

Public Health Bulletin. 19th March 2019

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](#)

[Children and young people](#)

[Chronic conditions](#)

[Communicable diseases](#)

[Diet & nutrition](#)

[Drug Misuse](#)

[Health Services administration](#)

[Men's health](#)

[Mental health](#)

[Screening](#)

[Sexual Health](#)

[Social and economic issues](#)

[Statistics](#)

[Women's health](#)

[Local news](#)

Alcohol misuse

[The Alcohol Change UK Conference 2019: New insights into alcohol research, policy and practice](#)

19 March 2019

Source: Alcohol Change UK

<https://alcoholchange.org.uk/events/>

Wednesday 19th June 2019

10:00 - 17:00, followed by alcohol-free Drinks Reception

Rooms on Regent's Park, RCOG, 27 Sussex Place, Regent's Park, London NW1 4RG

Early bird discount available.

This conference will look at the evidence on alcohol use and harms across the UK and the policies that have the potential to drive change. We will discuss the latest innovations in the treatment sector, and consider how we can shift cultural norms. We will also hear directly from people affected by alcohol harm, as effective change relies on a better understanding of individual experiences. The conference will combine presentations, panel debates, and interactive workshops to encourage dynamic and productive discussion on how to make lasting change and deliver real benefits to individuals, families and communities.

Children and young people

[Children's noses 'hold clues' to serious lung infections](#)

16 March 2019

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

Examining the bacteria and viruses in the noses of children could give clues to improve the diagnosis and treatment of severe lung infections, a new study has found.

[Schools should have 'no idling zones', Public Health England chief says](#)

11 March 2019

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

Public health chiefs have proposed a ban on cars idling outside school gates in a bid to cut air pollution. The measure is among a series of UK-wide recommendations put forward by Public Health England. PHE medical director Paul Cosford told the BBC: "We should stop idling outside schools and we should make sure that children can walk or cycle to school." PHE said 28,000 to 36,000 deaths a year in the UK could be attributed to long-term exposure to air pollution.

Chronic conditions

[The human cost of insulin in America](#)

14 March 2019

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

This is the list of what Laura Marston has sacrificed to keep herself alive: Her car, her furniture, her apartment, her retirement fund, her dog. At 36 years old, she has already sold all of her possessions twice to afford the insulin her body needs every day.

Communicable diseases

[Italy bans unvaccinated children from school](#)

12 March 2019

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

Italian children have been told not to turn up to school unless they can prove they have been properly vaccinated. The deadline follows months of national debate over compulsory vaccination. Parents risk being fined up to €500 (£425; \$560) if they send their unvaccinated children to school. Children under six can be turned away. The new law came amid a surge in measles cases - but Italian officials say vaccination rates have improved since it was introduced.

Diet & nutrition

[Mushrooms may 'reduce the risk of mild brain decline'](#)

14 March 2019

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

Eating mushrooms more than twice a week could prevent memory and language problems occurring in the over-60s, research from Singapore suggests. A unique antioxidant present in mushrooms could have a protective effect on the brain, the study found. The more mushrooms people ate, the better they performed in tests of thinking and processing. But researchers said it was not possible to prove a direct link between the fungi and brain function.

Drug Misuse

[Potent cannabis increases risk of serious mental illness, says study](#)

20 March 2019

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

Smoking potent 'skunk-like' cannabis increases your risk of serious mental illness, say researchers. They estimate around one in 10 new cases of psychosis may be associated with strong cannabis, based on their study of European cities and towns. In London and Amsterdam, where most of the cannabis that is sold is very strong, the risk could be much more, they say in [The Lancet Psychiatry](#).

Health services administration

[NHS signals four-hour A&E target may end](#)

11 March 2019

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

The four-hour A&E target may be dropped under plans announced by NHS England. NHS bosses have unveiled plans for an overhaul of the A&E target alongside changes to waiting times for cancer, mental health and planned operations. It said the targets were becoming outdated. But it comes after many of them have been missed for years.

Instead of aiming to see and treat virtually all A&E patients in four hours, the sickest patients will be prioritised for quick treatment.

Men's health

[Online tool helps men choose best prostate cancer treatment](#)

13 March 2019

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

UK researchers have developed a tool to estimate a man's chances of surviving 15 years after a prostate cancer diagnosis, based on age, cancer type and other health problems. The tool can show the potential effects of treatments such as surgery or radiotherapy, compared with "wait and see" approaches. The tool is specifically for use in men with prostate cancer that's localised and not spread outside of the prostate gland.

[The Londonderry barber shop offering men head space](#)

9 March 2019

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

Bareknuckle Barbershop in Derry is offering men the chance to open up about their mental health. It is hoped that special sessions run by the shop will help men share their problems and talk about their emotions.

['Dads who lose a child are overlooked'](#)

7 March 2019

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

Hannah and Lee's first baby, Charlie, was stillborn in 2013. Lee, 28, says the support after their loss mainly focused on Hannah's wellbeing and left him feeling "overlooked". He's helped grieving dads come together to support each other by creating an online group called Charlie's Child Loss Charity Private Men's Group.

Mental health

['One conversation changes everything'](#)

15 March 2019

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

School children in Bradford are acting as mentors to help their classmates deal with mental health. Eleven schools across the city are involved in the pilot scheme, which encourages youngsters to open and discuss issues.

