

Public Health Bulletin. 23rd July 2019

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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>

[Alcohol misuse](#)

[Children and young people](#)

[Chronic conditions](#)

[Communicable diseases](#)

[Diet & nutrition](#)

[Drug Misuse](#)

[Environmental health](#)

[Health promotion](#)

[Health protection](#)

[Health Services administration](#)

[HIV and AIDS](#)

[Mental health](#)

[Obesity](#)

[Older people](#)

[Physical activity](#)

[Safety](#)

[Screening](#)

[Sexual Health](#)

[Smoking](#)

[Social and economic issues](#)

[Statistics](#)

[Women's health](#)

[Workplace health](#)

[Local news](#)

Alcohol misuse

Developing new research on alcohol harm: rapid evidence reviews

Jul 2019 Source: Alcohol Change <https://alcoholchange.org.uk>

We're pleased to publish the first in a series of six rapid evidence reviews that were commissioned by us earlier this year, looking into priority areas in the field of alcohol harm reduction.

No wrong door: making alcohol support accessible to all

Jul 2019 Source: Alcohol Change <https://alcoholchange.org.uk>

Failing to recognise the complex and diverse needs of drinkers could mean that we're excluding many from the help they deserve. At our annual conference in Wales we'll be looking at ways to make sure fewer people fall through the gaps in services.

Children and young people

It means he's not left out: How radio aids helped my deaf son

10 Jul 2019 Source: BBC <http://www.bbc.co.uk/>

Having a radio aid gave five-year-old Levindinos Anastasiou, who has hearing loss, "a new lease of life", says his mum. The aids have two parts - the child wears a receiver with their hearing aid and the person they want to hear wears a transmitter, filtering out background noise.

LGA responds to National Deaf Children's Society report on radio aids

09 Jul 2019 Source: Local Government Assoc. <http://www.local.gov.uk/>

Chair of the Local Government Association's Children and Young People Board, Cllr Anntoinette Bramble, responds to the National Deaf Children's Society report on councils providing radio aids for children.

HPV vaccine could prevent over 100,000 cancers

09 Jul 2019 Source: Public Health England <https://www.gov.uk/>

Estimates suggest that the HPV vaccine programme could prevent over 64,000 cervical cancers and nearly 50,000 non-cervical cancers by 2058. From September 2019, boys in school year 8 will be offered the free Human Papilloma Virus (HPV) vaccine for the first time.

Babies 'don't need tongue-tie surgery to feed'

11 Jul 2019 Source: BBC <http://www.bbc.co.uk/>

Babies with tongue-ties rarely need surgery to help them feed, a US study suggests. It found two-thirds of babies referred for the procedure did not need it and were able to feed with other support.

Excluded from school: How boxing helps teenagers with ADHD

10 Jul 2019 Source: BBC <http://www.bbc.co.uk/>

These teenagers all have ADHD and have been excluded from mainstream school. Here they tell how the sport of boxing is helping them channel their excess energy and improve their life skills.

Obesity crisis: Type 2 diabetes in children up by nearly half in five years

13 Jul 2019 Source: Local Government Assoc. <http://www.local.gov.uk/>

The number of children and young people being treated for Type 2 diabetes, a condition normally seen only in older adults and often linked to obesity, has rocketed by nearly 50 per cent in just five years, new analysis by the Local Government Association reveals today.

National mental health programme between schools and NHS

12 Jul 2019 Source: Dept. for Education <https://www.gov.uk/>

Education Secretary Damian Hinds sets out next steps in bringing together services for young people in need of mental health support.

Mental Health Foundation says the expansion of work to prevent children falling through gaps in mental health support is very welcome

12 Jul 2019 Source: Mental Health Foundation
<https://www.mentalhealth.org.uk/>

Expansion of work to prevent children falling through gaps in support for their mental health is important and welcome, the Mental Health Foundation says today. The charity is responding to an announcement by the Department for Education about its roll-out of a mental health training programme to cover one staff member in every school and college in England.

Response to CYP Mental Health Task Force recommendations

12 Jul 2019 Source: NHS Health Scotland <http://www.healthscotland.scot>

We welcome the publication of the recommendations put forward by the Children and Young People's Mental Health Task Force, in particular, the recognition that there is a need to prioritise preventative approaches to support children and young people's mental health and wellbeing.

