

Public Health Bulletin. 23rd January 2018

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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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Children and young people

'Adolescence now lasts from 10 to 24'

19 Jan 2018

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

Adolescence now lasts from the ages of 10 to 24, although it used to be thought to end at 19, scientists say.

The wellbeing of 15-year-olds: analysis of the What About YOUth? Survey

17 Jan 2018

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

A report highlighting associations between health behaviours, other self-rated life factors (such as bullying and body image) and wellbeing.

Chronic conditions

Pharma giant Pfizer pulls out of research into Alzheimer's

10 Jan 2018

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

Drug company Pfizer has announced it is pulling out of research into drugs to treat Alzheimer's disease.

Patients' concerns over chronic pain treatment removal

10 Jan 2018

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

An East Yorkshire MP has claimed people have told her they "see no point in continuing to live" if the NHS ends treatment for their chronic pain.

Breast cancer gene mutation 'doesn't affect survival'

12 Jan 2018

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

Young women treated for breast cancer have the same survival rates regardless of whether they have the BRCA gene mutation, a study suggests.

Chemistry 'Van Gogh' could help with cancer

17 Jan 2018

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

"Incredible" images of DNA in action have been captured by scientists who will use them to design cancer drugs.

Angelina Jolie gene testing for all?

18 Jan 2018

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

The study, published in the Journal of the National Cancer Institute, estimated the impact of screening all 27 million women over 30 in the UK.

Cancer blood test 'enormously exciting'

19 Jan 2018

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

Scientists have taken a step towards one of the biggest goals in medicine - a universal blood test for cancer.

Weight management may reduce the need for type 2 diabetes medication

12 Jan 2018

Source: NHS Choices: <https://www.nhs.uk/>

"Diet and exercise are 'better than drugs at controlling type 2 diabetes'," the Mail Online reports.

Statins 'safe' for children with genetic heart condition

17 Jan 2018

Source: NHS Choices: <https://www.nhs.uk/>

"Statins have been found to be safe for children as young as seven-years-old," the Mail Online reports.

Communicable diseases

Flu cases: Surge in hospital admissions

11 Jan 2018

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

Hospitals in England are now seeing very high rates of patients with flu, according to Public Health England figures.

Teenager dies after catching flu virus

12 Jan 2018

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

An 18-year-old woman has died in hospital after catching the flu virus.

Flu rises again in England putting increasing pressure on general practice services

11 Jan 2018 Source: Royal College of General Practitioners: <http://www.rcgp.org.uk/>

Flu affected nearly 22,000 patients in general practice in the first week of 2018, according to the latest figures from the Royal College of General Practitioners' Research and Surveillance Centre.

Measles outbreak in five English regions

16 Jan 2018

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

Outbreaks of measles have been confirmed in five areas of England and now total more than 120 cases.

Diet & nutrition

Having more 'sweet dreams' may help with your 'sweet tooth'

10 Jan 2018

Source: NHS Choices: <https://www.nhs.uk/>

Researchers found that people who usually sleep less than 7 hours a night can increase their sleep time, and this may be linked to them eating less sugary food.

Is coconut oil a superfood?

09 Jan 2018

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

Sales of coconut oil are rocketing, propelled by celebrity endorsements and claims that drinking the stuff will cure everything from bad breath to digestive disorders.

MP calls for ban on high-caffeine energy drinks

10 Jan 2018

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

An MP has called for a ban on high-caffeine energy drinks for under-16s, following the suicide of a 25-year-old constituent.

Pupils' school bags searched for unhealthy food

10 Jan 2018

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

Unhealthy food and drinks will be confiscated from pupils during daily bag checks, a school has announced.

[Coca-Cola to cut bottle size but increase price in face of sugar tax](#)

15 Jan 2018

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

Coca-Cola has announced it will cut the size of a 1.75l bottle to 1.5l and put up the price by 20p in March, because of the introduction of a sugar tax on soft drinks from April this year.

[Over half of 12-24 year olds have side effects from energy drinks, survey reports](#)

16 Jan 2018

Source: NHS Choices: <https://www.nhs.uk/>

"Energy drinks 'trigger nasty side effects like heart problems and seizures in half of kids'," is the potentially terrifying, but misleading, headline in The Sun.

Environmental health

[Pollution hotspots revealed: Check your area](#)

10 Jan 2018

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

Marylebone Road and Hyde Park Corner, both in central London, have the most polluted postcodes in Britain, says a new study on air quality.

