

## **Public Health Bulletin. 12 September 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](#)

[Drug Misuse](#)

[Health protection](#)

[Health Services administration](#)

[Infant and child health](#)

[Men's health](#)

[Mental health](#)

[Obesity](#)

[Older people](#)

[Oral health](#)

[Physical activity](#)

[Prison health](#)

[Safety and accident prevention](#)

[Screening](#)

[Smoking](#)

[Social and economic issues](#)

[Statistics](#)

[Women's health](#)

[Workplace health](#)

[Local news](#)

## Alcohol misuse

### [Drinks industry accused of downplaying 'alcohol-cancer risk'](#)

Friday 8th September 2017

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

"Drinks industry downplaying alcohol-cancer link," The Guardian reports as new analysis has been published looking at the accuracy of health information circulated by the alcohol industry on the link between alcohol and cancer.

### [Plane Drunk](#)

Tues 5<sup>th</sup> September 2017

Source: UK Health Forum [www.ukhealthforum.org.uk](http://www.ukhealthforum.org.uk)

Panorama investigates the growing numbers of British passengers flying drunk. With exclusive new figures showing a rise in drink-related incidents and arrests, the programme asks how some airlines are fighting the problem and meets the Majorcan official sick of Brits arriving on her island already drunk. Is profit taking precedence over passenger convenience and safety?

### [Alcohol and Mental Health survey](#)

Tues 5<sup>th</sup> September 2017

Source: UK Health Forum [www.ukhealthforum.org.uk](http://www.ukhealthforum.org.uk)

This survey has been produced by the Institute of Alcohol Studies (IAS) who are working in conjunction with the Centre for Mental Health. It seeks the opinion of workers in the mental health and the alcohol treatment sectors, as part of a project to determine the relationship between alcohol and mental health. This survey invites respondents from the UK.

## Chronic conditions

### [Prevention crucial in fight against cardiovascular disease, says RCGP](#)

Tues 12<sup>th</sup> September 2017

Source: Royal College of General Practitioners

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

Responding to NHS England's announcement on initiatives to prevent heart attacks and strokes, Professor Helen Stokes-Lampard, Chair of the Royal College of GPs, said: "GPs right across the country are only too aware of the terrible health impact that cardiovascular disease has on our patients, so we welcome any initiative that can support us to help prevent this, as long as it is properly resourced, and in the best interests of the patient in front of us..."

### [Diet, nutrition, physical activity and colorectal cancer](#)

Thurs 7<sup>th</sup> September 2017

Source: UK Health Forum [www.ukhealthforum.org.uk](http://www.ukhealthforum.org.uk)

The report produced by World Cancer Research Fund International is the most rigorous, systematic, global analysis of the scientific research currently available on diet, weight, physical activity and colorectal cancer, and which of these factors increase or decrease the risk of developing the disease.

### [Robust primary care workforce is key to delivering best possible cancer care](#)

Thurs 7<sup>th</sup> September 2017

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

Responding to a report by Macmillan on the impact of primary care workforce pressures on cancer care, Professor Helen Stokes-Lampard, Chair of the Royal College of GPs, said: "...But it is testament to the hard work and dedication of GPs and our teams that we do everything we can not to let these challenges compromise the care we deliver to our patients, particularly those with serious conditions, including cancer."

### [Spiral drawing test detects signs of Parkinson's](#)

Wed 6<sup>th</sup> September 2017

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

A test that involves drawing a spiral on a sheet of paper could be used to diagnose early Parkinson's disease.

### ['I was told I'd be fired because of migraines'](#)

Mon 4<sup>th</sup> September 2017

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

Many employers do not understand the terrible effects of migraines and could do more to support staff with the condition, three UK charities say.

### [First cancer 'living drug' gets go-ahead](#)

Wed 30<sup>th</sup> August 2017

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

The US has approved the first treatment to redesign a patient's own immune system so it attacks cancer.

