

## Public Health Bulletin. 26<sup>th</sup> June 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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## **Black and ethnic minority groups**

### **'Why UK Asians need to talk more about suicide'**

18 June 2018

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

Figures from the NHS show that a white person is two times more likely to seek help than a person of black or Asian ethnicity.

## **Children and young people**

### **Banning phones in schools could give children 'space to focus', says RCGP**

20 June 2018

Source: Royal College of General Practitioners [www.rcgp.org.uk](http://www.rcgp.org.uk)

Responding to comments made by Culture Secretary Matt Hancock supporting the banning of phones in schools, Professor Helen Stokes-Lampard, Chair of the Royal College of GPs, said: "Children are under so much pressure to conform to social norms around how to look and what to do in order to be popular, and this can certainly impact on their mental, and physical, health and wellbeing..."

### **'Over-controlling' parents may be 'doing more harm than good'**

20 June 2018

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

"'Helicopter parenting' linked to behavioural problems in children," reports The Independent.

### **Emotional eating 'learned by children not inherited'**

19 June 2018

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

Children who eat more or less when stressed or upset have learned the behaviour rather than inherited it, a study suggests.

### **Children in England consuming 'twice as much sugar as recommended'**

15 June 2018

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

Children in England have already consumed more than their recommended sugar intake for 2018, according to Public Health England survey - and we're only halfway through June.

## **See also Obesity**

## **Chronic conditions**

### **MP Carol Monaghan leads campaign for new ME treatment**

25 June 2018

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

Chronic fatigue syndrome, or ME, is incorrectly treated, lacks sufficient funding and is poorly understood by many in the medical profession - according to an MP who has been campaigning in Parliament to change attitudes.

### **Your toothpaste probably won't give you type 2 diabetes**

22 June 2018

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

"Could your toothpaste give you type 2 diabetes?" is the unusual question posed by the Mail Online.

### [Drug 'reduces hearing loss' after childhood cancer treatment](#)

21 June 2018

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

Ollie, 12, wants to learn to play the drums but he can't after losing some of his hearing following cancer treatment when he was only a few months old. Now scientists have discovered that a new drug given hours after chemotherapy can reduce the long-term side effects of cancer treatment.

### [Nottingham beauty therapists taught to spot skin cancer signs](#)

15 June 2018

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

Beauty therapy students at Nottingham College are being taught how to spot the signs of skin cancer.

### [Stoke patients delaying cancer treatments for holidays](#)

13 June 2018

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

People are putting their lives at risk by turning down cancer appointments because they clash with their holiday plans, a hospital has claimed.

### [Measles outbreaks across England](#)

12 June 2018

Source: Dept of Health and Social Care <https://www.gov.uk>

Public Health England is advising the public to ensure they have had 2 doses of MMR vaccine after outbreaks of measles are confirmed across England.

#### **See also:**

**Mental Health**

**Older people**

**Screening**

**Social & economic issues**

## **Communicable diseases**

### [Teenager's cowpox diagnosis surprises doctors.](#)

16 June 2018

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

A 15-year-old boy has surprised doctors by contracting cowpox, a historical disease now so rare it has not been seen in Wales for more than a decade.

## **Diet & nutrition**

### [Is there an effective new alternative to the '5:2 diet'?](#)

22 June 2018

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

"Eating whatever you want between 10am and 6pm boosts weight loss after just 12 weeks," is the alluring headline from the Mail Online, reporting on a study into what's generally known as "intermittent fasting".

### [Veganism: Why is it on the up?](#)

18 June 2018

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

Across Britain, people are spending more money on vegan products, and plant-based diets are trending online.

## **See also Statistics**

### **Disability**

#### [The youngster challenging children's perceptions of disability.](#)

16 June 2018

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

An 11-year-old boy who has cerebral palsy, epilepsy and is unable to speak is visiting schools with his mum in a bid to change children's perceptions of disability.

### **Drug Misuse**

#### [Cannabis: What are the risks of recreational use?](#)

19 June 2018

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

The government has said there will be a review into the use of cannabis for medicinal purposes but has rejected suggestions by former Foreign Secretary Lord Hague that its recreational use could be legalised.

