

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

28th September 2018

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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

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

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ADULT SOCIAL CARE

1. What to expect during assessment and care planning: A quick guide for people using adult social care services

Author: SOCIAL CARE INSTITUTE FOR EXCELLENCE; NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

Date: September 2018

Abstract: This guide, published jointly by SCIE and NICE will help people to understand what they should expect from social care staff during assessment and care planning. It covers:

- Making decisions
- Support from an advocate
- Needs assessment

Websites [SCIE](#); [NICE](#)

2. The Size and Structure of the Adult Social Care Sector and Workforce in England, 2018

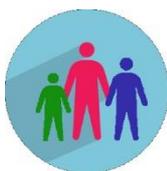
Author: UNITED KINGDOM Skills for Care

Date: September 2018

Abstract: This report provides the most up-to-date and comprehensive overview of the size and structure of the adult social care sector and workforce in England. Key findings show that:-

- The number of people working in adult social care was estimated at 1.47 million.
- The number of adult social care **jobs** in England as at 2017 was estimated at 1.6 million – this has increased by around 1.2% (19,000 jobs) between 2016 and 2017.
- The number of full-time equivalent (FTE) jobs was estimated at 1.13 million.
- An estimated 21,200 organisations and 41,000 establishments were involved in providing or organising adult social care in England as at 2017.
- Around 240,000 adults, older people and carers received direct payments from councils' social services departments in 2016/2017. It is estimated that approximately 70,000 (29%) of these recipients were employing their own staff.

Websites [Skills for Care](#)



CHILDREN, YOUNG PEOPLE & FAMILIES

3. **Playing Out: A Children's Commissioner's report on the importance to children of play and physical activity**

Author: CHILDREN'S COMMISSIONER

Date: August 2018

Abstract: Today's children are the least active generation ever. Just 1 in 4 boys and 1 in 5 girls in England do the recommended 60 minutes of activity each day. At the same time, figures from Ofcom tell us that children between the ages of 5 and 15 spend nearly 2 hours a day online during the week and nearly 3 hours a day at the weekend. The fact of the matter is that busy lives, busy roads and fewer safe communal spaces have conspired to make what used to be a normal and spontaneous part of everyday life, an activity in itself - something requiring planning, scheduling and adult supervision. It also increasingly needs to be paid for. Play is important for children. Not only is it great fun but it also benefits their health and wellbeing. By playing, children try out new things, test themselves and learn new skills. Play is also a way of developing social and emotional skills: by playing with others children learn to share, take turns, negotiate and make friends. This report looks at how we can turn the tide and ensure that play time isn't consigned as an outmoded activity of the past. This paper sets out recommendations for national government, local councils, health trusts and for parents and children themselves.

Websites [Children's Commissioner](#)

4. **Inspecting safeguarding in early years, education and skills**

Author: UNITED KINGDOM Ofsted

Date: 06 September 2018

Abstract: This updated handbook sets out what inspectors must consider when inspecting safeguarding. It outlines the evidence that inspectors will look for during inspections and sets out the judgements they will make. It needs to be read alongside the ['Common inspection framework: education, skills and early years'](#) and [the individual inspection remit handbooks](#).

Websites [Ofsted](#)

5. **One in five children in England carry out some care for sick and disabled family members**

Author: UNIVERSITY OF NOTTINGHAM

Date: 09 September 2018

Abstract: New figures from BBC News and the University of Nottingham reveal that the extent of caring by children is much higher than had been thought, with 22% of children, who responded to a questionnaire, admitting to being young carers. The secondary school pupils, who responded, lived with a family member who had an illness or disability *and* carried out caring duties. Nearly a third (32%) of those children are responsible for a high level caring. If the results reflect the country as a whole, it would mean that over 800,000 secondary school children (aged 11-16 years) in England are having to care for someone at home...with nearly 260,000 regularly doing domestic work, household management and emotional care.

Websites [University of Nottingham](#)

6. **Evaluation of the first year of the national rollout of 30 hours free childcare: Research report**

Author: UNITED KINGDOM Department for Education

Date: 11 September 2018

Abstract: Findings from the evaluation of the first year of the national rollout of 30 hours free childcare. The evaluation collected data from 12 local authorities, which included surveys, interviews and census returns. It aimed to:

- understand how the policy was implemented

- whether it is working as intended
- understand the effects of the policy
- consider whether it is achieving its objectives of supporting working families and helping parents to work

[Guidance for local authorities evaluating the impact of 30 hours free childcare in their area](#) is also available.

Websites [DfE](#)

7. Inspecting local authority children's services from 2018

Author: UNITED KINGDOM Ofsted

Date: 14 September 2018

Abstract: Ofsted has updated its framework and guidance for inspecting local authority services for children in need of help and protection, children in care and care leavers.

Websites [Ofsted](#)

8. Childcare and early years survey of parents: 2017 follow-up survey

Author: UNITED KINGDOM Department for Education

Date: 11 September 2018

Abstract: The Department of Education has published findings of a follow-up telephone survey with respondents to the 2017 childcare and early years survey of parents. The follow-up survey provides evidence to understand the 30 hours of childcare policy introduced in September 2017. The follow-up survey was carried out between April and July 2018, with parents with a child born between 1 September 2012 and 31 March 2015. Children in working families born between these dates were eligible to receive hours of childcare under the 30 hours offer at some point in the 2017 to 2018 school year.

