

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

24th May 2019

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Please note:

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

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ADULT SOCIAL CARE

1. Struggling on: Experiences of financial hardship in later life

Author: AGE UK

Date: April 2019

Abstract: This report sets out the realities of living on a low fixed income in retirement; the coping strategies that older people have developed in order to manage; and the intense difficulties they face in trying to meet the additional, unavoidable costs of ageing which present big, daily challenges for them yet are often overlooked by policymakers. Based on in-depth interviews with older people this report shows how the need for extra spending due to ill health, disability, living in insecure or poor housing, or away from family and friends, makes life incredibly difficult as you get older if there's not much money coming in.

Websites [Age UK](#)

2. Care deserts: the impact of a dysfunctional market in adult social care provision

Author: AGE UK
Date: 15 May 2019

Abstract: A new study commissioned by Age UK highlights the extent of the local lottery that now exists when trying to secure residential care or care at home, and the long-feared emergence of 'care deserts' in some places. These are localities where this is literally no care to be had, even when older people can afford to pay, leaving significant sections of the population with potentially long distances to travel to get suitable care.

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

3. Later Life in the United Kingdom 2019

Author: AGE UK
Date: May 2019

Abstract: This factsheet is a collection of statistics on ageing and later life. It is compiled by Age UK from publicly available sources of research and statistics. This factsheet is not intended to be a fully comprehensive compendium. The factsheet signposts to additional sources of information, statistics and reading. Unless otherwise stated, the term "older" refers to persons aged 65 and above.

Websites [Age UK](#)

4. The impact of primary care incentive schemes on care home placements for people with dementia

Author: KASTERIDIS, P
Date: 23 May 2019

Abstract: The interface between primary care and long-term care is complex. In the case of dementia, this interface may be influenced by incentives offered to GPs as part of the Quality and Outcomes Framework (QOF) to provide an annual review for patients with dementia. The hypothesis is that the annual reviews reduce the likelihood of admission to a care home by supporting the patient to live independently and by addressing carers' needs for support.

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



CHILDREN, YOUNG PEOPLE & FAMILIES**5. Exclusions: Children excluded from mainstream schools**

Author: CHILDREN'S COMMISSIONER
Date: 07 May 2019

Abstract: The Children's Commissioner's Office (CCO) has long been concerned with the high numbers of children being excluded from mainstream schools, including those with Special Education Needs and Disabilities (SEND). The aim of this research was to gain a better understanding of the lived experiences of children excluded, both officially and unofficially, from mainstream education. Whilst the research sought to understand the experiences of all children excluded from school, there was a particular focus on the experiences of those with SEND issues.

Websites [Children's Commissioner](#)

6. Still seldom heard and hard to reach. Still drinking? NEET young people and alcohol consumption in a Northern town

Author: TABBERER, S

Date: 30 April 2019

Abstract: In 2008 the researchers undertook a study exploring the drinking careers of young people who are not in education, employment and training (NEET) in a small post-industrial town in England (Nelson and Tabberer 2015). This report presents research which repeated the study with the same cohort of young people described as NEET, in the same geographical location. Recent trends both in the UK and also more widely in an international context suggest adolescent drinking is declining amongst young people, with some groups seemingly bucking this trend including those from deprived areas, or those who are NEET.

Websites [Report](#); [Executive Summary](#)

7. Far less than they deserve: Children with learning disabilities or autism living in mental health hospitals

Author: CHILDREN'S COMMISSIONER

Date: 20 May 2019

Abstract: This report shows how too many children are being admitted to secure hospitals unnecessarily in some cases are spending months and years of their childhood in institutions when they should be in their community. It warns that the current system of support for those with learning disabilities or autism is letting down some of the most vulnerable children in the country.

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

8. Improving children and young people's mental health and emotional wellbeing

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 15 May 2019

Abstract: The Local Government Association's (LGA) Children and Young People's Mental Health and Emotional Wellbeing Peer Learning Programme looked at how to prioritise early help and free up acute care for the most vulnerable in order to achieve change; supporting councils and their local partners to learn from each other, and from other councils across the country. Eight councils and their partners took part in two learning days and a visit to another council, gaining further knowledge and understanding on how to tackle their local issue.

