

# 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

1<sup>st</sup> February 2019

Please click on links below to take you to relevant sections or articles

Use Ctrl+Home to return to the contents

## ADULT SOCIAL CARE

---

1. Helping to prevent pressure ulcers: A quick guide for registered managers of care homes
2. From conversation to connection: a cross-case analysis of life-story work with five couples where one partner has semantic dementia
3. Squalor, chaos and feelings of disgust: care workers talk about older people with alcohol problems

## CHILDREN, YOUNG PEOPLE & FAMILIES

---

4. NCMP and Child Obesity Profile: academic year 2017 to 2018 update
5. National child measurement programme: briefing for elected members
6. e-Bug project 10 Year Anniversary
7. Safeguarding during adolescence– the relationship between Contextual Safeguarding, Complex Safeguarding and Transitional Safeguarding
8. Pressures on children's social care
9. State of Child Health: two years on
10. Attitudes to education: the British Social Attitudes Survey 2017
11. Mapping research into child sexual abuse. Findings from an initial survey
12. Differences in child obesity by ethnic group
13. Child death review: statutory and operational guidance (England)
14. Childhood obesity: time for action report – government response
15. Adverse childhood experiences and sources of childhood resilience: a retrospective study of their combined relationships with child health and educational attendance
16. Prevalence and correlates of 'sexual competence' at first heterosexual intercourse among young people in Britain

17. Imagining their Future Selves: Children's Attitudes to Older People and their Expectations of Life at Age 70
18. Father departure and children's mental health: How does timing matter?

## COMMISSIONING AND ECONOMICS

---

19. Weight management: guidance for commissioners and providers
20. Social care charging for local authorities: 2019 to 2020
21. NHS financial sustainability
22. 2018/19 Clinical Commissioning Groups (CCGs) Improvement and Assessment Framework Guidance for CCGs

## HEALTH CARE PUBLIC HEALTH

---

23. Cardiovascular disease profiles
24. Cerebral palsy in adults
25. Cancer survival in England: national estimates for patients followed up to 2017
26. The reality of asthma care in the UK Annual Asthma Survey 2018 report

## HEALTH IMPROVEMENT

---

27. Substance misuse treatment in secure settings: 2017 to 2018
28. Portion size and appetite control - Nutrition Bulletin
29. Breast screening: higher risk women
30. Lifestyle changes may be more important than drugs for mild hypertension
31. NHS Long Term Plan commits to Alcohol Care Teams - a genuine pledge?
32. Bike Life -Transforming cities: The potential of everyday cycling
33. National Diet and Nutrition (NDNS) Survey: time trend and income analyses for years 1-9
34. Investigation into the management of health screening
35. Cervical screening: primary HPV screening implementation
36. Longitudinal associations between TV viewing and BMI not explained by the 'mindless eating' or 'physical activity displacement' hypotheses among adults
37. Delivery and impact of the NHS Health Check in the first 8 years: a systematic review
38. Association between changes in lifestyle and all-cause mortality: the Health and Lifestyle Survey
39. Giving up sugar and the inequalities of abstinence

## HEALTH PROTECTION

---

40. Air Quality
41. Meningococcal B: vaccine information for healthcare professionals
42. Gastrointestinal infections and foodborne outbreaks in humans, England and Wales
43. UK 20-year vision for antimicrobial resistance
44. Tackling tuberculosis in under-served populations
45. Sexual and reproductive health in England: local and national data
46. Discourses on the postcoital pill in young women

47. Measles: is it still a threat?

## MATERNITY AND INFANTS

---

48. Birth characteristics in England and Wales: 2017  
49. Maternity services survey 2018  
50. Multiple deprivation and other risk factors for maternal obesity in Portsmouth, UK

## MENTAL HEALTH AND WELLBEING

---

51. Suicide prevention: cross-government plan  
52. Aerobic exercise is an effective treatment for depression  
53. Cognitive function trajectories and their determinants in older people: 8 years of follow-up in the English Longitudinal Study of Ageing  
54. Causal associations between body mass index and mental health: a Mendelian randomisation study

## WIDER DETERMINANTS

---

55. Innovation in council housebuilding  
56. Health risks of cold homes: data sources  
57. WHO Housing and health guidelines  
58. Sandwich generation  
59. Report on the health of refugees and migrants in the WHO European Region: no public health without refugee and migrant health (2018)  
60. Family spending in the UK: April 2017 to March 2018  
61. Health and Care of People with Learning Disabilities, Experimental Statistics: 2017 to 2018  
62. Digital inclusion project brings healthcare technology to the homeless  
63. Crime in England and Wales: year ending September 2018  
64. Modern Slavery Act 2015 review: second interim report  
65. The economic and social costs of domestic abuse  
66. Domestic abuse consultation response and draft bill  
67. Incorporating Concerns for Equity into Health Resource Allocation. A Guide for Practitioners  
68. Is it love or loneliness? Exploring the impact of everyday digital technology use on the wellbeing of older adults  
69. Neighbourhood deprivation and biomarkers of health in Britain: the mediating role of the physical environment

## OTHER

---

### 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

Follow the weblinks provided to access abstracts or where available, full text articles. Sometimes full text articles are only available via an Athens account.

### Registering for an Athens account

This can be done via <https://register.athensams.net/nhs/nhseng/> or <http://www.scie.org.uk/myscie/accnew>



## ADULT SOCIAL CARE

---

### 1. Helping to prevent pressure ulcers: A quick guide for registered managers of care homes

Author: NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

Date: January 2019

Abstract: A new quick guide from the National Institute for Health and Care Excellence (NICE) and the Social Care Institute for Excellence (SCIE) is designed to help registered care managers and other health and care professionals to understand why some people are particularly likely to develop pressure ulcers. It offers practical advice on how they can help to prevent them developing in people who have been assessed as at risk.

Websites [NICE](#)

### 2. From conversation to connection: a cross-case analysis of life-story work with five couples where one partner has semantic dementia

Author: KINDELL, J

Journal: Ageing & Society: Early online

Abstract: Semantic dementia causes progressive communication difficulties that significantly impact on the person and their family. There is a paucity of research examining conversation skills in this condition and associated interventions to support interaction, such as life-story work. This study used a multiple case study design to: explore the everyday conversation experiences of five individuals with semantic dementia and their spouses; and examine how intervention using interaction-focused life-story work could support communication needs. An innovative combination of conversation analysis of video and audio data alongside biographical interviewing was used. Cross-case analysis examined the contribution of life-story work to interaction and other aspects of care. Results showed that a range of challenges and skills were present within conversation. This study demonstrates that creativity within life-story work is important to foster social interaction, beyond information exchange, using both verbal and non-verbal behaviours. In addition, video data show promise for exploring in-the-moment outcomes for research and practice, particularly to capture the non-verbal dimensions of this work.

Websites [Cambridge](#)

### 3. Squalor, chaos and feelings of disgust: care workers talk about older people with alcohol problems

Author: KARLSSON, L

Journal: Ageing & Society Vol: 38: Pages: 1624-1644

Abstract: Older persons with alcohol problems have today become an all too common part of everyday elder care, but research in this area is still scarce. This article has a Swedish context with the aim of describing and analysing home care workers' narratives about older people who can be characterised as heavy drinkers, i.e. people with severe alcohol problems who need considerable care for extended periods. Limited knowledge is available concerning this age group. This article therefore fills a knowledge gap about home care workers' perspective about body work and the abject, and breaches the myth that older individuals should be able to drink as they prefer and/or notions of drinking alcohol as a last enjoyment in life. The care workers talked about how they got drawn into the daily lives of the care recipients and how they ended up in situations where

they, on the one hand, removed the consequences of drinking, and on the other, felt that they sustained the drinking by cleaning out dirt and washing the care recipients' bodies.

