

WHAT'S NEW

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

26th April 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. Specialist nursing support for unpaid carers of people with dementia: a mixed-methods feasibility study
2. Every minute matters
3. Social care 360
4. Suggestions for Prevention Measures Based on Polish Research Concerning Older Victims of Domestic Violence
5. 'These Are Vulnerable People Who Don't Have a Voice': Exploring Constructions of Vulnerability and Ageing in the Context of Safeguarding Older People
6. Making Safeguarding Personal and Social Work Practice with Older Adults: Findings from Local-Authority Survey Data in England
7. Reaching Out for Help: Recommendations for Practice Based on an In-Depth Analysis of an Elder Abuse Intervention Programme
8. Gaining Access to Possibly Abused or Neglected Adults in England: Practice Perspectives from Social Workers and Service-User Representatives

CHILDREN, YOUNG PEOPLE & FAMILIES

9. Free sanitary products in all primary schools
10. Children looked after data return 2018 to 2019: guide
11. Exploring loneliness in children, Great Britain: 2018
12. Working with 16 and 17 year olds who are 'children in need': the perspective from social workers
13. Child vision screening
14. Child development outcomes at 2 to 2 and a half years: 2018 to 2019
15. The Children's Future Food Inquiry

16. Caring alone: Why Black, Asian and Minority Ethnic young carers continue to struggle to access support
17. Taking Down Junk Food Ads: How Local Areas Are Taking Action on Outdoor Advertising
18. Students' Cigarette Smoking and the Perceived Nicotine Content of Their E-cigarettes
19. Electronic Cigarette Harm and Benefit Perceptions and Use among Youth
20. Examining the relationship between sports participation and youth developmental outcomes for socially vulnerable youth
21. The effect of childhood deprivation on weight status and mental health in childhood and adolescence: longitudinal findings from the Millennium Cohort Study

COMMISSIONING AND ECONOMICS

22. A taxing question: how to pay for free personal care
23. Local authority spending on homelessness: Understanding recent trends and their impact

HEALTH CARE PUBLIC HEALTH

24. Advances in Cancer Treatment
25. Annual NHS cancer checks top two million for the first time

HEALTH IMPROVEMENT

26. Cervical screening: an easy guide
27. E-cigarettes helped more smokers quit than nicotine replacement therapy
28. Gambling Commission launches new National Strategy to Reduce Gambling Harms
29. Secondhand Smoke Exposure in Childhood and Adulthood in Relation to Adult Mortality Among Never Smokers
30. Examining the relationships between walkability and physical activity among older persons: what about stairs?
31. Supermarket retailers' perspectives on healthy food retail strategies: in-depth interviews
32. Long sleep duration predicts a higher risk of obesity in adults: a meta-analysis of prospective cohort studies
33. Are the "Best Buys" for Alcohol Control Still Valid? An Update on the Comparative Cost-Effectiveness of Alcohol Control Strategies at the Global Level
34. Dietary carbohydrate intake and mortality: a prospective cohort study and meta-analysis
35. Pro-inflammatory effects of e-cigarette vapour condensate on human alveolar macrophages

HEALTH PROTECTION

36. UK immunisation schedule: the green book, chapter 11
37. Seasonal flu vaccine uptake in GP patients: monthly data, 2018 to 2019
38. Gastrointestinal infections and foodborne outbreaks in humans, England and Wales
39. Influenza: the green book, chapter 19

MATERNITY AND INFANTS

40. Quit smoking advice for pregnant women in NHS drive to prevent stillbirths
41. Conceptions in England and Wales: 2017

42. Breastfeeding at 6 to 8 weeks after birth: 2018 to 2019 quarterly data

MENTAL HEALTH AND WELLBEING

43. The Global Mental Health Assessment Tool (GMHAT) pilot evaluation: Final report

44. Building Better. The role of transport infrastructure and services in improving mental health

WIDER DETERMINANTS

45. Personal and economic well-being in the UK: April 2019

46. The relationship between buildings and health: a systematic review

OTHER

47. Violence in England and Wales in 2018 An Accident and Emergency Perspective

48. Productivity of the English National Health Service: 2016/17 update

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. Specialist nursing support for unpaid carers of people with dementia: a mixed-methods feasibility study

Author: GRIDLEY, K

Date: March 2019

Abstract: Unpaid carers are the mainstay of the UK care system for people with dementia. Yet caring can have an impact on the well-being and health of the carer. Admiral Nursing is the only specialist nursing service in the UK that specifically focuses on supporting carers of people with dementia, but evidence of its effectiveness, costs, and relationships to other services is limited. This project aimed to address this gap and explore the feasibility of full-scale formal evaluation.