Websites [DfE](#)

9. Pupils and their parents or carers: omnibus survey

Author: UNITED KINGDOM Department for Education

Date: 07 September 2018

Abstract: Findings from research on pupils and their parents or carers and responses to questions asked in the survey. DfE gathered data from:

- pupils aged 11 to 17 who attend state-funded secondary schools in England
- pupils' parents or carers

Topics covered in the survey include:

- parental involvement in pupils' learning
- changes to the school day
- mental health and wellbeing
- changes at school
- plans for the future
- bullying
- life outside of studies
- pupils with special educational needs and disabilities (SEND)

Websites [DfE](#)

10. A Better Relationship with Learning: An evaluation of the Young Carers in Schools Programme

Author: MESIE, J

Date: 03 September 2018

Abstract: The charity Coram has published an evaluation of the [Young Carers in Schools \(YCiS\) Programme](#). The scheme is a free England-wide initiative delivered by Carers Trust in partnership with The Children's Society. YCiS equips schools to support young carers and awards good practice. The summary includes an overview of findings such as how well young carers have been able to improve their relationship with education and their academic progress.

Websites [Coram](#)

11. Anti-Bullying Week: resources for schools 12-16 November 2018

Author: ANTI-BULLYING ALLIANCE

Date: September 2018

Abstract: The theme for Anti-Bullying Week 2018 is: 'Choose Respect' and Anti-Bullying Week runs from 12th - 16th November. Anti-Bullying Alliance (ABA) has developed primary and secondary school packs which include lesson and assembly plans, cross curricular ideas and films. ABA also has a range of animations and videos available.

Websites [Anti-Bullying Alliance](#)

12. Child arrests in England and Wales reduced by more than two-thirds in seven years

Author: HOWARD LEAGUE PENAL REFORM

Date: 10 September 2018

Abstract: Figures published by the Howard League for Penal Reform show that arrests of children in England and Wales have been reduced by more than two-thirds in the last seven years. Research by the charity has found that police made 79,012 arrests of children aged 17 and under last year, down by 68 per cent from almost 250,000 in 2010. The charity's research briefing explores some of the changes that police forces have made to reduce arrest numbers, while also shining new light on areas where further progress can be achieved.

Websites [HLPR](#)

13. Situation of Child and Adolescent Health in Europe

Author: WORLD HEALTH ORGANIZATION

Date: September 2018

Abstract: Childhood and adolescence are critical stages of the life-course. To support Member States, the WHO Regional Office for Europe has developed the European strategy for child and adolescent health 2015– 2020 (the child and adolescent health strategy), which was adopted by all countries in 2014. The Regional Office was tasked with updating countries on progress in 2018. This report summarizes findings from child and adolescent country profiles and the baseline survey completed by Member States in 2016/2017 on the situation of children's and adolescents' health. It aims to provide evidence that can catalyse action in this area.

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

14. National child measurement programme: operational guidance

Author: PUBLIC HEALTH ENGLAND

Date: 13 September 2018

Abstract: The National child measurement programme (NCMP) is part of the government's commitment to dealing with the public health challenge of excess weight. This guidance has updated 'Information for schools' and 'Specimen pre-measure letter to headteacher' documents.

Websites [PHE](#)

15. Early years profile: 2018 update

Author: PUBLIC HEALTH ENGLAND

Date: 04 September 2018

Abstract: The early years profiles bring together a range of indicators on the health of children aged 0 to 5 years by local area. Developed by PHE's National Child and Maternal Health Intelligence Network with NHS England, the indicators provide information on public health outcomes for children in their early years. The early years profiles are designed to help commissioners and providers of health visiting services to assess the priorities and outcomes of the transformation of health visiting services programme.

Websites [PHE](#)

16. National child measurement programme: data sharing and analysis

Author: PUBLIC HEALTH ENGLAND

Date: 28 September 2018

Abstract: Guidance for local authorities and other organisations who want to analyse National Child Measurement Programme (NCMP) data.

Websites [PHE](#)

17. Cross-sectional and longitudinal associations of screen time and physical activity with school performance at different types of secondary school

Author: Liu, H

Journal: BMC Public Health Vol: 18 Pages: 563

Abstract: Previous studies have already reported associations of media consumption and/or physical activity with school achievement. However, longitudinal studies investigating independent effects of physical activity and media consumption on school performance are sparse. This study fills this research gap and, furthermore, assesses relationships of the type of secondary school with media consumption and physical activity. The consumption of screen-based media (TV/video, game console, PC/internet, and mobile phone) and leisure physical activity (organized and non-organized) of 10 – to 17-year old adolescents participating in the LIFE Child study in Germany were related to their school grades in two major school subjects (Mathematics and German) and in Physical Education. In conclusion the results suggest that media consumption has a negative effect on school achievement, whereas physical activity has a positive effect, which, however, is restricted to the subject Physical Education. Future studies might explore the relationship between media consumption and school career, for example, the choice or change of the secondary school type, in more detail.