Websites [Cambridge](#)



## CHILDREN, YOUNG PEOPLE & FAMILIES

---

### 4. NCMP and Child Obesity Profile: academic year 2017 to 2018 update

Author: PUBLIC HEALTH ENGLAND

Date: 15 January 2019

Abstract: The NCMP and Child Obesity Profile online data tool has been updated. This annual update adds data for the 2017 to 2018 academic year. The profile displays prevalence of obesity, severe obesity, overweight, healthy weight and underweight at local, regional and national level over time; for children in Reception (aged 4 to 5 years) and Year 6 (aged 10 to 11 years). Users can compare local authority (LA) data by region or between 'CIPFA nearest neighbours' (LAs with similar characteristics). The tool also presents inequalities in obesity prevalence by sex, deprivation quintile and ethnic group by LA.

Websites [PHE](#)

### 5. National child measurement programme: briefing for elected members

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 15 January 2019

Abstract: Every year more than 1 million children are weighed and measured at school as part of the National Child Measurement Programme (NCMP). The exercise – one of the biggest programmes of its kind in the world – provides England with a record of just how many children are overweight and obese. Currently, over one in five reception year children (22.4 per cent) and over one in three Year 6 pupils (34.3 per cent) are overweight or obese. But it is more than just a simple data collection exercise. It also provides a valuable opportunity to engage children, schools, parents and other partners in tackling health inequalities.

Websites [LGA](#)

### 6. e-Bug project 10 Year Anniversary

Author: PUBLIC HEALTH ENGLAND

Date: 18 January 2019

Abstract: e-Bug is a free educational programme operated by Public Health England that teaches children and young people about infection control, hygiene and antibiotics. The e-Bug project was formally established in 2009 by a consortium of 18 European countries, partly funded by the European Commission's Directorate-General for Health and Food Safety (DG SANCO) and 2019 will mark its tenth anniversary. e-Bug is a free educational resource for classroom and home use and makes learning about micro-organisms, the spread, prevention and treatment of infection fun and accessible for all students.

Websites [PHE](#)

**7. Safeguarding during adolescence– the relationship between Contextual Safeguarding, Complex Safeguarding and Transitional Safeguarding**

Author: FIRMIN, C

Date: 11 January 2019

**Abstract:** This briefing note produced by the Contextual Safeguarding Network at the University of Bedfordshire, with Research in Practice and Rochdale Borough Council, outlines what is meant by the terms 'complex safeguarding', 'contextual safeguarding' and 'transitional safeguarding' and how these approaches overlap and complement each other. Practitioners, researchers and policy advisors have been developing and testing ways to advance child protection and multi-agency safeguarding practices to better engage with these dynamics of the adolescent experience. This briefing note details how these areas engage with some of the challenges and risks associated with adolescence. It also provides a summary table of how the three relate to each other, including differences and commonalities. The briefing is aimed at anyone interested in understanding more about new concepts and/or approaches to safeguarding young people and how they relate to each other.

Websites [Research in Practice](#)

**8. Pressures on children's social care**

Author: NATIONAL AUDIT OFFICE

Date: 23 January 2019

**Abstract:** This report sets out recent trends in pressures on children's social care and the response of both national and local government to these pressures. It also sets out analysis that the National Audit Office conducted about what is causing variations in children's social care demand and activity between different local authorities. The report finds that in 2017-18 655,630 children were referred to local authorities because of concerns about their welfare. This was a rise of 7% since 2010-11, slightly above population growth for children aged 0-17. However local authorities carried out 77% more child protection assessments. The reasons for this disproportionate increase in assessments compared with referrals are unknown. The report concludes that the Department for Education does not fully understand what is driving demand for children's social care, nor why there is such wide variation between local authorities in their children's social care activity and costs, as it has not yet done the work to tie together available sources of information.

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

**9. State of Child Health: two years on**

Author: ROYAL COLLEGE OF PAEDIATRICS AND CHILD HEALTH

Date: 23 January 2019

**Abstract:** The Royal College of Paediatrics and Child Health (RCPCH) 2017 State of Child Health report revealed health inequalities between the UK's most disadvantaged children and young people and their more affluent peers. Two years on, the scorecard for England assesses progress made against the State of Child Health policy recommendations. It reveals achievements in key areas and a more positive picture for infants, children and young people. However, child poverty, cuts to public health services and political uncertainty pose threats to progress. Please also see Local Government Association response.

Websites [RCPCH - Press Release](#); [Scorecard](#); [LGA Response](#)

**10. Attitudes to education: the British Social Attitudes Survey 2017**

Author: UNITED KINGDOM Department for Education

Date: 24 January 2019

**Abstract:** British public attitudes to education and children's services: part of NatCen's British Social Attitudes



(BSA) Survey for 2016 and 2017. The reports contain answers to questions seeking to measure public attitudes to:

- the role of schools
- post-16 education
- pre-school care and education
- special educational needs and disability
- child abuse and child protection

Websites [DfE](#)

### **11. Mapping research into child sexual abuse. Findings from an initial survey**

Author: PASCOE, P  
Date: January 2019

Abstract: The CSA Centre has identified that, while there is a significant level of research activity on topics related to child sexual abuse, there is a lack of coordination across the field. In response, a survey was released in early 2018 in a bid to map current and ongoing research in this field. Details of 163 projects were submitted, and additional input was provided via other stakeholder engagement during the survey period. Key statistics can be found in this report.

Websites [CSA Centre](#)

### **12. Differences in child obesity by ethnic group**

Author: PUBLIC HEALTH ENGLAND  
Date: 23 January 2019

Abstract: This ad hoc statistical publication presents analyses of National Child Measurement Programme (NCMP) data collected in the 2016 to 2017 school year. It shows how child obesity prevalence varies by ethnicity, after adjustment for other explanatory variables. The NCMP is an annual programme that measures the height and weight of over 1 million children in Reception (aged 4 to 5 years) and Year 6 (aged 10 to 11 years) in state maintained schools in England.

Websites [PHE](#)

### **13. Child death review: statutory and operational guidance (England)**

Author: DEPARTMENT OF HEALTH AND SOCIAL CARE; UNITED KINGDOM Department for Education  
Date: 25 January 2019

Abstract: This updated guidance sets out the full process that follows the death of a child who is normally resident in England. It builds on the statutory requirements set out in [Working together to safeguard children](#) and clarifies how individual professionals and organisations across all sectors involved in the child death review should contribute to reviews.

Websites [DHSC](#); [DfE](#)

### **14. Childhood obesity: time for action report – government response**

Author: DEPARTMENT OF HEALTH AND SOCIAL CARE  
Date: 30 January 2019

Abstract: This command paper sets out the government's response to the conclusions and recommendations in the [Health and Social Care Select Committee's report 'Childhood obesity: Time for action'](#). The committee's report covered the following areas:

- a whole systems approach
- marketing and advertising
- price promotions
- early years and schools
- takeaways
- fiscal measures
- labelling
- support for children living with obesity

The government's response addresses each of these areas.

Websites [DHSC](#)

#### **15. Adverse childhood experiences and sources of childhood resilience: a retrospective study of their combined relationships with child health and educational attendance**

Author: BELLIS, M.A

Journal: BMC Public Health Vol: 18: Pages: 792

**Abstract:** Adverse childhood experiences (ACEs) including maltreatment and exposure to household stressors can impact the health of children. Community factors that provide support, friendship and opportunities for development may build children's resilience and protect them against some harmful impacts of ACEs. This study examines if a history of ACEs is associated with poor childhood health and school attendance and the extent to which such outcomes are counteracted by community resilience assets. Results show that prevalence of each common childhood condition, poor childhood health and school absenteeism increased with number of ACEs reported. Childhood community resilience assets (being treated fairly, supportive childhood friends, being given opportunities to use your abilities, access to a trusted adult and having someone to look up to) were independently linked to better outcomes. In those with  $\geq 4$  ACEs the presence of all significant resilience assets (vs none) reduced adjusted prevalence of poor childhood health from 59.8 to 21.3%. In conclusion, better prevention of ACEs through the combined actions of public services may reduce levels of common childhood conditions, improve school attendance and help alleviate pressures on public services. Whilst the eradication of ACEs remains unlikely, actions to strengthen community resilience assets may partially offset their immediate harms.

