

## **Public Health Bulletin. 14<sup>th</sup> February 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>

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## Alcohol misuse

### [European Report on Alcohol Policy A Review 2016](#)

Wed 1<sup>st</sup> February 2017

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

European Alcohol Policy Alliance (Eurocare) together with partner organisations compiled existing data on alcohol policies across Europe. The aim was to present information in easy and accessible format. Report illustrates among others: trends in alcohol consumption, alcohol related harm, policies on availability and affordability, review of marketing restrictions, state of play on labelling and low risk drinking guidelines

### [Alcohol marketing rules are "failing to protect our youth".](#)

Tues 31 Jan 2017

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

The latest Institute of Alcohol Studies (IAS) Alcohol Alert: January 2017 is now available.

## Chronic conditions

### [Do you have an underactive thyroid?](#)

Wed 8<sup>th</sup> February 2017

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

Hypothyroidism - or an underactive thyroid - affects one in 70 women and one in 1,000 men according to the NHS. But it can be a tricky disease to diagnose and treat. Dr Michael Mosley, of Trust Me I'm a Doctor, asks if sufferers are slipping through the net.

### ['I have tuberculosis in my brain'](#)

Fri 3<sup>rd</sup> February 2017

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

"Having tuberculosis in the brain is so painful. Sometimes I just wish I could cut off my head and put it to one side." Johnny Islam, 29, is from Leyton in east London. Although having TB in the brain is rare, the disease itself is not.

### [Decisions to prescribe must take into account patients' individual circumstances, says RCGP](#)

Tues 14<sup>th</sup> February 2017

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

RCGP responds to [research](#) from Cancer Research UK on cancer prevention drugs prescribing in general practice, published in the British Journal of General Practice today.

### [Cancer Research UK - Big data brings breast cancer research forwards by 'decades'](#)

Thursday 2<sup>nd</sup> February 2017

Source: Wired-GOV <http://www.wired-gov.net>

Scientists have created a 'map' linking the shape of breast cancer cells to genes turned on and off, and matched it to real disease outcomes, which could one day help doctors select treatments, according to a study published in Genome Research yesterday.\*

### ['Breakthrough in communication for patients with severe MND', study claims](#)

Wed 1<sup>st</sup> February 2017

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

"Mind-reading machine allows people with 'locked-in' syndrome to communicate," reports the Mail Online. The report is based on a study that aimed to communicate with four patients unable to speak, move or blink due to a severe form of motor neurone disease (MND).

### [Sudden death warning over faulty heart gene](#)

Wed 1<sup>st</sup> February 2017

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

An estimated 620,000 people in the UK have a faulty gene that puts them at risk of developing coronary heart disease or sudden death, and most are unaware, a charity has warned.

## **Communicable diseases**

### [Ebola 'super-spreaders' cause most cases](#)

Tues 14<sup>th</sup> February 2017

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

The majority of cases in the world's largest outbreak of Ebola were caused by a tiny handful of patients, research suggests.

### [Avian influenza: prevention zone will be extended.](#)

Friday 10<sup>th</sup> February 2017

Source: Wired-GOV <http://www.wired-gov.net>

An Avian Influenza Prevention Zone for all poultry and captive birds will remain in force until the end of April, Rural Economy Secretary Fergus Ewing has confirmed.

## **Diet & nutrition**

### [Should I worry about arsenic in my rice?](#)

Friday 10<sup>th</sup> February 2017

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

Does rice really contain harmful quantities of arsenic? Dr Michael Mosley of Trust Me, I'm A Doctor investigates. Many of us are regular consumers of rice - UK consumption is on the rise, and in 2015 we ate 150m kg of the stuff. But there have been reports about rice containing inorganic arsenic - a known poison - so should we be worried?

### [Switching to wholegrains may boost metabolism](#)

Thurs 9<sup>th</sup> February 2017

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

"Eating more wholegrain foods can help to speed up weight loss, scientists claim," the Daily Mail reports.

### [UK Health Forum supports letter to The Times on challenging the partnership between the Premier League and Cadbury](#)

Mon 6<sup>th</sup> February 2017

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

The Obesity Health Alliance (OHA) letter raises concerns on the issue of unhealthy food being associated with sport. The 10 signatories recommend that government legislation to restrict advertising of unhealthy products to children should be extended to cover all programmes up to the 9pm watershed, online marketing and sports sponsorships to

which children and families are exposed.

