

## Public Health Bulletin. 24<sup>th</sup> July 2018

Produced by NHS libraries in Thames Valley and Wessex

Please find below a list of news items from the past fortnight that may be of interest to those involved in public health. This Bulletin provides topical news and reports of relevance to public health teams, community health practitioners and anyone with an interest in health promotion. All content and links are provided for information only and we do not sponsor, endorse or otherwise approve of any mentioned website or the contents of the news items. Please refer to the terms and conditions of the relevant website should you wish to reproduce any of the information.

Details of alternative current awareness services which cover more academic/specialist sources of information can be found in the section *Other Bulletins*. Your local NHS library service can assist you in accessing other current awareness services/tailored alerts, locating peer reviewed journal articles and answer any other queries you may have regarding finding information.

The information about each news item only gives a brief overview so we recommend you view the original source by clicking on the title (or Ctrl+Click in the word document).

Please contact your local NHS library service if you no longer wish to receive this Bulletin, or if you know of anyone else who would like to join the mailing list. The Bulletins are also available on the Thames Valley Public Health Network at: <http://www.oxsph.org/bulletins.html> and the Wessex Public Health Network at: <http://www.wessexphnetwork.org.uk/resources/public-health-updates.aspx>

[Alcohol misuse](#)

[Black and ethnic minority groups](#)

[Children and young people](#)

[Chronic conditions](#)

[Communicable diseases](#)

[Diet & nutrition](#)

[Disability](#)

[Environmental health](#)

[Health promotion](#)

[Health protection](#)

[Health Services administration](#)

[HIV and AIDS](#)

[Men's health](#)

[Mental health](#)

[Obesity](#)

[Older people](#)

[Physical activity](#)

[Prison health](#)

[Safety](#)

[Sexual Health](#)

[Smoking](#)

[Social and economic issues](#)

[Women's health](#)

[Local news](#)

## Alcohol misuse

### Alcohol-related brain damage at 10-year high

11 Jul 2018

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

The number of people admitted to hospital in Scotland with alcohol-related brain damage has reached a 10-year high. A total of 661 people required treatment for brain injury after alcohol misuse between 2016-17, the equivalent of nearly two people a day.

### Advertising regulation needs strengthening to better regulate alcohol marketing on social media, new research finds

18 Jul 2018

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

New research shows the significant role that drinking venues and alcohol brands play in marketing alcohol products to young people on social media. The report highlights how the regulatory system for alcohol marketing (under the UK advertising Codes of Practice regulated by the Advertising Standards Authority) is struggling to keep up with the pace and nature of technological change and needs to be strengthened – taking particular account of marketing by venues as well as brands – to reflect the central role of social media activity in young people’s drinking occasions.

## Black and ethnic minority groups

### Campaign to increase number of BAME organ donors announced

18 Jul 2018

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

The government has announced a new campaign in England to address the urgent need for black, Asian and minority ethnic (BAME) organ donors. The new campaign aims to increase organ donation rates within black, Asian and minority ethnic communities by raising awareness and breaking down barriers to donation. It will be delivered by NHS Blood and Transplant with support from the National BAME Transplant Alliance (NBTA).

## Children and young people

### Social care commentary: multi-agency safeguarding arrangements

10 Jul 2018

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

Safeguarding children requires a multi-agency response. It cannot be done by local authorities alone. This is true across all aspects of safeguarding arrangements: from the frontline practitioner identifying a child at risk and making a referral to the local authority, through to leaders determining local strategic and operational responses to child protection issues. We must get this right for all children who experience abuse or neglect.

### Mental health: Wait for therapy added to teen's anxiety

When she was 15, Naomi Lea was suffering up to 10 panic attacks a day and self-harming. Struggling with the pressure of social media and anxious about exams, she felt isolated and scared. After calling ChildLine, she left a letter on her teacher's desk explaining her feelings, a school nurse referred her to Child and Adolescent Mental

Health Services (CAMHS). But it took another six months for her to be seen by a therapist.

13 Jul 2018 Source: BBC <http://www.bbc.co.uk/>

### **Morrisons 'quiet hour' for autistic shopping introduced**

19 Jul 2018 Source: BBC <http://www.bbc.co.uk/>

Supermarket chain Morrisons has introduced a weekly "quieter hour" for autistic shoppers who struggle with music and noise. Its 439 UK stores will dim lights, turn music off, avoid using the tannoy and turn check-out beeps down on Saturdays from 09:00 to 10:00.

