

Public Health Bulletin. 1st August 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

[Ireland Thinks poll on attitudes to alcohol consumption](#)

19 July 2017 Source: UK Health Forum <http://www.ukhealthforum.org.uk/>

A new opinion poll commissioned by Alcohol Health Alliance Ireland shows strong support for Government action to curb alcohol marketing that appeals to young people. The poll, conducted by Ireland Thinks, between 12 and 16th June among a sample of 1,300 adults across the country, found that the public would support stronger regulation of alcohol marketing than is proposed in the Public Health (Alcohol) Bill.

Chronic conditions

[Parkinson's disease in adults](#)

19 July 2017 Source: NICE <https://www.nice.org.uk/>

This guideline covers diagnosing and managing Parkinson's disease in people aged 18 and over. It aims to improve care from the time of diagnosis, including monitoring and managing symptoms, providing information and support, and palliative care.

[Online education, pain coaching and advice by video conference can reduce knee pain](#)

18 July 2017 Source: NIHR <https://discover.dc.nihr.ac.uk>

For people with chronic knee pain from osteoarthritis, a programme including online education, interactive pain coaching and physiotherapy advice from a professional by skype gave greater improvement in pain and function at nine months than online education alone.

[Intensive speech therapy helps stroke survivors with persistent communication difficulties](#)

18 July 2017 Source: NIHR <https://discover.dc.nihr.ac.uk>

Intensive speech and language therapy begun six months or more after a stroke improved verbal communication, language comprehension and self-reported quality of life for those with persistent communication difficulties (chronic aphasia). The therapy in this trial consisted of around 30 hours over three weeks.

[National survey shows cancer patients feel increasingly positive about their NHS care](#)

21 July 2017 Source: Quality Health Ltd.
<http://www.ncpes.co.uk/index.php>

An annual national survey published recently shows key patient experiences of NHS cancer care improved over the past year. The National Cancer Patient Experience Survey 2016 asked people with cancer across England for their views on their care, with 72,788 responding. Asked to rate their care on a scale of zero (very poor) to 10 (very good), respondents gave an average rating of 8.74 (ie 87.4% favourable) a statistically significant increase on last year's score.

Physical activity in the community improves mobility for cancer survivors

25 July 2017 Source: NICE <https://www.nice.org.uk/>

Programmes to encourage physical activity for people with cancer at home or in local communities have a positive impact on physical function. The changes were generally small to moderate, for example those receiving rehabilitation could walk on average 28 metres further in six minutes. The studies mostly included older people with breast cancer, in whom these small improvements may be important.

Eye screening linked to fall in sight loss in people with diabetes

27 July 2017 Source: NHS Choices <http://www.nhs.uk/news/>

"The proportion of diabetics who go blind or suffer sight loss has almost halved since a new national retinopathy screening programme started in 2007," BBC News reports. The screening programme was in fact launched in 2003 but rolled out to all diabetic people over the age of 12 by 2007.

Reports that frequent drinking prevents diabetes are inaccurate

28 July 2017 Source: NHS Choices <http://www.nhs.uk/news/>

"Drinking a moderate amount of certain drinks such as wine three to four times a week reduced diabetes risk by about 30%," The Guardian reports. That was the main reported finding of a Danish study looking at the impact of alcohol on diabetes risk.....However, the study had various weaknesses, which means it cannot conclusively show that drinking frequently and moderately protects against diabetes

Communicable diseases

Public Health England encourages hepatitis C testing

28 July 2017 Source: HM Government <https://www.gov.uk/>

PHE is urging people to get free testing for hep C as it is believed many are unknowingly living with the condition. Around 200,000 people in the UK are thought to be living with chronic hepatitis C (hep C) infection, with a substantial proportion unaware they have it. Many will be over the age of 50 and may have no or few specific symptoms. Revolutionary treatments can now cure the virus in the vast majority of cases, with best results achieved in the earlier stages of the disease.

