

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

23rd August 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. Making decisions on the duty to carry out Safeguarding Adults enquiries
2. Adult social care: the Government's ongoing policy review and anticipated Green Paper (England)
3. Actions for adult social care providers to prepare for Brexit
4. State of adult social care in London
5. Couples affected by dementia and their experiences of advance care planning: a grounded theory study
6. Being occupied: supporting 'meaningful activity' in care homes for older people in England

CHILDREN, YOUNG PEOPLE & FAMILIES

7. Preventing offending and re-offending by children
8. Children's oral health: Position statement
9. Looked-after children: The silent crisis 2019 update
10. Ethnicity and grandparental child care in the United Kingdom
11. Maternal cannabis use during a child's lifetime associated with earlier initiation
12. Reasons for young adult waterpipe use in Wave 1 (2013–2014) of the Population Assessment of Tobacco and Health Study
13. Study of the reasons for the consumption of each type of vegetable within a population of school-aged children
14. Designing programmes of physical activity through sport: learning from a widening participation intervention, 'City of Football'
15. Alcohol audio-visual content in formula 1 television broadcasting
16. Choice architecture modifies fruit and vegetable purchasing in a university campus grocery store: time series modelling of a natural experiment

17. Imagining their Future Selves: Children's Attitudes to Older People and their Expectations of Life at Age 70
18. Why is physical education more stimulating for pupils who are more satisfied with their own body?
19. Major risk factors for sexual minority young people's mental and physical health: findings from a county-wide school-based health needs assessment
20. Positive mental health and supportive school environments: A population-level longitudinal study of dispositional optimism and school relationships in early adolescence
21. How might neighbourhood built environment influence child maltreatment? Caregiver perceptions
22. Parents who exit and parents who enter. Family structure transitions, child psychological health, and early drinking

HEALTH CARE PUBLIC HEALTH

23. Cancer survival in England: adult, stage at diagnosis and childhood – patients followed up to 2018
24. Progressive neurological conditions toolkit
25. More harm than good - Why more isn't always better with older people's medicines

HEALTH IMPROVEMENT

26. Public health, prevention and health improvement
27. Preventing falls in people with learning disabilities
28. Local alcohol services and systems improvement tool
29. Obesity statistics
30. What is population health?
31. Integrated motivational interviewing and cognitive behaviour therapy for lifestyle mediators of overweight and obesity in community-dwelling adults: a systematic review and meta-analyses
32. Effectiveness of the Stand More AT (SMaRT) Work intervention: cluster randomised controlled trial
33. The role of sexual identity in tobacco information-seeking behaviours and perceptions
34. Walking for our health: couple-focused interventions to promote physical activity in older adults

HEALTH PROTECTION

35. Sexually transmitted infections: London data
36. National flu report: 15 August 2019 (Week 32)
37. Measles deaths
38. Prime Minister orders urgent action to improve vaccination uptake
39. Measles and rubella elimination UK indicators
40. Health matters: preventing STIs
41. PSNC Briefing 031/19: Guidance on the 2019/20 Seasonal influenza vaccination advanced service

MATERNITY AND INFANTS

42. Screening tests for you and your baby: description in brief
43. Effectiveness of targeting fathers for breastfeeding promotion: systematic review and meta-analysis
44. Neonatal outcomes among offspring of obese women diagnosed with gestational diabetes mellitus in early versus late pregnancy

MENTAL HEALTH AND WELLBEING

45. Ask and Take Action: Why public services must ask about domestic abuse
46. Government Response to "Ignoring the Alarms Follow-Up: Too Many Avoidable Deaths from Eating Disorders"
47. The legal implications of dementia in the workplace: establishing a cross-disciplinary research agenda

WIDER DETERMINANTS

48. Migrant health guide
49. Health inequalities in ageing in rural and coastal areas
50. Middle-aged women negotiating the ageing process through participation in outdoor adventure activities

OTHER

51. Polling on resident satisfaction with councils: June 2019
52. Professional standards guidance
53. Building healthier communities: the role of the NHS as an anchor institution
54. Ageing Confidently: Supporting an ageing workforce

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. Making decisions on the duty to carry out Safeguarding Adults enquiries

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 11 August 2019

Abstract: The purpose of this framework is to offer support in making decisions about whether or not a reported safeguarding adults concern requires an enquiry under the Section 42 (S42) duty of the Care Act (2014). It offers a framework to support practice, recording and reporting, in order to impact positively on outcomes for people and the level of accountability for those outcomes.

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

2. Adult social care: the Government's ongoing policy review and anticipated Green Paper (England)

Author: JARRETT, T.

Date: 14 August 2019

Abstract: This House of Commons Library briefing paper considers the Government's ongoing review of social care policy, in particular how it is funded by individuals and the public sector in England. The Government said in March 2017 it would publish a consultative Green Paper on this topic, but in July 2019 the Financial Times reported that the new Prime Minister may decide that a White Paper setting out the Government's new policies should be published instead.

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

3. Actions for adult social care providers to prepare for Brexit

Author: DEPARTMENT OF HEALTH AND SOCIAL CARE

Date: 12 August 2019

Abstract: This guidance sets out the actions you should take before and after Brexit, to plan for and help manage any potential service disruption to adult social care if the UK leaves the EU without a deal. This guidance is for social care providers. Guidance for healthcare providers is available in the [Planning for a no-deal Brexit: information for the health and care sector](#) collection.

