

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 COLLABORATE IT SO YOU DON'T HAVE TO

15th March 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. People's experience using adult social care services

Author: NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

Date: February 2019

Abstract: This quality standard covers the experience of adults using social care services. It applies to all settings where people use social care services, including people's own homes, residential care and community

settings. Its aim is to help people understand what care they can expect and to improve their experience by supporting them to make decisions about their care. It describes high-quality care in priority areas for improvement.

Websites [NICE](#)

2. Personal Social Services: Staff of Social Services Departments, England 2018 [NS] [PAS]

Author: NHS DIGITAL

Date: 28 February 2019

Abstract: This report contains information on 112,200 jobs for people employed (directly and indirectly) by local authority adult social services departments in England as at September 2018. The report will be of interest to central government (for policy development, monitoring and workforce planning), local government (for benchmarking), charities, academics and the general public. The report does not include information on staff employed in the independent sector (private and voluntary) or children's social services departments (published separately by the Department for Education).

Websites [NHS Digital](#)

3. Caring about complaints: lessons from our independent care provider investigations

Author: LOCAL GOVERNMENT AND SOCIAL CARE OMBUDSMAN

Date: March 2019

Abstract: The Local Government and Social Care Ombudsman has issued a good practice guide which shares lessons from complaints to help adult social care providers improve their services. Based on the Ombudsman's lengthy experience of investigating complaints about independent providers, the guide gives real-life examples of the common problems the organisation sees – and offers some ways to avoid the pitfalls. Common issues the Ombudsman sees in its complaints include a lack of clear information about fees, charges and contracts, problems with billing and invoices, ensuring people's belongings are looked after properly, and dealing with challenging behaviour from friends and relatives.

Websites [LGSCO - Report](#)

4. Exploring dementia and agitation: How public policy needs to respond

Author: INTERNATIONAL LONGEVITY CENTRE

Date: 01 March 2019

Abstract: With 850,000 people living with dementia in the UK, there is a significant need to understand how to improve quality of life for them and their carers. This report summarises a number of key findings from the MARQUE project, led by Prof Gill Livingston from UCL. MARQUE (Managing Agitation and Raising Quality of Life in Dementia) is the largest ever study involving people living in care homes.

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

5. Breaking Point: The social care burden on women

Author: AGE UK

Date: 08 March 2019

Abstract: The report shows how women are going above and beyond to care for loved ones because good, reliable social care support simply isn't there for them. This is no small problem and the impact on women who are sandwich carers is often especially severe. The report's new analysis of sandwich carers finds that there are 1.25 million sandwich carers in the UK. These are people caring for an older relative as well as bringing up one or more children aged under 16. Most (68% - 850,743) are women.

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

6. 'The own' and 'the wise' as social support for older people living with HIV in the United Kingdom

Author: ROSENFELD, D

Journal: Ageing & Society: Early Online

Abstract: As the HIV population ages, how the ageing and HIV experiences intersect to shape the lives of older people living with HIV (PLWH) becomes an increasingly pressing question. This multi-method study investigated social support, mental health and quality of life among 100 older PLWH in the United Kingdom. Findings show that social support among older PLWH cannot be neatly divided into 'formal' and 'informal' domains, or fully appreciated by applying traditional social support measures, including, in the context of health conditions, 'peer support' created through formal service organisations. Rather, older PLWH's own distinctions and evaluations better illuminate the complexities of social support in the context of ageing with HIV.

Websites [Cambridge Journals](#)



CHILDREN, YOUNG PEOPLE & FAMILIES

7. Keeping kids safe: Improving safeguarding responses to gang violence and criminal exploitation

Author: CHILDREN'S COMMISSIONER

Date: 28 February 2019

Abstract: This report estimates that there are 27,000 children in England who identify as a gang member, only a fraction of whom are known to children's services. Some of these children may only identify loosely with a gang and may not be involved in crime or serious violence: more concerning is the estimated 34,000 children who know gang members who have experienced serious violence in the last year. The research looks into the characteristics of children involved in gangs. The report also shows how a number of early warning signs of gang-based violence have been on the rise in recent years. The Children's Commissioner makes a number of recommendations in the report. Including the recommendation that the government needs to make child criminal exploitation a national priority, and lay out clear expectations about the role of all organisations working with children – including the police, schools, children's services and NHS bodies.

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

8. Early years providers cost study: 2018

Author: UNITED KINGDOM Department for Education

Date: 28 February 2019

Abstract: There have been several important changes in childcare policy in England in the past three years. This report presents evidence on the cost of delivering childcare in England in 2018, building on and drawing comparisons with similar research using data collected in 2015 in order to help understand how recent policy changes and other drivers of cost have affected the delivery of early years education and childcare.

Websites [DfE](#)

9. Improving school readiness: initiatives across the south-east

Author: PUBLIC HEALTH ENGLAND

Date: 28 February 2019

Abstract: This report is for professionals working across the early years system. It aims to improve school readiness and provides data and evidence relating to school readiness with a public health focus. It describes the current situation across the south-east of England and details local school readiness initiatives and case studies. It also signposts national and local resources and training for supporting school readiness and gives a parental perspective using results from focus groups.

