

WHAT'S NEW

IN HEALTH & SOCIAL CARE FORTNIGHTLY BULLETIN
KEEPING YOU UP TO DATE WITH ALL THE LATEST RESEARCH AND GUIDANCE IN HEALTH AND SOCIAL CARE WE COLLATE IT SO YOU DON'T HAVE TO

12th April 2019

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Please note:

Research articles and guidance are selected in accordance with agreed inclusion/exclusion criteria. This is available on request and will be reviewed regularly. In brief, research is taken only from peer-reviewed, generic public health journals; guidance is taken only from reputable national organisations such as NICE, SCIE and SIGN

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ADULT SOCIAL CARE

1. Quality Matters summary action plan: second edition

Author: DEPARTMENT OF HEALTH AND SOCIAL CARE

Date: 10 April 2019

Abstract: Quality Matters is an initiative to improve the quality of adult social care, led jointly by the Department of Health and Social Care and partners from across the adult social care sector. This action plan sets out four areas for improvement: supporting collaborative commissioning; collecting and using data; strengthening the feedback culture in the sector; and providing support for quality improvement.

Websites [DHSC](#)

2. Social needs of older people: a systematic literature review

Author: BRUGGENCATE, T

Journal: Ageing & Society Vol: 38 Part: 9: Pages: 1745-1770

Abstract: Social needs are important basic human needs. When social needs are not satisfied, this can lead to mental and physical health problems. With a growing population of older adults and the need for them to stay healthy and community-dwelling, satisfying social needs is important. The aim of this review is to give more insight into the social needs of older people and subsequently into the characteristics of effective interventions for satisfying older people's social needs. A systematic review of the existing literature on quantitative, qualitative and mixed empirical studies on the social needs of older people was conducted. The themes that emerged were diversity, proximity, meaning of the relationship and reciprocity. These themes offered several intervention implications. Participation in hobbies and in volunteer work and being connected were among the main findings. The social needs of older people are diverse. They focus on both the intimate and the peripheral members of their networks. When satisfying social needs, reciprocity is important. The feeling of connectedness to others and to a community or neighbourhood contributes to wellbeing as well as a feeling of independence. Staying active by doing volunteer work or participating in (leisure) social activities satisfies social needs. Therefore, interventions should focus especially on the connectedness, participation and independence of the older adult.

Websites [Cambridge Journals](#)

3. Making Safeguarding Personal and Social Work Practice with Older Adults: Findings from Local-Authority Survey Data in England

Author: COOPER, A

Journal: The British Journal of Social Work Vol: 48 Part: 4: Pages: 1014–1032

Abstract: This article presents the results of a survey of English local authorities undertaken in 2016 about the implementation of Making Safeguarding Personal (MSP) in adult social care services. MSP is an approach to adult safeguarding practice that prioritizes the needs and outcomes identified by the person being supported. The key findings from a survey of local authorities are described, emphasizing issues for safeguarding older adults, who are the largest group of people who experience adult safeguarding enquiries. The survey showed that social workers are enthusiastic about MSP and suggests that this approach results in a more efficient use of resources. However, implementation and culture change are affected by different factors, including: austerity; local authority systems and structures; the support of leaders, managers and partners in implementing MSP; service capacity; and input to develop skills and knowledge in local authorities and partner organizations. There are specific challenges for social workers in using MSP with older adults, particularly

regarding mental capacity issues for service users, communication skills with older people, family and carers, and the need to combat ageism in service delivery. Organizational blocks affecting local authorities developing this 'risk enabling' approach to adult safeguarding are discussed.

Websites [Oxford Journals](#)

4. Domestic Abuse and Elder Abuse in Wales: A Tale of Two Initiatives

Author: WYDALL, S

Journal: The British Journal of Social Work Vol: 48 Part: 4: Pages: 962–981,

Abstract: The abuse of older people in domestic settings is both a public health problem and a human rights issue. In 2013, the Welsh government used its new legislative powers and embarked upon two initiatives in the areas of adult safeguarding and domestic abuse, leading to the introduction of two pieces of primary legislation. The first was the Social Services and Well-being (Wales) Act 2014, which placed safeguarding 'adults at risk' on a statutory basis and imposed new duties on local authorities. The second was the Violence against Women, Domestic Abuse and Sexual Violence (Wales) Act 2015, which addressed how public-sector bodies responded to domestic abuse and introduced a more strategic approach. Using research based in Wales, this article discusses the extent to which the two pieces of legislation promote a collaborative and integrated response from adult safeguarding and domestic abuse services and highlights some implications for practice. More strategic alignment between the two acts will create an environment within which older victim-survivors of domestic abuse have equal access to justice options and support services as their younger counterparts.

Websites [Oxford Journals](#)



CHILDREN, YOUNG PEOPLE & FAMILIES

5. Supporting young parents to reach their full potential

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 29 March 2019

Abstract: Every year around 20,000 teenagers give birth. Councils have a major role in ensuring they get the help they need, whether it is through the services they commission or deliver. Health visitors, family nurse partnerships, early years, children's centres, youth services and the voluntary sector all have a key role to play. Collaboration with clinical commissioning groups to provide dedicated midwifery support and post-pregnancy contraception is also important. The Local Government Association (LGA) and Public Health England (PHE) have developed a framework setting out how different agencies can contribute. Between them, these services help prepare young parents for the birth of their child and those early months and years, building good emotional wellbeing and resilience, providing positive role models and giving them a trusted adult to confide in and talk to. But young parents need more than just this. Advice and support on housing, benefits, healthy relationships, drug and alcohol and sexual health are all important too. And close attention needs to be paid to education – research from the Family Nurse Partnership (FNP) programme has found nearly half have been suspended, expelled or excluded from school.

