

Public Health Bulletin. 17th April 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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Alcohol misuse

[The unspoken alcohol problem among UK Punjabis](#)

4 Apr 2018

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

For many British Punjabis, alcohol abuse is an open secret. Alcohol consumption is glamorised across different aspects of Punjabi culture and shame stops many seeking the help that they need.

[A Consultation on Low Alcohol Descriptors](#)

Apr 2018

Source: Department of Health and Social Care:

<https://consultations.dh.gov.uk/>

The Government is consulting on how best to continue to communicate information to the public about low alcohol drinks, so that adults can make informed choices when they purchase drinks, including alcohol.

[HEPAHEALTH project: Risk factors and the Burden of Liver Disease in Europe and Selected Central Asian Countries](#)

11 Apr 2018

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

This project, commissioned by EASL (the European Association for the Study of the Liver) aimed to describe the burden of liver disease in 35 European countries, to understand and describe the risk factors for liver disease and mortality, and to identify interventions to reduce risk factors and associated incidence of liver disease in Europe.

[People who drink above UK alcohol guidelines 'lose one to two years of life'](#)

13 Apr 2018

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

A huge study of almost 600,000 drinkers showed that people who drank more than 12.5 units (100g) of alcohol a week were likely to die sooner than those who drank no more than this amount. The results applied equally to women and men.

Children and young people

[Bedtime: How going to sleep at irregular times could be harmful to kids](#)

9 Apr 2018

Source: Economic and Social Research Council: <https://esrc.ukri.org/>

According to a large study carried out by UCL's International Centre for Lifecourse Studies, which has followed the lives of some 20,000 children since the turn of the century, it looks like just as important as sleep is having a regular bedtime throughout the first decade of a child's life.

See also **Obesity**

See also **Mental Health**

See also **Oral Health**

Chronic conditions

'One-stop shops' set to speed up cancer diagnosis

3 Apr 2018

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

"One-stop shops" aimed at speeding up cancer diagnosis are being introduced across England.

UK's first proton beam cancer centre to open in Newport

3 Apr 2018

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

The UK's first high-energy proton beam therapy centre for treatment of life-threatening cancers is due to open in Wales.

Reclassify cancers to improve treatment, researchers say

6 Apr 2018

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

Cancers should no longer be categorised by where they are first formed in the body, but instead by similarities in tumour types, researchers say.

Prostate cancer: Four in 10 cases diagnosed late, charity says

9 Apr 2018

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

Four in 10 prostate cancer cases in the UK are diagnosed late, a study suggests.

NHS set to breathe new life into patients with chronic lung condition

2 Apr 2018

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

Patients with a chronic lung condition are set to benefit from a "life-changing" procedure that uses tiny balloons to inflate and compress blockages in the blood vessels, as it will now be routinely available on the NHS.

Woman's missing jaw regrown by 9cm after cancer

11 Apr 2018

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

Known as distraction osteogenesis, the process has been around for a number of years but never been used in this way before.

Why some cancers are 'born to be bad'

12 Apr 2018

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

A ground-breaking study has uncovered why some patients' cancers are more deadly than others, despite appearing identical.

New evidence on weight loss and cancer should be considered in clinical guidelines, says College

10 Apr 2018

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

Commenting on a new British Journal of General Practice study on weight loss and cancer, Clinical Lead for Cancer at the Royal College of GPs, Dr Richard Roope said: "GPs will always be vigilant when presented with any symptom that could indicate

cancer, including unexplained weight loss, whilst recognising that this could be a symptom of many other, more common conditions.

Genes behind deadly heart condition found, scientists say

15 Apr 2018

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

Scientists say they have identified genes that cause a deadly heart condition that can only be cured by transplants of the heart or lungs.

PM to announce new research and funding in drive to fight prostate cancer

10 Apr 2018

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

Over 40,000 men will be recruited into prostate cancer studies over the next five years, which will be backed by £75 million to support new research into early diagnosis and treatment.

Heart patients among those to benefit as NHS England backs innovation

9 Apr 2018

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

Innovative image analysis software that creates a 3D model of the heart and could prevent up to 35,000 patients a year undergoing invasive tests will be fast-tracked into use by the NHS.

Link between HPV infection and prostate cancer not established

16 Apr 2018

Source: BBC: <https://www.nhs.uk/news/>

"Lifesaving jab denied to millions of boys in Britain could slash the risk of prostate cancer," reports the Mail Online.

