

Public Health Bulletin. 30th 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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Children and young people

Obesity and depression 'hand-in-hand' in children

28 Apr 2019

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

Obese seven-year-olds are at greater risk of suffering emotional problems, such as anxiety and low mood, when they reach 11, a large UK study suggests.

Child obesity 'mustn't be swept under the carpet', says RCGP

28 Apr 2019

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

"Nobody wants to think of themselves or their child as overweight or unhealthy, but the stark truth is that overweight and obese children face numerous, serious health-related problems – both physical and mental – in the years ahead, if their weight is not addressed."

Incontinence: 'Lack of support' for older children

25 Apr 2019

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

Campaigners claim there is a lack of support in Wales, estimating that 1 in 10 UK children suffer bedwetting, daytime accidents and constipation.

Guidelines issued on activity and screen time for babies and toddlers

25 Apr 2019

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

"Kids under two should never be allowed to watch any screens – or they'll get fat," warns the Sun. The alarming headline gives the flavour of reports in much of the UK media about [the World Health Organization's \(WHO\) recommendations](#) on how much time each day children under age 5 should spend on physical activity, sedentary behaviour and sleep.

The Lego bricks designed for children with sight loss

24 Apr 2019

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

Lego have designed "Braille bricks" to help pupils with sight loss. The BBC's Victoria Derbyshire programme has been to meet pupils at one specialist school testing them out.

The profoundly deaf girl who found her voice after brain surgery

21 Apr 2019

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

Seven-year-old Leia Armitage lived in total silence for the first two years of her life, but thanks to pioneering brain surgery and years of therapy she has found her voice and can finally tell her parents she loves them.

'My Activity Passport' downloaded 42,000 times in four months

19 Apr 2019

Source: Department for Education:

<https://www.gov.uk/government/organisations/department-for-education>

A 'passport' of activities for children and their families to try together to help build character and resilience has been downloaded an average of 375 times a day since its launch.

Investment in social media support

19 Apr 2019

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

Steps to improve the mental health of young people, and directly target the impact of social media and body image on mental wellbeing, are to be supported through a new package of measures.

Screen time may increase chances of attention problems in children aged 3 to 5

18 Apr 2019

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

"How just 2 hours' screen time a day as a toddler can make children more likely to 'be badly behaved or have ADHD'," the Mail Online reports.

Chronic conditions

Parkinson's results beyond researchers' wildest dreams

22 Apr 2019

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

A treatment that has restored the movement of patients with chronic Parkinson's disease has been developed by Canadian researchers.

Greater access to diagnostic tools in the community needed to further improve appropriate cancer referral, says RCGP

26 Apr 2019

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

"GPs are always mindful of pressures across the NHS, so we will only refer if we genuinely suspect a patient has any form of cancer. One key way to further improve appropriate referrals is to make sure that GPs have better access to diagnostic tools in the community, and the appropriate training to use them."

Cancer test treats patients with precision

25 Apr 2019

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

Scientists at Glasgow University have developed a cancer testing technique that they say could transform the way we treat the disease.

Annual NHS cancer checks top two million for the first time

23 Apr 2019

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

In 2018, patients underwent a record 2.2 million cancer checks following urgent referral by their GP, almost 6,000 a day or more than four every minute. That was an increase of almost a quarter of a million on the 1.9 million people who were seen in 2017.

The breast cancer surgeon who got breast cancer

20 Apr 2019

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

Liz O'Riordan ended up having to give up the job she had trained 20 years for, after she herself was diagnosed with breast cancer.

Communicable diseases

'Completely avoidable' measles outbreak hits 25-year high in US

29 Apr 2019

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

American health officials report that more than 700 people have been infected by measles this year, marking a 25-year high for the infectious disease.

Measles: 'My baby's eyes were swollen shut'

25 Apr 2019

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

The mum of a baby who had measles so severely that "her eyes were swollen shut for four days", says "parents should know what can happen to vulnerable babies".

Diet & nutrition

[Sugar 'not necessary' for a good cuppa](#)

29 Apr 2019

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

A study found participants were able to cut it out without their enjoyment being affected - suggesting a long-term change in behaviour was possible.

[Regularly skipping breakfast linked to increased risk of heart disease and stroke](#)

23 Apr 2019

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

"Skipping breakfast may raise risk of heart disease by up to 87 per cent, study finds," The Sun reports.

Disability

[How making bars of soap 'started my life again'](#)

21 Apr 2019

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

The Soap Co. was set up in 2015 to help encourage and support people with disabilities back into the workplace.

[People with learning disabilities 'trapped' in hospitals as target missed](#)

18 Apr 2019

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

An NHS target to reduce the number of people with learning disabilities being treated in long-stay hospitals has been missed, resulting in more than 2,200 remaining in-patients in England.