[UK Health Forum response to the DEFRA Consultation on additional measures to support individuals and businesses affected by local NO2 plans](#)

Jan 2018

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

The UK Health Forum (UKHF) welcomes the opportunity to respond to the DEFRA consultation on additional measures to support individuals and businesses affected by local NO2 plans.

[London's January air quality 'best in 10 years'](#)

15 Jan 2018

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

London's air quality is within legal limits in mid-January for the first time in 10 years, City Hall has said.

[French salmonella baby milk scandal 'affects 83 countries'](#)

14 Jan 2018

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

More than 12 million boxes of powdered baby milk have now been recalled in 83 countries in a salmonella scandal involving French company Lactalis.

Health services administration

[Churchill Hospital chemotherapy treatment 'unsustainable'](#)

10 Jan 2018

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

Cancer care at an NHS specialist hospital is becoming "unsustainable" because of staff shortages, its boss has warned.

[Why do the majority of NHS staff not get the flu vaccine?](#)

11 Jan 2018

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

All NHS staff in Scotland are offered a flu vaccination but less than half have had it. Why?

[RCGP welcomes 'timely and sensible' decision by Care Quality Commission to pause routine inspections of GP practices](#)

10 Jan 2018

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

Professor Helen Stokes Lampard, Chair of the Royal College of GPs, said: "This will be

music to the ears of hard pressed GPs who are working flat out to care for patients in the face of winter pressures.

Cost legacy of decades-old NHS blunders begins to rise

16 Jan 2018

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

NHS medical blunders dating back more than two decades are still costing millions of pounds a year in compensation, it has emerged.

'Staggering' trade in fake degrees revealed

16 Jan 2018

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

Thousands of UK nationals have bought fake degrees from a multi-million pound "diploma mill" in Pakistan, a BBC Radio 4's File on Four programme investigation has found.

NHS 'haemorrhaging' nurses as 33,000 leave each year

17 Jan 2018

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

The NHS is "haemorrhaging" nurses with one in 10 now leaving the NHS in England each year, figures show.

Top construction firms appointed to build new PHE site in Harlow

10 Jan 2018

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

Three of the UK's leading construction companies have been chosen to create Public Health England's (PHE) new state-of-the-art public health science campus and headquarters at Harlow, Essex.

More clinical pharmacists set to boost GP services for patients and practices

10 Jan 2018

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

Nearly 34 million patients will benefit from improved GP services as NHS England boosts the number of surgery-based clinical pharmacists that can offer expert medication and treatment.

Men's health

Ibuprofen linked to testosterone problems

09 Jan 2018

Source: NHS Choices: <https://www.nhs.uk>

New research looked at a combination of clinical trial and laboratory evidence to see whether taking ibuprofen was associated with a change in men's testosterone levels.

Cycling 'doesn't cause sexual or urinary problems in men', survey finds

15 Jan 2018

Source: NHS Choices: <https://www.nhs.uk/>

"Cycling does not negatively affect men's sexual health or urinary function, a study has found," BBC News reports.

Mental health

Singing 'speeds up' recovery from post-natal depression

09 Jan 2018

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

Singing could help mothers recover from post-natal depression more quickly, a study suggests.

Women 'more likely' to suffer winter depression and mood changes

09 Jan 2018

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

Women are more likely than men to experience seasonal changes in their mood, researchers have found.

South Wales Police want mental health lessons for young people

10 Jan 2018

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

Police have called for better mental health education in schools after a rise in young people being detained under the Mental Health Act.

Car share: Driving away depression

11 Jan 2018

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

At Like Minds we've been asking why it can feel difficult to talk about depression, and how you can make it easier.

The Mental health of young women and girls: how to prevent a growing crisis

02 Jan 2018 Source: The Mental Health Foundation: <https://www.mentalhealth.org.uk/>

As the evidence section in this paper will show, the last 15 years have seen an unprecedented rise in reported mental health problems amongst young women and girls. We now see their needs reaching crisis levels.

Personality disorder patients 'let down' by system

12 Jan 2018

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

It is a medical disorder that cuts life expectancy by almost 20 years, according to the Royal College of Psychiatrists (RCP), afflicts more people than cancer and costs the country around £11bn a year.

Minister for loneliness appointed to continue Jo Cox's work

17 Jan 2018

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

A minister for loneliness, a project first started by the late MP Jo Cox, has been announced by Downing Street.

Girls at high risk of emotional problems, new research reveals

11 Jan 2018 Source: Anna Freud National Centre for Children and Families:

<https://www.annafreud.org/>

New research released today at a young people's mental health conference shows that girls are more than twice as likely to experience emotional difficulties as boys, while boys are significantly more likely to experience behavioural problems.