Children to have greater opportunity to access 60 minutes of physical activity every day

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

Children will have a greater opportunity to access 60 minutes of daily sport and physical activity, whether that be in school, after school or during weekends and holidays, under new Government plans revealed today.

Debate on children and mental health services House of Commons 16 July 2019

16 Jul 2019 Source: Local Government Assoc. <http://www.local.gov.uk/>

Improving and maintaining good mental health for children is a vital priority for councils. Intervening early can dramatically improve an individual's life chances and save our public services money in the longer term.

Debate on body image and mental health, House of Commons, 23 July 2019

19 Jul 2019 Source: Local Government Assoc. <http://www.local.gov.uk/>

Councils are supporting children and young people with high quality mental health support. Children's services see more than 500 cases a day of children presenting with a mental health problem.

Parliamentary debate on body image - Mental Health Foundation statement

22 Jul 2019 Source: Mental Health Foundation

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

Questions about body image and how images in advertising, social and traditional media may affect millions of people are being addressed today and tomorrow in Parliament.

Child mental health unit referrals 'up nearly 50%'

18 Jul 2019 Source: BBC <http://www.bbc.co.uk/>

Referrals to child mental health units from UK primary schools for pupils aged 11 and under have risen by nearly 50% in three years, the BBC has learned.

Children with gender identity issues 'need help from all sides'

17 Jul 2019 Source: BBC <http://www.bbc.co.uk/>

Solving gender identity issues in children is complicated, and is not always going to be the answer to everything, says NHS England's gender identity development service.

Joint inspections focusing on children's mental health

17 Jul 2019 Source: Ofsted <https://www.gov.uk/>

Ofsted have published guidance for inspectors for new series of joint inspections focusing on children's mental health. New inspections will examine how local services respond to children living with mental ill health, including:

- local authorities
- schools
- the police
- youth offending teams
- health professionals

Primary school children 'should learn about FGM'

20 Jul 2019 Source: BBC <http://www.bbc.co.uk/>

Primary schools in England should start teaching pupils about female genital mutilation when a new curriculum is introduced next year, campaigners say. Secondary school pupils are to be taught about FGM from 2020. But experts fear that for some vulnerable girls these lessons will come too late.

[Transgender treatment: Puberty blockers study under investigation](#)

23 Jul 2019

Source: BBC <http://www.bbc.co.uk/>

England's only NHS youth gender clinic lowered the age at which it offers children puberty blockers, partly based on a study now being investigated. The study's full findings have not been published - but early data showed some taking the drugs reported an increase in thoughts of suicide and self-harm.

See also [Insights into the transfer between children's and adults' services for young people with selected long-term conditions](#) in the Chronic conditions section
See also [Safeguarding children and vulnerable adults: general practice reporting: supporting documents](#) in the Safety section

Chronic conditions

[NICE recommends innovative treatment for type 1 diabetes](#)

12 Jul 2019

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

NICE has issued draft final guidance on dapagliflozin with insulin for treating type 1 diabetes.

[High blood pressure and cholesterol in young adults linked to heart disease in later life](#)

17 Jul 2019

Source: NHS Website <http://www.nhs.uk/news/>

"Doctors should prescribe statins to patients at a younger age to slash their odds of heart disease in later life, a study suggests," reports The Sun. Researchers in the US modelled the risk factors of 36,030 people who took part in 6 long-running studies. They estimated the effects of high cholesterol and high blood pressure in young adulthood (from the age of 18 to 39) on people's risk of heart attack, stroke or heart failure in later adulthood.

[Insights into the transfer between children's and adults' services for young people with selected long-term conditions](#)

16 Jul 2019

Source: National Institute for Health Research

<https://discover.dc.nihr.ac.uk/>

How young people with type 1 diabetes, autistic spectrum disorder and cerebral palsy experience the transition to adult services depends on their condition and locality. Adult and children's services need to work together to ensure they are offering young people the sources of support and resilience they need.