## **Communicable diseases**

### [NHS told to brace itself for bad flu season](#)

Tues 12<sup>th</sup> September 2017

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

Flu could put much more pressure than usual on GPs and hospitals this winter, health bosses are predicting. It follows the worst outbreak in many years in Australia and New Zealand.

## **Diet & nutrition**

### [Avoid eating just before your bedtime, study recommends](#)

Monday 11<sup>th</sup> September 2017

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

"It's not what you eat, it's when you eat that matters: study shows timing your meals right is the key to beating obesity," the Mail Online reports. The headline was prompted by a small US study involving 110 university students.

### [FSA advises against eating raw chicken dishes](#)

Monday 11<sup>th</sup> September 2017

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

Following an article in The Mirror (9 September) which suggests that some people believe that raw chicken dishes are safe to eat, the FSA is reiterating our advice not to eat raw chicken.

### Could a Mediterranean diet be as good as drugs for acid reflux?

Friday 8<sup>th</sup> September 2017

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

"Why the Mediterranean diet is the best cure for acid reflux: Study found patients who ate plenty of fish and veg had fewer symptoms and avoided side effects of medication," the Mail Online reports.

### Public 'tricked' into buying unhealthy food

Thurs 7<sup>th</sup> September 2017

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

The UK's obesity crisis is being fuelled by businesses pushing unhealthy food and larger portions on shoppers, according to health experts. The Royal Society for Public Health warned consumers were being tricked by a marketing ploy known as upselling.

### Register for the All-island Food Poverty Network event: Hungry for Change

Thurs 31<sup>st</sup> August 2017

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

Delegates are invited to register for the All-island Food Poverty Network event 'Hungry for Change' on Wednesday 27 September 2017 which will look at new approaches to addressing food poverty, organised by the Food Standards Agency and safefood.

### Results of global fats and carbs study may not be relevant for UK

Wed 30<sup>th</sup> August 2017

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

"Eating a low-fat diet 'increases your risk of dying young by 25%', " is the stark but somewhat misleading report in The Sun. The study the headline is based on mainly looked at people in lower- and middle-income countries, where diets are very different, so the results may not be relevant to the UK.

## **Drug Misuse**

### Powerful painkiller use 'doubled in 15 years'

Friday 8<sup>th</sup> September 2017

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

The use of potentially addictive painkillers across England has doubled in the last 15 years, according to a report by leading public health experts.

## **Health protection**

### Sepsis: Some NHS hospitals missing treatment target

Mon 11<sup>th</sup> September 2017

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

One in four NHS hospital trusts is failing to give antibiotics to half their patients with sepsis within the recommended time, new figures suggest.

### Flu vaccine very effective in children, but not elderly

Thurs 31<sup>st</sup> August 2017

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

Last winter's vaccine reduced the risk of flu by 66% in children, according to Public Health England, up 8% on last year.

### [Minor update of NICE guideline on Vitamin D: supplement use in specific population groups \(PH56\)](#)

Aug 2017

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

This guideline has been updated following publication of the Scientific Advisory Committee on Nutrition (SACN) vitamin D report. The definition of at-risk groups has been amended, and reference nutrient intake details and links to the new report have been updated.

### [Anti-inflammatory drug may help prevent heart attacks](#)

Wed 30<sup>th</sup> August 2017

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

"Anti-inflammatory drug 'cuts heart attack risk'," BBC News reports. A major study found canakinumab – an anti-inflammatory drug originally designed to treat rheumatoid arthritis – could also reduce the risk of having another heart attack in people who have already had one.

## **Health services administration**

### [Psychiatric care is postcode lottery, say medical experts](#)

Monday 11<sup>th</sup> September 2017

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

There are not enough NHS psychiatrists in some parts of the UK and more should be recruited to improve care, says the Royal College of Psychiatrists.