Websites [DHSC](#)

4. State of adult social care in London

Author: LONDON COUNCILS

Date: 20 August 2019

Abstract: London Councils in this report reviews the progress made by services in improving efficiency and coping with budget pressures. Their research finds that adult social care services in London have delivered almost half a billion pounds of efficiencies since 2015 and saved the NHS around £4.6 million a year through avoiding unnecessary hospital stays. As well as highlighting the success of adult social care in the capital, the umbrella group warns that the sector faces a funding gap of £540 million by 2025 unless the national shortfall in adult social care finances is addressed.

Websites [London Councils - Press Release](#); [London Councils - Report](#)

5. Couples affected by dementia and their experiences of advance care planning: a grounded theory study

Author: RYAN, T

Journal: Ageing & Society: Early online

Abstract: Global policy places emphasis on the implementation and usage of advance care planning (ACP) to inform decision making at the end of life. For people with dementia, where its use is encouraged at the point of diagnosis, utilisation of ACP is relatively poor, particularly in parts of Europe. This study explores the ways in which co-residing couples considered ACP. Specifically, it seeks to understand the ways in which people with dementia and their long-term co-residing partners consider and plan, or do not plan, for future medical and social care. Sixteen participants were interviewed. They identified the importance of relationships in the process of planning alongside an absence of formal service support and as a result few engaged in ACP. The study recognises the fundamental challenges for couples in being obliged to consider end-of-life issues whilst making efforts to 'live well'. Importantly, the paper identifies features of the ACP experience of a relational and biographical nature. The paper challenges the relevance of current global policy and practice, concluding that what is evident is a process of 'emergent planning' through which couples build upon their knowledge of dementia, their networks and relationships, and a number of 'tipping points' leading them to ACP. The relational and collective nature of future planning is also emphasised.

Websites [Cambridge](#)

6. Being occupied: supporting 'meaningful activity' in care homes for older people in England

Author: SMITH, N

Journal: Ageing & Society Vol: 38 Part: 11: Pages: 2218-2240

Abstract: The benefits of meaningful activity in later life are well documented. Studies show that being occupied contributes to both physical and mental health as well as quality of life. Research also suggests that activity may be beneficial to people residing in care homes, including people living with dementia. This paper presents findings from a study which used the Adult Social Care Outcomes Toolkit (ASCOT) to measure quality of life in six care homes located in the south-east of England. The study found, like previous ones, that care home residents' days were characterised by a lack of activity. Drawing on observations, interviews and focus groups with residents and staff from these homes, this paper attempts to understand why care home residents do not engage in meaningful activities. We reject the idea that these low levels of activity are a natural part of the ageing process or that they can be explained by notions of resident choice. Instead, the findings point to both insufficient funding and working practices within care homes as more substantive explanations. These explanations inform a discussion of how the low levels of engagement in meaningful activity could be addressed and residents' quality of life improved.

Websites [Cambridge](#)



CHILDREN, YOUNG PEOPLE & FAMILIES

7. Preventing offending and re-offending by children

Author: PUBLIC HEALTH ENGLAND

Date: 14 August 2019

Abstract: This resource outlines how health, education, social care, criminal justice, voluntary sector services and others can work together to stop children and young people offending. Collaborative approaches to preventing offending and re-offending by children (CAPRICORN) is a framework that has been developed by Public Health England, working with stakeholders in national and local government, the NHS, academia and the voluntary sector. As well as the full report and summary available here, you can also [download a slide pack](#) which gives you some infographics and other material for presentations.

Websites [PHE](#)

8. Children's oral health: Position statement

Author: ROYAL COLLEGE OF SURGEONS OF ENGLAND

Date: 15 August 2019

Abstract: Analysis by the Faculty of Dental Surgery (FDS) at the Royal College of Surgeons of England (RCS) shows more than 100,000 hospital admissions for children under the age of ten in England due to tooth decay over a three year period. This is despite the condition being almost entirely preventable. This new position statement is an update to the January 2015 report 'The state of children's oral health in England.' The statement calls on the new Government to stand by previous commitments in the Childhood Obesity Plan and Prevention Green Paper. The FDS says supervised tooth brushing schemes in England should be put in place before 2022 so that more children at risk of decay can benefit.

Websites [Royal College of Surgeons - Press Release](#); [Royal College of Surgeons - Statement](#)

9. Looked-after children: The silent crisis 2019 update

Author: MACPHERSON, J

Date: 12 August 2019

Abstract: This Social Market Foundation update assesses the current standard of care provision for looked-after children in England. It shows that the number of looked-after children continues to rise and that the quality of provision many of these children receive remains inadequate - 48,723 children (65% of all looked-after children in England) were looked after in Local Authorities classed as either "inadequate" or "requiring improvement".

Websites [Social Market Foundation](#)

10. Ethnicity and grandparental child care in the United Kingdom

Author: BORDONE, V

Journal: Ageing & Society: Early online

Abstract: Caring for one's grandchildren has become a more common experience for individuals partly as a result of a longer overlap between the lives of grandparents and their grandchildren. Existing research shows that around 50 per cent of grandparents engage in some grandparental child care in most European countries, however, this proportion is higher among older people with a migrant background, partly due to greater economic necessity among migrant families. The results show that parents from Other White, Indian, Pakistani, Bangladeshi and African communities are less likely to use child care than White British parents, while the opposite is true for Caribbean parents. However, among parents using child care, individuals from the Other White, Caribbean and African groups are less likely than the White British majority to be using grandparental child care as a supplement to other child-care types, or on its own. Ethnic differentials in the use of child care per se and grandparental child care in particular, have significant policy implications, and may mask other kinds of ethnic differences.