#### [Is cannabis use rising in middle-aged people?](#)

15 June 2018

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

"Cannabis addiction rising among women and over 40s," BBC News reports.

### **Environmental health**

#### [Cyan colour hidden ingredient in sleep](#)

22 June 2018

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

The colour cyan - between green and blue - is a hidden factor in encouraging or preventing sleep, according to biologists.

#### [The Nuclear Decommissioning Authority: progress with reducing risk at Sellafield](#)

21 June 2018

Source: National Audit Office <https://www.nao.org.uk>

The Nuclear Decommissioning Authority (NDA) has improved its performance in delivering major projects to reduce risk and high hazard at Sellafield, the NDA's largest and most hazardous nuclear site. Yet it still has a long way to go in decommissioning and cleaning up the site, facing continued delays and an expected overspend of up to £913 million, says the National Audit Office (NAO) in a [report](#) published yesterday.

### [Hard lessons for water sector following “Beast from the East” review](#)

20 June 2018

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

Ofwat yesterday revealed the full impact of the “Beast from the East” on water customers in England and Wales, with a report that shows more than 200,000 customers did not have water supply for more than four hours and tens of thousands were left off supply for days.

### [World leading microbeads ban comes into force](#)

20 June 2018

Source: Dept for Env, Food and Rural Affairs <https://www.gov.uk>

A ban on the sale of products containing microbeads yesterday came into force as part of the Government’s world-leading efforts to prevent these harmful pieces of plastic entering the marine environment.

### [Tree Champion to expand England's woodland](#)

14 June 2018

Source: Dept for Env, Food and Rural Affairs <https://www.gov.uk>

Sir William Worsley, a new Tree Champion to drive forward planting rates and prevent the unnecessary felling of street trees has been appointed by Environment Secretary Michael Gove.

### [BUPA fined £3m after death of elderly resident](#)

14 June 2018

Source: HSE <http://www.hse.gov.uk>

A care provider has been fined following the death of a resident at an Essex nursing home after he contracted Legionnaires’ disease.

### [Water companies need to up their game on water resource management](#)

13 June 2018

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

Ofwat has called for clear improvements from water companies in how they plan for greater resilience against drought. Planning for water resource has increased in importance due to the need to reduce the amount of water taken from the environment, and the challenges of climate change and population growth.

## **Health promotion**

### [Over 40s health check to include dementia advice](#)

16 June 2018

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

People over 40 in England will be given advice on dementia as part of their free NHS health check.

### [Unfit in middle age: Are you doomed?](#)

14 June 2018

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

Are you someone in middle age who keeps putting off that planned health kick for another day?

## Health protection

### [Choosing Wisely: 50 new recommendations on how to reduce unnecessary treatment](#)

June 2018

Source: Choosing Wisely UK <http://www.choosingwisely.co.uk>

A number of recommendations to help reduce the number of unnecessary tests, procedures and treatments that clinicians believe have little or no value, have been published as part of the second tranche of the Choosing Wisely UK scheme.

[UKMi comment](#)

### [How to manage your hay fever this summer](#)

22 June 2018

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

More than 20 million people could suffer hay fever this summer as unusually high levels of pollen sweep across the UK.

### [Measles and summer travel to Europe](#)

21 June 2018

Source: Dept of Health and Social Care <https://www.gov.uk>

Young adults urged to check they've had MMR vaccine before travelling to Europe this summer.

### [HPV vaccine cuts cancer-causing infection](#)

18 June 2018

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

There has been a significant fall in the number of cases of HPV, the virus that causes cervical cancer, following the introduction of a vaccine for young women, a new study says.

## Health services administration

### [Hampshire: CQC publishes its review of how local health and social care systems work together](#)

22 June 2018

Source: CQC <https://www.cqc.org.uk>

The Care Quality Commission has published its findings following a review of health and social care services in Hampshire, looking specifically at how older people move through the health and social care system, with a focus on how services work together.