Websites [LGA](#)

6. Local Government Association: Must know

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 27 March 2019

Abstract: The Local Government Association (LGA) has produced the following publications:

- Chief executives' 'must know' for children's services
- Must knows children: Education
- Must knows: Special educational needs and disability
- Must knows children: Youth services

Websites [Chief executives 'must know' for children's services](#); [Must knows children: Education](#); [Must knows: Special educational needs and disability](#); [Must knows children: Youth services](#)

7. Standards for school food in England

Author: UNITED KINGDOM Department for Education

Date: 26 March 2019

Abstract: Guidance on the standards for planning and providing food in schools. It includes information on:

- planning and provision of school food
- the school food plan
- the provision of milk
- the free fruit and vegetables scheme

Websites [DfE](#)

8. Health protection in schools and other childcare facilities

Author: PUBLIC HEALTH ENGLAND

Date: 27 March 2019

Abstract: This updated guide for staff on managing cases of infectious diseases in schools and other childcare settings. This guidance provides advice on:

- preventing the spread of infections
- which diseases to vaccinate for
- how long to keep children away from school
- managing infectious diseases
- cleaning the environment

Websites [PHE](#)

9. Link between rise in exclusions and increase in knife crime explored

Author: UNITED KINGDOM Commons Select Committee

Date: 22 March 2019

Abstract: In the first two months of this year, there were 41 fatal stabbings in England and Wales, and latest figures show the number of annual fatal stabbings is at the highest since records began. The Education Committee hears from policy experts on whether there is a link between the rise in exclusions and increase in knife crime and examines other factors which may have led to the rise.

Websites [UK Commons Select Committee](#)

10. Children whose families struggle to get on are more likely to have mental disorders

Author: OFFICE FOR NATIONAL STATISTICS

Date: 26 March 2019

Abstract: Healthy family functioning and parental mental health are important elements in understanding the mental health of children. Analysis has shown that children living in families that struggle to function well are more likely to have a mental disorder than those from healthy functioning families. Research on children aged 2 to 16 years, living in England, found higher rates of mental disorders across all ages in those who lived in families that struggled to function well (unhealthy functioning). It showed that parental mental health was also a key factor in understanding the mental health of children, even when taking other factors such as household income and ethnicity into account.

Websites [ONS](#)

11. Child obesity and excess weight: small area level data

Author: PUBLIC HEALTH ENGLAND

Date: 27 March 2019

Abstract: Updated trend data from the National Child Measurement Programme (NCMP) showing the prevalence of excess weight and obesity in children at small area level.

Websites [PHE](#)

12. Strengthening families, protecting children (SFPC) programme

Author: UNITED KINGDOM Department for Education

Date: 06 April 2019

Abstract: Information for local authorities about joining the SFPC programme to help safely reduce the number of children entering care. Through this programme, the Department for Education will invest £84 million over 5 years to support up to 20 local authorities to improve work with families and safely reduce the number of children entering care. The programme will support selected local authorities to adapt and adopt one of 3 [children's social care innovation programme](#) projects in their own area. These projects aim to improve the safety and stability of vulnerable children and to reduce the need for families to access services. They will do this by:

- strengthening local practice systems
- developing services that build resilience in families
- facilitating a confident social work ethos that manages risk safely within the home

Websites [DfE](#)

13. Relationships education, relationships and sex education (RSE) and health education: FAQs

Author: UNITED KINGDOM Department for Education

Date: 05 April 2019

Abstract: The Department for Education is introducing compulsory Relationships Education for primary pupils and Relationships and Sex Education (RSE) for secondary pupils from September 2020. Also, from September 2020 it will be compulsory for all schools to teach Health Education. Through these subjects, the Department for Education want to support all young people to be happy, healthy and safe. They want to equip them for adult life and to make a positive contribution to society. Throughout the engagement process as the curriculum was developed there have been a number of wide ranging concerns. This document explains some of the common misconceptions around the subjects.

Websites [DfE](#)

14. Children's social care services in England

Author: UK House of Commons Library

Date: 05 April 2019

Abstract: This House of Commons Library briefing paper provides an overview of the key challenges currently facing local authority children's social care services in England, including: increasing demand for children's social care; funding pressures; poor and inadequate services in some areas; workforce challenges; and poor outcomes for children in need.

Websites [House of Commons Library - Report](#); [House of Commons Library - Press Release](#)

15. Early access to mental health support

Author: CHILDREN'S COMMISSIONER

Date: 10 April 2019

Abstract: This report looks at the amount spent on "low-level" mental health support for children in England. "Low-level" mental health services are preventative and early intervention services for treating problems like anxiety and depression or eating disorders, such as support provided by school nurses or counsellors, drop-in centres or online counselling services. The report finds that while the total reported spend on low-level mental health services across all areas in England increased by 22 per cent between 2016/17 and 2018/19 in cash terms, and by 17 per cent in real terms, over a third of areas around the country still saw a real-terms fall in spending – with nearly 60 per cent of local authorities seeing a real-terms fall.

Websites [Children's Commissioner - Report](#); [Children's Commissioner - Press Release](#)

16. Objectively evaluated physical activity and sedentary time in primary school children by gender, grade and types of physical education lessons

Author: TANAKA, C

Journal: BMC Public Health Vol: 18: Pages: 948

Abstract: During the typical school day, physical education (PE) gives children an opportunity for physical activity (PA) and reduces their sedentary time, but little is known about objectively evaluated PA and sedentary time during PE lessons and the differences across genders and grades. The primary aim of this study was to examine primary school students' moderate-to-vigorous PA (MVPA) levels and sedentary time during PE and whether there are gender or grade differences in a cross-sectional study. The secondary aim was to determine which types of PE lessons are best for increasing PA and reducing sedentary time. After adjustment for gender, relative body weight and school, the younger grades (1st and 2nd) spent significantly more time in MVPA and significantly less time in sedentary time compared with other grades. Children did not engage in much MVPA and also spent sedentary time during PE, but there are no gender differences. The children were most active during ball game lessons. Therefore, it is important to increase MVPA and reduce sedentary time during PE in both genders.