Websites [BioMed](#)

#### **16. Prevalence and correlates of 'sexual competence' at first heterosexual intercourse among young people in Britain**

Author: PALMER, M.J

Journal: British Medical Journal Sexual and Reproductive Health: Early online

**Abstract:** A greater understanding of the circumstances of first sexual intercourse, as opposed to an exclusive focus on age at occurrence, is required in order that sexual health and well-being can be promoted from the onset of sexual activity. This study used data from the third National Survey of Sexual Attitudes and Lifestyles (Natsal-3) conducted in Britain. Participants were categorised as 'sexually competent' at first heterosexual intercourse if the following self-reported criteria applied to the event: contraceptive use, autonomy of decision, both partners 'equally willing', and occurrence at the perceived 'right time'. The prevalence of 'sexual competence', and its component parts was examined, by age at first intercourse among 17–24-year-olds. Using multivariable logistic regression, it explored associations between sexual competence and potential explanatory factors. Results found variation in 'sexual competence' and its component parts was associated with, but not fully explained by, age at first sex: 22.4% and 36.2% of men and women who had first sex at age 13–14 years were categorised as 'sexually competent', rising to 63.7% and 60.4% among those aged  $\geq 18$  years at first intercourse. Lack of sexual competence was independently associated with: first intercourse before the age of 16 years, area-level deprivation (men only), lower educational level, black ethnicity (women only), reporting 'friends' as main source of learning about sex (women only), non-'steady' relationship at first sex, and uncertainty of first partner's virginity status. In conclusion a substantial proportion of young people in Britain transition into sexual activity under circumstances incompatible with positive sexual health. Social inequalities in sexual health are reflected in the context of first intercourse.



Websites [BMJ](#)

### 17. Imagining their Future Selves: Children's Attitudes to Older People and their Expectations of Life at Age 70

Author: LLOYD, K

Journal: Children & Society: Early online

Abstract: Studies eliciting the views of children on ageing are rare, particularly those that focus on imagining a future self as an 'old' person and how this might be linked to current attitudes to older people. To address this gap, 2,365 children participated in an online survey which included questions on ageing. Findings suggest that children who hold negative views about old people visualise poorer outcomes for themselves at age 70. Implications of the findings are discussed in the context of an ageing population and the need to develop strategies to prevent the formation of prejudices against older people from an early age.

Websites [Wiley](#)

### 18. Father departure and children's mental health: How does timing matter?

Author: FITZSIMONS, E

Journal: Social Science and Medicine: Early online

Abstract: Father's permanent departure from the household in childhood has the potential to affect child mental health. Using five waves of data spanning ages 3 to 14 from the Millennium Cohort Study, a UK-wide nationally [representative longitudinal study](#), this paper uses fixed effect models to examine the effect of paternal absence on children's mental health (i.e. externalising and internalising problems) in a sample of 6245 children. Heterogeneity of effects are examined by gender and maternal education. A novel aspect is to examine how the timing of departure matters, and to assess whether there are developmental periods that are especially sensitive to paternal departure, and whether effects are temporary or enduring. The study finds that paternal departure has a negative effect on child mental health, particularly on internalising symptoms. Striking gender differences emerge in examining effects by timing and duration. There are no short-term effects of departure in early childhood, and only weak evidence of females showing an increase in internalising symptoms in the medium-term. Paternal departure in later childhood, on the other hand, is associated with an increase in internalising problems in both males and females, and increased externalising symptoms for males only. The study does not find maternal education to be a protective factor.

Websites [Science Direct](#)



## COMMISSIONING AND ECONOMICS

---

### 19. Weight management: guidance for commissioners and providers

Author: PUBLIC HEALTH ENGLAND

Date: 17 January 2019

Abstract: Updated guides to support the commissioning and delivery of tier 2 weight management services for children, families and adults. The latest document to be added to the collection is Key Performance Indicators (KPIs): tier 2 weight management services for children and their families.

Websites [PHE](#)

## **20. Social care charging for local authorities: 2019 to 2020**

Author: DEPARTMENT OF HEALTH AND SOCIAL CARE

Date: 23 January 2019

Abstract: This circular advises local authorities of the social care charging arrangements for 2019 to 2020. It includes details about:

- capital limits
- personal expenses allowance
- minimum income guarantee
- savings credit

Websites [DHSC](#)

## **21. NHS financial sustainability**

Author: NATIONAL AUDIT OFFICE

Date: 18 January 2019

Abstract: This is the seventh report on the financial sustainability of the NHS. The NAO concludes that the existence of substantial deficits in some parts of the system, offset by surpluses elsewhere coupled with growing waiting lists and year-on-year increases in waiting times, does not paint a picture that is sustainable. The recent NHS long-term plan sets out a prudent approach to achieving the priorities and tests set by the government in return for its long-term funding settlement but a number of risks remain to the delivery of the plan.

Websites [NAO](#)

## **22. 2018/19 Clinical Commissioning Groups (CCGs) Improvement and Assessment Framework Guidance for CCGs**

Author: NHS ENGLAND

Date: 25 January 2019

Abstract: This guidance document has been developed to support CCGs to identify and compile evidence, and to complete the evidence template for the Patient and Community Engagement Indicator in the CCG Improvement and Assessment Framework (CCG IAF) 2018/19.

Websites [NHS England](#)



## **HEALTH CARE PUBLIC HEALTH**

---

## **23. Cardiovascular disease profiles**

Author: PUBLIC HEALTH ENGLAND

Date: January 2019

Abstract: The cardiovascular disease (CVD) profiles have been updated by Public Health England (PHE). The tool presents an overview of data on cardiovascular and cardiovascular related conditions of heart disease,

stroke, diabetes and kidney disease. The profiles are for commissioners and health professionals when assessing the impact of cardiovascular disease on their local population and making decisions about services. They include data on mortality, hospital admissions, procedures and disease management.

Websites [PHE](#)

#### **24. Cerebral palsy in adults**

Author: NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

Date: January 2019

Abstract: This guideline covers care and support for adults with cerebral palsy. It aims to improve health and wellbeing, promote access to services and support participation and independent living.

Websites [NICE](#)

#### **25. Cancer survival in England: national estimates for patients followed up to 2017**

Author: OFFICE FOR NATIONAL STATISTICS

Date: 24 January 2019

Abstract: For the first time the Office for National Statistics has been able to publish robust 1-year, 5-year and 10-year net-survival estimates for adults diagnosed with cancer between 2012 and 2016 and followed up to 2017, and by stage at diagnosis. Main points include:-

- Adults diagnosed at stage 1 with either melanoma of the skin, prostate or breast (women only) cancer have the same chance of surviving 1-year after diagnosis as an individual in the general population.
- Melanoma of the skin had the highest net-survival estimate for 1-year survival in both men (97.4%) and women (98.6%) and for 5-year survival in both men (89.2%) and women (93.9%).
- Pancreatic cancer had the lowest net-survival estimate for 1-year survival in men (23.7%) and women (25.3%) and for 5-year survival in both men (6.4%) and women (7.5%).
- Predicted 10-year survival was also highest for melanoma of the skin for both men and women at 85.0% and 90.9% respectively, and lowest for lung cancer for both men and women at 7.0% and 10.6% respectively.

Websites [ONS](#)

#### **26. The reality of asthma care in the UK Annual Asthma Survey 2018 report**

Author: Asthma UK

Date: 25 January 2019

Abstract: This report finds that young people in the UK are more likely to be at high risk of having an asthma attack and the least likely to get life-saving basic asthma care than any other age group, according to a new report launched today by Asthma UK.

Findings in the 2018 Annual Asthma Report surveyed more than 10,000 people with asthma and revealed that:

- Two thirds (67%) of millennials, those aged 18-29, are not getting basic asthma care, higher than any other age group<sup>1</sup>
- Millennials are more likely to have uncontrolled asthma, putting them at a higher risk of an asthma attack
- They are twice as likely to need emergency care compared to those over 60 years old
- The National Review of Asthma Deaths found two thirds of asthma deaths would have been prevented if people had had basic asthma care

- Basic care includes, among other things, a written asthma action plan, a yearly review with your doctor, and an inhaler check.