[Skin cancer risk 'not just from holiday sun'](#)

18 Jul 2019

Source: BBC <http://www.bbc.co.uk/>

Skin cancer rates have "soared" in the UK over the last decade, particularly in men and younger adults, Cancer Research UK (CRUK) has warned. Incidence of melanomas rose in men by 53% - from 19 per 100,000 in 2004-6 to 29 per 100,000 in 2014-16.

And diagnoses in 25-49 year olds rose by 78% - from nine per 100,000 in the mid-90s to 16 per 100,000 in 2014-16.

[Health organisations working to incorporate NICE recommendations into NHS care to benefit thousands of patients who have had a stroke](#)

18 Jul 2019 Source: NICE <https://www.nice.org.uk/>

An NHS workforce and resource impact statement published yesterday (17 July 2019) highlights the work being done by national partners to integrate changes recommended by NICE in its updated stroke guideline into routine NHS patient care.

[Young people among those set to benefit from lifesaving heart op as part of the NHS Long Term Plan](#)

18 Jul 2019 Source: NHS England <https://www.england.nhs.uk/>

Thousands of people are set to benefit from an innovative new heart procedure to prevent strokes in younger people. The new treatment, unveiled today as part of the NHS Long Term Plan, tackles 'hole in the heart'. Hole in the heart – or Patent Foramen Ovale (PFO) – is a common condition which can trigger strokes.

[Autumn 2020 for organ donation opt-out system](#)

19 Jul 2019 Source: Scottish Government <http://www.gov.scot/>

Legislation to introduce an opt-out system of organ and tissue donation for deceased donors will come into force in Autumn 2020. The new law will add to the package of measures already in place which have led to significant increases in donation and transplantation over the last decade.

See also [HPV vaccine could prevent over 100,000 cancers](#) in the Children and young peoples section

See also [Sugary drinks linked to cancer](#) in the Diet & nutrition section

See also [Meaningful increases in physical activity levels after cancer can be sustained for three months or more](#) in the Physical activity section

See also [Having fewer 'friendly vaginal bacteria' linked to ovarian cancer](#) in the Women's health section

Communicable diseases

[Measles, mumps and rubella: laboratory confirmed cases in England 2018](#)

12 Jul 2019 Source: Public Health England <https://www.gov.uk/>

[Measles outbreak: Loddon head teacher makes immunisation plea](#)

19 Jul 2019 Source: BBC <http://www.bbc.co.uk/>

A head teacher has written to parents to remind them to make sure their children are immunised after a measles outbreak at his school. Jim Adams wrote to parents after three cases were confirmed at Hobart High School, Loddon, Norfolk.

Diet & nutrition

[No good evidence supplements protect against heart disease and early death](#)

09 Jul 2019

Source: NHS Website <http://www.nhs.uk/news/>

Multivitamins do not reduce risk of cardiovascular disease or prolong life, study finds," the Sun reports, while The Daily Telegraph warns that, "Some vitamin supplements can increase risk of a stroke". Both headlines were prompted by a major new review looking at evidence from 277 trials on the effect of 24 different nutritional or dietary supplements in nearly 1 million people.

[Sugary drinks linked to cancer](#)

11 Jul 2019

Source: NHS Website <http://www.nhs.uk/news/>

"Drinking a third of a fizzy drink a day 'increases risk of breast cancer by 22% – and fruit juice is just as dangerous'," reports the Sun. The headline is based on a large ongoing study that assessed sugary and artificially sweetened drink intake in more than 100,000 adults in France.

[Good gut bacteria 'helps starving children'](#)

11 Jul 2019

Source: BBC <http://www.bbc.co.uk/>

A diet rich in bananas, chickpeas and peanuts improves gut bacteria in malnourished children, helping kick-start their growth, research suggests. These foods were found to be particularly good at boosting healthy microbes, in a US study of children in Bangladesh.

[Plant-based milks on the rise: A quarter of Britons are drinking them](#)

19 Jul 2019

Source: BBC <http://www.bbc.co.uk/>

Whether it's almond, soy or coconut it seems more people are ditching cow's milk for the plant-based stuff. A quarter of British people are now drinking non-dairy milks, according to market research firm Mintel, who spoke to 2,000 people. The biggest users of non-dairy milk are 16-24 year olds - 33% are drinking them. But plant-based milks make up just 4% of the milk market, with 96% of milk sales in 2018 being for cow's milk.