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

2. Every minute matters

Author: MARIE CURIE CANCER CARE

Date: 15 April 2019

Abstract: This report reveals that more than 200 patients died in Northern Ireland's hospitals in 2017-18 while

waiting to be discharged. The report shows discharge delays resulted in patients spending thousands of extra days in hospital beds every month after being declared ready to leave, with some dying while waiting to be discharged. It lays bare the impact that social care pressures, care planning problems and other issues are having on the timely discharge of patients from Northern Ireland's hospitals, with specific analysis on the impact on people living with terminal illnesses. The report sets out a number of recommendations to end alleviate this.

Websites [Marie Curie](#)

3. Social care 360

Author: BOTTERY, S

Date: 26 April 2019

Abstract: This review outlines and analyses 20 key trends in adult social care in England over recent years. Using a variety of publicly-available data, it provides a uniquely rounded - '360 degree' - view of the sector.

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

4. Suggestions for Prevention Measures Based on Polish Research Concerning Older Victims of Domestic Violence

Author: HALICKA, M

Journal: British Journal of Social Work Vol: 48: Part: 4: Pages: 982-999

Abstract: This paper presents an analysis of the needs of older victims of domestic violence under the care of social services or law-enforcement agencies, based on research conducted in Poland. The main purpose is to highlight the distinguishing features of working with an older client group and to determine whether services in Poland are adequately prepared for providing help to older victims. Findings show that meeting the specific needs of older people demands a more comprehensive approach, which is undoubtedly more time-consuming and requires a different understanding than with other victims of violence. Unfortunately, the police, law-enforcement officers and social workers frequently do not have sufficient knowledge of gerontology. In order to be effective, working with older people requires special training, including knowledge of the overall process of ageing.

Websites [Oxford Journals](#)

5. 'These Are Vulnerable People Who Don't Have a Voice': Exploring Constructions of Vulnerability and Ageing in the Context of Safeguarding Older People

Author: LONBAY, S

Journal: The British Journal of Social Work Vol: 48 Part: 4: Pages: 1033-1051

Abstract: This article reports findings from a Ph.D. study that explored the involvement of older people in adult safeguarding. The aim was to gain a greater understanding of the key barriers to involvement in this area. In-depth, semi-structured interviews were conducted with key stakeholders, including social workers, advocates and family members of older people who had been involved in the safeguarding process, as well as members of the Adult Safeguarding Boards in two local authorities in the north-east of England. Observations of key strategic meetings of the Safeguarding Adults Boards and associated subgroups were also undertaken, as well as an analysis of the local authorities' key policy and guidance documents. A number of key barriers to involvement were identified and are presented within this paper. These are explored and discussed in relation to the ways in which the construction of vulnerability and the positioning of older people within society, and within adult safeguarding in particular, have contributed to them. Overall, it is argued that older people are considered to be inherently vulnerable, and that this reduces their opportunities to be engaged in adult-safeguarding processes.

Websites [Oxford Journals](#)

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

Author: COOPER, A

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

Abstract: This article presents the results of a survey of English local authorities undertaken in 2016 about the implementation of Making Safeguarding Personal (MSP) in adult social care services. The key findings from a survey of local authorities are described, emphasising issues for safeguarding older adults, who are the largest group of people who experience adult safeguarding enquiries. The survey showed that social workers are enthusiastic about MSP and suggests that this approach results in a more efficient use of resources. However, implementation and culture change are affected by different factors, including: austerity; local authority systems and structures; the support of leaders, managers and partners in implementing MSP; service capacity; and input to develop skills and knowledge in local authorities and partner organisations. There are specific challenges for social workers in using MSP with older adults, particularly regarding mental capacity issues for service users, communication skills with older people, family and carers, and the need to combat ageism in service delivery. Organisational blocks affecting local authorities developing this 'risk enabling' approach to adult safeguarding are discussed.

Websites [Oxford Journals](#)

7. Reaching Out for Help: Recommendations for Practice Based on an In-Depth Analysis of an Elder Abuse Intervention Programme

Author: STOREY, J

Journal: The British Journal of Social Work Vol: 48 Part: 4 Pages: 1052-1070

Abstract: Elder abuse is a growing public health concern with serious and sometimes fatal consequences. The aim of this study is to provide a better understanding of the scope of the problem and needs of the population to inform programme development through the recommendations made. One hundred and sixty-four cases of elder abuse reported from January 2012 to April 2014 were examined. Case characteristics and related recommendations are reported. Third parties reported most abuse, which was typically emotional and financial; polyvictimisation was present in most cases. Intake practices that may have facilitated reporting are described and recommendations to improve victim reporting and confidentiality are made. Victim health problems and dependency were common and many victims lacked support. Perpetrators often resided with victims and had mental health and social-functioning problems. Case management varied in length and several barriers were identified. Multi-agency work is recommended to better manage the needs of the victim, risk factors related to the perpetrator and victim-perpetrator cohabitation. Recommendations to improve the safety of the victim and that of professionals are also made.