Websites [Cambridge](#)

11. Maternal cannabis use during a child's lifetime associated with earlier initiation

Author: SOKOL, N

Journal: American Journal of Preventive Medicine Vol: 55 Part: 5: Pages: 592-602

Abstract: Earlier cannabis initiation is associated with more severe neuropsychiatric and social consequences. The authors investigated whether mothers' cannabis use is associated with earlier cannabis initiation by their children. The findings show that median age of cannabis initiation for children of maternal ever users was age 16 years compared with age 18 years among children of maternal never users. Children of 1-year and multiple-year users were at increased risk of cannabis initiation between ages 6 and 16 years. Effects were slightly stronger among non-Hispanic non-black children. This study indicates that maternal cannabis use may be a risk factor for early initiation among their offspring. Preventive interventions should consider strategies to delay initiation among children of cannabis users.

Websites [Science Direct](#)

12. Reasons for young adult waterpipe use in Wave 1 (2013–2014) of the Population Assessment of Tobacco and Health Study

Author: MARUSHKA, L

Journal: American Journal of Preventive Medicine Vol: 55 Part: 5: Pages: 650-655

Abstract: Although studies have examined attitudes and beliefs associated with waterpipe use, no study has examined reasons for use in a nationally representative sample. Using latent class analyses, this study

examined subgroups based on self-reported reasons for use of past 30-day young adult (aged 18–24 years) waterpipe users from Wave 1 (2013–2014) of the Population Assessment of Tobacco and Health Study. Data analyses were conducted in 2017. Covariates included sociodemographic characteristics, substance use, and internalizing and externalizing problems. This study revealed distinct classes of waterpipe users based on self-reported reasons for use. Findings inform targeted policies for waterpipe tobacco control as part of public health efforts to mitigate harms associated with tobacco use.

Websites [Science Direct](#)

13. Study of the reasons for the consumption of each type of vegetable within a population of school-aged children

Author: RAGGIO, L

Journal: BMC Public Health Vol: 18: Pages: 1163

Abstract: The objective of this study was to investigate the reasons for consumption associated with each vegetable in school-aged children through a survey designed to be answered by the parents. A preliminary study with 162 parents was carried out on the consumption of vegetables in children aged 6 to 12 years. Based on the information obtained, a survey was designed with 14 phrases to investigate the reasons for the low consumption of each type of vegetable among school-aged children. The results obtained were used to categorise the vegetables into 6 groups. The study concludes that the reasons for consumption among school-aged children depend on each type of vegetable and cannot be generalized. The sensory characteristics of the vegetable (mainly colour and flavour) and the habits of consumption in the family environment play a major role in children's acceptance or rejection of vegetables.

Websites [BioMed](#)

14. Designing programmes of physical activity through sport: learning from a widening participation intervention, 'City of Football'

Author: ZWOLINSKY, S

Journal: BMC Public Health Vol: 18: Pages: 1142

Abstract: Implementation profoundly influences how well new audiences engage with sport-based physical activity programmes. Recognising that effective implementation relies on concurrently generating supportive contexts, systems and networks for the least engaged 'target' groups; this paper aims to address what underpins children's (non) engagement with football-based physical activity. This observational research design, uses a non-probability sample of 594 primary and secondary schoolchildren and assessed outcomes of a three-year 'City of Football' (CoF) programme. This study reveals new insights about the primacy of social network effects for engaging children in football-based physical activity programmes. With little or no attention to these social-oriented issues, such interventions will struggle to attract 'target' children, but will readily engage already well-connected, experienced football-playing boys. The challenge for drawing non-footballing children into football-based interventions lies with engaging children – especially girls - whose social networks are not football-focused, while they also find football neither personally motivating nor easy to do.

Websites [BioMed](#)

15. Alcohol audio-visual content in formula 1 television broadcasting

Author: BARKER, A

Journal: BMC Public Health Vol: 18: Pages: 1155

Abstract: Exposure to audio-visual alcohol content in media is associated with subsequent alcohol use among young people. In 2016 Heineken launched its global Formula One (F1) partnership and had a significant brand presence at a number of 2017 F1 race events. This study measured the extent to which Heineken and other alcohol content appears in a sample of the first 6 races broadcast in the UK during the 2017 F1 Championship. Findings show that alcohol content occurred in all of the races shown and in 41% of all advertisement breaks in the programming. The study concludes that audio-visual alcohol content, including branding, was highly

prevalent footage of 2017 F1 races broadcast during peak viewing times in the UK. This content is likely to be a significant driver of alcohol consumption among children and adolescents.