[Views needed on older people's nutrition guidance for care homes](#)

19 Jul 2019

Source: Welsh Government <https://gov.wales/>

The Welsh Government is seeking people's views on new food and nutrition guidelines for older people's care homes in Wales. The Food and Nutrition for Older People Care Homes - Best Practice Guidance' was recently (19 July 2019) launched for consultation by the Deputy Minister for Health and Social Services Julie Morgan

Drug Misuse

[Recorded drug deaths in Scotland highest in EU](#)

16 Jul 2019

Source: BBC <http://www.bbc.co.uk/>

The number of drug-related deaths in Scotland soared to 1,187 last year, according to official statistics. The figure is 27% higher than the previous year, and the highest since records began in 1996.

[Drug deaths are preventable, not inevitable](#)

16 Jul 2019

Source: NHS Health Scotland <http://www.healthscotland.scot>

Figures published recently (16 July 2019) show the number of drug-related deaths in Scotland is the highest number ever recorded, for the fifth year in a row. In 2018, 1,187 people lost their lives to a drug-related death. Each one of these deaths is a tragedy, and every one is preventable, not inevitable.

Environmental health

[Does 5G pose health risks?](#)

15 Jul 2019

Source: BBC <http://www.bbc.co.uk/>

The 5G mobile network has been switched on in some UK cities and has led to questions about whether the new technology poses health risks. So what are the concerns, and is there any evidence to back them up?

Health promotion

[Amazon Alexa offering NHS health advice](#)

10 Jul 2019

Source: BBC <http://www.bbc.co.uk/>

People will be able to get expert health advice using Amazon Alexa devices, under a partnership with the NHS, the government has announced. From this week, the voice-assisted technology is automatically searching the official NHS website when UK users ask for health-related advice. The government in England said it could reduce demand on the NHS.

[LGA: health and wellbeing boards are achieving their goal](#)

03 Jul 2019

Source: Local Government Assoc. <http://www.local.gov.uk/>

The report, based on 22 effective HWBs across the country, shows the boards are driving health and social care integration and making sure that prevention is at the heart of this - helping to keep people well in the first place, rather than managing ill health better.

[Government announces £135 million investment in health research](#)

12 Jul 2019

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

The funding will help tackle the biggest challenges in health and social care over the next 5 years, including dementia, obesity and mental health.

[Ministers may advise on how much sleep people need](#)

13 Jul 2019

Source: BBC <http://www.bbc.co.uk/>

Ministers are reportedly planning to issue guidance on how much sleep people should be getting every night. The recommendations are expected as part of a series of proposals aimed at improving public health in the UK.

[Quick Guide: allied health professionals enhancing health for people in care homes](#)

18 Jul 2019

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

This quick guide document aims to support local health and social care systems in improving the health of people living in care homes, with practical examples of how the allied health professions (AHPs) can support implementation and roll-out of the framework for enhanced health in care homes.

[Music 'calms nerves before surgery' as well as sedative](#)

19 Jul 2019

Source: BBC <http://www.bbc.co.uk/>

Listening to the "world's most relaxing song" before an operation could be just as good at calming patients' nerves as medication, US researchers say. The song, written to reduce anxiety, blood pressure and heart rate, performed as well as a sedative in a study of 157 people. But patients said they would have preferred to choose their own music.

[Same-day pharmacy consultations offered to patients](#)

22 Jul 2019

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

Patients with minor health issues will be offered same-day appointments at their local pharmacy, under a new deal announced by the Health and Social Care Secretary. The new NHS Community Pharmacist Consultation Service will offer local pharmacy appointments to anyone calling NHS 111 about minor conditions such as earache or a sore throat.

Health protection

[Development of new antibiotics encouraged with new pharmaceutical payment system](#)

09 Jul 2019

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

The NHS will test the world's first 'subscription' style payment model to incentivise pharmaceutical companies to develop new drugs for resistant infections. The new trial will be led by the National Institute for Health and Care Excellence (NICE) and NHS England and NHS Improvement. It will test a 'subscription' style model that pays pharmaceutical companies upfront for access to drugs based on their usefulness to the NHS.