Websites [Asthma UK](#)



## HEALTH IMPROVEMENT

---

### 27. Substance misuse treatment in secure settings: 2017 to 2018

Author: PUBLIC HEALTH ENGLAND

Date: 17 January 2019

Abstract: Statistics for alcohol and drug misuse treatment in prisons and other secure settings from PHE's national drug treatment monitoring system (NDTMS). Healthcare professionals can use these resources to understand:

- outcomes of alcohol and drug treatment services in secure settings in England
- the profile of adults and young people accessing alcohol and drug treatment services in secure settings

The data will help with planning, commissioning and improving services in prisons and other secure settings.

Websites [PHE](#)

### 28. Portion size and appetite control - Nutrition Bulletin

Author: BRITISH NUTRITION FOUNDATION

Date: January 2019

Abstract: Nutrition Bulletin (January 2019) has published a Virtual Issue (all papers free to download) on 'Portion size and appetite control', to coincide with the launch of the British Nutrition Foundation's (BNF) practical guide on portion sizes 'Find Your Balance', which complements the UK government's Eatwell Guide. The Virtual Issue comprises nine papers by leading scientists and explores current knowledge about how appetite sensations and portion size choices influence energy (calorie) intake.

Websites [Wiley](#); [Find your Balance](#); [Eatwell Guide](#)

### 29. Breast screening: higher risk women

Author: PUBLIC HEALTH ENGLAND

Date: 17 January 2019

Abstract: This updated document explains the NHS breast screening programme for women defined as being at higher risk of breast cancer. Healthcare professionals can use this leaflet to explain breast screening. It includes information about:

- what the term 'higher risk' means
- screening procedures
- eligibility for screening

Websites [PHE](#)

**30. Lifestyle changes may be more important than drugs for mild hypertension**

Author: NATIONAL INSTITUTE FOR HEALTH RESEARCH

Date: 22 January 2019

Abstract: Consideration of wider risk factors may be important when treating adults with low-risk mild hypertension (raised blood pressure). A large NIHR-funded UK study compared rates of mortality and risk of cardiovascular disease between patients who received antihypertensive treatment and those who did not. There was an increased risk of adverse effects, like low blood pressure. It found no evidence to support starting drug treatment for adults of low-cardiovascular risk with mild hypertension. This is in line with current NICE guidelines which suggest offering lifestyle advice on several occasions before looking for pharmacological treatment in mild hypertension. There is an ongoing debate about treatment thresholds for mild hypertension, but overall, considering cardiovascular risk and addressing unhealthy lifestyle habits may be more important than tackling raised blood pressure alone. This study is a helpful contribution to a wider debate on avoiding over-treatment and shows the value of large patient datasets to address uncertainties.

Websites [NIHR](#); [JAMA Intern Med. 2018;178\(12\):1626-34](#)

**31. NHS Long Term Plan commits to Alcohol Care Teams - a genuine pledge?**

Author: ALCOHOL POLICY UK

Date: 22 January 2019

Abstract: The Government recently announced its new NHS Long Term Plan (LTP), which includes a commitment to establish Alcohol Care Teams (ACTs) in hospitals with the highest rate of 'alcohol dependence-related admissions'. This publication for Alcohol Policy UK looks at the current situation in regard to alcohol strategy, policy and prevention.

Websites [Alcohol Policy UK](#)

**32. Bike Life -Transforming cities: The potential of everyday cycling**

Author: Sustrans

Date: 28 January 2019

Abstract: An estimated 34,000 incidences of eight life-threatening conditions, including Type 2 diabetes, stroke, breast cancer and depression, would be prevented in seven major cities between 2017 and 2040, if cycling increased at rates like those seen since the millennium in London. This report looks at what the health, economic and environmental benefits of cycling could look like by 2040 in seven UK cities: Belfast, Birmingham, Bristol, Cardiff, Edinburgh, Greater Manchester and Newcastle.

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

**33. National Diet and Nutrition (NDNS) Survey: time trend and income analyses for years 1-9**

Author: PUBLIC HEALTH ENGLAND

Date: 23 January 2019

Abstract: National Diet and Nutrition Survey results from 2008 to 2017 assessing time and income trends for diet, nutrient intake and nutritional status for the UK. The National Diet and Nutrition Survey (NDNS) rolling programme is a continuous, cross-sectional survey. It is designed to collect detailed, quantitative information on the food consumption, nutrient intake and nutritional status of the general population aged 1.5 years and over living in private households in the UK. The survey covers a representative sample of around 1000 people per year. Fieldwork began in 2008 and is now in its eleventh year. This report presents time trend and income analyses of food consumption, nutrient intake and nutritional status data for adults and children from 1.5 years in the UK. Consumption of food groups and seasonal differences in blood levels of vitamin D are also presented.

Websites [PHE](#)

### 34. Investigation into the management of health screening

Author: NATIONAL AUDIT OFFICE

Date: 01 February 2019

Abstract: Health screening is a way of identifying apparently healthy people who may have a higher risk of developing a particular condition, so that they can be offered treatment or management techniques at an earlier stage where this may make a difference to the outcome. There are currently 11 national screening programmes in England. During 2017-18, more than 7.9 million people were screened under the four programmes covered by this report: abdominal aortic aneurysm, bowel cancer, breast cancer and cervical cancer. In 2018, two events (on the breast and cervical screening programmes) raised concerns about the management and understanding of screening programmes. The National Audit Office investigation focuses on:

- delivery of health screening programmes
- performance of health screening programmes
- oversight of health screening programmes
- progress in implementing change in screening programmes

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

### 35. Cervical screening: primary HPV screening implementation

Author: PUBLIC HEALTH ENGLAND

Date: 31 January 2019

Abstract: This guidance is to aid local providers of the NHS Cervical Screening Programme in implementing high-risk human papillomavirus (hrHPV) testing.

Websites [PHE](#)

### 36. Longitudinal associations between TV viewing and BMI not explained by the 'mindless eating' or 'physical activity displacement' hypotheses among adults

Author: CLELAND, V

Journal: BMC Public Health Vol: 18: Pages: 797

Abstract: The mechanisms explaining the positive relationship between television (TV) viewing and body mass index (BMI) are unclear. 'Mindless eating' and 'physical activity displacement' theories have been suggested, but have not been tested longitudinally among young adults. This study aimed to determine whether longitudinal associations between young adults' TV viewing and BMI are explained by changes in TV-related food and beverage consumption (FBC) and/or leisure-time physical activity (LTPA) over 5 years among young adults. Findings show that the association between TV viewing time and BMI was not explained by TV-related FBC or LTPA hypotheses. Increased TV-related FBC was associated with increased TV viewing and greater increases in BMI. LTPA increases were not associated with changes in TV viewing, and increases in BMI were smallest when LTPA increased and greatest when LTPA decreased. The study concludes that factors other than changes in TV-related FBC or LTPA may explain the longitudinal relationship between TV viewing and increasing BMI among young adults. Findings confirm that TV viewing is a risk factor for weight gain in young adults but the underlying causal mechanisms remain unclear.

Websites [BioMed](#)

### 37. Delivery and impact of the NHS Health Check in the first 8 years: a systematic review

Author: MARTIN, A

Journal: British Journal of General Practice Vol: 68 Part: 672: Pages: 449-459



**Abstract:** Since 2009, all eligible persons in England have been entitled to an NHS Health Check. Uncertainty remains about who attends, and the health-related impacts. This study aims to review quantitative evidence on coverage (the proportion of eligible individuals who attend), uptake (proportion of invitees who attend), and impact of NHS Health Checks. Twenty-six observational studies and one additional dataset were included. Findings show that since 2013, 45.6% of eligible individuals have received a health check. Coverage is higher among older people, those with a family history of coronary heart disease, those living in the most deprived areas, and some ethnic minority groups. Just under half (48.2%) of those invited have taken up the invitation. Data on uptake and impact (especially regarding health-related behaviours) are limited. Uptake is higher in older people and females, but lower in those living in the most deprived areas. Attendance is associated with small increases in disease detection, decreases in modelled cardiovascular disease risk, and increased statin and antihypertensive prescribing. The study concludes that published attendance, uptake, and prescribing rates are all lower than originally anticipated, and data on impact are limited, with very few studies reporting the effect of attendance on health-related behaviours. High-quality studies comparing matched attendees and non-attendees and health economic analyses are required.

