

Public Health Bulletin. 1st May 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>

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Alcohol misuse

[New research: Alcohol treatment services in England at crisis point](#)

1 May 2018

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

A new report, to be launched at the All Party Parliamentary Group on Alcohol Harm today (1 May), warns that the alcohol treatment sector is in crisis.

[Minimum unit pricing begins in Scotland](#)

1 May 2018

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

On 1 May 2018 the Scottish Government introduced a minimum unit price (MUP) for alcohol.

[Alcohol and mental health: policy and practice in England](#)

26 April 2018

Source: Centre for Mental Health:

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

In partnership with the Institute of Alcohol Studies, this report highlights that people who have difficulties with alcohol and mental health are still not getting the help and support they need.

See also **Children and young people** section:

[£6m pledge for children of alcoholics](#)

Children and young people

[Primary school mental health counselling may help economy, study says](#)

26 April 2018

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

Mental health counselling for primary school pupils who need it could provide long-term benefits for the economy, a study by a charity has suggested.

[Young people take on mental health](#)

26 April 2018

Source: Scottish Government: <http://www.gov.scot/>

A team of young people are aiming to improve mental health services by leading a study, commissioned by the Scottish Government, drawing on their own experiences.

[How much sugar in cereal do children eat?](#)

25 April 2018

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

Hugh Fearnley-Whittingstall tests just how much sugar we are eating for breakfast.

[£6m pledge for children of alcoholics](#)

23 April 2018

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

The government has announced £6m of funding to help children with alcoholic parents get support and advice. Plans include fast access to mental health services for children - and programmes to treat parents' addiction.

[Jeremy Hunt threatens social media with new child-protection laws](#)

22 April 2018

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

Social media firms are being threatened with new laws if they don't do more to protect children online.

[Home Secretary announces measures to combat child sexual exploitation](#)

18 April 2018

Source: Home Office:

<https://www.gov.uk/government/organisations/home-office>

Today the Home Secretary Amber Rudd announces nearly £2.6 million of funding towards tackling child sexual exploitation in the UK and across the globe.

See also **Safety** section:

[National Family Safety Week being launched in Dundee](#)

Chronic conditions

[Survey looks at common cancer myths](#)

27 April 2018

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

"Social media blamed for spread of cancer myths," is the headline in The Times. This was based on new research into what people in the UK believe about the causes of cancer.

[No evidence that 'friendly bacteria' will help with osteoarthritis](#)

20 April 2018

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

The Mail Online reports that "junk food-loving bacteria" in your gut, rather than excess weight, could be linked with osteoarthritis.

[Top tips on getting through hot weather with hay fever](#)

20 April 2018

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

Have your eyes been streaming up during the high temperatures? Here are our top tips on reducing your hay fever-induced tears.

[Being a patient 'a full-time job'](#)

19 April 2018

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

Being a patient is a "full-time job", say researchers, because more people are likely to have multiple conditions.

See also **Men's health** section:

[Prostate cancer diagnosis breakthrough hailed](#)

See also **Women's health** section:

[Only 1 in 7 high-risk women take breast cancer prevention drug](#)

[Funding for cervical cancer campaign](#)

Communicable diseases

[Malaria experts fear disease's resurgence](#)

18 April 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

[Gases from garlic may be good for your body](#)

30 April 2018

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

"Garlic can slash the risk of cancer, heart disease and type 2 diabetes," is the premature claim made in the Mail Online.

[Strong support for healthy eating action](#)

27 April 2018

Source: Scottish Government: <http://www.gov.scot/>

People and organisations who responded to a healthy weight consultation overwhelmingly supported Scottish Government plans to restrict the marketing of unhealthy food and drink.

[Reports that dark chocolate 'improves eyesight' are unconfirmed](#)

27 April 2018

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

"Dark chocolate improves your eyesight," is the unusual headline from the Mail Online following a small trial comparing the effects of dark and milk chocolate on vision.

See also **Children and young people** section:

[How much sugar in cereal do children eat?](#)

See also **Mental health** section:

[The foods that might help with dementia](#)

See also **Women's health** section:

[How your diet could influence the age of your menopause](#)

[Most UK women 'not nutritionally prepared for pregnancy' finds review](#)

Disability

[NHS England urges more doctors and health care professionals to sign up to national pledge to stop overmedication for people with a learning disability, autism or both](#)

25 April 2018

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

The renewed drive to widen support for [Stopping OverMedication of People with a Learning Disability \(STOMP\)](#), is being backed by the government and will target NHS trusts, CCGs and those in the independent sector, to review and seek alternatives to prescribing psychotropic drug prescriptions.