Websites [BioMed](#)

17. Physical activity, cognition and academic performance: an analysis of mediating and confounding relationships in primary school children

Author: MCPHERSON, A.

Journal: BMC Public Health Vol: 18: Pages: 396

Abstract: Exploring the relationship between physical activity, cognition and academic performance in children is an important but developing academic field. The aim of this study was to develop and test a conceptual

model that explains the associations among physical activity, cognition, academic performance, and potential mediating factors in children. This cross-sectional study demonstrates a direct association between physical activity and academic performance. Furthermore, and importantly, this study shows the relationship between physical activity and academic performance is supported by an independent relationship between physical activity and cognition. Larger sample sizes are needed to investigate confounding factors of gender, age, socioeconomic status, and ethnicity. Future longitudinal analyses could investigate whether increases in physical activity can improve both cognition and academic performance.

Websites [BioMed](#)

18. Social relationships in adolescence and heavy episodic drinking from youth to midlife in Finland and Sweden — examining the role of individual, contextual and temporal factors

Author: BERG, N

Journal: BMC Public Health Vol: 18: Pages: 1000

Abstract: This study considers whether proximal processes between the individual and the microsystem (social relationships within family, peer group and school) during adolescence are associated with heavy episodic drinking (HED), from youth to midlife, and whether the macro level context (country) plays a role in these associations. Higher levels of poor family relationships were associated with an increased likelihood of HED in both Finnish women and men and Swedish men. Higher levels of peer contact were associated with an increased likelihood of HED in both Finnish women and men and Swedish men. In contrast with the other groups, poorer relationships with classmates were associated with an increased likelihood of HED for Swedish women only. Promoting good relationships across different contexts during adolescence may reduce the incidence of HED in adulthood.

Websites [BioMed](#)

19. It's not all about price: factors associated with roll-your-own tobacco use among young people - a qualitative study

Author: BRESLIN, E

Journal: BMC Public Health Vol: 18: Pages: 988

Abstract: Smoking prevalence in Ireland is falling in all age groups, but the prevalence of roll-your-own (RYO) tobacco use is rising among young people. This qualitative study aims to explore and understand the factors associated with young people's use of RYO products. Semi-structured individual and focus group interviews were conducted with young people aged 16–22 years. Participants were recruited from a higher education institution and youth organisations working with early school leavers across Dublin. The study concludes that while the lower cost of RYO products is very important for young smokers, other product characteristics and influences also incentivise and disincentivise use. A more comprehensive understanding of the multi-dimensional appeal of these products will assist policymakers to target strategies to reduce the attractiveness to young smokers of these products.

Websites [BioMed](#)

20. How does psychiatric diagnosis affect young people's self-concept and social identity? A systematic review and synthesis of the qualitative literature

Author: O'Connor, C

Journal: Social Science & Medicine Vol: 212: Pages: 94-119

Abstract: Receiving a psychiatric diagnosis in childhood or adolescence can have numerous social, emotional and practical repercussions. Among the most important of these are the implications for a young person's self-concept and social identity. This systematic review collates, evaluates and synthesizes the qualitative research that has explored how psychiatric diagnosis interacts with young people's self-concept and social identity. Thirty eight studies met the inclusion criteria. Thematic synthesis of their findings highlighted the multifaceted ways diagnosis affects young people's self-concept and social identity. Diagnosis can sometimes threaten and devalue young people's self-concept, but can also facilitate self-understanding, self-legitimation and self-enhancement. A diagnosis can lead to social alienation, invalidation and stigmatization, yet can also promote

social identification and acceptance. Further research is needed to clarify which self and identity outcomes can be expected in a given set of circumstances, and to establish how self and identity effects interact with diagnoses' other clinical, practical, social and emotional consequences.

Websites [Science Direct](#)



COMMISSIONING AND ECONOMICS

21. NHS financial sustainability: progress review

Author: UNITED KINGDOM House of Commons Committee of Public Accounts

Date: 03 April 2019

Abstract: This report finds that, while the NHS did balance its overall budget in 2017/18, there is disparity in financial health and patient experience at a local level. It concludes that the top-level picture hides warning signs that the NHS' financial health is getting worse: increasing loans to support trusts in difficulty, raids on capital budgets to cover revenue shortfalls, and the growth in waiting lists and slippage in waiting times do not indicate a sustainable position.

Websites [Report](#); [Public Accounts Committee - Release](#)

22. Urgent dental care in England: evidence review

Author: PUBLIC HEALTH ENGLAND

Date: 03 April 2019

Abstract: In 2016 NHS England recommended that urgent dental care should be transformed in line with the transformation of urgent and emergency care services more generally, and that a commissioning standard was needed. This rapid literature review on urgent dental care provides evidence to inform the development of the commissioning standard for urgent dental care services and identifies research gaps.

Websites [PHE](#)

23. Please Procure Responsibly: The state of public service commissioning

Author: REFORM

Date: March 2019

Abstract: This report provides an overview of public service commissioning in England. By examining the complex systems used by central government and local councils to procure public services, the report explains how public services are delivered and by who. It identifies several key areas where weak or underperforming elements in the commissioning cycle have led to failings in the procurement of public services and suggests potential solutions to some of these challenges.