Websites [Oxford Journals](#)

8. Gaining Access to Possibly Abused or Neglected Adults in England: Practice Perspectives from Social Workers and Service-User Representatives

Author: NORRIE, C

Journal: The British Journal of Social Work Vol: 48 Part: 4 Pages: 1071-1079

Abstract: This paper reports on a study that examined social workers' and service-user representatives' perspectives on current options for accessing older people living at home when entry is being obstructed by a third party, there are concerns about possible abuse or neglect and legal approaches are not considered appropriate. In-depth interviews were conducted with social workers and service-user representatives from three English local authorities. Professional interviews focused on current practices in dealing with such cases. Service-user representatives were asked to discuss a fictitious obstructive case and potential actions that could be taken by social workers. Participants described current practice in terms of options for negotiation with third parties obstructing access to older people, ranging from 'softer' styles aiming to develop rapport to 'more assertive' approaches. Making good decisions about case allocation, being creative in pursuing cases and fostering good multi-agency relationships were valued by practitioners. Some service-user representatives questioned the time and resources involved in managing these cases. Policy makers may wish to consider

developing guidelines for multi-agency partners outlining their responsibilities in such cases; practitioners may wish to consider whether offering an obstructer the services of an independent advocate would be useful.

Websites [Oxford Journals](#)



CHILDREN, YOUNG PEOPLE & FAMILIES

9. Free sanitary products in all primary schools

Author: UNITED KINGDOM Department for Education

Date: 16 April 2019

Abstract: The Government have committed to provide free sanitary products and will be offered to girls in all primary schools in England from early next year. The Government committed to provide access to free sanitary products in England's secondary schools and colleges in last month's Spring Statement, and now Children and Families Minister Nadhim Zahawi confirmed access to the free products will also be fully-funded by the Department for Education in all primary schools across the country.

Websites [DfE](#)

10. Children looked after data return 2018 to 2019: guide

Author: UNITED KINGDOM Department for Education

Date: 12 April 2019

Abstract: This guide will help local authorities to submit the children looked after data return (also known as SSDA903) for the year 1 April 2018 to 31 March 2019.

Websites [DfE](#)

11. Exploring loneliness in children, Great Britain: 2018

Author: OFFICE FOR NATIONAL STATISTICS

Date: 03 April 2019

Abstract: Analysis of children's (aged 10 to 15 years) reporting of loneliness and perception of their circumstances from The Children's Society Household Survey.

Websites [ONS](#)

12. Working with 16 and 17 year olds who are 'children in need': the perspective from social workers

Author: CHILDREN'S SOCIETY; BRITISH ASSOCIATION OF SOCIAL WORKERS

Date: April 2019

Abstract: A joint survey run by The Children's Society & the British Association of Social Workers which explores the views and experiences of social work professionals of factors that enable or hinder the provision of support for 16 and 17 year old children in need in their areas. The survey also asks about changes needed to enable all vulnerable 16 and 17 year olds to move to adult life with confidence, and support when they need it. In total 166 respondents took part in the survey from across different regions in England.

Websites [Children's Society](#); [BASW](#)

13. Child vision screening

Author: PUBLIC HEALTH ENGLAND

Date: 24 April 2019

Abstract: The UK National Screening Committee recommends vision screening for 4 to 5 year old children and local authorities are responsible for this as part of the healthy child programme. These updated resources support the commissioning and delivery of child vision screening. Includes a service specification, competencies, leaflets and template letters.

Websites [PHE](#)

14. Child development outcomes at 2 to 2 and a half years: 2018 to 2019

Author: PUBLIC HEALTH ENGLAND

Date: 24 April 2019

Abstract: Updated Quarterly and annual local authority metrics on outcomes for children at 2 to 2 and a half years as measured by the Ages and Stages Questionnaire 3 (ASQ-3). Local authority commissioners and health professionals can use these resources to track to what extent children aged 2 to 2 and a half years in their local area are achieving the expected levels of development.

Websites [PHE](#)

15. The Children's Future Food Inquiry

Author: FOOD FOUNDATION

Date: April 2019

Abstract: The Children's Future Food Inquiry is the first attempt to directly and systematically seek the views of children and young people living in poverty across the UK. The report finds that one in three (4.1 million) children live in poverty in the UK, with an estimated 2.5 million living in food insecure households. The report includes the Children's #Right2Food Charter, which calls for a new, independent Children's Food Watchdog to lead the charge on tackling children's food insecurity in the UK.

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

16. Caring alone: Why Black, Asian and Minority Ethnic young carers continue to struggle to access support

Author: JAMES, E

Date: April 2019

Abstract: This briefing looks at Black, Asian and Minority Ethnic (BAME) young carers and their specific and unique needs. The report finds that BAME children who care for ill or disabled relatives are more likely than other young carers to be isolated from support services, a Barnardo's report published today reveals. The research finds that BAME young carers in England are missing out on their childhoods because of the additional responsibilities and stresses they have to deal with.

