

Public Health Bulletin. 29th 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

[Innovation fund open to help children of dependent drinkers](#)

22 May 2018 Source: Public Health England <https://www.gov.uk/>

£4.5m of joint funding for up to 8 local authorities, aimed at improving the support services for children of dependent drinkers and alcohol dependent parents, has been committed by the Department of Health and Social Care and the Department for Work and Pensions (DWP). The fund is being managed by PHE, who announced today (Tuesday 22 May 2018) that local authorities (LAs) can now bid for funding.

[Drinking in pregnancy: how should the guidance work?](#)

17 May 2018 Source: Alcohol Concern <https://www.alcoholconcern.org.uk/>

How should advice on alcohol and pregnancy be communicated? This seems like a simple question: just tell expectant mothers what the science says, and suggest how they should act on that information. But a new study, funded by Alcohol Concern Cymru, has found that the reality is more complex.

[Mental health and alcohol: Graham's story](#)

14 May 2018 Source: Alcohol Concern <https://www.alcoholconcern.org.uk/>

Read Graham's story about alcohol and his mental health.

Children and young people

[22,000 children severely obese when they leave primary school](#)

29 May 2018 Source: Local Government Association <https://www.local.gov.uk/>

The number of 10 and 11-year-old children classed as severely obese - the most overweight scale - in the final year of primary school is nearly double that of those in reception, new analysis by the Local Government Association reveals today.

[Are we using too much Calpol?](#)

23 May 2018 Source: BBC News <http://www.bbc.co.uk/news/>

In a new series, Dr Chris van Tulleken looks at why there has been an increase in the number of medications taken now compared to 40 years ago. The use and effect of Calpol is investigated in "The Doctor Who Gave Up Drugs" on BBC One at 2100 BST on May 23 and after on the BBC iPlayer.

[Mum helps stop daughter being bullied for birthmark](#)

23 May 2018 Source: BBC News <http://www.bbc.co.uk/news/>

Sophie Parker shares her story of being bullied for having a birthmark on her face. Her mum Frances stepped in and the bullying stopped.

[Dealing with a child who will not sleep through the night](#)

15 May 2018 Source: BBC News <http://www.bbc.co.uk/news/>

Parents are turning to sleep clinics to help them deal with children who will not sleep through the night.

See also: Alcohol Misuse section

Innovation fund open to help children of dependent drinkers

Obesity section

YouTube stars 'might encourage kids to eat more calories'

Oral Health section

Oral health survey of 5-year-old children 2017

Chronic conditions

[People with severe eczema at higher risk of heart conditions](#)

24 May 2018 Source: NHS Choices <https://www.nhs.uk/news/>

"Link found between severe eczema and heart problems," reports The Guardian. A large UK study found that people with severe eczema were more likely than people without eczema to develop a range of heart conditions, including unstable angina, heart attack and heart failure.

[Cancer patients urged to discuss 'end of life' plans](#)

15 May 2018 Source: BBC news <http://www.bbc.co.uk/news/>

Vital conversations about cancer patients' end of life wishes are often not had until it is too late, according to a new report. Almost two thirds of patients (63%) who took part in a Macmillan Cancer Support study saw themselves as "fighters". However, the charity said this could result in many patients not discussing end of life plans as they tried to remain positive.

Communicable diseases

[Ebola outbreak in DR Congo: Patients 'taken to church'](#)

23 May 2018 Source: BBC News <http://www.bbc.co.uk/news/>

Three Ebola patients left a treatment centre in the Democratic Republic of Congo after their families demanded to take them to church, according to the World Health Organization (WHO).

Diet & nutrition

[Low-fat diet reduces risk of breast cancer death](#)

25 May 2018 Source: NHS Choices <https://www.nhs.uk/news/>

"A low-fat diet full of fruits and vegetables could reduce risk of breast cancer death," the Mail Online reports. This headline is based on a long-term follow-up of a US trial conducted in the 1990s, which included nearly 50,000 postmenopausal women.

[Are sweeteners healthier than sugar?](#)

23 May 2018 Source: BBC News <http://www.bbc.co.uk/news/>

A sugary diet can lead to weight gain and health problems such as type-2 diabetes, so none of us should be having more than the maximum seven teaspoons of sugar a day.

