

Public Health Bulletin: 13 November 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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Alcohol misuse

Alcohol Awareness Week 2018

19-25 November 2018

Source: Alcohol Concern

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

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

Children and young people

Children's tonsils 'are being removed unnecessarily'

5 November 2018

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

"Too many children have tonsils removed unnecessarily," BBC News reports. The claim was prompted by a new study that suggests 7 out of 8 children who have their tonsils removed (tonsillectomy) will experience no benefit. A tonsillectomy is recommended if a child has 7 or more sore throats from infected tonsils (tonsillitis) in the past year. Evidence suggests the procedure doesn't really help much for less frequent tonsillitis.

Health problems 'more common for babies with older fathers'

1 November 2018

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

The Daily Telegraph reports. A study of more than 40 million births in the US found babies born to men aged 45 or older were more likely to be born prematurely, have a low birth weight and need intensive care after birth than babies with younger fathers. The increase in risk was small, but because more men and women are having children later in life, the researchers say men should be aware that delaying fatherhood is not risk-free.

Communicable diseases

Measles outbreaks across England

12 November 2018

Source: PHE <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.

Public Health England warns travellers of rabies risk

12 November 2018

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

PHE is reminding travellers to avoid coming into contact with animals when travelling to rabies affected countries due to the risk of catching the disease.

Briton dies from rabies after cat bite in Morocco

12 November 2018

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

A Briton has died after contracting rabies while on holiday in Morocco, health officials have said. Public Health England said the victim became infected after being bitten by a

cat. PHE issued a reminder to travellers to avoid coming into contact with animals when in rabies-affected countries.

Diet & nutrition

[Call for UK ban on 'grotesquely sugary' freakshakes](#)

13 November 2018

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

The campaign group Action on Sugar is demanding a ban on freakshakes and all milkshakes with more than 300 calories. It surveyed milkshakes sold in restaurants and fast food shops in the UK and found they contained "grotesque levels of sugar and calories". Freakshakes are milkshakes that also contain chocolates, sweets, cake, cream and sauce. The Toby Carvery Unicorn Freakshake came top of the survey with 39 teaspoons of sugar or 1,280 calories.

[Should there be a tax on red meat?](#)

7 November 2018

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

A "meat tax" could prevent almost 6,000 deaths per year in the UK, according to researchers, but should politicians be telling people what they can and can't eat?

[Vegan diet 'helps people better manage type 2 diabetes'](#)

31 October 2018

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

Going vegan "can 'significantly improve' mental health, reduce diabetes and lower weight," reports the Daily Mirror. Researchers summarised the results of 11 studies which looked at the effects of a plant-based diet on adults with type 2 diabetes.

The researchers said they found evidence of improved mental wellbeing, quality of life, diabetes control and weight loss. However, the studies included in their review were quite small, with only 433 participants in total. This casts doubt on the strength of the evidence. Only 3 of the included studies looked at mental health or quality of life.

Disability

[Imagining different futures with disabled young people](#)

5 November 2018

Source: Economic and Social Research Council

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

The ambitions and future goals of disabled young people with life-limiting and life-threatening impairments are being documented for the first time in an innovative study. Initial findings suggest that this group of disabled young people feel frustration that society treats them as 'tragedy cases' because they could die young. This discrimination can be a barrier to enjoying full lives as other teenagers and young people do, according to the research. Attending parties, achieving work and career aspirations and even indulging in rebellious behaviour are among the experiences often denied to them.

Environmental health

Reality Check: How healthy is your commute?

1 November 2018

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

Our cities are clogged with traffic and smog. What forms of transport in these urban environments expose you to the highest amounts of pollutants? As the World Health Organization holds its first conference on global air pollution and health, Reality Check investigates commuting options.

Health protection

How antibiotic resistance could take us back to the 'dark ages'

1 November 2018

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

Scientists are working on a new antibiotic that has produced promising results in early trials. Medicine will need more of these in coming years if increasing bacterial resistance is not to pose a very serious threat to human health.

Men's health

Only one in four men feel able to talk to friends and family when feeling stressed

7 November 2018

Source: Mental Health Foundation

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

Newly published results, from a survey commissioned by the Mental Health Foundation show that less than one in four (24%) men who have felt high levels of stress discussed this with a friend or family member.

Mental health

One in three Scottish men have experienced suicidal thoughts as a result of feeling stressed

7 November 2018

Source: Mental Health Foundation

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

New statistics published today, National Stress Awareness Day, by the Mental Health Foundation Scotland show that over a third of Scottish men (37%) have experienced suicidal thoughts as a result of feeling stressed. The survey findings, also being released to coincide with Men's Health Awareness Month, also revealed that men were more likely to turn to alcohol as a result of high stress levels, with nearly a third of men in Scotland (31%) reporting that they had started drinking alcohol or increased the amount of alcohol they drank in order to cope.

Social prescribing key in prevention agenda, says RCGP

6 November 2018

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

Responding to Health Secretary Matt Hancock's speech on social prescribing at The King's Fund today, Professor Helen Stokes-Lampard, Chair of the Royal College of GPs, said: "Not everyone will benefit from traditional medical care, and we know that encouraging patients to take up new hobbies or skills instead of more conventional approaches can have a hugely positive impact on their physical and mental health and wellbeing. Social prescribing is not a new phenomenon – it just hasn't had a name until recently – but benefits can include less medication being prescribed, fewer follow-up consultations, and more patients becoming actively involved in their own health."