Websites [BioMed](#)

18. Delayed age at transfer of adoptees to adoptive parents is associated with increased mortality irrespective of social class of the adoptive parents: a cohort study

Author: PETERSEN, L

Journal: BMC Public Health Vol: 18: Pages: 559

Abstract: Adverse early life experience and development may have long-term health consequences, but later environmental conditions may perhaps protect against the effects of such early life adversities. The aim of this study was to investigate whether cause-specific and overall mortality rates among adoptees are associated

with the age at which they were transferred to the adoptive family and whether the social class of the adoptive family modifies this association. A cohort of 10,592 non-familial adoptions (biologically unrelated adoptee and adoptive parents) of Danish-born children formally granted in 1924–47 and with follow-up of total and cause-specific mortality through ages up to 85 years. The rates of death after the age of 16 from all causes combined, all natural causes, all external causes, and suicide were compared according to the age at which adoptees were transferred to their adoptive family by estimating hazard ratios in Cox regression models. The study concludes that transfer to an adoptive family later than at the time of birth may have adverse long-term consequences affecting overall and cause-specific mortality. These effects were not modified by the environment provided by the adoptive family as indicated by the social class of these families.

Websites [BioMed](#)

19. A randomized controlled trial testing a social network intervention to promote physical activity among adolescents

Author: van WOUDEBERG, T

Journal: BMC Public Health Vol: 18: Pages: 542

Abstract: This study examined the effectiveness of a social network intervention to promote physical activity among adolescents. Social network interventions utilize peer influence to change behavior by identifying the most influential individuals within social networks (i.e., influence agents), and training them to promote the target behavior. A total of 190 were randomly allocated to either the intervention or control condition. A multilevel model tested the effectiveness of the intervention, controlling for clustering of data within participants and days. No intervention effect was observed. This was one of the first studies to test whether physical activity in adolescents could be promoted via influence agents, and the first social network intervention to use smartphones to do so. Important lessons and implications are discussed concerning the selection criterion of the influence agents, the use of smartphones in social network intervention, and the rigorous analyses used to control for confounding factors.

Websites [BioMed](#)

20. Is adolescent body mass index and waist circumference associated with the food environments surrounding schools and homes? A longitudinal analysis

Author: GREEN, M

Journal: BMC Public Health Vol: 18: Pages: 482

Abstract: There has been considerable interest in the role of access to unhealthy food options as a determinant of weight status. There is conflict across the literature as to the existence of such an association, partly due to the dominance of cross-sectional study designs and inconsistent definitions of the food environment. The aim of this study is to use longitudinal data to examine if features of the food environment are associated to measures of adolescent weight status. Data were collected from secondary schools in Leeds (UK) and included measurements at school years 7 (ages 11/12), 9 (13/14), and 11 (15/16). The study found few associations between the food environment and measures of adolescent weight status. Where significant associations were detected, they mainly demonstrated a positive association between the number of amenities and weight status (although effect sizes were small). Examining changes in weight status between time periods produced mainly non-significant or inconsistent associations. Results suggests that policy efforts focusing on the food environment may have a limited effect at tackling the high prevalence of obesity if not supported by additional strategies.

Websites [BioMed](#)

21. Examining the relationships between life satisfaction and alcohol, tobacco and marijuana use among school-aged children

Author: LEW, D

Journal: Journal of Public Health: Early Online

Abstract: There are many known risk factors associated with youth substance use. Nonetheless, the impact of life satisfaction (LS) on the use of alcohol, tobacco and marijuana by adolescents still remains largely unknown.

This analysis utilized data from the Health Behavior in School-Aged Children 2009–10 US study. Results after controlling for numerous variables associated with substance use, individuals reporting low LS were significantly more likely to ever use tobacco, alcohol and marijuana. Additionally, students with low LS were significantly more likely to use two substances and three substances concurrently. Interventions aiming to reduce adolescent substance use may benefit from incorporating components to improve LS.

Websites [Oxford Journals](#)

22. Increasing inequality in childhood obesity in primary schools in a northern English town

Author: BLACK, M

Journal: Public Health Vol: 158: Pages: 9-14

Abstract: This study aimed to undertake an analysis of National Child Measurement Programme (NCMP) data to quantify the obesity prevalence gap over time between children in primary schools in the most and least deprived areas of Doncaster. The study undertook secondary analysis of NCMP data on obesity prevalence in children in Reception Year and Year 6 in primary schools in Doncaster for the period 2006–2007 to 2014–2015. The study concludes that there is inequality in relation to obesity in primary school children in Doncaster with those in schools in the most deprived areas carrying the greatest burden. Research is needed to understand why the plateau seen nationally is not reaching the most deprived children.

Websites [Science Direct](#)

23. Mothers and teenage daughters walking to health: using the behaviour change wheel to develop an intervention to improve adolescent girls' physical activity

Author: MURTAGH, E

Journal: Public Health Vol: 158: 37-46

Abstract: The majority of adolescent girls fail to meet public health guidelines for physical activity. Engaging mothers in the promotion of physical activity for their daughters may be an important strategy to facilitate behaviour change. The aim of this study was to use the behaviour change wheel (BCW) framework to design the components of an intervention to improve adolescent girls' physical activity. The BCW design process resulted in the selection of six intervention functions (education, persuasion, incentivization, training, modelling, enablement) and 18 behaviour change techniques delivered via group-based, face-to-face mode. Behaviour change technique groupings include: goals and planning; feedback and monitoring; social support; shaping knowledge; natural consequences; comparison of behaviour; associations; comparison of outcomes; reward and threat; identity; and, self-belief. The BCW process allowed an in-depth consideration of the target behaviours and provided a systematic framework for developing the intervention. The feasibility and preliminary efficacy of the programme will be examined.

