

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

18th October 2019

Please click on links below to take you to relevant sections or articles

Use Ctrl+Home to return to the contents

ADULT SOCIAL CARE

1. The state of the adult social care sector and workforce in England
2. Designing digital skills interventions for older people
3. Reviewing the case: The right to appeal in adult social care

CHILDREN, YOUNG PEOPLE & FAMILIES

4. Local authority interactive tool (LAIT)
5. Special Educational Needs: support in England
6. Children treated for computer gaming addiction under NHS Long Term Plan
7. Flu immunisation for early years settings including child minders
8. A Healthy Foundation for the Future: The Final Report of the Young People's Future Health Inquiry
9. Factors associated with social casino gaming among adolescents across game types
10. Investigating the growing trend of non-drinking among young people; analysis of repeated cross-sectional surveys in England 2005–2015
11. Establishing the international prevalence of self-reported child maltreatment: a systematic review by maltreatment type and gender
12. Socioeconomic, demographic and lifestyle-related factors associated with unhealthy diet: a cross-sectional study of university students
13. A qualitative insight into informal childcare and childhood obesity in children aged 0–5 years in the UK
14. Child's Play? Children and Young People's Resistances to Domestic Violence and Abuse
15. Using digital storytelling to promote the sexual health and well-being of migrant and refugee young people: A scoping review
16. Including the voices of children and young people in health policy development: An Irish perspective

17. Primary school achievement and socioeconomic attainment in individuals affected by parental cancer in childhood or adolescence: a Danish nationwide register-based study
18. A decade lost: does educational success mitigate the increased risks of premature death among children with experience of out-of-home care?
19. Does environment influence childhood BMI? A longitudinal analysis of children aged 3–11
20. How well can poor child health and development be predicted by data collected in early childhood?

HEALTH CARE PUBLIC HEALTH

21. Get It On Time: The Case for Improving Medication Management for Parkinson's
22. Nutritional and smoking advice recalled by patients attending a UK age-related macular degeneration clinic
23. Association of BMI with overall and cause-specific mortality: a population-based cohort study of 3.6 million adults in the UK

HEALTH IMPROVEMENT

24. Report of the independent review of adult screening programmes in England
25. Healthy ageing: consensus statement
26. Development of a peer support intervention to encourage dietary behaviour change towards a Mediterranean diet in adults at high cardiovascular risk
27. Effectiveness of health education materials in general practice waiting rooms: a cross-sectional study
28. New national alcohol guidelines in the UK: public awareness, understanding and behavioural intentions
29. Changes in physical activity, weight and wellbeing outcomes among attendees of a weekly mass participation event: a prospective 12-month study
30. Taking preventative health messages into the wider caring professions: the views of housing staff and tenants
31. Lung cancer screening: does pulmonary nodule detection affect a range of smoking behaviours?
32. Attitudes towards smokefree high streets: a survey of local shoppers in a northern UK town
33. A review of UK media coverage of physical activity associated with the publication of special issues in a high-impact medical journal

HEALTH PROTECTION

34. Hepatitis A (England and Wales): 2019
35. Do summer heatwaves lead to an increase in deaths?
36. Weekly national flu reports: 2019 to 2020 season
37. Factors associated with testing for HIV in people aged ≥ 50 years: a qualitative study

MATERNITY AND INFANTS

38. Health Visiting in England: A Vision for the Future
39. Pre-pregnancy body mass index and breastfeeding initiation, early cessation and longevity: evidence from the first wave of the UK Millennium Cohort Study

MENTAL HEALTH AND WELLBEING

40. Groundbreaking new platform launched to support mental health

41. Suicide prevention sector-led improvement: Prospectus 2019/20
42. Suicide Prevention: Policy and Strategy
43. Economic stress in childhood and suicide thoughts and suicide attempts: a population-based study among adults

WIDER DETERMINANTS

44. Knife crime in England and Wales
45. Deaths of homeless people in England and Wales: 2018
46. Housing associations and councils working together to end homelessness
47. Structurally unsound Exploring Inequalities: Igniting research to better inform UK policy
48. Rough sleepers: access to services and support (England)
49. Underground lives: Male victims of modern slavery
50. Effects of social network diversity on mortality, cognition and physical function in the elderly: a longitudinal analysis of the Chicago Health and Aging Project (CHAP)
51. Health and mass unemployment events—developing a framework for preparedness and response

OTHER

52. The State Of Health Care and Adult Social Care in England 2018/19
53. Departmental Overview: Department of Health and Social Care 2019

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.

Registering for an Athens account

This can be done via <https://register.athensams.net/nhs/nhseng/> or <http://www.scie.org.uk/myscie/accnew>



ADULT SOCIAL CARE

1. The state of the adult social care sector and workforce in England

Author: UNITED KINGDOM Skills for Care

Date: October 2019

Abstract: This report provides a comprehensive analysis of the adult social care workforce in England and the characteristics of the 1.49 million people working in it. Topics covered include: employment information, recruitment and retention, demographics, pay, qualification rates and future workforce forecasts.