Websites [BioMed](#)

16. Choice architecture modifies fruit and vegetable purchasing in a university campus grocery store: time series modelling of a natural experiment

Author: WALMSLEY, R

Journal: BMC Public Health Vol: 18: Pages: 1149

Abstract: In developed countries, adolescent and young adult diets have been found to be nutritionally poor. The aim of this study was to examine whether a choice architecture intervention, re-arrangement of produce within a grocery store to increase the accessibility of fruit and vegetables, affected purchasing behaviour on a university campus. A database of daily sales data from January 2012 to July 2017 was obtained from a campus grocery store. Two changes to the layout were made during this time period. Findings show that the first shop re-arrangement which made fruit and vegetables more prominent, increased the percentage of total sales that were fruit and vegetables, when analysed by either items purchased or money spent. The second rearrangement also had a positive effect on the percentage of total sales that were fruit and vegetables compared to baseline, however this was not significant at the 5% level. In conclusion, increasing accessibility of fruit and vegetables in a grocery store is a feasible way to improve the diet of students in tertiary education. There is evidence of declining fruit and vegetable consumption among the studied population, which should be further investigated.

Websites [BioMed](#)

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 Vol: 32 Part: 6: Pages: 444-456

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. Why is physical education more stimulating for pupils who are more satisfied with their own body?

Author: KERNER, C

Journal: Health Education Journal Vol: 78 Part: 3 Pages: 251-265

Abstract: This study explored whether pupils' state body satisfaction during physical education related to the degree to which they indicated that physical education stimulated them to engage in sports activities outside of school. It also investigated whether pupils' self-determined motivation mediated this relationship, such that pupils with higher body satisfaction were more likely to value and enjoy the lessons, and to indicate they would re-engage in the activities outside of physical education. The study involved 506 13–14-year-old pupils (51.19% girls) in England. Results showed that body satisfaction positively related to the perceived sport promoting role of physical education in girls. The relationship between state body satisfaction during physical education and the perceived sport promoting role of physical education was partially mediated by pupils' self-determined motivation. In conclusion, pupils who felt more comfortable and satisfied with their physical appearance seemed to value and enjoy physical lessons more, and this more positive experience stimulated them to re-engage in the activities outside school.

Websites [Sage](#)

19. Major risk factors for sexual minority young people's mental and physical health: findings from a county-wide school-based health needs assessment

Author: LEMES, I

Journal: Journal of Public Health: Early online

Abstract: Childhood health is an important adult health predictor. Sexual orientation is increasingly recognized as influential on children and young people's (CYP) mental and physical health. Data came from a cross-sectional survey of year 9 children attending schools in two local authorities in the north-west of England, including mental and physical health indicators, and demographic characteristics including sexual orientation. The sample of 8058 represented 67.8% of the eligible population. Data were analysed by sexual orientation, sexual majority or sexual minority. Children reporting their sexual orientation as sexual minority reported worse mental and physical health outcomes and behaviours than sexual majority peers; had higher odds of being lonely, having self-harmed, being bullied or perceiving themselves as overweight. The study concludes that it is important to identify and support children in a sexual minority. Research is required to understand differences between children within sexual minorities and the impact on outcomes and rights. Health and social policy and services, should respond to the vulnerabilities of sexual minority CYP.

Websites [Oxford](#)

20. Positive mental health and supportive school environments: A population-level longitudinal study of dispositional optimism and school relationships in early adolescence

Author: OBERLE, E

Journal: Social Science and Medicine Vol: 214: Pages: 154-161

Abstract: This study examined the degree to which early adolescents' relationship experiences in school (i.e., peer group belonging, peer victimization, and supportive relationships with adults)—at the individual level and at the school-level—were associated with their dispositional optimism, concurrently and over time. Self-report data from over 4000 4th and 7th graders were obtained via a population-level measure designed to assess students' supportive relationships, well-being, and resilience (i.e., the Middle Years Development Instrument). An indicator for family income (SES) was obtained through tax filer information. The findings suggest that positive relationship experiences in school are key contributors to positive mental health, over and above the absence of negative relationship experiences (i.e., victimization). These findings also suggest that being embedded in a school with a positive social relational climate contributes to students' current and future positive mental health, over and above individual relationships with peers and adults. The present research extends previous research by identifying contextual assets that are linked to dispositional optimism and can be applied in the context of school-based intervention programs to promote positive mental health in schools.

Websites [Science Direct](#)

21. How might neighbourhood built environment influence child maltreatment? Caregiver perceptions

Author: HAAS, B.M

Journal: Social Science and Medicine Vol: 214: Pages: 171-178

Abstract: Child maltreatment remains a serious but potentially preventable public health concern in the United States. Although research has examined factors associated with child maltreatment at the neighbourhood level, few studies have explicitly focused on the role of the neighbourhood built environment in maltreatment. This study begins to address these gaps by investigating caregivers' own perceptions of mechanisms by which neighbourhood built environments may affect child maltreatment. The findings suggest that aspects of the neighbourhood built environment, such as the presence of abandoned houses or the lack of recreational centres, can be stressors themselves and may also critically alter families' thresholds for navigating other everyday pressures. Conversely, aspects of the neighbourhood built environment, such as housing density, may work to mitigate the risk of maltreatment, either by promoting social support or by increasing the likelihood that maltreatment is reported to authorities. Additional research, both qualitative and quantitative, is integral to building and testing models of these separate but related pathways by which the neighbourhood built environment may link to child maltreatment.

Websites [Science Direct](#)

22. Parents who exit and parents who enter. Family structure transitions, child psychological health, and early drinking

Author: PASQUALINI, M.