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

9. Young people not in education, employment or training (NEET), UK: May 2019

Author: OFFICE FOR NATIONAL STATISTICS

Date: 21 May 2019

Abstract: This statistical bulletin contains estimates for young people not in education, employment or training (NEET) in the UK. Main points for January to March 2019:

- There were 764,000 young people (aged 16 to 24 years) in the UK who were not in education, employment or training (NEET); this number decreased by 24,000 from October to December 2018 and was down 34,000 when compared with January to March 2018.
- The percentage of all young people in the UK who were NEET was 11.0%; the proportion was down 0.3 percentage points from October to December 2018 and down 0.3 percentage points from January to March 2018.

- Of all young people in the UK who were NEET, 39.2% were looking for, and available for, work and therefore classified as unemployed; the remainder were either not looking for work and/or not available for work and therefore classified as economically inactive.

Websites [ONS](#)

10. Segregation in mental health wards for children and young people and in wards for people with a learning disability or autism

Author: CARE QUALITY COMMISSION

Date: 21 May 2019

Abstract: This interim report focuses on 39 people who are cared for in segregation on a learning disability ward or a mental health ward for children and young people. The report shares early findings from its review of restraint, prolonged seclusion and segregation for people with a mental health problem, a learning disability or autism. The Care Quality Commission (CQC) is calling for an independent review of every person who is being held in segregation in mental health wards for children and young people and wards for people with a learning disability or autism. These reviews should examine the quality of care, the safeguards to protect the person and the plans for discharge.

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

11. Supporting parenting to address social inequalities in health: a synthesis of systematic reviews

Author: PIERRON, A

Journal: BMC Public Health Vol: 18: Pages: 1087

Abstract: The aim of this review of systematic reviews is to analyse, on the one hand, the components and characteristics of effective interventions in parenting support and, on the other, the extent to which the reviews took into account social inequalities in health. A total of 796 reviews were selected from peer-reviewed journals published between 2009 and 2016 in French or English. The reviews confirmed that parenting support programmes improved infants' sleep, increased mothers' self-esteem and reduced mothers' anger, anxiety and stress levels. Authors noted that the contexts in which the interventions had taken place were described either scantily or not at all, making it difficult to evaluate them. Only half of the reviews had addressed the question of social inequalities in health. In particular, there had been little research conducted on the relational aspect and the social link. The study concludes that in terms of addressing social inequalities in perinatal health, the approach remains both modest and reductive. Understanding how, for whom and in what conditions interventions operate is one way of optimising their results.

Websites [BioMed](#)

12. 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](#)

13. Missing structure: A critical content analysis of the Olweus Bullying Prevention Program

Author: TEMKO, E

Journal: Children & Society Vol: 33 Part: 1: Pages: 1-12

Abstract: School bullying is dominantly understood as an individualistic phenomenon, overlooking the socio-structural environment that creates and maintains it. A critical content analysis reveals that the Olweus Bullying Prevention Program is similarly lacking. The programme labels students as bullies and victims, ascribes these groups' particular character traits, sidelines issues of bias and at times reproduces norms that foster bullying. The programme hyper-focuses on real-time manifestations of bullying incidents, attempting to end bullying through universal monitoring of students and student compliance with anti-bullying rules. It is argued that efforts to reduce school bullying should address both its individualistic and structural determinants.

Websites [Wiley](#)

14. Stakeholder perspectives on children's mental health needs and supports in six low- and middle-income countries

Author: VOSTANIS, P

Journal: Children & Society Vol: 32 Part: 6 Pages: 457-469

Abstract: Low- and middle-income countries (LMIC) are faced with disproportionately high levels of unmet child mental health needs. This study explored through interviews the perspectives of 17 inter-agency service stakeholders from Brazil, Indonesia, Kenya, Pakistan, Rwanda and Turkey on existing supports and challenges. Four themes emerged on the holistic nature of children's mental health needs linked with disadvantage; limited resources and skilled workforce; stigma; and strategies for future implementation, including awareness, parental engagement, skills-based programmes and cultural adaptation. Stakeholder input is essential in conceptualising, developing and evaluating culturally appropriate interventions for vulnerable children in LMIC.