Websites [Science Direct](#)

24. The Mental Health and Help-Seeking Behaviour of Children and Young People in Care in Northern Ireland: Making Services Accessible and Engaging

Author: FARGAS-MALET, M

Journal: The British Journal of Social Work Vol: 48: Pages: 578-595

Abstract: Largely as a result of early adverse experiences, children and young people in care are more likely to suffer from mental health difficulties than their peers. Despite these difficulties, they tend to find it hard to seek help and engage with professional services to address their needs. In Northern Ireland, the *Mind Your Health* study collected data for 233 children and young people in care through phone interviews with their carers, and twenty-five of these young people were interviewed. Focus groups with professionals were also carried out. According to their carers, 35 per cent had diagnosed emotional difficulties, and 36 per cent scored in the abnormal range for the Strengths and Difficulties Questionnaire's emotional symptoms scale. Carers described difficulties in accessing mental health services for young people, due to lengthy waiting lists, a lack of information offered and a lack of effort to engage them. Young people found it difficult to engage with these services because of their feelings of stigma, embarrassment, insecurity, guilt and fear. Some felt unable

to seek help even from their families and friends. We recommend that mental health services are made more locally accessible and waiting times are reduced, with a greater emphasis on pro-active outreach work.

Websites [Oxford Journals](#)



HEALTH CARE PUBLIC HEALTH

25. Chronic heart failure in adults: diagnosis and management

Author: NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

Date: September 2018

Abstract: This guideline covers diagnosing and managing chronic heart failure in people aged 18 and over. It aims to improve diagnosis and treatment to increase the length and quality of life for people with heart failure.

Websites [NICE](#)

26. Pancreatitis

Author: NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

Date: September 2018

Abstract: This guideline covers managing acute and chronic pancreatitis in children, young people and adults. It aims to improve quality of life by ensuring that people have the right treatment and follow-up, and get timely information and support after diagnosis.

Websites [NICE](#)



HEALTH IMPROVEMENT

27. Prevention must be the heart of the NHS long-term plan

Author: PUBLIC HEALTH ENGLAND

Date: 06 September 2018

Abstract: Public Health England (PHE) say the NHS can ensure we all enjoy old age in good health by prioritising the prevention of smoking, cardiovascular disease (CVD) and obesity in the new long-term plan.

- Smoking: the NHS long-term plan should commit to achieving a smokefree society by 2030 and a population prevalence of less than 5%.
- CVD is the leading cause of disability and death in the UK. Yet an estimated 50 to 80% of CVD cases are preventable.

- Obesity: the NHS long-term plan should build upon the childhood obesity plan and target adult obesity. One way to achieve this is by increasing the provision of weight management support.

Read Duncan Selbie's blog ['Prevention and the NHS long-term plan: 3 ways we can save more lives.'](#)

Websites [PHE](#)

28. Cervical screening programme: standards

Author: PUBLIC HEALTH ENGLAND

Date: 06 September 2018

Abstract: These documents present the national screening standards for the NHS cervical screening programme (CSP).

Websites [PHE](#)

29. Public Health England and Drinkaware launch Drink Free Days

Author: PUBLIC HEALTH ENGLAND; DRINKAWARE

Date: 10 September 2018

Abstract: A YouGov poll has found that one in five of UK adults are drinking above the [Chief Medical Officer's low risk drinking guidelines](#) and more than two thirds of these say they would find cutting down on their drinking harder to do than one or more other lifestyle changes - improving their diet, exercising more, or reducing their smoking, if they were smokers. Working together for the first time, Public Health England and alcohol education charity Drinkaware are jointly launching a new campaign 'Drink Free Days' to help people cut down on the amount of alcohol they are regularly drinking. The campaign will be encouraging middle-aged drinkers to use the tactic of taking more days off from drinking as a way of reducing their health risks from alcohol.

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

30. The health and well-being of men in the WHO European Region: better health through a gender approach

Author: WORLD HEALTH ORGANIZATION

Date: 17 September 2018

Abstract: This report on men's health and well-being in the 53 countries of the WHO European Region reveals men are living healthier and longer lives than ever before. But despite progress, many of them die far too young from preventable causes, and the reasons behind this go beyond biology. The findings are prompting calls to use a gender approach to get men's health on the agenda of health policy-makers in the European Region.

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

31. Systematic Review of Behavioural Weight Management Program MOVE! for Veterans

Author: MACIEJEWSKI, M

Journal: American Journal of Preventive Medicine Vol: 54 Part: 5 Pages: 704-714

Abstract: The purpose of this study was to systematically review these studies to understand MOVE! participation rates and the association between MOVE! participation and weight change. Studies were judged to be of good quality. Twenty-one of the 26 studies were retrospective cohort studies, one was a prospective cohort study and four were randomized trials. The study concludes that MOVE! participation is associated with modest short-term weight loss, with greater weight loss as participation increases. More research is needed to

understand the barriers and facilitators to participation and the effect of MOVE! participation on long-term health and economic outcomes.

