

Public Health Bulletin. 19th December 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](#)

[Black and ethnic minority groups](#)

[Chronic conditions](#)

[Communicable diseases](#)

[Diet & nutrition](#)

[Drug Misuse](#)

[Environmental health](#)

[Health promotion](#)

[Health protection](#)

[Health Services administration](#)

[HIV and AIDS](#)

[Infant and child health](#)

[Mental health](#)

[Obesity](#)

[Older people](#)

[Oral health](#)

[Physical activity](#)

[Prison health](#)

[Safety and accident prevention](#)

[Sexual Health](#)

[Smoking](#)

[Statistics](#)

[Women's health](#)

[Workplace health](#)

[Local news](#)

Alcohol misuse

[Christmas drink drive campaign uses friends' influence to help save lives](#)

07 Dec 2017

Source: Dept. for Transport <https://www.gov.uk/>

Christmas campaign works with Kiss FM to get people encouraging their friends not to drink and drive.

[Alcohol and families](#)

13 Dec 2017

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

Constructed for Alcohol Awareness Week 2017, by the Drug & Alcohol Findings Collections, on the theme of 'Alcohol and Families', this collection embraces two major roles for the families of problem drinkers – as recipients of support and therapy to promote their own welfare, and as therapeutic agents engaged in promoting the drinker's welfare through family therapy or less formal involvement in treatment.

[Are larger wine glasses encouraging excessive alcohol consumption?](#)

15 Dec 2017

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

"How wine glasses have doubled in size since the 1990s and are driving higher consumption rates," the Mail Online reports. The headline is based on a study completed by researchers at the University of Cambridge following concerns that increasing glass sizes in England may be influencing how much alcohol people consume.

Black and ethnic minority groups

[Gypsy and traveller cultural awareness](#)

19 Dec 2017

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

Friends Families and Travellers (FFT), have produced this cultural awareness course about Gypsies and Travellers, which is essential for anyone working in the public sector and voluntary sector. For example: teachers, police officers, people working in healthcare, and those in housing planning and equality and diversity departments.

Chronic conditions

[Low FODMAP diet may improve irritable bowel symptoms more than other diets](#)

05 Dec 2017

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

Adults with irritable bowel syndrome (IBS) who followed a low FODMAP diet had fewer symptoms than those who followed standard dietary advice. They scored their symptoms about 50 points better on a 500 point scale.

['I beat type 2 diabetes with 200-calorie drinks'](#)

05 Dec 2017

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

Nearly half of patients have reversed type 2 diabetes in a "watershed" trial, say doctors in Newcastle and Glasgow.

['Radical' low-calorie diet may help reverse type 2 diabetes](#)

06 Dec 2017

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

"Radical diet can reverse type 2 diabetes," reports The Guardian. This follows a trial of an intensive weight loss programme for overweight and obese people with type 2 diabetes, conducted at GP surgeries in Scotland and Tyneside. People were

randomised to follow either the Counterweight Plus weight loss programme or standard care for 12 months.

[New deal will give people with kidney cancer another treatment option](#)

08 Dec 2017 Source: NICE <https://www.nice.org.uk/>

People with advanced kidney cancer are set to benefit from a new treatment, after NICE has said lenvatinib should be available on the NHS.

[Will change to organ donor rules mean more transplants?](#)

12 Dec 2017 Source: BBC <http://www.bbc.co.uk/>

In an attempt to make more organs available for transplant, ministers are proposing a radical change by moving to a system of "presumed consent". Current rules in England mean those willing to donate their organs, should they die, sign up to a donor register. A consultation on the new system, which would see opting out of organ donation replacing opting in, starts on Tuesday.

[Huntington's breakthrough may stop disease](#)

12 Dec 2017 Source: BBC <http://www.bbc.co.uk/>

The defect that causes the neurodegenerative disease Huntington's has been corrected in patients for the first time, the BBC has learned.

[Gene therapy holds out prospect of haemophilia cure](#)

14 Dec 2017 Source: NHS Choices <http://www.nhs.uk/news/>

"Leap forward towards gene therapy cure for haemophilia A," reports The Guardian. A trial of a new genetic therapy carried out on 9 men with severe haemophilia – a bleeding disorder – showed encouraging results.

Communicable diseases

[NHS uses sickness data as early warning to cope with winter surges](#)

11 Dec 2017 Source: NHS England <https://www.england.nhs.uk/>

A sickness surveillance system will help the NHS plan for surges in demand this winter by tracking outbreaks of norovirus, which causes vomiting and diarrhoea, and other illness around the country. Data gathered by Public Health England will be used by NHS England operational monitoring teams to study winter trends and to help give early warning about rising outbreaks of flu, respiratory syncytial virus (RSV) and norovirus as well as other acute seasonal illnesses.

