

## **Public Health Bulletin. 16th April 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>

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## **Alcohol misuse**

### **Even one drink a day increases stroke risk, study finds**

5 Apr 2019

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

Even light-to-moderate drinking increases blood pressure and the chances of having a stroke, according to a large genetic study in The Lancet, countering previous claims that one or two drinks a day could be protective.

## **Children and young people**

### **FPA's statement on conception data from the Office of National Statistics**

16 Apr 2019

Source: FPA <https://www.fpa.org.uk>

FPA is pleased to see that teenage pregnancy rates have continued to fall. There were 16,740 teen pregnancies across England and Wales in 2017, or 17.9 for every 1,000 women under the age of 18, with rates in England now 61.8% lower than in 1998.

### **LGA responds to latest figures on teenage pregnancies**

15 Apr 2019

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

Cllr Ian Hudspeth, Chairman of the Local Government Association's Community Wellbeing Board, responds to latest [ONS figures](#) published today on teenage pregnancies in England and Wales for 2017.

### **Free sanitary products plan extended to primary girls**

16 Apr 2019

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

Free sanitary products will be offered to girls in all primary schools in England from early 2020.

### **LGA responds to early communications skills funding announcement**

9 Apr 2019

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

"Councils are absolutely determined to make sure that children get the best start in life, and it's positive that some areas will receive funding to provide additional support to families and improve children's early communication skills."

### **One year on: soft drinks levy needs to go beyond the school gate**

6 Apr 2019

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

Children's health would be better protected if money raised from the soft drinks levy was spent on local priorities such as playgrounds, activities and afterschool clubs to combat child obesity.

### **Parents being misled over kids' snacks, says child health expert**

5 Apr 2019

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

Parents are at risk of being misled by "manipulative marketing campaigns" and "crafty messaging" on children's snacks, a child health expert has said.

### [Debunking vaccination myths for parents](#)

3 Apr 2019

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

A growing number of parents are confused about whether to vaccinate their children, with many influenced by "anti-vax" material on social media.

See also **Mental health**

See also **Safety**

## **Chronic conditions**

### [Statins 'do not work' for half of people prescribed them, study reports](#)

16 Apr 2019

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

"Statins are not effective at lowering cholesterol levels for half of patients," the Daily Mirror reports.

### ['Complex reasons' why patients choose not to take prescribed medication, says College](#)

15 Apr 2019

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

Professor Helen Stokes-Lampard, Chair of the Royal College of GPs, has responded to a study in the BMJ about statins prescribing.

### [Gene-silencing: 'New class' of medicine reverses disease porphyria](#)

13 Apr 2019

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

Doctors have used a new type of medicine called "gene silencing" to reverse a disease that leaves people in crippling pain.

### ['Therapy reduces symptoms of irritable bowel syndrome,' reports study](#)

11 Apr 2019

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

"Answer to irritable bowel syndrome is the mind, study shows," states The Telegraph.

### ['Steep rise' in patients struggling to get epilepsy drugs](#)

9 Apr 2019

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

There has been a "steep rise" in the number of people struggling to get hold of medication which helps control their seizures, the Epilepsy Society says.

### [NICE releases new patient decision aid to encourage use of more environmentally friendly asthma inhalers](#)

8 Apr 2019

Source: NICE <https://www.nice.org.uk>

This will help patients, alongside health professionals, to identify which inhalers could meet their needs and control symptoms. Where several inhalers could be viable options, patients can opt for a more environmentally friendly one, which may help to cut NHS' carbon footprint.

See also **Mental health**

See also **Statistics**

## Communicable diseases

### [Measles: How a preventable disease returned from the past](#)

5 Apr 2019

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

Measles is one of the world's most infectious illnesses but until recently cases had been declining. So what's led to recent outbreaks?

## Diet & nutrition

### [Is it really worth injecting vitamins?](#)

15 Apr 2019

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

There is a growing trend for intravenous "vitamin" drips - but what are the risks? And do they even work?

