

Public Health Bulletin. 21 August 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

Alcohol Awareness Week 19-25 November 2018

21 August 2018

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

Alcohol Awareness Week is a chance to:

- Drive a conversation about alcohol
- Signpost those who need help to the support they need
- Call for change at every level - individuals, communities and policy-makers

This year the theme of Alcohol Awareness Week is 'Change'.

Black and ethnic minority groups

Skin-whitening creams: The battle against illegal products

6 August 2018

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

High Street shops that were prosecuted for selling illegal skin-whitening creams are continuing to do so, the BBC has found.

Trading Standards acknowledged "it's a really big problem" and more could be done to regulate the industry.

Substances containing hydroquinone and mercury are banned from being sold over-the-counter in the UK as they can cause liver, nerve and foetal damage.

But a lack of resources and data is making the problem hard to tackle.

Children and young people

Autism: 12-year-old boy misses five years of school

21 August 2018

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

Callum, 12, has not been to school or received any education for most of the past five years. He has autism, and his mother says she has been unable to find a suitable school place for him, despite trying both mainstream and special schools.

Attempts to ensure all children are ready for school are being undermined by a targeted approach

21 August 2018

Source: Economic and Social Research Council

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

Certain approaches to supporting parents who need extra help to prepare their under-fives for school risk alienating them, leading to their children being less school ready, research has found.

Helen Victoria Smith, a PhD student in the School of Education at the University of Nottingham, conducted the research as part of a larger ethnographic study funded by the Economic and Social Research Council. This explores how mothers used and experienced the resources provided by a small town in the East Midlands to support their children's literacy development.

[Asthma sufferers warned before returning to school](#)

21 August 2018

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

Children with asthma should be reminded to use their inhalers regularly before returning to school to help prevent a spike in September hospital admissions, says the Royal College of Nursing.

[What drugs work best for ADHD?](#)

8 August 2018

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

The research found a drug called methylphenidate, more commonly known as Ritalin, is the most effective ADHD drug in children in terms of providing the best "trade-off" between improvement in symptoms and the number of reported side effects.

Communicable diseases

[Measles outbreaks across England](#)

21 August 2018

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

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.

[Measles cases hit record high in Europe](#)

20 August 2018

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

Cases of measles in Europe have hit a record high, according to the World Health Organization (WHO). More than 41,000 people have been infected in the first six months of 2018, leading to 37 deaths.

Last year there were 23,927 cases and the year before 5,273. Experts blame this surge in infections on a drop in the number of people being vaccinated.

Diet & nutrition

[How the humble cabbage can stop cancers](#)

15 August 2018

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

Scientists say they have discovered why some vegetables - including cabbage, broccoli and kale - can reduce the risk of bowel cancers

[Bringing up your baby as a vegan](#)

15 August 2018

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

Laceinne Cooper and her husband are raising their child as a plant-based vegan. She explains how and why.

Environmental health

Concerns raised about air pollution for babies in prams

15 August 2018

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

"Babies and young children in prams can be exposed to up to 60% more pollution than adults, a study suggests," BBC News reports.

The headline is prompted by a review of previously conducted studies on air pollution and possible adverse effects on young children. One study found that pollution from a diesel lorry was 59% higher at pram height compared to adult height. But there were also findings from other studies which found levels were higher for adults.

Men's health

Steam treatment for big prostates approved on NHS

21 August 2018

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

The NHS can start offering a new steam treatment for benign prostate enlargement, says the regulator, the National Institute for Health and Care Excellence.

Boxers better than briefs for aspiring fathers, says study

9 August 2018

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

"Blokes who wear boxer shorts are more likely to become dads, study reveals," reports the Sun, following research that looked at the underwear preferences of men at fertility clinics.

See also:

Sexual health

Mental health

Mood Kill: Real life mental health stories inspire new play

14 August 2018

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

A new play showing at Camden Fringe Festival which hopes to help men speak out about their mental health issues has already helped one special audience member to cope with his depression.