### **Parents warned over 'toxic' slime**

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

Parents are being warned about potentially toxic levels of chemicals in slime toys popular with children. The consumer group Which? tested 11 of the most popular products on the market and found eight of them had above the recommended levels of boron.

### **HPV jab should be given to boys, committee says**

18 Jul 2018 Source: BBC <http://www.bbc.co.uk/>

A jab that protects against a virus that causes cervical cancer should also be given to boys, an advisory committee has recommended. The HPV vaccine is routinely offered to girls aged 12 to 13 at secondary school and is free up until they turn 18. Now the Joint Committee on Vaccination and Immunisation has advised extending immunisation to adolescent boys at the same age as girls. See also [\*\*Statement on HPV vaccination: Joint Committee on Vaccination and Immunisation\*\*](#)

### **Sensible, family-loving teens behind pregnancy rate drop**

18 Jul 2018 Source: BBC <http://www.bbc.co.uk/>

Teenagers are becoming less likely to have sex, preferring to spend time with their families and having romantic relationships online, a study suggests. A survey of 1,000 16- to 18-year-olds also found they were drinking much less. The British Pregnancy Advisory Service said this may explain the sharp fall in teen pregnancies in the UK since 2007.

### **Too many babies overfed, experts fear**

18 Jul 2018 Source: BBC <http://www.bbc.co.uk/>

It's time to tackle over-eating from birth to make sure children get the best start in life, according to Public Health England. It comes as government advisers publish [\*\*new guidance\*\*](#) - the first in more than 20 years - on feeding babies. That report suggests three-quarters of UK babies and toddlers may be eating more calories than they should.

### **Schools alone cannot fix childhood obesity, says Ofsted boss**

18 Jul 2018

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

Schools are not a "silver bullet" to tackle childhood obesity, the head of Ofsted has said in a report. A study of 60 schools found no link between schools' efforts to tackle obesity and pupils' weight. Factors outside the gates make it impossible for schools "to have a direct and measurable impact on children's weight", said chief schools inspector, Amanda Spielman.

### **Record number of severely obese children**

24 Jul 2018

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

A record number of primary school children are leaving school severely obese, according to new figures from Public Health England. Data for 2016/17 shows one in 25 10 to 11 year olds were severely obese. That's more than 22,000 children, and the highest level since records began.

### **New relationships and health education in schools**

20 Jul 2018

Source: Dept. of Education <https://www.gov.uk/>

Draft guidance published today to make sure education prepares young people for life in the modern world. All schools will teach children about good physical and mental health, how to stay safe on and offline, and the importance of healthy relationships under bold new plans published today by Education Secretary Damian Hinds.

### **Testing oxygen levels of newborn babies helps find serious heart defects**

17 Jul 2018

Source: National Institute for Health Research

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

Measuring oxygen levels in newborn babies as part of routine care can identify cases of critical congenital heart defects sooner than waiting until symptoms appear. If 10,000 babies were screened, pulse oximetry could correctly identify about 5 of the 6 expected asymptomatic cases and might miss one. This international research suggests there would be about 14 false alarms. Waiting until babies are at least 24 hours old minimises the number of these false positives.

### **Children affected by domestic abuse to benefit from £8 million fund**

21 Jul 2018

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

The Home Office recently announced a new £8 million fund to support children who have been affected by domestic abuse. The fund gives charities, local authorities and other organisations the chance to bid for money for projects designed to intervene early to help children who have been directly or indirectly affected by domestic abuse.

### **Antidepressant prescriptions for children on the rise**

24 Jul 2018

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

The number of antidepressants prescribed to children in England, Scotland and Northern Ireland has risen over the past three years, figures obtained by BBC's File on 4 reveal. In England, there was a 15% rise. Scotland saw a 10% increase. And in Northern

Ireland the number rose by 6%. In total, there were 950,000 prescriptions issued between April 2015 and March 2018.