Journal: Social Science and Medicine Vol: 214: Pages: 187-196

Abstract: This paper seeks to extend prior research by exploring whether family structure transition is associated with an increase in early alcohol consumption and whether this association is mediated by children's socio-emotional problems, providing information on whether the effects of the transition; differ according to the number of changes, the family's initial status, or the time of exposure. The data has been drawn from the UK Millennium Cohort Study to explore associations framed with; a life-course approach. The findings suggest that types of family transitions (such as distinguishing; parental exits from and parental entrances to the family) are more important than the number of; family changes during childhood. The results show that moving from a two-parent household to a single-parent household directly increased the probability of being a frequent alcohol consumer among early adolescent boys, whereas the indirect effect on girls was found via socio-emotional difficulties. The findings also show an increase in socio-emotional and behavioural difficulties in boys due to the entrance of a step-parent only if the transition occurred in the earliest childhood. Indeed, a sensitivity analysis of the time to which the children were exposed to the transition to a new family structure showed stronger effects for those who experienced a family structure change in the early life course, consistent with the cumulative disadvantage process.

Websites [Science Direct](#)



HEALTH CARE PUBLIC HEALTH

23. Cancer survival in England: adult, stage at diagnosis and childhood – patients followed up to 2018

Author: OFFICE FOR NATIONAL STATISTICS

Date: 12 August 2019

Abstract: 1-year, 5-year, and 10-year net-survival estimates for adults and children diagnosed with cancer between 2013 and 2017 and followed up to 2018, and by stage at diagnosis. Main points include:

- Melanoma of the skin had the highest net survival for 1-year in both men (97.5%) and women (98.7%) and for 5-year in women (93.4%) for diagnoses between 2013 and 2017, which is the same as previously for diagnoses between 2012 and 2016. For men, the highest 5-year survival is in testicular cancer (95.3%).
- Pancreatic cancer had the lowest net survival for 1-year in men (24.8%) and women (26.2%), and for 5-year in both men (6.5%) and women (8.1%). This is a similar pattern to last year's publication.
- For 24 cancer sites we provide survival by stage estimates, there is now stage data for 85.3% of diagnoses between 2013 to 2017; this means that we can now offer a further 35 survival by stage estimates than when we produced this publication for 2012 to 2016.
- Childhood cancer survival has continued to improve for 1-, 5- and 10-years, with the 5-year survival seeing the greatest improvement over time; an increase of 8.4 percentage points, from 77.1% in 2001 to 85.5% predicted for children diagnosed in 2018.

Websites [ONS](#)

24. Progressive neurological conditions toolkit

Author: NHS ENGLAND

Date: August 2019

Abstract: People with progressive neurological conditions are experiencing delays in diagnosis and treatment, fragmented and uncoordinated services, limited availability of neurospecialist rehab and reablement and a lack of psycho-social support. This RightCare toolkit will support systems to understand the priorities in care for people living with various progressive neurological conditions. The toolkit covers the following neurological conditions; multiple sclerosis (MS), motor neurone disease (MND), Parkinson's and the atypical Parkinsonism's of multiple system atrophy (MSA), progressive supranuclear palsy (PSP) and corticobasal degeneration (CBD).

Websites [NHS England](#)

25. More harm than good - Why more isn't always better with older people's medicines

Author: AGE UK

Date: 20 August 2019

Abstract: This report finds that too many older people in our society are on too many prescribed medicines, putting them at risk of side effects that in a worrying number of cases can lead to falls and a range of other serious harms. The report provides evidence showing that prescribing more drugs isn't always the best option, particularly when it comes to older people. It also demonstrates that at the moment medicines are sometimes being prescribed: in excessive numbers; in unsafe combinations; without the consent or involvement of the older people concerned and without the support and help older people need to take them. Age UK is calling on the Government to take fully into account the harmful effects of inappropriate 'polypharmacy' (multiple medicine use) on older people as it carries out a review of overprescribing in the NHS.

Websites [Age UK - Report](#); [Age UK - Press Release](#)



HEALTH IMPROVEMENT

26. Public health, prevention and health improvement

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 05 August 2019

Abstract: The LGA is working with partners at Public Health England and the Association for Directors of Public Health to deliver sector-led improvement activity for public health, prevention, and early intervention through the care and health improvement programme funded by the Department of Health. This prospectus sets out:

- the programme of sector-led improvement support available through the LGA and partners
- signposting to other support and resources available
- the early support arrangements for local authorities with performance challenges in public health.

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

27. Preventing falls in people with learning disabilities

Author: PUBLIC HEALTH ENGLAND
Date: 19 August 2019

Abstract: This guide contains information to help staff in public health, health services and social care to prevent falls in people with learning disabilities. It is also intended to help falls prevention services to provide support that is accessible to people with learning disabilities. The guide aims to be of use to family carers, friends and paid support staff to help them think about what risks may contribute to falls and how to reduce such risks.

Websites [PHE](#)

28. Local alcohol services and systems improvement tool

Author: PUBLIC HEALTH ENGLAND
Date: 19 August 2019

Abstract: Updated guidance and tools to help plan and improve local alcohol systems, services and interventions to reduce alcohol harm, using the CLeaR approach.