Success as Scottish Government establishes new body to tackle suicide

9 August 2018

Source: Mental Health Foundation

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

The Mental Health Foundation's campaign for a new national body to help tackle suicide in Scotland has received the backing of the Scottish Government. The new Suicide Prevention Action Plan published on 9th August, establishes a new "Leadership Group" backed by £3 million and will report to Scottish ministers.

[The troubled 29-year-old helped to die by Dutch doctors](#)

9 August 2018

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

In January a young Dutch woman drank poison supplied by a doctor and lay down to die. Euthanasia and doctor-assisted suicide are legal in the Netherlands, so hers was a death sanctioned by the state. But Aurelia Brouwers was not terminally ill - she was allowed to end her life on account of her psychiatric illness.

Obesity

[Obesity crisis: 40 per cent increase in Type 2 diabetes in children](#)

18 August 2018

Source: Local Government Association

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

The number of children and young people being treated for Type 2 diabetes, which is normally only seen in adults and often linked to obesity, has soared by around 40 per cent in just four years to more than 700 cases. The Local Government Association, which represents 370 councils in England and Wales, says the figures underline the critical need to urgently tackle the childhood obesity crisis

Physical activity

[Match of the Dads football league helping Norwich fathers](#)

20 August 2018

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

A six-a-side football league is providing support for fathers in Norwich.

Match of the Dads encourages its members to keep physically fit as well as sharing support and advice about fatherhood.

It also highlights the importance of exercise to mental health by donating a portion of membership fees to charity.

Screening

[Bowel screening to start at 50](#)

10 August 2018

Source: Public Health England

<https://www.gov.uk/government/news/>

Ministers agree to national screening committee's recommendation for bowel cancer screening in England in future to start earlier at 50.

Sexual health

[FPA welcomes plans to extend abortion services to people in Northern Ireland](#)

8 August 2018

Source: Family Planning Association

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

Sexual health charity FPA welcomes the comments from Irish Minister for Health Simon Harris, echoing the Irish Government's stance, that he intends to ensure women from Northern Ireland can access abortion services in the Republic, "just like they can access other health services [there]".

See also:

Women's health

Men's health

Smoking

[Child passive smoking 'increases chronic lung risk'](#)

19 August 2018

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

Non-smoking adults have a higher risk of dying from serious lung disease if they grew up with parents who smoked, according to US research. The researchers said childhood passive smoking was "likely to add seven deaths to every 100,000 non-smoking adults dying annually". The study of 70,900 non-smoking men and women was led by the American Cancer Society. Experts said the best way to protect children was to quit smoking.

[Study finds e-cigarettes may make lungs vulnerable to infection](#)

14 August 2018

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

"E-cigarettes are more harmful than first feared, experts warn," reports the Sun.

The news comes from a laboratory study that looked into the effects of e-cigarette liquid on human lung cells.

Social & economic issues

[Brexit: NHS managers warn about impact of no deal](#)

21 August 2018

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

The group representing hospitals and ambulance services in England has warned of a lack of "contingency planning" to deal with the impact of a no-deal Brexit on the health service. In a leaked email to NHS England boss Simon Stevens, NHS Providers says leaving the EU without agreement would immediately be a real risk to services.

[The first humanist lead chaplain in the NHS](#)

19 August 2018

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

Lindsay van Dijk has become the first humanist lead chaplain in the NHS, after being appointed by Buckinghamshire NHS Trust. Humanists UK want more humanist chaplains to follow in her footsteps.

[Degree subject matters more than university status if you want to become rich, new research shows](#)

13 August 2018

Source: Economic and Social Research Council

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

Choosing the right field of study is more important than attending an elite university for those aiming to become a top earner by middle age, according to new findings from the UCL Institute of Education.

Statistics

[Rise in type 2 diabetes in young people in England and Wales](#)

18 August 2018

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

The number of children and young people being treated for type 2 diabetes in England and Wales has gone up from 507 to 715 in four years, new figures show. More than three-quarters were also obese, according to the NHS data.