Diet & nutrition

Some types of vegetarian diet can raise heart disease risk

18 July 2017 Source: NHS Choices <http://www.nhs.uk/news/>

"Being vegetarian isn't always healthy: Plant-based diet may raise the risk of heart disease," the Daily Mail reports. A US study found a vegetarian diet based on less healthy food options, such as refined grains, could increase the risk of heart disease.

Chocolate intake and risk of clinically apparent atrial fibrillation: the Danish Diet, Cancer, and Health Study

20 July 2017 Source: UK Medicines Information
<http://www.ukmi.nhs.uk/>

Study found moderate chocolate intake may be inversely associated with AF risk: rate of AF was lower for people consuming 1–3 servings/month, 1 serving/week and 2–6 servings/week, vs. less than once/month, although residual confounding cannot be ruled out. An editorial notes that despite some notable limitations of the study, the findings are interesting and warrant further consideration, especially given the importance of identifying effective prevention strategies for AF.

Businessman found guilty at horsemeat fraud trial

26 July 2017 Source: Food Standards Agency <https://www.food.gov.uk/>

The Food Standards Agency today has welcomed the successful prosecution of a business man on charges of conspiracy to defraud consumers by labelling meat products that contained both beef and horsemeat as 100% beef.

Environmental health

Air quality plan for nitrogen dioxide (NO₂) in UK (2017)

26 July 2017 Source: HM Government <https://www.gov.uk/>

Documents published by the Environment, Food & Rural Affairs and Department for Transport, setting out the UK's plan for reducing roadside nitrogen dioxide concentrations.

Health protection

Questions over advice to finish courses of antibiotics

27 July 2017 Source: NHS Choices <http://www.nhs.uk/news/>

"Should you finish a course of antibiotics?" asks BBC Online. The question is prompted by a new review suggesting concerns around antibiotic treatment are driven by fears of under-treatment, when we should instead be concerned about over-use.

Health services administration

CQC fines care provider £3,750 for failing to report incidents

18 July 2017 Source: Quality Care Commission <http://www.cqc.org.uk>

The Care Quality Commission has issued three Fixed Penalty Notices, each for £1,250, against a Barnet care provider - after it failed to report three incidents to the CQC. Lifeways Community Care Limited has been fined a total of £3,750 after admitting the breaches of regulation. During CQC's inspection of Lifeways Community Care (New Barnet) in January 2017 inspectors found records showing that, in September 2016, two allegations of abuse concerning the care Lifeways provided people at supported living schemes in Edgware and Muswell Hill had not been notified to CQC, contrary to regulations. In addition an incident that occurred in December 2016, resulting in the

police being called and visiting one scheme, had also not been notified to CQC, again contrary to regulations.

Thousands of new roles to be created in mental health workforce plan

31 July 2017 Source: HM Government <https://www.gov.uk/>

New measures will aim to transform mental health services by treating an extra one million patients by 2020 to 2021. Health Secretary Jeremy Hunt today (31 July 2017) [launched a plan](#) to expand the mental health workforce. The plan sets out measures to tackle the 'historic imbalance' in workforce capacity and fulfil ambitions to improve mental health services.

HIV & AIDS

Calls for GPs to offer HIV screening in high-risk areas

31 July 2017 Source: NHS Choices <http://www.nhs.uk/news/>

"Offering routine HIV tests to people when they register with new GP surgeries in high-risk areas is cost-effective and could save lives," The Guardian reports. The news comes from the findings of a large trial in the London Borough of Hackney.

Infant & child health

FPA concerned new age-verification measures will backfire in aim to protect young people

18 July 2017 Source: Family Planning Assoc. <http://www.fpa.org.uk/>

The Digital Economy Minister, Matt Hancock MP, yesterday formally started the countdown to [the introduction of age-verification processes](#) for online pornography in the UK by April 2018. This aims to prevent anyone under 18 years old from accessing pornography online through introducing mandatory checks using a form of identification, such as a credit card. FPA recognises the importance of protecting children and young people from unwanted and inappropriate sexual content. However we are concerned that the proposed measures could backfire by restricting open discussion with young people about sex and relationships.