Websites [BJGP](#)

### **38. Association between changes in lifestyle and all-cause mortality: the Health and Lifestyle Survey**

Author: WHITE, J

Journal: Journal of Epidemiology and Community Health Vol: 72 Part: 8

**Abstract:** This study examines the combined influence of changes in physical activity, diet, smoking and alcohol consumption on all-cause mortality. Health behaviours were assessed in 1984/1985 and 1991/1992 in 8123 adults from the UK (4666 women, median age 41.0 years). An unhealthy lifestyle score was calculated, allocating one point for smoking, fruits and vegetables <3 times a day, physical activity <2 hours a week and >14 units (women) or >21 units of alcohol (men) per week. Findings show that there were 2003 deaths over a median follow-up of 6.6 years following the resurvey. The modal change in the unhealthy lifestyle score was zero, 41.8% had the same score, 35.5% decreased and 22.7% increased score between surveys. A one unit decrease in the unhealthy lifestyle score was not associated with a beneficial effect on mortality. A one unit increase in the unhealthy lifestyle score increased the risk of mortality. The study concludes that in this general population sample, the adoption of an unhealthy lifestyle was associated with an increased risk of mortality.

Websites [JECH](#)

### **39. Giving up sugar and the inequalities of abstinence**

Author: THROSBY, K

Journal: Sociology of Health & Illness Vol: 40 Part: 6: Pages: 954-968

**Abstract:** Sugar is increasingly supplanting fat as public enemy number one in public health campaigns, and calls for significant reductions in consumption have provided fertile ground for the proliferation of popular texts and services advocating sugar abstinence. This article explores three modes of popular sugar abstinence (evangelical, experimental and charitable). These vary in chronology, philosophy and the intensity of abstinence, but all serve as sites of identity production and self-entrepreneurship for those able to advocate for, and engage with, them. The article argues that these abstinence narratives are not only premised on the exercise of social privilege, but that they also necessarily reproduce and sediment those social hierarchies. This is achieved through a combination of nutritionism and healthism, dislocating sugar and its consumption from the vast social, economic and environmental inequalities within which both the consumption of sugar, and the act of giving it up, is made meaningful.

Websites [Wiley](#)



## HEALTH PROTECTION

---

### 40. Air Quality

Author: UNITED KINGDOM Department of Environment Food and Rural Affairs  
Date: 14 January 2019

Abstract: The Department for Environment, Food and Rural Affairs have updated 3 documents. They are as follows:-

- Impact pathway guidance for valuing changes in air quality
- Air quality: economic analysis
- Air quality: explaining air pollution

Websites [Air quality Impact pathway guidance](#); [Air quality: economic analysis](#); [Air quality: explaining air pollution](#)

### 41. Meningococcal B: vaccine information for healthcare professionals

Author: PUBLIC HEALTH ENGLAND  
Date: 14 January 2019

Abstract: Updated information for healthcare professionals regarding the immunisation against meningococcal B disease for infants aged from 2 months.

Websites [PHE](#)

### 42. Gastrointestinal infections and foodborne outbreaks in humans, England and Wales

Author: PUBLIC HEALTH ENGLAND  
Date: 11 January 2019

Abstract: Updated routine reports on general outbreaks of foodborne illness and laboratory reports of common enteric infections and other enteric diseases, with cumulative totals. The most recent report is for November to December 2018.

Websites [PHE](#)

### 43. UK 20-year vision for antimicrobial resistance

Author: DEPARTMENT OF HEALTH AND SOCIAL CARE  
Date: 24 January 2019

Abstract: The vision and plan were developed across the government, its agencies and administrations in Scotland, Wales and Northern Ireland, with support from a range of stakeholders. It is supported by the [UK 5-year action plan for antimicrobial resistance 2019 to 2024](#). Both documents build on the achievements of the [UK 5-year AMR strategy 2013 to 2018](#).

Websites [DHSC](#); [DHSC - 5 year action plan](#)

### 44. Tackling tuberculosis in under-served populations

Author: PUBLIC HEALTH ENGLAND  
Date: 23 January 2019

Abstract: Dealing with TB among underserved populations (USPs) is one of the key areas for action identified in the [Collaborative TB strategy for England](#). The revised 2019 version of this resource has been developed to:

- improve the understanding of the health needs of USPs with TB
- support the design and delivery of multi-agency programmes and services to better meet those needs
- reduce the health inequalities associated with TB among USPs

This 2019 revision has been updated with epidemiological data for 2012 to 2017, several additional recommendations and many new exemplars of good practice.

Websites [PHE](#)

#### **45. Sexual and reproductive health in England: local and national data**

Author: PUBLIC HEALTH ENGLAND

Date: 22 January 2019

**Abstract:** Updated guidance to help health professionals including local government, service providers and commissioners understand the sexual health data available across England and how the data can be accessed. It includes data collected by Public Health England and other organisations. This information provides an overview of the information available on sexually transmitted infection (STIs), HIV, contraception, conception and abortion and where to access it. It is divided into indicators (used for tracking progress), detailed local information (collation and interpretation of local intelligence) and national resources (tables and reports).

Websites [PHE](#)

#### **46. Discourses on the postcoital pill in young women**

Author: BAUZA-AMENGUAL, M

Journal: BMC Public Health Vol: 18: Pages: 803

**Abstract:** Emergency contraception (EC) is an effective postcoital contraceptive method for reducing the risk of unwanted pregnancy after unprotected intercourse. The estimated effectiveness of EC is between 70 and 89% if taken within 72 h following intercourse. This study, aims to explore the knowledge of, attitudes towards and discourse regarding the use of EC in women aged 15 to 25 years. Findings show that EC is perceived positively by women. They do not express issues with taking it, although some feel guilty. False beliefs and misconceptions regarding EC are held: EC delivers an excess of hormones, induces abortion and causes severe side effects. Women mention that the health professionals who provide EC have moral beliefs. Women use it because of condom breakage associated with their first coital relations. The results of this study have public health implications: The sexual-affective health education received by young people should incorporate clear information about the mechanism of action of the EC pill and its side effects together with empowerment strategies addressing guilt and moralistic messages. Programmes and training activities for health professionals must be designed to prevent the communication of inappropriate messages such as those that exaggerate the side effects of EC and those that promote fear and guilt, because they represent a barrier to the responsible use of this medication.

Websites [BioMed](#)

#### **47. Measles: is it still a threat?**

Author: MOTEN, M

Journal: British Journal of General Practice: Early online

**Abstract:** GPs see many patients presenting with viral rash illnesses and may not think of measles when making diagnostic decisions. Measles is a highly infectious viral disease easily prevented by vaccination, yet it remains an important cause of morbidity and mortality globally. In 2017, the World Health Organization (WHO) announced that measles was eliminated in the UK, as there had been a '*sustained interruption of endemic transmission for at least 36 months*' and vaccine coverage for the first dose of measles, mumps, and rubella (MMR) in 5-year-olds had reached the WHO target of 95%. Despite this progress, measles remains a threat to the UK population. There have been several outbreaks across Europe in countries where MMR uptake has been low historically, including Romania, France, Greece, and Italy, with 48 measles deaths reported in the European Union since 2016. The number of laboratory-confirmed cases of measles in England

has increased. Between 1 January 2018 and 2 July 2018 there have been 738 measles cases in England, with several outbreaks across the country, mainly linked to importations from Europe. As a result, Public Health England (PHE) has declared a national measles incident.

Websites [BJGP](#)



## MATERNITY AND INFANTS

---

### 48. Birth characteristics in England and Wales: 2017

Author: OFFICE FOR NATIONAL STATISTICS

Date: 10 January 2019

Abstract: Annual live births by sex, ethnicity and month, maternities by place of birth and with multiple births, and stillbirths by age of parents and calendar quarter. Some of the main point include:-

- In 2017, there were 679,106 live births in England and Wales, the lowest number of live births since 2006; of these, 51.3% were boys and 48.7% were girls.
- The average age of first-time mothers was 28.8 years in 2017, unchanged since 2016; the average age of all fathers increased to 33.4 years in 2017, up from 33.3 years in 2016.
- 42% of all live births were first births, 35% were second births and 23% were third or subsequent births in 2017.
- The percentage of women giving birth at home was 2.1% in 2017, unchanged from 2016 but a slight decline compared with 2012 to 2015 when 2.3% of women gave birth at home.