[UK life expectancy drops while other western countries improve](#)

16 August 2018

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

The Mail Online reports that "Britain and the US are the only 2 western nations where life expectancy is falling," describing a study looking at changes in longevity in high-income countries.

[Reality Check: Public toilets mapped](#)

15 August 2018

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

For travellers on their summer holidays, where to stop for a toilet break can be a source of worry. Public toilet provision has been declining for a number of years and the BBC has learnt that some UK high streets and tourist hot spots now no longer have any council-run public toilets. At least 673 public toilets across the UK have stopped being maintained by major councils (unitary, borough, district and city) since 2010, according to figures obtained under the Freedom of Information law. In that time, the UK's population has been increasing.

Has the number of public toilets maintained by your council gone up or down? Use our maps to find out.

[Deaths from hepatitis C have fallen by 11 per cent in the last year](#)

8 August 2018

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

New PHE data shows a decrease in deaths from hepatitis C but diagnoses of advanced liver disease and related cancers remain stable.

Women's health

['I had a haemorrhage after being denied a Caesarean'](#)

21 August 2018

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

Women at almost 75% of UK maternity units are being denied their right to choose a Caesarean, the BBC's Victoria Derbyshire programme has been told.

[Mums of quadruplets meet for the very first time](#)

14 August 2018

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

Two mothers have met to compare what it is like to raise quadruplets. Following IVF treatment Selina Torbett from Winchester and Carla Crozier from Essex and their partners, became parents to quads last year. They became friends on social media during their pregnancy and got together for the first time to compare bottles, bibs and nappies.

[Why I chose to go it alone with IVF](#)

12 August 2018

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

Polly Kerr is one of a growing number of single women to have opted for IVF. The 39-year-old from Oxford used an anonymous sperm donor to conceive last year and gave birth earlier this year. The treatment, which involves an egg being fertilised in a laboratory, is more often used for couples struggling to have children

[No going back: The two sides in Argentina's abortion debate](#)

7 August 2018

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

Currently abortion is only allowed in Argentina in cases of rape, or if the mother's health is in danger. A new bill asks for the practice to be legalised in all circumstances in the first 14 weeks of pregnancy.

[Are women turning their back on the pill?](#)

7 August 2018

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

More women than ever are ditching the pill and condoms in favour of "long-acting reversible contraceptives", including the implant or coil. And younger women are the biggest adopters, according to figures from the NHS in England.

See also:

Sexual health

Workplace health

[Workers in open-plan offices 'more active'](#)

21 August 2018

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

Workers in open-plan offices are more active and less stressed than those with desks in cubicles or private offices, research suggests.

[Workload pressures and the GP shortage forcing practices into closure, says RCGP Wales](#)

21 August 2018

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

Responding to BBC Wales figures on practice closures, RCGP Wales has said practices are being forced into closing their doors due to a lack of support to cope with rising patient demand and excessive workload pressures.

[Flexible working helps GP workforce, says RCGP](#)

17 August 2018

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

Responding to a survey of GP trainees' career plans, published today by the King's Fund, Professor Helen Stokes-Lampard, Chair of the Royal College of GPs, said: "We have a record number of doctors in GP training and the moment, and that is brilliant – they are the future of the profession, and are already making a vital contribution to patient care.

"It's not a surprise to see that more GP trainees are planning to either work part-time, or opt for portfolio careers – meaning that they undertake work in other areas of healthcare, as well as clinical work. The intense resource and workforce pressures facing general practice at the moment, mean that full-time working as a GP is often regarded as untenable.

"GPs and our teams make the vast majority of NHS patient contacts and workload in general practice is escalating, both in terms of volume and complexity. Yet, the share of the NHS budget our profession receives is less than it was a decade ago, and GP numbers are falling.

"Working under these conditions is simply not acceptable for our trainees, or existing GPs trying to guide and nurture those new to the profession – and it isn't safe for our patients."

[Health and Safety Events in September](#)

Events, conferences, seminars organised by HSE or where HSE has significant involvement (ranging from providing speakers to taking part in an exhibition).

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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