### [Prime Minister sets out 5-year NHS funding plan](#)

19 June 2018

Source: Dept of Health and Social Care <https://www.gov.uk>

The NHS will receive increased funding of £20.5 billion per year by the end of 5 years.

### [PM announcement 'welcome and encouraging' but general practice must receive a substantial share, says RCGP](#)

17 June 2018

Source: Royal College of General Practitioners [www.rcgp.org.uk](http://www.rcgp.org.uk)

Responding to Prime Minister Theresa May's announcement of £384m extra a week, in real terms, for the NHS by 2023, Professor Helen Stokes-Lampard, Chair of the Royal

College of GPs, said: "The Prime Minister's announcement recognises the exceptional work that our national health service has done over the last 70 years, in the best interests of our patients, and is welcome confirmation that the Government is committed to continuing this."

### [New GPs entering 'incredibly pressurised' profession, says RCGP](#)

15 June 2018      *Source:* Royal College of General Practitioners [www.rcgp.org.uk](http://www.rcgp.org.uk)

Responding to comments made by Professor Ian Cumming, Chief Executive of Health Education England at the NHS Confed conference yesterday, published in the Daily Mail today, Professor Helen Stokes-Lampard, Chair of the Royal College of GPs, said: "GPs are entering a profession that is incredibly pressurised...unfortunately it isn't just GPs that have been working in general practice for years who are burning out."

### [Doctors and nurses to be taken out of Tier 2 visa cap](#)

15 June 2018      *Source:* Home Office <https://www.gov.uk>

More highly skilled doctors and nurses will be able to come to the UK under plans announced by the Home Office today.

### [NHS groups welcome immigration change for doctors and nurses](#)

14 June 2018      *Source:* BBC News: <https://www.bbc.co.uk>

NHS groups have welcomed the decision to relax immigration rules to allow more doctors and nurses from outside the EU into the UK.

### [Relaxing of visa rules would be 'fantastic and much-needed' victory, says RCGP](#)

14 June 2018      *Source:* Royal College of General Practitioners [www.rcgp.org.uk](http://www.rcgp.org.uk)

Responding to reports of home Secretary Sajid Javid's expected announcement on the relaxing of immigration rules for doctors, Professor Helen Stokes-Lampard, Chair of the Royal College of GPs, said: "While we await the details of the Home Secretary's expected announcement, lifting the cap of Tier 2 visas for doctors and nurses wanting to work in the NHS would be a fantastic and much-needed victory for common sense and patient care..."

## **Men's health**

### [Steroid use for ideal body a 'time bomb' for Welsh NHS](#)

14 June 2018      *Source:* BBC News: <https://www.bbc.co.uk>

An increase in men using steroids in a bid to get the perfect body is creating a "time bomb" for the NHS, an expert has warned.

## **Mental health**

### [Dementia: assessment, management and support for people living with dementia and their carers](#) – guidance (NG97)

June 2018      *Source:* Nat Ins for Health and Care Excellence <https://www.nice.org.uk>

This guideline covers diagnosing and managing dementia (including Alzheimer's disease) and aims to improve care by making recommendations on training staff and helping carers to support people living with dementia.

### **Cancer patients at increased risk of suicide**

21 June 2018

Source: Dept of Health and Social Care <https://www.gov.uk>

The first national study of its kind in England shows cancer patients have a 20% increased risk of suicide.

### **Claims of a 'breakthrough' for Alzheimer's patients lack merit**

21 June 2018

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

"Is this the solution to Alzheimer's?" asks the Mail Online. Sadly, the headline is an overblown reaction to a small, poor-quality and arguably overhyped study.

### **LGA responds to report on schools tackling youth mental health crisis**

21 June 2018

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

"We need to develop a system that says yes, rather than no, to children when they ask for help."

### **The nurses tackling mental illness in police custody**

19 June 2018

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

An estimated third of those arrested by police in England are experiencing mental health problems.

### **WHO: Gaming addiction 'a mental health condition'**

17 June 2018

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

For most people gaming is an enjoyable hobby and a way to spend time with friends. But for some it can become more than that.