Websites [PHE](#)

10. Closing the regional attainment gap

Author: UNITED KINGDOM All Party Parliamentary Group on Social Mobility

Date: 21 February 2019

Abstract: The attainment gap, the gap in school exam results between pupils from different social backgrounds, is one of the key challenges in our education system. Differences in school achievement act as a block on social mobility and have real consequences for the life chances of those from disadvantaged backgrounds. Children with poor vocabulary age five are more than twice as likely to be unemployed aged 34. Such differences are not just social in origin, they are also geographical. The All-Party Parliamentary Group's inquiry into the regional attainment gap across England was initiated in late 2017. The inquiry sought to explore the origins of differences in school outcomes between areas, what efforts have been made to close the gap, along with what we can learn from best practice across the country and how it could be shared and implemented.

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

11. Off-rolling in English schools

Author: UK House of Commons Library

Date: 20 February 2019

Abstract: There are many reasons why children might be removed from the school roll, from moving home to permanent exclusion following disciplinary action. This Commons Library Briefing Paper provides an overview of the concerns that increasing numbers of children in England are being 'off-rolled' - being excluded or otherwise leaving school for reasons that do not serve their best interests.

Websites [House of Commons Library](#)

12. EASO Practical guide on the best interests of the child in asylum procedures

Author: EUROPEAN ASYLUM SUPPORT OFFICE

Date: 20 February 2019

Abstract: This guide aims to provide guidance and support to the competent national authorities on the required guarantees and safeguards which will ensure that the child's best interests are given primary consideration when making decisions affecting the child in the asylum procedures. It is divided into five sections including an overview of the terminology, the background and elements of the best interests of the child, the relevant guarantees, guidance on how to assess the best interests in practice and vulnerability and risk indicators. The guide presents a comprehensive checklist designed to ensure that all key steps are completed by the responsible authorities and appropriately taken into account when assessing the child's best interests. The guide provides generic guidance and can be used as a benchmark or source of inspiration to update and/or improve specific standard operating procedures developed for children at national level.

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

13. Sexual Abuse of Children in Custodial Institutions: 2009-2017 Investigation Report

Author: INDEPENDENT INQUIRY INTO CHILD SEXUAL ABUSE

Date: 28 February 2019

Abstract: This report examines evidence of appalling abuse and institutional failures to protect children in the youth secure estate in England and Wales, as heard during two weeks of public hearings last July. Focusing on the period from 2009 to 2017, the report shows that children held in young offender institutions and secure training centres are still not safe from sexual abuse. The Inquiry discovered that many more complaints of child sexual abuse in custody have been made than official figures. Information obtained directly from the institutions and authorities showed there were over 1,000 incidents of alleged sexual abuse reported from 2009 to 2017. The report also includes evidence from adult victims and survivors who were sexually abused while in custodial institutions as children some time ago.

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

14. NSPCC: Harmful Sexual Behaviour

Author: NSPCC

Date: 22 February 2019

Abstract: The NSPCC, in partnership with the NHS and supported by Health Education England, has launched new guidance on harmful sexual behaviour (HSB) to help children's health professionals to identify risk. The online guidance is targeted at sector workers including child and adolescent mental health teams, school mental health champions, school nurses, health visitors, youth offending and sexual health teams.

Websites [NSPCC](#)

15. NSPCC: online grooming offences

Author: NSPCC

Date: 01 March 2019

Abstract: New figures obtained by the NSPCC from Freedom of Information requests to every police force in England and Wales reveal:

- a total of 5,161 crimes of sexual communication with a child recorded in 18 months
- almost a 50% increase in offence in offences recorded in latest six months compared to same period in previous year
- a 200% rise in recorded instances in the use of Instagram to target and abuse children over the same time period.

Ahead of the Government's Online Harms White Paper, the NSPCC is calling for statutory regulation to enforce a legal duty of care to children on social networks, backed by hefty fines if they fail.

Websites [NSPCC](#); [NSPCC - Online safety](#)

16. Children's social work workforce 2018

Author: UNITED KINGDOM Department for Education

Date: 28 February 2019

Abstract: This experimental statistical release uses data from the statutory children's social work workforce data collection. It covers:

- number of social workers
- number of starters and leavers
- vacancy rate of social workers
- turnover rate of social workers
- sickness absence of social workers
- number of agency workers

Data was collected from local authorities.

Websites [Department for Education](#)

17. Improving young people's experiences in transition to and from inpatient mental health settings

Author: NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

Date: March 2019

Abstract: This short guide, produced in association with the Social Care Institute for Excellence will help practitioners to work with young people to ensure that they are prepared for a planned admission and that their care and support after discharge is tailored to their needs. It covers: planning for admission; preparing for discharge; care and support after discharge; crisis planning; and information and support for parents and carers.

Websites [NICE](#)

18. Associations between parental mental health and other family factors and healthcare utilisation among children and young people: a retrospective, cross-sectional study of linked healthcare data

Author: DREYER, K

Journal: BMJ Journals: Early Online

Abstract: This study aims to identify the degree to which parental diagnosis of depression or other long-term conditions, parental health-seeking behaviours and household factors were associated with a healthcare utilisation among children and young people (CYP) (0–15 years). A retrospective, cross-sectional study of electronic health records, from 25 252 patients registered at a large, London-based primary care provider was used. The associations between children's healthcare utilisation and the characteristics of the child, their parents/carers and their household structure were examined using multivariable regression. The study concludes that parental depression is associated with increased utilisation of ED, outpatient and inpatient services by CYP, as well as with increased GP consultations among adolescents. The results demonstrate that healthcare utilisation by CYP is associated with the health-seeking behaviour of adults in their household.

