

## **Public Health Bulletin. 12<sup>th</sup> November 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

### Take part in Alcohol Awareness Week

11-17 Nov 2019

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

Alcohol Awareness Week is an opportunity for charities, local authorities, GP surgeries, businesses and more to think and talk about alcohol harm with their communities.

### Alcohol Awareness Week: seven commonly asked questions about alcohol

11-17 Nov 2019

Source: Drinkaware <https://drinkaware.co.uk>

For Alcohol Awareness Week we have put together seven of the most commonly asked questions about alcohol.

### Brain implants used to fight drug addiction in US

8 Nov 2019

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

Patients with severe opioid addiction are being given brain implants to help reduce their cravings, in the first trial of its kind in the US.

## Children and young people

### Children 'become less active during primary years'

7 Nov 2019

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

A [Bristol University study](#) found that between the ages of six and 11, children became 17 minutes less active a week with every year.

### Parents must not panic – or blame GPs for flu vaccine shortages, says College

8 Nov 2019

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

The Royal College of GPs has responded to Public Health England's announcement on shortages of flu nasal spray - particularly affecting schools – and advising parents to have children vaccinated at their GP surgery instead.

### Flu-vaccine nasal spray delayed for some schoolchildren

7 Nov 2019

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

At-risk children in affected schools are advised to go to their GP for an injection.

### Approval for new trial to prevent Group B Strep in newborn babies

4 Nov 2019

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

Ethical approval has been given for a £2.8 million trial to prevent Group B Strep being passed on to newborn babies.

### Allergies: Teenagers needing hospital treatment up 65% in five years

1 Nov 2019

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

The number of children who received hospital treatment for allergies has increased by 65% across England in the past five years, figures have revealed.

See also **Diet & nutrition**

## **Chronic conditions**

### [Cannabis-based medicines: Two drugs approved for NHS](#)

11 Nov 2019

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

The drugs, used to treat epilepsy and multiple sclerosis, have been recommended for use by the NHS in England. It follows new guidelines from the drugs advisory body NICE, which looked at products for several conditions.

### [Difficulty sleeping linked with raised risk of heart attack and stroke](#)

7 Nov 2019

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

A study of almost half a million people in China found that those who reported trouble getting to sleep, waking too early or not being able to function properly in the daytime had a small increased risk of having a heart attack or stroke over 10 years, compared to those without sleep problems.

### [78 NHS trusts to receive new cancer screening machines](#)

31 Oct 2019

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

The trusts will receive funding for new machines that will improve patient experience and lead to earlier diagnosis. The new machines will improve screening and early diagnosis of cancer, and are part of the government's commitment to ensure 55,000 more people survive cancer each year.

### [Significant risk of another thrombosis remains if anticoagulation is stopped](#)

31 Oct 2019

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

This meta-analysis of 18 studies included a total of 7,515 patients whose first thrombosis was unprovoked or brought about by minor factors.

### [Metaphor 'menu' for cancer patients launched by researchers](#)

30 Oct 2019

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

The first manual of expressions describing cancer has been developed by researchers to help patients make sense of their disease.

See also **Mental health**

## **Communicable diseases**

### [Two cases of deadly diphtheria detected in Lothian area](#)

9 Nov 2019

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

NHS Lothian has confirmed two related cases of the disease and say infection protocols are in place.

### [165 new antibiotic resistant infections every day in England](#)

31 Oct 2019

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

The Keep Antibiotics Working campaign returns, urging people to always take their doctor's, pharmacist's or nurse's advice on antibiotics.

### [Measles makes body 'forget' how to fight infection](#)

31 Oct 2019

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

Measles has a devastating impact on the body's immune system that could make it harder to fight infections for years, a pair of studies shows.

See also **Children and young people**

## **Diet & nutrition**

### [Some people 'genetically wired' to avoid some vegetables](#)

12 Nov 2019

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

An inherited gene makes certain healthy foods taste exceptionally bitter and unpleasant, according to researchers.

### [LGA responds to Sustain report on junk food planning policies](#)

12 Nov 2019

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

Responding to a [report](#) by Sustain on the need for new planning policies to restrict new hot food takeaways near schools, the LGA says "Numerous councils have set curbs on new fast food outlets but need planning powers to tackle the clustering of existing takeaways already open."

### [Peanut allergy treatment may offer protection but may not be a cure](#)

30 Oct 2019

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

"Peanut-allergy therapy 'protection not a cure'," reports BBC News.

