

Public Health Bulletin. 25th April 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](#)

[Communicable diseases](#)

[Diet & nutrition](#)

[Disability](#)

[Drug Misuse](#)

[Environmental health](#)

[Health promotion](#)

[Health protection](#)

[Health Services administration](#)

[Infant and child health](#)

[Mental health](#)

[Obesity](#)

[Older people](#)

[Physical activity](#)

[Safety and accident prevention](#)

[Smoking](#)

[Social and economic issues](#)

[Statistics](#)

[Women's health](#)

[Workplace health](#)

[Local news](#)

Alcohol misuse

[Changing Scotland's relationship with alcohol. Recommendations for further action](#)

Tuesday 25th April 2017

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

A report published, by Alcohol Focus Scotland, BMA Scotland, SHAAP and Scottish Families Affected by Alcohol & Drugs contains a comprehensive set of policies aimed at curbing Scotland's alcohol problem and addressing the associated health inequalities.

[Alcohol: drinking in the street.](#)

Monday 24th April 2017

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

This House of Commons Library Briefing Paper looks at what the law says on drinking alcohol in the street. There is no general prohibition on drinking in the street but certain offences relating to alcohol may be committed in public places. [...] Other offences include being drunk and disorderly in a public place and being drunk in any highway or other public place. This Paper refers to the law in England and Wales.

Chronic conditions

[New guidelines could reduce the number of missed heart attacks by 80 per cent](#)

Tuesday 25 Apr 2017

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

Introducing new guidelines for diagnosing heart attacks using a blood test could stop heart attacks being missed and save more lives, according to new research funded by BHF and published in the journal Circulation.

[Timely diagnosis of cancer is a priority for GPs says RCGP](#)

Tuesday 25th April 2017

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

Professor Helen Stokes-Lampard Chair of the Royal College of GPs has responded to Cancer Research UK's study in the BJGP today on emergency cancer presentations.

She said: "Early diagnosis of cancer leads to better health outcomes for our patients and we know that those who visit their GP, in the majority of cases, will be diagnosed at a timely stage - 75% of patients found to have cancer are referred after only one or two GP consultations.

[Obesity behind surge in kidney cancers](#)

Tuesday 25 Apr 2017

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

An estimated 20,000 kidney cancer cases have been caused by obesity over the last decade in England, according to new figures from Cancer Research UK.

[A third of emergency cancer patients have not seen their GP](#)

Tuesday 25 Apr 2017

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

Around one third (34 per cent) of cancer patients diagnosed as an emergency in England had not consulted their doctor beforehand, according to a Cancer Research UK funded [study](#) published in the British Journal of General Practice.

[Being either under or overweight may increase migraine risk](#)

Tuesday 18th April 2017

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

"People who are too fat or too thin are 'more likely to suffer from migraines'," reports The Sun. Researchers reviewed data from 12 studies involving 288,981 people and concluded obese people have a 21% increased risk of migraines, compared to those of healthy weight.

[Scans to target head cancer at Velindre and Singleton](#)

Wednesday 12th April 2017

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

Detailed imaging techniques are to help doctors target head and neck cancers more effectively, in a £720,000 clinical trial in Cardiff and Swansea.

[More stroke patients make it to Accident and Emergency](#)

Thursday 20th April 2017

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

The number of people going to Accident and Emergency following a stroke has increased by over 30 per cent since 2009, according to new estimates.

[Stroke patients in England set to receive revolutionary new treatment](#)

Tuesday 18th April 2017

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

An estimated 8,000 stroke patients a year are set to benefit from an advanced emergency treatment which can significantly decrease the risk of long-term disability and also save £ms in long term health & social care costs.

Communicable diseases

[Malaria: Kenya, Ghana and Malawi get first vaccine](#)

Monday 24th April 2017

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

The world's first vaccine against malaria will be introduced in three countries - Ghana, Kenya and Malawi - starting in 2018.

[UK funding increased to fight neglected tropical diseases](#)

Sunday 16th April 2017

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

The UK government is investing an extra £200m in programmes to fight neglected tropical diseases, which affect more than a billion people in the world's poorest countries.

Diet & nutrition

[Nutrient analysis of fruits and vegetables](#)

Friday 21st April 2017

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

This survey analysed the nutrient composition of fruits and vegetables. Samples were analysed for energy and a range of nutrients including fat, fatty acids, protein, carbohydrate, AOAC fibre and a full range of vitamins and minerals.

Box Chicken: providing healthy competition to fast food outlets

Friday 21st April 2017

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

Shift Design, a charitable foundation and trust, initiated a project in Newham, London, using a mobile catering van to provide food that was healthier than the existing fried chicken outlets but just as cheap, quick, convenient and tasty.