### [Technology can be hugely beneficial - but we must not alienate vulnerable patients](#)

Monday 11<sup>th</sup> September 2017

Source: Royal College of General Practitioners

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

Responding to Health Secretary in England Jeremy Hunt's comments regarding online access to GP services over the weekend, ahead of his speech at NHS Expo this week, Professor Helen Stokes-Lampard, Chair of the Royal College of GPs, said:

"...Technology can be hugely beneficial for healthcare professionals and patients when used effectively – but new technological initiatives don't suit all patients, and we must be cautious not to alienate vulnerable patients who are perhaps elderly, poor or simply not as tech-savvy. "

### [Managing the costs of clinical negligence in trusts](#)

Thurs 7<sup>th</sup> September 2017

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

National Audit Office reports that the cost of clinical negligence in trusts is significant and rising fast, placing increasing financial pressure on an already stretched system.

### [BMA survey results are a call for help, says RCGP Chair](#)

Weds 6<sup>th</sup> September 2017

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

Responding to survey results published by the General Practitioners Committee of the BMA today, Professor Helen Stokes-Lampard, Chair of the Royal College of GPs, said: "That practice-list closures on a wide scale are even being considered is an indication of

just how pressurised general practice is at the moment – and how downtrodden GPs and our teams across the country are feeling.”

### **NHS launches £100m drive to recruit foreign GPs**

Thurs 31<sup>st</sup> August 2017

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

The NHS in England is to pay recruitment agencies £100m as part of a huge international drive to boost the number of GPs.

### **International recruitment could make a real difference to GP workforce shortage**

Thurs 31<sup>st</sup> August 2017

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

Commenting on NHS England's bid to tender for contracts to recruit overseas doctors, Dr Steve Mowle, Honorary Treasurer for the Royal College of GPs, said:

### **Society-wide approach needed to achieve parity of esteem between mental and physical health, says College**

Thurs 31<sup>st</sup> August 2017

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

Responding to NHS Digital figures on mental health related fit notes, Dr Steve Mowle, Honorary Treasurer for the Royal College of GPs, said:

### **Mental health services: cost-effective commissioning**

Thurs 31<sup>st</sup> August 2017

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

Return on investment resources to support local commissioners in designing and implementing mental health and wellbeing support services.

### **Mental health services 2014 to 2017**

August 2017

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

*The state of care in mental health services 2014 to 2017* presents findings from the CQC programme of comprehensive inspections of specialist mental health services.

### **CQC rates child and adolescent mental health wards at Berkshire Healthcare NHS Foundation Trust as Good**

Thurs 31<sup>st</sup> August 2017

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

The Care Quality Commission has published a report for the Child and Adolescent mental health wards at Berkshire Adolescent Unit, Wokingham Hospital (part of Berkshire Healthcare NHS Foundation Trust). CQC undertook this focused inspection in June in response to a series of concerns raised and an...

### **Peer reviewing referrals should be for good patient care, not efficiency savings**

Weds 30<sup>th</sup> August 2017

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

Professor Martin Marshall, Vice Chair of the Royal College of GPs, said: Reviewing referrals is an integral and constructive part of general practice and we usually do this to ensure our patients are getting the best possible care.

### **No change to alcohol guidelines for pregnancy**

Tuesday 12<sup>th</sup> September 2017

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

"There is little evidence having the occasional drink while pregnant harms a baby," reports the Mail Online. This follows a [review](#) of international research looking at whether low-to-moderate alcohol consumption – no more than 1 to 2 units, once or twice a week – was linked with adverse pregnancy outcomes.

### **'Weak evidence' light alcohol use in pregnancy harms**

Tues 12<sup>th</sup> September 2017

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

There is "surprisingly limited" evidence that light drinking during pregnancy poses any risk to the baby, say UK researchers.

