

## Public Health Bulletin. 6 March 2018

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](#)

[Children and young people](#)

[Chronic conditions](#)

[Diet & nutrition](#)

[Drug Misuse](#)

[Health promotion](#)

[Health protection](#)

[Health Services administration](#)

[Men's health](#)

[Mental health](#)

[Obesity](#)

[Older people](#)

[Statistics](#)

[Women's health](#)

[Local news](#)

## Alcohol misuse

### Family Life in Recovery

26 Feb 2018 Source: Alcohol Concern <https://www.alcoholconcern.org.uk>

Research published on 26 February 2018 shows how the recovery journey of a dependent drinker can markedly improve the lives of their families, for as long as recovery is sustained.

## Children and young people

### LGA response to the DfE and DHSC Green Paper consultation 'Transforming children and young people's mental health provision'

05 Mar 2018 Source: Local Government Ombudsman <http://www.lgo.org.uk/>

Every child deserves to look forward to a bright future. For that to be the reality, we must ensure practical steps are taken to create a society where good mental health is treated as just as important as good physical health.

### LGA responds to study on children's use of non-dental services

01 Mar 2018 Source: Local Government Ombudsman <http://www.lgo.org.uk/>

"Untreated dental care remains one of the most prevalent diseases affecting children and young people's ability to speak, eat, play and socialise."

### Government outlines strengthened plans to tackle child abuse

06 Mar 2018 Source: HM Government <https://www.gov.uk/>

Plans to strengthen information sharing as part of government's ambition to tackle child abuse and neglect. The Government yesterday (5 March) set out plans to strengthen information sharing between police, social workers and healthcare professionals to tackle child abuse and neglect, and to improve joint working and decision-making.

### Keeping children and young people safe from abuse

06 Mar 2018 Source: NICE <https://www.nice.org.uk/>

Blog posted by: Professor Corinne May-Chahal, chair of the NICE 'Child abuse and neglect' guideline committee, 05 March 2018. Professor May-Chahal explains how NICE guidance will help protect children and young people from abuse

See also Women's health

## Chronic conditions

### Are there actually 5 types of diabetes?

02 Mar 2018 Source: NHS Choices <http://www.nhs.uk/news/>

"Diabetes is actually five separate diseases," reports BBC News on a study looking at nearly 9,000 people with diabetes in Sweden and Finland. The researchers analysed

certain characteristics – such as body weight, blood sugar control and presence of antibodies – against the likelihood of disease complications and need for insulin. Based on their results, they came up with 5 sub-types or clusters of diabetes

### [Diet and exercise programmes can prevent diabetes in high-risk individuals](#)

27 Feb 2018

Source: National Institute for Health Research

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

Lifestyle changes can reduce the risk of diabetes by about 40% and overall prevents about four high-risk individuals in 100 developing type 2 diabetes each year. The risk remained low for an average of about seven years after the intervention, but effects did decline over time. Medications including the weight-loss drug orlistat and diabetes drug metformin also reduced risk. But in contrast, there was no evidence of sustained effect after stopping treatment.

## **Diet & nutrition**

### [Healthy eating may not offset harmful effects of a high-salt diet](#)

06 Mar 2018

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

"An apple a day cannot offset the damage done by eating too much salt in items such as crisps, a study has found," the Daily Mirror reports. Eating a high-salt diet can increase your blood pressure, which in turn increases your risk of serious conditions, such as heart disease and stroke.

## **Drug Misuse**

### [High-strength skunk 'now dominates' UK cannabis market](#)

28 Feb 2017

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

"Almost all cannabis seized by police now comprises high-strength varieties, with outdoor-grown herbal strains and hashish barely found," The Guardian reports. The news is based on researchers analysing samples of cannabis seized by 5 police forces in 2015 and 2016.

## **Health promotion**

### [A matter of justice: Local government's role in tackling health inequalities](#)

28 Feb 2018

Source: Local Government Ombudsman <http://www.lgo.org.uk/>

Deprived communities experience poorer mental health, higher rates of smoking and greater levels of obesity than the more affluent. They spend more years in ill health and die sooner. Reducing health inequalities is an economic and social challenge as well as a moral one.

## **Health protection**

### [Up to 1 in 5 antibiotics may be prescribed inappropriately](#)

28 Feb 2017

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

"Antibiotic madness: A fifth of prescriptions given out by GPs are to patients who do not need them," reports the Mail Online. A new UK study investigated levels of inappropriate antibiotic prescribing by GPs in England. This was defined as prescribing antibiotics where guidelines say they're of little to no benefit. Researchers also asked independent experts to estimate an "ideal" level of appropriate prescriptions of antibiotics in a consultation

### [FSA trials new technology for remote monitoring of food businesses](#)

01 Mar 2018

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

New digital technology that is increasingly used by food businesses to manage hygiene practices could soon also be used to help environmental health officers (EHO) monitor food businesses in real time, enabling them to detect food safety problems sooner and improve protection for the public.

## **Health services administration**

### [Public Health Perceptions Survey](#)

28 Feb 2018 Source: Local Government Ombudsman <http://www.lgo.org.uk/>

In November 2017 the LGA conducted a survey of lead members of public health in England to capture the thoughts of local leaders on public health delivered by their local authority covering their perceptions of public health since transition from the NHS to local government, the priorities councils have set themselves and their ambitions for the future.