[Emerade adrenaline pens: Warning over faulty allergy injectors](#)

12 Jul 2019

Source: BBC <http://www.bbc.co.uk/>

Allergy patients are being warned of a potential fault with Emerade adrenaline pens.

The Medicines and Healthcare products Regulatory Agency (MHRA) said some have blocked needles, so cannot deliver adrenaline. Around two in every 1,000 pens are thought to be affected.

Technology in care – we shine light on the importance of innovation in new resource

16 Jul 2019

Source: Care Quality Commission <http://www.cqc.org.uk>

The healthcare landscape is evolving, presenting new and innovative ways to care for people. A resource published today looks at how providers have used new technologies to try and meet the needs of people using their services and improve the quality of care.

Consider shorter courses when prescribing antibiotics

18 Jul 2019

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

People are being prescribed unnecessarily long courses of antibiotics which may increase their risk of developing antibiotic resistant infections, a study has suggested. A recent study looked at 931,015 English primary care consultations which took place between 2013 and 2015 and ended in an antibiotic prescription. Of those people receiving antibiotics, the majority were prescribed a course that was longer than recommended in NICE guidance.

A deeper look at stalling life expectancy

18 Jul 2019

Source: NHS Health Scotland <http://www.healthscotland.scot>

Public Health Scientists from NHS Health Scotland have contributed to a paper out today which shows that mortality rates have worsened across almost all age groups against a backdrop of widening inequalities. The research indicates drug-related deaths, heart disease, dementia and Alzheimer's disease are some of the biggest contributors to shorter life expectancy.

New approach to engaging rough sleeping and homeless community

19 Jul 2019

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

Public Health England South West coordinated a multi-intervention day with local healthcare providers, charities and services to provide TB screening for the rough sleeping/homeless community. In addition to the screening, partners came together to extend the breadth of the event to include a wide range of other services – Hepatitis B, C and HIV, substance misuse, mental health services and GP services and housing support.

Heat-health watch alert: level 3 – heatwave action

22 Jul 2019

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

NHS England has issued a Heat-healthwatch alert: level 3 – heatwave action. There is a 90 per cent probability of heat health criteria being met between 9.00am on Monday 22 July and 9am on Friday 26 July in the South and South East of England. This stage requires social and healthcare services to target specific actions at high-risk groups.

[Advancing our health: prevention in the 2020s](#)

22 Jul 2019

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

Consultation description. We're seeking your views on proposals to tackle the causes of preventable ill health in England. We know that our health is shaped by the environment in which we live, the choices we make, and the services we receive. We need to take action on each of these.

[LGA responds to prevention green paper](#)

23 Jul 2019

Source: Local Government Assoc. <http://www.local.gov.uk/>

Cllr Ian Hudspeth, Chairman of the Local Government Association's Community Wellbeing Board, responds to the publication of the Government's green paper on prevention.

Health services administration

[NHS rolls out staff retention scheme as part of the Long Term Plan](#)

10 Jul 2019

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

A scheme that has helped keep more than 1,000 nurses, midwives and other clinicians in the NHS will be rolled out to cover staff working in general practice as well as hospitals, the NHS announced today. A 'transfer window' lets staff move within the NHS between areas while developing new skills. Rewards from local businesses like discount gym membership and targeted mentoring for new joiners are among the incentives used to keep them.

[Being fair: supporting a just and learning culture for staff and patients following incidents in the NHS](#)

04 Jul 2019

Source: NHS Resolution <https://resolution.nhs.uk>

This guidance highlights the need for the NHS to involve users of care services and staff in safety investigations. It aims to help the NHS to create an environment to better support staff when things go wrong and to encourage learning from incidents. Key challenges include fear, equity and fairness, and bullying and harassment.

[NHS survey says nine out of 10 patients have 'confidence and trust' in their GP](#)

11 Jul 2019

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

Nine out of 10 patients have "confidence and trust" in their family doctor as well as other general practice staff such as nurses and pharmacists, according to new research published today. Patients rate their overall experience of their family doctor highly, with four out of five saying their GP treats them with "care and concern" and provides them with enough time to listen to their needs.