Websites [PHE](#)

29. Obesity statistics

Author: BAKER, C
Date: 06 August 2019

Abstract: 28.7% of adults in England are obese. A further 35.6% are overweight but not obese. This briefing provides statistics on the obesity among adults and children in the UK, along with data on bariatric surgery and international comparisons.

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

30. What is population health?

Author: KING'S FUND
Date: 22 August 2019

Abstract: This animation aims to demonstrate some aspects of a 'population health' approach and to explain the role we can all play in keeping our communities healthy.

Websites [King's Fund - Animation](#)

31. Integrated motivational interviewing and cognitive behaviour therapy for lifestyle mediators of overweight and obesity in community-dwelling adults: a systematic review and meta-analyses

Author: BARRETT, S
Journal: BMC Public Health Vol: 18: Pages: 1160

Abstract: The aim of this study was to investigate whether integrated motivational interviewing and cognitive behaviour therapy leads to changes in lifestyle mediators of overweight and obesity in community-dwelling adults. Ten randomised controlled trials involving 1949 participants were included. Results revealed moderate quality evidence that integrated motivational interviewing and cognitive behaviour therapy had a significant effect in increasing physical activity levels in community-dwelling adults. The combined intervention resulted in a small, non-significant effect in body composition changes. Insufficient evidence existed for outcome measures relating to dietary change. The addition of integrated motivational interviewing and cognitive behaviour therapy to usual care can lead to modest improvements in physical activity and body composition

for community-dwelling adults. The available evidence demonstrates that it is feasible to integrate motivational interviewing (MI) with cognitive behavioural therapy (CBT) and that this combined intervention has the potential to improve health-related outcomes.

Websites [BioMed](#)

32. Effectiveness of the Stand More AT (SMArT) Work intervention: cluster randomised controlled trial

Author: EDWARDSON, C

Journal: British Medical Journal: Early online

Abstract: This study aims to evaluate the impact of a multicomponent intervention (Stand More AT (SMArT) Work) designed to reduce sitting time on short (three months), medium (six months), and longer term (12 months) changes in occupational, daily, and prolonged sitting, standing, and physical activity, and physical, psychological, and work related health. Thirty seven office clusters (146 participants) of desk based workers: 19 clusters (77 participants) were randomised to the intervention and 18 (69 participants) to control. The intervention group received a height adjustable workstation, a brief seminar with supporting leaflet, workstation instructions with sitting and standing targets, feedback on sitting and physical activity at three time points, posters, action planning and goal setting booklet, self-monitoring and prompt tool, and coaching sessions (month 1 and every three months thereafter). The control group continued with usual practice. The study concludes that SMArT Work successfully reduced sitting time over the short, medium, and longer term, and positive changes were observed in work related and psychological health.

Websites [BMJ](#)

33. The role of sexual identity in tobacco information-seeking behaviours and perceptions

Author: WHELDON, C

Journal: Health Education Journal Vol: 78: Part: 2 Pages: 203-213

Abstract: This cross-sectional study aims to explore differences in tobacco information-seeking behaviours and perceptions between sexual minority and heterosexual (or 'straight') adults and to determine if these differences are mediated by tobacco use. The results show that sexual minority respondents were more likely than their straight counterparts to seek out tobacco health information, to look for information about e-cigarettes and to use the Internet for health information searches. Some of these differences were mediated by tobacco use. Sexual minority respondents were similar to their straight counterparts regarding perceptions of trust and confidence in tobacco health information, as well as perceptions of the hazards of tobacco use. In conclusion, because sexual minority adults have higher rates of tobacco use and higher rates of tobacco information seeking than others, tobacco health information campaigns should consider carefully tailoring the messages directed towards sexual minority populations.

Websites [Sage](#)

34. Walking for our health: couple-focused interventions to promote physical activity in older adults

Author: FRANKS, M

Journal: International Journal of Health Promotion and Education Vol: 56: Part 6: Pages: 280-288

Abstract: More than 50% of U.S. adults do not engage in sufficient physical activity to meet current recommendations, making physical activity change and maintenance a priority for health promotion throughout adulthood. Among married partners, change in physical activity of one partner often is concordant with change of activity of the other. The primary purpose of this study was to examine two couple-focused interventions that capitalize on the co-occurrence of health behavior change within couples to promote physical activity in older adults. In conclusion the results suggest that couple-focused physical activity interventions can be effective in eliciting increases in physical activity among older adults. Further research is needed to uncover interpersonal mechanisms that maximize physical activity promotion and maintenance within couples over time.

Websites [Tandfonline](#)



HEALTH PROTECTION

35. Sexually transmitted infections: London data

Author: PUBLIC HEALTH ENGLAND

Date: 19 August 2019

Abstract: Reports presenting data since 2014 for sexually transmitted infections (STIs) in London. These have been update to include data for 2018.

Websites [PHE](#)

36. National flu report: 15 August 2019 (Week 32)

Author: PUBLIC HEALTH ENGLAND

Date: 15 August 2019

Abstract: National influenza reports, tracking seasonal flu and other seasonal respiratory illnesses in the UK.

Websites [PHE](#)

37. Measles deaths

Author: PUBLIC HEALTH ENGLAND

Date: 15 August 2019

Abstract: These documents provide statistics on measles deaths in England and Wales by age group and measles deaths compared to the number of measles notifications. The documents have been updated to include 2017 data.

