

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

9th August 2019

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Please note:

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

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ADULT SOCIAL CARE

1. Going the Extra Step: A compendium of best practice in dementia care

Author: HOUSING LIN

Date: 29 July 2019

Abstract: The Housing Learning and Improvement Network used this year's Dementia Action Week 2019 to gather and share examples of extra care schemes and other housing related community services supporting people with dementia to develop meaningful relationships. These relationships can reduce social isolation and loneliness. The examples provided range from informal arrangements supported by staff or other residents to formal service provision.

Websites [Housing LIN - Press Release](#); [Housing LIN - Report](#)



CHILDREN, YOUNG PEOPLE & FAMILIES

2. What works in schools and colleges to increase physical activity

Author: PUBLIC HEALTH ENGLAND

Date: 29 July 2019

Abstract: This updated briefing provides an overview of the evidence on what works for schools and colleges, to increase levels of physical activity amongst children and young people. The evidence suggests an association between being physically active, and academic attainment and attention. Being physically active also helps to promote physical and emotional health and wellbeing. Children and young people who are physically active are more likely to continue the habit into adult life.

Websites [PHE](#)

3. Children's social work health check survey 2018 - report of findings, November 2018

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 16 July 2019

Abstract: In 2018 the LGA worked with the Department for Education to formulate a survey in order to capture the health check results for Childrens' Services in the same way as has been done for Adults' Services since 2017. This report presents the findings from the survey which provide a snap shot of continuous improvement locally, regionally and nationally. The findings also enable the identification of trends, which can help to shape and inform priorities for social work at all levels.

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

4. Serious youth violence

Author: UK House of Commons Home Affairs Committee

Date: 31 July 2019

Abstract: This report considers the rise in serious youth violence in recent years, including the key issues driving these trends, and whether the Government's response matches the scale of the problem.

Websites [House of Commons Home Affairs Committee - Contents](#); [Children's Society - Response](#)

5. Understanding the educational background of young offenders: summary report

Author: UNITED KINGDOM Department for Education

Date: 01 August 2019

Abstract: This updated summary report sets out the key findings from an analysis of young offenders in the youth justice system. These are the headline results from a data sharing project between the Department for Education (DFE) and the Ministry of Justice (MOJ). The analysis focuses on those young offenders sentenced in 2014 matched to DFE data. The amendment adds a breakdown of education characteristics by a more granular categorisation of custodial sentence lengths.

Websites [DfE](#)

6. School inspections in England: Ofsted

Author: UNITED KINGDOM House of Commons Library

Date: 05 August 2019

Abstract: This briefing paper gives answers to some common questions on Ofsted inspections of state-funded

schools in England. It looks at the practicalities of inspection and the implications of Ofsted gradings. It also provides information on current topical issues in inspection.

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

7. Children's Voices: Children's experiences of instability in the care system

Author: CHILDREN'S COMMISSIONER

Date: 01 August 2019

Abstract: This report is published alongside the [Children's Commissioner's third annual Stability Index](#), which measures stability in the care system by looking at how often children in care move home, school or social worker over a year. In addition to this data analysis, the Children's Commissioner's Office also carried out interviews with 22 children in England who are in care or care leavers. The interviewees were aged between 9 and 21. These interviews explored two themes – the impact that instability had on these children, in their own words, and their perspectives on the factors that make instability harder or easier to deal with. The analysis shows that it is still too often the case that many children growing up in care do not receive the stability and certainty they deserve.

Websites [Children's Commissioner - Press Release](#); [Children's Commissioner - Report](#)

8. Adolescent Weight and Electronic Vapour Product Use: Comparing BMI-Based With Perceived Weight Status

Author: CHO, BEOM-YOUNG

Journal: American Journal of Preventive Medicine Vol: 55 Part: 4: Pages: 541-550

Abstract: This study examined the associations of BMI-based and perceived body weight status with electronic vapor product use, cigarette smoking, and dual use among U.S. adolescents. A cross-sectional analysis was conducted in 2017 on data from 15,129 adolescents in the National Youth Risk Behaviour Survey, 2015. Results show that overall, 25.5% of males used electronic vapour products, 11.6% smoked cigarettes, and 8.1% used both; percentages among females were 22.6%, 9.8%, and 6.8%, respectively. Females who perceived themselves as overweight were more likely than those who perceived themselves as normal weight to be current electronic vapour product and dual users. When compared with normal BMI-based category, males with obese BMI status were more likely to be current cigarette smokers, however, only females with overweight BMI status were more likely to be current smokers. The findings suggest that the influence of adolescents' body weight perceptions and BMI-based status should be accounted for when developing nicotine-containing product use prevention programs for adolescents. Specific strategies for influencing female adolescents who perceive themselves as overweight should be included to prevent emerging electronic vapor product and dual use.