Websites [Science Direct](#)

32. Using open source accelerometer analysis to assess physical activity and sedentary behaviour in overweight and obese adults

Author: INNERD, P

Journal: BMC Public Health Vol: 18: Pages: 543

Abstract: Physical activity and sedentary behaviour are difficult to assess in overweight and obese adults. However, the use of open-source, raw accelerometer data analysis could overcome this. This study compared raw accelerometer and questionnaire-assessed moderate-to-vigorous physical activity (MVPA), walking and sedentary behaviour in normal, overweight and obese adults, and determined the effect of using different methods to categorise overweight and obesity, namely body mass index (BMI), bioelectrical impedance analysis (BIA) and waist-to-hip ratio (WHR). Findings show that open-source, raw accelerometer data analysis can be used to estimate MVPA, walking and sedentary behaviour from a single acceleration signal in normal, overweight and obese adults. The data supports the use of WHR to categorise overweight and obese adults. This evidence helps researchers obtain more accurate measures of physical activity and sedentary behaviour in overweight and obese populations.

Websites [BioMed](#)



HEALTH PROTECTION

33. HIV: annual data tables

Author: PUBLIC HEALTH ENGLAND

Date: 05 September 2018

Abstract: HIV surveillance data in the UK by demographic characteristics and geographical region. This update includes 2018 HIV data tables; Health Protection Report article; pre-release access list; and added HIV in the UK 2018 slide set link. Previously published data has been revised to reflect resubmissions and improvements to data cleaning; data may, therefore, differ from that in previous publications.

Websites [PHE](#)

34. Record demand on sexual health services putting system at tipping point

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 01 September 2018

Abstract: Record demand for sexual health services in England has seen visits to clinics reach 3.3 million a year, putting the system under huge pressure and leaving people facing longer waits for appointments, council leaders warn. The Local Government Association, which represents 370 councils in England and Wales, says the surge in demand is happening at the same time as cuts to funding for councils' vital public health services. Latest figures show there were 3,323,275 attendances at sexual health clinics in England in 2017, up 13 per cent on the 2,940,779 attendances in 2013, which is the equivalent of an extra 210 a day, or 1,471 a week. The LGA is urging government to reverse £600 million in public health cuts to help councils meet rising demand for

sexual health services and prevent people from experiencing potentially longer waiting times and a reduced quality of service.

See also research from Advisory Group on Contraception.

Websites [LGA](#); [Advisory Group on Contraception](#)

35. New flu vaccine available this winter for those aged 65 and over

Author: PUBLIC HEALTH ENGLAND

Date: 12 September 2018

Abstract: A more effective flu vaccine is available this winter for those aged 65 and over, which could prevent deaths and reduce the burden on the NHS. The vaccine, available for the first time this year in the UK for those aged 65 and over, could reduce GP consultations by 30,000, hospitalisations by over 2,000 and prevent over 700 hospital deaths from flu in England, alleviating some of the health burden that seasonal flu places on the population, workplaces and the NHS. The newly available 'adjuvanted' vaccine is expected to significantly boost effectiveness by improving the body's immune response to the vaccine.

Websites [PHE](#)

36. Measles: resources for local government

Author: PUBLIC HEALTH ENGLAND

Date: September 2018

Abstract: Guidance to help local authorities to respond to outbreaks of measles in their areas, and support greater uptake of the MMR vaccine. This guidance includes information on:

- measles infection
- MMR vaccine
- measles elimination
- inequalities in vaccine uptake and disease burden
- strategies to address inequalities in vaccine uptake in under-vaccinated communities
- MMR immunisation programme and outbreak health check
- case studies
- links to resources

Websites [PHE](#)

37. Monkeypox

Author: PUBLIC HEALTH ENGLAND

Date: 09 September 2018

Abstract: Public Health England has published guidance on the epidemiology, symptoms, diagnosis and management of monkeypox virus infections. Monkeypox is a rare disease that is caused by infection with monkeypox virus. Monkeypox was first discovered in 1958 when outbreaks of a pox-like disease occurred in monkeys kept for research. The first human case was recorded in 1970 in the Democratic Republic of Congo, and since then the infection has been reported in a number of central and western African countries. On 8 September 2018, an imported case of monkeypox was reported in the UK. A second imported case was reported on 11 September 2018.

Websites [PHE](#)

38. Sound pressure levels generated at risk volume steps of portable listening devices: types of smartphone and genres of music

Author: GIBBEUM, K

Journal: BMC Public Health Vol: 18: Pages: 481

Abstract: This study estimated the sound pressure levels of various music genres at the volume steps that contemporary smartphones deliver, because these levels put the listener at potential risk for hearing loss. Using six different smartphones (Galaxy S6, Galaxy Note 3, iPhone 5S, iPhone 6, LG G2, and LG G3), the sound pressure levels for three genres of K-pop music (dance-pop, hip-hop, and pop-ballad) and a Billboard pop chart of assorted genres were measured through an earbud for the first risk volume that was at the risk sign proposed by the smartphones, as well as consecutive higher volumes using a sound level meter and artificial mastoid. The results showed that the sound pressure levels of either the first volume step or the maximum volume step were not the same for the different smartphone models and genres of music, which means that the risk volume sign and its output levels should be unified across the devices for their users. In addition, the risk volume steps proposed by the latest smartphone models are high enough to cause noise-induced hearing loss if their users habitually listen to music at those levels.