See also **Children and young people** section

Drug Misuse

[Opioid painkillers 'must carry prominent warnings'](#)

28 Apr 2019

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

All opioid medicines in the UK will carry prominent warnings on their labels saying they can cause addiction, the health secretary has announced.

Environmental health

[Public urged not to bring plant pests and disease into the UK](#)

24 Apr 2019

Source: Animal & Plant Health Agency:

<https://www.gov.uk/government/organisations/animal-and-plant-health-agency>

Plants, seeds, flowers, fruit or vegetables can carry pests and diseases that would destroy UK plants, trees and crops.

[Are plants a necessity or a luxury?](#)

20 Apr 2019

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

A new campaign says we should pay less tax on plants because they are good for the environment and mental health.

Health promotion

Targeted checks 'prevent one-in-10 heart attacks'

20 Apr 2019

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

Nearly one in 10 heart attacks and strokes in England and Wales could be prevented if routine check-ups were better targeted, say researchers.

Health protection

UNICEF launches #VaccinesWork campaign to inspire support for vaccines

24 Apr 2019

Source: UNICEF: <https://www.unicef.org.uk>

Amid growing outbreaks of vaccine-preventable diseases, UNICEF's campaign will use social media to show that most parents trust vaccines to protect their children

PHE offers support to UK vaccine heroes

24 Apr 2019

Source: Public Health England:

<https://www.gov.uk/government/organisations/public-health-england>

Survey highlights that healthcare professionals remain the most trusted source of information while social media ranks bottom of the table.

Malaria vaccine rolled out for tens of thousands of children

23 Apr 2019

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

A large-scale pilot of what has been called the world's first malaria vaccine to give partial protection to children has begun in Malawi.

Health services administration

College calls on Health Secretary to make NHS a world leader in tech by getting the basics right first

30 Apr 2019

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

A robust and joined-up IT system across the NHS needs to be prioritised before a technological 'revolution' in patient care can truly happen, the Royal College of GPs has said in its new 'tech manifesto' released today.

Contaminated blood scandal: Inquiry hearings to begin

30 Apr 2019

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

A public inquiry into what has been called "the worst treatment scandal in the history of the NHS" is to start taking evidence on Tuesday. Some 4,800 people with haemophilia were infected with hepatitis C or HIV in the 1970s and 1980s. More than 2,000 are thought to have died.

NICE launches online resource to help development and adoption of new health technologies

29 Apr 2019

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

HealthTech Connect, a new online resource provided by NICE to help identify and support new health technologies as they move from inception to adoption in the UK health and care system was formally launched today (29 April).

[LGA responds to Centre for Policy Studies report on social care](#)

29 Apr 2019 Source: Local Government Association: <https://www.local.gov.uk/>
"This report is another important contribution to the debate around how we tackle the crisis in adult social care and we look forward to seeing the Government's green paper deliver similarly concrete ideas."

[LGA responds to King's Fund report on adult social care](#)

26 Apr 2019 Source: Local Government Association: <https://www.local.gov.uk/>
"These findings confirm that the current system of adult social care is at breaking point, with people living longer, increases in costs and decreases in funding."

['I helped test a wonder drug - then I was denied it'](#)

17 Apr 2019 Source: BBC News: <https://www.bbc.co.uk/news>
Because of rare illness, Louise Moorhouse is on a special diet of pills or foul-tasting shakes. There's a drug that would allow her to eat like anyone else - she took it for three years during a clinical trial. But the NHS won't pay for it, reports the BBC's Deborah Cohen - and the drug company stopped giving it to her once the trial was over.

HIV & AIDS

[Taking HIV drug PrEP 'doesn't mean you're promiscuous'](#)

26 Apr 2019 Source: BBC News: <https://www.bbc.co.uk/news>
For thousands of people like Chris Hicks, a 35-year-old DJ from Cardiff, HIV-prevention drug Pre-exposure prophylaxis (PrEP) has diminished the fear around sex.

Men's health

[London loneliness: Hackney Brocals help men find friends](#)

20 Apr 2019 Source: BBC News: <https://www.bbc.co.uk/news>
Hackney Brocals was set up with the aim to tackle male isolation across the capital through regular meet ups and trips.

['My son killed himself after circumcision'](#)

17 Apr 2019 Source: BBC News: <https://www.bbc.co.uk/news>
Why did a young man kill himself two years after being circumcised?

Mental health

[Families in Blackpool are getting lessons in resilience to improve mental health](#)

30 Apr 2019 Source: BBC News: <https://www.bbc.co.uk/news>
Blackpool is one of England's most deprived towns but a new £10m scheme there is trying to help families cope with their hardships. Single mum Lisa describes how the Resilience Revolution taught her and her children how to feel more in control.

[Cosmetic procedures: Firms warned over 'duty of care'](#)

27 Apr 2019 Source: BBC News: <https://www.bbc.co.uk/news>
England's top doctor says practitioners offering cosmetic procedures should have training to help them protect vulnerable clients from "quick fixes".