Websites [Science Direct](#)

9. A Population-Based Analysis of the Relationship between Substance Use and Adolescent Cognitive Development

Author: Morin, J-F G

Journal: American Journal of Psychiatry: Early online

Abstract: Alcohol and cannabis misuse are related to impaired cognition. When inferring causality, four nonexclusive theoretical models can account for this association: 1) a common underlying vulnerability model; 2) a neuroplasticity model in which impairment is concurrent with changes in substance use but temporary because of neuroplastic brain processes that restore function; 3) a neurotoxicity model of long-term impairment consequential to substance use; and 4) a developmental sensitivity hypothesis of age-specific effects. Using a developmentally sensitive design, the authors investigated relationships between year-to-year changes in substance use and cognitive development. The study concludes that beyond the role of cognition in vulnerability to substance use, the concurrent and lasting effects of adolescent cannabis use can be observed on important cognitive functions and appear to be more pronounced than those observed for alcohol.

Websites [American Journal of Psychiatry](#)

10. Effect of an obesogenic environment and health behaviour-related social support on body mass index and body image of adolescents

Author: VAMOS, S

Journal: Global Health Promotion Vol: 25 Part: 3 Pages: 33-42

Abstract: The purpose of this study was to examine the effect of an obesogenic environment and social support for health behaviours on body mass index and body image in adolescents. Results, according to the data acquired show that 10.7% of adolescents in the study group were overweight and 3.0% were obese. There was a positive relationship between the obesogenic environment and BMI, and as the obesogenic environmental features of adolescents increased, the BMI increased, and the body image scores decreased. As social support for the adolescents' health behaviours increased from their mothers, fathers, teachers, classmates, and close friends, BMI decreased and they were more likely to be satisfied with their bodies. In conclusion, the results demonstrate that, while an obesogenic environment contributed to increased BMI in adolescents and decreased their body satisfaction, social support given for health behaviours had a positive effect on BMI and body perception.

Websites [Sage](#)

11. Formative research to underpin a text messaging home safety intervention for young mothers

Author: MELLO, M.J

Journal: Health Education Journal: Early online

Abstract: Unintentional injury is the leading cause of death for infants and young children in the USA, and the children of young mothers are at an even higher risk. Mobile health (mHealth) interventions have been successful in promoting behaviour change for many health conditions. This study assessed interest in mSafety, a text and video messaging mHealth intervention targeting injury prevention knowledge, behaviour and self-efficacy in young mothers. A trained research assistant conducted semi-structured interviews with 20 young mothers (ages 15–20). Participants were asked both closed and open-ended questions to elicit opinions about their willingness to utilise mSafety. The results of the interviews were positive. Participants were most interested in learning about the prevention of falls and poisonings, as well as safe sleep. Many emphasised that the language of the messages should be simple and that videos could be included to demonstrate methods of injury prevention. Most interviewees were willing to participate in a 'virtual home safety visit' in which participants text home photos to an expert to evaluate home safety practices. In conclusion, the concept of an mHealth intervention that would provide young mothers with the tools to prevent injuries among their children received positive feedback.

Websites [Sage](#)

12. School-based nutrition and garden programs and parental dietary changes in low-income settings: a review

Author: KIRKLAND, L

Journal: International Journal of Health Promotion and Education: Early Online

Abstract: Income is a direct indicator of dietary health and access to food. Proper nutrition is a critical component to achieving good health. However, many children and their families do not consume the recommended amounts of fruits and vegetables. Children between the ages of 5 and 18 spend an average of 6 h a day, 180 days a year in school, which provides an opportunity for public health workers, nutritionists, and teachers to assist low-income families with nutritional education and provide access to fruits and vegetables. This review examines literature on school-based nutrition and garden programs and their direct impact on the dietary practices and choices of low-income parents. Approximately 167 studies were generated from the literature search. After removing duplicates and those that did not meet the inclusion criteria 17 articles were analysed. Analysis of these articles provided few assessments of direct or indirect impact of nutrition and garden programs on low-income parental dietary outcomes or choices. It was discovered that passive communications and direct participation are most often used to foster parent involvement.