Reported link between diet drinks and dementia and stroke is weak

Friday 21st April 2017

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

"Diet drinks triple your risk of stroke and dementia," the Daily Mail reports, as US research found a link between daily intake and increased risk. However, the chain of evidence is not as strong as reported.

Shops agree to limit sugary drinks sales in hospitals

Friday 21st April 2017

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

WHSmith, Marks & Spencer, Subway and Greggs have all agreed to cut the proportion of sugary drinks they sell in their hospital shops in England.

Latest Food and You survey report published for Northern Ireland

Thursday 20th April 2017

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

The Food Standards Agency (FSA) has published the individual Northern Ireland findings for Wave 4 of the Food and You survey.

Latest Food and You survey report published for Wales

Wednesday 19th April 2017

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

The Food Standard Agency (FSA) has published the individual Wales findings for Wave 4 of the Food and You survey.

Daily diet of fresh fruit linked to lower diabetes risk

Wednesday 12th April 2017

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

"Eating fresh fruit daily could cut risk of diabetes by 12%," the Mail Online reports.

'Clean eating': How good is it for you?

Wednesday 12th April 2017

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

Young people are being warned that faddy diets are putting their health at risk.

Dairy-free diets warning over risk to bone health

Wednesday 12th April 2017

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

Diets which cut out dairy food could be a "ticking time bomb" for young people's bone health, a charity is warning.

Disability

['Artificial intelligence glasses' giving sight to blind man](#)

Wednesday 19th April 2017

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

A blind man has been helped to see using "artificial intelligence glasses".

Drug Misuse

[Tribunal upholds CQC decision to close drug treatment service](#)

Wednesday 12th April 2017

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

A decision by the Care Quality Commission to close a London clinic for people who needed support with substance misuse has been upheld by an independent tribunal at the Royal Courts of Justice. People who used the clinic are now being offered support to find an alternative service.

Environmental health

[Nature for Health and Equity](#)

Friday 21st April 2017

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

This [review](#), by Friends of the Earth Europe, of available evidence shows that failing to provide access to nature to deprived communities could entrench health inequality.

[Arrests made following dawn raids](#)

Thursday 20th April 2017

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

Environment Agency and police carried out raids following an in-depth investigation into illegal dumping of waste.

[Doncaster teens take lead on environmental improvements](#)

Wednesday 19th April 2017

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

Pupils in Doncaster are helping to transform the way their school grounds have an impact on the local environment.

Health promotion

[Global plan to wipe out hepatitis](#)

Friday 21st April 2017

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

Countries must work together to wipe out viral hepatitis - a disease that is killing as many people globally as HIV and TB, says the World Health Organization (WHO).

Health protection

[Article: The cost-effectiveness of population Health Checks: have the NHS Health Checks been unfairly maligned?](#)

Tuesday 25th April 2017

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

The English NHS currently has a policy of providing Health Checks to all 40-74 year olds. This study is the first to use observed data on the effectiveness of the Checks to consider whether they represent a cost-effective use of limited NHS resources. The analysis suggests that the significant health and cost-saving benefits from even a modest reduction in mean BMI, coupled with the low costs of the Checks, combine to result in a potentially highly cost-effective policy

[Swansea University smart bandage trials 'within 12 months'](#)

Tuesday 16th April 2017

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

Bandages which can detect how a wound is healing and send messages back to doctors could be trialled within the next 12 months, scientists have said.

[Could your tattoos put you at risk of heat stroke?](#)

Thursday 13th April 2017

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

"Do you have a tattoo? You may be at-risk of heat stroke as inked skin produces significantly less sweat than normal," the Mail Online reports.

Health services administration

[Mental health care cuts in England 'to total £4.5m'](#)

Tuesday 25th April 2017

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

Mental health spending is being cut by £4.5m in five English regions this year, new figures indicate.

[RCGP calls for urgent action to stop GPs leaving the profession](#)

Wednesday 12th April 2017

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

Professor Helen Stokes-Lampard, Chair of the Royal College of GPs, has responded to a study published today in BMJ Open about GPs planning to leave general practice in the next five years.

[Pharmacists playing increasingly vital role within GP-led practice teams](#)

Wednesday 12th April 2017

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

Responding to NHS England's announcement of plans to place pharmacists in over 700 more GP practices, Professor Helen Stokes-Lampard, Chair of the Royal College of GPs, said: "With family doctors [who] are currently facing unprecedented resource and workforce pressures, we are grateful for the support of pharmacists who are playing an increasingly vital role within some GP practice teams..."