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

17. Taking Down Junk Food Ads: How Local Areas Are Taking Action on Outdoor Advertising

Author: FOOD ACTIVE

Date: 25 April 2019

Abstract: There is a childhood obesity epidemic in the UK, with one in five children aged 4-5 years and one in three children aged 10-11 years overweight. Tackling junk food advertising has never been higher up the agenda. Set against a backdrop of an increasing burden of diet related disease on individuals and society as a whole. This report finds that local authorities have little powers to restrict advertising of food and drink high in fat, sugar and salt – despite the fact that many areas are struggling with high levels of childhood overweight and obesity. The report makes nine recommendations with an aim to overcome this.

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

18. Students' Cigarette Smoking and the Perceived Nicotine Content of Their E-cigarettes

Author: TAM, J

Journal: American Journal of Preventive Medicine Vol: 55 Part: 3 Pages: 376-383

Abstract: There is concern that youth e-cigarette use may serve as a gateway to cigarette smoking, and that nicotine exposure may harm brain development. It is therefore important to know how much nonsmoking youth perceive being exposed to nicotine through e-cigarettes. Data on smoking and vaping from the 2016 Monitoring the Future survey of eighth, tenth, and 12th grade students were analyzed in 2017. Findings show a significant relationship exists between smoking behavior and reportedly vaping nicotine or just flavors. With increasing smoking intensity, an increasing proportion of students report they are vaping nicotine; a decreasing proportion report just flavors. Among 12th graders, prevalence of vaping nicotine is lowest among never smokers and non-current smokers and highest among current and frequent smokers. Substantially larger proportions of never smokers and 30-day nonsmokers report vaping just flavors compared with regular or frequent smokers.

Websites [AJPM](#)

19. Electronic Cigarette Harm and Benefit Perceptions and Use among Youth

Author: BERNAT, D

Journal: American Journal of Preventive Medicine Vol: 55 Part: 3: Pages: 361-367

Abstract: The purpose of this study is to examine adolescent perceptions of harms and benefits associated with electronic cigarettes (e-cigarettes) and their associations with use. Data from the 2016 Florida Youth Tobacco Survey were analyzed in 2017. Participants who were in high school aged 14–17 years were included. The study concludes that youth who are susceptible to use, currently use, or have used e-cigarettes are less likely to report harms and more likely to perceive benefits associated with e-cigarette use compared with committed never users. Addressing harm and benefit perceptions may be important for interventions designed to reduce e-cigarette use among adolescents.

Websites [AJPM](#)

20. Examining the relationship between sports participation and youth developmental outcomes for socially vulnerable youth

Author: SUPER, S

Journal: BMC Public Health Vol: 18: Pages: 1012

Abstract: Research has shown that sports participation is positively related to youth developmental outcomes, but it is still unknown if sports participation relates to these outcomes among socially vulnerable youth. This research aimed to examine the relationship between sports participation and youth developmental outcomes (i.e., problem behaviour, pro-social behaviour, school performance, subjective health, well-being, self-regulation skills, and sense of coherence) for socially vulnerable youth. In addition, the stability of the relationship between sports participation and the youth developmental outcomes were investigated with a six-month interval. The results of this study show that there are positive relationships between sports participation and several youth developmental outcomes. Based on the current data no conclusions can be drawn about the causal relationship between sports participation and youth developmental outcomes. Given the focus of policymakers and health professionals on sport as a means to achieve wider social and

educational outcomes for young people, further research is needed to shed light on the relationship between sports participation and youth developmental outcomes for socially vulnerable youth, with a special focus on this group's heterogeneity.

Websites [BioMed](#)

21. The effect of childhood deprivation on weight status and mental health in childhood and adolescence: longitudinal findings from the Millennium Cohort Study

Author: NOONAN, R

Journal: Journal of Public Health: Early online

Abstract: The study aims to examine associations between deprivation at age 7 and health outcomes at age 7 and 14, to determine whether a deprivation gradient to health outcomes exists at age 7 and 14, and to assess the extent to which health outcomes at age 7 are associated with health outcomes at age 14. Data were from wave four and six of the Millennium Cohort Study. Health outcome measures were weight status, and Strengths and Difficulties Questionnaire measured mental health problems. Deprivation was determined using the 2004 English Indices of Multiple Deprivation. A total of 6109 children (1890 girls) had complete data. In conclusion, a marked social gradient to weight status and mental health was evident at age 7 and 14, and no evidence of equalization was found. Weight status and mental health in childhood is strongly associated with weight status and mental health in adolescence.

Websites [Oxford Journals](#)



COMMISSIONING AND ECONOMICS

22. A taxing question: how to pay for free personal care

Author: INDEPENDENT AGE

Date: April 2019

Abstract: If current trends continue, support to vulnerable older people will continue to decline, access to social care will predominantly become a service based on ability to pay, and many older people will be left to fend for themselves and forced into crisis. To help inform how best to fund social care, Independent Age commissioned Grant Thornton UK LLP and the Social Market Foundation to assess the effectiveness of nine social care funding policy options available to the government to pay for social care in the future. Each policy option was assessed against the costs of: (1) maintaining current levels of support (2) government preferred cap and floor reforms (3) introducing free personal care. This analysis has revealed a number of important findings that must be considered when planning the future of the social care system

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

23. Local authority spending on homelessness: Understanding recent trends and their impact

Author: ST MUNGO'S

Date: April 2019

Abstract: This new research commissioned by St Mungo's and Homeless Link finds that nine years of government cuts have left local services for single homeless people with a £1bn a year funding gap. The charities are warning that cuts to council budgets are leaving increasing numbers of people at risk on the streets, and calling on the Government to act now to make up the funding shortfall or face missing its target of

ending rough sleeping by 2027.