### **Just getting on: Young people's views on gender, emotional well-being and mental health**

Tues 5<sup>th</sup> September 2017

Source: UK Health Forum [www.ukhealthforum.org.uk](http://www.ukhealthforum.org.uk)

The National Children's Bureau (NCB) presents the views of over 100 young people on how they cope with difficulties and seek help, with a focus on the role of gender.

### **Gender-sensitive approaches to addressing children and young people's emotional and mental health and well-being. Examples of promising practice**

Tues 5<sup>th</sup> September 2017

Source: UK Health Forum [www.ukhealthforum.org.uk](http://www.ukhealthforum.org.uk)

The National Children's Bureau (NCB) document is for decision-makers, service providers and practitioners whose work impacts on children and young people's emotional and mental health and well-being. It features practice that explicitly addresses gender as a relevant factor in such work.

### **Gender and children and young people's emotional and mental health: manifestations and responses. A rapid review of the evidence**

Tues 5<sup>th</sup> September 2017

Source: UK Health Forum [www.ukhealthforum.org.uk](http://www.ukhealthforum.org.uk)

The National Children's Bureau (NCB) report, focuses on children and young people's coping strategies and help-seeking behaviours, and how parents/carers, schools and public services respond to individuals' mental health needs. It includes evidence relating to specific groups of children particularly affected by mental health inequalities.

### **Older babies 'sleep better in their own room'**

Tues 5<sup>th</sup> September 2017

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

"Babies who sleep in separate rooms from their parents have earlier bedtimes, take less time to nod off and get more shut eye," the Mail Online reports on the results of an international survey looking at sleeping locations and outcomes in infants aged 6 to 12 months.

### **Nasal spray effective at protecting vaccinated children from flu**

Friday 1<sup>st</sup> Sep 2017

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

Data published yesterday (31 August 2017) by Public Health England (PHE) shows that the flu vaccine nasal spray reduced the risk of vaccinated children getting flu by 65.8% in the 2016 to 2017 season in England, Wales, Scotland and Northern Ireland.

### [LGA responds to Children's Society's Good Childhood Report](#)

Weds 30<sup>th</sup> August 2017

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

Responding to the Children's Society 2017 Good Childhood [report](#), Cllr Richard Watts, Chair of the LGA's Children and Young People Board, said: "This report highlights the multiple factors that impact on children's health and wellbeing, and demonstrates the importance of all agencies at local and national level considering how their policies and practice will impact on young people."

### [Tobacco-free generations - Protecting children from tobacco in the WHO European Region \(2017\)](#)

Weds 30<sup>th</sup> August 2017

Source: UK Health Forum [www.ukhealthforum.org.uk](http://www.ukhealthforum.org.uk)

This World Health Organization (WHO) report highlights ongoing and emerging tobacco-related issues that affect children in the Region and examines the regulatory frameworks, commitments and other tools that Member States should use to protect children from tobacco. This also includes more novel approaches that could and should be used to pave the way towards a tobacco-free European Region.

## **Men's health**

### [Statins cut heart deaths in men by 28%, study finds](#)

Thurs 7<sup>th</sup> September 2017

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

"Statins cut the risk of dying from heart disease by 28% among men, according to the longest study of its kind," The Guardian reports.

### [One in 10 men aged 50 'have the heart of a 60-year-old'](#)

Mon 4<sup>th</sup> September 2017

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

"One-tenth of 50-year-old men have a heart age 10 years older than they are," BBC News reports. This is the finding of an analysis of 1.2 million people who used the NHS Heart Age Test.

## **Mental health (also see Health Services Admin above)**

### [Suicides in Great Britain: response to the latest figures from the Office for National Statistics](#)

Thurs 7<sup>th</sup> September 2017

Source: The Mental Health Foundation:

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

New figures from the [Office for National Statistics](#) show that in Great Britain there were 3.4% fewer suicides registered in 2016 compared to 2015. 5,688 people ended their own lives in 2016, compared to 5,870 in 2015. Suicide has a devastating impact on families and communities, and it is welcome news that fewer individuals have been driven to take this fatal, final decision.