Websites [BMJ](#)

19. Adolescent-led strategies within the home to promote healthy eating and physical activity

Author: FOLEY, B

Journal: Health Education Journal: Early Online

Abstract: This study aimed to identify barriers, facilitators and potential intervention strategies for adolescents to use within the home to promote healthy eating and active living. Peer leaders (aged 15–16 years) from five secondary schools in Sydney, Australia, were invited to participate. In groups of four to nine, peer leaders completed a worksheet focused on three priority behaviours: eating breakfast daily, avoiding sugary drinks and being physically active. Each group discussed, identified and recorded barriers, facilitators and opportunities where they could act as agents of healthy lifestyle change in their homes. The worksheets and field notes were reviewed, analysed and coded into emergent themes. All peer leaders attending school on the day of the discussion groups participated in this study. They identified a variety of barriers and facilitators for each of the priority behaviours. From the adolescent-generated strategies, such as not having sugary drinks in the fridge, making a routine and cooking or being active with the whole family, three main themes emerged: 'improving time management', 'using social activities to engage family members' and 'changing access and availability'. In conclusion, the strategies suggested by peer leaders in this study add

to the limited literature of potential low-intensity interventions which young people can use to enable healthy lifestyle change in their home environment.

Websites [Sage](#)

20. Changes in millennial adolescent mental health and health-related behaviours over 10 years: a population cohort comparison study

Author: PATALAY, P

Journal: International Journal of Epidemiology: Early Online

Abstract: There is evidence that mental health problems are increasing and substance use behaviours are decreasing. This paper aimed to investigate recent trends in mental ill health and health-related behaviours in two cohorts of UK adolescents in 2005 and 2015. Prevalences in mental health (depressive symptoms, self-harm, anti-social behaviours, parent-reported difficulties) and health-related behaviours (substance use, weight, weight perception, sleep, sexual intercourse) were examined at age 14 in two UK birth cohorts; Avon Longitudinal Study of Parents and Children and Millennium Cohort Study. Prevalences and trend estimates are presented unadjusted and using propensity score matching and entropy balancing to account for differences between samples. Depressive symptoms and self-harm were higher in 2015 compared with 2005. Parent-reported emotional difficulties, conduct problems, hyperactivity and peer problems were higher in 2015 compared with 2005. Conversely, substance use, sexual activity and anti-social behaviours were less common or no different. Adolescents in 2015 were spending less time sleeping, had higher body mass index (BMI) and a greater proportion perceived themselves as overweight. Given health-related behaviours are often cited as risk factors for poor mental health, the findings suggest relationships between these factors might be more complex and dynamic in nature than currently understood. Substantial increases in mental health difficulties, BMI and poor sleep-related behaviours highlight an increasing public health challenge.

Websites [Oxford](#)

21. Trends in social inequality in loneliness among adolescents 1991-2014

Author: MADSEN, K

Journal: Journal of Public Health: Early Online

Abstract: Loneliness and social inequality in health are important public health concerns. This study examined trends in loneliness among adolescents from 1991 to 2014 in Denmark and trends in social inequality in loneliness. The study population were 11–15-year olds in random samples of schools in 1991, 1994, 1998, 2006 and 2014. Loneliness was measured by a single item and social background by parents' occupational social class (OSC). Across all surveys, 6.3% reported feeling lonely. The prevalence increased from 4.4% in 1991 to 7.2% in 2014. The prevalence of loneliness in high, middle and low OSC was 5.8, 5.9 and 8.0%. The increase in loneliness was more pronounced in higher than lower OSC, resulting in a decreasing absolute social inequality in loneliness. The statistical interaction between OSC and survey year was significant, i.e. the relative social inequality in loneliness also decreased from 1991 to 2014. In conclusion, the prevalence of loneliness increased from 1991 to 2014. The social inequality in loneliness decreased in both absolute and relative terms because of a rising prevalence of loneliness among children from high OSC.

Websites [Oxford Journals](#) Child

22. Progress in adolescent health and wellbeing: tracking 12 headline indicators for 195 countries and territories, 1990–2016

Author: AZZOPARDI, P. S.

Journal: Lancet Vol: 393: Pages: 1101-1118

Abstract: Rapid demographic, epidemiological, and nutritional transitions have brought a pressing need to track progress in adolescent health. This report presents country-level estimates of 12 headline indicators from the *Lancet* Commission on adolescent health and wellbeing, from 1990 to 2016. The findings show that from 1990 to 2016, remarkable shifts in adolescent health occurred. A decrease in disease burden in many countries has been offset by population growth in countries with the poorest adolescent health profiles. Compared with 1990, an additional 250 million adolescents were living in multi-burden countries in 2016, where they face a

heavy and complex burden of disease. The rapidity of nutritional transition is evident from the 324.1 million (18%) of 1.8 billion adolescents globally who were overweight or obese in 2016, an increase of 176.9 million compared with 1990, and the 430.7 million (24%) who had anaemia in 2016, an increase of 74.2 million compared with 1990. Child marriage remains common, with an estimated 66 million women aged 20–24 years married before age 18 years. Although gender-parity in secondary school completion exists globally, prevalence of NEET remains high for young women in multi-burden countries, suggesting few opportunities to enter the workforce in these settings. In conclusion, although disease burden has fallen in many settings, demographic shifts have heightened global inequalities. Global disease burden has changed little since 1990 and the prevalence of many adolescent health risks have increased. Health, education, and legal systems have not kept pace with shifting adolescent needs and demographic changes. Gender inequity remains a powerful driver of poor adolescent health in many countries.