Websites [ONS](#)

### 49. Maternity services survey 2018

Author: CARE QUALITY COMMISSION

Date: January 2019

Abstract: NHS maternity services provide care and support to women before giving birth (antenatal care), during the birth and in the 6-8 week period following the birth (postnatal care). Understanding the experiences of the women who use them is essential to providing high-quality care. This maternity survey received responses from more than 17,600 women who gave birth during February 2018 (as well as January 2018 if trusts had smaller numbers of births during February). Women were asked about their experiences of care during labour and birth, as well as the quality of antenatal and postnatal support they received. Findings show that overall, women reported positive experiences for many areas of their maternity care in 2018. However, the findings show that there has been limited improvement in patient experience between 2017 and 2018.

Websites [CQC - Report](#); [CQC - More information](#)

### 50. Multiple deprivation and other risk factors for maternal obesity in Portsmouth, UK

Author: WALKER, I

Journal: Journal of Public Health: Early online

Abstract: Maternal obesity is known to be associated with a range of adverse outcomes, both for the mothers and their children. It may be more prevalent in areas with higher deprivation as measured by the Index of Multiple Deprivation (IMD), but this has not been demonstrated consistently. This study focused primarily on

the relationship between maternal obesity and deprivation in a setting where areas of significant deprivation are surrounded by the overall affluent South East England. The study used the records of 3830 women who delivered under the care of a Portsmouth hospital from 1 April 2013 to 31 March 2014. Following adjustment findings show that women in the most deprived IMD quintile were 1.60 times more likely to be obese compared to those in the least deprived quintile. Maternal obesity was also found to be associated with ethnicity and parity, but not with age or smoking status. The study concludes that maternal obesity increased with increasing deprivation. IMD may be a useful group-level indicator when planning interventions aimed at tackling maternal obesity.

Websites [Oxford](#)



## MENTAL HEALTH AND WELLBEING

---

### 51. Suicide prevention: cross-government plan

Author: DEPARTMENT OF HEALTH AND SOCIAL CARE

Date: 22 January 2019

Abstract: This first cross-government suicide prevention workplan will be led by the new Suicide Prevention Minister Jackie Doyle-Price. It sets out the actions being taken up to 2020 to carry out the suicide prevention strategy for England. These actions will be taken by: national and local government; the NHS and other stakeholders, including the voluntary sector. The fourth progress report of the suicide prevention strategy has been published alongside this.

Websites [DHSC - Suicide Prevention Cross-government plan](#); [DHSC - Suicide Prevention 4th Annual progress report](#)

### 52. Aerobic exercise is an effective treatment for depression

Author: NATIONAL INSTITUTE FOR HEALTH RESEARCH

Date: 22 January 2019

Abstract: A systematic review shows aerobic exercise improves clinically diagnosed major depression compared with antidepressants or treatment as usual. Previous reviews found conflicting evidence of benefit. The new review only included the trials thought to have the most applicable results. This meant that trials recruiting people who might not have a clinical diagnosis of depression or through media adverts were not considered. Also, studies were only included if they featured aerobic exercise – walking, jogging or using cardiovascular gym equipment rather than other activities such as stretching. Exercise is already recommended as a low-intensity psychological intervention in national guidance. Though the review only included 11 trials of 455 adults, the results are encouraging, especially as it included both inpatients and outpatients. It provides a potential alternative option for people to consider rather than, or in addition to antidepressant medication.

Websites [NIHR](#)

### 53. Cognitive function trajectories and their determinants in older people: 8 years of follow-up in the English Longitudinal Study of Ageing

Author: ZANINOTTO, P

Journal: Journal of Epidemiology and Community Health Vol: 72 Part: 8

**Abstract:** Maintaining cognitive function is an important aspect of healthy ageing. This study examined age trajectories of cognitive decline in a large nationally representative sample of older people in England. It explored the factors that influence such decline and whether these differed by gender. Latent growth curve modelling was used to explore age-specific changes, and influences on them, in an 8-year period in memory, executive function, processing speed and global cognitive function among 10 626 participants in the English Longitudinal Study of Ageing. The results after adjustment show that women had significantly less decline than men in memory, executive function and global cognitive function. Increasing age and dementia predicted faster rates of decline in all cognitive function domains. Depression and alcohol consumption predicted decline in some cognitive function domains in men only. Poor physical function, physical inactivity and smoking were associated with faster rates of decline in specific cognitive domains in both men and women. For example, relative to study members who were physically active, the sedentary experienced greater declines in memory and global cognitive function. In conclusion, the potential determinants of cognitive decline identified in this study, in particular modifiable risk factors, should be tested in the context of randomised controlled trials

Websites [JECH](#)

#### **54. Causal associations between body mass index and mental health: a Mendelian randomisation study**

Author: VAN DEN BROEK, N

Journal: Journal of Epidemiology and Community Health Vol: 72 Part:8

**Abstract:** Body mass index (BMI) is correlated negatively with subjective well-being and positively with depressive symptoms. Whether these associations reflect causal effects is unclear. This study examined bidirectional, causal effects between BMI and mental health with Mendelian randomisation using summary-level data from published genome-wide association studies. Findings show that there was evidence for a causal, increasing effect of BMI on depressive symptoms and suggestive evidence for a decreasing effect of BMI on subjective well-being. The study found no evidence for causality in the other direction. In conclusion, this study provides support for a higher BMI causing poorer mental health. Further research should corroborate these findings and explore mechanisms underlying this potential causality.

Websites [JECH](#)



### **WIDER DETERMINANTS**

---

#### **55. Innovation in council housebuilding**

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 17 January 2019

**Abstract:** Council housebuilding must be at the centre of a renewed effort to deliver homes that generate growth and that communities need now and into the future. This was one of the conclusions of the [LGA's Housing Commission report 'Building our homes, communities and future'](#). The case studies of council housebuilding in this report show how councils are opening up opportunities to build good quality homes that are designed to be accessible, affordable and energy efficient. The report shows the broader picture of housing delivery led by councils and an analysis of the process councils have gone through to set up active building programmes. It is drawn from the direct experience of councils and their insights into setting up new building schemes. It is a complete and detailed study of delivering innovation in council housebuilding, presented in sections so that councils can draw easily on the parts that are most relevant to them.

Websites [LGA](#)



**56. Health risks of cold homes: data sources**

Author: PUBLIC HEALTH ENGLAND

Date: 15 January 2019

Abstract: This guidance will:

- help local areas to estimate the number of people who may be at risk of cold-home-related death and illness in a particular population, using a range of housing, vulnerability and health indicators
- help local areas to identify individuals who may be at risk of experiencing health effects associated with living in a cold home, using data on housing and personal characteristics, as well as opportunistic approaches

It is aimed at public health teams, housing professionals and others with a role in local communities to prevent deaths and illness associated with cold homes.

Websites [PHE](#)

**57. WHO Housing and health guidelines**

Author: WORLD HEALTH ORGANIZATION

Date: 2018

Abstract: This report provides recommendations to promote healthy housing for a sustainable and equitable future. Improved housing conditions can save lives, prevent disease, increase quality of life, reduce poverty, and help mitigate climate change. Housing is becoming increasingly important to health in light of urban growth, ageing populations and climate change.

Websites [WHO](#)

**58. Sandwich generation**

Author: OFFICE FOR NATIONAL STATISTICS

Date: 14 January 2019

Abstract: The Office for National Statistics have published analysis and data on the "Sandwich" generation. Sandwich carers – those who care for both sick, disabled or older relatives and dependent children – are more likely to report symptoms of mental ill-health, feel less satisfied with life, and struggle financially compared with the general population. It also includes analysis of sandwich caring in the UK between 2009 and 2017, including information about the personal characteristics of sandwich carers, as well as their labour market participation, financial situation and health and well-being.