Websites [Reform - Report](#); [Reform - Press Release](#)

24. 2019-20 Better Care Fund: Policy Framework

Author: MINISTRY OF HOUSING, COMMUNITIES AND LOCAL GOVERNMENT; DEPARTMENT OF HEALTH AND SOCIAL CARE

Date: 10 April 2019

Abstract: The Better Care Fund (BCF) will provide financial support for councils and NHS organisations to jointly plan and deliver local services. This document sets out the agreed way in which the BCF will be implemented in financial year 2019 to 2020. It includes:

- the level of funding for 2019 to 2020
- conditions of access to the fund
- national performance metrics
- the assurance and approval process

Websites [Report](#); [Details](#)



HEALTH CARE PUBLIC HEALTH

25. Musculoskeletal core offer for Local NHS plans

Author: ARTHRITIS AND MUSCULOSKELETAL ALLIANCE

Date: 09 April 2019

Abstract: The impact of musculoskeletal ill-health on individuals, NHS and the economy is widely recognised including in the NHS Long Term Plan: “Longer-term health conditions also make an increasing contribution to the overall burden of disease. Mental health, respiratory and musculoskeletal conditions are responsible for a substantial amount of poor health and place a substantial burden on the NHS and other care services.” Effectively addressing musculoskeletal conditions will therefore be important in delivering on the ambition of the long-term plan. This document aims to help those developing local plans to understand the core offer needed to deliver evidence based, cost effective services for good MSK population health, and to signpost towards information and support available to help those looking to improve services. The document sets out a core offer in five areas:

- Underpinning framework
- Services
- Prevention
- Mental Health
- Personalisation

Websites [AMA - Report](#)

26. Index of cancer survival for Clinical Commissioning Groups in England: adults diagnosed 2001 to 2016 and followed up to 2017

Author: OFFICE FOR NATIONAL STATISTICS

Date: 01 April 2019

Abstract: 1-year cancer survival by Clinical Commissioning Group for all-cancers combined, three cancers combined, breast, colorectal and lung. 1-, 5- and 10-year index of cancer survival estimates are also available by Sustainability and Transformation Partnerships and Cancer Alliances. Main points include:-

- The 1-year all-cancer survival index for England has increased from 62.0% in 2001 to 72.8% in 2016.

- The difference in the all-cancer index between the Clinical Commissioning Groups (CCGs) with the lowest net survival estimate and the highest net survival estimate narrowed from 16.0 percentage points in 2001 to 9.7 percentage points in 2016, indicating less geographic inequality across CCGs.
- Geographic inequality across CCGs for 1-year net survival in breast and colorectal cancer reduced in 2016 compared with 2001, whereas the inequality in lung cancer net survival increased.
- This is the first time that 1-, 5- and 10-year net survival has been included for the 19 Cancer Alliance areas; 5-year survival by Cancer Alliance showed a narrowing in the range of net survival estimates from 8.1 percentage points in 2001 to 4.0 percentage points in 2012

Websites [ONS](#)



HEALTH IMPROVEMENT

27. Composition of foods integrated dataset (CoFID)

Author: PUBLIC HEALTH ENGLAND

Date: 25 March 2019

Abstract: Public Health England (PHE) is responsible for maintaining up-to-date data on the nutrient content of the UK food supply in order to support the [National Diet and Nutrition Survey](#), and funds nutrient analysis of foods commonly consumed in the UK. The McCance and Widdowson's 'composition of foods integrated dataset' (CoFID) on the nutrient content of the UK food supply brings together all the available data as a single, consolidated dataset. The update published in 2019 incorporates data from the [2015 fruit and vegetable nutrient analysis](#) project, including associated foods with inedible portions.

Websites [PHE](#)

28. Breast screening: surveillance screening of higher risk women

Author: PUBLIC HEALTH ENGLAND

Date: 27 March 2019

Abstract: Updated service guidelines for the screening of women who are at a higher risk of developing breast cancer. This update includes added 'Breast screening: higher risk programme repatriation form'

Websites [PHE](#)

29. New tools to help health professionals boost prevention impact

Author: PUBLIC HEALTH ENGLAND

Date: 08 April 2019

Abstract: Public Health England (PHE) has launched a series of new e-learning tools to boost health and care professionals' knowledge and skills in dealing with some of the biggest issues in public health. The new interactive e-learning tools, developed by PHE and Health Education England e-Learning for Healthcare, offer bite-sized information on key public health issues to help professionals prevent illness, protect health and promote wellbeing. E-learning tools are now available for cardiovascular disease prevention, adult obesity, antimicrobial resistance, physical activity, social prescribing, giving children the best start in life and supporting those at risk of, or experiencing, homelessness. The tools explain why each topic is a public health priority, with practical advice on how different skills, techniques and approaches can help professionals across the

health and social care sector to address the issues through their practice.

Websites [PHE - News](#); [PHE - All Our Health Programme](#)

30. The effects of exercise referral schemes in the United Kingdom in those with cardiovascular, mental health, and musculoskeletal disorders: a preliminary systematic review

Author: ROWLEY, N

Journal: BMC Public Health Vol: 18: Pages: 949

Abstract: This systematic review aims to provide an overview, and examine the impact, of exercise referral schemes in patients with cardiovascular, mental health, and musculoskeletal disorders. This review focuses on populations within the United Kingdom (UK) only, with an aim to inform national exercise referral policies and guidelines. Results showed that longer length schemes (20+ weeks) produced better health outcomes, and had higher adherence to physical activity prescribed, than those of shorter length (8–12 weeks). In patients referred with cardiovascular disorders, cardiovascular-related measures showed significant decreases including blood pressure. Schemes increased physical activity levels over the length of scheme for all disorders. There is currently a lack of research examining programmes tailored to suit the individual's health conditions thus further research might allow providers to tailor delivery and build upon policy recommendations in the UK.