[Blitz on sweet treats sees slow start](#)

22 May 2018 Source: BBC News <http://www.bbc.co.uk/news/>

The sugar hit in puddings, biscuits and chocolate has not been cut despite a government crackdown on sweet treats. Public Health England has set a target of reducing the sugar intake from a host of popular foods by a fifth by 2020. Its first year update shows progress in yoghurts and breakfast cereals, but not in other areas. PHE said it still represented a good start, although it expected faster progress in the coming years.

[An egg a day to keep the doctor away?](#)

22 May 2018 Source: BBC News <http://www.bbc.co.uk/news/>

A study of nearly half a million people in China suggests a daily egg may reduce the risk of heart disease and strokes.

See also: Obesity section

YouTube stars 'might encourage kids to eat more calories'

Disability

[Diabetes blood test 'could mean end to daily insulin jabs'](#)

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

Doctors in Edinburgh believe a simple blood test they have introduced could allow some Type 1 diabetes patients to come off insulin.

[Housebound woman 'forced to crowdfund' for wheelchair](#)

15 May 2018 Source: BBC News <http://www.bbc.co.uk/news/>

A woman who is housebound due to a rare genetic condition has been refused an electric wheelchair on the NHS, and has resorted to crowdfunding. Charlotte Walton, 24, from Newbury, Berkshire, has Ehlers-Danlos Syndrome (EDS), and can no longer use one of her arms and both her legs.

Drug Misuse

[Is the UK the world's biggest exporter of legal cannabis?](#)

23 May 2018 Source: BBC News <http://www.bbc.co.uk/news/>

As the UK hosts a summit on the state of medical cannabis in Europe, BBC Reality Check asks - does Britain really export more legal cannabis than any other country?

Pro-drug reform campaign group Transform says the government is denying that cannabis has medical uses while at the same time overseeing "the world's biggest government-licensed medical cannabis production and export market".

See also: Prison Health section

'Spice epidemic in jails risk to nurses'

Environmental health

[Water resistant sunscreen claims 'meaningless', says Which?](#)

24 May 2018 Source: BBC News <http://www.bbc.co.uk/news/>

Water-resistant sunscreen products work much less well after they have been worn in the sea, a consumer group has warned ahead of the summer holiday season.

[Air pollution: a tool to estimate healthcare costs](#)

22 May 2018 Source: PHE <https://www.gov.uk/>

A tool to help local authorities estimate the burden of air pollution on the health care system.

Health services administration

[Why NHS costs just keep going up](#)

25 May 2018 Source: BBC News <http://www.bbc.co.uk/news/>

The Institute for Fiscal Studies and Health Foundation suggests the NHS will need an extra 4% a year for the next 15 years, and that the only realistic way to pay for this is tax rises. The BBC's Health Correspondent Nick Triggle takes a look at why.

[Tax rises needed 'to prevent NHS misery'](#)

24 May 2018 Source: BBC News <http://www.bbc.co.uk/news/>

Taxes are going to have to rise to pay for the NHS if the UK is to avoid "a decade of misery" in which the old, sick and vulnerable are let down, say experts.

[Campaigners in court over NHS policy](#)

23 May 2018 Source: BBC News <http://www.bbc.co.uk/news/>

A judicial review by a group of campaigners challenging government health policy in England gets under way at the High Court later. The group, which was backed by Prof Stephen Hawking before his death, is fighting the creation of accountable care organisations (ACOs). These are to act as partnership bodies incorporating hospitals, community services and councils. Campaigners say it risks privatisation, but this is denied by ministers.

[London Ambulance Service taken out of special measures](#)

23 May 2018 Source: BBC News <http://www.bbc.co.uk/news/>

London Ambulance Service (LAS) has been taken out of special measures after two-and-a-half years, following a recommendation by the health watchdog.

Mental health

Antidepressant use linked with weight gain

25 May 2018

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

"Rising antidepressant prescriptions could be contributing to increasing obesity levels," is the headline from The Independent. This is based on a study which aimed to see if there was a link between long-term antidepressant use and weight gain.

