

## Public Health Bulletin. 20<sup>th</sup> August 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

### Alcohol Awareness Week – 11-17<sup>th</sup> November 2019

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

Alcohol Awareness Week is a chance for the UK to get thinking about drinking. This year the theme is Alcohol and me, running from 11-17 November 2019. It's a week of awareness-raising, campaigning for change, and more.

## Black and ethnic minority groups

### Birmingham family's hunt for BAME liver donor

19 August 2019                  Source: BBC News <https://www.bbc.co.uk/news/>

The family of a woman in need of a liver transplant are appealing for more black, Asian and minority ethnic (BAME) people to register as organ donors. Sunaina Paul, 31, from Bearwood, Birmingham has been prioritised as "super urgent" on the transplant list, her family said. But a shortage of BAME donors means finding a match is more difficult.

## Children and young people

### Young people across London taught to save lives as 'StreetDoctors' thanks to National Lottery funding

20 August 2019                  Source: Wiredgov <https://www.wired-gov.net/>

StreetDoctors, a youth social action charity that equips young people most at risk of violence with the skills to act in a medical emergency, has been awarded over £230,000 from The National Lottery Community Fund, the largest funder of community activity in the UK.

### Social media use in teens linked to cyberbullying and less sleep and exercise

14 August 2019                  Source: NHS News <https://www.nhs.uk/news/>

"Facebook and Instagram are damaging children's mental health," reports the Sun as a new study suggests there's a link between frequent social media use and poor mental health and wellbeing in teens. Researchers found that, particularly among girls, much of the association between frequent use of social media and poor mental health or wellbeing could be explained by cyberbullying, lack of sleep and reduced physical activity. They suggested that limiting access to social media might not be the best way to improve teenagers' wellbeing. Instead, it might be more effective to decrease cyberbullying or increase resilience to it, and make sure teenagers get enough sleep and physical activity.

## Communicable diseases

### Why is the UK seeing a rise in measles cases?

20 August 2019                  Source: BBC news <https://www.bbc.co.uk/news/>

Measles is one of the world's most contagious diseases. It is a viral illness spread by coughing and sneezing. Although most people who catch it will recover, it can lead to life-threatening complications. The UK has lost its measles-free status three years after the virus was eliminated in the country.

Cases of the potentially deadly infection have been going up, with too few people being vaccinated.

Measles can be prevented through two doses of the MMR vaccine - something that is offered free by the NHS to all young children in the UK.

### **Candida auris: The new superbug on the block**

17 August 2019

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

The drug-resistant fungus, Candida auris, was only discovered 10 years ago, but is now one of the world's most feared hospital microbes.

There have been outbreaks across the world, and new research shows higher temperatures may have led to an increase in infections.

The US Centers for Disease Control and Prevention (CDC) has called for better understanding of who is most vulnerable to reduce risk.

### **Wheel clamping flu**

16 August 2019

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

This hot of the scientific press video shows for the first time its most complete, detailed machinery. The ball at the bottom contains the anchor that attaches it to the rest of the flu virus; the spike at the top is the part that pierces the body's cells and then infects them.

## **Diet & nutrition**

### **Does gluten in children's diets raise the risk of coeliac disease?**

15 August 2019

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

"Too much wheat and gluten in early stages of infancy raises risk of coeliac disease in children at risk of the condition," reports the Mail Online. Researchers looked at the diets of 6,605 children from Sweden, Finland, Germany and the US, all of whom had genetic variants that put them at higher risk of developing autoimmune conditions like coeliac disease, where the immune system starts to attack the body's own tissues. Researchers found children who ate more than the average amount of gluten were a little more likely to get the disease. But this does not mean gluten definitely caused their disease. The type of study means we cannot tell that. The study paves the way for more research into the best diet for children with a genetic vulnerability to coeliac disease.

### **'Fussy eating' in children 'increases risk of eating disorders' – but increase is very low**

6 August 2019

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

"Children who overeat, pick at meals or are fussy when it comes to food may be more at risk of eating disorders as teenagers," the Mail Online reports. The news website reports on a new study based on data of a long-running research project looking at parents and children in the UK. While researchers found an increased risk with certain child eating habits, children only had a 1% risk of developing an eating disorder to start with. Fussy eaters and overeaters then had only a 1 to 2% higher risk. There was a slightly higher increase in anorexia risk specifically for girls who persistently under ate (6%). But all of these remain very low risks.