Websites [Taylor Francis](#)



COMMISSIONING AND ECONOMICS

13. Why a “risk pool” must underpin a social care system

Author: NUFFIELD TRUST

Date: 29 July 2019

Abstract: Several proposals have been put forward that suggest social care should be funded via individual insurance or savings products. In this briefing the Nuffield Trust explain why they think relying on individual funding options is unlikely to provide a viable basis for the system.

Websites [Nuffield Trust - Press Release](#); [Nuffield Trust - Briefing](#)

14. Collaboration and cooperation: sexual and reproductive health commissioning

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 01 August 2019

Abstract: Responsibility for commissioning sexual health services is split between local government, clinical commissioning groups and NHS England. These arrangements have been in place since 2013 when responsibility for public health was transferred to local government as part of the wider reorganisation of the NHS. Six years on from getting responsibility for some sexual health services, councils are well on the way to shaping a modern, responsive and proactive service to meet the needs of all. This report features are examples of councils that have led the way in this area through the creation of strong commissioning networks and expert groups.

Websites [LGA](#)



HEALTH CARE PUBLIC HEALTH

15. Patient insights on cancer care: opportunities for improving efficiency Findings from the international All.Can patient survey

Author: ALL.CAN

Date: 29 July 2019

Abstract: Almost 4,000 cancer patients and caregivers from more than 10 countries across the world responded to the survey to share their experiences. While most reported that their needs were sufficiently addressed during their care, they highlighted some specific areas where they encountered inefficiency. Four key opportunities for improvement have been identified based on the responses to the survey:

- Ensure swift, accurate and appropriately delivered diagnosis
- Improve information-sharing, support and shared decision-making
- Make integrated multidisciplinary care a reality for all patients
- Address the financial impact of cancer

Websites [All.Can Press Release](#); [All.Can Report](#)

16. Dementia profile: August 2019 data update

Author: PUBLIC HEALTH ENGLAND

Date: 06 August 2019

Abstract: Updated figures on the estimated diagnosis rate for dementia, broken down by geographical area.

Websites [PHE](#)

17. UK National Eye Health and Hearing Study Case for Investment

Author: VISION UK

Date: 06 August 2019

Abstract: This report argues that a lack of accurate data is contributing to a £58 billion bill for vision and hearing loss in the UK. This takes into account, medical costs, for example falls and fractures caused by visual impairment, an increased risk of dementia due to hearing loss, service costs, and reduced employment. It calls on the government to support the first ever national survey of the UK population's sensory needs.

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



HEALTH IMPROVEMENT

18. Diabetic eye screening programme: standards

Author: PUBLIC HEALTH ENGLAND

Date: 26 July 2019

Abstract: These documents present the national screening standards for the NHS diabetic eye screening programme. The most recent standards apply to data collected from 1 April 2019. They replace previous versions. See [Population screening: our approach to screening standards](#) for the consistent approach we take to screening standards across all 11 NHS screening programmes.

Websites [PHE](#)

19. Physical Activity and Lifestyle Toolkit

Author: ROYAL COLLEGE OF GENERAL PRACTITIONERS

Date: 01 August 2019

Abstract: The Royal College of GPs and Sport England have teamed up to launch the very first Active Practice Charter to inspire and celebrate GP practices that are taking steps to increase activity and reduce sedentary

behaviour in their patients and staff. It will benefit the approximately 8,000 GP practices in the UK, by raising awareness of the simple changes that can be made to improve the physical and mental wellbeing of patients and staff, such as signposting to local exercise classes or partnering with a nearby activity provider. The ground-breaking Active Practice Charter builds on an existing initiative where GP practices have been encouraged to develop closer links with their local parkrun to become certified 'parkrun practices.'