[Thousands more set to get help as NHS rolls out mental health job coaches](#)

20 Apr 2019

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

NHS England has announced a major expansion of a landmark scheme designed to help tens of thousands of patients with serious mental health problems who want to work, to find employment.

See also **Children and young people** section

See also **Men's health** section

See also **Older people** section

See also **Women's health** section

Obesity

[Obesity: Study of 2.8 million shows increased disease and death risks](#)

29 Apr 2019

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

A major study has highlighted the scale of the obesity problem in the UK, with a significant risk of death and disease attached to weight gain.

[Widely used diabetes drug may hold potential to aid long-term weight loss](#)

24 Apr 2019

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

"A drug used by patients with diabetes holds potential in helping people lose weight and keep it off," reports the Mail Online.

[Estimating the potential impact of the UK government's sugar reduction programme on child and adult health: modelling study](#)

17 Apr 2019

Source: BMJ: <https://www.bmj.com/>

The UK government's sugar reduction programme could reduce the burden of obesity and obesity related disease, provided that reductions in sugar levels and portion sizes do not prompt unanticipated changes in eating patterns or product formulation.

See also **Children and young people** section

Older people

[New research helps people with dementia avoid getting lost](#)

24 Apr 2019

Source: Economic & Social Research Council: <https://esrc.ukri.org>

New guidelines use the latest research on aging and memory to help people living with dementia find their way around unfamiliar environments.

Physical activity

[Athletes risking their health by 'under-fuelling'](#)

23 Apr 2019

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

Endurance athletes could risk their long-term health by under-fuelling and over-training, an expert has warned.

Safety

[Campaign to tackle 'botched' cosmetic procedures](#)

23 Apr 2019

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

A campaign to tackle "botched" cosmetic procedures is to be launched shortly by the government in England.

[New campaign highlights the real impact of falls on loved ones](#)

17 Apr 2019

Source: RoSPA: <https://www.rospace.com>

A new hard-hitting campaign highlighting the long-term, life-changing impact that falls can have on family and friends has been launched by The Ladder Association and The Royal Society for the Prevention of Accidents (RoSPA).

Screening

[Urine test to end 'smear fear'](#)

29 Apr 2019

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

Women who are too anxious or embarrassed to go for a smear test could instead provide a urine sample to be screened for cervical cancer, research suggests.

[College Chair defends GPs over cervical screening accusations](#)

18 Apr 2019

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

Professor Helen Stokes-Lampard has written to the Daily Mail after an article this week suggested that waiting times for GP appointments are to blame for the drop in the number of women having cervical screening tests.

Sexual health

See HIV & AIDS section

Smoking

[Statistics on NHS Stop Smoking Services in England April 2018 to December 2018](#)

25 Apr 2019

Source: NHS Digital: <https://digital.nhs.uk>

This report includes information on the number of people setting a quit date and the number who successfully quit at the 4 week follow-up. It also presents in depth analyses of the key measures of the service including pregnant women, breakdowns by ethnic group and type of pharmacotherapy received. The results are provided at national, regional and local authority levels.

Social & economic issues

[Refugees in UK face huge long-term disadvantages](#)

26 Apr 2019

Source: Economic & Social Research Council: <https://esrc.ukri.org>

Refugees who resettle in Britain after fleeing violence and torture face huge long-term inequalities including over work and education, according to a new report.

Statistics

See **Smoking** section

Women's health

[Westminster inquiry mounts pressure on UK Government to reform Northern Ireland's abortion laws](#)

25 Apr 2019

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

The Women and Equalities Committee have today (25 April) published their inquiry report on abortion in Northern Ireland. Amnesty International UK and the FPA have welcomed the report and called on the UK Government to take immediate action.

[New resource published to help public services become trauma-informed to support women's mental health](#)

25 Apr 2019

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

Public services can help women more effectively by understanding the impact of trauma on their lives and by creating an environment that enables healing from trauma, according to a [new resource](#) published today by Centre for Mental Health and the Mental Health Foundation.

[Dignity of women in custody ensured by planned law change](#)

24 Apr 2019

Source: Home Office:

<https://www.gov.uk/government/organisations/home-office>

The Home Office is set to change the law to ensure all menstruating women, and others with personal health and hygiene needs, are treated with dignity whilst in custody.

[Older women exploited by IVF clinics, says fertility watchdog](#)

22 Apr 2019

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

Sally Cheshire, chairwoman of the Human Fertilisation and Embryology Authority (HFEA), told the Daily Telegraph some private clinics were using "selective success rates" to target older women.

[Scan mums-to-be at 36 weeks for breech births, says study](#)

17 Apr 2019

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

Researchers calculated that 7 to 8 babies' lives could be saved in the UK each year if all women were scanned at 36 weeks.

See also **Mental health** section

See also **Screening** section

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>
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