[More patients 'struggling to reach GP on phone'](#)

11 Jul 2019

Source: BBC <http://www.bbc.co.uk/>

Growing numbers of people in England are struggling to get hold of their GP, a survey suggests. One in three reported it was not easy with a similar number also not happy with the appointment times available when they did get through. But the survey of more

than 770,000 people also showed high satisfaction rates and trust when patients did get an appointment.

National Audit of Care at the End of Life (NACEL) 2019

11 Jul 2019 Source: Healthcare Quality Improvement Partnership
<https://www.hqip.org.uk/>

This is a comparative audit of the quality and outcomes of care in England and Wales experienced by the dying person and those important to them during the last admission leading to death. It looks at care in acute, community hospitals and mental health inpatient providers.

Regular GP review improves patient care

16 Jul 2019 Source: NHS England <https://www.england.nhs.uk/>

A survey of thousands of GPs reveals nine in 10 family doctors say their annual work appraisal – a regular review of each GP’s performance, carried out by a senior doctor – has helped them to improve patients’ care as part of the NHS Long Term Plan.

HIV & AIDS

The latest on PrEP in England – our response following update from NHS England

11 Jul 2019 Source: Terrence Higgins Trust <https://www.tht.org.uk>

The Terrence Higgins Trust responds to NHS England's announcement of five steps towards better access to PrEP

See also **Government’s vision for prevention leaves bitter taste despite commitment to new sexual health strategy** in the Sexual health section

Mental health

Towards mental health equality: a manifesto for the next prime minister

10 Jul 2019 Source: Mental Health Foundation
<https://www.mentalhealth.org.uk/>

This manifesto sets out the five key areas that the next Prime Minister must address in order to improve the lives of people with mental health problems and promote the mental health of the nation.

Government prioritises wellbeing and mental health of officers in new package to support police

10 Jul 2019 Source: Home Office <https://www.gov.uk/>

The government and police watchdog will work together to put the wellbeing and mental health of staff and officers at the heart of policing following a landmark review.

Identifying and responding to trauma

12 Jul 2019 Source: Scottish Government <http://www.gov.scot/>

More than 5,000 workers will be trained in how to recognise and deal with psychological trauma. The Trauma Training Plan is the first of its kind in the UK and helps organisations ensure their staff have the skills and knowledge they need to support those who have been affected by traumatic experiences. Police, social workers and nurses are among the staff to benefit from the plan which will be rolled out to all frontline workers.

Dementia: Lifestyle changes that could lower your risk

14 Jul 2019 Source: BBC <http://www.bbc.co.uk/>

Nearly everyone can lower their risk of dementia, even if it runs in the family, by living a healthy lifestyle, research suggests. The study of nearly 200,000 people showed the risk fell by up to a third.

Healthy lifestyle reduces dementia risk even in those with genetic risk factors

15 Jul 2019 Source: NHS Website <http://www.nhs.uk/news/>

"Bad dementia genes can be overcome through healthy living, study finds," reports The Daily Telegraph. The newspaper reports that regular exercise, not smoking, drinking sensibly, and eating a healthy diet have been found to reduce risk of getting dementia even if a person has a higher genetic risk of developing the condition.

Alzheimer's risk 'different in women and men'

16 Jul 2019 Source: BBC <http://www.bbc.co.uk/>

Scientists say they may have discovered why more women than men have Alzheimer's disease and dementia. It has always been thought that women living longer than men was the reason. But new research presented at an international conference suggests this may not be the whole story.

Music set to bring comfort to Welsh speakers living with dementia

19 Jul 2019 Source: Welsh Government <https://gov.wales/>

Welsh speakers living with dementia can now enjoy songs from their past in Welsh, thanks to a Bangor University and Merched y Wawr initiative supported by the Welsh Government to help care givers across Wales improve their quality of life.

Anorexia: Origins are complex mix of mind and body

15 Jul 2019 Source: BBC <http://www.bbc.co.uk/>

The origins of the eating disorder anorexia nervosa are in both the mind and the body, according to an international study. Anorexia is seen as a serious psychiatric disease. But doctors at King's College London showed changes hardwired into some people's DNA altered the way they processed fats and sugars and may make it easier to starve their bodies.

