act in England throughout 2015/16.

## **Women's health**

### **How risky is the contraceptive pill?**

12 December 2016

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

A recent study linked the contraceptive pill with depression. It's the latest supposed side-effect to attract headlines. But poorly interpreted statistics might pose a bigger risk for women, says Elizabeth Cassin.

### **Midwife units see one in four mums transferred by ambulance to hospital**

8 December 2016

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

One in four women are transferred from midwife-led units to consultants because of complications when giving birth, an investigation found.

### **Caesarean births 'affecting human evolution'**

7 December 2016

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

The regular use of Caesarean sections is having an impact on human evolution, say scientists. More mothers now need surgery to deliver a baby due to their narrow pelvis size, according to a study.

### **Study highlights heart disease risk for pregnant women**

7 December 2016

Source: British Heart Foundation: <https://www.bhf.org.uk>

Pregnant women and those who have recently given birth need to be aware of the symptoms of heart disease, according to a new report from researchers at the University of Oxford.

### **'No need to wait to try again after miscarriage' advice**

1 December 2016

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

"Women who suffer a miscarriage should try for a baby again within six months, a major study has found," the Daily Mail reports. Current guidance from the World Health Organization recommends couples wait at least six months before trying to conceive again after a miscarriage. But the researchers decided to investigate the validity of this recommendation as it was based on a single study from women in the developing world.

### **'It is time to make' three-person babies**

30 November 2016

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

It is time to start making babies from three people, according to scientists advising the UK's fertility regulator. The move has been described as "historic", and the regulator will make its decision next month.

## Workplace health

### 'Overworked' pharmacist 'gave woman wrong pills'

6 December 2016

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

An "overworked" pharmacist made a tragic error and gave out the wrong pills to a grandmother who became ill within minutes and later died, a court has heard.

### Sir Bruce Keogh honours NHS Trusts for healthy workforce efforts

2 December 2016

Source: NHS England: <http://www.england.nhs.uk>

Sir Bruce Keogh, NHS England Medical Director, has honoured 21 NHS trusts for their work in helping staff get and keep healthy by employing a host of innovative techniques such as using walking meetings, a range of new technologies and extra support for shift workers.

### Sleep deprivation 'costs UK £40bn a year'

30 November 2016

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

Sleep-deprived workers are costing the UK economy £40bn a year and face a higher risk of death, says a new study. The calculation is based on tired employees being less productive or absent from work altogether.

## Local news: []

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<p><b>Daily Health Bulletin</b>            The Daily Health Bulletin is produced by the Knowledge Service of the West and South Yorkshire and Bassetlaw Commissioning Support Unit.  <a href="http://cash.libraryservices.nhs.uk/cash-service/daily-health-bulletin/">http://cash.libraryservices.nhs.uk/cash-service/daily-health-bulletin/</a></p>
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