Websites [Wiley](#)

15. Changes in student physical health behaviour: an opportunity to turn the concept of a Healthy University into a reality

Author: HAAS, J

Journal: Perspectives in Public Health: Early Online

Abstract: Previous studies have reported a high prevalence of unhealthy behaviours in the student population, which the Healthy University concept is now seeking to address, by taking a settings approach to health promotion. This study investigated how far students are already seeking to make changes to improve their health behaviour while in a university setting, to help inform the development of Healthy Universities. Data on student health behaviour change, health indicators and demographics were gathered from 550 students attending two London universities. In total, 84% of respondents reported making changes to try to become healthier while at university, primarily for proactive health reasons rather than reacting to a perceived health or weight issue. Universities and student unions were reported as influencing behaviour change by only five students. Compared with previous studies, a higher proportion of respondents were pursuing healthier lifestyles, including only 11% reporting they smoked. There were some statistically significant demographic differences as regards alcohol consumption, physical activity, the types of food students were seeking to avoid and the reasons for this. The findings provide a novel perspective on student health behaviour and suggest that the traditional stereotype of a hedonistic student lifestyle freed from family constraints may need to be reassessed. Universities and student unions appear to have a significant opportunity to build on a more health conscious cohort of students.

Websites [Sage](#)



COMMISSIONING AND ECONOMICS

16. The changing face of clinical commissioning

Author: NHS CLINICAL COMMISSIONERS

Date: May 2019

Abstract: This report is based on interviews with leaders from nine CCGs in England, highlighting the work that is taking place across the country to drive through innovations and improvements across health and social care – often in partnership with other organisations. The report argues that the clinical expertise, collaborative working with provider colleagues, and an understanding of the population's needs in the system in which they operate are essential components to developing integrated services that are fit for purpose and get the best value.

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

17. Independent review of local government spending need and funding

Author: COUNTY COUNCILS NETWORK

Date: 22 May 2019

Abstract: This report identifies a funding gap of over £50bn over the next six years for councils in England. It estimates that by 2025, 78 per cent of the 36 county authorities' spending will relate to four key service areas: adult social care, children's services, public health and education services.

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



HEALTH CARE PUBLIC HEALTH

18. National Health Servers: Delivering digital health for all

Author: KEOHANE, N

Date: 13 May 2019

Abstract: This research considers how technology could be adopted quicker and more widely by the NHS to improve the care that patients receive and to drive better health outcomes. The report's structure tracks the patient journey, from prevention and diagnosis in the community, into primary and secondary care, through into management of long-term conditions. As well as improving the care experience in primary and secondary care, the report argues that there are huge opportunities to keep patients out of the NHS: prevention of disease can reduce the likelihood of people having to enter hospital care in the first place; better digital management of long-term conditions can help avoid unnecessary readmissions into hospital. It concludes with six policy recommendations to drive improvements across the care pathway.

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

19. Cancer in the UK 2019

Author: CANCER RESEARCH UK

Date: April 2019

Abstract: This report summarises the current state of cancer in the UK, recognising where progress has been made, and highlighting the challenges that we continue to face. Cancer remains the leading cause of death in the UK, and a growing and ageing population with more complex needs means incidence continues to rise at an alarming rate. We also see lower survival in the UK than in comparable countries around the world, and significant variation in outcomes across the UK too.

Websites [Cancer Research UK](#)

20. Prostate cancer: diagnosis and management

Author: NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

Date: May 2019

Abstract: This guideline covers the diagnosis and management of prostate cancer in secondary care, including information on the best way to diagnose and identify different stages of the disease, and how to manage adverse effects of treatment. It also includes recommendations on follow-up in primary care for people diagnosed with prostate cancer.

Websites [NICE](#)

21. Stroke and transient ischaemic attack in over 16s: diagnosis and initial management

Author: NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

Date: May 2019

Abstract: This guideline covers interventions in the acute stage of a stroke or transient ischaemic attack (TIA). It offers the best clinical advice on the diagnosis and acute management of stroke and TIA in the 48 hours after onset of symptoms.