[Measles outbreaks confirmed in 5 areas across UK](#)

15 Dec 2017 Source: HM Government <https://www.gov.uk/>

Public Health England (PHE) issues advice for the public to ensure they have had the MMR vaccine after outbreaks of measles are confirmed in 5 areas of England. See also Infant and child health

Diet & nutrition

[Warning over eating raw dough due to E. coli risk in flour](#)

06 Dec 2017 Source: BBC <http://www.bbc.co.uk/>

The US Food and Drug Administration (FDA) has warned against eating raw dough, batter or cake mixture because of the risk of E. coli from flour.

Drug Misuse

[Harm reduction approaches predicted to reduce rates of new hepatitis C infection for people who inject drugs](#)

05 Dec 2017 Source: NIHR <https://discover.dc.nihr.ac.uk>

A combination of providing clean needles and syringes and offering safer oral therapy, such as methadone, reduced the predicted risk of becoming infected with hepatitis C virus by 71%. Providing both services to people who inject drugs was likely to be cost-effective and has the potential to be cost-saving in some parts of the UK, depending on the size of the local population of people who inject drugs and underlying rates of infection.

[Fight against illicit drugs: EC proposes to ban seven new substances](#)

15 Dec 2017 Source: European Commission <http://europa.eu/>

Yesterday, the Commission proposed to ban seven new psychoactive substances (NPS) across the European Union, in addition to nine others banned previously this year. These toxic substances can cause severe harm to health and can even lead to death, and pose a growing threat to public health in Europe.

Environmental health

[LGA responds to BMJ report on traffic pollution's effect on unborn children](#)

06 Dec 2017 Source: Local Government Assoc. <http://www.local.gov.uk/>

Responding to the BMJ report on traffic pollution's effect on unborn children, Cllr Judith Blake, the Local Government Association's Environment spokesperson, said: "Expectant mothers, and our children, of whatever age, need to be able to live in safe communities and that includes making sure the air they breathe is as free from pollution as possible.

[Air Quality: Sustrans and Eunomia model](#)

06 Dec 2017 Source: UK Health Forum <http://www.ukhealthforum.org.uk/>

Sustrans have released a YouTube video, which highlights how to improve the quality of the air that is breathed everyday, there needs to be a shift from travelling by car to walking and cycling. More journeys made by foot and by bike will reduce emissions, such as nitrogen dioxide from car exhausts due to fewer by car. To improve air quality, we must reduce the number of motor vehicles on our roads

Health promotion

[New targets for Wales to be officially TB Free](#)

12 Dec 2017 Source: Welsh Government <http://gov.wales/>

Cabinet Secretary for Energy, Planning and Rural Affairs has today announced TB eradication targets for Wales and interim targets for each TB region - which if achieved will see Wales become officially TB free between 2036 and 2041.

Health protection

[Plans for 19 new health and care centres across Wales announced by Vaughan Gething](#)

06 Dec 2017 Source: Welsh Government <http://gov.wales/>

Health Secretary Vaughan Gething yesterday announced plans to deliver nineteen new integrated health and care centres across Wales by 2021. Funding of up to £68 million

has been identified for the centres. Construction will be subject to the agreement of successful business cases from the local health boards, and the expectation is that all schemes will be delivered by 2021.

NHS England warns of increased risk of heart attack and stroke in the days immediately following a cold snap

11 Dec 2017 Source: NHS England <https://www.england.nhs.uk/>

As temperatures reach below freezing, NHS England is advising the public on ways of staying well this winter, as the number of people being admitted to A&E is likely to increase significantly due to the cold weather.

Tackling NCDs "Best buys" and other recommended interventions for the prevention and control of noncommunicable diseases

13 Dec 2017 Source: UK Health Forum <http://www.ukhealthforum.org.uk/>

This document, published by the World Health Organization (WHO), provides policymakers with a list of 'best buys' and other recommended interventions to address noncommunicable diseases (NCDs) based on an update of Appendix 3 of the Global Action Plan for the Prevention and Control of NCDs 2013–2020. A list of options is presented for each of the four key risk factors for NCDs (tobacco, harmful use of alcohol, unhealthy diet and physical inactivity) and for four disease areas (cardiovascular disease, diabetes, cancer and chronic respiratory disease).