### [Leicestershire County Council: a social model of public health](#)

21 Feb 2018 Source: Local Government Ombudsman <http://www.lgo.org.uk/>

Leicestershire County Council has been moving towards a social model of public health and away from a more traditional lifestyle behaviour change model. This has led to the involvement of public health in a number of services with a strong emphasis on community capacity building as the basis of prevention.

## **Men's health**

### [Leeds: Improving men's health](#)

26 Feb 2018 Source: Local Government Ombudsman <http://www.lgo.org.uk/>

Men tend to have poorer health than women. In Leeds the public health team has sought to tackle this by getting a better understanding of men's needs

## **Mental health**

### [People in rehab for serious mental health problems more likely to face lengthy stays far from home and local support](#)

01 Mar 2018

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

Too many people could be being placed in residential mental health rehabilitation services that are far away from where they live, for too long and that are costly for the NHS.

### [Action required to address longstanding concerns about care of people subject to the Mental Health Act](#)

27 Feb 2018 Source: Care Quality Commission <http://www.cqc.org.uk>

The Care Quality Commission (CQC) has found that some patients who are subject to the Mental Health Act continue to experience care that does not fully protect their rights or ensure their wellbeing.

### [Mental health guidance for women impacted by recent high-profile media coverage of sexual violence, harassment, and abuse scandals](#)

06 Mar 2018 Source: Mental Health Foundation  
<https://www.mentalhealth.org.uk/>

In consultation with Rape Crisis England and Wales ahead of International Women's Day, we have released guidance to help those who have found recent reporting around sexual violence in the media re-traumatising.

### [Big new study confirms antidepressants work better than placebo](#)

22 Feb 2017 Source: NHS Choices <http://www.nhs.uk/news/>

"Antidepressants are highly effective and should be prescribed to millions more people with mental health problems, researchers declared last night," reports the Mail Online. Researchers conducted the largest-ever review of trials of antidepressants, finding that all 21 studied worked better than a placebo (dummy) drug.

### [Additional therapy helps social recovery from first episode psychosis](#)

20 Feb 2018 Source: National Institute for Health Research  
<https://discover.dc.nih.ac.uk/>

Social recovery therapy increases structured activity, such as work, education or sport, by eight hours per week for people with severe social withdrawal following a first episode of psychosis. This cognitive behavioural type of treatment was added to other early interventions and might be particularly useful for those lacking motivation or living with other conditions that prevent them engaging with mental health services.

## **Obesity**

### [Low-carb or low-fat diet? Both work well](#)

21 Feb 2018 Source: NHS Choices <http://www.nhs.uk/news/>

"Increasingly trendy low-carbohydrate diets are no more effective than traditional low-fat diets," reports The Daily Telegraph. Researchers in California found people lost an average 5 to 6kg (11 to 13lbs) over 12 months, whether they were assigned to a low-fat or low-carb diet.

### [Plans to cut excess calorie consumption unveiled](#)

06 Mar 2018 Source: HM Government <https://www.gov.uk/>

Steps to reduce 20% of calories in popular foods by 2024 announced to tackle childhood obesity. Major steps to cut people's excessive calorie intake have been unveiled by Public Health England (PHE) and the Department of Health and Social Care (DHSC), as part of the government's strategy to cut childhood and adult obesity.

## Older people

### [Choosing care is one of life's most stressful experiences but trusted information can help, finds CQC](#)

27 Feb 2018 Source: Care Quality Commission <http://www.cqc.org.uk>

Choosing adult social care in England is one of the biggest sources of stress compared to other key life events, according to a survey of 1,000 people carried out for the Care Quality Commission (CQC).

### [Adding extra years to life and extra life to those years: local government guide to healthy ageing](#)

26 Feb 2018 Source: Local Government Ombudsman <http://www.lgo.org.uk/>

The population is ageing. Over the last 10 years the number of people aged over 65 in England increased by a fifth – that's nearly 1.7 million extra older people.

## Statistics

### [2018 child health profiles](#)

01 Mar 2018 Source: Public Health England <https://www.gov.uk/>

Profiles providing an overview of child health and wellbeing for each local authority in England.

## Women's health

### ['Apple-shaped' women may have increased heart attack risk](#)

02 Mar 2018 Source: NHS Choices <http://www.nhs.uk/news/>

"Women with apple-shaped bodies are 'more likely to suffer heart attacks than those who are pear-shaped'," the Daily Mirror reports, as a new study found a link between increased waist size and heart attack. Researchers from the University of Oxford and other institutions investigated the links between having increased levels of body fat and the risk of having a heart attack.

### [Probiotics and fish oil in pregnancy may reduce allergies in children](#)

02 Mar 2018 Source: NHS Choices <http://www.nhs.uk/news/>

"Fish oil supplements and probiotic yoghurts during pregnancy may decrease children's risk of developing allergies," reports The Independent.

### [Latest technology supports new mums to breastfeed](#)

01 Mar 2018 Source: Public Health England <https://www.gov.uk/>

Public Health England's Start4Life and Amazon Alexa helping mothers to breastfeed for longer. Almost three-quarters of women start breastfeeding when their child is born, however by 6 to 8 weeks this drops to just 44%. This makes breastfeeding rates in England among the lowest in the world.

See also Mental Health

**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/subject-a-z/m/medicine/major-research/>

### Daily Health News

The Daily Health Bulletin is produced by the Knowledge Service from the EMBED Health Consortium  
<http://cash.libraryservices.nhs.uk/subject-a-z/d/daily-health-news/>

### 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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