Drug Misuse

[Nigeria's deadly codeine cough syrup epidemic](#)

30 April 2018

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

In Nigeria, thousands of young people are addicted to codeine cough syrup – a medicine that's become a street drug.

Environmental health

[New research on the impact of climate change on health a 'stark warning', says RCGP](#)

27 April 2018

Source: Royal College of General Practitioners:

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

Commenting on the [Lancet Countdown's report](#) on air pollution and the health benefits of the UK's Climate Change Act, published in The Lancet Planetary Health, Professor Helen Stokes-Lampard, Chair of the Royal College of GPs, said: "Climate change is a clear risk to the health and wellbeing of the British population..."

[£20m Air Quality Fund among new measures to improve air quality in Wales](#)

25 April 2018

Source: Welsh Government: <http://gov.wales>

A package of measures to improve air quality in Wales has been announced by Environment Minister Hannah Blythyn.

[NHS Trust fined after exposing patients to legionella risk](#)

20 April 2018

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

Royal United Hospitals Bath NHS Foundation Trust has been fined £300,000 after failing to control the risk to patients from exposure to legionella bacteria in its water systems.

[Less waste, more health: A health professional's guide to reducing waste](#)

17 April 2018

Source: Royal College of Physicians:

<https://www.rcplondon.ac.uk/>

The *Less waste, more health* report explains how health professionals can positively influence societal health and wellbeing by making simple changes to the procurement and disposal of medical supplies.

Health protection

['The NHS treatment that caused my cancer'](#)

30 April 2018

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

A High Court judge is starting work this week as chairman of a public inquiry into the biggest treatment scandal in NHS history. Tens of thousands want answers after being infected with hepatitis C and HIV from contaminated blood products.

[Machine that keeps livers 'alive' may boost transplant rates](#)

20 April 2018

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

"Keeping donated livers 'alive' with a machine prior to transplants boosts the chances of a successful operation, a landmark trial has found," reports BBC News.

Health services administration

[Health bosses criticise visa rules for doctors](#)

27 April 2018

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

Immigration rules are hampering the ability of the NHS to recruit doctors, health leaders are warning.

The rising cost of medicines to the NHS: what's the story?

26 April 2018

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

In this briefing, we look at how much the health service spends in total on medicines, both generics and branded medicines, based on publicly available data.

GP practices face funding threat as online service 'targets' young people, Unite warns

25 April 2018

Source: Unite the Union: <http://www.unitetheunion.org/>

The traditional GP practice, in place since the NHS' inception in 1948, is under serious financial threat from a new online service that is draining funding from surgeries, Unite, the country's largest union, has warned.

The Lord Darzi Review of Health and Care: Interim report

25 April 2018

Source: IPPR: <https://www.ippr.org/>

The independent Lord Darzi Review aims to examine the state of quality in health and care services on the NHS's 70th birthday and make recommendations for future funding and reform of the system.

Government and Ombudsman must improve handling of NHS complaints

24 April 2018

Source: UK Parliament: <https://www.parliament.uk/>

The Government needs to take action to improve the NHS complaints system, properly investigate cases of historic injustice and modernise the legislation for England's Ombudsmans' services, the Public Administration and Constitutional Affairs Committee (PACAC) says.

GP pressures being faced UK-wide and must continue to be addressed, says RCGP

23 April 2018

Source: Royal College of General Practitioners:

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

"Practices will only hand back their contract to the NHS as a last resort, when all other avenues have been exhausted, but distressingly, this case in Plymouth is not unique and we are hearing of similar examples right across the UK."

Patients get the green light for smarter choices after latest GP pilot

20 April 2018

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

A pilot system is now making it easier for GPs to understand the waiting times at hospitals for their patients.

LGA responds to ONS report on preventable deaths

19 April 2018

Source: Local Government Association:

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

Cllr Izzi Seccombe, Chairman of the Local Government Association's Community Wellbeing Board, responds to an annual report published today by the Office for National Statistics on [preventable deaths in the UK in 2016](#).

[More research and joined-up care needed to tackle multimorbidity challenge says College](#)

19 April 2018

Source: Royal College of General Practitioners:

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

Professor Helen Stokes-Lampard, Chair of the Royal College of GPs, said: "It's testament to the NHS that more of our patients are now living longer, but with an ageing population also comes more complex, chronic illnesses, and GPs are certainly seeing more of this every day on the front line."