Websites [ONS](#)

**59. Report on the health of refugees and migrants in the WHO European Region: no public health without refugee and migrant health (2018)**

Author: WORLD HEALTH ORGANIZATION

Date: January 2019

Abstract: Almost one in 10 people in the WHO European Region is currently an international migrant. Finding work is a major reason why people migrate internationally, although violence, conflict, natural disasters and human rights abuses are also contributors. Migration and displacement are social determinants of health affecting the health of refugees and migrants. Gaining an overview of the health status of refugees and migrants and health system response is paramount in achieving the Sustainable Development Goals and in ensuring universal health coverage, and is in line with the Health 2020 framework. This report creates an evidence base with the aim of catalysing progress towards developing and promoting migrant-sensitive health systems in the 53 Member States of the WHO European Region and beyond. This report seeks to illuminate the causes, consequences and responses to the health needs and challenges faced by refugees and migrants in

the Region, while also providing a snapshot of the progress being made across the Region. Additionally, the report seeks to identify gaps that require further action through collaboration, to improve the collection and availability of high-quality data and to stimulate policy initiatives.

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

## 60. Family spending in the UK: April 2017 to March 2018

Author: OFFICE FOR NATIONAL STATISTICS

Date: 24 January 2019

Abstract: This publication provides an insight into the spending habits of UK households, broken down by household characteristics and types of spending. Main points include:-

- Average weekly household expenditure in the UK was £572.60 in the financial year ending 2018; the highest weekly spend since the financial year ending 2005, after adjusting for inflation.
- Transport was the category with the highest average weekly spend of £80.80, equivalent to 14% of households' average total weekly household expenditure.
- Households with heads aged 50 to 74 years spent almost a quarter of their housing expenditure costs on alterations and improvements.
- Average weekly household spending was the highest in London and the South East (over £650), whilst spending in the North East was the lowest, approximately £200 less.
- Households with heads aged under 30 years and those in Northern Ireland spent the most on takeaway meals eaten at home, £7.80 and £8.60 respectively.
- Households' average weekly spend on alcoholic drinks away from the home was less in the financial year ending 2018 (£8.00) compared with 10 years ago (£10.90), after adjusting for inflation.
- Households in London spent the most on alcoholic drinks away from home, spending an average of £9.30 a week.

Websites [ONS](#)

## 61. Health and Care of People with Learning Disabilities, Experimental Statistics: 2017 to 2018

Author: NHS DIGITAL

Date: 24 January 2019

Abstract: This publication provides aggregated data on key health issues for people who are recorded by their GP as having a learning disability, and comparative data about a control group who are not recorded by their GP as having a learning disability. Key facts include:-

- 126,475 patients with a recorded learning disability had data included in this publication. That is 44.5% of the QOF Learning Disabilities register
- 1 in 2015 people were recorded as having a learning disability
- Females with learning disabilities had a life expectancy 18 years lower than the general population, males had around 14 years lower.
- Epilepsy is 25.2 times more prevalent in patients with learning disabilities than those without
- Overall less patients with learning disabilities received screening for various types of cancer than those without learning disabilities.

Websites [NHS Digital](#)

## 62. Digital inclusion project brings healthcare technology to the homeless

Author: NHS DIGITAL

Date: 24 January 2019

**Abstract:** A project has helped 122 homeless people in Hastings by using technology to improve how outreach workers respond to the healthcare needs of their clients. The team communicates with St John's ambulance to get clinical opinions on injuries and symptoms. The homeless people who were supported through the project became more motivated and confident in managing their health conditions, symptoms and behaviours. By gaining access to online health and medicines information on the NHS website, service users were better at following medication for long-term conditions and managing their side effects. The project, which is a partnership between NHS Digital, NHS England, Good Things Foundation and The Seaview Project, has been using digital technology to record and triage health concerns of rough sleepers.

Websites [NHS Digital](#)

### **63. Crime in England and Wales: year ending September 2018**

Author: OFFICE FOR NATIONAL STATISTICS

Date: 24 January 2019

**Abstract:** Crime against households and adults, also including data on crime experienced by children, and crimes against businesses and society. The data shows that over recent decades we've seen continued falls in overall levels of crime but in the last year there has been no change. The overall figure covers a broad range of crimes and hides variation within different crime types. Over the last year we've seen rises in vehicle offences, robbery, and some lower-volume but higher-harm types of violence. We've seen decreases in computer misuse, burglary and shoplifting. Headline figures show:-

- a 3% increase in vehicle offences, due largely to a 10% increase in the subcategory of "Theft or unauthorised taking of a motor vehicle"
- a 17% increase in robbery offences, continuing increases seen in previous years
- a 1% decrease in burglary, following increases in recent years
- a 1% decrease in shoplifting, following a longer period of increases
- an 8% increase in the number of police recorded offences involving knives or sharp instruments
- a 15% increase in the number of admissions to hospital in England for assaults involving a sharp instrument
- a 14% increase in the number of homicides
- a 4% decrease in the number of police recorded offences involving firearms

Websites [ONS](#)

### **64. Modern Slavery Act 2015 review: second interim report**

Author: UNITED KINGDOM Home Office

Date: 22 January 2019

**Abstract:** In July 2018, the Home Secretary, at the request of the Prime Minister, announced a review of the Modern Slavery Act 2015. This is the second interim report from the review. As part of the review, the members were invited to give their views on transparency in supply chains. This report looks at the question of increasing transparency in supply chains. The report includes findings and a summary of recommendations.

Websites [Home Office](#)

### **65. The economic and social costs of domestic abuse**

Author: Home Office

Date: 21 January 2019

**Abstract:** This report estimates the social and economic cost for victims of domestic abuse in year ending March 2017 in England and Wales to be approximately £66 billion. The analysis follows the same approach as in other Home Office 'cost of crime' estimates to calculate:

- the cost in anticipation (covering preventative work),
- as a consequence (including physical and emotional harm, health services, lost output and victim services) and
- in response to domestic abuse (police and other justice costs).

The largest element of domestic abuse cost is the physical and emotional harm suffered by the victims themselves (£47 billion). The next highest cost is for lost output relating to time taken off work and reduced productivity afterwards (£14 billion).

Websites [Home Office](#)

#### **66. Domestic abuse consultation response and draft bill**

Author: UNITED KINGDOM Home Office; UNITED KINGDOM Ministry of Justice

Date: 21 January 2019

Abstract: The landmark draft Domestic Abuse Bill has been published aimed at supporting victims and their families and pursuing offenders. It comes as it is revealed domestic abuse issues cost the country £66 billion a year. To help tackle the crime, new legislation will:

- introduce the first ever statutory government definition of domestic abuse to specifically include economic abuse and controlling and manipulative non-physical abuse - this will enable everyone, including victims themselves, to understand what constitutes abuse and will encourage more victims to come forward
- establish a Domestic Abuse Commissioner to drive the response to domestic abuse issues
- introduce new Domestic Abuse Protection Notices and Domestic Abuse Protection Orders to further protect victims and place restrictions on the actions of offenders
- prohibit the cross-examination of victims by their abusers in the family courts
- provide automatic eligibility for special measures to support more victims to give evidence in the criminal courts

Websites [Home Office](#); [Ministry of Justice](#)

#### **67. Incorporating Concerns for Equity into Health Resource Allocation. A Guide for Practitioners**

Author: LOVE-KOH, J

Date: 21 January 2019

Abstract: Unfair differences in health care access, quality or health outcomes exist between and within countries around the world, and improving health equity is an important social objective for many governments and international organizations. This paper summaries the methods for analysing health equity available to policymakers regarding the allocation of health sector resources.

Websites [CHE](#)

#### **68. Is it love or loneliness? Exploring the impact of everyday digital technology use on the wellbeing of older adults**

Author: Wilson, C

Journal: Ageing & Society Vol: 38: Pages: 1307-1331

Abstract: Loneliness is a prevalent phenomenon within the older adult population. Previous literature suggests that technology use, specifically internet use, can alleviate loneliness and improve wellbeing. This research study follows 32 people over the age of 65 using a digital technology for six months. Results revealed positive relationships between frequency of use and emotional attachment and frequency of use and perceptions of self-worth. There was no significant relationship between frequency of use and a sense of belonging for the aggregate data. There was, however, a negative relationship between emotional attachment towards a device and a sense of belonging, suggesting a fine balance between technology use to improve self-esteem through

connections with social networks and an over-dependence on technology that can actually reduce feelings of belonging.