Websites [Skills for Care - Report](#); [Skills for Care - Press Release](#)

2. Designing digital skills interventions for older people

Author: PIERCY, L
Date: October 2019

Abstract: Digital inclusion for health and wellbeing can become more important as we get older. Older people with long-term conditions or who are going through life transitions (such as bereavement, the onset of illness or impairment, increased caring responsibilities) may benefit from easier access to online health and care support. This report brings together recommendations for designing digital skills interventions for older people with care and support needs.

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

3. Reviewing the case: The right to appeal in adult social care

Author: INDEPENDENT AGE
Date: October 2019

Abstract: This report looks at how people can challenge decisions about the care and support they receive. This report finds that as few as one in five local authorities have put in place a separate appeals process, with the majority instead relying on a complaints process which can be unfit for purpose. The report calls on the Government to introduce a statutory appeals process for adult social care and our report discusses the clear advantages this system would offer.

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



CHILDREN, YOUNG PEOPLE & FAMILIES

4. Local authority interactive tool (LAIT)

Author: UNITED KINGDOM Department for Education
Date: 07 October 2019

Abstract: The local authority interactive tool (LAIT) presents information in interactive tables and charts with the local authority's rank and position in England. It includes data on:

- children looked after by local authorities
- child protection
- special educational needs and disability (SEND)
- pupil attainment
- children's health
- post-16 circumstances
- judgements from Ofsted

Websites [DfE](#)

5. Special Educational Needs: support in England

Author: UNITED KINGDOM House of Commons Library
Date: 02 October 2019

Abstract: This House of Commons Library briefing sets out the system of support for children and young people in England aged 0-25 with special educational needs (SEN). The briefing provides an overview of the new system introduced in 2014, the transitional arrangements, and how the new system differs from that which preceded it. It also includes a brief history of the movement towards reform that preceded the 2014 changes, and information on the impact of the new system available to date.

Websites [House of Commons Library](#)

6. Children treated for computer gaming addiction under NHS Long Term Plan

Author: NHS ENGLAND
Date: 08 October 2019

Abstract: Children and young adults who are seriously addicted to computer games will now be able to get help on the NHS after the launch of country's first specialist clinic. The new service is part of the National Centre for Behavioural Addictions which will also provide support for internet addiction and is located alongside the National Problem Gambling Clinic. It comes amid growing concerns about the amount of time children and teenagers spend playing online games and the impact it can have on their mental health.

Websites [NHS England](#)

7. Flu immunisation for early years settings including child minders

Author: PUBLIC HEALTH ENGLAND
Date: 15 October 2019

Abstract: This guidance has been produced for the early years sector to assist staff and childminders and answers the most frequently asked questions regarding the nasal spray flu vaccination being offered to children in this age group. This updated version includes added pre-school guidance for the 2019 to 2020 flu season.

Websites [PHE](#)

8. A Healthy Foundation for the Future: The Final Report of the Young People's Future Health Inquiry

Author: HEALTH FOUNDATION
Date: 16 October 2019

Abstract: This report summarises the work of a two-year inquiry into young people's future health. The inquiry has found that it is harder for today's young people to access the things necessary for future health – a place to call home, potential for secure and rewarding work, and supportive relationships with their friends, family and community. The recommendations for action include calls for a consistent approach to discounted and free public transport for students across the UK and a review of the impact the current testing regime in schools has on mental health.

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

9. Factors associated with social casino gaming among adolescents across game types

Author: VESELKA, L
Journal: BMC Public Health Vol: 18: Pages: 1167

Abstract: With the proliferation of social casino games (SCGs) online, which offer the opportunity to gamble without monetary gains and losses, comes a growing concern regarding the effects of these unregulated games on public health, particularly among adolescents. This study aims to identify the factors that characterize adolescent social casino gamers, and to determine whether these factors differ by SCG type. Moreover, the study examines the extent to which social casino gaming is associated with monetary gambling and problem gambling in this cohort. Findings show that overall, 12.4% of respondents reported having participated in SCGs in the past three months. Compared to adolescents who did not report playing SCGs, SCG players were typically more likely to participate in monetary gambling activities, and were more prevalently classified as problem gamblers of low-to-moderate severity or high severity. Although profiles of SCG players differed across SCG game types, factors significantly associated with the playing of SCGs were gender, weekly spending money, having friends and parents who gamble, and screen time. It was also shown that current smokers were significantly more likely to participate in simulated slots online relative to adolescents who did not play SCGs. Gambling intervention efforts directed at this population should aim to identify personal and environmental factors associated with social casino gaming, and should be tailored to different types of SCGs.