Websites [NICE](#)



HEALTH IMPROVEMENT

22. Adult health screening

Author: House of Commons Committee of Public Accounts

Date: 10 May 2019

Abstract: Health screening is an important way of identifying potentially life-threatening illnesses at an early stage. This report argues that national health bodies are not doing enough to make sure that everyone who is eligible to take part in screening is doing so, and do not know if everyone who should be invited for screening has been. Evidence was taken on the management of four of the 11 health screening programmes operating in

England: bowel, breast and cervical cancers and abdominal aortic aneurism. None of the screening programmes examined met their targets for ensuring the eligible population was screened in 2017-18.

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

23. Alcohol and drug misuse prevention and treatment guidance

Author: PUBLIC HEALTH ENGLAND

Date: 14 May 2019

Abstract: Information and other resources to support commissioners, service providers and others providing alcohol and drug interventions. This update provides added publications to new 'Guidance for health and care professionals' section.

Websites [PHE](#)

24. NHS population screening: information for transgender people

Author: PUBLIC HEALTH ENGLAND

Date: 20 May 2019

Abstract: Information about the NHS population screening programmes available to transgender and non-binary people. The leaflet will inform about

- breast screening
- cervical screening
- abdominal aortic aneurysm screening
- bowel screening

Websites [PHE](#)

25. Alcohol-related harm to others in England: a cross-sectional analysis of national survey data

Author: BENYON, C

Journal: BMJ Open Vol: 9 Part

Abstract: This cross sectional study aims to estimate the prevalence, the frequency and the perpetrators of alcohol-related harm to others (AHTO) and identify factors associated with experiencing harm and aggressive harm. In conclusion, this exploratory study, using data collected through the Alcohol Toolkit Survey, shows that AHTO affects 20.1% of the population of England. Even apparently minor harms, like being kept awake, can have a negative impact on health, while aggressive harms are clearly of concern. Using a standard methodology to measure harm across studies would be advantageous. Policies that focus on alcohol must take into consideration the impact of drinking on those other than the drinker.

Websites [BMJ Open](#)



26. Advisory Committee on Antimicrobial Prescribing (APRHAI) annual report, 2017 to 2018

Author: DEPARTMENT OF HEALTH AND SOCIAL CARE

Date: 14 May 2019

Abstract: This is the 9th annual report from the Advisory Committee on Antimicrobial Prescribing, Resistance and Healthcare Associated Infection (APRHAI). The report gives an overview of the work done by the APRHAI from April 2017 to December 2018. It covers:

- healthcare-associated infections (HAIs)
- resistance to antimicrobials (AMR)
- antimicrobial prescribing and stewardship (AMP)
- UK AMR strategy refresh

Websites [DHSC](#)

27. Hepatitis B virus (HBV): regional reports

Author: PUBLIC HEALTH ENGLAND

Date: 15 May 2019

Abstract: The aim of these reports is to describe the epidemiology of hepatitis B in different regions of England. The reports provide updates on trends, areas of high burden of disease and at risk population groups, and identify opportunities for interventions to reduce disease burden.

Websites [PHE](#)

28. Under the skin: Listening to the voices of older people on influenza immunisation

Author: INTERNATIONAL LONGEVITY CENTRE

Date: 21 May 2019

Abstract: Preventing ill-health and reducing the burden of disease is increasingly recognised as vital in the context of an ageing society, and influenza immunisation programmes are a key plank of preventative strategies in many countries across the world. Rates of influenza immunisation remain good among older adults, however, in recent years, they have begun to stagnate. This report explores the attitudes of older adults to influenza immunisation. Findings show that:

- Attitudes are a significant factor in influencing rates of influenza vaccination among older adults.
- Vaccine hesitancy among older adults in the case of seasonal flu vaccines – ultimately impacting coverage rates – is a different phenomenon to wider vaccine hesitancy in the general population; it is more specific and less related to broad concerns around trust in institutions.
- Efforts to increase influenza vaccination coverage rates among the older population need to move beyond associating age with vulnerability and towards presenting immunisation as a positive and healthy lifestyle choice.