Migraine: New drug works when others fail, researchers say

17 Apr 2018

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

A new migraine medication - one of the first bespoke drugs for decades - appears to work well even when others have failed, researchers have said. Erenumab is a monthly injection that might soon be offered to patients on the NHS if the cost can be justified.

Communicable diseases

UK flu levels according to PHE statistics: 2017 to 2018

5 Apr 2018

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

Regular updates on seasonal flu levels during the winter season 2017 to 2018.

PHE urges vigilance in spotting signs of scarlet fever

13 Apr 2018

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

Public Health England (PHE) advises parents to be aware of scarlet fever symptoms following a substantial rise in reported cases across England in 2017 to 2018.

Australia flesh-eating ulcer 'epidemic' a mystery, doctors say

16 Apr 2018

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

Local cases of Buruli ulcer, a skin disease most commonly found in Africa, have surged by 400% in the last four years, experts say.

New advice will help doctors spot and treat Lyme disease early, says NICE

11 Apr 2018

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

NICE has issued new advice to help doctors quickly spot Lyme disease, so they can offer people NHS treatment as soon as possible.

Malaria experts fear disease's resurgence

17 Apr 2018

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

For the first time in 10 years, global malaria cases are no longer falling, sparking concerns about a resurgence of the too often deadly disease.

Diet & nutrition

Red-meat-free diet not proven to reduce overall bowel cancer risk

3 Apr 2018

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

"Cutting out red meat significantly reduces people's risk of bowel cancer, study finds," is the somewhat misleading headline from the Mail Online.

Pasta unlikely to cause weight gain as part of a healthy diet

4 Apr 2018

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

"Eating pasta may help with weight loss," The Independent reports. But what the headline fails to make clear is that researchers were looking at pasta in the wider context of people following a low glycaemic index (GI) diet.

Broccoli and sprouts linked to healthier arteries for older women

5 Apr 2018

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

"Research has shown eating broccoli, cauliflower, cabbage and brussels sprouts to be particularly beneficial for the hearts of elderly women," The Guardian reports.

Sugar tax: Will paying more for fizzy drinks and alcohol make us healthier?

5 Apr 2018

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

An anti-obesity drive is about to see a tax introduced on sugary drinks across the UK, while Scotland is set to impose a minimum price on alcohol to target problem drinking.

Media reports about high levels of zinc in tinned tuna are based on flawed data

13 Apr 2018

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

"Tinned tuna could wreck your guts as it has up to 100 times more zinc than is safe," is the headline from The Sun.

Disability

Ministers outline plan for disabled people's air travel

4 Apr 2018

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

New measures to improve air travel for disabled passengers are being considered by the government.

People growing older with learning disabilities should get regular health checks, says NICE

11 Apr 2018

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

NICE says people growing older with learning disabilities need to have annual health checks to help them manage conditions that can quickly affect them as they grow older.

Drug Misuse

United Kingdom drug situation: Focal Point annual report

9 Apr 2018

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

Annual report and data tables from the UK Focal Point on Drugs on the national prevalence, impact, prevention and treatment of drug use.

Health protection

Shingles vaccination: guidance for healthcare professionals

5 Apr 2018

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

Information about the shingles vaccination programme aimed at healthcare professionals.

Health services administration

Women in NHS paid 23% less than men

5 Apr 2018

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

Female NHS staff in England earn nearly a quarter less than their male colleagues, figures show.

PHE Business Plan 2018 to 2019

Apr 2018

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

This business plan sets out the Public Health England (PHE) core functions and outlines the main steps and actions for 2018 to 2019.

College takes the lead in advising patients on online consultation safety

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

The Royal College of GPs has published a list of questions for patients, GPs and commissioners to consider before using or utilising online general practice services.

GP patient data must not be treated like the Yellow Pages, demands College

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

Data can be incredibly useful for medical research and planning purposes and healthcare professionals can inspire trust in our patients about how it is used. But we need to be reassured that the data we are guardians of – NHS patient records – will be used morally, safely and responsibly."

How 'ninja polymers' are fighting killer superbugs

17 Apr 2018 Source: BBC News: <http://www.bbc.co.uk/news/>

With advances in stem cell research and nanotechnology helping us fight illnesses from heart disease to superbugs, is the fusion of biology and technology speeding us towards a sci-fi future - part human, part synthetic?