Websites [Lancet](#)

23. The epidemiology of trauma and post-traumatic stress disorder in a representative cohort of young people in England and Wales

Author: LEWIS, S. J

Journal: Lancet Psychiatry Vol: 6 Pages: 247-256

Abstract: Despite the emphasis placed on childhood trauma in psychiatry, comparatively little is known about the epidemiology of trauma and trauma-related psychopathology in young people. This study aimed to evaluate the prevalence, clinical features, and risk factors associated with trauma exposure and post-traumatic stress disorder (PTSD) in young people. A comprehensive epidemiological study was undertaken based on participants from the Environmental Risk Longitudinal Twin Study, a population-representative birth-cohort of 2232 children born in England and Wales in 1994–95. Findings show that trauma exposure and PTSD are associated with complex psychiatric presentations, high risk, and significant impairment in young people. Improved screening, reduced barriers to care provision, and comprehensive clinical assessment are needed to ensure that trauma-exposed young people and those with PTSD receive appropriate treatment.

Websites [Lancet](#)

24. Loneliness as a mediator of the relationship between shame and health problems in young people exposed to childhood violence

Author: THORESEN, S

Journal: Social Science & Medicine Vol: 211: Pages: 183-189

Abstract: This study tested whether loneliness is an important pathway between violence-related shame and health problems. Individuals who reported exposure to childhood violence in a telephone interview survey in 2013 (wave one) were re-contacted 12–18 months later (wave two), as part of a more general survey of the Norwegian adult population. Findings show that shame had a profound effect on anxiety/depression symptoms and we identified both direct and indirect effects. Loneliness mediated about one third of the relationship between shame and anxiety/depression symptoms. The relationship between shame and somatic health complaints was weaker in total, but this more modest effect largely occurred indirectly through loneliness. In conclusion the results add to the literature by highlighting the role of loneliness in the relationship between shame and health. Shame may have the potential to break down social connectedness, with a detrimental effect on health. Clinicians may find it helpful to pay close attention to the way shame regulates social interaction. Preventing social isolation and loneliness may promote good health in violence victims.

Websites [Science Direct](#)

25. Longitudinal associations between work-family conflict and enrichment, inter-parental conflict, and child internalizing and externalizing problems

Author: VAHEDI, A

Journal: Social Science & Medicine Vol: 211: Pages: 251-260

Abstract: Work-family conflict and enrichment refer to parents' challenges and benefits of combining work and family roles. Emerging evidence suggests detrimental effects of work-family conflict and facilitating effects of work-family enrichment on couple, family, and child functioning. This effect may be more pronounced in mothers, who must juggle different roles within the family and work context. To date, research has examined these relations as unidirectional, but reciprocal associations may be possible. This study investigated the shape and direction of associations between maternal work-family conflict and enrichment, child internalizing and externalizing problems, and inter-parental conflict. In conclusion the findings demonstrate the importance of the work-family interface in shaping family health outcomes. The primary direction of influence was from work-family factors to inter-parental conflict and child mental health problems. Thus, interventions aimed at promoting family-friendly work environments and policies would likely yield benefits for parents and their families.

Websites [Science Direct](#)



COMMISSIONING AND ECONOMICS

26. Proceed with caution: What makes personal budgets work?

Author: MARTINEZ, C

Date: February 2019

Abstract: This report provides a critical examination of how personal budgets have been used to deliver public services in the UK. It suggests where personal budgets show potential to deliver more effective, personalised public services, whilst also highlighting and suggesting solutions to the key challenges raised by their implementation so far.

Websites [Reform](#)



HEALTH CARE PUBLIC HEALTH

27. Neuro Numbers 2019

Author: NEUROLOGICAL ALLIANCE

Date: 11 March 2019

Abstract: This report shows that the number of neurological cases has now reached at least 14.7 million in England. This equates to more than one in six people living with one or more neurological conditions. The report also highlights that the prevalence of neurological conditions will continue to increase due to an ageing population, improvements in diagnosis and advances in neo-natal care. In response to this new data, The Neurological Alliance is calling for neurology to be prioritised by the health and care system to ensure the needs of this growing patient group are met.

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



HEALTH IMPROVEMENT

28. Breast Screening Programme, England 2017-18 [NS] [PAS]

Author: NHS DIGITAL

Date: 28 February 2019

Abstract: Women between the ages of 50 and 70 are invited for regular breast screening (every three years) under a national programme. Screening is intended to reduce mortality by detecting breast cancer at an early stage when there is a better chance of successful treatment. This report presents information about the NHS Breast Screening Programme in England in 2017-18 and includes data on women invited for breast screening, coverage, uptake of invitations, outcomes of screening and cancers detected.

Websites [NHS Digital](#)

29. Vaping in England: an evidence update February 2019

Author: PUBLIC HEALTH ENGLAND

Date: 27 February 2019

Abstract: In the government's [Tobacco Control Plan for England](#), Public Health England (PHE) was asked to update its 2015 review of e-cigarettes and other novel nicotine delivery systems every year until the end of the current Parliament in 2022. This February 2019 update focuses on vaping prevalence and characteristics of e-cigarette use in adults and young people, and e-cigarette use in English stop-smoking services. PHE commissioned a group of leading UK tobacco control researchers to produce this report, which underwent international peer review.