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

29. Measles: is it still a threat?

Author: MOTEN, M

Journal: British Journal of General Practice Vol: 68 Part: 674: Pages: 404-405

Abstract: 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. In order to establish and maintain measles control, countries need to achieve 95% uptake with two doses of MMR vaccine in the routine childhood programme and to address any immunity gaps in older age cohorts through targeted supplementary vaccination programmes.. GPs are on the NHS front line so it is vital that they are aware of measles guidance and case management.

Websites [BJGP](#)

30. 'Jabs for the boys': time to deliver on HPV vaccination recommendations

Author: MERRIEL, S

Journal: British Journal of General Practice Vol: 68 Part: 674: Pages: 406-407

Abstract: Human papillomavirus (HPV) vaccination programmes in the UK were established in 2008, and targeted females aged 12–13 years. The theory was that reducing HPV rates in females would result in lower infection rates in males of a similar age. This herd immunity did not extend to men-who-have-sex-with-men (MSM) or heterosexual men having sex abroad. Public Health England (PHE) undertook a trial of a targeted HPV vaccination programme for MSM in 2016–2017. The 12-month pilot involved MSM up to 45 years of age being offered Gardasil® 4, a quadrivalent HPV vaccine, through genitourinary medicine (GUM) and HIV clinics across England. The pilot was reported as a success, and PHE has recommended rolling out this programme across England. The Joint Committee on Vaccination and Immunisation (JCVI) issued an interim statement regarding extending HPV immunisation to adolescent males in July 2017, again concluding that there was insufficient evidence for benefit in males. However, after strong responses through stakeholder consultations, continued pressure from lobby groups such as HPV Action (www.hpvaction.org), and further analysis of the latest research, the JCVI recently (18 July 2018) recommended extending the HPV vaccination programme to adolescent males.

Websites [BJGP](#)

31. Harmless, friendly and lethal: antibiotic misuse in relation to the unpredictable bacterium Group A streptococcus

Author: GRONDAL, H

Journal: Sociology of Health & Illness: Early Online

Abstract: Evidence-based treatment guidelines for managing infections in health care are promoted as tools to prevent unnecessary use of antibiotics. The article examines a medical controversy concerning guidelines for managing throat infection and antibiotic treatment in Sweden. It demonstrates how this controversy unfolds around two different ways of relating to a specific bacterium – Group A Streptococcus. The analysis shows how two 'microbiopolitics', involving different understandings of human-microbial relations, are created in the controversy and how different antibiotic prescribing practices are justified. By focusing on Group A Streptococcus, which is commonly observed, but also unpredictable and potentially dangerous, the article provides new insights into the relations between bacteria, humans and policy in an age of antimicrobial resistance. It argues, in particular, that the definition of antibiotic misuse is unstable and consequently that policy measures aimed at reducing misuse must be related to how specific infections and bacteria are conceptualised in the actual context the policy addresses.

Websites [Wiley](#)



MATERNITY AND INFANTS

32. Ectopic pregnancy and miscarriage: diagnosis and initial management

Author: NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

Date: April 2019

Abstract: This guideline covers diagnosing and managing ectopic pregnancy and miscarriage in women with complications, such as pain and bleeding, in early pregnancy (that is, up to 13 completed weeks of pregnancy). It aims to improve how early pregnancy loss is diagnosed, and the support women are given, to limit the psychological impact of their loss.

Websites [NICE](#)

**MENTAL HEALTH AND WELLBEING**

33. Prevention concordat for better mental health: consensus statement

Author: PUBLIC HEALTH ENGLAND

Date: 14 May 2019

Abstract: This updated document describes the consensus statement of the prevention concordat for better mental health and lists the signatories.

Websites [PHE](#)

34. Parity of Esteem – Delivering physical health equality for those with serious mental health needs

Author: ROYAL COLLEGE OF NURSING

Date: 20 May 2019

Abstract: This publication gives an overview of the work the Royal College of Nursing RCN is doing to address the mortality gap between people with serious mental illness and the rest of the population as well as our work towards establishing parity of esteem between mental and physical health.