High-dose vitamin D 'doesn't prevent colds and flu in kids'

19 July 2017 Source: NHS Choices <http://www.nhs.uk/news/>

"Vitamin D will not protect your child from a cold: myth-busting study says 'more isn't always better' to help toddlers stay healthy," says the Mail Online. The story is based on a study that looked at whether giving healthy young children high doses of [vitamin D](#) in the winter protects them from colds and flu better than the standard recommended lower dose. It found children taking the high dose were just as likely to get ill as children taking the standard dose – both groups got an average of about one case of cold or flu during the winter.

Open consultation. Feeding in the first year of life: draft SACN report

19 July 2017 Source: Public Health England <https://www.gov.uk/>

From Public Health England (PHE), on the Scientific Advisory Committee on Nutrition (SACN) consultation on its draft report 'Feeding in the first year of Life' is open for comment. This consultation closes at 5pm on 13 September 2017

CQC inspectors place children's mental health service into special measures

21 July 2017 Source: Care Quality Commission <http://www.cqc.org.uk>

England's Chief Inspector of Hospitals has placed Watcombe Hall hospital in Torquay into special measures after an inspection by the Care Quality Commission. Watcombe Hall is an independent hospital, providing specialist mental health services for children and adolescents aged 13 to 18 years. Overall, the service has been rated as Inadequate

Type 2 diabetes is becoming more common in children

25 July 2017 Source: NICE <https://www.nice.org.uk/>

The number of children being diagnosed with both type 1 and type 2 diabetes is rising, but new cases of type 2 diabetes, the form associated with being overweight, has risen five-fold in about five years. New analysis in this NIHR-supported study suggest that type 2 diabetes now accounts for up to a third of diabetes diagnoses in children.

Latest health evidence shows that making changes to diet, physical activity and behaviour may reduce obesity in children and adolescents

25 July 2017 Source: The Cochrane Collaboration <http://www.cochrane.org/>

Two new Cochrane Reviews are the last in a series of related systematic reviews summarizing evidence on the effects of different interventions for treating obesity and overweight in childhood and adolescence.

Hexavalent 6-in-1 vaccine to be made available to newborn babies

01 August 2017 Source: Public Health England <https://www.gov.uk/>

The hexavalent vaccine replaces the existing 5-in-1 pentavalent vaccine, which infants are routinely given at 8, 12 and 16 weeks. All babies born on or after 1 August 2017 will be offered protection against hepatitis B as part of our universal childhood immunisation programme... This is in addition to continued protection against diphtheria, tetanus, pertussis, polio and Hib.

Men's health

Western sperm counts 'halved' in last 40 years

26 July 2017 Source: NHS Choices <http://www.nhs.uk/news/>

"Sperm counts among Western men have halved in last 40 years," The Guardian reports. A major review of research carried out since 1973 found an estimated 50-60% drop in sperm count in developed nations.

Mental health

CQC reports on the quality of specialist mental health care in England

20 July 2017 Source: Care Quality Commission <http://www.cqc.org.uk>

Today we have published a [new report detailing the findings from our comprehensive inspections of specialist mental health services over the last three years](#). State of care in mental health services 2014 to 2017 captures learning from our inspections and findings from our role monitoring use of the the Mental Health Act, as well as analysis of data from other sources. This rich resource of information means we now know more about the quality of mental health care than ever before.