Men's health

['Hiding at the back of the gym crying'](#)

29 April 2018

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

Men are less than half as likely as women to ask for help when they are diagnosed with cancer, according to the charity Macmillan.

[New prostate therapy recommended on NHS](#)

25 April 2018

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

A new treatment for non-cancerous enlargement of the prostate, a very common condition in older men, has been recommended for use by the NHS.

[Prostate cancer diagnosis breakthrough hailed](#)

23 April 2018

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

A new ultrasound process offering more successful diagnosis and management of prostate cancer has been identified by Dundee University researchers.

[Low testosterone levels 'linked to chronic diseases'](#)

23 April 2018

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

"Men with low levels of testosterone are more likely to get a chronic illness," says the Mail Online, reporting on a US health survey.

Mental health

[Some antidepressants and incontinence drugs linked to dementia](#)

26 April 2018

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

"Some antidepressants and bladder medicines could be linked to dementia," BBC News reports. Researchers reviewed GP records of more than 300,000 people to look for links between dementia and drugs that belong to a group of medicines known as anticholinergic drugs.

[Forest bathing: How a walk in the woods could do you good](#)

25 April 2018

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

The concept of "forest bathing" is becoming popular in the West, but it originates from Japan. It is the art of how trees can help you find health and happiness.

[Listening to your heartbeat can help with your feelings](#)

24 April 2018

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

"I wish I could feel happy or excited" - Tom is trying a new treatment that could help people with autism to better recognise their emotions. Research shows the more someone can tune into their own heartbeat, the better they can relax and calm themselves down.

[How bacteria are changing your mood](#)

24 April 2018

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

If anything makes us human it's our minds, thoughts and emotions. And yet a controversial new concept is emerging that claims gut bacteria are an invisible hand altering our brains.

[The foods that might help with dementia](#)

23 April 2018

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

A man has told of how he "got his mum back" after a diagnosis of Alzheimer's disease, in part, by getting her to follow a diet high in berries and leafy green vegetables.

[Creative Practice as Mutual Recovery: connecting communities for mental health and wellbeing](#)

20 April 2018

Source: Mental Health Foundation:

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

At a time when two in three of us are experiencing a mental health problem in our lifetime, the Creative Practice as Mutual Recovery (CPMR) programme offers a radical shift in vision, encouraging the forming of resilient communities of mutual hope, compassion and solidarity.

[Mental health patients want immediate diagnosis, says report](#)

19 April 2018

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

Mental health diagnosis needs to be useful for patients and not simply a meaningless label, a report suggests.

See also **Alcohol Misuse** section:

[Alcohol and mental health: policy and practice in England](#)

See also **Children and Young People** section:

[Primary school mental health counselling may help economy, study says](#)
[Young people take on mental health](#)

See also **Men's Health** section:

['Hiding at the back of the gym crying'](#)

See also **Physical Activity** section:

[Regular exercise may help lower your risk of depression](#)

Obesity

[Five things you might be surprised affect weight](#)

28 April 2018

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

People might think battling obesity is down to sheer willpower, but medical research says otherwise. Here are five potentially surprising factors that can affect your weight.

[Can we trust BMI to measure obesity?](#)

26 April 2018

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

Is BMI the best measure of obesity? Can we trust what it tells us?

[BMI and obesity: Where are you on the UK fat scale?](#)

24 April 2018

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

The majority of adults in the UK are overweight or obese according to national health surveys, yet research suggests we are a country in denial about our weight.

[Britain's Fat Fight: Why we're losing](#)

24 April 2018

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

In the UK, obesity is already the leading cause of premature death after smoking. Today, 25% of us are obese. If things don't change, by 2050 that will be 50%.

See also **Children and Young People** section:

[How much sugar in cereal do children eat?](#)

Physical activity

[Regular exercise may help lower your risk of depression](#)

25 April 2018

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

"Exercising and keeping active can slash the risk of depression by a third, research claims," The Sun reports.

[Crossing Divides: How running is uniting old and young](#)

24 April 2018

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

Vivian is helping to tackle loneliness through exercise with regular runs to visit her 'coach', 78-year-old Dennis. It's done through a charity called GoodGym, which unites younger runners with older people who may face loneliness and isolation.