Parents and carers should not be overly concerned by this news story and periods of disrupted eating in childhood are common.

## **Disability**

### **The little-known spinal injury 'costing the NHS millions'**

19 August 2019

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

Failure to identify and treat a little-known spinal condition probably costs the NHS hundreds of millions a year, according to a leading consultant. Cauda equina syndrome requires surgery within hours to avoid damage to the bowel, bladder, sexual organs and legs. And it can be triggered by the most seemingly innocuous of body movements. The Royal College of GPs says the condition is rare but every doctor should be on alert for it because of how serious it can be.

### **Helping doctors and nurses to improve care for patients with a learning disability**

16 August 2019

Source: Wiredgov <https://www.wired-gov.net/>

NHS Digital is piloting a reasonable adjustment flag on patient records, which will let doctors, nurses and other health and care staff know that a patient has a learning disability and has specific needs that require adjustments to the services provided so they get the best care.

### **Disabled Students' Allowances: Over half of eligible students miss out**

14 August 2019

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

Confusion over what is meant by disability, and poor awareness of a widely available fund, has led to 60% of eligible students missing out on financial support at university.

### **'I was denied cervical screening because of my disability'**

8 August 2019

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

Women with physical disabilities often have to fight to access cervical screening, with some denied it altogether, a charity is warning.

Some said they hadn't had smear tests for years because hoists were unavailable and testing at home was not an option, a report found.

Other women said they felt invisible and their needs were not understood.

## **Drug Misuse**

## Drug-related deaths highest since records began

15 August 2019                  Source: Drink and Drug News  
<https://drinkanddrugsnews.com/>

There were 4,359 deaths related to drug poisoning (overdose) in England and Wales in 2018, according to figures released today by The Office for National Statistics (ONS).

## **Health protection**

### Cut in antibiotic prescriptions sees fall in superbug cases

19 August 2019                  Source: BBC News <https://www.bbc.co.uk/news/>

Cutting the number of antibiotics prescriptions led to a fall in superbug cases, a health board has said.

Betsi Cadwaladr health board's primary care prescription rate for antibiotics fell by 12.6% from 2017-18 to 2018-19.

Bosses claim it has resulted in a fall in cases of C. difficile, which commonly affects people who have recently been treated with antibiotics.

England's health secretary has said drug-resistant superbugs were as big a threat as climate change.

## **Health services administration**

### CQC appoints Dr Kevin Cleary as new Deputy Chief Inspector of Hospitals and lead for mental health

19 August 2019                  Source: CQC News <https://www.cqc.org.uk/news/>

Dr Cleary's most recent post has been Deputy Director of Mental Health and Quality Improvement Lead for Mental Health at New Zealand's largest District Health Board, Waitemata District Health Board. He will join CQC in September where he will report to the Chief Inspector of Hospitals, Professor Ted Baker.

## **HIV & AIDS**

### 'I found out I was HIV-positive at 12 years old'

8 August 2019                  Source: BBC News <https://www.bbc.co.uk/news/>

Aloma Watson-Ratcliffe was 12 years old when she found out she had contracted HIV from her mum. Now 20, she describes what it was like to deal with the condition as a child and how she learned to cope with the fear and stigma.

## **Mental health**

### Can farm animals improve your mental health?

19 August 2019                  Source: BBC News <https://www.bbc.co.uk/news/>

Many visiting or working with animals on a farm is beneficial for their mental health.

## **Pregnant and depressed: 'I feared they'd take my child if I admitted how I felt'**

19 August 2019

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

When journalist Anna Ceesay was pregnant with her second child she began to feel depressed and anxious, but kept it a secret from everyone, including her husband, the actor Babou Ceesay. She is now determined to help other parents look after their mental wellbeing.

### **See also Women's Health**

## **I'll lose my mental health care when I turn 18. Why?**

8 August 2019

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

Thomas says he was close to ending his life a few months ago. He has been receiving mental health care for five years, but he's been told his treatment will stop on his 18th birthday. This is a common problem for young people in the UK. According to a leading expert, thousands of young people "fall off the cliff edge" when transitioning from child and adolescent mental health services to adult mental health services

## **Obesity**

## **Call for crackdown on junk food price deals to tackle obesity**

20 August 2019

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

The first minister has been urged to restrict price promotions on food and drinks high in fat, sugar and salt to help fight Scotland's obesity "crisis". Health groups and campaigners say multi-buy price reductions "encourage people to buy a greater number of unhealthy products". Nearly 30% of adults and 13% of children in Scotland are obese.