LGA responds to local government ombudsman report on mental capacity

18 July 2017 Source: Local Government Assoc. <http://www.local.gov.uk/>

Responding to a report by the Local Government Ombudsman on mental capacity and the Deprivation of Liberty Safeguards (DoLS), Cllr Izzi Seccombe, Chairman of the Local Government Association's Community Wellbeing Board, said: "Councils take the findings of this report very seriously and will seek to establish any lessons that can be learnt. "We have long warned of the need to overhaul the current Deprivation of Liberty Safeguards (DoLS) process so that everyone who lacks mental capacity is at the heart of decisions made about their care

LGA responds to MENCAP care crisis warning

19 July 2017 Source: Local Government Assoc. <http://www.local.gov.uk/>

Responding to the warning by the Royal Mencap Society that the survival of care providers is at risk due to a dispute over sleep-in pay for carers, Cllr Izzi Seccombe, Chairman of the Local Government Association's Community Wellbeing Board, said: "The Government needs to make the law clear about whether the National Living Wage should apply for sleep-in shifts and stop HMRC's six-year retrospective action to seek costs and penalties from providers of social care until it does this.

Dementia prevention: researchers identify nine health and lifestyle factors

20 July 2017 Source: ESRC <http://www.esrc.ac.uk/>

One in three cases of dementia could potentially be prevented if brain health is improved throughout life, according to a new report by [The Lancet commission on dementia prevention, intervention and care](#). The commission, which received funding from the Economic and Social Research Council, has identified nine health and lifestyle 'risk factors' that could prevent people from developing dementia, including: continuing education in early life, reducing hearing loss in mid-life, and reducing smoking in later life.

Nine lifestyle changes may reduce risk of dementia

20 July 2017 Source: NHS Choices <http://www.nhs.uk/news/>

"Nine lifestyle changes can reduce dementia risk," BBC News reports. A major review by The Lancet has identified nine potentially modifiable risk factors linked to dementia

Snoring link to Alzheimer's disease unproven

24 July 2017 Source: NHS Choices <http://www.nhs.uk/news/>

"Snoring linked to Alzheimer's," the Mail Online reports. A US study reported an association between sleep-disorder breathing and Alzheimer's disease in later life. But no definitive link between the two has been proven.

Guidance. Dementia in older age: barriers to primary prevention and factors

28 July 2017 Source: Public Health England <https://www.gov.uk/>

PHE issues documents to help commissioners and researchers make decisions about primary prevention measures for dementia, advising there is evidence that risk of dementia is increased by physical inactivity, current smoking, diabetes, hypertension, obesity and depression.

New resources to support families and children after traumatic events

25 July 2017 Source: Mental Health Foundation
<https://www.mentalhealth.org.uk/>

The Mental Health Foundation in partnership with the Institute of Health Visiting has produced new resources to help both parents and professional health visitors to support families and children after traumatic events – such as car accidents, violence, illnesses and operations and also large-scale incidents such as those recently at Grenfell Tower and the terrorist attack at Manchester Arena. The new [Good Practice Points](#) provide evidence-based information for health visitors to help them to support families after a traumatic event, and the new [Parent Tips](#) provides information to parents to help them to support their children after such an event.

NIHR Highlight of research on obsessive compulsive disorder

26 July 2017 Source: NIHR <https://discover.dc.nihr.ac.uk>

Obsessive compulsive disorder (OCD) is a common mental health condition where everyday life is disrupted by intrusive thoughts and often repetitive rituals to cope with them,Medication and psychological treatments can work for relieving symptoms. However, high demand and limited resources mean there can be a wait to receive specialist help. New NIHR research shows promise for using self-help materials combined with modest levels of support from mental health practitioners, while patients wait for more intensive treatment.

Obesity

Obesity inequalities persist in Scotland

28 July 2017 Source: NHS Health Scotland
<http://www.healthscotland.scot/>

Today we have published new information to show how levels of obesity in Scotland have changed over time. The new analysis: 'Obesity in Scotland: A Persistent Inequality' also highlights how obesity levels differ according to socio-economic status. The Scottish adult population as a whole has become heavier over time. But this increase in weight is not evenly distributed across society. For men, those living in the least deprived areas have the lowest obesity levels while levels are higher, but broadly similar, for men in all other areas. In contrast, obesity is progressively more common for women as deprivation increases.