### [Indian children died after 'eating lychees on empty stomach'](#)

Wed 1<sup>st</sup> February 2017

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

US and Indian scientists say a mystery illness that killed more than 100 children a year in northern India was caused by eating lychees on an empty stomach.

## **Disability**

### [The same right to travel by taxi](#)

Wed 1<sup>st</sup> February 2017

Source: Wired-GOV <http://www.wired-gov.net>

From 6 April 2017 it will be illegal for taxi drivers to discriminate against wheelchair users. Taxi drivers face a fine of up to £1,000 if they refuse to transport wheelchair users or attempt to charge them extra, in a change to the law announced last week.

## **Environmental health**

### [Without rapid policy change air quality will remain above legal limits until 2025 and beyond](#)

Tuesday 14<sup>th</sup> February 2017

Source: Wired-GOV <http://www.wired-gov.net>

Harry Quilter-Pinner, IPPR Research Fellow, responded to reports that the Mayor of London is calling for a new diesel scrappage scheme as IPPR have called for.

### [Urban congestion examined with transport industry](#)

Wed 8<sup>th</sup> February 2017

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

The Transport Committee holds the second evidence session of its urban congestion inquiry and hears from transport industry representatives and academics.

### [Weekend camping resets body clock](#)

Thurs 2<sup>nd</sup> February 2017

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

Spending a weekend out camping resets the clock inside our bodies that influences sleeping habits, scientists at a US university have discovered. The team argue that time in the great outdoors could help those struggling to get up in the morning and boost health.

### [Urban Heat: Developing the role of community groups in local climate resilience](#)

Wed 1<sup>st</sup> February 2017

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

Funded by Joseph Rowntree Foundation (JRF), and published by the Policy Studies Institute at the University of Westminster, the [Urban Heat project](#) examined the potential role of the local voluntary and community sector (VCS) in the development of local climate resilience.

## **Health promotion**

### [The health service taking a holistic approach to patients](#)

Thurs 9<sup>th</sup> February 2017

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

Dr Weatherburn works on the Fylde Coast, an NHS Vanguard area. The local health service here is pioneering a new model of working, which could become a blueprint for the rest of the NHS.

### [Calls for tougher smoking and junk food rules in hospitals](#)

Wed 1<sup>st</sup> February 2017

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

There are calls for more to be done to stop people smoking at hospitals and promote healthy living.

## **Health protection**

### [Online reviews of health products 'are misleading'](#)

Mon 13<sup>th</sup> February 2017

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

"Don't believe online reviews of health products, they're 'skewed'," the Mail Online reports. A psychologist compared online reviews of three medical products with results from clinical trials, and found the reviews are skewed towards the positive.

### [Four-in-one pill 'effective' for high blood pressure](#)

Fri 10<sup>th</sup> February 2017

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

"Four-in-one 'miracle' pill to cure high blood pressure," is the headline on Mail Online.

### [Cancer drugs may be delayed after Brexit, say experts](#)

Fri 10<sup>th</sup> February 2017

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

Patients in the UK could face delays getting new drugs if Britain withdraws from the EU's medicines regulator, ministers have been warned.

### [Harnessing 'brute force' could be key to creating new antibiotics](#)

Tues 7<sup>th</sup> February 2017

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

"Antibiotics 'seen using brute force to kill bugs'," BBC News reports. The hope is that researchers could replicate the effect to create new antibiotics that could help combat the continuing threat of antibiotic resistance.

### [Ibuprofen 'barely better than placebo' at treating back pain](#)

Fri 3<sup>rd</sup> February 2017

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

"Widely used anti-inflammatory drugs such as ibuprofen have little more benefit than a placebo when it comes to treating back pain," reports the Guardian.

## **Health services administration**

### [Risk assessment tools can be useful, but they're not an exact science, says RCGP](#)

Tues 14<sup>th</sup> February 2017

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

The RCGP has responded to a British Journal of General Practice [study](#) on the use of cancer risk assessment tools in general practice.

### **Surgeons 'kicking their heels' as bed shortage delays operations**

Sun 12<sup>th</sup> February 2017

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

Surgeons at hospitals in England are being left "kicking their heels" because operations are being cancelled due to bed shortages, NHS leaders say. Royal College of Surgeons president Clare Marx said the "shocking waste" was a symptom of NHS underfunding.