Websites [PHE](#)

30. Perceived barriers and facilitators of initiation of behavioural weight loss interventions among adults with obesity: a qualitative study

Author: MCVAY, M

Journal: BMC Public Health Vol: 18: Pages: 854

Abstract: Evidence-based behavioral weight loss interventions are under-utilized. To inform efforts to increase uptake of these interventions, it is important to understand the perspectives of adults with obesity regarding barriers and facilitators of weight loss intervention initiation. A qualitative study in adults with obesity was conducted who had recently attempted weight loss either with assistance from an evidence-based behavioral intervention (*intervention initiators*) or without use of a formal intervention (*intervention non-initiators*). Three focus groups were conducted with participants who had initiated interventions and three focus groups and 8 individual interviews with participants who had not initiated interventions. Three themes were identified. One theme was *practical factors*, with subthemes of reasonable cost and scheduling compatibility. A second theme was *anticipated effectiveness of intervention*, with subthemes of intervention content addressing individual needs; social aspects influencing effectiveness; and evaluating evidence of effectiveness. A third theme was *anticipated pleasantness of intervention*, with subthemes of social aspects influencing enjoyment; anticipated dietary and tracking prescriptions; and identity and self-reliance factors. Different perspectives were identified

from intervention initiators and non-initiators. In conclusion, strategies to engage individuals in evidence-based weight loss interventions can be developed using these results. Strategies could target individuals' perceived barriers and benefits to initiating interventions, or could focus on refining interventions to appeal to more individuals.

Websites [BioMed](#)

31. Long-term weight loss following a randomised controlled trial of a weight management programme for men delivered through professional football clubs: the Football Fans in Training follow-up study

Author: GRAY, C.M

Journal: Public Health Research Vol: 6

Abstract: Rising levels of obesity require interventions that support people in long-term weight loss. The Football Fans in Training (FFIT) programme uses loyalty to football teams to engage men in weight loss. In 2011/12, a randomised controlled trial (RCT) found that the FFIT programme was effective in helping men lose weight up to 12 months. This study aims to investigate the long-term weight, and other physical, behavioural and psychological outcomes up to 3.5 years after the start of the RCT; the predictors, mediators and men's qualitative experiences of long-term weight loss; cost-effectiveness; and the potential for long-term follow-up via men's medical records. In conclusion participation in the FFIT programme under both research (during the FFIT RCT) and routine (after the FFIT RCT) delivery conditions led to significant long-term weight loss. Further research should investigate how to design programmes to improve long-term weight loss maintenance, longer-term follow-up of FFIT RCT participants and very long-term follow-up via medical record linkage.

Websites [NIHR](#)

32. Does more education cause lower BMI, or do lower-BMI individuals become more educated? Evidence from the National Longitudinal Survey of Youth 1979

Author: BENSON, R

Journal: Science Direct & Medicine Vol: 211: Pages: 370-377

Abstract: More educated adults have lower average body mass index (BMI). This may be due to *selection*, if adolescents with lower BMI attain higher levels of education, or it may be due to *causation*, if higher educational attainment reduces BMI gain in adulthood. This study tests for selection and causation in the National Longitudinal Survey of Youth 1979, which has followed a representative US cohort from age 14–22 in 1979 through age 47–55 in 2012. Using ordinal logistic regression, the selection hypothesis was tested that overweight and obese adolescents were less likely to earn high-school diplomas and bachelor's degrees. Then, controlling for selection with individual fixed effects, the causal effect of degree completion on BMI and obesity status was estimated. Among 18-year-old women, but not among men, being overweight or obese predicts lower odds of attaining higher levels of education. At age 47–48, higher education is associated with lower BMI, but 70–90% of the association is due to selection. Net of selection, a bachelor's degree predicts less than a 1 kg reduction in body weight, and a high school credential does not reduce BMI.

Websites [Science Direct](#)

33. Testing competing explanations for graphic warning label effects among adult smokers and non-smoking youth

Author: SKURKA, C

Journal: Social Science & Medicine Vol: 211: Pages: 294-303

Abstract: The United States courts have blocked the implementation of graphic warning labels on cigarette packages (GWLs). This decision was based, in part, on the premise that GWLs are unnecessarily emotional and are meant to scare rather than inform consumers about smoking's health effects. However, research in judgment and decision-making suggests these relationships are more complex. This article draws on several theoretical frameworks that lead to competing hypotheses about the relationships between negative affect, health risk beliefs, and quit intentions (among adult smokers) or susceptibility to start smoking (among non-smoking youth). The results speak to the importance of negative affect in directly motivating adult smokers'

quit intentions but also serving an informational function, directing adult smokers and non-smoking youth to accept the health risks of smoking.

Websites [Science Direct](#)



HEALTH PROTECTION

34. Air pollution: outdoor air quality and health

Author: NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

Date: February 2019

Abstract: This quality standard covers road-traffic-related air pollution and its impact on health. It describes high-quality actions in priority areas for improvement.

Websites [NICE](#)

35. Group A streptococcal infections: activity during the 2018 to 2019 season

Author: PUBLIC HEALTH ENGLAND

Date: 28 February 2019

Abstract: This report provides the latest notifications of scarlet fever disease in England and data from invasive Group A streptococci (iGAS) surveillance. Current scarlet fever activity during the early part of the 2018/19 season suggests a continuation of elevated incidence seen since 2014, although slightly reduced from that recorded at this point last season (weeks 37 to 08, 2017/18)]. This makes the 2018/19 season the sixth consecutive season of elevated scarlet fever activity.