Websites [RCGP - Press Release](#); [RCGP - Toolkit](#)

20. Saturated fats and health: SACN report

Author: SCIENTIFIC ADVISORY COMMITTEE ON NUTRITION

Date: 01 August 2019

Abstract: This report considers the relationship between saturated fats, health outcomes and risk factors for non-communicable diseases in the general UK population. The role of saturated fats in health was last considered by the Committee on Medical Aspects of Food Policy (COMA, the predecessor of SACN) in the reports on 'Dietary Reference Values for Food Energy and Nutrients for the United Kingdom' (COMA, 1991) and 'Nutritional Aspects of Cardiovascular Disease' (COMA, 1994). You can access both reports on the [COMA reports](#) web page. Since 1994, the evidence base on saturated fats and health has grown considerably. This report is based on a further assessment of this evidence.

Websites [PHE - Press Release](#); [SACN - Report](#)

21. Local Alcohol Profiles for England: August 2019 data update

Author: PUBLIC HEALTH ENGLAND

Date: 06 August 2019

Abstract: Update of Indicators in the Local Alcohol Profiles for England (LAPE) interactive tool. The LAPE interactive tool presents a range of alcohol-related indicators and allows users to view and analyse data in a user-friendly format. The aim of the profile is to provide information for local government, health organisations, commissioners and other agencies to monitor the impact of alcohol on local communities, and to monitor the services and initiatives that have been put in place to prevent and reduce the harmful impact of alcohol.

Websites [PHE](#)

22. Constructions of alcohol consumption by non-problematised middle-aged drinkers: a qualitative systematic review

Author: MUHLACK, E

Journal: BMC Public Health: Vol: 18: Pages: 1016

Abstract: Current research into alcohol consumption focuses predominantly on problematic drinkers and populations considered likely to engage in risky behaviours. Middle-aged drinkers are an under-researched group, despite emerging evidence that their regular drinking patterns may carry some risk. Scopus, Ovid Medline, and Ovid PsycInfo were searched for peer-reviewed publication relating to the construction of alcohol consumption by middle-aged non-problematised drinkers. Results show that middle-aged non-problematised drinkers constructed their drinking practices by creating a narrative of normative drinking via discourses of gender, identity, play, and learning to drink. They also used drinking norms to construct their gender and identity. Health was not identified as a significant consideration for the population of interest when constructing alcohol consumption, except where drinking behaviours were likely to harm another. These results suggest that public health campaigns aimed at reducing alcohol consumption may be more effective if they focus on unacceptable drinking behaviours instead of personal health outcomes.

Websites [BioMed](#)

23. The effect of women's breast cancer fear and social support perceptions on the process of participating in screening

Author: KISSAL, A

Journal: Global Health Promotion Vol: 25 Part: 3: Pages: 52-59

Abstract: This study aimed to determine the effect of women's perceived breast cancer fear and social support on participating in the breast cancer screening process, and to investigate the relationship between the perception of breast cancer fear and social support. This is a descriptive study, carried out in a state hospital on 198 women. The study concludes that no statistically significant difference was found between breast cancer fear, social support and the women's screening behaviour. However, breast cancer fear and the effect of social support on screening attitude may be important. Nurses and other health workers should particularly focus on social support and breast cancer fear in their health education programs. Formative research into the use of social support to promote positive empowering messages should be carried out and incorporated in future health promotion campaigns to improve the breast cancer screening process.

Websites [Sage](#)

24. Using affective judgement to increase physical activity in British adults

Author: FORSTER, A.S

Journal: Health Promotion International Vol: 33 Part: 4: Pages: 648-656

Abstract: Mobile phone apps have been shown to increase physical activity (PA), but existing apps fail to target the emotional aspects of PA, which influence whether individuals are active. An app was developed that encourages individuals to focus on the emotional aspects of PA. This study aimed to assess the acceptability of this app, and conduct a preliminary evaluation of efficacy. Before testing the app, participants completed a questionnaire assessing their current PA and psychological antecedents of PA. A second questionnaire was completed at the follow-up focus group. Change scores are reported for each participant and overall. The study concludes that the app was acceptable to users, although developments are required. Testing with a small number of individuals, offering preliminary evidence of efficacy of this app, provides justification for further evaluation on a larger scale.