### **Surgery times don't give the full story of what's happening in general practice, says RCGP**

Sat 11<sup>th</sup> February 2017

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

Responding to figures on GP surgery opening hours published in the Daily Telegraph today, Professor Helen Stokes-Lampard, Chair of the Royal College of GPs, said: "These figures don't give the full story of what's happening in general practice – they only take into account planned surgery times, not the times that the practice is actually open and providing care..."

### **BBC Health Check on general practice - RCGP responds**

Tues 7<sup>th</sup> February 2017

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

As part of the BBC Health Check week, the BBC have published two stories about general practice. The first exploring public opinion on charging for missed GP appointments and the second looking at the standard 10-minute GP-patient consultation.

### **Shifting workforce pressures from one area of the NHS to another isn't a long term solution, says RCGP**

Tues 7<sup>th</sup> February 2017

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

Responding to news that in some hard-to-recruit areas of England, GP practices are using paramedics to help meet patient demand, Professor Helen Stokes-Lampard, Chair of the Royal College of GPs, said: "Paramedics are hugely valued and trusted colleagues – but the job of a paramedic and the job of a GP are completely different, and involve different skills and training."

### **Recovering the cost of NHS treatments given to overseas visitors**

Monday 6<sup>th</sup> Feb 2017

Source: Wired-GOV <http://www.wired-gov.net>

New regulations requiring all hospitals to check upfront whether patients are eligible for free NHS treatment will be in place under plans to recover the cost of health treatments provided to patients not ordinarily resident in the UK.

### **CQC's first round of adult social care and GP practice inspections completed**

Monday 6<sup>th</sup> Feb 2017

Source: CQC <http://www.cqc.org.uk>

The CQC has completed a comprehensive programme of inspecting all adult social care services and GP practices in England registered before 1 October 2014. In total, there

were over 30,000 inspections across adult social care services and over 8,000 inspections within GP practices.

### **More must be done to address barriers to out of hours working, says RCGP**

Friday 3<sup>rd</sup> February 2017

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

Responding to a report by Pulse magazine on GP out of hours services, published today, Professor Helen Stokes-Lampard, Chair of the Royal College of GPs, said: "GPs work incredibly hard to deliver care to patients around the clock through our routine service and GP out of hours service, so patients should always be able to access our care when they need it – that this report has found occasions where this isn't happening is very concerning."

### **Continuity of care highly valued by patients and GPs and our teams alike, says RCGP**

Thurs 2<sup>nd</sup> February 2017

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

Helen Stokes-Lampard, Chair of the RCGP, has responded to a study in the British Medical Journal on the impact of continuity of care in general practice. She said: "The relationship that GPs have with their patients is unique, and in many cases built over time – today's study shows that this continuity of care can lead to both better health outcomes for patients, and reduced healthcare costs because of fewer hospital admissions."

### **Action urged to recover more NHS costs from foreign patients**

Wed 1<sup>st</sup> February 2017

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

The government must take "urgent action" to recover more money for treating foreign patients, a group of MPs has said.

## **Infant & child health**

### **Breastfeeding toddlers**

Sun 12<sup>th</sup> February 2017

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

Women who breastfeed their toddlers say they are either branded "hippy earth mothers" or seen as "weird and disgusting".

### **'Antibiotics, not surgery, best for child appendicitis' says study**

Fri 10<sup>th</sup> February 2017

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

"Operating on children with acute appendicitis may be unnecessary in many of cases," the Mail Online reports.

### **'Trapped': Thousands call Childline for mental health help**

Mon 6<sup>th</sup> February 2017

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

New data from the NSPCC shows one in six Childline counselling sessions is now about serious mental health issues.

### **Eye burn injuries risk to children from liquitabs 'on the rise'**

Thurs 2<sup>nd</sup> February 2017

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

Parents are being urged to store liquid detergent tablets safely after US research found eye injuries in young children had gone up 30-fold in the past few years.

### [The choices you have if your baby dies](#)

Thurs 2<sup>nd</sup> February 2017

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

Charlotte and Attila Szakacs only had four weeks with their daughter, Evelyn, before a rare chromosomal abnormality led to her death. Yet they were able to spend a further 16 days bonding with her before laying her to rest.

## **Mental health**

### [Sharing dementia expertise](#)

Monday 13<sup>th</sup> Feb 2017

Source: Wired-GOV <http://www.wired-gov.net>

Scottish healthcare specialists will share their expertise in caring for those with dementia and older people at an international seminar in Japan this week.