GPs call for more help to tackle 'epidemic of loneliness'

23 May 2018

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

Doctors in Northern Ireland have called for more support to deal with patients who complain of loneliness, saying it has become a "public health epidemic". For lonely patients, the 10-minute GP appointment model is "unfit for purpose" said the Royal College of General Practitioners Northern Ireland. RCGPNI said GPs need more time to care as they are sometimes "the only human contact" their lonely patients have. It has launched a community action plan aimed at tackling loneliness.

60% of young people unable to cope due to pressure to succeed

16 May 2018

Source: Mental Health Foundation

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

An online UK stress survey has found that six out of ten young people aged 18–24 have felt so stressed by pressure to succeed they have felt unable to cope. The survey – commissioned by the Mental Health Foundation – also found that almost half of young people (47%) had experienced significant stress in relation to body image and worries about their appearance.

Body clock linked to mood disorders

16 May 2018

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

Disruption to the body's internal clock may put people at increased risk of mood disorders, scientists say. A clock ticks in nearly every cell of the body. And they change how the tissues work in a daily rhythm. A Lancet Psychiatry study of 91,000 people found a disrupted body clock was linked with depression, bipolar disorder and other problems.

Josh Cullip: Coping with dementia at 11 years old

16 May 2018

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

Josh Cullip has dementia because of a genetic disease, which is known to affect about 500 people worldwide. The 11-year-old, from Milton Keynes, was diagnosed with Niemann-Pick type C when he was a few weeks old. He says he keeps a "positive attitude" and dreams of becoming a singer when he is older.

Body clock disruptions linked to mood disorders

16 May 2018

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

"People who experience disrupted 24-hour cycles of rest and activity are more likely to have mood disorders, lower levels of happiness and greater feelings of loneliness," reports The Guardian.

See also: Alcohol Misuse section
Mental health and alcohol: Graham's story

Obesity

[One in 25 children aged 10 or 11 'severely obese'](#)

29 May 2018 Source: BBC News <http://www.bbc.co.uk/news/>

One in 25 children in England aged 10 or 11 are severely obese, new analysis has found. Height and weight measurements show the number of children classed as severely overweight rose from 15,000 in reception to 22,000 by the time they leave primary school. The Local Government Association, which analysed Public Health England figures, said action was urgently needed.

[YouTube stars 'might encourage kids to eat more calories'](#)

25 May 2018 Source: BBC News <http://www.bbc.co.uk/news/>

Social media stars might be encouraging children to eat more unhealthy snacks, a new study suggests. It found children who saw popular vloggers consuming sugary and fatty snacks went on to eat 26% more calories than those who did not. The study, presented at the European Congress on Obesity, examined the responses of children to images from social media.

Older people

[Toddlers to help dementia patients in Conwy restore memories](#)

23 May 2018 Source: BBC News <http://www.bbc.co.uk/news/>

Mo, 83, and other patients at a day-care centre in Colwyn Bay spent three days with toddlers to test the potential for restoring memory. Experts at Bangor University hope their observations could transform lives

[Dementia-friendly lunches served at Norwich restaurant](#)

22 May 2018 Source: BBC News <http://www.bbc.co.uk/news/>

When Hannah Springham's mother got dementia, eating out became "quite a sad experience" as, at times, she no longer knew her daughter. Upon becoming a restaurateur in Norwich, Ms Springham was determined her diners would still have the "best possible time", whether living with the condition or caring for those with it, and so introduced the dementia-friendly lunch service.

Oral health

[Oral health survey of 5-year-old children 2017](#)

15 May 2018 Source: PHE <https://www.gov.uk/>

Results of the National Dental Epidemiology Programme for England's biennial survey, which took place in the academic year 2016 to 2017.

Physical activity

High levels of screen time linked to cancer and heart disease

24 May 2018 Source: BBC News <http://www.bbc.co.uk/news/>

Too much screen time has been linked to heart disease and cancer in a new study. Researchers at the University of Glasgow analysed the amount of time 390,089 people spent looking at TV and computer screens during leisure time. They found that the association between a high level of screen time and poor health was almost twice as strong in those with low fitness levels. Professor Jason Gill said the findings could affect public health guidance.