### **Foundation publishes action plan to tackle Scotland's suicide rate**

Thurs 7<sup>th</sup> September 2017

Source: The Mental Health Foundation:

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

The Mental Health Foundation Scotland is today, ahead of World Suicide Prevention Day on Sunday 10 September, calling for a national conversation on suicide prevention, in response to the rise in suicides in Scotland for the first time in six years.

### **Meet the mum tackling depression one photo at a time**

Tues 5<sup>th</sup> September 2017

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

A mother from Hull has shared two strikingly different photos of herself when she was having suicidal thoughts to show that mental health does not have a specific look.

### **Life Is Strange: Before The Storm tackles depression**

Tues 5<sup>th</sup> September 2017

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

Square Enix is seeking to overturn taboos surrounding depression in its game Life is Strange: Before the Storm.

### **Grenfell Tower: 'Twenty suicide attempts' since fire**

Tues 5<sup>th</sup> September 2017

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

At least 20 survivors and witnesses of the Grenfell Tower fire have attempted suicide, a support network has said.

### **'Sharp rise' in student mental illness tests universities**

Mon 4<sup>th</sup> September 2017

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

Almost five times as many students as 10 years ago have disclosed a mental health condition to their university, say researchers.

### **Feeling down? It could be the 'September blues'**

Thurs 31<sup>st</sup> August 2017

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

If returning to work or school in September and shorter, colder days seem like a gloomy prospect, you're not alone. Autumn can worsen anxiety and depression, experts say, so why does it affect us and can we beat the blues?

### **Mental Health Foundation welcomes new prevention resources**

Wed 30<sup>th</sup> August 2017

Source: The Mental Health Foundation

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

Today sees Public Health England launch new resources to enable local commissioners to put prevention into practice. The resources have been supported and developed by stakeholders, including the Mental Health Foundation.

### **PHE highlights 8 ways for local areas to prevent mental ill health**

Wed 30<sup>th</sup> August 2017

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

New tool identifies the most cost-effective programmes to help prevent mental ill health in local communities.

### [Engage your brain](#)

Tues 29<sup>th</sup> August 2017

Source: UK Health Forum [www.ukhealthforum.org.uk](http://www.ukhealthforum.org.uk)

In March 2017, the Global Council on Brain Health (GCBH) experts met and then defined cognitively stimulating activities as exercises that challenge a person's ability to think. The GCBH came to consensus that stimulating your brain through various intellectual activities (e.g. practicing yoga, taking a photography class, gardening, learning a new language, volunteering, etc.) provides benefits for adults' brain health and can impact how well your brain functions.

## **Obesity**

### [Public 'tricked' into buying unhealthy food](#)

Thurs 7<sup>th</sup> September 2017

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

The UK's obesity crisis is being fuelled by businesses pushing unhealthy food and larger portions on shoppers, according to health experts.

## **Older people**

### [The Future of Ageing 2017: Transforming Tomorrow Today, 29 November 2017, London, UK](#)

Sept 2017

Source: UK Health Forum [www.ukhealthforum.org.uk](http://www.ukhealthforum.org.uk)

Time for Transformation, a new 'normal' – where society has aligned and adapted to the fact we are living longer. This conference will aim to help provide the evidence to make the case for action.

### [RoSPA assesses older drivers for ITV documentary series](#)

Tues 12<sup>th</sup> September 2017

Source: ROSPA <https://www.rospa.com>

RoSPA assessors will be supporting older drivers during an ITV documentary series looking at why and how the elderly still get behind the wheel.

## **Oral health**

### [Belfast scientists say aspirin could reverse tooth decay](#)

Thurs 7<sup>th</sup> September 2017

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

Aspirin could reverse the effects of tooth decay and could lead to fewer fillings being needed in the future, researchers in Belfast have said.