See also [Excluded from school: How boxing helps teenagers with ADHD](#) in the Children and young people section

See also [National mental health programme between schools and NHS](#) in the Children and young people section

See also [Mental Health Foundation says the expansion of work to prevent children falling through gaps in mental health support is very welcome](#) in the Children and young people section

See also [Response to CYP Mental Health Task Force recommendations](#) in the Children and young people section

See also [Talking therapies: New statistics show an increase in referrals, numbers starting treatment and recovery rates during 2018-19](#) in the Statistics section

See also [Debate on children and mental health services House of Commons 16 July 2019](#) in the Children and young people section

See also [Child mental health unit referrals 'up nearly 50%'](#) in the Children and young people section

See also [Joint inspections focusing on children's mental health](#) in the Children and young people section

Obesity

See also [Obesity crisis: Type 2 diabetes in children up by nearly half in five years](#) in the Children and young people section

Older people

See also [Views needed on older people's nutrition guidance for care homes](#) in the Diet and nutrition section

Physical activity

[Meaningful increases in physical activity levels after cancer can be sustained for three months or more](#)

09 Jul 2019 Source: National Institute for Health Research
<https://discover.dc.nihr.ac.uk/>

People who have had cancer, who are able to keep mobile, can benefit from interventions aimed at increasing physical activity. Being active regularly is already known to improve health and may also reduce the risk of cancer returning and improve life expectancy.

See also [Children to have greater opportunity to access 60 minutes of physical activity every day](#) in the Children and young people section

Safety

[Safeguarding children and vulnerable adults: general practice reporting: supporting documents](#)

11 Jul 2019 Source: NHS England <https://www.england.nhs.uk/>

NHS England has published documents in support of Safeguarding children and vulnerable adults: general practice reporting. These documents provide further context, key considerations for GP providers and local commissioners and highlight examples of good practice.

New Action Plan on tackling child sexual abuse launched

15 Jul 2019 Source: Welsh Government <https://gov.wales/>

The plan sets out a new legal framework to strengthen safeguarding arrangements so that people at risk can be protected more effectively and is a part of the Social Services and Well-being (Wales) Act 2014.

Screening

NHS population screening: inequalities strategy

16 Jul 2019 Source: Public Health England <https://www.gov.uk/>

The PHE Screening inequalities strategy is aimed at supporting local screening services, commissioners and others involved in the provision of screening to address inequalities.

UK newborn baby screening 'not good enough'

23 Jul 2019 Source: BBC <http://www.bbc.co.uk/>

UK babies are missing out on checks for rare but serious health conditions, putting lives at risk, according to a report from the charity Genetic Alliance UK. The NHS offers newborns a blood test to screen for up to nine conditions. Many other European countries look for 20 or more illnesses and the US screens for more than 50, the charity says

Sexual health

Government's vision for prevention leaves bitter taste despite commitment to new sexual health strategy

23 Jul 2019 Source: Terrence Higgins Trust <https://www.tht.org.uk>

The Government's long-awaited Prevention Green Paper is disappointing on PrEP, but includes commitments to a sexual and reproductive health strategy and to ending HIV transmissions by 2030.

Smoking

Pledge to end smoking in England by 2030

23 Jul 2019 Source: BBC <http://www.bbc.co.uk/>

The government is pledging to end smoking in England by 2030 as part of a range of measures to tackle the causes of preventable ill health. Promoting physical activity, developing guidelines on sleep and targeting those at risk of diabetes are also set out as priorities in the green paper.

Social & economic issues

[Lowest paid set to receive sick pay for the first time](#)

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

The government has started a consultation to transform support for sick and disabled staff and remove barriers for employers. The Work and Pensions Secretary Amber Rudd and Health Secretary Matt Hancock yesterday set out new measures to transform how employers support and retain disabled staff and those with a health condition.

[NHS Confederation - Government must recognise urgency of putting right a struggling social care system](#)

08 Jul 2019 Source: NHS Confederation <https://www.nhsconfed.org/>

Responding to Carers UK's State of Caring report, Niall Dickson, chief executive of the NHS Confederation, said: "This research shows the human consequences that the failure to adequately invest in and reform adult social care in England is having on carers. Many are left to fend for themselves with no support. The intense pressures they and the people they are caring for are facing is unacceptable

[Rural communities worst hit in adult social care crisis](#)

19 Jul 2019 Source: The Salvation Army <https://www.salvationarmy.org.uk/>

There is significantly less money to care for older people who live in rural areas across England according to a new report, Care in Places, by The Salvation Army.