Websites [BioMed](#)

**MATERNITY AND INFANTS**

39. Statistics on Women's Smoking Status at Time of Delivery, England - Quarter 1, 2018-19

Author: NHS DIGITAL

Date: 06 September 2018

Abstract: NHS Digital has published the latest statistics on Women's Smoking Status at Time of Delivery, England for the first quarter of 2018-19. Key facts include:

- 10.4% of women are known to be smokers at time of delivery. This is down from 10.8% in quarter 4 2017/18, but above the current national ambition of 6% or less.
- 33 out of 195 CCGs met the national ambition of 6% or less.

Websites [NHS Digital](#)

40. iHV publishes its 10-year plan for health visiting

Author: INSTITUTE OF HEALTH VISITING

Date: 03 September 2018

Abstract: The Institute of Health Visiting (iHV) has published its preferred plan for the relationship of health visiting with the NHS in the next 10 years. As the NHS writes its new 10-year plan, with a specific focus on children, prevention and mental health, the Institute of Health Visiting has published its own recommendations for strengthening health visiting services alongside.

Websites [iHV](#)

41. What Price Safe Motherhood? : Charging For NHS Maternity Care in England and Its Impact on Migrant Women

Author: MATERNITY ACTION

Date: September 2018

Abstract: This is the report of a study by Maternity Action to explore the impact on migrant women who faced charges for NHS maternity care during and after their pregnancies. It was carried out in response to growing concerns that women at risk of being charged for maternity care are delaying or avoiding care. It is based on in-depth interviews with sixteen women from eleven countries in north and sub-Saharan Africa, Latin America, south-east Asia and the Caribbean who were charged, or expected to be charged for their NHS maternity care. It also draws upon case summaries from Maternity Action's Maternity Care Access Advice Service.

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

42. To what extent are midwives adapting antenatal information for pregnant women with intellectual disabilities? A survey of NHS trusts in England

Author: HOMEYARD, C

Journal: Public Health Vol: 158: Pages: 25-30

Abstract: This study aims to identify the existing antenatal information provision practices for pregnant women with intellectual disabilities in England. To identify how practices between and within local supervising authorities differed, and if midwives were adapting standard antenatal information for pregnant women with intellectual disabilities, including examples of accessible information being used. Results show that contact supervisors of midwives returned a questionnaire on behalf of their trust. The majority worked in maternity units with more than 4000 births a year. Few trusts had a specialist or lead midwife in post for pregnant women with intellectual disabilities but over half reported that their trust had a specialist learning disability nurse in post. Only 28.3% reported availability of post registration training and even fewer had access to written protocols. Less than half reported extra time being offered at the booking or routine antenatal appointments. Less than a quarter reported that their trust had routine antenatal written information available in accessible formats. In conclusion reasonable adjustments to standard antenatal information for pregnant women with intellectual disabilities were not common practice. Most trusts did not have local guidelines in place or offer midwives post registration education to help support them in this requirement.

Websites [Science Direct](#)

**MENTAL HEALTH AND WELLBEING**

43. Mental health policy in England

Author: UNITED KINGDOM House of Commons Library

Date: 04 September 2018

Abstract: Around one in four people in the UK suffer from a mental health problem each year. The NHS has set out that it wants to achieve "parity of esteem" between mental and physical health, in terms of access to services, quality of care and allocation of resources. While the achievement of parity of esteem has been a long term-policy goal, since 2010 this aim has increasingly featured in legislation and in Government and NHS policy statements. This House of Commons Library briefing looks at the current position.

Websites [House of Commons Library](#)

44. Suicides in the UK: 2017 registrations

Author: OFFICE FOR NATIONAL STATISTICS

Date: 04 September 2018

Abstract: Registered deaths in the UK from suicide analysed by sex, age, area of usual residence of the deceased and suicide method. Main points include: -

- In 2017 there were 5,821 suicides registered in the UK, an age-standardised rate of 10.1 deaths per 100,000 population.
- The UK male suicide rate of 15.5 deaths per 100,000 was the lowest since our time-series began in 1981; for females, the UK rate was 4.9 deaths per 100,000, this remains consistent with the rates seen in the last 10 years.
- Males accounted for three-quarters of suicides registered in 2017 (4,382 deaths), which has been the case since the mid-1990s.
- The highest age-specific suicide rate was 24.8 deaths per 100,000 among males aged 45 to 49 years; for females, the age group with the highest rate was 50 to 54 years, at 6.8 deaths per 100,000.
- Scotland had the highest suicide rate in Great Britain with 13.9 deaths per 100,000 persons, and England the lowest with 9.2 deaths per 100,000.

Websites [ONS](#)

45. World Suicide Prevention Day – engaging communities

Author: WORLD HEALTH ORGANISATION

Date: 10 September 2018

Abstract: World Suicide Prevention Day was on the 10th September. It is marked each year to draw attention to the large and avertable burden of self-harm and suicide. Based on WHO's newly released Global Health Estimates for 2016, close to 800 000 people died by suicide in 2016, equivalent to 10.8 suicides per 100 000 population. The rate of suicide in the WHO European Region is even higher, reaching 13 per 100 000 for both sexes combined, and in excess of 20 suicides among males. WHO has published a community engagement toolkit for suicide prevention, which provides a step-by-step guide for communities to engage in suicide prevention activities. Communities are key to an appropriate collective response to the challenges and consequences of deliberate self-harm, due to the many social determinants of such behaviours. There is a need to bring together actors throughout communities, including those from civil society and from multiple government sectors, such as health care, social services, employment and education.