### [Mental health therapy for Muslims embraces religion](#)

Sun 12<sup>th</sup> February 2017

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

Muslims with mental health issues could be helped by re-embracing their beliefs and religious teachings, it is claimed.

### [Healthier living NOW can reduce dementia risk](#)

Saturday 11<sup>th</sup> Feb 2017

Source: Wired-GOV <http://www.wired-gov.net>

Evidence shows that adopting a healthier lifestyle now can reduce the risk of developing dementia later in life by up to 60%.

### [Revolutionising children's mental health care](#)

Thursday 9<sup>th</sup> Feb 2017

Source: Wired-GOV <http://www.wired-gov.net>

To mark [Children's Mental Health Week](#), Emma Selby, the Digital Lead at North East London Foundation Trust's Emotional Wellbeing and Mental Health Service (EWMHS), looks at the importance of experience based co-design and service innovation.

### [Unexpected mental health deaths up 50% in three years](#)

Tues 7<sup>th</sup> February 2017

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

The number of unexpected patient deaths reported by England's mental health trusts has risen by almost 50% in three years, figures suggest.

### [Spider phobia brain 'processes unconscious fear'](#)

Mon 6<sup>th</sup> February 2017

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

Showing arachnophobes images of spiders so briefly they remain unaware of them could help them overcome their fear, US researchers suggest.

### **Misophonia: Why certain sounds can make you angry**

Fri 3<sup>rd</sup> February 2017

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

Why some people become enraged by sounds such as eating or breathing has been explained by brain scan studies.

### **Mental health and stigma: 'You're not alone'**

Thurs 2<sup>nd</sup> February 2017

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

The stigma around mental health problems can have a devastating impact on people's lives, a survey has found, often leaving behind a trail of break-ups, severed friendships and lost jobs. In a bid to get people talking and help break the stigma, charities have launched Time to Talk Day on Thursday.

## **Older people**

### **Being 'creative' and 'open' boosts wellbeing in later life**

Thursday 9<sup>th</sup> Feb 2017

Source: Wired-GOV <http://www.wired-gov.net>

The Wellbeing in Later Life Index, developed by Age UK and the University of Southampton, analysed data from 15,000 people aged 60 and over to measure the wellbeing of the UK's older population.

### **The health workers that help patients stay at home**

Wed 8<sup>th</sup> February 2017

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

Every Monday morning, in a meeting room within earshot of the bells of Wakefield cathedral, a group of healthcare workers help to stage a mini-revolution.

## **Physical activity**

### **"A better and fairer approach" to public access for outdoor recreation**

Tuesday 14<sup>th</sup> February 2017

Source: Wired-GOV <http://www.wired-gov.net>

Wales needs a better and fairer approach to public access for outdoor recreation according to the Cabinet Secretary for Environment and Rural Affairs.

### **Record-breaking January for Santander Cycles follows record-breaking year**

Monday 13<sup>th</sup> Feb 2017

Source: Wired-GOV <http://www.wired-gov.net>

London's cycle hire scheme has enjoyed a record-breaking start to 2017 with more than 600,000 journeys made in January.

### **Government publishes annual progress report on 'Sporting Future'**

Friday 10<sup>th</sup> Feb 2017

Source: Wired-GOV <http://www.wired-gov.net>

Sport strategy focuses on tackling inactivity and strengthening sport at every level – from grassroots to elite.

### **#PartOfTheMOVEment**

Weds 8<sup>th</sup> Feb 2017

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

Active Cheshire have organised #PartOfTheMOVEment is a campaign designed to bring individuals, employers, educational institutes, community groups, health partners and councils together to tackle one of the region's biggest issues - physical inactivity. We want you to take the pledge and commit to becoming #PartOfTheMOVEment.

## Sexual health

### [Asthma sufferers 'struggling with their sex lives'](#)

Mon 13<sup>th</sup> February 2017

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

Many asthma sufferers are struggling with how the condition affects their sex lives, according to Asthma UK.

### [Special hustings event launches Northern Ireland Sexual Health Week](#)

Mon 13<sup>th</sup> February 2017

Source: FPA <http://www.fpa.org.uk>

Northern Ireland's [Sexual Health Week](#) launches tomorrow (Tuesday 14 February) with a special hustings event in Belfast, hosted by FPA.

### [Can I trust a fertility app to stop me getting pregnant?](#)

Thurs 9<sup>th</sup> February 2017

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

Sexual health experts say more research is needed into the effectiveness of fertility tracking apps in preventing pregnancy.