[Care in Places](#) report

18 Jul 2019 Source: The Salvation Army <https://www.salvationarmy.org.uk/>

[LGA responds to Salvation Army report on social care](#)

18 Jul 2019 Source: Local Government Assoc. <http://www.local.gov.uk/>

Responding to the Salvation Army's report on adult social care, Cllr Ian Hudspeth, Chairman of the Local Government Association's Community Wellbeing Board, said: "Councils in England receive 1.8 million new requests for adult social care a year – the equivalent of nearly 5,000 a day - and there is a £3.6 billion funding gap facing adult social care by 2025, just to maintain existing standards of care and support.

See also [Quick Guide: allied health professionals enhancing health for people in care homes](#) in the Health promotion section

Statistics

[Talking therapies: New statistics show an increase in referrals, numbers starting treatment and recovery rates during 2018-19](#)

11 Jul 2019 Source: NHS Digital <https://digital.nhs.uk/>

.60m referrals were made to talking therapies for anxiety and depression in England during 2018-19 – up 11.4% from the previous year (1.44m in 2017-18).

Women's health

[Placental growth factor testing can speed up diagnosis of pre-eclampsia](#)

09 Jul 2019

Source: National Institute for Health Research

<https://discover.dc.nihr.ac.uk/>

Measuring the level of placental growth factor (PIGF) in women with suspected pre-eclampsia helps to reduce the time to diagnose pre-eclampsia from 4 days to 2 days. PIGF testing is also associated with fewer adverse outcomes for mothers.

[Having fewer 'friendly vaginal bacteria' linked to ovarian cancer](#)

10 Jul 2019

Source: NHS Website <http://www.nhs.uk/news/>

"Having too few 'friendly' vaginal bacteria may increase a woman's chance of ovarian cancer, and swabs can be used to spot this, say researchers," BBC News reports. The news is based on a study that compared the make-up of vaginal bacteria in women with and without ovarian cancer.

[Menstrual cups 'as reliable as tampons'](#)

17 Jul 2019

Source: BBC <http://www.bbc.co.uk/>

Women can be assured that menstrual cups are as leakproof as tampons and pads, say researchers who have carried out the first, large scientific review of sanitary products.

[Menstrual cups 'safe and effective' alternative to tampons and pads](#)

17 Jul 2019

Source: NHS Website <http://www.nhs.uk/news/>

"Women can be assured that menstrual cups are as leakproof as tampons and pads," reports BBC News. Menstrual cups are bell-shaped, made from medical-grade silicone and inserted into the vagina. Instead of absorbing blood like single-use pads or tampons, they collect blood, which is emptied, and the cup is washed and re-used.

[UTI home-testing app to help women trialled by NHS](#)

18 Jul 2019

Source: BBC <http://www.bbc.co.uk/>

A new smartphone app to help women diagnose a urinary tract infection (UTI) is being trialled by the NHS. The app will be overseen by 37 pharmacies in a trial across Nottinghamshire and Derbyshire, aimed at freeing up GP appointments. It guides users through a urine test and allows the results to be analysed online by a pharmacist.

[Women 'must be warned' of breast implant illness](#)

23 Jul 2019

Source: BBC <http://www.bbc.co.uk/>

Women having breast implants should be warned about a condition linked to chronic pain and extreme fatigue, the British Association of Aesthetic Plastic Surgeons (BAAPS) has said.

Workplace health

[Health is everyone's business: proposals to reduce ill health-related job loss](#)

15 Jul 2019

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

This consultation seeks views on different ways in which government and employers can take action to reduce ill health-related job loss. Disabled people and people with long-term health conditions are at greater risk of falling out of work.

[Health in the workplace: patterns of sickness absence, employer support and employment retention](#)

15 Jul 2019

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

Statistics that contribute to the evidence base supporting the work and health consultation "Health is everyone's business: proposals to reduce ill-health related job loss".

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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