Websites [PHE](#), [H](#)

38. Prime Minister orders urgent action to improve vaccination uptake

Author: DEPARTMENT OF HEALTH AND SOCIAL CARE

Date: 18 August 2019

Abstract: Prime Minister Boris Johnson orders urgent action to improve vaccination uptake after more than 230 cases of measles were reported in the UK during first quarter of 2019

Websites [DHSC - Press Release](#)

39. Measles and rubella elimination UK indicators

Author: PUBLIC HEALTH ENGLAND

Date: 19 August 2019

Abstract: This document provides information about the UK's progress towards measles and rubella elimination. Public Health England is responsible for collating and submitting evidence every year to the UK national verification committee (NVC) and the WHO Regional Verification Commission for Measles and Rubella

Elimination (RVC). This is a summary of measles elimination indicators and status from 2010 to date.

Websites [PHE](#)

40. Health matters: preventing STIs

Author: PUBLIC HEALTH ENGLAND

Date: 21 August 2019

Abstract: This edition of Health Matters focuses on the prevention of five common sexually transmitted infections (STIs): gonorrhoea, chlamydia, syphilis, genital herpes and genital warts. It also covers the public health challenge of antimicrobial-resistant STIs, and the commissioning and improvement of sexual health services.

Websites [PHE](#)

41. PSNC Briefing 031/19: Guidance on the 2019/20 Seasonal influenza vaccination advanced service

Author: PHARMACEUTICAL SERVICES NEGOTIATING COMMITTEE

Date: 23 August 2019

Abstract: This PSNC Briefing provides guidance for community pharmacy contractors and their teams on the 2019/2020 NHS Seasonal Influenza Vaccination Advanced Service. Information and resources to support the service are also available at psnc.org.uk/flu.

Websites [PSNC - Briefing](#); [PSNC - Press Release](#)



MATERNITY AND INFANTS

42. Screening tests for you and your baby: description in brief

Author: PUBLIC HEALTH ENGLAND

Date: 21 August 2019

Abstract: Updated information explaining the screening tests offered during and after pregnancy. This update has added links to translations of screening tests.

Websites [PHE](#) Maternity & infants

43. Effectiveness of targeting fathers for breastfeeding promotion: systematic review and meta-analysis

Author: PASYODUN, KORALAGE, M

Journal: BMC Public Health Vol: 18: Pages: 1140

Abstract: Further research gaps exist in relation to the promotion of breastfeeding. Robust scientific evidence obtained by a meta-analysis would provide objectively summarized data while enabling the assessment of consistency of findings. This review includes the first documented meta-analysis done on the effectiveness of targeting fathers for promoting breastfeeding (BF). Assessments have been done for a primary outcome and for six more secondary outcomes. Selected eight interventional studies included 1852 families. Exclusive breast feeding (BF) at six months was significantly higher in the intervention groups. The risk ratio (RR) at 4 months

was 1.52. Risk of full-formula-feeding and the occurrence of lactation-related problems were lower in the intervention groups. More likelihood of rendering support in BF-related issues was seen in intervention groups. Increase of maternal knowledge and favorable attitudes on BF were higher in the intervention groups. The quality of evidence according to GRADE was “low” (for one outcome), “moderate” (for four outcomes), and “high” (for two outcomes). In conclusion, targeting fathers in promotion of BF has provided favorable results for all seven outcomes with satisfactory quality of evidence.

Websites [BioMed](#)

44. Neonatal outcomes among offspring of obese women diagnosed with gestational diabetes mellitus in early versus late pregnancy

Author: GROTFELT, N

Journal: Journal of Public Health: Early online

Abstract: The aim of this observational study was to assess neonatal outcomes according to timing of gestational diabetes diagnosis in obese women. Women 18 years of age with a pre-pregnancy body mass index ≥ 30 kg/m² were grouped according to the results of a oral glucose tolerance test performed at 13.1 weeks of gestation and repeated at 23.4 weeks if normal at first testing. The main outcomes were birthweight and large for gestational age. Out of 361 women, 164 were diagnosed with gestational diabetes, 133 of them in early pregnancy. The study observed no statistically significant differences in neonatal outcomes according to timing of gestational diabetes diagnosis. In addition to lack of power, early treatment of hyperglycemia may partly explain the results.

Websites [Oxford](#)



MENTAL HEALTH AND WELLBEING

45. Ask and Take Action: Why public services must ask about domestic abuse

Author: AGENDA

Date: 13 August 2019

Abstract: This report by Agenda Alliance for Women and Girls at risk, finds that mental health services across England are failing women by not asking about experiences of domestic abuse. The findings – based on results from Freedom of Information requests – show that more than a third (15) of NHS mental health trusts that responded (42 of 58) have no policy on ‘routine enquiry’ about domestic violence and abuse – in spite of National Institute for Health and Care Excellence (NICE) guidelines. Mental health services should be asking about domestic abuse in recognition of the high rates of violence and abuse experienced by people who access them. This is especially true for women; 38 per cent of women who have a mental health problem have experienced domestic abuse. Agenda is calling for the Government to amend the Domestic Abuse Bill to put a duty on all public authorities to ensure staff across the public sector are making trained enquiries into domestic abuse.