Health services administration

SMEs encouraged to form new health and social care marketplace

06 Dec 2017 Source: NHS Digital <https://www.gov.uk/>

The Government is encouraging small and medium-sized enterprises to supply to the public sector via a new marketplace for health and social care providers.

PHE gets permission for public health science campus and HQ

13 Dec 2017 Source: HM Government <https://www.gov.uk/>

Public Health England (PHE) gets go-ahead to create a world-leading public health science campus and headquarters at Harlow in Essex.

NHS becomes first healthcare system in the world to publish numbers of avoidable deaths

14 Dec 2017 Source: HM Government <https://www.gov.uk/>

Publication of the data seeks to protect patients by showing how many deaths might have been caused by problems in care. It will allow trusts to share lessons and learn from failings. The NHS will become the first healthcare organisation in the world to publish estimates of how many patients may have died because of problems in their care.

HIV & AIDS

Global complacency threatens the lives of children and adolescents as world set to miss global AIDS target – UNICEF

01 Dec 2017 UNICEF <https://www.unicef.org.uk/>

In 2016, 120,000 children under the age of 14 died of AIDS related causes, and 18 children were infected with HIV every single hour. If current trends persist, there will be

3.5 million new adolescent HIV infections by 2030, according to projections from the 2017 UNICEF Statistical Update on Children and AIDS

Infant & child health

[Young people take on mental health](#)

06 Dec 2017 Source: Scottish Government <https://news.gov.scot/>
Commission to research services for children and adolescents. Young people will lead an in-depth, 15-month study into child and adolescent mental health services to recommend improvements to Ministers.

[Working with schools to improve the health of school-aged children](#)

06 Dec 2017 Source: Local Government Assoc. <http://www.local.gov.uk/>
While the health of older people gets lots of attention in the debate about the future of the NHS and the ageing population, there has been a host of warnings about the state of children's health too.....This report showcases the work being done by schools and local authorities across the country to improve the health of children.

[Lactalis baby milk in global recall over salmonella fears](#)

11 Dec 2017 Source: BBC <http://www.bbc.co.uk/>
French baby milk formula maker Lactalis has ordered a global product recall over fears of salmonella contamination.

[“Parents of two and three year olds, get them protected against flu this winter” says CMO Frank Atherton](#)

18 Dec 2017 Source: Welsh Government <http://gov.wales/>
Vaccination against flu can help reduce hospital admissions in this age group and help stop the spread of flu in the community. All children aged two and three years olds (age on 31 August 2017) are eligible for a free nasal spray flu vaccine at their GP surgery each winter.

See also Environmental health
See also Women's health

Mental health

[Mental health trusts could be put in 'impossible position' by rule changes](#)

Lack of resources to improve access to hospital care may lead to trusts being put in an impossible position by changes to the rules governing the detention of mental health patients in police cells.

[Death of woman, 19, from anorexia was avoidable, Ombudsman rules](#)

08 Dec 2017 Source: Local Government Ombudsman <http://www.lgo.org.uk/>
A young woman's death from anorexia nervosa would have been prevented had the NHS provided appropriate care and treatment, according to a Parliamentary and Health Service Ombudsman (PHSO) report.

[Reducing restrictive interventions in inpatient mental healthcare services](#)

07 Dec 2017 Source: Care Quality Commission <http://www.cqc.org.uk>
The CQC have published a guide to help mental healthcare providers give appropriate support to people whose behaviour might endanger themselves or others.

[Life expectancy of people with learning disabilities is increasing](#)

12 Dec 2017

Source: NHS Scotland <http://www.healthscotland.scot/>

An updated health needs assessment was published yesterday by NHS Health Scotland. It updates the existing 2004 needs assessment and takes into account the growing research evidence base regarding the health of people with learning disabilities. It covers the health inequalities they may experience and the barriers to accessing health services appropriate to their needs.

[Debate on male suicide, House of Commons, Wednesday 13 December 2017](#)

11 Dec 2017 Source: Local Government Assoc. <http://www.local.gov.uk/>

Suicide prevention is a priority for local government. On average 13 people in England take their lives every day, with three quarters of these suicide victims being male. Suicide is the biggest killer of men under 50 as well as the leading cause of death in young people.

[Education may help reduce the risk of Alzheimer's disease](#)

11 Dec 2017

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

"Alzheimer's risk 'falls by 11% for every year spent in education'," reports the Mail Online. This was based on a study that looked at the genetic make-up and modifiable risks of around 17,000 people with Alzheimer's disease, the most common form of dementia.