### [Sexual and reproductive health experts call for more independent research on fertility apps](#)

Wed 8<sup>th</sup> February 2017

Source: FPA <http://www.fpa.org.uk>

Leading sexual and reproductive health experts have responded to news that the Natural Cycles fertility awareness app has been approved as a class IIb medical device. The Faculty of Sexual and Reproductive Health of the Royal College of Obstetricians and Gynaecologists (FSRH), sexual

### [Poor sleep may affect good sex in later life](#)

Thurs 2<sup>nd</sup> February 2017

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

"Good night's sleep boosts sex life for women over 50," reports the Mail Online.

## Smoking

### [Local Tobacco Control Profiles for England](#)

Weds 8<sup>th</sup> Feb 2017

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

Public Health England (PHE), has published the Local Tobacco Control Profiles for England, which provides a snapshot of the extent of tobacco use, tobacco related harm, and measures being taken to reduce this harm at a local level. These profiles have been designed to help local government and health services to assess the effect of tobacco use on their local populations. They will inform commissioning and planning decisions to tackle tobacco use and improve the health of local communities. The tool allows you to

compare your local authority against other local authorities in the region and benchmark your local authority against the England or regional average.

### [E-cigarettes safer than smoking says long-term study](#)

Mon 6<sup>th</sup> February 2017 Source: Cancer Research UK <http://www.cancerresearchuk.org>

E-cigarettes are less toxic and safer to use compared to conventional cigarettes, according to [research](#) published in Annals of Internal Medicine

## **Social & economic issues**

### [Parks face threat of decline with severe consequences](#)

Monday 13<sup>th</sup> Feb 2017 Source: Wired-GOV <http://www.wired-gov.net>

The Communities and Local Government (CLG) Committee [report](#) on public parks warns that parks are at a tipping point and face a period of decline with potentially severe consequences unless their vital contribution to areas such as public health, community integration and climate change mitigation is recognised.

### [Social prescribing is missing the opportunity to help people with long-term health conditions into meaningful work](#)

Thursday 9<sup>th</sup> Feb 2017 Source: Wired-GOV <http://www.wired-gov.net>

A new report from the Work Foundation promotes the role of social prescribing services in supporting clients with long-term health conditions back into meaningful work, arguing that the services need to play a far greater part in achieving this goal.

### [Winter wrapped up. A guide to keeping warm and well this winter](#)

Weds 8<sup>th</sup> Feb 2017 Source: UK Health Forum <http://www.ukhealthforum.org.uk>

This information guide has been prepared by Age UK, to keeping warm both inside and outside your home this can help reduce your risk of serious health problems that are more common in the colder months, such as chest infections, heart attacks and strokes.

## **Statistics**

### [Cosmetic surgery procedures 'fell by 40% in 2016'](#)

Mon 13<sup>th</sup> February 2017 Source: <http://www.bbc.co.uk/>

The number of people having cosmetic surgery in the UK in 2016 dropped by 40% compared with 2015, figures show.

### [LGA responds to latest alcohol-related death figures](#)

Thursday 9<sup>th</sup> Feb 2017 Source: Wired-GOV <http://www.wired-gov.net>

Chairman of the Local Government Association's Community Wellbeing Board, Cllr Izzi Seccombe, responds to latest Office for National Statistics figures which show there were 8,758 alcohol-related deaths in the UK in 2015. "What is particularly concerning about these figures is that the rates of alcohol-related deaths were highest in middle aged and older age groups..."

### **Alcohol-related deaths in the UK: registered in 2015, Statistical bulletin**

Wed 8<sup>th</sup> February 2017      Source: UK Health Forum <http://www.ukhealthforum.org.uk>.

The Office for National Statistics (ONS), have published data on deaths caused by diseases known to be related to alcohol consumption, such as cirrhosis of the liver.

### **Cancer Research UK - Women's cancer rates rising faster than men's**

Tuesday 7<sup>th</sup> Feb 2017      Source: Wired-GOV <http://www.wired-gov.net>

Cancer rates will climb nearly six times faster in women than in men over the next 20 years, according to the latest figures released by Cancer Research UK.

## **Women's health**

### **Shift work and heavy lifting may make it harder to get pregnant**

Wed 8<sup>th</sup> February 2017      Source: <http://www.nhs.uk/news/>

“Shift work and physically demanding jobs linked to lower fertility in women” Sky News reports. A small US study found a link between both activities and a reduction in both the number and quality of a woman's eggs.