Websites [PHE](#)

36. Laboratory-confirmed cases of measles, rubella and mumps, England: October to December 2018

Author: PUBLIC HEALTH ENGLAND

Date: 28 February 2019

Abstract: Quarterly reports, with commentary, on cases confirmed by PHE's Virus Reference Department or national routine laboratory testing (mumps only). In England, 97 new measles infections were confirmed in the last quarter of 2018 compared to 143 in the period between July and September 2018 [1] (Figure1). This brings the total of laboratory confirmed cases in England to 966 compared to 259 in 2017. One new rubella infection was confirmed this quarter in an adult male, believed to have been acquired abroad. The number of rubella infections confirmed in England in 2018 was 2, both of which were believed to have been acquired abroad. This is compatible with 3 rubella infection confirmed in 2017. A decrease in mumps activity was observed in England this quarter with 170 laboratory confirmed mumps infections, in line with usual seasonal trends [1] (Figure 2). The total number of mumps infection confirmed in England in 2018 was 1024 compared to 1796 infections in 2017.

Websites [PHE](#)

37. Emerging infections: how and why they arise

Author: PUBLIC HEALTH ENGLAND

Date: 27 February 2019

Abstract: The reasons for disease emergence are complex and multi-factorial, but essentially result from an interaction between the microorganism itself and human activities. These interactions can be complex and new infections often result from several factors together or in sequence. For example, population movement may spread a previously localised infection to a city where poor public health infrastructure allows establishment in the wider population. The city may then act as a source for further spread. Public Health England has updated information on the reasons behind human infectious disease emergence, including a timeline and a global map.

Websites [PHE](#)**38. Zika virus (ZIKV): clinical and travel guidance**

Author: PUBLIC HEALTH ENGLAND

Date: 27 February 2019

Abstract: Zika is a mosquito-borne infection caused by Zika virus, a member of the genus flavivirus and family Flaviviridae. Zika virus was first isolated from a monkey in the Zika forest in Uganda in 1947. Following the 2015-16 outbreak in the Americas and Caribbean, Zika virus is now thought to be endemic in this region as well as in much of Africa and Asia. Public Health England and the National Travel Health Network and Centre (NaTHNaC) have reviewed and updated their Zika travel and sexual transmission advice and have made changes to the risk ratings in some countries.

Websites [PHE](#)**39. Association between Ambient Air Pollution and Cardiac Morpho-Functional Phenotypes**

Author: AUNG, N

Journal: Circulation: Early Online

Abstract: Exposure to ambient air pollution is strongly associated with increased cardiovascular morbidity and mortality. Little is known about the influence of air pollutants on cardiac structure and function. This study aimed to investigate the relationship between chronic past exposure to traffic-related pollutants and the cardiac chamber volume, ejection fraction, and left ventricular re-modelling patterns after accounting for potential confounders. This study looked at data from around 4,000 participants in the [UK Biobank](#) study, where volunteers provided a range of personal information, including their lifestyles, health record and details on where they have lived. Participants also had blood tests and health scans, and heart MRI (magnetic resonance imaging) was used to measure the size, weight and function of the participants' hearts at fixed times. Findings show a clear association between those who lived near loud, busy roads, and were exposed to nitrogen dioxide (NO₂) or PM_{2.5} - small particles of air pollution – and the development of larger right and left ventricles in the heart. The ventricles are important pumping chambers in the heart and, although these participants were healthy and had no symptoms, similar heart remodelling is seen in the early stages of heart failure. Higher exposures to the pollutants were linked to more significant changes in the structure of the heart. For every 1 extra µg per cubic metre of PM_{2.5} and for every 10 extra µg per cubic metre of NO₂, the heart enlarges by approximately 1 per cent.

Websites [Circulation](#)**40. Mobile phone messaging to promote uptake of HIV testing among migrant African communities in the UK**

Author: EVANS, C

Journal: Health Education Journal: Early Online

Abstract: In the UK, African communities are a focus of public health efforts to increase uptake of HIV testing. Mobile phone interventions may be an innovative way of reaching migrant groups who are known to face multiple obstacles in accessing mainstream health services. This paper presents findings from a feasibility study that used participatory approaches to investigate the use of a text messaging intervention to encourage HIV testing among migrant African communities. The study concludes that well-designed mobile phone messaging proved to be a feasible and acceptable intervention to promote both HIV testing and lifestyle behaviours among African migrant communities in the UK. When co-constructed with communities, they hold considerable promise for overcoming some of the health-related barriers faced by migrant populations in new countries. Future research and service development should focus on exploiting and evaluating this potential in relation to other key health priorities.

Websites [Sage](#)



MENTAL HEALTH AND WELLBEING

41. Using digital technology to design and deliver better mental health services Perspectives from Australia and the USA

Author: COTTON, R
Date: 14 March 2019

Abstract: People experiencing mental health problems can face challenges accessing care and support. This project explores what we in the UK might learn from colleagues in the USA and Australia engaged in work relating to making better use of digital technology in the mental health sector.

Websites [Report](#); [NHS Confederation - Publication](#)

42. NHS population screening: improving access for people with severe mental illness

Author: PUBLIC HEALTH ENGLAND
Date: 15 March 2019

Abstract: This document provides information on how to improve access to screening, for people with severe mental illness residing in mental healthcare settings. It is designed to be used by screening providers and commissioners.

Websites [PHE](#)

43. Mental Health Services: Addressing the Care Deficit

Author: NHS PROVIDERS
Date: 08 March 2019

Abstract: This report reveals deep disquiet among NHS mental health trust leaders about a substantial care deficit resulting from the impact of growing social and economic hardship in their communities. The report looks at the levels of demand reported by frontline leaders across the range of services they provide, and examines what lies behind the growing pressures. In particular the report identifies widespread concerns about benefits cuts and the impact of universal credit. It also suggests that loneliness, homelessness and financial hardship are adding to pressures on NHS mental health services.