The Scottish government has vowed to tackle health inequalities and reduce childhood obesity by 50% by 2030.

The Scottish Obesity Alliance is among 20 health charities and professional bodies to have signed a letter calling on Nicola Sturgeon to include legislation in this autumn's Programme for Government.

## **Nuneaton man loses 14 stone after refusing surgery**

15 August 2019

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

Jason Anderson had high blood pressure, diabetes and severe sleep apnoea. Doctors wanted to give the Nuneaton man gastric band treatment within a week of him being seen. But he refused, saying he wanted to lose the weight himself. He lost 14 stone (89kg) within two years and his health has improved.

## **Fast food restaurants on commuter routes 'contributing' to obesity**

8 August 2019

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

"Fast-food outlets on commuter routes may fuel obesity crisis," reports The Guardian.

A researcher in the US has linked the number of fast food restaurants along the route to work for 710 women who worked in New Orleans primary schools, to their chances of being overweight or obese. The study also looked at grocery stores, supermarkets and "full service" restaurants, along commuter routes and near people's homes and workplaces. The researcher did find a link between having a high number of fast food restaurants around a person's home with a trend towards having a higher body mass index (BMI).

### **Hormone cocktail treatment 'could be alternative to weight-loss surgery'**

7 August 2019

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

"Miracle Flab Jab – A NEW weight-loss jab could help overweight patients shed 10lbs in just 4 weeks," is the front-page headline in The Sun.

Researchers in London carried out an experimental study in which 15 people who were obese and had type 2 diabetes or pre-diabetes (where blood glucose levels are higher than normal) were hooked up to a pump delivering a mixture of hormones for 12 hours a day, over 4 weeks. This type of pump-delivered medicine is known as an infusion.

## **Oral health**

### **Adult braces: Why are more grown-ups getting their teeth straightened?**

18 August 2019

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

Once seen as a treatment for teenagers, more and more adults are now wearing braces. Orthodontists say grown-ups are flocking through their doors for teeth-straightening despite it often costing thousands and taking months or years to complete. So what's motivating people to chase the perfect smile?

### **Dentists are asking schools in England to go sugar-free**

16 August 2019

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

The Faculty of Dental Surgery has asked for more supervised tooth brushing in schools, and guidelines on what a healthy lunch looks like.

## **Safety**

### **No proof that a mother's intake of fluoride in pregnancy affects their child's IQ**

20 August 2019

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

"Pregnant women who drink fluoride-treated water may have children with lower IQs," the Mail Online reports. This study assessed around 500 mothers and their children from 6 cities in Canada. The researchers estimated the mother's fluoride exposure when she was pregnant, and then looked at whether this was linked with their child's IQ when they reached 3 to 4 years old. They found a 1mg increase in the mother's estimated daily fluoride intake through drinking water was linked with a 3.7 point lower child IQ score. The IQ scoring system uses a range of age-appropriate tests to assess understanding of language and other conceptual abilities. They aim to measure overall intelligence.

### **Man 'will die' without nutrition replacement**

16 August 2019

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

A man from Bridgend who cannot eat or drink has said he "will die" if his supply of replacement nutrition is significantly affected by an inspection of a manufacturing site. Keith Millen, 48, said food will "pour out" of his digestive system due to a fistula and he needs total parenteral nutrition (TPN) to get the vitamins, minerals, fats, sugars and proteins he needs.

### **Patients who cannot eat food 'fear for lives'**

16 August 2019

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

Patients who cannot eat have told BBC News they are petrified and fear for their lives after problems making their replacement nutrition.

They are completely dependent on bags filled with a liquid that contains everything their body needs and is infused directly into the bloodstream.

The NHS in England has described the issue as a national emergency.

### **Glenfield Hospital surgeons use 3D heart map in operations**

15 August 2019

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

Cardiologists are using innovative technology to allow them to operate while viewing a real-time 3D heart map.

The heart-mapping software was used on two patients who required operations to tackle disturbed heart rhythm at Glenfield Hospital in Leicester.

The hospital said the technology was a UK first and increased the "accuracy and precision" of such operations.

## **Sexual health**

### **Promising initial results raise hopes for chlamydia vaccine**

13 August 2019

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

"A vaccine to protect against chlamydia has moved closer to becoming reality after a pioneering clinical trial found the treatment to be safe," The Guardian reports.