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

35. Working well together: Evidence and tools to enable co-production in mental health commissioning

Author: ROYAL COLLEGE OF PSYCHIATRISTS

Date: 16 May 2019

Abstract: This resource was commissioned by NHS England to support delivery of the Five Year Forward View for Mental Health and the NHS Long Term Plan. This document aims to improve local strategic decisions about, and the provision of, current and future mental health services for children, young people, adults and older adults. This includes people who are not in contact with mental health services, because of existing barriers to access or for other reasons. This document also talks about co-production with people who are in at-risk populations.

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

36. Dementia in the workplace case study research: understanding the experiences of individuals, colleagues and managers

Author: RITCHIE, L

Journal: Ageing & Society Vol: 38 Part: 10: Pages: 2146-2175

Abstract: This study is the first to explore the employment-related experiences of people with dementia and their employers to determine the potential for continued employment post-diagnosis. Sixteen case studies centred on a person with dementia who was still in employment or had left in the previous 18 months. Each involved interviews with the person with dementia, a family member and a workplace representative. These findings have the potential to initiate changes to policy and practice related to supporting employees with dementia. The implications of this research are multifaceted and need to be considered in terms of the individuals' wellbeing, organisational support, as well as the wider theoretical, economic and societal consequences of supporting an employee with dementia.

Websites [Cambridge](#)

**WIDER DETERMINANTS**

37. Changing Lives: the social impact of participation in culture and sport

Author: House of Commons Digital, Culture, Media and Sport Committee

Date: 07 May 2019

Abstract: This report finds that opportunities to reap major benefits in criminal justice, education and health are being missed by the failure of government to recognise and harness social impact. It argues that the full health impacts of cultural programmes are far from being reached in social prescribing and recommends that the Department of Culture, Media and Sport should encourage sporting organisations to take part in social prescribing schemes which can go beyond physical health benefits to include social impacts, such as tackling loneliness.

Websites [Report](#); [More details](#)

38. World health statistics 2019: Monitoring health for the Sustainable Development Goals (SDGs)

Author: WORLD HEALTH ORGANIZATION

Date: April 2019

Abstract: World health statistics 2019 summarizes recent trends and levels in life expectancy and causes of death, and reports on the health and health-related Sustainable Development Goals (SDGs) and associated targets. Where possible, the 2019 report disaggregates data by WHO region, World Bank income group, and sex; it also discusses differences in health status and access to preventive and curative services, particularly in relation to differences between men and women.

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

39. Personal and economic well-being: what matters most to our life satisfaction?

Author: OFFICE FOR NATIONAL STATISTICS

Date: 15 May 2019

Abstract: Insights into socio-demographic and economic factors that matter to life satisfaction, such as an individual's characteristics or circumstances as well as household income and spending. Main points include

- Self-reported health, marital status and economic activity have the strongest associations with how positively we rate our life satisfaction.
- Comparing this with [previous findings](#), marital status appears to matter more for people's life satisfaction in October 2017 to September 2018 than it did six years before, while economic activity contributed less.
- Age is the personal characteristic most strongly related to life satisfaction, with younger people reporting higher life satisfaction; this falls in middle age and rises again in later years.
- People who own their home outright or with a mortgage rate their life satisfaction more highly than those living in both private and social rented housing.
- In terms of household economic circumstances, higher household spending is more strongly related to how we rate our life satisfaction than higher household income, though both matter less than personal circumstances.
- How we spend our money also matters; comparing people with the same level of spending, those able to spend a higher share on experiences, such as hotels and restaurants, are more likely to be very satisfied with life than those spending more on food, insurance and mobile phone subscriptions

Websites [ONS](#)

40. The prevalence and persistence of ethnic and racial harassment and its impact on health: a longitudinal analysis

Author: National Institute of Economic and Social Research

Date: 14 May 2019

Abstract: The findings of an ESRC-funded study of the prevalence of ethnic and racial harassment and its impact on health during the period 2009 to 2014 found that around one in ten ethnic minorities in England has reported experiencing ethnic and racial harassment in a public place and almost double this number has reported feeling unsafe or avoiding public places, both of which are associated with poorer mental health. The researchers hope their findings will increase awareness among the public, policy-makers, healthcare professionals and law enforcement agencies about how common such harassment experiences are. They also hope that investigations into causes of mental health issues among ethnic minority individuals will consider harassment and discrimination to be one of the possible causes.

