

Public Health Bulletin. 3rd January 2017

Produced by NHS libraries in Thames Valley and Wessex

Please find below a list of news items from the past fortnight that may be of interest to those involved in public health. This Bulletin provides topical news and reports of relevance to public health teams, community health practitioners and anyone with an interest in health promotion. All content and links are provided for information only and we do not sponsor, endorse or otherwise approve of any mentioned website or the contents of the news items. Please refer to the terms and conditions of the relevant website should you wish to reproduce any of the information.

Details of alternative current awareness services which cover more academic/specialist sources of information can be found in the section *Other Bulletins*. Your local NHS library service can assist you in accessing other current awareness services/tailored alerts, locating peer reviewed journal articles and answer any other queries you may have regarding finding information.

The information about each news item only gives a brief overview so we recommend you view the original source by clicking on the title (or Ctrl+Click in the word document).

Please contact your local NHS library service if you no longer wish to receive this Bulletin, or if you know of anyone else who would like to join the mailing list. The Bulletins are also available on the Thames Valley Public Health Network at: <http://www.oxsph.org/bulletins.html> and the Wessex Public Health Network at: <http://www.wessexphnetwork.org.uk/resources/public-health-updates.aspx>

[Alcohol misuse](#)

[Chronic conditions](#)

[Diet & nutrition](#)

[Environmental health](#)

[Health Services administration](#)

[Infant and child health](#)

[Men's health](#)

[Mental health](#)

[Obesity](#)

[Older people](#)

[Oral health](#)

[Prison health](#)

[Safety and accident prevention](#)

[Smoking](#)

[Women's health](#)

[Workplace health](#)

[Local news](#)

Alcohol misuse

[New Year's Eve revellers warned to avoid dangerous fake alcohol](#)

31 December 2016

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

New Year's Eve revellers are being warned to avoid cheap fake booze containing potentially lethal ingredients found in anti-freeze ahead of the biggest drinking night of the year. The Local Government Association (LGA) warning follows recent council seizures of counterfeit vodka laced with chemicals found in cleaning products and paint solvent.

[Health chief's alcohol advice 'could have been better'](#)

30 December 2016

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

England's chief medical officer has admitted she could have chosen her words better when she told women to "do as I do" and consider the risks of breast cancer when drinking wine.

Chronic conditions

[New drug proves effective for both types of MS](#)

22 December 2016

Source: <http://www.nhs.uk/news/>

"A drug that alters the immune system has been described as 'big news' and a 'landmark' in treating multiple sclerosis," BBC News reports. The drug, ocrelizumab, proved effective in two related studies, for treating both the primary progressive and the relapsing remitting types of multiple sclerosis (MS).

Diet & nutrition

[Dentists call to end 'workplace cake culture'](#)

3 January 2017

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

Dentists have criticised "workplace cake culture", saying the sharing of sweet treats in the office is contributing to health problems. The Faculty of Dental Surgery said people should cut down on eating cake and biscuits at work as it added to obesity and poor oral health.

[Sugar guidelines unreliable says study funded by sugar industry](#)

21 December 2016

Source: <http://www.nhs.uk/news/>

"A study ... challenged recommendations by public health officials for people to cut sugar consumption," the Mail Online reports. The study has been criticised as it is funded by companies who sell sugary products, including Coca-Cola, PepsiCo and McDonald's. This systematic review assessed guidelines from all over the world, including those produced by Public Health England. Researchers investigated recommendations on sugar intake and assessed their consistency, the quality of the guidelines, and the quality of the evidence on which the recommendations were based.

[Diet rich in processed meat 'may worsen asthma symptoms'](#)

21 December 2016

Source: <http://www.nhs.uk/news/>

"Regularly indulging in a bacon sandwich doubles the risk of an asthma attack," is the needlessly alarming headline in The Sun. A French study suggests eating four or more portions of processed (cured) meats a week may worsen symptoms like wheezing – but this does not amount to an asthma attack. An asthma attack is a debilitating and sudden loss of normal lung function that may require emergency treatment.

Environmental health

[Avian influenza \(bird flu\) in winter 2016 to 2017](#)

30 December 2017

Source: <https://www.gov.uk/>

The latest situation on avian influenza (bird flu) and actions to reduce the risks.

Health services administration

[Ombudsman upholds three in four complaints about the Home Office, report reveals](#)

21 December 2016

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

Incorrect decisions, delays and wrong advice are the top reasons for the Parliamentary and Health Service Ombudsman upholding the highest proportion of complaints about the Home Office than any other government department, a report published today reveals.