Councils want answers over 'hijacking of soft drinks levy'

27 July 2017 Source: Local Government Assoc. <http://www.local.gov.uk/>

"It is vital that the soft drinks levy, which marked a significant step in the fight against obesity, is protected." Councils are demanding money earmarked for boosting physical activity and healthy eating in schools is not used to plug a black hole in education funding.

Older people

LGA responds to Ipsos MORI report on unmet needs in social care

20 July 2017 Source: Local Government Assoc. <http://www.local.gov.uk/>

Responding to a report by Ipsos MORI about unmet needs in social care, Cllr Izzi Seccombe, Chairman of the Local Government Association's Community Wellbeing Board, said: "Adult social care is at a tipping point. The huge financial pressures councils are under means they are barely managing to provide the care services that support those in greatest need. "Yet this report reveals a further and wider area of unmet need and highlights why any proposals to reform social care must include a strong focus on prevention and early intervention services.

Physical activity

Grants available to encourage more Londoners to take up cycling

01 August 2017 Source: Cycling Grants London
<http://www.cyclinggrants.london/>

Transport for London (TfL) is inviting community and not-for-profit groups across London to apply for grants to get their communities cycling. This year TfL is making available up to £300,000 to help 30 groups offer a range of cycling initiatives aimed at people who may not otherwise ride a bike. Initiatives include cycle training, loan bikes, guided rides and courses to teach basic cycle maintenance. New projects will receive up to £10,000 over three years.

Safety & accident prevention

Prescription medicine use by pedestrians and the risk of injurious road traffic crashes: A case-crossover study

19 July 2017 Source: UK Medicines Information <http://www.ukmi.nhs.uk/>

French retrospective review (16,458 pedestrians in a road traffic accident) found 48 medicine classes with a positive association for risk of a crash. Benzodiazepines and

related drugs, antihistamines, anti-inflammatories and antirheumatics were among the most consumed medicines

Sexual health

Sexual and Reproductive Health

26 July 2017 Source: Royal College of General Practitioners
<http://www.rcgp.org.uk/>

The Royal College has released a new report on sexual and reproductive health (SRH) services in the UK. They have found that there are significant obstacles preventing GPs from delivering the truly patient centred service that they aspire to. The report identifies these key areas and makes recommendations as a result of its findings. This report is endorsed by the Faculty of Sexual and Reproductive Healthcare.

Smoking

LGA responds to new Tobacco Control Plan

18 July 2017 Source: Local Government Assoc. <http://www.local.gov.uk/>

Responding to the Government's new Tobacco Control Plan, Cllr Izzi Seccombe, Chairman of the Local Government Association's Community Wellbeing Board, said: "Councils, which are responsible for public health, run a range of innovative programmes to help people quit smoking and have taken great strides in helping people to stub out tobacco for good.

Women's health

Treatments for reducing menopausal hot flashes are ranked for effectiveness

25 July 2017 Source: NICE <https://www.nice.org.uk/>

A combination of oestrogen and progestogen via patches is the best treatment for menopause symptoms. Other options may be less beneficial, including tablets combining oestrogen and progestogen, and non-hormonal treatments, isoflavones and black cohosh, though they may have other benefits. There is no evidence to support the use of antidepressants.

Workplace health

NHS trust fined £1m following 53-year-old man's death in Lincolnshire

19 July 2017 Source: Health & Safety Executive <http://press.hse.gov.uk/>

United Lincolnshire Hospitals NHS Trust has been fined following the death of 53-year-old John Biggadike at Pilgrim Hospital in Boston. Lincoln Crown Court heard that Mr Biggadike, who was a patient at the hospital, died on 10 April 2012 from internal injuries after falling onto an exposed metal post on the standing aid hoist that staff were using to support him. The kneepad on the standing aid hoist had been incorrectly removed

leaving the exposed metal post that caused the fatal injuries when he collapsed after standing up.

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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