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



HEALTH CARE PUBLIC HEALTH

24. Advances in Cancer Treatment

Author: UNITED KINGDOM Parliamentary Office of Science and Technology

Date: 11 April 2019

Abstract: A POSTnote that gives an overview of recent advances in cancer treatment, the potential benefits and risks, and considers the opportunities and challenges to using new technologies in the NHS.

Websites [Parliamentary Office of Science and Technology](#)

25. Annual NHS cancer checks top two million for the first time

Author: NHS ENGLAND

Date: 23 April 2019

Abstract: For the first time last year, the NHS in England carried out more than two million checks on people who feared they might have cancer. In 2018, patients underwent a record 2.2 million cancer checks following urgent referral by their GP, almost 6,000 a day or more than four every minute. That was an increase of almost a quarter of a million on the 1.9 million people who were seen in 2017. Record numbers of people also received treatment for cancer, with 308,058 receiving a first treatment in 2018, almost 13,000 more than in 2017 and the first time the number has topped 300,000. Cancer survival is at an all-time high with new figures showing 10,000 more patients surviving for at least 12 months after diagnosis than five years earlier. However, the NHS Long Term Plan aims to increasing the proportion of cancers caught early from half to three quarters, an improvement that will save up to 55,000 more lives each year.

Websites [NHS England](#)



HEALTH IMPROVEMENT

26. Cervical screening: an easy guide

Author: PUBLIC HEALTH ENGLAND

Date: 15 April 2019

Abstract: This updated leaflet is about cervical screening by and for women with learning disabilities.

Websites [PHE](#)

27. E-cigarettes helped more smokers quit than nicotine replacement therapy

Author: NATIONAL INSTITUTE FOR HEALTH RESEARCH

Date: 09 April 2019

Abstract: Smokers who use NHS stop smoking services appear almost twice as likely to be successful for a year if they use e-cigarettes than if they use nicotine replacement therapy (NRT) products. In a trial of 866 smokers who used NHS stop smoking services, 18% of those assigned to e-cigarettes were abstinent 12 months from their quit date, compared to 9.9% of those assigned to NRT. Everyone in the study was also offered four weeks of one-to-one behavioural support from a clinician. Of those who had successfully quit with e-cigarettes, 80% were still using them at 12 months. The extra 9% who successfully quit means that 12 people would need to use e-cigarettes rather than NRT to gain one additional successful quitter. Although the study did not include a cost-benefit analysis, the cost of the e-cigarette kit provided was less than that of providing three months of NRT.

Websites [NIHR](#)

28. Gambling Commission launches new National Strategy to Reduce Gambling Harms

Author: GAMBLING COMMISSION

Date: 25 April 2019

Abstract: The Gambling Commission has launched the new National Strategy to Reduce Gambling Harms, a three-year strategy which will drive and coordinate work to bring a lasting impact on reducing gambling harms. For the first time health bodies, charities, regulators and businesses will come together in partnership to effectively tackle the issue – with the Commission calling for action and combined efforts to deliver two strategic priority areas:

- Prevention and Education – making significant progress towards a clear public health prevention plan which includes the right mix of interventions.
- Treatment and Support – delivering truly national treatment and support options that meet the needs of users.

Websites [Gambling Commission](#)

29. Secondhand Smoke Exposure in Childhood and Adulthood in Relation to Adult Mortality Among Never Smokers

Author: DIVER, W

Journal: American Journal of Preventive Medicine Vol: 55 Part: 3 Pages: 345-352

Abstract: Secondhand smoke is known to have adverse effects on the lung and vascular systems in both children and adults. It is unknown if childhood exposure to secondhand smoke is associated with adult mortality. This study examined associations of childhood and adult secondhand smoke exposure with death from all causes, ischemic heart disease, stroke, and chronic obstructive pulmonary disease among 70,900 never smoking men and women, predominantly aged ≥ 50 years, from the Cancer Prevention Study-II Nutrition Cohort in 1992–1993. There were 25,899 participant deaths during follow-up through 2014. The results suggest that childhood secondhand smoke exposure, as well as adult secondhand smoke exposure, increase the risk of chronic obstructive pulmonary disease death in adulthood. Consistent with previous studies, the results also show that adult secondhand smoke is meaningfully associated with higher mortality from vascular disease and all causes. Overall, these findings provide further evidence for reducing secondhand smoke exposure throughout life.