NHS ransomware attack response criticized

17 Apr 2018 Source: BBC News: <http://www.bbc.co.uk/news/>

The government and NHS bodies have been criticised by MPs for failing to implement measures to improve cyber-security nearly a year after a major ransomware attack on the service.

Mental health

NHS England to transform mental health care for military veterans across the country

3 Apr 2018 Source: NHS England: <https://www.england.nhs.uk/>

Hundreds of military veterans are set to benefit from a nationwide scheme to tackle the most complex mental health needs of ex-armed forces personnel, launched today (Sunday 1 April) by NHS England.

Children's Funeral Fund for England

Apr 2018 Source: Prime Minister's Office, 10 Downing Street: <https://www.gov.uk/>

The Prime Minister has intervened to establish a Funeral Fund for grieving parents who have lost their child.

Life on Debt Row

11 Apr 2018 Source: Royal Society for Public Health: <https://www.rsph.org.uk/>

RSPH has published a new report examining the effect of debt on health and wellbeing.

Don't lose sleep over reports that one bad night can spark dementia

10 Apr 2018

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

"Just one bad night's sleep 'increases your chances of Alzheimer's'," is the misleading headline in The Sun, which the Mail Online more than matches with the baseless claim that "Just one sleepless night could spark Alzheimer's".

Brain injury may increase dementia risk

11 Apr 2018

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

"People who suffer brain injuries are at increased risk of dementia later in life, a large study suggests," BBC News reports.

The town with a plan to end loneliness

10 Apr 2018

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

One town in the UK has come together to help lonely people. And it seems to be working.

Exercise benefits to the brain 'may be passed on'

11 Apr 2018

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

Physical and mental exercise has been found to be beneficial for our brains, but scientists have now found it could also improve the learning ability of our children.

'Night owls' slightly more likely to die sooner than 'early birds'

12 Apr 2018

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

"Night owls are ten per cent more likely than early risers to die young," reports The Sun. Researchers who studied more than 433,000 UK adults in middle to older age found that those who described themselves as "definite evening types" had a small increased risk of dying during the following 6.5 years, compared to those who described themselves as "definite morning types".

Student suicide increase warning

13 Apr 2018

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

The suicide rate among UK students is higher than among the general population of their age group, claim researchers.

Sexual safety on mental health wards

11 Apr 2018

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

Deputy Chief Inspector of Hospitals, lead for mental health, Dr Paul Lelliott has written to specialist mental health NHS trusts in England to inform them of an upcoming workshop to explore what can be done to improve sexual safety on mental health wards and thank trusts for engaging with CQC on this work.

[LGA responds to ONS report on loneliness](#)

10 Apr 2018

Source: Local Government Association: <https://www.local.gov.uk/>

"The harm loneliness can cause, both physically and mentally, can be devastating to people of all ages - it is a serious public health concern which studies suggest can be as harmful as smoking 15 cigarettes a day."

[Ketamine has 'fast-acting benefits' for depression](#)

16 Apr 2018

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

Ketamine has "shown promise" in the rapid treatment of major depression and suicidal thoughts, a US study says.

['More than medication' needed to treat ADHD](#)

17 Apr 2018

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

Families of children with ADHD are warning that too often medication is the only option they are offered to manage the condition.

Obesity

[How Amsterdam is reducing child obesity](#)

3 Apr 2018

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

Childhood obesity rates are rising in many parts of the world - but in Amsterdam they are falling. The city's healthy-weight programme has seen a 12% drop in overweight and obese children.

[Obesity-related hospital admissions 'double in four years'](#)

4 Apr 2018

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

Hospital admissions where obesity is a factor have more than doubled in England during the last four years, new figures from NHS Digital suggest.

[Quarter of children in north Wales overweight or obese](#)

5 Apr 2018

Source: BBC news: http://www.bbc.co.uk/news

Action is needed to cut the number of north Wales children who are overweight or obese when they start primary school, a report has warned.

[Inequalities in smoking and obesity in Europe predicted to 2050: Findings from the EConDA project \(Abstract Only\)](#)

8 Mar 2018

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

Aims: The aim of this study was to project educational inequalities in obesity and smoking prevalence to 2050 based on past obesity and smoking trends by education level.

Oral health

[Every 10 minutes a child in England has a rotten tooth removed](#)

6 Apr 2018

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

PHE's latest Change4Life campaign encourages parents to make healthy swaps to prevent 141 children a day having a tooth removed in hospital.