[Is marathon running bad for you?](#)

21 April 2018

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

On Sunday some 40,000 runners are due to take part in the London Marathon. But can marathon running do more harm than good?

Safety

[National Family Safety Week being launched in Dundee](#)

20 April 2018

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

[Family Safety Week](#) – the national campaign of safety charity RoSPA – is this year being launched in Dundee in a bid to raise awareness of the dangers faced by under-fives in their own homes.

Screening

[24-hour blood pressure monitoring 'better than one-off clinic checks'](#)

18 April 2018

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

"White coat syndrome' is real," reports The Daily Telegraph. Researchers have long suspected that so-called "white coat" hypertension – when people get a spike in blood pressure when having it taken by a doctor, but they don't have high blood pressure most of the time – means that one-off testing produces less reliable results.

See also **Women's health** section:

[Funding for cervical cancer campaign](#)

[Gestational diabetes an 'epidemic'](#)

[New Wales Down's syndrome test 'to cut miscarriage risk'](#)

Sexual health

[HPV: Would you know if you had the virus?](#)

26 April 2018

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

What is the human papillomavirus and how do you know if you have it?

[Jeremy Hunt called to act on future of sexual health services](#)

24 April 2018

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

A broad coalition of sexual and reproductive health organisations, including FPA, have called on the Secretary of State for Health and Social Care Jeremy Hunt to take action on the future of sexual health services.

[Resistant gonorrhoea case demonstrates importance of safe sex](#)

20 April 2018

Source: Public Health England:

<https://www.gov.uk/government/organisations/public-health-england>

A UK case of Neisseria gonorrhoeae with high-level resistance to azithromycin and resistance to ceftriaxone has been acquired abroad.

Women's health

[How your diet could influence the age of your menopause](#)

1 May 2018

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

A diet high in carbs could bring on an earlier menopause, a study suggests.

[New Wales Down's syndrome test 'to cut miscarriage risk'](#)

27 April 2018

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

Pregnant women in Wales are to become the first in the UK to receive a non-invasive test for Down's syndrome.

[Don't be a Bystander: new campaign launches](#)

25 April 2018

Source: Welsh Government: <http://gov.wales>

A new campaign to show how important a positive intervention can be for someone experiencing or who has experienced violence against women, domestic abuse and sexual violence launches today in Wales with a powerful short film featuring the words of survivors.

FPA welcomes report calling for changes to Northern Ireland's abortion law

25 April 2018

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

A new [report from Northern Ireland's Departments of Health and Justice](#) has today called for changes to the strict law that prevents women from having an abortion even in cases of fatal fetal abnormality.

Colchester mother creates bottle-feeding support group

25 April 2018

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

A mother has launched a bottle-feeding support group after being criticised for failing to breastfeed her baby.

Bereaved mothers in Milton Keynes helped by support group

25 April 2018

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

A support group for bereaved mothers who are pregnant again is helping them overcome their grief.

Only 1 in 7 high-risk women take breast cancer prevention drug

24 April 2018

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

"Nearly 90% of women at risk of breast cancer shun preventative drugs due to fear of side effects and 'fate'," reports the Independent Online.

New ban on epilepsy drug in pregnancy

24 April 2018

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

An epilepsy drug that can damage unborn babies must no longer be prescribed to girls and women of childbearing age in the UK unless they sign a form to say that they understand the risks.

Young women should be reassured to feel comfortable speaking to their GP about periods, says College

23 April 2018

Source: Royal College of General Practitioners:

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

Professor Helen Stokes-Lampard, Chair of the Royal College of GPs, commented on [Plan International UK's study](#) which found nearly 80 per cent of girls have been concerned about symptoms related to their period but haven't seen a health professional.

Funding for cervical cancer campaign

22 April 2018

Source: Scottish Government: <http://www.gov.scot/>

Shoppers on Scotland's high streets and retail parks will learn about the symptoms of cervical cancer in a nationwide campaign this summer.

Gestational diabetes an 'epidemic'

20 April 2018

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

Experts say more screening is needed to tackle the disease, which affects pregnant women.

Most UK women 'not nutritionally prepared for pregnancy' finds review

18 April 2018

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

"British women are woefully unprepared for pregnancy because they're living unhealthy lifestyles, new research has found," reports the Metro. The coverage follows the publication of a series of reviews assessing the importance of nutrition prior to getting pregnant.

Local news: []

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Other Bulletins
<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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