Websites [BioMed](#)

31. Who perceives a higher personal risk of developing type 2 diabetes? A cross-sectional study on associations between personality traits, health-related behaviours and perceptions of susceptibility among university students in Denmark

Author: SKET, L

Journal: BMC Public Health Vol: 18: Pages: 972

Abstract: Type 2 diabetes (T2D) is on the rise among young adults (aged 20–39 years). A challenge for health risk communication is that young adults may not be aware or lack acknowledgement of their personal risk of developing T2D. This cross-sectional study aimed to investigate direct and indirect associations between the Five-Factor Model personality traits and T2D risk perception among university students in Denmark. Participants included 1205 students from five major universities. All variables were assessed by means of self-report in an online questionnaire. Health-related behaviours included physical activity, sweets consumption and prior T2D screening. Covariates included socio-demographic factors and family history of T2D. The study presented a novel evidence suggesting that personality traits, health-related behaviours and body mass index are associated with T2D risk perception among young adults. Thus, it may be beneficial to tailor health risk communications targeting T2D to match recipients' personality characteristics instead of using the one size fits all approach.

Websites [BioMed](#)

32. Nicotine preloading for smoking cessation: the Preloading RCT

Author: AVEYARD, P

Journal: Health Technology Assessment Vol: 22

Abstract: Nicotine preloading means using nicotine replacement therapy prior to a quit date while smoking normally. The aim is to reduce the drive to smoke, thereby reducing cravings for smoking after quit day, which are the main cause of early relapse. A prior systematic review showed inconclusive and heterogeneous evidence that preloading was effective and little evidence of the mechanism of action, with no cost-effectiveness data. This study aims to assess the effectiveness, safety and tolerability of nicotine preloading in a routine NHS setting relative to usual care and the mechanisms of the action of preloading and the cost-effectiveness of preloading. The study concludes that the use of nicotine-patch preloading for 4 weeks prior to attempting to stop smoking can increase the proportion of people who stop successfully, but its benefit is undermined because it reduces the use of varenicline after preloading. If this latter effect could be overcome, then nicotine preloading appears to improve health and reduce health-service costs in the long term. Future

work should determine how to ensure that people using nicotine preloading opt to use varenicline as cessation medication.

Websites [NIHR](#)

33. Cross-sectional associations of active transport, employment status and objectively measured physical activity: analyses from the National Health and Nutrition Examination Survey

Author: YANG, L

Journal: Journal of Epidemiology & Community Health Vol: 72 Part: 9

Abstract: This study aims to investigate associations between active transport, employment status and objectively measured moderate-to-vigorous physical activity (MVPA) in a representative sample of US adults. Associations between active transport, employment status and objectively measured MVPA were examined using multivariable linear regression models adjusted for age, body mass index, race and ethnicity, education level, marital status, smoking status, working hour duration (among the employed only) and self-reported leisure time physical activity. Findings show that patterns of active transport were similar between the employed and unemployed, such that 76.0% employed and 77.5% unemployed engaged in no active transport. For employed adults, those engaging in high levels of active transport had higher amount of MVPA than those who did not engage in active transport. This translated to 40.8 additional minutes MVPA per week in men and 57.9 additional minutes MVPA per week in women. Among the unemployed adults, higher levels of active transport were associated with more MVPA among men only. The study supports interventions to promote active transport to increase population level physical activity. Additional strategies are likely required to promote physical activity among unemployed women.

Websites [BMJ Journals](#)



HEALTH PROTECTION

34. Hepatitis C in England: 2019 report

Author: PUBLIC HEALTH ENGLAND

Date: 09 April 2019

Abstract: Hepatitis C virus (HCV) is a major public health threat in the UK. These reports summarise the scale of the problem, and are intended to support focused action. The [slideset](#) and [infographic](#) which accompanies the 2019 report are available to download.

Websites [PHE](#)

35. USA Measles Cases and Outbreaks 2019

Author: CENTRES FOR DISEASE CONTROL AND PREVENTION

Date: 28 March 2019

Abstract: The CDC (Centers for Disease Control and Prevention) confirmed that from January 1 to March 28, 2019, 387 individual cases of measles have been confirmed in 15 American states. This is the second-greatest number of cases reported in the U.S. since measles was eliminated in 2000. Measles remains a common disease in many parts of the world, including areas in Europe, Asia, the Pacific, and Africa. Worldwide, 19 cases of measles per 1 million persons are reported each year; about 89,780 die. In the United States, most of the measles cases result from international travel. The disease is brought into the United States by unvaccinated

people who get infected in other countries. They spread measles to others, which can cause outbreaks. The message being promoted by the CDC is that anyone who is not protected against measles is at risk of getting infected when they travel internationally. Protect yourself, you family, and your community with the measles-mumps-rubella (MMR) vaccine, especially before traveling internationally.

Websites [CDC](#); [CDC - Message](#)

36. National HIV self-sampling service: November 2017 to October 2018

Author: PUBLIC HEALTH ENGLAND

Date: 26 March 2019

Abstract: Public Health England and local authorities co-commissioned the national HIV self-sampling service to provide a cost efficient and clinically robust remote HIV self-sampling service for sexually active individuals aged 16 years and over. The service aims to increase HIV testing among the most at-risk groups, including: men who have sex with men (MSM); black African communities and other individuals at increased risk of HIV. This updated report summarises: who is using the service; proportions of people testing positive and costs of the service

Websites [PHE](#)

37. National flu immunisation programme plan

Author: PUBLIC HEALTH ENGLAND

Date: 22 March 2019

Abstract: The annual flu letter describes the national flu immunisation programme for 2019 to 2020, and outlines which groups are eligible for flu vaccination.