### **NICE seeks to support new mothers with mental health problems**

Wednesday 08 Feb 2017      Source: Wired-GOV <http://www.wired-gov.net>

NICE is calling on general practice staff to assess the mental health of all women who have recently given birth, as fears some may be left unsupported.

### **Perinatal mental health is a clinical priority for the College, says RCGP**

Wed 8<sup>th</sup> February 2017      Source: RCGP <http://www.rcgp.org.uk>

Professor Helen Stokes-Lampard, Chair of the Royal College of GPs, has responded to new NICE guidelines on supporting new mothers with mental health problems.

### **State of Maternity Services Report 2016**

Wed 8<sup>th</sup> February 2017      Source: UK Health Forum: <http://www.ukhealthforum.org.uk>

The State of Maternity Services Report provides an update, highlighting the very latest developments in the maternity services across England, Scotland, Wales and Northern Ireland, published by The Royal College of Midwives.

### **Women's health and well-being in Europe: beyond the mortality advantage (2016)**

Wed 8<sup>th</sup> February 2017      Source: UK Health Forum: <http://www.ukhealthforum.org.uk>

The World Health Organization (WHO), has produced this report on women's health. Women's health is at a crossroads. Countries endorsed global efforts to advance women's health by adopting the 2030 Agenda Sustainable Development and are taking them forward through the Sustainable Development Goals and the global strategy for women, children and adolescents' health.

### [FGM victims need medical attention 'every hour' says charity](#)

Mon 6th February 2017

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

A case of female genital mutilation (FGM) is either discovered or treated at a medical appointment in England every hour, a charity has said.

### [Does eating liquorice in pregnancy raise the risk of ADHD?](#)

Mon 6<sup>th</sup> February 2017

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

"Avoid liquorice while pregnant: Scientists find one of its ingredients can affect a child's IQ, memory and even cause ADHD," the Mail Online reports.

## **Workplace health**

### [HSL: Behaviour Change: Improving Health and Safety Performance – London, 8 – 9 Mar 2017](#)

Sunday 12th February 2017

Source: HSE: <http://hse.gov.uk>

This course, delivered by HSL psychologists, will provide you with an understanding of the many factors that influence both workers' and managers' behaviour. It will also highlight the strengths and weaknesses of traditional behaviour modification strategies for correcting unsafe and unhealthy behaviour, highlighting why such approaches may have limited impact.

### [HSL: Behaviour Change: Achieving Health & Safety Culture Excellence – Buxton, 28 Feb – 1 Mar 2017](#)

Sunday 12th February 2017

Source: HSE: <http://hse.gov.uk>

This course, delivered by HSL psychologists, will provide you with an understanding of the many factors that influence both workers' and managers' behaviour. It will also highlight the strengths and weaknesses of traditional behaviour modification strategies for correcting unsafe and unhealthy behaviour, highlighting why such approaches may have limited impact.

### [British Safety Council: Building personal and organisational resilience – Manchester, 22 Feb 2017](#)

Sunday 12th February 2017

Source: HSE: <http://hse.gov.uk>

This half day seminar will explore workplace resilience, wellbeing as well as security and safety within your organisation.

### [Age UK responds to the Government's Fuller Working Lives Strategy](#)

Wednesday 8th Feb 2017

Source: Wired-GOV <http://www.wired-gov.net>

Caroline Abrahams, Charity Director at Age UK said: 'We welcome the Government's continued focus on helping older workers to stay in work, which with State Pension age rising has never been more important. There's a burning need to prevent people falling out of work in their 50s and early 60s so we're pleased the Government is proposing firm action.'

## [Increasing Physical Activity and Decreasing Sedentary Behaviour in the Workplace](#)

Wednesday 1<sup>st</sup> Feb 2017 Source: UK Health Forum: <http://www.ukhealthforum.org.uk>

The Alberta Centre for Active Living completed a systematic review on workplace interventions that focus on increasing physical activity, reducing sedentary behaviour, or both. The purpose of this project was to: describe the most effective workplace interventions at increasing physical activity and decreasing sedentary behaviour, identify tools to assist with the implementation of workplace interventions, and provide general recommendations to workplaces and workplace champions on developing and maintaining a workplace that moves more and sits less.

### Local news: []

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### Other Bulletins

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#### Public Health and Social Care Bulletin

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