Prison health

'Spice epidemic in jails risk to nurses'

15 May 2018 Source: BBC news <http://www.bbc.co.uk/news/>

An epidemic of a laboratory-created cannabis substitute in UK prisons is putting nurses called in to treat inmates at risk, union leaders say. The Royal College of Nursing said it had members who had been left unwell after treating prisoners who had taken the illegal drug, known as "spice".

Safety

Toxic skin creams still rife in cosmetics market, councils warn

28 May 2018 Source: Local Government Association <https://www.local.gov.uk/>

The illegal, cancer-linked creams – which contain banned ingredients such as mercury and bleaching agent hydroquinone – are flooding the market, putting unwitting consumers at risk of permanently ruining their looks or damaging their health.

Councils call for powers to tackle lorry drivers that ignore road restrictions

26 May 2018 Source: Local Government Association <https://www.local.gov.uk/>

Tough new powers are needed for town halls to tackle lorry drivers who ignore weight restrictions, bringing chaos to the nation's villages and roads, council leaders say today.

Health and safety events in June 2018

May 2018 Source: Health and Safety Executive <http://www.hse.gov.uk/events/>

Events, conferences, seminars organised by HSE.

Smoking

[One million French smokers quit in a year amid anti-smoking measures](#)

28 May 2018

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

France has seen a sharp fall in the number of people smoking daily, with one million fewer lighting up from 2016-2017, a survey suggests. Such a drop has not been seen in a decade, according to Public Health France, which carried out the study.

[Smoking ban plan for playgrounds and hospital grounds](#)

25 May 2018

Source: BBC News

A ban on smoking in outdoor grounds of hospitals, schools and playgrounds in Wales has moved a step closer.

Social & economic issues

[Male nurse: 'I was told to become a brickie'](#)

16 May 2018

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

When David Ferran left school at the age of 17, he was encouraged to learn a trade and become a bricklayer or an electrician. But that wasn't for him. He went into nursing, bucking the trend in what is still a female-dominated profession.

[Health economics: a guide for public health teams](#)

14 May 2018

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

Resources to help local commissioners achieve value for money by estimating the return on investment (ROI) and cost-effectiveness of public health programmes.

Women's health

[Ireland has voted to repeal the Eighth Amendment](#)

25 May 2018

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

Joint statement from FPA and the All-Party Parliamentary Group on Sexual and Reproductive Health

[Breast screen error 'could have been spotted earlier'](#)

25 May 2018

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

Tens of thousands more women in England may have missed out on breast screening invitations dating back further than previously thought, according to a leading cancer expert.

[Polycystic ovary syndrome: Scientists closer to understanding cause](#)

15 May 2018

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

A common cause of female infertility - polycystic ovary syndrome (PCOS) - may be due to a hormonal imbalance before birth, researchers have found.

Workplace health

Hundreds of ambulance staff work days lost due to abuse

22 May 2018 Source: BBC news <http://www.bbc.co.uk/news/>

About 600 work days were lost in a single year in the ambulance service because of staff absences due to assaults, the BBC has learnt. There have been 2,278 reported incidents of abuse on staff since 2012/2013. Verbal abuse or "disruption" accounted for most incidents, at 1,231, followed by physical abuse, assault or violence in 890 cases. The ambulance service said there were 483 abuse incidents in 2017/2018

Almost one in three GPs are so stressed they feel they cannot cope at least once a week

18 May 2018 Source: RCGP <http://www.rcgp.org.uk/>

To mark Mental Health Awareness Week, RCGP Wales has published the figures to raise awareness of the impact of rising workloads on GPs' own mental health and wellbeing.

Heavy physical activity at work linked to earlier death in men

15 May 2018 Source: NHS Choices <https://www.nhs.uk/news/>

"Men with physical jobs have an 18% higher risk of early death than those with inactive work," reports the Daily Mirror. This surprising finding came from a review of existing research that pooled 17 studies with a total of more than 190,000 participants. Men with a high level of physical activity at work were found to be more likely to die earlier than those with less active jobs. This did not apply to women.

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>
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