This valuable early trial indicates that the newly developed chlamydia vaccine is safe and can provoke an immune response.

The researchers will undoubtedly build on these findings, leading to later-stage trials.

The vaccine appears safe, but this stage 1 trial included only 35 women.

## **Smoking**

### **More schoolchildren 'rejecting cigarettes'**

20 August 2019

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

Secondary-school pupils in England appear to be rejecting cigarettes in greater numbers than ever before. The most recent survey in a series that began in the 1980s indicates just 16% of the pupils have ever smoked tobacco, down from 19% in 2016 and 49% in 1996. However, a quarter of the 13,000 pupils surveyed, from 193 schools across England, have tried drugs.

### **Why US lags behind on graphic cigarette warnings**

16 August 2019

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

The US wants to put graphic images on cigarette packets - the first change to health warnings on tobacco products in 35 years. Other countries have long used such shock tactics to discourage smokers, so why does the US lag behind?

## **Social & economic issues**

### **Councils save more than £100 million through LGA sector-led improvement**

20 August 2019

Source: Local Government Association

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

All councils have received support from the LGA's improvement work in the last 12 months, including the delivery of 140 peer challenges, training of more than 800 councillors and recruitment of more than 200 graduates

The LGA's Housing Advisers Programme is just one example of support which has had a positive impact on councils. The programme provided help – an independent expert was deployed for up to 20 days providing bespoke, local and flexible support – to more than 100 councils to build the homes their areas needed, reduced homelessness, planned for ageing populations and more.

### **Brexit Update – “No-deal” guidance**

Source: Health & Safety Executive

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

The HSE has produced updated guidance to help people prepare in the event the UK leaves the EU without a deal (and therefore without an implementation period)

### **UK joins forces with international experts to tackle global challenges**

9 August 2019

Source: Economic and Social Research Council (ESRC)

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

UK researchers and innovators will work with counterparts across the planet to tackle global challenges such as Ebola outbreaks, the impact of subpolar ocean currents on global climate, and the effect of Artificial Intelligence (AI) on society and individuals' happiness and wellbeing following a major funding announcement

### **The lengths Americans go to for cheap medicine**

15 August 2019

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

With drug prices soaring in the US, people are travelling to Canada to buy life-saving medication. The BBC followed one such group across the border.

## Is the bystander effect a myth?

13 August 2019

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

A study published in the [American Psychologist](#) suggests there are more Good Samaritans out there than we might think.

After studying hundreds of incidents captured on CCTV around the world, the researchers conclude the so-called bystander effect - that people will not usually help a stranger in distress - may not tell the whole story.

## **Statistics**

### Loan sharks warning as debt enquiries hit record high

10 August 2019

Source: Local Government Association

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

People struggling to make ends meet are being urged to avoid ruthless loan sharks at all costs as latest figures show debt advice enquiries have hit a record high, council leaders warn today. The loan sharks warning comes as latest figures show that 12,652 people a week in the UK are seeking help for problem debt – the equivalent of one person every 48 seconds.

## **Women's health**

### Women take legal action over breast implant cancer link

16 August 2019

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

Twenty UK women are taking legal action after developing a rare form of cancer linked to their breast implants.

More than 50 women have been diagnosed with the same condition in the UK, and hundreds more worldwide.

A top surgeon said there were gaps in implant information and people were almost being "used as guinea pigs".

One manufacturer has issued a worldwide recall of some textured implants, which have been linked to most cases of breast implant-associated lymphoma.

### Lyme disease: Older white women 'at highest risk'

15 August 2019

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

Older women are at most risk of contracting Lyme disease, a study suggests - and parts of southern and south-west England are "hotspots". There are around 3,000 cases of the disease - a bacterial infection carried by ticks - each year in the UK. But experts say everyone should become aware of the characteristic bulls-eye rash and flu-like symptoms. More than 2,300 hospital patients with the condition were analysed between 1998 and 2015. Of all the cases identified in the [BMC Public Health study](#), 60% were women or girls.

## **HRT shortage 'adds to the stress of menopause'**

11 August 2019

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

With a national shortage of hormone replacement therapy across the UK, patients are contacting the BBC to share their experiences.

## **Workplace health**

### **Health and safety made simple**

Source: Health and Safety Executive <https://www.hse.gov.uk/>

Simple guidance on making sure your workplace is safe.

## **Local news: []**

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## Other Bulletins

### 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/>

### 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/>

### 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>

### 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>

### 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>



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