Websites [AJPM](#)

30. Examining the relationships between walkability and physical activity among older persons: what about stairs?

Author: EDWARDS, N

Journal: BMC Public Health Vol: 18: Pages: 1025

Abstract: Walkability is considered an important dimension of healthy communities. However, variable associations between measures of walkability and physical activity have been observed, particularly among older persons. Given the challenges older persons may have navigating stairs on walking routes, the presence of stairs may be an explanatory factor for these mixed associations. The purposes of this scoping review were to determine whether studies examining the relationship between walkability and physical activity included items that assessed stairs and what relationships were found. The study concludes that the presence of stairs may deter older persons (and others) from walking outdoors. Standard measures to document the presence and characteristics of stairs, and sampling approaches to select stairs for assessment are needed. The inclusion of these measures would augment the utility and comparability of studies examining relationships between walkability and physical activity and better inform planning and policy decisions.

Websites [BioMed](#)

31. Supermarket retailers' perspectives on healthy food retail strategies: in-depth interviews

Author: MARTINEZ, O

Journal: BMC Public Health Vol: 18: Pages: 1019

Abstract: Excess calorie consumption and poor diet are major contributors to the obesity epidemic. Food retailers, in particular at supermarkets, are key shapers of the food environment which influences consumers' diets. This study seeks to understand the decision-making processes of supermarket retailers—including motivators for and barriers to promoting more healthy products—and to catalogue elements of the complex relationships between customers, suppliers, and, supermarket retailers. Supermarket retailers, mostly representing independent stores, perceived customer demand and suppliers' product availability and deals as key factors influencing their in-store practices around product selection, placement, pricing, and promotion. Unexpectedly, retailers expressed a high level of autonomy when making decisions about food retail strategies. Overall, retailers described a willingness to engage in healthy food retail and a desire for greater support from healthy food retail initiatives. The study concludes that understanding retailers' in-store decision making will allow development of targeted healthy food retail policy approaches and interventions, and provide important insights into how to improve the food environment.

Websites [BioMed](#)

32. Long sleep duration predicts a higher risk of obesity in adults: a meta-analysis of prospective cohort studies

Author: WENJIA, L

Journal: Journal of Public Health: Early online

Abstract: The connections between long sleep duration and obesity or weight gain warrant further examination. This meta-analysis aimed to evaluate whether long sleep duration was associated with the risk of obesity, weight gain, body mass index (BMI) change or weight change in adults. Findings show that long sleep duration was associated with higher risk of obesity, but had no significant associations with weight gain, BMI change or weight change. Long sleep duration increased the risk of weight gain in three situations: among men, in studies with <5 years follow-up, and when sleep duration was 9 or more hours. Long sleep duration was associated with risk of obesity in adults. More cohort studies with objective measures are needed to confirm this relationship.

Websites [Oxford Journals](#)

33. Are the “Best Buys” for Alcohol Control Still Valid? An Update on the Comparative Cost-Effectiveness of Alcohol Control Strategies at the Global Level

Author: CHISHOLM, D

Journal: Journal of Studies on Alcohol and Drugs Vol: 79: Pages: 514–522

Abstract: Evidence on the comparative cost-effectiveness of alcohol control strategies is a relevant input into public policy and resource allocation. This article uses global evidence on alcohol use exposures and risk relations, as well as on intervention costs and impacts, to re-examine the comparative cost-effectiveness of a range of alcohol control strategies. A “generalized” approach to cost-effectiveness analysis was adopted. A new modeling tool (OneHealth) was used to estimate the population-level effects of interventions.

Interventions that reduce the harmful use of alcohol included brief psychosocial interventions, excise taxes, and the enactment as well as enforcement of restrictions on alcohol marketing, availability, and drink-driving laws. In conclusion, more than a decade after an initial global analysis, the findings of this study indicate pricing policies and restrictions to alcohol availability and marketing continue to represent a highly cost-effective use of resources.

Websites [JSAD](#)

34. Dietary carbohydrate intake and mortality: a prospective cohort study and meta-analysis

Author: SEIDELMANN, S. B

Journal: Lancet Public Health: Early online

Abstract: Low carbohydrate diets, which restrict carbohydrate in favour of increased protein or fat intake, or both, are a popular weight-loss strategy. However, the long-term effect of carbohydrate restriction on mortality is controversial and could depend on whether dietary carbohydrate is replaced by plant-based or animal-based fat and protein. This study aimed to investigate the association between carbohydrate intake and mortality. Findings show that both high and low percentages of carbohydrate diets were associated with increased mortality, with minimal risk observed at 50–55% carbohydrate intake. Low carbohydrate dietary patterns favouring animal-derived protein and fat sources, from sources such as lamb, beef, pork, and chicken, were associated with higher mortality, whereas those that favoured plant-derived protein and fat intake, from sources such as vegetables, nuts, peanut butter, and whole-grain breads, were associated with lower mortality, suggesting that the source of food notably modifies the association between carbohydrate intake and mortality.