Obesity

[Fat-clogged cells explain why obesity can cause cancer](#)

12 November 2018

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

A new discovery could explain why obese people are more likely to develop cancer, scientists say. A type of cell the body uses to destroy cancerous tissue gets clogged by fat and stops working, the team, from Trinity College Dublin, found. Obesity is the biggest preventable cause of cancer in the UK after smoking, Cancer Research UK says.

Physical activity

[Rugby protective headgear 'cuts impact by almost half'](#)

13 November 2018

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

Dundee University scientists have called for mandatory protective rugby headgear after a study showed it can cut impact levels by almost half. The research showed that even the least effective device tested could make a "significant difference" in preventing head injuries, such as concussion. The team said the study made a "compelling case" for protective headgear at all levels of the game.

Prison health

['Disturbing' self-harm rates and violence at youth prisons](#)

13 November 2018

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

The "disturbing extent" of self-harm and violence in some young offender institutes "illustrate why prison is no place for a child", a charity has said. Parc Prison in Bridgend has the highest rate of self-harm among youth jails in Wales and England that house children between 15 and 17, new figures show.

[Maintaining and improving health in prisons 'crucial' to maintaining public health, says RCGP](#)

1 November 2018

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

Responding to a new report by the Health and Social Care Committee on prison health, Professor Helen Stokes-Lampard, Chair of the Royal College of GPs, said:

"With more than 80,000 people currently in prison in England and Wales and even more in other secure environments, it's vital to recognise that prison health is also a part of public health."

Screening

[Dementia risk: Five-minute scan 'can predict cognitive decline'](#)

12 November 2018

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

A five-minute scan could be used to spot people at risk of dementia before symptoms appear, researchers claim. Scientists used ultrasound scanners to look at blood vessels in the necks of more than 3,000 people and monitored them over the next 15 years. They found those with the most intense pulses went on to experience greater cognitive decline over the next decade than the other study participants

Sexual health

[Does sex addiction really exist?](#)

5 November 2018

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

It's a year since movie mogul Harvey Weinstein checked himself into a sex addiction clinic after the flood of rape and sexual harassment allegations that gave rise to the Me Too movement. The BBC's Sangita Myska has been meeting people who say they've suffered from sex addiction, in order to understand whether it really exists, and if so, what it is.

Social & economic issues

[ESRC launches 2019 Celebrating Impact Prize](#)

13 November 2018

Source: Economic and Social Research Council

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

The ESRC is pleased to launch the 2019 Celebrating Impact Prize. The ESRC Celebrating Impact Prize is an annual opportunity to recognize and celebrate the success of ESRC-funded researchers in achieving and enabling outstanding economic and/or social impact from excellent social science research. There are six categories for the Celebrating Impact Prize:

- Outstanding Business and Enterprise Impact
- Outstanding Public Policy Impact
- Outstanding Societal Impact
- Outstanding International Impact
- Outstanding Early Career Impact
- Impact Champion

Applications are welcome from individuals or teams detailing the outstanding impact of their research, knowledge exchange or impact generating activities.

Statistics

'Remarkable' decline in fertility rates

9 November 2018

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

There has been a remarkable global decline in the number of children women are having, say researchers. Their report found fertility rate falls meant nearly half of countries were now facing a "baby bust" - meaning there are insufficient children to maintain their population size. The researchers said the findings were a "huge surprise". And there would be profound consequences for societies with "more grandparents than grandchildren".

Women's health

Cancer treatment patients get beauty workshops

12 November 2018

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

Learning you have cancer is traumatic and daunting. Losing your eyebrows, eyelashes and hair because of chemotherapy is demoralising and overwhelming. A cancer charity is providing practical support for people struggling with the visible side effects of their treatment. The free Look Good Feel Better workshops, led by volunteer beauticians at Royal Berkshire Hospital, are helping women increase their self-confidence when they need it most.

Smoking, diabetes and high blood pressure increase risk of heart attack more in women than men

8 November 2018

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

"Women at greater risk of heart attack from unhealthy lifestyle than men," reports The Daily Telegraph. Overall, men have a higher chance of heart attack than women, but certain risk factors such as smoking may close the gap between women and men.

Women 'should leave at least a year between pregnancies'

30 October 2018

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

"Conceiving again too soon increases the risk of premature labour, stillbirth and even maternal death," reports the Mail Online. A new study advises women to leave 12 to 18 months between giving birth and getting pregnant again to reduce health risks to mother and baby. Current guidance from the World Health Organization recommends a gap of 18 to 24 months between pregnancies.

Workplace health

Flexibility not helping workers

13 November 2018

Source: Economic and Social Research Council

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

Flexible working is not necessarily helping workers to relieve their work-family conflict, suggests a recent report into work autonomy, flexibility and work-life balance across Europe.

[Where are the most violent workplaces?](#)

2 November 2018

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

People working in the NHS can face violence and threats - now the government is promising to tackle this problem.

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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