Infant & child health

[Kids devouring too much 'breakfast sugar' warning](#)

3 January 2017

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

Children are packing in so much sugar at breakfast that half their daily allowance has already been eaten before school, Public Health England says. It warns that sugary cereals, juices and spreads are all damaging to health. Rotting teeth, ballooning waistlines and long-term health problems like type 2 diabetes are caused by unhealthy diets.

Men's health

[New laser therapy for low-risk prostate cancer shows promise](#)

20 December 2016

Source: <http://www.nhs.uk/news/>

"A drug activated by laser light successfully destroys early prostate cancer while avoiding side effects ... results have shown," The Guardian reports. This new technique may offer an alternative treatment to the current "wait and see" approach, also known as active surveillance.

Mental health

[The psychological secrets to successful resolutions](#)

1 January 2017

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

After the excesses of the festive season, the thoughts of many turn to making resolutions to stop bad habits and take up healthier ones. Unfortunately, quite a few fail. But, as this article reveals, there are some psychological tactics which can be employed to increase the chances of success.

[Want to feel happier? Take a break from Facebook](#)

23 December 2016

Source: <http://www.nhs.uk/news/>

"Facebook lurking makes you miserable, says study," BBC News reports after a Danish study found regular users who took a week-long break from the social media site reported increased wellbeing.

Obesity

['Middle age health crisis' warning](#)

28 December 2016

Source: <http://www.bbc.co.uk/news/>

Eight in every 10 people aged 40 to 60 in England are overweight, drink too much or get too little exercise, the government body warns.

Older people

[Viewpoint: Carey Mulligan's campaign to change how we view dementia](#)

27 December 2016

Source: <http://www.bbc.co.uk/news/>

Oscar-nominated actress Carey Mulligan has witnessed the effects of dementia on a close family member. While there is no cure for the illness, here she explains how a better understanding will help remove the stigma that still surrounds it.

[Changing just three mid-life risk factors could prevent dementia and disability in older people](#)

16 December 2016

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

Blood pressure control, adequate physical activity, and maintenance of lung function could be key to tackling dementia and disability later in life – probably the two largest unsolved health problems of our ageing society – suggests new research funded by the ESRC and the British Heart Foundation (BHF).

Oral health

[Gum disease bug linked to rheumatoid arthritis](#)

19 December 2016

Source: <http://www.nhs.uk/news/>

"Want to avoid arthritis? Then brush your teeth ... bugs that cause gum infections also trigger the crippling joint pain," the Mail Online reports. Rheumatoid arthritis is an autoimmune disease where the immune system attacks the cells that line joints by

mistake. Exactly what causes this response is still unclear. This latest study aimed to examine whether rheumatoid arthritis could have a possible bacterial cause, and whether these bacteria could come from the mouth.

Prison health

[NI prisons: Stormont talks to tackle mental illness in jail](#)

3 January 2017

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

Talks will take place early this year between the departments of justice and health about how to tackle the problem of mental illness in prisons.

Safety & accident prevention

[Cold weather forecasts have prompted warnings to take care from Public Health England.](#)

3 January 2017

Source: <https://www.gov.uk/government/news/>

Health warnings are being repeated today by PHE as the Met Office forecasts another spell of cold weather. The new forecast suggests that cold weather will set in early on Wednesday 4 January and remain at least until the weekend, bringing very cold conditions to all regions of England.

Smoking

[Primary school children make anti-smoking packaging](#)

30 December 2016

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

Primary school children in Coventry are at the centre of a nationwide anti-smoking campaign. Pupils from Earlsdon Primary School have drawn their own anti-smoking packaging ahead of the country's plain packaging rollout in May 2017. Public Health England (PHE) said it hopes the message "resonates" with the country's 7m smokers.

Women's health

[Breast implants and other medical items get safety barcodes](#)

29 December 2016

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

Barcodes are being printed on breast implants and other medical items for patient safety reasons. The Department of Health initiative is to avoid future scandals like the PIP breast implant scare of 2010. Problems arose tracing nearly 50,000 British women who had been fitted with the faulty silicone implants. The new system is intended to record every medicine and implant given to patients by scanning the product packet and the patient's identity wristband.

Local news: []

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

Other Bulletins
<p>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/</p>
<p>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/</p>
<p>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</p>
<p>NICE Public Health Evidence Awareness Bulletin This is a monthly update highlighting national public health news and information from NICE. http://www.nice.org.uk/News/NICE-newsletters-and-alerts</p>
<p>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</p>
<p>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</p>



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