Websites [Cambridge](#)

#### **69. Neighbourhood deprivation and biomarkers of health in Britain: the mediating role of the physical environment**

Author: CHAPARRO, M

Journal: BMC Public Health Vol: 18: Pages: 801

Abstract: Neighbourhood deprivation has been consistently linked to poor individual health outcomes; however, studies exploring the mechanisms involved in this association are scarce. The objective of this study was to investigate whether objective measures of the physical environment mediate the association between neighborhood socioeconomic deprivation and biomarkers of health in Britain. Individual-level biomarker data from *Understanding Society: The UK Household Longitudinal Survey* (2010–2012) were linked to neighborhood-level data from different governmental sources. Findings show that residents of poor neighborhoods and those exposed to higher pollution and less green space had worse health outcomes. However, only sulphur dioxide (SO<sub>2</sub>) exposure significantly and partially mediated the association between neighborhood socioeconomic deprivation and systolic blood pressure (SBP), body mass index (BMI), and C-reactive protein (CRP). In conclusion, reducing air pollution exposure and increasing access to green space may improve population health but may not decrease health inequalities in Britain.

Websites [BioMed](#)



### **OTHER**

---

#### **70. NHS continuing healthcare and NHS-funded nursing care**

Author: DEPARTMENT OF HEALTH AND SOCIAL CARE

Date: 14 January 2019

Abstract: Guidance and resources relating to NHS continuing healthcare and NHS-funded nursing care. NHS continuing healthcare is an ongoing package of health and social care that is arranged and funded solely by the NHS where an individual is found to have a primary health need. Such care is provided to an individual aged 18 or over to meet needs that have arisen as a result of disability, accident or illness.

Websites [DHSC](#)

#### **71. Tool for mapping governance for health and well-being: the organigraph method (2018)**

Author: WORLD HEALTH ORGANIZATION Regional Office for Europe

Date: 2018

Abstract: Improving systems of governance for health and well-being is at the heart of global, regional, national and local responses to public health challenges. It is one of the main elements that will enable countries to deliver on a new public health agenda that responds to the health and development needs of the 21st century. Adopting systematic approaches to, and models of, governance that deliver health, equity and well-being is crucial to achieving the United Nations 2030 Agenda for Sustainable Development, and to secure a sustainable future for both people and planet. The WHO Regional Office for Europe and expert academic partners developed an organigraph tool for mapping governance and accountability mechanisms within

governance systems. This publication aims to help countries and relevant stakeholders use the tool to identify which areas need strengthening in order to ensure that systems facilitate improved health and well-being for all.

Websites [WHO](#)

## **72. Are patients benefitting from better integrated care?**

Author: SCOBIE, S

Date: 17 January 2019

Abstract: As QualityWatch publishes a scrolling data story investigating whether the drive in recent years to integrate services more closely has resulted in any tangible improvements for patients, this report by Sarah Scobie of the Nuffield Trust puts the study in context and explains the findings.

Websites [Nuffield Trust](#); [QualityWatch scrolling data](#)

## **73. Ten threats to global health in 2019**

Author: WORLD HEALTH ORGANIZATION

Date: January 2019

Abstract: The world is facing multiple health challenges. These range from outbreaks of vaccine-preventable diseases like measles and diphtheria, increasing reports of drug-resistant pathogens, growing rates of obesity and physical inactivity to the health impacts of environmental pollution and climate change and multiple humanitarian crises. To address these and other threats, 2019 sees the start of the World Health Organization's new 5-year strategic plan – the [13th General Programme of Work](#). This plan focuses on a triple billion target: ensuring 1 billion more people benefit from access to universal health coverage, 1 billion more people are protected from health emergencies and 1 billion more people enjoy better health and well-being. Reaching this goal will require addressing the threats to health from a variety of angles. Here are 10 of the many issues that will demand attention from WHO and health partners in 2019

Websites [WHO](#)

## **74. Government Response to the Health and Social Care Committee's Inquiry into Prison Health**

Author: UNITED KINGDOM, HM GOVERNMENT

Date: January 2019

Abstract: On 1 November 2018, the Health and Social Care Committee published its report on the effectiveness of prisons and prison healthcare services in meeting the physical, mental health and social care needs of prisoners. This document sets out the Government's response to the recommendations of the report. It acknowledges where more can be done to better meet the needs of those in our care. It also sets out improvements that are currently underway to tackle key challenges our prisons are facing, and the commitment of the health and justice partnership to improving health provision in English prisons.

Websites [UK Government](#); [Prison Healthcare Inquiry](#)

## **75. PHE research: annual review**

Author: PUBLIC HEALTH ENGLAND

Date: 16 January 2019

Abstract: The Public Health England (PHE) research annual review includes information about strategy, funding and peer reviewed publications. This report profiles research carried out by PHE, often in partnership with academics, clinicians and field researchers from across the globe which was supported by funding from the public and other sectors. It shows how this research has yielded evidence that underpins the development of



programmes to protect and improve public health. It also shows how PHE discharges its responsibilities as a public health organisation.

Websites [PHE](#)

#### **76. Fit for the future: public health people progress report 2016-2018**

Author: PUBLIC HEALTH ENGLAND

Date: 22 January 2019

Abstract: The 2016 to 2018 review reports on progress, to date, against the recommendations in the original Fit for the Future: public health people and details the activities that have been carried out across the public health system by stakeholder organisations.

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

#### **77. Public Preferences for Health Gains and Cures: A Discrete Choice Experiment**

Author: HAMPSON, G

Date: 22 January 2019

Abstract: Whether or not society values curative therapies and those with large health gains over and above more incremental gains has been highlighted as an important area for research. This report aims to explore society's preferences across curative and non-curative therapies and large and small health gains. The results revealed that respondents:

- preferred larger health gains in terms of both quality of life and length of life, but evidence of diminishing marginal utility in health was identified. These gains were the strongest in driving choices, with a combined relative importance of 66%;
- were less likely to choose to treat groups with worse outlook under current care;
- preferred to treat greater numbers of patients;
- were not influenced by whether or not a treatment was a cure above and beyond the influence of the health gains themselves.

In summary, the report finds that respondents value health gains highly but do not appear to place special value on the treatment being a "cure" *per se*.

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

#### **78. The NHS Long-Term Plan Explained**

Author: CHARLES, A

Date: 23 January 2019

Abstract: On 7 January, the NHS long-term plan (formerly known as the 10-year plan) was published setting out key ambitions for the service over the next 10 years. In this explainer, the King's Fund set out the main commitments in the plan and provide their view of what they might mean, highlighting the opportunities and challenges for the health and care system as it moves to put the plan into practice.

Websites [King's Fund](#)

#### **79. Public Health Outcome Framework: indicator updates, February 2019**

Author: PUBLIC HEALTH ENGLAND

Date: 23 January 2019

Abstract: Tables of the indicators included in the Public Health Outcomes Framework (PHOF) data tool quarterly updates (February 2019). The Public Health Outcomes Framework (PHOF) examines indicators that

help us understand trends in public health.

Websites [PHE](#)

## **80. NLGN Leadership Index**

Author: NEW LOCAL GOVERNMENT NETWORK

Date: 29 January 2019

Abstract: NLGN Leadership Index is a quarterly survey of chief executives, leaders and council mayors from local authorities across the UK. It asks their level of confidence in key service areas as well as wider indicators of community wellbeing. NLGN Leadership Index January 2019 reveals signs that community cohesion<sup>1</sup> is at risk amidst Brexit. Councils are spending almost half as much as they would like on prevention as a proportion of councils' overall expenditure. We also reveal trends in councils' level of confidence in areas including the local economy and the delivery of key services over the last year.

Websites [NLGN - Leadership Index](#); [NLGN - More information](#)

## **81. Universal Personalised Care: Implementing the Comprehensive Model**

Author: NHS ENGLAND

Date: 31 January 2019

Abstract: Personalised Care will benefit up to 2.5 million people by 2024, giving them the same choice and control over their mental and physical health that they have come to expect in every other aspect of their life. This document confirms how we will do this by 2023/24. It is the action plan for the rolling out personalised care across England.

Websites [NHS England](#)