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



WIDER DETERMINANTS

44. The Cost of Unhealthy Housing to the National Health Service

Author: UK House of Commons Library

Date: 26 February 2019

Abstract: In October 2018 the All Party Parliamentary Group (APPG) for healthy homes and buildings published a paper called Building our Future Laying the Foundations for Healthy Homes and Buildings on the topic. On the 26th February a debate took place in Westminster Hall on the costs to the NHS of unhealthy housing. The House of Commons Library published a research briefing ahead of the event. The proceedings of the debate are available in Hansard.

Websites [Briefing Paper](#); [Proceedings](#); [Building our Future paper](#)

45. Reframing the conversation on the social determinants of health

Author: ELWELL-SUTTON, T

Date: February 2019

Abstract: This briefing presents the main findings from research commissioned by the Health Foundation and carried out by the FrameWorks Institute, analysing public understanding, expert opinion and media narrative around health. It also presents findings from questions sponsored by the Health Foundation in the 2017 British Social Attitudes survey. Four key challenges are identified that communicators must tackle to achieve wider public acceptance of the evidence on the social determinants of health. The briefing concludes by reiterating that by building wider understanding of the social determinants beyond those working in the field, we can build support for the policies and programmes needed to reduce health inequalities and improve health.

Websites [Health Foundation](#)

46. The State Of Ageing In 2019: Adding life to our years

Author: CENTRE FOR BETTER AGEING

Date: 13 March 2019

Abstract: This report uses publicly available data to give a snapshot of what life is like for people aged 65 and older today. It then investigates the prospects for people currently in their 50s and 60s, looking across four crucial areas: work and finances, housing, health and communities. It highlights society's readiness – or rather lack of readiness – to cope with and to capitalise on our longer lives.

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

47. Inequalities in Mobility and Access in the UK Transport System

Author: GOVERNMENT OFFICE FOR SCIENCE

Date: 08 March 2019

Abstract: This review looks at the links between unequal mobility and inability to access jobs, education, training, healthcare, affordable food and leisure opportunities in the UK. The report builds on the premise that a people-centric approach to understanding transport accessibility and inclusion is the key to ensuring socially sustainable transport futures for all.

Websites [Government Office for Science](#)

48. Digital inclusion in later life: cohort changes in internet use over a ten-year period in England

Author: MATTHEWS, K

Journal: Ageing & Society: Early Online

Abstract: The ability to use the internet frequently is likely to provide a useful means of engaging with society and using services in later life, yet older people are the most likely to suffer digital exclusion, with those of the oldest ages at the greatest risk. Poor health is shown to be a key factor in shaping the trajectory of internet use over time. Rates of internet use are consistently lower for women than men and for those in poorer financial circumstances, independently of age cohort. The findings demonstrate the importance of ensuring older people can remain digitally included throughout later life, including after the onset of poorer health, especially as some of these individuals might benefit the most from some of the services the internet can provide.

Websites [Cambridge Journals](#)

49. Changing the housing environment to reduce obesity in public housing residents: a cluster randomized trial

Author: BOWEN, D.J

Journal: BMC Public Health Vol: 18: Pages: 883

Abstract: Public housing residents face significant social, economic, and physical barriers to the practice of health behaviours for prevention of chronic disease. Research shows that public housing residents are more likely to report higher rates of obesity, current smoking, disability, and insufficient physical activity compared to individuals not living in public housing. Because these behaviours and conditions may be shaped by the built and social environments in which they live a study was conducted to test an environmental level diet and physical activity intervention targeting obesity among urban public housing developments. A total of 10 public housing developments were recruited and subsequently randomized to either receive the intervention package or to serve as comparison sites. The year-long intervention included components to change the dietary and physical activity-related environments of the developments. Surveys at baseline and one-year follow-up provided data on changes in behaviors and weight from participants in both intervention and control developments. Results show that the intervention participants significantly changed their eating and activity behaviors and body weight from baseline to one-year follow-up (p 's < .05) while comparison participants reported no significant changes in any study variable. In conclusion, these data provide initial support for the idea that interventions targeting the environment of public housing developments can assist residents to change unhealthy behaviors and can possibly reduce the high levels of chronic disease among public housing residents.

Websites [BioMed](#)

50. Understanding the health and wellbeing challenges of the food banking system: A qualitative study of food bank users, providers and referrers in London

Author: THOMPSON, C

Journal: Social Science & Medicine Vol: 211: Pages: 95-101

Abstract: In the UK, food poverty has been associated with conditions such as obesity, malnutrition, hypertension, iron deficiency, and impaired liver function. Food banks, the primary response to food poverty on the ground, typically rely on community referral and distribution systems that involve health and social care professionals and local authority public health teams. The perspectives of these key stakeholders remain

underexplored. This paper reports on a qualitative study of the health and wellbeing challenges of food poverty and food banking in London. A Critical Grounded Theory (CGT) analysis revealed that contemporary lived experiences of food poverty are embedded within and symptomatic of extreme marginalisation, which in turn impacts upon health. Specifically, food poverty was conceptualised by participants to: firstly, be a barrier to providing adequate care and nutrition for young children; secondly, be exacerbated by lack of access to adequate fresh food, food storage and cooking facilities; and thirdly, amplify existing health and social problems. Further investigation of the local government structures and professional roles that both rely upon and serve to further embed the food banking system is necessary in order to understand the politics of changing welfare landscapes.