## **Physical activity**

### [Sitting for 20 minutes less a day won't make you 'more muscly'](#)

Thurs 31<sup>st</sup> August 2017

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

"Spending just 20 minutes less sitting a day reduces blood sugar levels, improves cholesterol AND even makes you more muscly," is the Mail Online's overly optimistic claim.

### **Governance: Development of a draft global action plan to promote physical activity**

Wed 30<sup>th</sup> August 2017

Source: UK Health Forum [www.ukhealthforum.org.uk](http://www.ukhealthforum.org.uk)

Further to the decision of the 140th session of the Executive Board to request the WHO Director-General to develop a draft global action plan to promote physical activity, the WHO Secretariat is hosting an open web-based consultation on a first draft from 1 August 2017 to 22 September 2017. Member States, UN organizations and non-State actors are invited to submit their comments by email to [gappa@who.int](mailto:gappa@who.int). All contributions received will be published on this website.

## **Prison health**

### **Physical health of people in prisons- quality standard (QS156)**

September 2017

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

This quality standard is expected to contribute to improvements in mortality and morbidity rates of people who are or have been in prison, continuity of care for people entering and leaving prison, and health equality.

## **Safety & accident prevention**

### **Beware of social media during terror events, NHS guidelines warn**

Sat 9<sup>th</sup> September 2017

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

NHS staff and terror attack victims and their families have been warned about the risks of using social media in new guidelines issued by NHS England.

### **Burglary risk highest for least advantaged groups**

Monday 4<sup>th</sup> Sep 2017

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

Households in Britain are three times less likely to be burgled today than in 1993. Yet the relative risk of burglary is now much higher for some groups in society than others, says recent research.

### **Safety experts call for 'considerable step change' in management of tower block fire risks, in joint statement on Grenfell review**

Thurs 31<sup>st</sup> August 2017

Source: ROSPA <https://www.rospa.com>

Leading organisations in the field of health and safety issued a joint statement today in response to the publication of terms of reference for the independent review of building regulations and fire safety following the Grenfell Tower fire.

### **Acid attacks: NHS offers public advice on how to respond**

Thurs 31<sup>st</sup> August 2017

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

The NHS and burns specialists are giving official advice to the public on how to provide first aid after an acid attack.

## Screening

### [New meningitis test 'could save lives'](#)

Wed 30<sup>th</sup> August 2017

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

A hospital A&E department in Northern Ireland is to start using a new, rapid test for meningitis that should speed up diagnosis and save lives.

## Smoking

### [Scottish anti-smoking strategy shows 'positive impact'](#)

Thurs 31<sup>st</sup> August 2017

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

The Scottish government's efforts to reduce smoking in Scotland are working, according to a new report.

### [Smoking bans linked to drop in child hospital admissions](#)

Wed 6<sup>th</sup> September 2017

Source: UK Health Forum [www.ukhealthforum.org.uk](http://www.ukhealthforum.org.uk)

Childhood chest infections needing hospital care may have dropped by as much as 20 per cent since anti-smoking laws were introduced, [research](#) from the University of Edinburgh suggests. The findings add to previous evidence that tobacco control policies are associated with reductions in hospital admissions for asthma attacks among children and have also helped to cut rates of premature births.

### [Launch of consultation on regulations to restrict the sale of e-cigarettes to over 18s](#)

Tues 5<sup>th</sup> September 2017

Source: UK Health Forum [www.ukhealthforum.org.uk](http://www.ukhealthforum.org.uk)

The Department of Health has launched a public consultation on draft regulations which will make it an offence to sell e-cigarettes to persons under the age of 18 in Northern Ireland. The consultation will run for 8 weeks from 4 September to 27 October 2017.

## Social & economic issues

### [Anxiety over health 'caused by cyber-chondria'](#)

Thurs 7<sup>th</sup> September 2017

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

Worrying excessively about health, and going for unnecessary appointments and tests, is a growing problem - fuelled by looking up symptoms on the internet, researchers say.