### [Chief Scientific Adviser's Report reveals the data standards enhancing food safety](#)

5 Apr 2019

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

The Food Standards Agency (FSA) has today published its [eighth report](#) looking at how work on data standards aims to make FSA data available and easy to access, ensuring quality data that can be used across the food industry to help keep food safe and protect public health.

### [Poor diet now killing more than smoking.](#)

4 Apr 2019

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

"Bad diets killing more people globally than tobacco, study finds," reports The Guardian.

### [Does eating a few squares of dark chocolate a day improve blood pressure?](#)

3 Apr 2019

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

"Eating a few squares of dark chocolate every day 'improves your blood pressure in just one month'," is the overoptimistic headline in the Mail Online.

See also **Children and young people**

## Drug Misuse

See also **HIV and AIDS**

## Environmental health

### [One in 10 child asthma cases 'linked to traffic pollution'](#)

11 Apr 2019

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

Four million cases of childhood asthma could be caused by air pollution from traffic - around 13% of those diagnosed each year, a global study suggests.

### [£3 million boost for innovative local air quality improvements](#)

3 Apr 2019 Source: Dept for Env, Food and Rural Affairs <https://www.gov.uk>

Local authorities across England have received funding from the Air Quality Grant.

## **Health promotion**

### [New tools to help health professionals boost prevention impact](#)

8 Apr 2019 Source: Dept of Health and Social Care <https://www.gov.uk>

Public Health England (PHE) has launched a series of new e-learning tools to boost health and care professionals' knowledge and skills in dealing with some of the biggest issues in public health.

## **Health protection**

### [PHE conference spotlights innovations in public health protection](#)

9 Apr 2019 Source: Dept of Health and Social Care <https://www.gov.uk>

Public Health England Research and Science Conference shines spotlight on innovative new approaches to prevent disease and improve health.

### [College welcomes plans to extend HPV vaccine to boys in NI](#)

8 Apr 2019 Source: RCGP <https://www.rcgp.org.uk>

Responding to the Department of Health's announcement to offer boys aged 12-13 the vaccine to protect them against Human Papillomavirus (HPV), Chair of the Royal College of General Practitioners NI Dr Grainne Doran said: "We are delighted to see the HPV vaccine extended to young boys in Northern Ireland. This brings us in line with other areas in the UK."

### [HPV vaccine linked to 'dramatic' drop in cervical disease](#)

4 Apr 2019 Source: BBC News: <https://www.bbc.co.uk/>

The routine vaccination of girls with the HPV vaccine in Scotland has led to a "dramatic" drop in cervical disease in later life, new research suggests.

### [Skin cancer: Missing eyelids when using SPF moisturiser a 'risk'](#)

4 Apr 2019 Source: BBC News: <https://www.bbc.co.uk/>

Failing to apply moisturiser with sun protection factor (SPF) and sunscreen properly to the face, particularly around eyes, could be putting people at risk of skin cancer, a study suggests.

## **Health services administration**

### [Clampdown planned for British online pharmacies](#)

16 Apr 2019 Source: BBC News: <https://www.bbc.co.uk/>

New rules to keep people safe when buying medications from online pharmacies have been described as a "big step forward" by Britain's pharmacy regulator.

#### [More GP appointments available due to success of pilot scheme](#)

13 Apr 2019

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

An NHS scheme that has enabled GP practices to free up more time for doctors to see their patients is to be extended following a successful pilot.

#### [Doctors call for transparency over no-deal drug risk](#)

11 Apr 2019

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

Doctors' leaders have raised concerns over a lack of clarity about drug availability highlighted by no-deal Brexit planning.

#### [Widespread debate needed on 'disease mongering' and overdiagnosis of patients, says RCGP in response to BMJ Evidence-Based Medicine paper on definitions of disease](#)

8 Apr 2019

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

Prof Helen Stokes-Lampard, Chair of the Royal College of GPs, said: "Disease mongering is scaremongering and it has the potential to cause huge strain for the NHS and other healthcare systems around the world... This is a controversial but ground-breaking [paper](#) that should spark a widespread debate on the entire industry that has grown up around disease mongering and overdiagnosis."