Websites [Oxford](#)

25. Consumption of red and processed meat and breast cancer incidence: A systematic review and meta-analysis of prospective studies

Author: FARVID, M. S.

Journal: International Journal of Cancer: Early online

Abstract: Prior studies on red and processed meat consumption with breast cancer risk have generated inconsistent results. This study performed a systematic review and meta-analysis of prospective studies to summarize the evidence regarding the relation of red meat and processed meat consumption with breast cancer incidence. Thirteen cohort, three nested case-control and two clinical trial studies were identified. Comparing the highest to the lowest category, red meat (unprocessed) consumption was associated with a 6% higher breast cancer risk, and processed meat consumption was associated with a 9% higher breast cancer risk. In addition, two nested case-control studies were identified evaluating the association between red meat and breast cancer stratified by *N*-acetyltransferase 2 acetylase genotype. No association was observed among those with either fast or slow *N*-acetyltransferase 2 acetylase. In the prospective observational studies, high processed meat consumption was associated with increased breast cancer risk.

Websites [Wiley](#)

26. The association between driving time and unhealthy lifestyles: a cross-sectional, general population study of 386 493 UK Biobank participants

Author: MACKAY, A

Journal: Journal of Public Health: Early Online

Abstract: Driving is a common type of sedentary behaviour; an independent risk factor for poor health. The study explores whether driving is also associated with other unhealthy lifestyle factors. A cross-sectional study of UK Biobank participants was undertaken. The study concludes that sedentary behaviour, such as driving, is known to have an independent association with adverse health outcomes. It may have additional impact mediated through its effect on other aspects of lifestyle. People with long driving times are at higher risk and might benefit from targeted interventions.

Websites [Oxford](#)

27. The projected timeframe until cervical cancer elimination in Australia: a modelling study

Author: HALL, M.T

Journal: Lancet: Early online

Abstract: In 2007, Australia was one of the first countries to introduce a national human papillomavirus (HPV) vaccination programme, and it has since achieved high vaccination coverage across both sexes. In December, 2017, organised cervical screening in Australia transitioned from cytology-based screening every 2 years for women aged from 18–20 years to 69 years, to primary HPV testing every 5 years for women aged 25–69 years and exit testing for women aged 70–74 years. This study aimed to identify the earliest years in which the annual age-standardised incidence of cervical cancer in Australia (which is currently seven cases per 100 000 women) could decrease below two annual thresholds that could be considered to be potential elimination thresholds: a rare cancer threshold (six new cases per 100 000 women) or a lower threshold (four new cases per 100 000 women), since Australia is likely to be one of the first countries to reach these benchmarks. The study concludes that if high-coverage vaccination and screening is maintained, at an elimination threshold of four new cases per 100 000 women annually, cervical cancer could be considered to be eliminated as a public health problem in Australia within the next 20 years. However, screening and vaccination initiatives would need to be maintained thereafter to maintain very low cervical cancer incidence and mortality rates.

Websites [Lancet](#)



HEALTH PROTECTION

28. Reports of cases of TB to UK enhanced tuberculosis surveillance systems

Author: PUBLIC HEALTH ENGLAND

Date: 30 July 2019

Abstract: Official statistics reports presenting notifications of tuberculosis (TB) from the Enhanced Tuberculosis Surveillance system (ETS) for England, Wales and Northern Ireland, and from the Enhanced Surveillance of Mycobacterial Infections (ESMI) for Scotland. This update has added new 'Tuberculosis cases UK: 2000 to 2018' report and pre-release access list.

Websites [PHE](#)

29. Tuberculosis: pre-entry screening in the UK

Author: PUBLIC HEALTH ENGLAND

Date: 01 August 2019

Abstract: Reports on UK pre-entry tuberculosis (TB) screening using data from overseas clinics, to provide early results to inform health professionals about the screening programme. This update has added UK pre-entry

tuberculosis screening report for 2018.

Websites [PHE](#)

30. Tuberculosis in England: annual report

Author: PUBLIC HEALTH ENGLAND

Date: 01 August 2019

Abstract: PHE have produced the 2019 annual report and executive summary of Tuberculosis in England which present data to end of 2018. These reports present detailed data on TB case notifications made to the enhanced tuberculosis surveillance system (ETS) by nurses, physicians, microbiologists and surveillance officers in England.