Prison health

[Public health in prisons and secure settings](#)

6 Apr 2018

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

Resources to track, treat and prevent single infections and outbreaks in prisons, secure settings and health services.

Sexual health

[Syphilis patient calls for public debate as cases rise](#)

3 Apr 2018

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

Rates of syphilis have risen to their highest levels in England and Scotland in nearly 70 years.

[HPV vaccination for MSM: guidance for health professionals](#)

5 Apr 2018

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

Comprehensive clinical and operational guidance on the HPV for MSM programme.

Smoking

[Type 2 diabetes drug may help with nicotine withdrawal symptoms](#)

6 Apr 2018

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

"Type 2 diabetes drug could be used to treat nicotine withdrawal for people trying to quit smoking," reports the Mail Online. This follows a study, carried out in mice, that explored whether the diabetes drug metformin could ease nicotine withdrawal symptoms.

[Inequalities in smoking and obesity in Europe predicted to 2050: Findings from the EConDA project \(Abstract Only\)](#)

8 Mar 2018

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

Aims: The aim of this study was to project educational inequalities in obesity and smoking prevalence to 2050 based on past obesity and smoking trends by education level.

[Tobacco and smoking: policy, regulation and guidance](#)

16 Apr 2018

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

These documents support local healthcare systems dealing with the harm of tobacco and provide guidance for manufacturers and importers on UK regulation.

[E-cigarettes and vaping: policy, regulation and guidance](#)

16 Apr 2018

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

Evidence on the impact of e-cigarettes, information on government policy and regulation, and guidance for organisations on vaping policies.

Social & economic issues

[Up to 100,000 children to miss out on free school meals because of government threshold, study finds](#)

5 Apr 2018

Source: Economic and Social Research Council:

<https://esrc.ukri.org/>

Up to 100,000 children from low-income families will lose out on free school meals because of the government's method for setting the threshold at which pupils qualify, a new study has found.

Statistics

[Record number of organ donors in 2017](#)

10 Apr 2018

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

A record number of people donated organs in the UK last year, with the highest increase in 28 years. There were 1,575 donors, an 11% increase on the previous year.

Women's health

[Running in pregnancy 'doesn't raise risk' of premature birth](#)

9 Apr 2018

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

"Women who jog while expecting are not more likely to have babies born prematurely or of a low birthweight, according to the largest study of its kind," reports the Mail Online.

[Chinese baby born four years after parents' death](#)

12 Apr 2018

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

A baby has been born in China to a surrogate mother four years after his parents died in a car crash, Chinese media reported.

[Belfast City Council to debate abortion pills and criminalisation of women, ahead of court case](#)

9 Apr 2018

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

Belfast City Council will tonight debate a motion on the increasing number of women going online to get abortion pills and risking prosecution in doing so.

[Painkiller use in pregnancy may affect babies' future fertility](#)

17 Apr 2018

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

"Pregnant women who take painkillers could be harming the fertility of their unborn sons," states the Mail Online's report on a new study about the potential effects of exposure to painkillers during pregnancy.

[Does vaginal seeding boost health?](#)

17 Apr 2018

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

Should Caesarean-section babies be smeared with a sample of their mother's vaginal fluids as soon as they are born?

[Vaginal mesh surgery: NHS releases new figures](#)

17 Apr 2018

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

England's most senior doctor has been told by the government to urgently respond to new data that shows how many women have had vaginal mesh surgery.

Workplace health

[Commission takes further action to better protect workers against cancer-causing chemicals](#)

5 Apr 2018

Source: European Commission: <http://europa.eu/>

The European Commission is taking another important step to protect workers in the European Union from workplace-related cancer as well as other health problems.

[New measures needed to protect port workers opening fumigated containers from harm](#)

10 Apr 2018

Source: WiredGov: <https://www.wired-gov.net/>

A new study by the European Agency for Safety and Health at Work (EU-OSHA) has reviewed the risks to workers when opening fumigated shipping containers. The study identifies significant gaps in preventive measures and makes recommendations that should be implemented to improve the safety and health of workers.

[CIPD - Over-worked managers and under-supported staff casts a shadow over workforce happiness](#)

11 Apr 2018

Source: CIPD: <https://www.cipd.co.uk/>

CIPD launches first comprehensive measure of job quality in the UK

Local news: []

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| Other Bulletins |
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| <p>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/</p> |
| <p>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/</p> |
| <p>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</p> |
| <p>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</p> |
| <p>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</p> |



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