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

46. Government Response to "Ignoring the Alarms Follow-Up: Too Many Avoidable Deaths from Eating Disorders"

Author: DEPARTMENT OF HEALTH AND SOCIAL CARE

Date: 13 August 2019

Abstract: In June 2019, the House of Commons Public Administration and Constitutional Affairs Committee published its report into avoidable deaths from eating disorders. It contained recommendations across six areas to improve eating disorder services and this report outlines the government's response to the recommendations.

Websites [DHSC - Response](#); [Original inquiry](#)

47. The legal implications of dementia in the workplace: establishing a cross-disciplinary research agenda

Author: EGDELL, V

Journal: Ageing & Society Vol: 38 Part: 11: Pages: 2181-2196

Abstract: Dementia is a growing issue in the United Kingdom (UK) with over 800,000 people affected. Of these people, in excess of 40,000 are aged under 65 years. Thus, a significant number of individuals may be experiencing symptoms of dementia while in employment. In addition, as working lives extend, the potential impact of dementia on the workplace could be substantial. There has been little research on experiences of dementia in the workplace. The research that exists highlights the lack of support for workers with dementia. Dementia may be considered to be a disability under the Equality Act 2010. Therefore, the legislation potentially provides a framework for individuals to request that their employer make reasonable adjustments to support their continued employment. International human rights law is potentially another tool that could be utilised to obtain necessary adjustments. This paper argues that in developing the evidence base on workplace experiences of dementia, it is important that the legal framework be considered. This paper reviews the existing literature on dementia in the workplace and embeds this in the legislative framework in order to establish a cross-disciplinary research agenda.

Websites [Cambridge](#)



WIDER DETERMINANTS

48. Migrant health guide

Author: PUBLIC HEALTH ENGLAND

Date: 12 August 2019

Abstract: Updated advice and guidance on the health needs of migrant patients for healthcare practitioners for Human Trafficking, Sexually Transmitted Diseases and HIV

Websites [PHE - Sexually Transmitted Diseases](#); [PHE - Human Trafficking](#); [PHE - HIV](#)

49. Health inequalities in ageing in rural and coastal areas

Author: PUBLIC HEALTH ENGLAND

Date: 19 August 2019

Abstract: This review provides evidence on the health inequalities experienced by older populations in coastal and rural areas, together with a summary of key considerations to reduce inequalities and promote healthy ageing in these areas. It comprises a literature review supplemented with case studies, and brings together a range of information in one place with links to published research to:

- build knowledge and an evidence base within the health and care system, including local authorities and other organisations, of the key health inequality issues for older populations in rural and coastal areas
- support and promote the implementation of considerations to address health inequalities experienced by older people in rural and coastal areas

Websites [PHE](#)

50. Middle-aged women negotiating the ageing process through participation in outdoor adventure activities

Author: WHARTON, C.Y

Journal: Ageing & Society: Early online

Abstract: This study sought to examine the motivations middle-aged women give for belonging to an outdoor adventure group. As part of this, how the women were negotiating the ageing process was also examined. Findings highlight the women's belief that participation delays the ageing process, gives them confidence in their lives and offers social support from other group members. In addition, pride, satisfaction and pleasure were expressed in the belief that they challenged the cultural norms and expectations of older women. The study emphasises that more adventurous activities are becoming more normalised and can be undertaken by women in middle age. This may also suggest that more needs to be done to promote diverse activities such as outdoor adventurous activities to women.

Websites [Cambridge](#)



OTHER

51. Polling on resident satisfaction with councils: June 2019

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 07 August 2019

Abstract: This report outlines the twenty third set of results in a series of regular LGA public polls on resident satisfaction with local councils, conducted every four months.

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

52. Professional standards guidance

Author: SOCIAL WORK ENGLAND

Date: 31 July 2019

Abstract: This document provides guidance on Social Work England's professional standards. The professional standards are the threshold standards necessary for safe and effective practice. They set out what a social worker in England must know, understand and be able to do after completing their social work education or training. Social workers must continue to meet the professional standards to maintain their registration. The standards apply to all registered social workers in all roles and in all settings.

Websites [More Details](#); [Guidance](#)

53. Building healthier communities: the role of the NHS as an anchor institution

Author: REED, S

Date: August 2019

Abstract: Anchor institutions are large, public sector organisations that are unlikely to relocate and have a significant stake in a geographical area. The size, scale and reach of the NHS means it influences the health and wellbeing of communities simply by being there. This report identifies five ways in which NHS organisations act as anchor institutions:

- employment
- procurement and commissioning for social value
- use of capital and estates
- environmental sustainability
- as a partner in a place

The conclusion sets out actions and opportunities for the NHS to harness its considerable influence to have an even greater impact on the health and wellbeing of communities.

Websites [Health Foundation - Report](#); [Health Foundation - Press Release](#)

54. Ageing Confidently: Supporting an ageing workforce

Author: CENTRE FOR SOCIAL JUSTICE

Date: August 2019

Abstract: The UK is witnessing a significant demographic change. An increase in life expectancy and a decrease in the fertility rate means that older people make up a growing proportion of the population. By 2035, over half of all adults in the UK will be over 50 years of age. Evidence suggests that the UK is not responding to the needs and potential of an ageing workforce. This report proposes several recommendations to provide older people and employers with the support needed to unlock the potential of this demographic and enable older people to access the benefits of work. Without a concerted effort to increase the opportunities for older workers, individuals, businesses and the economy will suffer.

Websites [Centre for Social Justice - Report](#)