Websites [Suicide Fact Sheet](#); [Preventing Suicide: a community engagement toolkit](#); [Preventing Suicide: a global imperative](#)

46. Preventing Suicide in Community and Custodial Settings

Author: NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

Date: September 2018

Abstract: This guideline covers ways to reduce suicide and help people bereaved or affected by suicides. It aims to:

- help local services work more effectively together to prevent suicide
- identify and help people at risk
- prevent suicide in places where it is currently more likely.

Websites [NICE](#)

47. Mental Health at Work

Author: MIND; et. al
Date: September 2018

Abstract: Mental Health at Work is a resource to find documents, guides, tips, videos, courses, podcasts, templates and information from key organisations across the UK, all aimed at helping people get to grips with workplace mental health. Mind, with support from The Royal Foundation, Heads Together and 11 other organisations, has created the UK-wide portal as a resource for both employers and employees.

Websites [Mind](#)

48. Front of Mind: Prioritising Workplace Health and Wellbeing

Author: CONFEDERATION OF BRITISH INDUSTRY
Date: 10 September 2018

Abstract: The social conversation around people's mental health and the effect of the UK's ageing society on workplaces has increased over the past five years. This, alongside increasing evidence that healthy, happy and engaged staff improve company performance, makes proactively managing and supporting staff's health and wellbeing an ever more important business issue. Front of Mind is the CBI's good practice guidance, supported by Bupa and HCA Healthcare, to help employers improve health and wellbeing in their workplaces.

Websites [CBI](#)

49. The use of arts interventions for mental health and wellbeing in health settings

Author: JENSEN, A
Journal: Perspectives in Public Health: Early Online

Abstract: This literature review aims to illustrate the variety and multitude of studies showing that participation in arts activities and clinical arts interventions can be beneficial for citizens with mental and physical health problems. The article is focused on mental health benefits because this is an emerging field in the Nordic countries where evidence is demanded from national health agencies that face an increasing number of citizens with poor mental health and a need for non-medical interventions and programmes. The studies document that participation in activities in a spectrum from clinical arts interventions to non-clinical participatory arts programmes is beneficial and an effective way of using engagement in the arts to promote holistic approaches with health benefits. Engagement in specially designed arts activities or arts therapies can reduce physical symptoms and improve mental health issues. The study suggests that participatory arts activities and clinical arts interventions are made more widely available in health and social settings. It is well-documented that such activities can be used as non-medical interventions to promote public health and wellbeing.

Websites [SAGE](#)

**WIDER DETERMINANTS**

50. Tackling problem debt

Author: NATIONAL AUDIT OFFICE
Date: 06 September 2018

Abstract: Over-indebtedness, or problem debt, is when someone becomes unable to pay their debts or other household bills. Debt problems are detrimental to people's wellbeing, and can lead to higher use of public services such as mental health services and state-subsidised housing, with resulting costs to the public purse. Over-indebtedness also results in costs to the wider economy, for example through lost productivity or increased crime. The Money Advice Service (MAS) estimates that 8.3 million people in the UK are over-indebted, and that 22% of UK adults have less than £100 in savings, making them highly vulnerable to a financial shock such as job loss or large unexpected bills. The ratio of unsecured debt to household income has been increasing since 2014. This report aims to evaluate and conclude on HM Treasury's (HMT) overall approach to over-indebtedness, and how well it brings together government's and other stakeholders' various activities and interventions to meet its objectives.

Websites [ONS](#)

51. Affordability of the UK's Eatwell Guide

Author: SCOTT, C.

Date: September 2018

Abstract: This report finds that around 3.7 million children in the UK are part of families who earn less than £15,860 and would have to spend 42% of their after-housing income on food to meet the costs of the Government's nutrition guidelines, making a healthy diet most likely unaffordable. Comparing the estimated cost of the [PHE Eatwell Guide](#) (PHE's official guidance on what constitutes a healthy diet and which is based on the latest scientific evidence) to household income in England, Scotland, Northern Ireland and Wales shows that the poorest half of households would need to spend nearly 30% of their after-housing income on food to eat the Government's recommended diet, compared with 12% for the richest half of households.

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

52. Tackling inequalities faced by Gypsy, Roma and Traveller communities

Author: UNITED KINGDOM House of Commons Women and Equalities Committee

Date: 12 September 2018

Abstract: Gypsy, Roma and Traveller people are the most disadvantaged ethnic groups in the UK. On average, they have a shorter life expectancy than the rest of the population, poor educational outcomes and often face hostility and discrimination from others in society. The Women and Equalities Committee of the House of Commons took oral evidence this week as part of the inquiry into this subject.

Websites [HoC Women and Equalities Committee](#)

53. All the Lonely People: Loneliness in Later Life

Author: AGE UK

Date: 25 September 2018

Abstract: This report shows that the proportion of older people who are lonely has remained relatively constant but that the numbers of older people are rising fast. The analysis found that being 'often' lonely affects people of all ages to a similar degree, but that different circumstances tend to prompt it, depending on age. Following its analysis, the Charity is calling for loneliness to be measured in ways that ensure its prevalence across all age groups is captured equally well. Age UK also calls for the Government to introduce a 'loneliness test' for all policy proposals to assess their likely impact on loneliness by measuring their impact on social networks and community resources. This is in recognition of the fact that many different factors influence the social and physical infrastructure needed to support the meaningful relationships required for tackling loneliness. The report states that this should be a major public health concern because if loneliness is not addressed it can become chronic, seriously affecting people's health and well-being.