Websites [Science Direct](#)

51. Objectively-assessed neighbourhood destination accessibility and physical activity in adults from 10 countries: An analysis of moderators and perceptions as mediators

Author: CERIN, E

Journal: Social Science & Medicine Vol: 211: Pages: 282-293

Abstract: Residents of neighbourhoods with high destination accessibility (higher population density, more-interconnected streets, and better access to services, public transport and parks) are more physically active. Evidence on the factors that underlie these associations is sparse and inconsistent. This study examined five socio-demographic and four non-destination perceived neighbourhood attributes as moderators of the relationship between objectively-assessed destination accessibility and moderate-to-vigorous physical activity (MVPA); perceived indicators of destination accessibility as mediators of those relationships; and, the generalizability of findings across 14 cities. The study concludes that densely populated neighbourhoods with access to public transport and parks have the potential to significantly and equitably contribute to adults' MVPA on a global scale. Perceived neighbourhood aesthetics, pedestrian-friendliness and safety can magnify the positive effects of mixed-use neighbourhoods on residents' MVPA by interacting with the perceived ease of access to a variety of destinations.

Websites [Science Direct](#)



OTHER

52. Female Genital Mutilation (FGM) - October 2018 to December 2018, Experimental Statistics Report

Author: NHS DIGITAL

Date: 28 February 2019

Abstract: The Female Genital Mutilation (FGM) Enhanced Dataset (SCCI 2026) is a repository for individual level data collected by healthcare providers in England, including acute hospital providers, mental health providers and GP practices. The Female Genital Mutilation (FGM) Enhanced Dataset (SCCI 2026) supports the Department of Health's FGM Prevention Programme by presenting a national picture of the prevalence of FGM in England. Key facts include: -

- There were 1,715 individual (1) women and girls who had an attendance where FGM was identified or a procedure related to FGM was undertaken in the period October 2018 to December 2018. These accounted for 2,150 attendances (2) reported at NHS trusts and GP practices where FGM was identified or a procedure related to FGM was undertaken.
- There were 975 newly recorded (3) women and girls in the period October 2018 to December 2018. Newly recorded means this is the first time they have appeared in this dataset. It does not indicate

how recently the FGM was undertaken, nor does it mean that this is the woman or girl's first attendance for FGM.

Websites [NHS Digital](#)

53. People who have never worked

Author: OFFICE FOR NATIONAL STATISTICS

Date: 28 February 2019

Abstract: The Office for National Statistics (ONS) has published analysis of the number of people who have never done paid work, their reasons for not working and some of their personal characteristics. Key figures:

- Around 3.6 million adults in the UK have never been paid for work.
- Of more than 41 million 16- to 64-year-olds in the UK, 75% were employed in July 2017 to June 2018, but there were still nearly 10% who had never done paid work.
- Young people aged 16 to 24 years represent most of the population who have never had a paid job – 71% including students. Even excluding those in full-time study, more than half of people who have never carried out paid work are aged under 30 years (52%).

Websites [ONS](#)

54. NHS Key Statistics: England, February 2019

Author: UK HOUSE OF COMMONS LIBRARY

Date: 17 February 2019

Abstract: Summary of NHS demand, performance and capacity of services in England. The briefing paper examines trends in the following areas:

- Accident & Emergency attendance and performance
- Ambulance demand and response times
- Waiting times and waiting lists for routine treatment
- Waiting times for cancer diagnosis and treatment
- Cancelled operations
- Delayed discharges and transfers of care
- Diagnostic waiting times and activity
- Waiting times for mental health treatment
- Workforce numbers for doctors, nurses and other staff
- Hospital activity, referrals and admissions
- Bed availability and occupancy

Websites [House of Commons Library](#)

55. Quality Watch: Public Health

Author: QUALITY WATCH

Date: 26 February 2019

Abstract: Six years on from the shift of responsibility for public health services from the NHS to local authorities, and three years on from the publication of the QualityWatch report, [Focus on: Public health and prevention](#), the indicators were re-examined to see how the quality of public health services has changed in recent years.

- obesity
- smoking
- substance misuse (drugs and alcohol)

- sexual and reproductive health
- immunisations.

Websites [Quality Watch](#)

56. Wider public health workforce review: 2018 to 2019

Author: PUBLIC HEALTH ENGLAND

Date: 12 March 2019

Abstract: This report details the findings of Public Health England's 2018 to 2019 review of the wider public health workforce. The report identifies 3 broad categories of work completed by the wider public health workforce:

- leading and advocating for health
- influencing the wider determinants of health
- direct contact with individuals and communities

It reports on progress to date to engage and develop the wider public health workforce across a range of sectors: healthcare; social care; emergency services; VCSE; education; employment; criminal justice; housing and planning

Websites [PHE](#)

57. Public satisfaction with the NHS and social care in 2018: Results from the British Social Attitudes survey

Author: ROBERTSON, R

Date: 07 March 2019

Abstract: This report, written with Nuffield Trust, shows that public satisfaction with the NHS overall continued to fall in 2018. The four main reasons people gave for being satisfied with the NHS overall were: the quality of care; the fact that the NHS is free at the point of use; the range of services and treatments available; and the attitudes and behaviour of NHS staff. The four main reasons people gave for being dissatisfied with the NHS overall were: long waiting times; staff shortages; a lack of funding; and money being wasted.

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