Websites [PHE](#)

38. Legionnaires' disease: local summaries for England and Wales, 2016

Author: PUBLIC HEALTH ENGLAND

Date: 08 April 2019

Abstract: Short summaries of Legionella activity by region for 2016.

Websites [PHE](#)

39. Avian influenza: guidance for managing human cases

Author: PUBLIC HEALTH ENGLAND

Date: 05 April 2019

Abstract: This updated guidance has been developed to assist with the management of possible or confirmed cases of avian influenza, in particular, H5N6, H5N1 and H7N9.

Websites [PHE](#)

40. PHE heatwave mortality monitoring

Author: PUBLIC HEALTH ENGLAND

Date: 05 April 2019

Abstract: Updated reports on the surveillance of excess mortality during periods of heatwave. Public Health England's (PHE's) heatwave mortality monitoring helps to provide information on excess deaths observed

during heatwaves each year to inform public health actions. As per the annual heatwave plan, this is carried out each time the [Met Office issues a Level 3 heatwave alert](#). This updated includes 2017 and 2018 reports.

Websites [PHE](#)

41. Notifiable diseases: weekly reports for 2019

Author: PUBLIC HEALTH ENGLAND

Date: 09 April 2019

Abstract: Analysis of data for statutory notifications of infectious diseases (NOIDS) in England and Wales in 2019.

Websites [PHE](#)

42. Respiratory virus circulation: England and Wales

Author: PUBLIC HEALTH ENGLAND

Date: 09 April 2019

Abstract: This document includes: information on the 6 major respiratory viruses reported from Public Health England (PHE) and NHS laboratories voluntary surveillance database and a chart illustrating the number of reports by specimen year. It can be used for research purposes by healthcare professionals.

Websites [PHE](#)

43. Child sexual exploitation: prevention and intervention

Author: PUBLIC HEALTH ENGLAND

Date: 09 April 2019

Abstract: This report summarises the emerging evidence from the UK on the issue of child sexual exploitation. It provides practice examples to support local public health leaders to establish a public health framework for prevention and intervention. The literature search is a summary of the latest international research about effective interventions to prevent child sexual abuse and child sexual exploitation. The primary audiences for these document are directors of public health and local public health teams. Other interested audiences may include NHS services, local councillors, head teachers and college principals, local children and young people's services and commissioners, and voluntary and community organisations.

Websites [PHE](#)



MATERNITY AND INFANTS

44. Antenatal screening programmes: annual standards data collection

Author: PUBLIC HEALTH ENGLAND

Date: 05 April 2019

Abstract: This updated data template is for submitting annual screening programme standards data for the NHS sickle cell and thalassaemia, infectious diseases in pregnancy and fetal anomaly screening programmes.

Websites [PHE](#)

45. Specialist mental health support for new mums available in every part of England

Author: NHS ENGLAND

Date: 04 April 2019

Abstract: NHS England have announced that new and expectant mothers across the country can now access specialist mental health care in the area where they live. The landmark rollout of specialist perinatal community services across the whole of England, means that mums and mums-to-be who are experiencing anxiety, depression or other forms of mental ill health should be able to access high quality care much closer to home. Five years ago two in five parts of the country had no access to specialist community perinatal mental health treatment, but there is now full geographical coverage for the first time, with services in every one of the 44 local NHS areas, and plans to develop them further. The expansion comes alongside the opening of four new mother and baby units, which mean that the most seriously ill women can receive residential care without being separated from their babies in every region.

Websites [NHS Networks](#)



MENTAL HEALTH AND WELLBEING

46. Confluence of suicide and drug overdose epidemics in young Australian males: common causality?

Author: TAYLOR, R

Journal: BMC Public Health Vol: 18: Pages: 965

Abstract: Young adult (aged 20–34) males experience higher mortality than females, and in age groups immediately younger and older, and with considerable variation in death rates over time. Trends in mortality and the cause structure of deaths among young adult Australian males over 1979–2011 are investigated, with a focus on suicide and drug overdose. Mortality data by age for the period 1979 to 2011 and Australian population figures were obtained from the Australian Bureau of Statistics (ABS). The coincidence of young male suicide and drug overdose mortality epidemics over the study period (excess deaths: 5000) suggest related causality such as exposure to common factors, including the labour market liberalisation and de-regulation of the 1990s, and deserves further investigation.

Websites [BioMed](#)

47. Association between physical exercise and mental health in 1.2 million individuals in the USA between 2011 and 2015: a cross-sectional study

Author: CHEKROUD, S. R

Journal: Lancet Psychiatry: Early online - Abstract only

Abstract: Exercise is known to be associated with reduced risk of all-cause mortality, cardiovascular disease, stroke, and diabetes, but its association with mental health remains unclear. This study aimed to examine the association between exercise and mental health burden in a large sample, and to better understand the influence of exercise type, frequency, duration, and intensity. This cross-sectional study analysed data from 1 237 194 people aged 18 years or older in the USA from the 2011, 2013, and 2015 Centers for Disease Control and Prevention Behavioural Risk Factors Surveillance System survey. Findings show that individuals

who exercised had 1.49 fewer days of poor mental health in the past month than individuals who did not exercise but were otherwise matched for several physical and sociodemographic characteristics. All exercise types were associated with a lower mental health burden than not exercising. The largest associations were seen for popular team sports, cycling, and aerobic and gym activities, as well as durations of 45 min and frequencies of three to five times per week. The study concludes that physical exercise was significantly and meaningfully associated with self-reported mental health burden in the past month. More exercise was not always better. Differences as a function of exercise were large relative to other demographic variables such as education and income. Specific types, durations, and frequencies of exercise might be more effective clinical targets than others for reducing mental health burden, and merit interventional study.