See also **Chronic conditions**

Stopping type 1 diabetes from birth

See also **Mental health**

Patients face autism referral and assessment 'lottery'

See also **Safety**

Keep kids safe on garden trampolines as they spring into the summer holidays

## Chronic conditions

### [Self-monitoring improves control of high blood pressure compared with GP monitoring alone](#)

10 Jul 2018

Source: National Institute for Health Research

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

Allowing patients who have inadequately controlled high blood pressure to monitor their own blood pressure at home helps their GPs to optimise their management. Patients who self-monitor and visit or talk to their GP when needed for medication adjustments achieve 4mmHg lower systolic blood pressure over 12 months compared with those relying only on the measurements made by a GP without self-monitoring.

### [Stopping type 1 diabetes from birth](#)

11 Jul 2018

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

Experts believe they may have found a way to prevent high risk babies from developing type 1 diabetes. The idea is to train infants' immune systems by giving them powdered insulin to offer life-long protection.

### [Johnson & Johnson to pay \\$4.7bn damages in talc cancer case](#)

13 Jul 2018

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

Johnson & Johnson has been ordered to pay \$4.7bn (£3.6bn) in damages to 22 women who alleged that its talc products caused them to develop ovarian cancer. A jury in the US state of Missouri initially awarded \$550m in compensation and added \$4.1bn in punitive damages. The verdict comes as the pharmaceutical giant battles some 9,000 legal cases involving its signature baby powder. J&J said it was "deeply disappointed" and plans to appeal.

### [Complementary cancer therapies linked to reduced survival](#)

20 Jul 2018

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

Cancer patients who use complementary therapies may be more likely to shun conventional treatments and risk their chances of survival, research suggests. A study of 1,290 patients in the US found people who received such therapies often refused life-saving care such as chemotherapy or surgery. Fewer of them survived five years after starting treatment compared to those on standard care, researchers found.

### [Varicose vein injections help new venous leg ulcers heal](#)

18 Jul 2018

Source: National Institute for Health Research

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

For patients with leg ulcers caused by varicose veins, early intervention to treat the veins results in faster healing of ulcers than standard compression therapy alone. Researchers studied 450 people with open venous leg ulcers of 6 weeks to 6 months duration and varicose veins. Those assigned to have their veins treated within two weeks had healed ulcers in an average of 56 days, compared with 82 days for those who had treatment deferred for six months, or until after the ulcer had healed.

### [Increasing inhaled steroids for short periods reduces asthma exacerbations](#)

17 Jul 2018

Source: National Institute for Health Research

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

Taking four times the usual dose of inhaled corticosteroids for up to two weeks can modestly reduce the chance of asthma worsening. This NIHR-funded trial assessed increasing the inhaled corticosteroid dose compared with staying on the usual dose, as part of a self-management plan. Participants were adults and adolescents with uncontrolled asthma and had at least one exacerbation needing additional medical attention in the year before the trial.

## **Communicable diseases**

### [Flu vaccine effectiveness in 2017 to 2018 season](#)

06 Jul 2018

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

Public Health England (PHE) yesterday (Wednesday, 18 July 2018) published data on the effectiveness of the flu vaccine in the 2017 to 2018 season. The data show that overall, flu vaccine was 15% effective in all age groups. However, effectiveness varied considerably.

### [New drug for recurring malaria](#)

23 Jul 2018

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

A new drug to treat malaria has been given the green light by authorities in the United States. The medicine is specifically for the recurring form of malaria - caused by the parasite plasmodium vivax- which makes 8.5 million people ill each year. This type of malaria is a particular challenge to get rid of as it can remain dormant in the liver for years before reawakening many times.

### [Measles: why it is necessary to eliminate the disease in Europe](#)

19 Jul 2018

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

Several measles outbreaks are ongoing in Europe and until the disease is eradicated worldwide, cross-border transmission between countries is possible and will likely continue to occur. The President of the Italian National Health Institute, Walter Ricciardi, and the Director of PHE, Duncan Selbie, have stressed that measles elimination in Europe is an objective that needs to be vigorously pursued.

## Diet & nutrition

### [Fish oil supplements for a healthy heart 'nonsense'](#)

18 Jul 2018 Source: BBC <http://www.bbc.co.uk/>

Taking omega-3 fish oil supplements is often touted as a simple way to protect your heart - but experts say the evidence that it does any good is flimsy at best. Cochrane researchers looked at trials in over 100,000 people and found little proof that it prevented heart disease. They say the chance of getting any meaningful benefit from taking omega-3 is one in 1,000

### ['Proof' it's fats, not carbs, that cause weight gain – but only in mice](#)

17 Jul 2018 Source: NHS Choices <http://www.nhs.uk/news/>

"Fat consumption is the only cause of weight gain!" declares the Mail Online, reporting on a study where mice were exposed to different diets and monitored for weight gain and increased energy intake.