[Charities warn of undiagnosed depression among 120,000 older Scots](#)

04 Dec 2017

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

Two leading charities – the Mental Health Foundation and Age Scotland – have warned that loneliness is creating mental health problems among tens of thousands of older Scots.

[NHS Digital publishes dementia and antipsychotic drug prescription data for first time](#)

15 Dec 2017

Source:NHS Digital <http://www.content.digital.nhs.uk/>

NHS Digital has published for the first-time data that shows the levels of prescribing antipsychotic drugs to dementia patients. The data has been published as part of an expansion of the monthly Recorded Dementia Diagnoses report.

[NHS Confederation - Mental Health Network report shows value of housing interventions](#)

15 Dec 2017

Source:NHS Confederation <http://www.nhsconfed.org/>

Mental Health Network publishes briefing showcasing the benefits of appropriate supported housing as a mental health intervention.

See Also Physical activity

See also Women's health

See also Infant and child health

Obesity

['1 in 4 nurses in England are obese,' survey finds](#)

06 Dec 2017

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

"One in four nurses are obese, warn experts," the Mail Online reports after the publication of a study looking at body mass index (BMI) among health professionals. This UK study estimated the prevalence of obesity among health professionals in England. The highest levels of obesity were found to be in nurses (25%) and unregistered care workers (33%).

Making obesity everybody's business: A whole systems approach to obesity

13 Dec 2017 Source: Local Government Assoc. <http://www.local.gov.uk/>

Obesity is considered to be one of the most serious public health challenges of the 21st century. Without action, the health of individuals will continue to suffer, health inequalities associated with obesity will remain and the economic and social costs will increase to unsustainable levels.

Older people

See also Physical activity

See also Oral health

Oral health

Can keeping your teeth clean protect against oesophageal cancer?

11 Dec 2017 Source: NHS Choices <http://www.nhs.uk/news/>

"Why brushing your teeth could reduce your risk of throat cancer by more than one-fifth, study finds," the Mail Online reports. Researchers found that the quantity of one species of bacteria in the mouth could predict the chances of people developing oesophageal cancer (not throat cancer, as the Mail reports).

Denture wearers may have a risk of poor nutrition – but no link to frailty

11 Dec 2017 Source: NHS Choices <http://www.nhs.uk/news/>

Denture wearers are "at risk of malnutrition because they can't chew healthy food," says The Daily Telegraph, while the Mail Online suggests they are also at "higher risk of weak joints and muscles".....However, despite what the headlines suggest, people who wore dentures were no more likely to be frail than those who had most of their teeth.

Physical activity

LGA responds to £100m pilot investment to combat inactivity

05 Dec 2017 Source: Local Government Assoc. <http://www.local.gov.uk/>

Responding to the Sports Minister's announcement of a £100 million investment in 12 pilot areas at the LGA Sport and Physical Activity conference today, Cllr Gerald Vernon-Jackson, Chair of the LGA's Culture, Tourism and Sport Board, said: "Councils are helping people get out and about and become more physically active on a daily basis, but we need support to look at what works best and has the biggest impact. These pilots offer a fresh approach to how Sport England can work with local authorities and their partners on the ground to reach out to the quarter of the population who struggle to be active.

You're not too old to go for gold: 'OlympAGE Games' helps keep older people healthy and active

07 Dec 2017 Source: Welsh Government <http://gov.wales/>

More than 100 older and disabled people are ready and set to go all out to prove they're not too old to go for gold at the 'OlympAGE Games' in Bridgend today.

[The Clear Link Between Being Active And Mental Wellbeing](#)

07 Dec 2017

Source: Sports England <https://www.sportengland.org>

New Active Lives data adds to growing evidence that being active benefits people's mental wellbeing.

[Household survey shows more men than women meet physical activity guidelines.](#)

13 Dec 2017 Source: NHS Digital <http://www.content.digital.nhs.uk/>

Nearly two thirds of men (66 per cent) met national aerobic activity guidelines in 2016 compared to 58 per cent of women², according to NHS Digital figures released yesterday.

Prison health

[Duty of care to prisoners needs urgent action](#)

13 Dec 2017

Source: Parliament <http://www.parliament.uk>

The Public Accounts Committee report says record levels of self-inflicted deaths and self-harm in prisons are a damning indictment.

Safety & accident prevention

[Safeguarding is a key governance priority for all charities, says charity regulator](#)

06 Dec 2017

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

Charity Commission publishes new safeguarding strategy and says safeguarding goes beyond protecting at risk groups. Trustees should take steps to ensure no one who comes into contact with their charity suffers distress or harm, as well as safeguarding children and adults at risk.