Websites [Lancet](#)

35. Pro-inflammatory effects of e-cigarette vapour condensate on human alveolar macrophages

Author: SCOTT, A

Journal: Thorax: Early online

Abstract: Vaping may increase the cytotoxic effects of e-cigarette liquid (ECL). This study compared the effect of unvaped ECL to e-cigarette vapour condensate (ECVC) on alveolar macrophage (AM) function. The study concludes that ECVC is significantly more toxic to AMs than non-vaped ECL. Excessive production of ROS, inflammatory cytokines and chemokines induced by e-cigarette vapour may induce an inflammatory state in AMs within the lung that is partly dependent on nicotine. Inhibition of phagocytosis also suggests users may suffer from impaired bacterial clearance. While further research is needed to fully understand the effects of e-cigarette exposure in humans in vivo, we caution against the widely held opinion that e-cigarettes are safe.

Websites [BMJ](#)



HEALTH PROTECTION

36. UK immunisation schedule: the green book, chapter 11

Author: PUBLIC HEALTH ENGLAND

Date: 15 April 2019

Abstract: Chapter 11 of the green book has been fully updated to reflect all the recent changes to the routine childhood immunisation schedule, as well as those to the adult programme. The revised recommendations for administering more than one live vaccine have now been incorporated into this chapter. The overall aim of the UK's routine immunisation schedule is to provide protection against vaccine-preventable infections.

Websites [PHE](#)

37. Seasonal flu vaccine uptake in GP patients: monthly data, 2018 to 2019

Author: PUBLIC HEALTH ENGLAND

Date: 11 April 2019

Abstract: Provisional monthly data for the uptake of the seasonal influenza vaccine in GP registered patients in England. The most recent monthly data collection covers cumulative flu vaccinations administered from 1 September 2018 to 28 February 2019. Data is presented by NHS England local team, clinical commissioning group (CCG) and by local authority (LA).

Websites [PHE](#)

38. Gastrointestinal infections and foodborne outbreaks in humans, England and Wales

Author: PUBLIC HEALTH ENGLAND

Date: 15 April 2019

Abstract: Updated routine reports on general outbreaks of foodborne illness and laboratory reports of common enteric infections and other enteric diseases, with cumulative totals. This update includes data for February and March 2019.

Websites [PHE](#)

39. Influenza: the green book, chapter 19

Author: PUBLIC HEALTH ENGLAND

Date: 23 April 2019

Abstract: Influenza immunisation information including updates for public health professionals. This version includes updated asthma and egg allergy sections and added information on newly licensed influenza vaccines.

Websites [PHE](#)



MATERNITY AND INFANTS

40. Quit smoking advice for pregnant women in NHS drive to prevent stillbirths

Author: NHS ENGLAND

Date: 10 April 2019

Abstract: Pregnant women are to be offered specialist stop smoking referrals as part of NHS action to reduce stillbirths, which has already resulted in at least 160 babies' lives being saved. Following the success of a programme introduced in 2015 which saw 20% fewer babies dying at birth. All of England's maternity services will be instructed to take up the new Saving Babies Lives toolkit which helps mums-to-be and NHS professionals look out for the warning signs of problem pregnancies, as well as offering specialist stop smoking help as part of its Long Term Plan for the health service. There will be a dedicated focus on reducing preterm births, a common complication of pregnancy which is strongly linked to lower rates of survival, and higher chances of health problems later in life.

Websites [NHS England](#)

41. Conceptions in England and Wales: 2017

Author: OFFICE FOR NATIONAL STATISTICS

Date: 15 April 2019

Abstract: Annual statistics on conceptions to residents of England and Wales; numbers and rates, by age group including women aged under 18 years. Main points include:

- In 2017, there were an estimated 847,204 conceptions to women of all ages, a decrease of 1.8%; this was the largest decrease since 2012.
- The under-18 conception rate in 2017 decreased, for the 10th year running, to 17.9 conceptions per thousand women aged 15 to 17 years.
- The estimated number of conceptions to women aged under 16 years fell to 2,517 in 2017, compared with 2,821 in 2016, a decrease of 10.8%.
- Conception rates in 2017 decreased for women in all age groups, except for those aged 40 years and over where the rate increased by 2.6%.
- Women aged under 16 years were the only age group where the percentage of conceptions leading to a legal abortion decreased.

Websites [ONS](#)

42. Breastfeeding at 6 to 8 weeks after birth: 2018 to 2019 quarterly data

Author: PUBLIC HEALTH ENGLAND

Date: 24 April 2019

Abstract: Quarterly experimental statistics on breastfeeding prevalence at 6 to 8 weeks after birth for 2018 to 2019. Information is presented at local authority of residence, PHE Centre and England level. The latest publication relates to quarter 3 of 2018 to 2019.