Infant & child health

[Children with regular bedtimes 'less likely to become obese'](#)

Monday 24th April 2017

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

"Regular bedtimes make children less likely to be obese as adults," is the slightly misleading Mail Online headline. This follows a study looking at the link between household routines in early childhood and obesity at age 11.

[Changes in the weight status of children between the first and final years of primary school](#)

Friday 21st April 2017

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

A longitudinal analysis of data from the National Child Measurement Programme in four local authorities in England between 2006/07 and 2014/15. This report, published by Public Health England (PHE), examines how weight status tracks in individual children during primary school using the NCMP data from 4 local authorities.

[Touchscreen-using toddlers may sleep less](#)

Tuesday 18th April 2017

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

"Touchscreen-toddlers' sleep less," BBC News report. Results from a survey of UK parents suggest every hour a child spends using a touchscreen device was associated with an hour's less sleep a night.

[Medics use video to help parents of neo-natal babies](#)

Monday 17th April 2017

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

Medics treating infants at a Scottish hospital are using video technology in a new scheme helping parents keep in touch with their babies.

Mental health

[Increased Investment in mental health research falls a long way short of what is needed](#)

Tues 25th April 2017

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

Last week, the Medical Research Council (MRC) set out a timely strategy to focus more attention on mental ill health, but it doesn't come close to rectifying decades of underfunding.

['The grief can damage your mental health'](#)

Monday 24th April 2017

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

Survivors say the pain of bereavement can easily push people into mental illness without proper support.

[Mental Health - Disabled and Deaf people](#)

Friday 21st April 2017

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

The London Health Board, chaired by the Mayor, is developing a mental health roadmap. This aims to shine a spotlight on mental health and galvanise action to improve mental health support for all Londoners. [...] This report sets out the key findings and makes recommendations to the Mayor and the London Health Board on potential areas for action.

[Mental Health Awareness Week](#)

Thurs 20th April 2017

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

This Mental Health Awareness Week, 8-14 May 2017, the Mental Health Foundation are going to look at mental health from a new angle. Rather than ask why so many people are living with mental health problems, they will seek to uncover why too few of us are thriving with good mental health.

[New 'Mindfulness Through Film' resource](#)

Thurs 20th April 2017

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

The Mental Health Foundation, along with Into Film, have launched a new mindfulness resource, Mindfulness Through Film, particularly suitable for young people facing changing or challenging circumstances, such as exams and transitioning from primary to secondary school.

[Most teenagers happy with life, study finds](#)

Wednesday 19th April 2017

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

Most 15-year-olds report being happy with their lives, an international study of students' well-being suggests.

[Housing problems causing mental illness, says charity](#)

Wednesday 19th April 2017

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

Housing problems in England are causing people to suffer anxiety, depression and panic attacks, says Shelter.

[More NHS mental health patients treated privately](#)

Tuesday 18th April 2017

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

Mental health trusts across the UK are becoming increasingly reliant on private hospitals to deliver care, a BBC Breakfast investigation suggests.

[Mental health patients set to benefit from pioneering new digital services.](#)

Thursday 13th April 2017

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

Seven areas across England are set to trail-blaze digital services for mental health patients, which will include innovative apps to improve care and online access to 'real-time' patient records.

Obesity

[Obesity campaigners call for more salads and fewer puddings in school](#)

Thursday 20th April 2017

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

School meals should include fewer puddings and more fresh vegetables, according to a report. Obesity Action Scotland (OAS) said improvements to school meals could play an important part in reducing childhood obesity.

Obesity Action Scotland: Briefings

Wednesday 12th April 2017

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

Obesity Action Scotland was established in the summer of 2015 to provide clinical leadership and independent advocacy on preventing and reducing overweight and obesity in Scotland. Obesity Action Scotland have produced various briefings relating to obesity.

Childhood Obesity seminar: How the VCS can support healthier communities. 27 April 2017, London UK

Wednesday 12th April 2017

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

This free one-day seminar hosted by NCB, DH and PHE will provide a forum for exploring how the voluntary and community sector (VCS) can support children to lead healthy, active lives, particularly those in deprived communities.

Older people

Why green spaces are good for grey matter

Wednesday 12th April 2017

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

Walking between busy urban environments and green spaces triggers changes in levels of excitement, engagement and frustration in the brain, a study of older people has found.

Physical activity

Exercise 'keeps the mind sharp' in over-50s, study finds

Tuesday 25th April 2017

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

Doing moderate exercise several times a week is the best way to keep the mind sharp if you're over 50, research suggests.

Cycling commuters have lower rates of heart disease and cancer

Friday 21st April 2017

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

"Want to live longer? Reduce your risk of cancer? And heart disease? Then cycle to work," BBC News advises, prompted by a new study that found UK commuters who cycled to work had lower rates of cancer and heart disease, compared to other types of commuters.