Websites [PHE](#)

31. Tick awareness and the tick surveillance scheme

Author: PUBLIC HEALTH ENGLAND

Date: 06 August 2019

Abstract: Updated information about Public Health England's tick awareness resources and how to take part in the tick surveillance scheme. This update includes added information on tick-borne encephalitis.

Websites [PHE](#)

32. Attitudes and barriers associated with seasonal influenza vaccination uptake among public health students; a cross-sectional study

Author: ROGERS, C.J

Journal: BMC Public Health Vol: 18: Pages: 1131

Abstract: This cross-sectional study utilized survey data from 158 undergraduate public health students attending a large public university in Southern California. The survey assessed public health students' attitudes and beliefs towards the seasonal influenza vaccine and seasonal vaccination rates among this population. Results show that over 88% of respondents reported having been encouraged to receive the seasonal influenza vaccine, while only 43.0% reported receipt. As public health program curriculum includes information about seasonal influenza vaccination and 68% of the sample were seniors soon to be exiting the program with an undergraduate degree in public health education, this low seasonal influenza vaccination rate is disturbing. Maximizing seasonal influenza vaccination uptake by addressing attitudes, barriers and misperceptions may not only improve vaccination rates among public health students, but also in communities served by these future public health practitioners.

Websites [BioMed](#)

33. Weekly national flu reports: 2018 to 2019 season

Author: PUBLIC HEALTH ENGLAND

Date: 01 August 2019

Abstract: National influenza reports, tracking seasonal flu and other seasonal respiratory illnesses in the UK. This update has added national flu report for week 31, up to week 30 data 2019. 1st August 2019.

Websites [PHE](#)

34. Managing common infections: guidance for primary care

Author: PUBLIC HEALTH ENGLAND

Date: 02 August 2019

Abstract: Updated guidance for managing common infections, including upper and lower respiratory, and urinary tract infections. This guidance is to help GPs and healthcare staff to treat infections and use antibiotics responsibly.

Websites [PHE](#)



MATERNITY AND INFANTS**35. Abortion statistics for England and Wales: 2018**

Author: DEPARTMENT OF HEALTH AND SOCIAL CARE

Date: 02 August 2019

Abstract: This updated report sets out and comments on abortion statistics in England and Wales for 2018. The statistics are obtained from the abortion notification forms returned to the chief medical officers of England and Wales.

Websites [PHE](#)



MENTAL HEALTH AND WELLBEING**36. Mental health trusts work in partnership to support people affected by eating disorders**

Author: NHS ENGLAND

Date: 30 July 2019

Abstract: This case study shows how CONNECT, a regional service aimed at improving care for adults with eating disorders, worked in partnerships to better support people with mental health issues.

Websites [NHS England](#)

37. Service user experience in adult mental health services

Author: NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

Date: July 2019

Abstract: This updated quality standard covers improving the experience of people using adult NHS mental

health services. It describes high-quality care in priority areas for improvement.

Websites [NICE](#)

38. NHS Mental Health Implementation Plan 2019/20 – 2023/24

Author: NHS ENGLAND

Date: 23 July 2019

Abstract: This document provides details of a new framework to help deliver on the commitment to pursue the most ambitious transformation of mental health care, at the local level.

Websites [NHS England - Press Release](#); [NHS England - Report](#)

39. A systematic review into the incidence, severity and duration of antidepressant withdrawal effects: Are guidelines evidence-based?

Author: DAVIES, J

Journal: Addictive Behaviours: Pages: Early online

Abstract: The U.K.'s current National Institute for Health and Care Excellence and the American Psychiatric Association's depression guidelines state that withdrawal reactions from antidepressants are 'self-limiting' (i.e. typically resolving between 1 and 2 weeks). This systematic review assesses that claim. A systematic literature review was undertaken to ascertain the incidence, severity and duration of antidepressant withdrawal reactions. Twenty four relevant studies were identified, with diverse methodologies and sample sizes. Four large studies of severity produced a weighted average of 46% of those experiencing antidepressant withdrawal effects endorsing the most extreme severity rating on offer. Seven of the ten very diverse studies providing data on duration contradict the UK and USA withdrawal Guidelines in that they found that a significant proportion of people who experience withdrawal do so for more than two weeks, and that it is not uncommon for people to experience withdrawal for several months. The findings of the only four studies calculating mean duration were, for quite heterogeneous populations, 5 days, 10 days, 43 days and 79 weeks. The authors recommend that U.K. and U.S.A. guidelines on antidepressant withdrawal be urgently updated as they are clearly at variance with the evidence on the incidence, severity and duration of antidepressant withdrawal, and are probably leading to the widespread misdiagnosing of withdrawal, the consequent lengthening of antidepressant use, much unnecessary antidepressant prescribing and higher rates of antidepressant prescriptions overall. It also recommends that prescribers fully inform patients about the possibility of withdrawal effects.