Websites [PHE](#)



MENTAL HEALTH AND WELLBEING

43. The Global Mental Health Assessment Tool (GMHAT) pilot evaluation: Final report

Author: UNITED KINGDOM Home Office; PUBLIC HEALTH ENGLAND

Date: 11 April 2019

Abstract: In 2016-2017, the Home Office and Public Health England in collaboration with the International Organization for Migration conducted a pilot of the Global Mental Health Assessment Tool (GMHAT). The GMHAT is a computerised clinical assessment tool developed to rapidly assess and identify mental health problems in a range of settings. The tool was tested with 200 Syrian refugees aged 18+ years in one clinic in Beirut, Lebanon who were being processed for resettlement to the UK as part of the Vulnerable Persons Resettlement Scheme. This report summarises the evaluation findings on how this tool worked in practice at identifying immediate mental health needs requiring urgent attention prior to departure and in facilitating diagnoses, referrals and treatment once in the UK.

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

44. Building Better. The role of transport infrastructure and services in improving mental health

Author: LONDON CITY AIRPORT

Date: April 2019

Abstract: New research reveals mental illness 'blackspots;' in English regions, with almost 1 in 5 adults in the South-West and North-West suffering from common mental disorders. This study from London City Airport reveals that improving the way people travel and their experience at rail stations, airports and on roads, could play a significant role in improving their mental wellbeing. As well as the significant impact on those individuals with mental health conditions, there is an annual cost of poor mental health to both public services and businesses in England. The report highlights three key areas where improvements in transport services could make a tangible difference to mental health for millions of people:

1. Better journeys: reducing delays, cancellations, anti-social behaviour and overcrowding, and keeping passengers well-informed when there is disruption
2. Better design: minimising noise, increasing natural light and making it easier to navigate around stations and airports are major factors contributing to people's mental wellbeing
3. Better accessibility and support: passengers with hidden disabilities, travellers with specific conditions such as Alzheimer's, or those suffering from suicidal feelings, need tailored support which can be improved with staff training

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



WIDER DETERMINANTS

45. Personal and economic well-being in the UK: April 2019

Author: OFFICE FOR NATIONAL STATISTICS

Date: 11 April 2019

Abstract: Estimates looking across both personal well-being (January to December 2018) and economic well-being (October to December 2018) in the UK. Main points include:

- Most economic well-being indicators such as real household disposable income and spending per head continued to improve in the final quarter (October to December) of 2018, similar to recent trends; although other aspects of personal well-being remained flat, anxiety ratings improved in the year ending December 2018.
- Real household disposable income per head grew quicker than real household spending per head, compared with the same quarter a year ago for only the third time in the past 12 quarters.
- Looking beneath the aggregate picture, up to the financial year ending 2018, the richest fifth of individuals saw a 4.7% annual increase in their real equivalised household disposable income compared with a 1.6% contraction for the poorest fifth, resulting in increased income inequality.
- Prices on essentials such as food and non-alcoholic beverages grew by 0.7% up to December 2018, slower than prices for non-essentials such as recreation and culture, which grew by 2.9%.
- Although average anxiety ratings reached a three-year low in 2018, about 10.3 million people or around a fifth of the population continued to report high anxiety, and this proportion has remained similar since 2014.

Websites [ONS](#)

46. The relationship between buildings and health: a systematic review

Author: IGE, J

Journal: Journal of Public Health: Early online

Abstract: The built environment exerts one of the strongest directly measurable effects on physical and mental health, yet the evidence base underpinning the design of healthy urban planning is not fully developed. This study provides a systematic review of quantitative studies assessing the impact of buildings on health. In total, 39 studies were included in this review. Findings showed consistently that housing refurbishment and modifications, provision of adequate heating, improvements to ventilation and water supply were associated with improved respiratory outcomes, quality of life and mental health. Prioritization of housing for vulnerable groups led to improved wellbeing. However, the quality of the underpinning evidence and lack of methodological rigour in most of the studies makes it difficult to draw causal links. The findings highlight the need for strengthening of the evidence base in order for meaningful conclusions to be drawn.

Websites [Oxford Journals](#)



OTHER

47. Violence in England and Wales in 2018 An Accident and Emergency Perspective

Author: SIVARAJASINGAM, V

Date: 12 April 2019

Abstract: This report finds that despite the recent spate of knife violence and homicide in some UK cities, the number of people injured in serious violence in England and Wales dropped by 1.7% between 2017 and 2018.

The study, which examines data by age and sex, is produced from a scientific sample of 126 emergency departments (EDs), minor injury units and walk-in centres in England and Wales. Findings show that overall, an estimated 187,584 people attended EDs in 2018 (3,163 less than in 2017). However in contrast to the slight decrease overall, knife related serious violence has increased according to separate hospital admissions data.

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

48. Productivity of the English National Health Service: 2016/17 update

Author: CENTRE FOR HEALTH ECONOMICS

Date: 15 April 2019

Abstract: This report updates the Centre for Health Economics' time-series of National Health Service (NHS) productivity growth for the period 2015/16 to 2016/17 and reports trends in output, input and productivity since 2004/05.

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