#### [NHSX: digital experts will be part of cancer and mental health teams](#)

5 Apr 2019

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

Digital and data specialists will help patients, clinicians and carers benefit from better technology.

#### [New indemnity scheme for general practice introduced](#)

2 Apr 2019

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

The government-funded scheme provides GPs and others providing NHS services for general practice with comprehensive, automatic cover for clinical negligence claims.

### **HIV & AIDS**

#### [Cocaine injecting and homelessness 'behind Glasgow HIV rise'](#)

10 Apr 2019

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

A rise in cocaine injecting and homelessness are behind a 10-fold increase in HIV infection among drug users in Glasgow, research suggests. The Glasgow city centre outbreak is the UK's largest in more than 30 years.

### **Mental health**

#### [Mental health nurses join police officers on duty](#)

16 Apr 2019

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

Police in Berkshire have stopped more than 150 mental health patients from being sectioned or detained unnecessarily in cells over the past year.

### 'Faecal transplant may help children with autism,' study suggests

10 Apr 2019

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

"Autism symptoms can be reduced 50% in children who received faecal transplants," reports the Mail Online.

### LGA response to Children's Commissioner report on children's mental health spending

10 Apr 2019

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

"Children's services face a funding gap of £3.1 billion by 2025 while public health services, which also help children get the best start in life, have seen cuts of £700 million."

### The Mental Health Foundation has responded to Ofsted's consultation on their new inspection framework

5 Apr 2019

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

Summary of the main recommendations from their submission to Ofsted Education Inspection Framework 2019: inspecting the substance of education.

### NHS RightCare Toolkit: Physical ill-health and CVD prevention in people with severe mental illness (SMI)

1 Apr 2019

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

This Toolkit defines the core components of an optimal service for people with SMI who are at risk of developing CVD. It provides a national case for change and a set of resources to support local health systems to address variation in practice and improve population health.

## **Physical activity**

### How physical activity supports children with SEND

10 Apr 2019

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

Research shows that being active improves children's mental well-being and academic achievement. It can also be particularly valuable in terms of developing confidence and social skills. Dr Anthony Maher of Edge Hill University explains the benefits for children with SEND.

## **Prison health**

### Prisons crisis: Government's current approach inefficient, ineffective and unsustainable

3 Apr 2019

Source: UK Parliament <https://www.parliament.uk>

The Government's current approach to prison funding to accommodate growing population forecasts is inefficient, ineffective, and unsustainable in the medium or long-term, says the Justice Committee in a major new report published today.

## Safety

### [2019 Annual Science Review](#)

March 2019

Source: HSE [www.hse.gov.uk](http://www.hse.gov.uk)

HSE's fourth Annual Science Review has a focus on its contribution to HSE's regulatory activities. It provides case studies of the science, engineering work delivered and illustrates how HSE uses science and evidence to help Great Britain Work Well.

See p40 HSE management standards on work-related stress.

### [Epilepsy charity calls for social media seizure warnings](#)

16 Apr 2019

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

A growing number of people with epilepsy have said they are having seizures triggered by flashing images on social media, a charity has warned.

### [LGA responds to Which? research on product safety](#)

15 Apr 2019

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

Local authority trading standards teams continue to work hard to protect the public from unsafe products. It is vital that the Government and partners work with councils so that they continue to retain timely access to information on unsafe product alerts.

### [Charities and local authorities gather to discuss drowning prevention in Scotland](#)

9 Apr 2019

Source: RoSPA [www.rospa.com](http://www.rospa.com)

Scottish local authorities met today with water safety charities to discuss and shape policies to prevent drowning deaths and serious injuries.