Government publishes £1.2 billion plan to increase cycling and walking

Friday 21st April 2017

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

The government has published its '[Cycling and walking investment strategy](#)', a £1.2 billion long-term plan to make cycling and walking the natural choice for shorter journeys.

Encouraging cycling and walking: apply for business funding

Wednesday 19th April 2017

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

Organisations can apply for a share of up to £470,000 for innovative proposals to encourage people to make more journeys by bike or on foot.

Safety & accident prevention

[Balloon emergency surgery treatment gets £1.1m Aberdeen study](#)

Friday 21st April 2017

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

An emergency treatment using a balloon device to control catastrophic bleeding in accident victims is being trialled as part of a new £1.1m study.

[New roads targeted in updated Safer Junctions programme](#)

Friday 21st April 2017

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

London's Walking and Cycling Commissioner, Will Norman, has named the 73 junctions in the Capital with the worst safety records as he unveiled a new approach to delivering improvements for pedestrians and cyclists.

[RoSPA launches health and safety “literacy” guide](#)

Tuesday 11th April 2017

Source: ROSPA www.rospa.com

Safety charity RoSPA has launched a new [guide](#) designed to aid understanding of the principles underpinning the discourse about health and safety.

Smoking

[New issues and age-old challenges: a review of young people's relationship with tobacco](#)

Thursday 20th April 2017

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

Roy Castle Lung Cancer Foundation has been involved in challenging tobacco consumption since it started as a charity in 1990. [...] This report reflects the Roy Castle Lung Cancer Foundation commitment to carry on talking about this problem and how it is evolving, until we are a country where lung cancer is no longer a threat to our young people.

Social & economic issues

[Dying man Noel Conway can fight right-to-die law](#)

Wednesday 12th April 2017

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

A terminally ill man has won the right to bring a High Court challenge over the law on assisted dying.

Statistics

[Early hip fracture surgery will save hundreds of lives](#)

Thursday 20th April 2017

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

Hundreds of lives could be saved if patients with hip fractures were operated on in under 24 hours, a new study reveals.

Physical Inactivity Report 2017

Wednesday 12 April 2017

UK Health Forum www.ukhealthforum.org.uk

The British Heart Foundation (BHF) has compiled this [report](#) using the latest health statistics to provide a comprehensive overview of levels of physical inactivity and sedentary behaviour in adults across the UK. The data in this report suggests that large numbers of people in the UK are still failing to meet recommendations for physical activity, putting them at greater risk of heart and circulatory disease.

Women's health

New evidence in France of harm from epilepsy drug valproate

Thursday 20th April 2017

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

A drug given to pregnant women for epilepsy and bipolar disorder caused "serious malformations" in up to 4,100 children, a French study suggests.

Workplace health

New TUC guide will help H&S reps keep both men & women safe at work

Friday 21st April 2017

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

The TUC has today (Friday) published a new [guide](#) for trade union representatives to help them take gender differences between men and women into account when identifying health and safety concerns at work.

NMHSAG – Occupational Health and Safety Young Person of the year Award 2017

Thursday 20th April 2017

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

We are looking for nominations to celebrate a young person or team of young people (under 25 years of age) who have shown positive interventions, initiatives, actions or documentation relating to Health and Safety in the workplace. The Award is aimed at those in a work placement, apprenticeship or in employment.

Local news: []

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Other Bulletins

Super Six Bulletin

This is a weekly Bulletin that details original articles in the BMJ, JAMA, New England Journal of Medicine and The Lancet, Annals of Internal Medicine and Annals of Emergency Medicine
<http://cash.libraryservices.nhs.uk/cash-service/rss-newsfeed-menu/medicine/big-four-bulletin/>

Daily Health Bulletin

The Daily Health Bulletin is produced by the Knowledge Service of the West and South Yorkshire

and Bassetlaw Commissioning Support Unit.

<http://cash.libraryservices.nhs.uk/cash-service/daily-health-bulletin/>

Healthcare Public Health

Monthly bulletin containing news and information about key public health issues including health service commissioning, updates from Public Health England, local authorities, Faculty of Public Health and others agencies, resources and good practice.

<http://www.healthcarepublichealth.net/newsletters.php>

PHE Bulletin (Public Health England)

The PHE Bulletin is issued monthly and contains public health news and information.

<https://www.gov.uk/government/collections/phe-bulletin>

Public Health and Social Care Bulletin

This is published weekly and created by Kent & Medway Public Health Observatory. It provides an update on what is new in public health and social care, both nationally and locally.

<http://www.kpho.org.uk/library-services/keeping-up-to-date/e-bulletin-archive>



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