## Disability

### [Structured training improves skills of wheelchair users](#)

18 Jul 2018 Source: National Institute for Health Research  
<https://discover.dc.nihr.ac.uk/>

Structured wheelchair skills training increases wheelchair users' skills when compared with no training, standard care or education controls. The training, as developed in Canada, is more effective for new wheelchair users than experienced users. It includes difficult everyday challenges from wheeling through gravel to negotiating high curbs.

### [The people with dragon legs and electric fingers](#)

20 Jul 2018 Source: BBC <http://www.bbc.co.uk/>

Just because something is practical doesn't mean it has to be unfashionable. See how seven disabled people have "pimped up" the equipment they use every day.

## Environmental health

### [Heatwave causes spike in insect bite calls to NHS](#)

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

Although many of us are enjoying the balmy temperatures of this year's heatwave, unfortunately for some, biting insects are flourishing too. Calls to the NHS helpline 111 about insect bites are almost double the rate they normally are at this time of year. And senior doctors are reporting incidents of patients being treated in hospital for infected horsefly bites.

### [Hot summer leading to 'toxic' algae](#)

16 Jul 2018

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

Potentially toxic algae is blooming in rivers and lochs during Scotland's long, hot summer, scientists have warned. Blue-green algae, which poses a health risk to humans and animals, has flourished during the warm spell.

### [Government publishes updated plan to tackle climate change](#)

19 Jul 2018

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

The second [National Adaptation Programme 2018 to 2023](#) setting out an ambitious strategy for dealing with the effects of a changing climate yesterday (Thursday) published by the government. It comes after the [Climate Change Risk Assessment was published in January 2017](#) and addresses the risks affecting communities across England. It also sets out the government's ongoing investment and work to tackle these risks

## **Health promotion**

### [Scientist debunks health hoaxes with viral parody video](#)

17 Jul 2018

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

A Canadian scientist's Youtube video about an all natural cancer-curing moss is a social media hit. But it comes with a twist: the health claims in the video are revealed as completely false. Jonathan Jarry, its creator, is a science communicator whose career focuses on debunking misinformation like the claims found in his viral video

## **Health protection**

### [Is heading a football bad for your health?](#)

17 Jul 2018

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

Headed goals by Harry Kane and Harry Maguire were among those which propelled England to their best World Cup performance since 1990. But can repetitive heading cause damage to the brain and lead to long-term health problems? A new study of 300 former professional players aims to answer the question.

### [Brain damage 'more likely in cardiac arrest patients given adrenaline'](#)

18 Jul 2018

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

Cardiac arrest patients who are treated with adrenaline are significantly more likely to have severe brain damage if they survive, a new study has found. Adrenaline is routinely used as a last resort when other treatments fail. A study of 8,000 patients found that while it slightly increased the chances of survival, patients who had adrenaline were much more likely to end up severely disabled

### **Delays in radiology results 'affecting patient care'**

18 Jul 2018

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

The regulator of health care services in England is calling for a limit on how long it takes to report the results of patients' x-rays and scans. The Care Quality Commission's review of radiology practices found that the process could vary from one hour to two working days in hospital A&Es. This could mean delays in results being shared with doctors and patients receiving timely care

### **Medicinal cannabis 'should be available on prescription'**

19 Jul 2018

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

Doctors in the UK should have the option to prescribe cannabis-derived medicinal products to patients with certain medical conditions, drugs experts have advised the government. The Advisory Council on the Misuse of Drugs recommends rules should be changed for these medications, if safe. It comes after high profile cases involving children with severe epilepsy being denied access to cannabis oil.

### **Be Clear on Cancer campaign urges public to check urine for blood**

19 Jul 2018

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

Only 16% of those most at risk of bladder and kidney cancer check for vital signs of blood in pee as new campaign encourages public to 'look before they flush'. Public Health England (PHE) is launching a national 'Be Clear on Cancer' campaign which highlights blood in pee as a key symptom of bladder and kidney cancers. The campaign will encourage everyone to 'look before they flush' and visit their GP without delay if they notice blood in their pee, even if it's just once.