Websites [Lancet Psychiatry](#)

48. LGBT people and suicidality in youth: A qualitative study of perceptions of risk and protective circumstances

Author: RIVERS, I

Journal: Social Science & Medicine Vol: 212: Pages: 1-8

Abstract: Evidence suggests that lesbian, gay, bisexual and trans (LGBT) people are more likely to attempt to take their own lives in their youth when compared to heterosexual and/or cisgender people. This study draws on in-depth interviews with 17 LGBT individuals living in England, and explores the narratives used by participants to better understand their perceptions of risk and protective circumstances to explain suicide attempts in youth. The results indicate that some LGBT individuals have effectively, although often arduously, navigated suicidal crises by utilising various approaches to coping. The study provides a rich and layered picture of LGBT suicide risk in youth and potential resilience scenarios, although these are a reflection of the study's specific group of participants' experiences and realities. The study argues that it is important to understand how LGBT individuals with a history of suicide attempts narrate and make sense of their experiences in early life and suggests that the early negative experiences continue to have an effect on LGBT adults today.

Websites: [Science Direct](#)



WIDER DETERMINANTS

49. Supporting disabled people to work

Author: NATIONAL AUDIT OFFICE

Date: 28 March 2019

Abstract: Some 7.6 million working-age people in the UK identify as disabled. Although the number of disabled people who are employed is rising, disability and long-term health problems continue to be associated with greater poverty, lower educational attainment and reduced access to work. Only 51.5% of disabled people are in work, compared with around 81.7% of non-disabled people. The government believes people who want to work should be supported to do so. It also recognises that some disabled people are less likely to be able to work and that it would not be appropriate to expect everyone who is found less fit for work to seek employment. This report is about the Department for Work and Pensions support to help disabled people overcome barriers to work. It examines the Department's:

- strategy, working across government, for supporting disabled people to work, and what is currently being achieved (Part One);

- employment support programmes for disabled people and its approach to developing the evidence base (Part Two); and
- efforts to improve the way it engages with disabled people in jobcentres (Part Three).

Websites [NAO](#)

50. Homelessness Reduction Act Survey 2018 - survey report

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 25 March 2019

Abstract: In November 2018 the LGA conducted a survey of councils to gather information on their experience of the Homelessness Reduction Act (HRA) since its implementation. The purpose was to enable the LGA to understand how well the Act is working on the ground, the areas where councils might be experiencing issues in relation to its implementation, and the extent of any funding gaps. This report presents a summary of the survey findings.

Websites [LGA](#)

51. Health state life expectancies by national deprivation deciles, England and Wales: 2015 to 2017

Author: OFFICE FOR NATIONAL STATISTICS

Date: 27 March 2019

Abstract: Life expectancy and years expected to live in "Good" health using national indices of deprivation to measure socioeconomic inequalities in England and Wales. Main points include:

- In England, the gap in life expectancy (LE) at birth between the least and most deprived areas was 9.4 years for males and 7.4 years for females in 2015 to 2017; for healthy life expectancy (HLE) it was 19.1 years and 18.8 years respectively.
- In Wales, this gap in LE at birth was 9.0 years for males and 7.5 years for females in 2015 to 2017; for HLE it was 18.1 years and 19.4 years respectively.
- Since 2012 to 2014, there have been statistically significant increases in the inequality in LE in England for males and females at birth and at age 65 years; the inequality in female LE at birth had the largest growth, rising by 0.5 years.
- In England, the growth in the female inequality came from a statistically significant reduction in LE at birth of almost 100 days among females living in the most deprived areas between 2012 to 2014 and 2015 to 2017, together with an increase of 84 days in the least deprived areas.
- In Wales, the females living in the most deprived areas were expected to live up to 11 years more in a poorer state of health than their least deprived areas counterparts.
- In England, men resident in the least deprived areas could expect 13.3 years of good health from 65 years of age, but only 5.8 years if resident in the most deprived areas

Websites [ONS](#)

52. When Safeguarding becomes Stigmatising: A report on the impact of FGM-safeguarding procedures on people with a Somali heritage living in Bristol

Author: KARLSEN, S

Date: 06 March 2019

Abstract: Female Genital Mutilation (FGM) is considered by the UN to be a 'global concern'. International organisations routinely claim a 98% prevalence rate among the Somali population (UNICEF 2013). This research presents the perspectives of Somali families living in Bristol with experience of FGM-safeguarding services.

Websites [University of Bristol - Report](#); [University of Bristol - Press Release](#)

53. Prevention and control of non-communicable diseases in refugees and migrants Technical guidance

Author: WORLD HEALTH ORGANISATION Regional Office for Europe

Date: March 2019

Abstract: This technical guidance outlines current best practice, evidence and knowledge in order to inform policy and programme development in the area of non-communicable disease management and control for refugees and migrants. It highlights key principles, summarizes priority actions and challenges, maps available resources and tools and provides policy options and practical recommendations to improve non-communicable disease-related interventions for refugees and migrants in the WHO European Region. The target audience for this document includes those with a central role in policy-making at local, national and regional levels, and across all sectors of governance; it is not only for those within the health or migration sectors.