## **Disability**

See also **Social & economic issues**

## **Drug Misuse**

See also **Statistics**

## **Environmental health**

### [Clearer labelling and higher charges for hard to recycle products needed to help boost recycling rates](#)

7 Nov 2019

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

"Councils want to increase recycling rates. Clearer labelling and increased charges for hard to recycle products would help councils, manufacturers and the public be part of a vital recycling revolution." Includes case studies.

### [LGA responds to new fly-tipping statistics](#)

7 Nov 2019

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

Fly-tipping is illegal, a serious public health risk, and costs taxpayers in England more than £57 million a year to clear up. Councils are determined to crack down on the problem, including installing CCTV at fly-tipping hotspots which has led to successful prosecutions.

### [Government launches new scheme to boost tree-planting](#)

5 Nov 2019

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

£50 million Woodland Carbon Guarantee scheme will encourage farmers and landowners to plant more trees and help to tackle climate change

### [Housing Minister unveils £30m boost for 'Construction Corridor'](#)

3 Nov 2019

Source: Min of Housing, Communities & Loc Gov <https://www.gov.uk>

Government developing a construction industry which will deliver zero carbon homes, an industry worth £40 billion a year and create 80,000 new jobs.

### [LGA responds to electric charging point league table](#)

2 Nov 2019

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

Air pollution is a public health emergency and councils are increasingly focusing work on protecting their communities from the impact of harmful emissions.

### [Tick-borne encephalitis virus detected in ticks in the UK](#)

30 Oct 2019

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

Surveillance detects tick-borne encephalitis virus in 2 parts of England for the first time.

### [Asthma carbon footprint 'as big as eating meat'](#)

30 Oct 2019

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

Many people with asthma could cut their carbon footprint and help save the environment by switching to "greener" medications, UK researchers say.

### [Vibrant new parks set to benefit communities with government funding](#)

27 Oct 2019

Source: Min of Housing, Communities & Loc Gov <https://www.gov.uk>

Thousands of people set to benefit from new pocket parks or the revival of rundown green spaces.

## **Health promotion**

### [The NHS 111 'Help Us Help You – Know What to Do' campaign](#)

Oct 2019

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

This campaign, launched on 21st October 2019 and supported by a number of resources,

encourages the public to go straight to NHS 111, instead of worrying, self-diagnosing or second-guessing what they should do when they have an urgent health problem.

## Health protection

### [Vaccine against Ebola: EC grants first-ever market authorisation](#)

11 Nov 2019

Source: European Commission <https://ec.europa.eu>

The European Commission yesterday adopted the decision granting marketing authorisation to the company Merck Sharp & Dohme B.V. for a vaccine against Ebola. ... It is already used, as part of a specific protocol, to protect people at risk of infection, such as healthcare workers or people who have been exposed to infected persons.

## Health services administration

### [Vital that patients who need the skills of a GP can access them - but home visits do take GPs out of surgery where they could be seeing more patients, says RCGP](#)

12 Nov 2019

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

The RCGP has responded to Local Medical Committee proposals on the future of home visits.

### [CQC suspends Southern Country Ambulance Service](#)

6 Nov 2019

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

Hampshire's privately-run Southern Country Ambulance Service has been rated as Inadequate overall following an inspection by the Care Quality Commission.

### [LGA responds to IPPR report on public health funding](#)

5 Nov 2019

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

Responding to a IPPR report on how public health funding cuts have affected services, including in England's most deprived communities, Chairman of the Local Government Association's Community Wellbeing Board, Cllr Ian Hudspeth said: "This report reinforces our call for long-term sustainable funding for vital council services, including for public health and prevention."

## HIV & AIDS

### [HIV: Women 'failed by missed opportunities'](#)

2 Nov 2019

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

Women are being "failed" by missed opportunities to test for HIV, charities say.

## Men's health

### [Millions of men in the UK affected by body image issues](#)

12 Nov 2019

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

A Mental Health Foundation survey has shown that millions of men in the UK have struggled with body image issues.

### [High-risk men 'should get prostate cancer checks'](#)

5 Nov 2019

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

Men born at high risk of developing prostate cancer should have extra checks every year from the age of 40, experts say.

### [Men's mental health month](#)

Nov 2019

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

In November, the MHF focuses on men's mental health. This is a campaign for anyone who identifies as male or a man and whose mental health may be impacted by pressures associated with this.