Sexual health

[Fall in teenage pregnancy rates welcomed, but regional variations raise concerns as FPA calls for end to cuts](#)

05 Dec 2017

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

The sexual health charity FPA welcomed the further drop in teenage pregnancy rates in England and Wales revealed today, but raised concerns over regional variations – days after a coalition of key charities and organisations launched a petition to end cuts to sexual health services.

See also Women's health

Smoking

[Modelling the implications of reducing smoking prevalence: the benefits of increasing the UK tobacco duty escalator to public health and economic outcomes](#)

13 Dec 2017

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

Taxing tobacco is one of the most effective ways to reduce smoking prevalence, mitigate its devastating consequential health harms and progress towards a tobacco-free society.

This study modelled the health and economic impacts of increasing the existing cigarette tobacco duty escalator (TDE) in the UK from the current 2% above consumer price inflation to 5%.

Statistics

[Life Expectancy for Administrative Areas within Scotland 2014-2016](#)

13 Dec 2017 Source: UK Health Forum <http://www.ukhealthforum.org.uk/>
National Records of Scotland have published Life Expectancy in Scottish Areas. The report looks at how life expectancy varies according to deprivation, council area, health board area and rural or urban areas.

Women's health

[Caesarean section is better for extremely premature breech babies but not necessarily for their mothers](#)

05 Dec 2017 Source: NIHR <https://discover.dc.nihr.ac.uk>
Delivering extremely preterm breech babies (23 to 27 weeks) by caesarean reduced the risk of infant death or brain bleeds by around 40% compared with vaginal delivery.

[Postnatal PTSD often misdiagnosed, warns expert](#)

06 Dec 2017 Source: BBC <http://www.bbc.co.uk/>
Hundreds of mothers suffering from postnatal post-traumatic stress disorder are undiagnosed in Wales every year, according to experts

[Newer types of hormonal contraceptive may still carry small breast cancer risk](#)

07 Dec 2017 Source: NHS Choices <http://www.nhs.uk/news/>
"All forms of hormonal contraception carry breast cancer risk, study finds," The Guardian reports. The link between older versions of the oral contraceptive ("the pill") and breast cancer has long been recognised Researchers wanted to see if newer forms of contraception, which tend to make use of an alternative hormone called progestogen, carried a similar risk.

[Community engagement on female genital mutilation](#)

05 Dec 2017 Source: Local Government Assoc. <http://www.local.gov.uk/>
These case studies provide some examples of how councils and their partners have been working with women and girls to raise awareness of FGM.

[Mesh risks not passed on to doctors](#)

11 Dec 2017 Source: BBC <http://www.bbc.co.uk/>
One of the world's biggest medical companies failed to tell doctors and patients of the full extent of some of the risks posed by mesh implants. A BBC Panorama investigation has seen documents that show one of Ethicon's own in-house doctors warned it had not updated information on complications

[Can shopping vouchers encourage new mums to breastfeed?](#)

12 Dec 2017 Source: NHS Choices <http://www.nhs.uk/news/>
"Offer cash incentives to mothers to promote breastfeeding," says The Guardian, reporting on a study carried out in the north of England that tried to increase rates of breastfeeding by offering shopping vouchers worth £40 to women who said they were breastfeeding their babies.

Fewer large babies are born to pregnant woman with type 1 diabetes if their glucose was monitored continuously

12 Dec 2017

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

Pregnant women with type 1 diabetes who used a continuous glucose monitoring system were half as likely to have a large baby compared with those using standard finger prick blood glucose measurements.

Mesh for vaginal wall prolapse should only be used in the context of research, says NICE

15 Dec 2017

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

Updated advice says current evidence on the safety of the procedure shows there are serious, but well-recognised safety concerns. The evidence for long term efficacy is inadequate in quality and quantity. Therefore, the procedure should only be used in the context of research. This does not constitute a ban on the use of the procedure, as has been suggested in some media reports.

Workplace health

NHS Trust pleads guilty to breaching Health and Safety at Work etc Act 1974

13 Dec 2017

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

Royal United Hospitals (Bath) NHS Foundation Trust has today pleaded guilty to a charge under Section 3(1) of the Health and Safety at Work etc Act 1974, at Bath Magistrates' Court. This follows a HSE investigation into how Royal United Hospitals Bath managed the risks to patients from legionella bacteria in its hot and cold water systems, between 1 July 2009 and 28 August 2015.

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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