### **Antimicrobial Resistance and Immunisation**

19 Jul 2018

Source: Parliamentary Office of Science and Technology

<https://researchbriefings.parliament.uk/>

Antimicrobial resistance (AMR) is an urgent global health threat that, if left unchecked, could account for an estimated 10 million deaths per year by 2050. A report commissioned by the UK Government and published in 2016 concluded that vaccines have been overlooked as a tool to reduce AMR and should be an investment focus.

### **Health and Wellbeing Alliance latest update**

19 Jul 2018

Source: Homeless <https://www.homeless.org.uk/>

Homeless Link and Friends, Families and Travellers have worked together alongside other members of the Health and Wellbeing Alliance to launch an Inclusion Health Audit Tool. Led by the Department alongside Public Health England and NHS England, together known as the 'system partners', the Alliance is about to commence its 'additional work' programme and Homeless Link is leading and partnering on two new pieces of work.

### [UK heatwave: Met Office says stay out of the sun](#)

23 Jul 2018

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

People are being urged to "stay out of the sun" for most of this week, as a heat health watch alert is issued by the Met Office. The level 3 or amber alert is in place until 09:00 BST Friday for much of the east and south-east of England.

See also **Social and economic issues**

New advice to help employers deal with domestic abuse and stigma

## **Health services administration**

### [Working together since 1948: celebrating 70 years of partnership between the NHS and independent sector](#)

05 Jul 2018

Source: NHS Confederation <http://www.nhsconfed.org/>

This document outlines examples from across the decades of how the independent sector has supported the NHS and helped improve patient outcomes and value for money.

### [National Quality Board publishes guidance for NHS trusts on working with bereaved families and carers](#)

12 Jul 2018

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

The guidance has been developed by NHS England as part of the NQB led programme of work to implement the recommendations we made in our report 'Learning, Candour and Accountability'. Our report identified specific concerns about the way NHS trusts were investigating and learning when patients within their care die and the extent to which families and carers were involved in the investigations process.

### [NHS still reliant on 'archaic' fax machines](#)

12 Jul 2018

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

Hospitals are still reliant on "archaic" fax machines with thousands still in use, a survey shows. Senior doctors said the continued use of the outdated technology was "ludicrous", and modern forms of communication were urgently needed.

### [Mencap wins 'unaffordable' overnight back pay appeal](#)

13 Jul 2018

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

Care workers who had to stay overnight as part of their job will not be entitled to back pay at the minimum wage after a Court of Appeal ruling. The charity Mencap, who won the appeal, argued that a previous tribunal decision which compelled care providers to fund six years' back pay for overnight carers was unaffordable.

### [Kent and Medway NHS hernia policy 'may be rationing' surgery](#)

17 Jul 2018

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

Groin hernia patients are having to "prove their pain" and show they have complications to get surgery, the Royal College of Surgeons (RCS) has said. In Kent and Medway, patients are having to show their hernia has grown larger or become "incarcerated" to access operations, the RCS claimed. The RCS said harsher restrictions may amount to "rationing"

### [Private firms cash in on over-stretched NHS](#)

19 Jul 2018 Source: BBC <http://www.bbc.co.uk/>

Under-pressure NHS services in England are spending over £1bn a year buying care from outside the NHS because they are unable to keep up with demand. The bill is being racked up by hospitals, ambulances and mental health trusts, data obtained by the BBC shows.

### [Low NHS morale is 'heartbreaking', says Matt Hancock](#)

20 Jul 2018 Source: BBC <http://www.bbc.co.uk/>

Seeing how NHS staff feel "undervalued" is "heartbreaking", the new Health Secretary Matt Hancock has said. [In his first speech](#) since taking the job, Mr Hancock also said he was horrified at the level of bullying reported by staff. The British Medical Association welcomed the sentiment but said it needed to be underpinned by action.

### [NHS workers and students to trial EU Settlement Scheme](#)

20 Jul 2018 Source: Home Office <https://www.gov.uk/>

NHS workers, university staff and students in the North West of England will be taking part in a private pilot of the new application process for the EU Settlement Scheme. In a managed live trial, EU citizens working at 12 NHS Trusts, and students and staff from 3 Liverpool universities, will be invited to make real applications for settled status through the new digital process. It will allow those working on the scheme to test the system using real applicants and make improvements ahead of the launch of the scheme's phased rollout towards the end of 2018.