### **LGA responds to dementia addition to NHS health check**

16 June 2018

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

"If we are to continue to tackle or delay avoidable ill health, it is vital that eligible people get checked in order to increase health check uptake rates."

### **An insole with GPS tracking for dementia patients**

14 June 2018

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

The NHS in Dorset is trialling a tracking device to keep dementia patients safe. It is an insole that a patient places in his or her shoe. It helps to keep tabs on the wearer so that relatives and carers will always know their location.

### **Even slightly raised blood pressure in middle age may increase dementia risk**

14 June 2018

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

"Fifty-year-olds with slightly raised blood pressure are at an increased risk of getting dementia in later life," The Independent reports.

### [Mental Health Foundation's response to Scottish government's suicide prevention funding announcement](#)

13 June 2018      *Source:* Mental Health Foundation [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

The Mental Health Foundation has today welcomed the Scottish government's announcement of £3 million for suicide prevention.

### [Mental Health Foundation statement on 'suicide' slur in House of Commons](#)

13 June 2018      *Source:* Mental Health Foundation [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Suicide is a serious matter. According to the most recent figures almost 6,000 people took their own lives across the UK in one year.

### [Many commonly prescribed drugs linked to depression](#)

13 June 2018      *Source:* NHS Choices: <https://www.nhs.uk/news>

"Could your medications be making you depressed?" asks BBC News, reporting on a new US study looking into possible links between prescription drugs and depression.

## **Obesity**

### [Child obesity plan targets sweets at checkouts](#)

24 June 2018      *Source:* BBC News: <https://www.bbc.co.uk>

Sweets and fatty snacks sold at checkouts and as part of supermarket deals will be banned under new government proposals to halve childhood obesity in England by 2030.

### [LGA responds to launch of Child Obesity Strategy](#)

24 June 2018      *Source:* Local Gov Association <https://www.local.gov.uk>

Responding to the launch of the Government's latest Childhood Obesity Plan, Cllr Izzi Seccombe, Chairman of the Local Government Association's Community Wellbeing Board, said: "This latest plan is desperately needed if we are to seriously tackle the child obesity crisis this country is experiencing."

## **Older people**

### [Probiotics 'may help strengthen bones' in older adults](#)

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

"Elderly people should take probiotics to preserve their bones," claims the Mail Online, referring to a Swedish trial that gave supplements to a small group of women.

### [Cases of cancer in elderly to surge by 2035, report says](#)

21 June 2018      *Source:* BBC News: <https://www.bbc.co.uk>

The number of elderly people in the UK diagnosed each year with cancer is set to rise by 80% in less than 20 years, a report predicts.

## Physical activity

### [parkrun UK teams up with RCGP to 'prescribe' active lifestyles to patients and practice staff](#)

21 June 2018

Source: Royal College of General Practitioners [www.rcgp.org.uk](http://www.rcgp.org.uk)

The Royal College of General Practitioners and parkrun UK are set to launch a ground-breaking initiative that could see thousands of patients being 'prescribed' outdoor physical activity rather than medication.

## Safety

### [Health precautions urged by councils to combat heatwave](#)

25 June 2018

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

Councils are urging residents to keep an eye on vulnerable or elderly family and friends and help save lives as the nation heads outside to bask in the sunshine.

### [Councils support Drowning Prevention Week](#)

20 June 2018

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

The Local Government Association is pleased to support [Drowning Prevention Week](#) taking place 15-25 June. The week aims to ensure that everyone knows how to have fun and stay safe near the water.

### [Stay safe on the road this World Cup, RoSPA urges](#)

13 June 2018

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

As the World Cup is now just one day away, RoSPA is asking fans to plan their journeys to ensure they are not getting behind the wheel after having a drink.

## Screening

### [Wales 'behind' in technology to detect prostate cancer](#)

19 June 2018

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

A father-of-four who survived prostate cancer has said he is "fortunate" to be alive after an MRI scan spotted the disease before it developed.

## Sexual health

### [Young women 'not having enjoyable sex'](#)

26 June 2018

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

Almost half of women aged 25-34 do not have an enjoyable sex life, a survey by [Public Health England](#) suggests.