Websites [Elsevier](#)

40. Mental health and the jilted generation: Using age-period-cohort analysis to assess differential trends in young people's mental health following the Great Recession and austerity in England

Author: THOMSON, R.M

Journal: Social Science and Medicine Vol: 214: Pages: 133-143

Abstract: Those born in the United Kingdom post-1979 have been described as a 'jilted generation', materially disadvantaged by economic and social policy; however, it is unclear whether this resulted in their experiencing poorer mental health than previous cohorts. Following the 2008 recession, UK austerity reforms associated with worsening mental health also disproportionately impacted those of younger working-age. This study aimed to identify any historic cohort changes in population mental health, and whether austerity widened generational inequalities. Age-specific GHQ caseness between successive birth cohorts did not significantly change for men, and significantly improved between 2.8% and 4.4% for women. Secondary analysis adjusting for education partially explained this improvement. Following the recession, GHQ caseness worsened in men of younger and older working-age by 3.7% and 3.5% respectively before returning to baseline during austerity. All women experienced non-significant increases post-recession, but trends diverged during austerity with caseness worsening by 2.3% for older working-age women versus 3.7% for younger working-age women. Those of retirement-age experienced little change throughout. In summary, mental health has historically

improved between successive cohorts, including for the jilted generation. However, the 2008 recession and subsequent austerity could be most impacting those of younger working-age, particularly women, to create a new cohort effect. Policymakers should consider the differential impact economic and social policy may have across society by age.

Websites [Science Direct](#)



WIDER DETERMINANTS

41. Measuring Poverty 2019

Author: SOCIAL METRICS COMMISSION

Date: 29 July 2019

Abstract: The Social Metrics Commission was founded in 2016 to develop a new approach to poverty measurement. Since its 2018 report, the Commission has continued to build support for its approach to poverty measurement. It was pleased to welcome the Government's announcement that the Department for Work and Pensions would be developing experimental statistics based on the Commission's measurement approach. This report uses the most recent data available to provide a comprehensive account of poverty based on the Commission's measurement framework. It provides both a detailed overview of the extent and nature of poverty in the UK today and original analysis that shows how this has changed since the first year where the data for the Commission's measurement framework is available (2000/01).

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

42. Tackling loneliness

Author: UNITED KINGDOM House of Commons Library

Date: 05 August 2019

Abstract: This reading list provides links to various publications considering the causes and impact of loneliness, as well as possible interventions to deal with the issue in society.

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

43. Identifying the health care system benefits of housing with care

Author: HOUSING LIN

Date: 07 August 2019

Abstract: The Housing Learning and Improvement Network (Housing LIN) and Southampton City Council have published the results of a study that highlights the health care system benefits of housing with care. The study found benefits ranging from improvements to residents' quality of life, reductions in the use of health services and associated resources, and significant cost-benefits for the health system from the use of housing with care services. The research focuses on Southampton, however the findings will be of interest to planners and commissioners of services across the UK.

Websites [Housing LIN - Press Release](#); [Housing LIN - Report](#)