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

41. Health Inequalities Dashboard: data update

Author: PUBLIC HEALTH ENGLAND

Date: 22 May 2019

Abstract: The Health Inequalities Dashboard presents data on health inequalities for England, English regions and local authorities. The dashboard measures trends in each indicator since a baseline period, with longer term data provided where these are available. Inequalities are considered across a range of dimensions, including:

- deprivation
- ethnic group
- sexual orientation
- employment status

Websites [PHE](#)

42. Health matters: Prevention - a life course approach

Author: PUBLIC HEALTH ENGLAND

Date: 23 May 2019

Abstract: A person's physical and mental health and wellbeing are influenced throughout life by the wider determinants of health. These are a diverse range of social, economic and environmental factors, alongside behavioural risk factors which often cluster in the population, reflecting real lives. All these factors can be categorised as protective factors or risk factors. This resource for NHS and public health professionals focuses on taking a life course approach to the prevention of ill health and explores the evidence base for this approach. The resource signposts to evidence-based interventions and tools, as well as to evaluation and monitoring techniques.

Websites [PHE](#)

43. Learning Disability Mortality Review (LeDeR) Programme: Action from learning

Author: NHS ENGLAND

Date: 21 May 2019

Abstract: This report provides examples of the local changes that have been made to services so far and highlights the extensive work which is happening nationally in response to common themes raised through LeDeR reviews across the country.

Websites [NHS England](#)

44. Migrant health literacy in the European Union: A systematic literature review

Author: WARD, M.

Journal: Health Education Journal: Early Online

Abstract: The European Union (EU) has experienced an increasing intake of migrants in recent years. As its population diversifies, new challenges present themselves for healthcare delivery due to communication, cultural differences and health literacy of migrants. In the light of this, this systematic literature review examines the state of the art of migrant health literacy research within the EU. A total of 21 articles were selected for inclusion. EU-related migrant health literacy research dated from 2009, but only a small number of the EU member states were represented. Eight general research themes were identifiable. Definitions of migrants varied, however, or could not be identified within a particular study, which may hamper the further dissemination of research, policy and capacity building. The review shows the evolution of migrant health literacy research in the EU. More research is needed however to support health system responses, to increase the health literacy of migrants and to improve the quality of healthcare in the EU.

Websites [Sage](#)

45. Using peer research processes to understand strategies to support those with severe, multiple and complex health needs

Author: WOODALL, J

Journal: Health Education Journal: Early Online

Abstract: Trained peer researchers with previous experience in contexts of severe and multiple disadvantage gathered data using a sampling approach from 21 individuals engaged in a service specifically designed to provide for their needs. The study identified enabling factors that create conditions for individuals with severe and multiple disadvantage to take greater control of factors impacting on their health and social situations. These included working holistically with individuals, understanding the interconnected issues impacting on health, developing trusting relationships with professionals and working within a positive framework that fosters self-belief and which is focused on salutogenesis rather than pathogenesis. There exists a set of enabling factors that may support individuals facing particular challenges in their lives. While derived from

within a specific geographical context, findings have relevance to other settings in relation to ways of working. Peer research demonstrates itself to be a research approach well suited to understanding lived experiences.