## **Mental health**

### ['Did I inherit loneliness from my mum?'](#)

8 Nov 2019

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

Do we inherit loneliness from our parents in the same way we inherit our hair and eye colour? Two women explain how loneliness has played a part in their lives - and how it relates to their parents and children.

### [Loneliness may increase death risk in people with heart conditions](#)

6 Nov 2019

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

A survey of people with heart diseases discharged from hospitals in Denmark found that those who said they felt lonely were more likely to report feeling depressed and anxious, report a lower quality of life and were almost 3 times more likely to have died within a year of being discharged.

### [Mental health beds shortage 'causing distress'](#)

6 Nov 2019

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

More mental health hospital beds are needed in England to end the "distressing" sending of patients far from home, analysis suggests.

### [Suicide bereavement support to be made available across England](#)

28 Oct 2019

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

Personalised bereavement support will be available on the NHS in England to care for people after a relative or friend's suicide.

See also **Chronic conditions**

See also **Men's health**

## **Physical activity**

### [Running 'reduces risk of early death' study reports](#)

5 Nov 2019

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

"One jog a week is all you need to cut the risk of early death," Sky News reports.

### [Yoga teachers 'risking serious hip problems'](#)

3 Nov 2019

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

Yoga's popularity does not look like it will wane any time soon. Its physical benefits for flexibility and balance, as well as its spiritual connection, mean it's practised by millions across the world. And that means a need for more and more yoga teachers. But now, there is a warning they may be putting their own hip health at risk.

### [Video game teaches amateur athletes about 'fitness' drugs danger](#)

31 Oct 2019

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

Virtual reality is being used to educate young fitness and sports enthusiasts about the risks of taking performance-enhancing drugs (PED) such as anabolic steroids and testosterone.

See also **Children and young people**

## **Safety**

### [1 in 4 people attend private fireworks displays, despite organised displays being safer](#)

1 Nov 2019

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

Nearly a quarter of those who are planning on attending a display this year will be doing so at a private event, despite only one in three knowing the Firework Code.

### [Remember remember bonfire night but make it legal and safe](#)

1 Nov 2019

Source: Environment Agency <https://www.gov.uk>

Make sure what you burn is both legal and safe and spare a thought for wildlife.

## **Screening**

### [Cervical screening: DIY alternative to smear test 'promising'](#)

5 Nov 2019

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

A DIY home urine or swab test could potentially help more women discover whether they are at risk of cervical cancer, researchers say.

## **Smoking**

### [Vaping nearly killed me, says British teenager](#)

12 Nov 2019

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

Vaping caused a catastrophic reaction in Ewan Fisher's lungs that meant he could not breathe.

## **Social & economic issues**

### [Does UK lag behind other rich nations on health and care?](#)

7 Nov 2019

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

The UK has fewer doctors and nurses and poorer access to elderly long-term care than other rich nations, a study shows.

### [100,000 more people to be given personal health budgets](#)

31 Oct 2019

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

A change in law means people who use wheelchairs or need mental health support will have greater choice and control in managing their own health and care.

### [People who have been homeless should have voice in decision-making, says study](#)

30 Oct 2019

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

Strategies to combat rising homelessness should be based on the views of people directly affected by the problem, according to an ongoing joint study.

## **Statistics**

### [LGA responds to adult substance misuse statistics](#)

7 Nov 2019

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

Chairman of the Local Government Association's Community Wellbeing Board, Cllr Ian Hudspeth, responds to annual adult substance misuse treatment statistics for 2018/19, published by Public Health England.

### [Antibiotic use falling but resistant infections rising](#)

31 Oct 2019

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

There has been a 17% drop in the number of prescriptions for antibiotics written by GPs in England over the past five years, [latest figures show](#).

See also **Environmental health**

See also **Workplace health**

## **Women's health**

### [No clear evidence that paracetamol in pregnancy is 'linked to autism and ADHD'](#)

31 Oct 2019

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

"Study links taking Tylenol in pregnancy to two-fold higher risks of having children with ADHD and autism – but experts say the household painkiller is an unlikely cause" reports Mail Online.

## **Workplace health**

### [HSE releases annual injury and ill-health statistics for Great Britain](#)

30th Oct 2019

Source: HSE <https://www.hse.gov.uk>

The number of injuries and incidents of ill-health in workplaces across Great Britain is still too high, new statistics show.

### 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

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<http://cash.libraryservices.nhs.uk/subject-a-z/d/daily-health-news/>



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