## **HIV & AIDS**

### ['Dangerous complacency' to global HIV epidemic risks resurgence](#)

20 Jul 2018 Source: BBC <http://www.bbc.co.uk/>

A "dangerous complacency" in the response to the global HIV pandemic is risking a resurgence of the disease, according to a report. Experts said a stalling of HIV funding in recent years was endangering efforts to control the illness. As things stand, the world is no longer on course to end the pandemic by 2030 - a target agreed by UN member states, say experts in *The Lancet*.

## **Men's health**

See also **Social and economic issues**  
IVF: NHS couples 'face social rationing'

## Mental health

### 'Virtual reality cured my fear of heights'

12 Jul 2018 Source: BBC <http://www.bbc.co.uk/>

VR simulator immerses people in a safe situation where they can learn to manage their fear. The user wears a VR headset and is asked to work their way up a 10-storey building and complete fear-inducing tasks, such as looking down over a high ledge and throwing balls off it.

### Could virtual reality help cure fear of heights?

13 Jul 2018 Source: NHS Choices <http://www.nhs.uk/news/>

Reports of virtual reality headsets being used to help cure people's fear of heights have attracted a lot of media attention. Fear of heights (acrophobia) is a common phobia, affecting an estimated 1 in 5 people. This new study randomised 100 people with fear of heights to no treatment or to receive 6 sessions of a virtual reality (VR) intervention delivered over 2 weeks.

### 'No solid evidence' vitamin D keeps the brain healthy

11 Jul 2018 Source: NHS Choices <http://www.nhs.uk/news/>

Vitamin D does not protect against dementia," the Mail Online reports. This headline was prompted by a review of previous research that investigated the effects of vitamin D on neurological diseases.....The Mail Online reporting is quite misleading

### Patients face autism referral and assessment 'lottery'

18 Jul 2018 Source: BBC <http://www.bbc.co.uk/>

Children and adults in England can face a wait of more than two years for an autism assessment, a Freedom of Information request has revealed. National guidelines state that the process of diagnosis should start within three months of being referred. But a request for data by the Lib Dems has revealed what campaigners describe as a "postcode lottery".

### Mental Health Fringe Award returns to Edinburgh for second year

18 Jul 2018 Source: Mental Health Foundation  
<https://www.mentalhealth.org.uk/>

An award for the Edinburgh Fringe show that most compellingly explores the subject of mental health is to return for its second year. The Mental Health Fringe Award 2018 will be presented by the Mental Health Foundation, in partnership with the Tron Theatre in Glasgow and the Scotsman newspaper. Shows from all categories in the Edinburgh Fringe programme are eligible

### Lamotrigine is not effective for the treatment of borderline personality disorder

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

Lamotrigine, a mood-stabilising drug, is not clinically effective for the treatment of borderline personality disorder. Over one year follow up, this NIHR-funded trial did not find a difference between lamotrigine and placebo for borderline personality disorder-related symptoms and behavioural problems, depressive symptoms, self-harm, social functioning or quality of life outcomes

See also **Children and young people**

Mental health: Wait for therapy added to teen's anxiety

Morrisons 'quiet hour' for autistic shopping introduced

Antidepressant prescriptions for children on the rise

## Obesity

See also **Children and young people**

Record number of severely obese children

See also **Diet and nutrition**

'Proof' it's fats, not carbs, that cause weight gain – but only in mice

## Older people

See also **Physical activity**

Muscle and bone strengthening and balance activities for general health benefits in adults and older adults

## Physical activity

### [Muscle and bone strengthening and balance activities for general health benefits in adults and older adults](#)

Jul 2018

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

This report summarises a rapid evidence review of muscle and bone strengthening and balance activities (MBSBA) for general health benefits in adults and older adults by a working group advised by a UK Chief Medical Officers Expert Committee for muscle strength, bone health and balance. It makes suggestions for actions to implement the findings for the public, practitioners and policy-makers.

### [Get Active, Stay Active](#)

12 Jul 2018

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

The Scottish Government aims to cut physical inactivity in adults and teenagers by 15% by 2030 – equating to around a quarter of a million more people becoming active – using wide-ranging approaches including active travel funding, support for both formal sports and informal physical activity, and partnership working across the transport, education, health and planning sectors.