### [Organ donors should let family know of intentions, says NHS](#)

Mon 4<sup>th</sup> September 2017

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

More than 450 relatives of organ donors declined permission to donate as they were unsure of their relatives' wishes in 2016, figures have shown.

### [Going to university may cut your risk of heart disease](#)

Thurs 31<sup>st</sup> August 2017

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

"Why gaining a degree could help you live longer," The Daily Telegraph reports. A new gene study found people with genes associated with spending longer in education had around a 33% reduced risk of developing heart disease.

### [Fuel Poverty Action Guides](#)

Wed 30<sup>th</sup> August 2017

Source: UK Health Forum [www.ukhealthforum.org.uk](http://www.ukhealthforum.org.uk)

The Fuel Poverty Action Guides are designed to be practical and easy-to-use documents that will help you identify the best solutions for householders who are worried about keeping their homes warm and paying their energy bills. There is help and support available from a range of providers. These guides aim to give you the tools you need to identify help quickly and easily.

### [New fund launched to reduce litter through innovative projects](#)

Tues 29<sup>th</sup> Aug 2017

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

Local communities urged to get 'smart' on tackling litter with launch of the new Government Litter Innovation Fund.

## **Statistics**

### [LGA responds to latest FGM figures](#)

Thurs 7<sup>th</sup> September 2017

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

Cllr Simon Blackburn, Chair of the Safer and Stronger Communities Board at the Local Government Association, which runs the National FGM Centre in partnership with Barnardo's, responded to new quarterly statistics released by NHS Digital about the number of identified cases of FGM in England from April to June 2017.

### [Surgery waits up by 400% in Wales since 2013](#)

Wed 30<sup>th</sup> August 2017

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

Five times as many patients in Wales are waiting more than a year for surgery compared to four years ago, the Royal College of Surgeons has said.

## **Women's health**

### [Free IVF no longer offered in county where it all began](#)

Wed 6<sup>th</sup> September 2017

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

Free fertility treatment on the NHS is to be scrapped in the county where the procedure was pioneered 40 years ago.

### [Endometriosis: My life full of pain](#)

Wed 6<sup>th</sup> September 2017

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

Endometriosis isn't just painful periods, it's a chronic condition in a league of its own.

### [NHS commits to better care for expectant and new mums with mental ill health](#)

Friday 8<sup>th</sup> Sep 2017

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

Speaking to Mumsnet today Simon Stevens will announce the NHS trusts set to deliver more personalised care to expectant and new mums with serious mental ill health. The four new Mother and Baby Units will allow women to stay with their babies while receiving the specialist care they need.

### [Vital that women aren't put off seeking help for perinatal mental illness](#)

Tues 29<sup>th</sup> August 2017

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

The RCGP has responded to two studies on perinatal mental health, published in the British Journal of General Practice, today.

Commenting on the first [study](#), into reasons why new mothers are put off seeking medical attention for mental health problems, Dr Judy Shakespeare, spokesperson for Perinatal Mental Health for the Royal College of GPs, and co-author of the study, said: "Attitudes towards mental health do seem to be improving across society – but a terrible stigma still surrounds mothers with mental health problems, not least from the women themselves..."

## **Workplace health**

### [RoSPA's #OSHtober campaign to focus on manual handling](#)

Monday 4<sup>th</sup> September 2017

Source: ROSPA <https://www.rospa.com>

RoSPA's annual occupational safety and health campaign #OSHtober will this year be raising awareness of the debilitating personal effects, and damaging financial effects, poor manual handling has on workers and businesses around the world.

### [One in three 'sick notes' for mental health, says NHS](#)

Friday 1<sup>st</sup> September 2017

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

Nearly a third of fit notes issued by GPs are for psychiatric problems, says an NHS report. This makes them the most common reason for people to take time off work, ahead of musculoskeletal diseases.

## **Local news:**

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

## **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>



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/).