Websites [Age UK](#)

54. Social Prescribing in the U.S. and England: Emerging Interventions to Address Patients' Social Needs

Author: ALDERWICK, H

Journal: American Journal of Preventive Medicine Vol: 54 Part 5 Pages: 715-718

Abstract: There is growing interest in the role of healthcare systems in addressing patients' social needs. This is no surprise; evidence on the impact of social factors on population health is well established. People's education, income, housing, and other social issues have a major impact on their health—a bigger impact, by most estimates, than health care. These social factors, in turn, shape people's health behaviours, such as diet and physical activity, acting as the causes of the causes of disease. Yet, despite a substantial body of evidence documenting the impact of the social determinants of health, far less is known about what healthcare systems can best do to address them. This article looks at social prescribing interventions in the U.S and the U.K.

Websites [Science Direct](#)

55. The impact of completing upper secondary education - a multi-state model for work, education and health in young men

Author: HOFF, R

Journal: BMC Public Health Vol: 18: Pages: 556

Abstract Completing upper secondary education is associated with higher work participation and less health-related absence from work. Although these outcomes are closely interrelated, most studies focus on single outcomes, using cross-sectional designs or short follow-up periods. As such, there is limited knowledge of the long-term outcomes, and how paths for completers and non-completers unfold over time. This study uses multi-state models for time-to-event data to assess the long-term effects of completing upper secondary education on employment, tertiary education, sick leave, and disability pension over twelve and a half years for young men. The study concludes that completing upper secondary education increases long-term work participation and lowers health-related absence for young men, but effects diminish over time. Studies that have used shorter follow-up periods could be overstating the negative effects of dropout on labour market participation. Multi-state models are well suited to analyse data on work, education and health-related absence, and can be useful in understanding the dynamic aspects of these outcomes.

Websites [BioMed](#)

56. Longitudinal association between change in the neighbourhood built environment and the wellbeing of local residents in deprived areas: an observational study

Author: FOLEY, L

Journal: BMC Public Health Vol: 18: Pages: 545

Abstract: Features of the urban neighbourhood influence the physical, social and mental wellbeing of residents and communities. This study explored the longitudinal association between change to the neighbourhood built environment and the wellbeing of local residents in deprived areas of Glasgow, Scotland. The study concludes that overall, some evidence was found that living in neighbourhoods experiencing higher levels of physical change worsened wellbeing in local residents. However, it found a stronger negative relationship in those with lower financial security and a positive relationship in those with higher financial security.

Websites [BioMed](#)

57. Migration: a core public health ethics issue

Author: WILD, V

Journal: Public health Vol: 158: Pages: 66-70

Abstract: This article outlines the link between migration, public health and ethics. The article discusses relevant arguments about migration from the perspective of public health and public health ethics. Migration is a core issue of public health ethics and must take a case-based approach: seeking to identify the specific ethical dimensions and vulnerabilities in each particular context. Public health as a practice, built upon the core value of justice, requires the protection and promotion of migrants' well-being (even if this produces tension with immigration services). Ethical analysis should take all phases of migration into account: before, during and after transit. The article argues that migration policies, at least as they relate to migrants' well-being, should be founded upon a shared humanity, respect for human rights and on the idea that effective public health cannot and should not be confined within the borders and to the citizens of any host country.

Websites [Science Direct](#)



OTHER

58. Impact of the Care Quality Commission on provider performance: room for improvement?

Author: SMITHSON, R
Date: 27 September 2018

Abstract: The Care Quality Commission (CQC) introduced a new approach to inspecting and rating health and social care providers in 2013. The Alliance Manchester Business School and The King's Fund have undertaken the first major evaluation of this approach. The report finds that the 'Ofsted-style' inspection and rating regime is a significant improvement on the system it replaced, but it could be made more effective.

Websites [King's Fund](#)

59. World Alzheimer Report 2018: The State of the Art of Dementia Research: New Frontiers

Author: ALZHEIMER'S DISEASE INTERNATIONAL
Date: 21 September 2018

Abstract: This report looks at a broad cross section of research areas including basic science; diagnosis; drug discovery; risk reduction and epidemiology. With the continued absence of a disease modifying treatment, the report also features progress, innovation and developments in care research. It highlights an urgent need for increased and sustainable funding for dementia research.

Websites [ADI](#)

60. Planning and Preparing for Later Life

Author: CENTRE FOR BETTER AGEING
Date: 20 September 2018

Abstract: This report summarises the available evidence on what enables people to plan for their later lives and what factors can present barriers to planning. Planning ahead could make it more likely that we achieve a good later life, including saving for retirement, taking actions to maintain and improve health and working out whether homes might need adaptations in the future.

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

61. A Year of Integrated Care Systems: Reviewing the Journey so Far

Author: CHARLES, A

Date: 20 September 2018

Abstract: Integrated care systems represent a fundamental and far-reaching change in how the NHS works across different services and with external partners. This report is based on interviews with eight of the 'first wave' integrated care systems to understand how they are developing and to identify lessons for local systems and national policy-makers.

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