## **Everybody active, every day: framework for physical activity**

[Report](#)

[Full details](#)

This framework is a national, evidence-based approach to support all sectors to embed physical activity into daily life and make it an easy, cost-effective and 'normal' choice in every community in England.

04 Jul 2018

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

## **Launch of Vision for Sport in Wales and Healthy and Active Fund**

19 Jul 2018

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

Getting everyone in Wales active can unleash a range of benefits – including better health and well-being and more connected communities. But needs the support of everyone in Wales to ensure its success; from those directly involved in physical activity to others helping deliver public services such as health, education, natural resources and economic development.

## **Prison health**

### **Public Health England: health and justice annual review 2017/18**

Jul 2018

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

This report outlines health trends in prisons and other prescribed places of detention. It focuses on some aspects of the work of Public Health England's National Health and Justice Team. This includes prison health care in England, people in prison with specific needs and protecting health, including responding to seasonal flu.

## **Safety**

### **Keep kids safe on garden trampolines as they spring into the summer holidays**

31 Jul 2018

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

As the country heads into the summer holidays RoSPA is encouraging parents to enable their kids to have fun while staying safe on garden trampolines, to avoid an unwanted trip to A&E. A study from family safety charity RoSPA, the Royal College of Emergency Medicine and Oxford University Hospitals Trust revealed that an estimated 13,000 trampolining injuries are treated in English A&E departments every year, at an annual cost to the NHS of £1.5million\*.

### **Heatwave: bathers warned of drowning risk following recent deaths**

21 Jul 2018

Source: Local Government Assoc. <http://www.local.gov.uk/>

Casual swimmers should be aware of the risk of drowning when taking a dip in the water during the hot weather, council leaders warn. The Local Government Association, which represents 370 councils in England and Wales, has issued water safety advice after several people drowned while swimming in the recent hot weather over the past few weeks.

## Sexual health

### [New guidelines issued on the 'STI most people have never heard of'](#)

11 Jul 2018 Source: NHS Choices <http://www.nhs.uk/news/>

"Emerging sex disease MG 'could become next superbug'," reports BBC News about a sexually transmitted bacterial infection (STI) called mycoplasma genitalium (MG), which is becoming increasingly resistant to antibiotics.

## Smoking

### [Less help to quit: what's happening to stop smoking prescriptions across Britain](#)

Jul 2018 Source: British Lung Foundation <https://www.blf.org.uk/>

This report highlights a 75 per cent decline in stop smoking aids being prescribed by GPs and pharmacists across Great Britain. It argues that this is a deeply concerning trend because the most effective treatment for tobacco dependency - medication alongside behavioural support – is now increasingly hard for smokers to access

## Social & economic issues

### [Public health approaches to reducing family violence](#)

11 Jul 2018 Source: Local Government Ombudsman <http://www.lgo.org.uk/>

Addressing violence is not a single agency issue, as it is the culmination of many different issues. It is only by pursuing a strategic, coordinated approach involving a range of agencies, including partnerships between statutory and voluntary organisations, that violent crime can be effectively addressed.

### [New advice to help employers deal with domestic abuse and stigma](#)

12 Jul 2018 Source: Public Health England <https://www.gov.uk/>

Public Health England (PHE) and Business in the Community publish new toolkit to help employers support workers affected by domestic abuse. One in four women and one in six men suffer from domestic abuse in their lifetime and domestic abuse costs businesses £1.9 billion every year due to decreased productivity, time off work, lost wages and sick pay.

### [The relationship between family violence and youth offending](#)

11 Jul 2018 Source: Local Government Ombudsman <http://www.lgo.org.uk/>

Councils only want the best for the children and young people in their communities, but many children struggle to cope with the challenges they experience. Facing continuous family violence and without recourse to adequate help when they need it, we know that some young people go on to be involved in the youth justice system.

### [LGA responds to latest delayed transfers of care figures](#)

12 Jul 2018 Source: Local Government Ombudsman <http://www.lgo.org.uk/>

Cllr Izzi Seccombe, Chairman of the Local Government Association's Community Wellbeing Board, responds to latest delayed transfers of care figures published today by NHS England

### [IPPR - One in three people who die in hospital could spend their final days at home](#)

12 Jul 2018 Source: Institute for Public Policy Research <https://www.ippr.org/>

As many as one in three people who die in hospital could spend their final days at home or in more appropriate care settings, but only if the government is prepared to increase investment in community-based health and social care, according to a new report from the Institute for Public Policy Research think-tank (IPPR).