Funding and staffing of NHS mental health providers: still waiting for parity

16 Jan 2018

Source: The King's Fund: <https://www.kingsfund.org.uk/>

NHS mental health trusts are struggling to staff existing services on a day-to-day basis and, while actions to implement routine safe staffing levels are evolving, the lack of available staff, particularly nursing staff, at a national level continues to undermine this.

Better evidence needed on appropriate screen time for children and young people

17 Jan 2018

Source: The British Psychological Society:

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

Much of the evidence for the negative effects of screen use in children and teenagers is not based on robust enough science says the British Psychological Society (BPS) in its new briefing paper 'Changing behaviour: Children, adolescents and screen use'.

[Wellbeing in mental health: applying All Our Health](#)

18 Jan 2018

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

Evidence and guidance to enable healthcare professionals make improvements against wider factors that affect health and wellbeing in mental health.

[Risk of relapse after antidepressant discontinuation in anxiety disorders, obsessive-compulsive disorder, and post-traumatic stress disorder: systematic review and meta-analysis of relapse prevention trials](#)

2017

Source: BMJ: <http://www.bmj.com/>

A large systematic review and meta-analysis found that, up to one year of follow-up, continuing antidepressants in anxiety disorders in people who have responded to treatment reduces the risk of relapse.

See also **Diet and Nutrition** section.

Oral health

[More children having teeth out in hospital in England](#)

12 Jan 2018

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

Dentists have accused the government of having a "short-sighted" approach to tooth decay in England after hospital operations to remove children's teeth increased to nearly 43,000.

Physical activity

[PE and School Sport Supplier Hub](#)

02 Jan 2018

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

The Department for Digital, Culture, Media and Sport has been working with the County Sport Partnership Network (CSPN) to ensure every primary school in England has access to a co-ordinated offer of high-quality sport and physical activity programmes, both local and national.

[Getting fit may benefit obese people even if they don't lose weight](#)

18 Jan 2018

Source: NHS Choices: <https://www.nhs.uk/>

Exercise "can protect against a heart attack, stroke and cancer – even if you're obese," reports the Mail Online.

Sexual health

[School 'forgot' to teach my daughter's class about condoms: parents fight for high quality relationships and sex education](#)

17 Jan 2018

Source: Family Planning Association: <https://www.fpa.org.uk/>

Parents, frustrated that their children currently face a postcode lottery when it comes to getting the best relationships and sex education, are speaking out in response to a government consultation on the subject.

[Teenage pregnancy prevention framework](#)

15 Jan 2018

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

Guidance for local teenage pregnancy prevention programmes to help young people avoid unplanned pregnancies and develop healthy relationships.

[Sexually transmitted infections \(STIs\): managing outbreaks](#)

18 Jan 2018

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

How to investigate and manage STI outbreaks.

Smoking

[Does 'just one cigarette at parties' turn into a daily habit?](#)

11 Jan 2018

Source: NHS Choices: <https://www.nhs.uk/>

"One cigarette 'may lead to habit for more than two thirds of people'," reports The Guardian.

Statistics

[Health Survey for England, 2016](#)

Dec 2017

Source: NHS Digital: <https://digital.nhs.uk/home>

The Health Survey for England series was designed to monitor trends in the nation's health; estimating the proportion of people in England who have specified health conditions, and the prevalence of risk factors and behaviours associated with these conditions

Women's health

[HRT may protect against depression in women going through menopause](#)

11 Jan 2018

Source: NHS Choices: <https://www.nhs.uk/>

Researchers in the US found women who took HRT for a year were less likely to develop symptoms of depression during that time than those who took a placebo.

[CES 2018: Willow and Freemie breast pumps offer mums freedom](#)

11 Jan 2018

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

Two firms have launched portable pumps to help breastfeeding mums collect their milk on the move.

[FPA raises concern over anti-choice group being given award](#)

12 Dec 2017

Source: <https://www.fpa.org.uk/>

The sexual health charity FPA, the British Pregnancy Advisory Service (bpas), the Abortion Support Network (ASN), Birthrights and Antenatal Results and Choices (ARC) wrote to the Director General of the Public Relations and Communications Association, Francis Ingham, to express their disappointment at the decision to award Both Lives Matter a "best campaign" award at their Public Affairs ceremony on Thursday for the group's work campaigning to maintain Northern Ireland's virtual ban on abortion.

[Employers urged to 'normalise' menopause in the workplace](#)

16 Jan 2018

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

Employers need to do more to "normalise conversations" about the menopause in the workplace, say experts.

Local news: []

Other Bulletins
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