### [New advice available on transporting premature and low birth weight babies](#)

8 Apr 2019

Source: RoSPA [www.rospa.com](http://www.rospa.com)

The Royal Society for the Prevention of Accidents (RoSPA) has released a suite of new resources and practical advice for parents and professionals on how best to transport premature and low birth weight babies.

### [National Training Centre supporting Family Safety Week with a day of fun and advice](#)

4 Apr 2019

Source: RoSPA [www.rospa.com](http://www.rospa.com)

Denbigh-based family-run business National Training Centre (NTC) is taking part in RoSPA's Family Safety Week tomorrow (Friday) by holding a Family Safety and Health Awareness Day at its National Training Centre.

### [More road safety training needed for young children, RoSPA research shows](#)

2 Apr 2019

Source: RoSPA [www.rospa.com](http://www.rospa.com)

New research has revealed that almost half (49 per cent) of children aged 6-11 have not received any form of pedestrian safety training in the past 12 months, despite road accidents being the leading cause of accidental death for children of that age.

## Screening

### [Bowel cancer: Self-testing kit 'saved my life'](#)

3 Apr 2019

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

A mother-of-three says a self-testing kit for bowel cancer saved her life. Wendy Lyons, lives in Eastwood, Nottinghamshire, a county leading the way in the use of Faecal Immunochemical Tests or FIT.

## Sexual health

### [Contraception: From fish bladders to home-delivered morning after pills](#)

5 Apr 2019

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

The morning after pill has never been more accessible. Women in the UK are now able to order emergency contraception online for home delivery. It marks a milestone - less than two decades ago, it was not possible to buy it in pharmacies.

## Social & economic issues

### [LGA responds to Government announcement on landlord evictions](#)

15 Apr 2019

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

“Responding to the Government’s announcement that landlords will no longer be able to unfairly evict tenants, a Local Government Association spokesperson, said: “Housing security is critical for the health and wellbeing of families and everyone deserves a safe, secure and affordable place to call home...”

### [LGA responds to Hamptons International Housing Report](#)

8 Apr 2019

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

Cllr Martin Tett, Local Government Association housing spokesman, said: “Owning your own home is not an option for many families across the country. This timely [report](#) highlights how the housing crisis is pricing people out of home-owning, with first-time buyers saving for over a decade for a deposit...”

### [Fewer people injured in violent attacks - A&E data study](#)

12 Apr 2019

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

Overall levels of violence in England and Wales are on the decline, in spite of an increase in knife crime, a study of A&E data suggests.

### [Websites to be fined over 'online harms' under new proposals](#)

8 Apr 2019

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

Internet sites could be fined or blocked if they fail to tackle "online harms" such as terrorist propaganda and child abuse, under government plans.

## Statistics

### [Measles cases triple globally in 2019, says UN](#)

15 Apr 2019

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

The number of measles cases reported worldwide in the first three months of 2019 has tripled compared with the same time last year, according to the World Health Organization (WHO).

### [Hepatitis C deaths fall by 16 per cent between 2015 and 2017](#)

9 Apr 2019

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

Deaths from serious hepatitis C related liver disease fell by 16.1% between 2015 and 2017 according to data from PHE.

### [Preventing amputations major concern as diabetes numbers rise](#)

3 Apr 2019

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

New data reveals overall number of amputations increasing with white males having the highest rate.

See also **Children and young people**

## Women's health

### [Breech baby scan 'would save lives'](#)

16 Apr 2019

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

Mums-to-be could be routinely offered an ultrasound scan at 36 weeks to help spot risky breech deliveries, when a baby's bottom or feet will emerge first, say UK researchers.

### [Give women more consistent abortion service, NHS told](#)

12 Apr 2019

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

Abortion services in England must provide a more consistent service to women, the NHS says.

### [The NHS mental health units bringing new mums back from crisis](#)

4 Apr 2019

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

An expanded network of NHS units is making specialist support available closer to home for new and expectant mothers across England experiencing anxiety, depression or other forms of mental ill health.

## Local news: []

<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>



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