### [IVF: NHS couples 'face social rationing'](#)

20 Jul 2018 Source: BBC <http://www.bbc.co.uk/>

The parents of the world's first IVF baby - born 40 years ago next week - would not have got the procedure on the NHS in most of England today because of "social rationing", a charity has said. NHS IVF is unavailable to couples in many areas if either of them has children from a previous relationship.

### [Unpaid Care](#)

19 Jul 2018 Source: Parliamentary Office of Science and Technology <https://researchbriefings.parliament.uk/>

This POSTnote looks at the numbers of unpaid carers across the UK, and the amount and type of care provided. It examines the impacts of providing unpaid care on carers' education, employment, finances, health and wellbeing, and personal and social relationships. The note reviews the different types of support available for carers and examines evidence on their effectiveness.

## **Women's health**

### [Government announces strict rules for the use of vaginal mesh](#)

12 Jul 2018 Source: Dept. of Health and Social Care <https://www.gov.uk/>

The government and NHS have accepted the recommendation from the Independent Medicines and Medical Devices Safety Review to pause the use of vaginally inserted surgical mesh. The use of vaginally inserted surgical mesh for stress urinary incontinence will be paused until a set of conditions to reduce the risk of injury are met.

### [Vaping and using nicotine patches in pregnancy linked to cot death](#)

19 Jul 2018 Source: NHS Choices <http://www.nhs.uk/news/>

"Using e-cigarettes or nicotine patches during pregnancy could increase the risk of cot death in newborns, an early study has found," Sky News reports. Cot death, referred to by clinicians as sudden infant death syndrome (SIDS), is the sudden, unexpected and unexplained death of an apparently healthy baby. The causes of SIDS are unknown, but

it's thought that environmental stresses such as tobacco smoke or a breathing obstruction could play a role. As part of this study, researchers exposed unborn rats to nicotine. When they were born, they tested their response to low oxygen levels, looking at mice pups both with and without a serotonin deficiency

**[More must be done to protect women and girls from violence, equality body warns](#)**

23 Jul 2018

Source: Equality and Human Rights Commission

<https://www.equalityhumanrights.com/>

Women are still being “failed” in many areas of life, the Equality and Human Rights Commission has warned in its largest ever review of women’s rights.

In our new report, [Pressing for progress: women’s rights and gender equality in 2018](#), which is being presented to the United Nations in Geneva today, we say more action is needed to better protect women and girls from violence.

See also **Social and economic issues**

IVF: NHS couples 'face social rationing'

**Local news: [ ]**

\*This bulletin contains public sector information licensed under the Open Government Licence v2.0

<b>Other Bulletins</b>
<p><b>Super Six Bulletin</b>            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  <a href="http://cash.libraryservices.nhs.uk/subject-a-z/m/medicine/major-research/">http://cash.libraryservices.nhs.uk/subject-a-z/m/medicine/major-research/</a></p>
<p><b>Daily Health News</b>            The Daily Health Bulletin is produced by the Knowledge Service from the EMBED Health Consortium  <a href="http://cash.libraryservices.nhs.uk/subject-a-z/d/daily-health-news/">http://cash.libraryservices.nhs.uk/subject-a-z/d/daily-health-news/</a></p>
<p><b>Healthcare Public Health</b>            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.  <a href="http://www.healthcarepublichealth.net/newsletters.php">http://www.healthcarepublichealth.net/newsletters.php</a></p>
<p><b>PHE Bulletin (Public Health England)</b>            The PHE Bulletin is issued monthly and contains public health news and information.  <a href="https://www.gov.uk/government/collections/phe-bulletin">https://www.gov.uk/government/collections/phe-bulletin</a></p>
<p><b>Public Health and Social Care Bulletin</b>            This is published weekly and created by Kent &amp; Medway Public Health Observatory. It provides an update on what is new in public health and social care, both nationally and locally.  <a href="http://www.kpho.org.uk/library-services/keeping-up-to-date/e-bulletin-archive">http://www.kpho.org.uk/library-services/keeping-up-to-date/e-bulletin-archive</a></p>



Public Health Bulletin by NHS Libraries in Thames Valley and Wessex is licensed under a [Creative Commons Attribution-NonCommercial 4.0 International License](https://creativecommons.org/licenses/by-nc/4.0/).