Websites [Sage](#)

46. The increasing lifespan variation gradient by area-level deprivation: A decomposition analysis of Scotland 1981–2011

Author: SEARMAN, R

Journal: Social Science & Medicine Vol: 230: Pages: 147-157

Abstract: Life expectancy inequalities are an established indicator of health inequalities. More recent attention has been given to lifespan variation, which measures the amount of heterogeneity in age at death across all individuals in a population. Area-level measures of deprivation are actively used by governments for allocating resources to tackle health inequalities. Establishing if the same lifespan variation inequalities emerge for area-level deprivation will help to better inform governments about which dimension of mortality inequality should be targeted. This study measures lifespan variation trends (1981–2011) stratified by an area-level measure of socioeconomic deprivation that is applicable to the entire population of Scotland, the country with the highest level of variation and one of the longest, sustained stagnating trends in Western Europe. The results support the finding that the most advantaged are dying within an ever narrower age range while the most deprived are facing greater and increasing uncertainty. The least deprived group show an increasing advantage, over the national average, in terms of deaths from circulatory disease and external causes.

Websites [Science Direct](#)



OTHER

47. What people have told us about health and social care: January to March 2019

Author: HEALTHWATCH

Date: 14 May 2019

Abstract: Between January 2019 and March 2019 Healthwatch England received reports of 22,513 people's views and experiences of health and social care from their network. This briefing highlights what the public are saying about primary care, secondary care and social care.

Websites [Healthwatch](#)

48. Above and Beyond: How voluntary sector providers of disability support add value to communities

Author: VOLUNTARY ORGANISATIONS DISABILITY GROUP

Date: May 2019

Abstract: This report explores how innovative not-for-profit organisations consistently and proactively meet gaps in support, particularly as austerity undermines existing provision. Through real life stories from four disability support providers from across England, the report describes the influence and potential of voluntary sector providers of social care.

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

49. Integrating health and social care: State or market?

Author: BOOTH, P

Date: 15 May 2019

Abstract: This report argues that the only way to facilitate better outcomes in terms of patient care and efficiency is within a system that allows more competition in healthcare provision with different organisations integrating health and social care according to the preferences of their customers and clients.

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

50. 21st Century Social Care: What's wrong with social care and how we can fix it

Author: LIGHTFOOT, W

Date: 21 May 2019

Abstract: This research paper explores the nature and extent of the serious and urgent problems affecting the provision of social care in the UK. It identifies how these problems have evolved from the institutional structures developed for providing health and social care and offers proposals for complex, long-term social care in England.

Websites [Policy Exchange](#)

51. Social care: Free at the point of need - The case for free personal care in England

Author: INSTITUTE FOR PUBLIC POLICY RESEARCH

Date: 23 May 2019

Abstract: This paper sets out new research and policy proposals which aim to address the growing crisis in social care. Its recommendations aim to improve the efficiency of health and social care services in England by joining up health and social care policy and delivering a more preventative model of care. They also aim to advance the physical and mental health of those with social care needs by ensuring that everyone – regardless of means – receives adequate and appropriate support.

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

52. How do members of a fire and rescue service perceive expanding their roles to deliver more health care services?

Author: BYRNE-DAVIS, I

Journal: Journal of Public Health: Early Online

Abstract: Increasingly, public sector workers are being required to expand their roles into public health. Fire and rescue services, as part of the Emergency Medical Response trial, are at the forefront of role expansion, with increasing capacity due to reducing numbers of fires in recent years. In this study, the fire service members' perceptions about this role expansion were explored to increase understanding of how role expansion can be introduced and supported. Perspectives differed for responding to cardiac arrests and wellbeing checks. Cardiac arrests were seen as aligned with core roles and thus more acceptable. For both types of new role participants wanted more training and opportunities to provide feedback on implementation. How team members viewed role expansion depended on new role alignment with core role, training and being able to give feedback to management to shape future services.

Websites [Oxford](#)

53. Ethics codes and reflective practice in public health

Author: JENNINGS, B

Journal: Journal of Public Health: Early Online

Abstract: In public health, acting ethically and fulfilling obligations to the public requires careful reflection and intentional decision making. This article discusses the role that an ethics code in public health can play in providing both an educational tool and a behavioural standard. It argues that maintaining public trust requires that public health personnel to live up to standards of professionalism in their conduct, and in order to do so they must have the capabilities necessary to cope in an ethically reflective manner with the pressures and decisions they face. The article illustrates this perspective by discussing the public health ethics code revision process currently underway in the USA.

Websites [Oxford](#)