Screening

[Eye test can pick up Alzheimer's, study claims](#)

12 March 2019

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

"Alzheimer's disease can be spotted through simple eye test," reports the Daily Telegraph. A new study has found that people with Alzheimer's had fewer blood vessels and less blood flow in the retina (back of their eye). The Alzheimer-linked eye changes were detected by an eye test that uses a scanning technique called Octa (optical

coherence tomography angiography). It can show up blood vessels in the retina that are finer than the width of a human hair.

Sexual health

Third of under-30s in Wales snub cervical smear tests

12 March 2019

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

A third of women aged under 30 are snubbing invites to be tested for cervical cancer, health officials in Wales have warned. That is despite the disease being the most common cancer for younger women. Cervical Screening Wales said across all age groups, there were about 160 cases of the disease every year.

Social & economic issues

Brexit

March 2019

Source: Health and Safety Executive

<http://www.hse.gov.uk/brexit/>

Whatever deal the UK leaves the EU with, or in the event of no-deal, HSE's approach to regulation is to preserve the UK's high standards in health and safety and to continue to protect people and the environment. HSE has produced guidance to help businesses and organisations prepare in the event the UK leaves the EU without a deal (and therefore without implementation period).

LGA: modern slavery referrals by councils soar ninefold

19 March 2019

Source: Local Government Association

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

Referrals of potential victims of modern slavery made by councils have soared ninefold in five years, new figures show, highlighting the demands on local authority services already under significant pressure, the LGA warns today.

People don't become 'adults' until their 30s

19 March 2019

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

People don't become fully "adult" until they're in their 30s, according to brain scientists. Currently the UK law says you become a mature adult when you reach the age of 18. Scientists who study the brain and nervous system say the age at which you become an adult is different for everyone. Research suggests people aged 18 are still going through changes in the brain which can affect behaviour and make them more likely to develop mental health disorders.

MPs call for tax on social media companies

18 March 2019

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

A group of MPs is calling for a tax on social media companies' profits, saying the firms are operating in "an online wild west". Its report, which follows a year-long inquiry into the health impact of social media, says the industry should do more to protect children and young people online. The government is due to publish its own proposals within weeks. It says all kinds of steps are being explored to increase online safety. The All Party Parliamentary Group (APPG) on Social Media and Young People's Mental Health and Wellbeing invited experts, charities, parents and young people to give evidence to its inquiry.

Better interventions to target domestic violence

14 March 2019

Source: Economic and Social Research Council

<https://esrc.ukri.org/news-events-and-publications/news/>

Domestic violence is widely accepted in most developing countries, says a new study of attitudes towards domestic violence in 49 low and middle-income countries across Central, East and South Asia, Central Europe, Latin America, the Caribbean, North- and Sub-Saharan Africa. "Our findings show that more than one third of people in these countries believe that domestic violence is justified in situations where the woman is seen as transgressing traditionally expected gender roles," says lead researcher Dr LynnMarie Sardinha. "Domestic violence prevention policies tackling harmful gender norms are thus urgent and vital." Based on Demographic and Health Survey data from 1.17 million men and women, the study provides insights into attitudes towards domestic violence in the Global South and the influence of country-level socioeconomic and political factors on its acceptance.

ESRC funds two new international projects on trust, governance and the future of democracy

11 March 2019

Source: Economic and Social Research Council

<https://esrc.ukri.org/news-events-and-publications/news/>

The Economic and Social Research Council (ESRC) is announcing £3.5 million of funding for two large research projects on Trust and Global Governance. These projects will run for between three and four years and commenced on 1 March 2019.

The research projects are:

- Trust and Trustworthiness in National and Global Governance. Principal Investigator: Professor Will Jennings, University of Southampton
- Inequality and Governance in Unstable Democracies: The Mediating Role of Trust. Principal Investigator: Professor Patricia Justino, Institute of Development Studies

Professor Jennings' project plans to advance new theories and evidence from countries worldwide designed to address three issues: what drives public trust in governance around the world, under what conditions do critical citizens seek to 'trust but verify' and what can be done to strengthen the optimal level of trust? He will work with Professor Pippa Norris from Harvard University and the University of Sydney as well as Professor Gerry Stoker from the University of Southampton and the University of Canberra.

Statistics

Signs of progress on learning from deaths - but a more open learning culture is needed across the NHS to drive further improvement

18 March 2019

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

Care Quality Commission (CQC) inspections have shown good progress is being made by some NHS hospital trusts to implement national guidance on learning from deaths. However, failure to fully embrace an open, learning culture may be holding organisations back from making the required changes at the pace needed.

Women's health

Patients in Wales to be offered free tampons

11 March 2019

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

Women in all Welsh hospitals will have access to free sanitary products, the Welsh Government has announced. It comes after a similar move was made by NHS England. Wales' health minister Vaughan Gething said it is unacceptable for anyone to not be able to access the products because they cannot afford them.

Home births: Community midwives trial 'delivery bags'

10 March 2019

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

Midwives are trialling "delivery bags" to promote safe births at home. The rucksacks contain scissors to cut the cord, a hat and towels for the newborn and equipment for emergencies. Hywel Dda health board is the only one in Wales selected for the Baby Lifeline trial due to its home birth rate and the large area it covers

Can acupuncture help menopause symptoms?

9 March 2019

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

For some women, the menopause and the years leading up to it, can be a time of troubling emotional and physical symptoms. Hormone replacement therapy (HRT) eases symptoms like hot flushes and sweats, but it's not suitable for all women. Now, a small study published in BMJ Open suggests acupuncture may be worth considering.

Local news: []

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

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>



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/).