Websites [WHO Europe](#)

54. Tailoring lifestyle interventions to low socio-economic populations: a qualitative study

Author: COUPE, N

Journal: BMC Public Health Vol: 18: Pages: 967

Abstract: People living in deprived areas are more likely to be overweight or obese, have poorer health outcomes, and tend to benefit less from interventions than those from more affluent backgrounds. One approach to address such health inequalities is to tailor existing interventions to low socio-economic populations. This study aims to identify how best to tailor lifestyle interventions to low socio-economic populations to improve outcomes. Following direct observations of community-run weight loss groups, the study interviewed 11 group facilitators and 14 service users from a health improvement service in a low socio-economic area in the North West of England. Two overarching themes were identified. The first theme, managing diversity, included challenges faced in delivering a generic intervention to a diverse population in terms of knowledge, language and literacy skills, and cultural diversity. The second theme incorporated all issues relating to the environment, such as cost, access and availability of food and leisure facilities, and 'life gets in the way'. In conclusion, tailoring interventions for this population is necessary, and more attention is needed to develop ways to ensure service providers and users engage with behaviour change techniques such as goal setting, rather than focusing on information provision alone. Interventions should also be mindful of cost, cultural diversity, and language and literacy barriers, as well as potential for disengaging this hard to reach population.

Websites [BioMed](#)



OTHER

55. Households below average income: 1994/95 to 2017/18

Author: UNITED KINGDOM Department for Work and Pensions

Date: 28 March 2019

Abstract: This Households Below Average Income (HBAI) report presents information on living standards in the United Kingdom year on year from 1994/95 to 2017/18. It provides estimates on the number and percentage

of people living in low-income households based on disposable income. Figures are also provided for children, pensioners, working-age adults and individuals living in a family where someone is disabled.

Websites [DfWP](#)

56. Family Resources Survey: financial year 2017/18

Author: UNITED KINGDOM Department for Work and Pensions

Date: 28 March 2019

Abstract: The Family Resources Survey collects information on the incomes and circumstances of private households in the United Kingdom. It has been running since October 1992. This report summarises the results for the financial year 2017 to 2018 survey in which over 19,000 households were interviewed. The report is divided into sections covering:

- income and state support
- tenure
- disability
- carers
- pension scheme participation
- savings and investments

Websites [DfWP](#)

57. Building cohesive communities

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 25 March 2019

Abstract: This guide looks at some of the tools and key service areas that can support local cohesion work, bringing together some of the theoretical approaches highlighted in recent work with good practice and ideas collected from councils across the country. Although most of the document is focused on the proactive work that councils can do, it also includes a section on responding to specific cohesion challenges or incidents.

Websites [LGA](#)

58. Crack cocaine increase: inquiry findings

Author: PUBLIC HEALTH ENGLAND; UNITED KINGDOM Home Office

Date: 25 March 2019

Abstract: Recent evidence suggests that there has been a rise in crack cocaine use in England. The Serious Violence Strategy committed the government to understand more about this rise. Public Health England and the Home Office led an inquiry based on a series of interviews and focus groups. These were held in 6 local authorities across England with: drug treatment workers; service users and police officers. The report's findings can be used by local authorities and their partners to help them understand some of the factors that might lie behind any rise in crack use in their area. It can also be used by policy makers and other people involved in responding to crack and related drug problems.

Websites [PHE](#); [Home Office](#)

59. Quarterly mortality report, England: October to December 2018 and year-end review

Author: OFFICE FOR NATIONAL STATISTICS

Date: 22 March 2019

Abstract: Provisional death registration and death occurrence data for England, broken down by sex and age.

Main points include:

- There were 121,147 deaths registered in England in Quarter 4 (Oct to Dec) 2018, which was 1,068 fewer deaths than the five-year average (2013 to 2017) for this quarter.
- The age-standardised mortality rate in Quarter 4 2018 was 901 deaths per 100,000 population, which was statistically significantly lower than the Quarter 4 mortality rate for all years since 2001.
- The year-end mortality rate for deaths registered from 1 January to 31 December 2018 was 955 deaths per 100,000 population, which is the second-lowest mortality rate observed since 2001.
- The mortality rate for deaths with an underlying cause of circulatory diseases was statistically significantly lower than all years since 2001 for males and females aged 75 years and over.
- The female over 75 age-standardised mortality rate from dementia and Alzheimer's disease had a statistically significantly higher rate than cancer in 2018 and was second only to circulatory diseases; in contrast, in 2001 it was significantly lower than cancer.
- Provisional estimates of life expectancy show small increases for males aged 65 and 75 years between 2017 and 2018 while males at birth and female life expectancy at all ages remained the same.

Websites [ONS](#)

60. PHE priorities in health and social care: 2019 to 2020

Author: DEPARTMENT OF HEALTH AND SOCIAL CARE

Date: 27 March 2019

Abstract: Letter from Health Minister Steve Brine confirming Public Health England's (PHE) role and priorities for the financial year 2019 to 2020. This letter sets out:

- the government's priorities for PHE from April 2019 to March 2020
- PHE's role across the health and care system

Websites [DHSC](#)

61. Safeguarding in general dental practice

Author: PUBLIC HEALTH ENGLAND

Date: 03 April 2019

Abstract: The dental team has a statutory duty of care to all patients which includes ensuring that safeguarding arrangements are in place. This document reinforces the importance of safeguarding to dental teams and makes them aware of the different forms of abuse. It provides an overview of safeguarding as a whole for the dental team by:

- clarifying the roles and responsibilities of the dental team in promoting the safety and wellbeing of children, young people and adults at risk of abuse
- signposting useful safeguarding resources, including access to free training opportunities
- outlining the pathways to be followed in cases of concern
- providing guidance on training requirements

Websites [PHE](#)