## Social & economic issues

### Cancer patients face 'absurd' travel insurance costs

25 June 2018

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

Cancer patients are struggling to find affordable travel insurance, even long after treatment is finished, a report from the City watchdog has revealed.

### Modern slavery statement

25 June 2018

Source: CQC <https://www.cqc.org.uk>

Modern slavery and human trafficking are criminal offences under the Modern Slavery Act 2015. CQC agreed a [statement on modern slavery](#) at the June board meeting.

### Government publishes key licensing changes to further protect tenants

20 June 2018

Source: Min of Housing, Communities & Local Gov [www.gov.uk](http://www.gov.uk)

New guidance for landlords to further protect tenants from poor living conditions has been published.

### Legalising cannabis: What you need to know

19 June 2018

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

Lord Hague has reignited the debate on the law on cannabis, suggesting the Conservatives should consider legalising its recreational use.

## Statistics

### University student suicide rates revealed

25 June 2018

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

Suicide rates for higher education students have been revealed for the first time.

### Acrylamide and furan survey results published

22 June 2018

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

Today we are publishing the results from our latest study looking at levels of acrylamide and furan in an extensive range of UK retail foods.

### Sex, drugs and A&E: 10 charts on how the under-30s use the NHS

21 June 2018

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

Most of us make greatest use of the NHS at the beginning and end of our lives. But although the 18-30s have youth on their side, their relationship with the NHS is still significant.

### Hay fever rates smash five-year average across England, latest RGCP data shows

16 June 2018

Source: Royal College of General Practitioners [www.rcgp.org.uk](http://www.rcgp.org.uk)

Hay fever cases in England have reached their highest level so far this year, according to the latest weekly figures from the Royal College of General Practitioners' Research and Surveillance Centre (RSC).

### [Campylobacter levels remain steady](#)

15 June 2018

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

Major retailers publish January-March 2018 campylobacter results for fresh shop-bought UK-produced chickens.

### [Hospital waiting list in England highest since 2007](#)

14 June 2018

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

The number of people waiting for a hospital operation in England is at its highest for more than a decade.

## **Women's health**

### [Stigma around women's health must be addressed, says RCGP](#)

26 June 2018

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

Responding to a new report on reproductive health published by Public Health England today, Chair of the Royal College of GPs and a GP with a long term interest in women's health, Professor Helen Stokes-Lampard said: "Reproductive health conditions affect women's health and emotional wellbeing on a daily basis and can range in severity in terms of the impact their condition has on their everyday life..."

### [HPV vaccine reduces cancer-causing infection by 86 per cent](#)

19 June 2018

Source: Dept of Health and Social Care <https://www.gov.uk>

A new study has found that the HPV vaccination has led to major reductions in the number of young women who have the infection, which can cause cervical cancer.

### [Women who wake up early 'less likely to get depressed'](#)

18 June 2018

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

"Women who wake up early as they get older are less likely to develop depression than those who love a lie-in," the Mail Online reports.

### [The common condition that has no cure](#)

16 June 2018

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

One in every five women in the UK is thought to have Polycystic ovary syndrome (PCOS).

### [Babies most likely to be born at 4am, study finds](#)

15 June 2018

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

Four o'clock in the morning is the time most babies are born spontaneously in England, with the majority arriving between 01:00 and 07:00, a study shows.

### 'I'm a hormonal mess but it's worth it'

15 June 2018

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

At just 22, Katy Johnston never thought she would be able to empathise with a middle-aged woman having a hot flush in M&S.

### 'Women spend more time planning holiday than pregnancy'

14 June 2018

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

Some women spend more time planning their summer holiday than they do a pregnancy, a survey by baby charity Tommy's suggests.

### 'Why my daughter wants a hysterectomy at 15'

13 June 2018

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

Elizabeth\* struggled with suicidal thoughts from the day she got her period. She finally got relief after a hysterectomy at 42. She and her daughter Grace\*, 15, have the same severe form of premenstrual syndrome. Here, they explain why they are desperate for a treatment to save Grace from a lifetime of hormonal hell.

## 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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