44. Reducing loneliness among older people – who is responsible?

Author: AGREN, A

Journal: Ageing & Society: Early online

Abstract: In the Swedish news-press, loneliness among older people is presented as a severe problem that needs to be solved. The issue of who is responsible for reducing loneliness and how this responsibility is designated is, however, rarely discussed. This study analyses how responsibility is designated and constructed in articles from the Swedish news-press. Focus has been on identifying responsibility in discourses proceeding from the concept of subject positions. This concept has enabled analysis on how responsibility is negotiated and who is positioned as a responsible actor with the ability to perform actions that reduce loneliness. Three dominating discourses were found. In the discourse of responsibility within politics and the welfare state, the responsibility is both self-taken and designated to other institutions held responsible for not initiating sufficient measures to reduce loneliness. In the discourse of responsibility within societal and evolutionary perspectives on loneliness, developments beyond the individual's control are considered to contribute to loneliness. At the same time 'we' in 'society' are considered capable of reducing loneliness, thereby constructing individuals as responsible actors. Within the discourses of responsibility within senior organisations, both senior organisations and people who participate in activities are constructed as responsible actors. In conclusion, the responsibility for reducing loneliness is, apart from the discourse on senior organisations, designated to those working with older people.

Websites [Cambridge](#)

45. Childhood locus of control and self-esteem, education, psychological distress and physical exercise as predictors of adult obesity

Author: CHENG, H

Journal: Journal of Public Health: Early online

Abstract: This longitudinal birth cohort study aimed to investigate to what extent locus of control, self-esteem, psychological distress, physical exercise, as well as socio-demographic factors are associated with obesity in 42-year-old adults. The sample consisted of 5645 participants born in Great Britain in 1970 and followed up at 10, 34 and 42 years with data on body mass index measured at 34 and 42 years. Results show that there was an increase of adult obesity from 15.5% at age 34 to 21.2% at 42 years. Locus of control and self-esteem measured at age 10 years, psychological distress and educational qualifications assessed at age 34, and current occupational levels and physical exercise were all significantly associated with adult obesity at age 42. The associations remained significant after controlling for birth weight and gestation, maternal and paternal BMI, childhood BMI, and intelligence. In conclusion, childhood locus of control and self-esteem, educational qualifications, psychological distress and physical exercise were all significantly and independently associated with adult obesity.

Websites [Oxford](#)

46. Rapid evidence review: The role of alcohol in contributing to violence in intimate partner relationships

Author: JONES, L.

Date: 02 August 2019

Abstract: This is a rapid review of alcohol's contribution to violence in intimate relationships. The report finds that different ideas and explanations link alcohol use and intimate partner violence (IPV). Whether alcohol use plays a causal, contributory or other role in IPV remains an area of debate. Meta-analyses show a robust association between alcohol use and IPV perpetration and victimisation in heterosexual relationships. Women appear to be at a higher risk of having physical IPV perpetrated against them by a male partner who has been drinking than vice versa. Alcohol-related IPV occurring in the context of lesbian, gay, bisexual and/or transgender relationships is understudied. Explanations for why some people who drink alcohol perpetrate IPV are complex. Considering the interplay between broader contextual and environmental influences, and relationship and individual characteristics is likely to be useful in linking models of alcohol use and IPV. Systematic reviews have identified a lack of robust evidence to determine whether population-level approaches to alcohol pricing and taxation, community-level policies and interventions to reduce alcohol

availability, couples-based and individual-level alcohol treatment, and integrated alcohol and IPV perpetrator interventions effectively reduce or eliminate IPV-related outcomes.

Websites [Alcohol Change UK - Press Release](#); [Alcohol Change UK - Report](#); [Alcohol Change UK - Executive Summary](#)



OTHER

47. People with learning disabilities in England

Author: PUBLIC HEALTH ENGLAND

Date: 05 August 2019

Abstract: Updates of national statistics about people with learning disabilities in England and the services and support available to them and their families.

Websites [PHE](#)

48. Public Health Outcomes Framework 2019/20: a consultation. Government response

Author: PUBLIC HEALTH ENGLAND

Date: 02 August 2019

Abstract: In January 2019 Public Health England (PHE) published proposals for changes to the Public Health Outcomes Framework (PHOF). Indicators that were to be revised, added or removed, with a rationale for each, were outlined in the consultation document. This document summarises the responses to the Proposed changes to the Public Health Outcomes Framework from 2019/20: A consultation and outlines the changes to the PHOF from 2019/20:

- 10 indicators will remain but will have a change to either the method or the data
- 8 indicators will be replaced with different indicator(s) on the same topic (including 1 vaccination indicator)
- removal of 17 indicators (including 2 vaccination indicators)
- an additional 21 indicators (including 5 vaccination indicators)

Websites [PHE](#)