Websites [BioMed](#)

10. Investigating the growing trend of non-drinking among young people; analysis of repeated cross-sectional surveys in England 2005–2015

Author: NG FAT, L

Journal: BMC Public Health Vol: 18: Pages: 1090

Abstract: Non-drinking among young people has increased over the past decade in England, yet the underlying factor driving this change is unknown. This study explores among which sub-groups non-drinking has increased, and how this correlates with changes in drinking patterns, to identify whether behaviours are becoming more polarised, or reduction is widespread among young people. Findings show that the rates of non-drinking increased from 18% in 2005 to 29% in 2015, largely attributable to increases in lifetime abstinence. Not drinking in the past week increased from 35% to 50. Significant linear increases in non-drinking were found among most sub-groups including healthier sub-groups (non-smokers, those with high physical activity and good mental health), white ethnicity, north and south regions, in full-time education, and employed. No significant increases in non-drinking were found among smokers, ethnic minorities and those with poor mental health. At the population-level, significant negative correlations were found between increases in non-drinking and declines in the mean units consumed, and binge drinking. In conclusion, increases in non-drinking among young people has coincided with a delayed initiation into alcohol consumption, and are to be welcomed. Future research should explore attitudes towards drinking among young people.

Websites [BioMed](#)

11. Establishing the international prevalence of self-reported child maltreatment: a systematic review by maltreatment type and gender

Author: MOODY, G

Journal: BMC Public Health Vol: 18: Pages: 1164

Abstract: Estimating the prevalence of child maltreatment is challenging due to the absence of a clear 'gold standard' as to what constitutes maltreatment. This systematic review aims to review studies using self-report maltreatment to capture prevalence rates worldwide. The literature review focused on the variation found in self-reported lifetime prevalence for each type of maltreatment between studies by continent and gender, and how methodological differences may explain differences found. Sexual abuse is the most commonly studied form of maltreatment across the world in North American and Australian girls respectively, with lower rates generally for boys. Rates of physical abuse were more similar across genders apart from in Europe, and often very high in some continents. Emotional abuse were nearly double for girls than boys in North America and Europe but more similar across genders groups elsewhere. Median rates of neglect were highest in Africa and South America but were based on few studies in total, whereas in the two continents with the highest number of studies, median rates differed between girls and boys in North America but were similar in Asia. Prevalence rates require caution in interpretation as some variation will reflect methodological differences, including the data collection methods, and how the maltreatment is defined.

Websites [BioMed](#)

12. Socioeconomic, demographic and lifestyle-related factors associated with unhealthy diet: a cross-sectional study of university students

Author: MARTINEZ-LACOBIA, R

Journal: BMC Public Health Vol: 18: Pages: 1241

Abstract: The aim of this study is to determine the factors associated with unhealthy diet in a sample of university students. The survey collected information on the participants' food habits using an annual food frequency questionnaire. The survey also collected socioeconomic and demographic data and lifestyle-related information. Among students of the University of Castilla-La Mancha, being male, being underweight, the family home not being in the university city, having a mother of low socioeconomic status, and, finally, not studying a health-related course are the factors associated with a lower quality diet. Following a healthy diet is key in reducing the health costs of non-communicable diseases, and ensuring an acceptable long-term quality of life in populations.

Websites [BioMed](#)

13. A qualitative insight into informal childcare and childhood obesity in children aged 0–5 years in the UK

Author: CLENCH-AAS, J

Journal: BMC Public Health Vol: 18: Pages: 1229

Abstract: Previous studies in various countries have found that informal childcare (provided by relatives, friends etc.) was associated with an increased risk of obesity in children aged 0–5 years. This paper conducted a qualitative study with both parents and informal carers to explore their experiences in receiving or giving informal childcare for British children aged 0–5 years; perceived explanations of the relationship between informal childcare and childhood obesity and preferred intervention ideas and delivery strategies for preventing obesity among those children under informal care. This exploratory qualitative study provided novel insights into potential explanations for the evidenced link between informal care and childhood obesity in children aged 0–5 years, despite a small size and limited participants in each focus group. The findings support the idea of and inform the development towards an information based and low-cost intervention delivered through existing primary care platforms.

Websites [BioMed](#)

14. Child's Play? Children and Young People's Resistances to Domestic Violence and Abuse

Author: FELLIN, L

Journal: Children & Society Vol: 33 Part: 2 Pages: 126-141

Abstract: Children and young people's (CYP) space to play can be constrained in families affected by domestic violence and abuse (DVA), potentially impacting their development. Play also has the potential to strengthen CYP's capacity to resist controlling and abusive dynamics in the family. Interviews were conducted with 107 CYP aged 8–18, and were analysed using interpretive interactionism. Three themes relevant to children's experiences of play were identified: *Play and Coercive Control*; *Play Re-makes the World* and *Play and Relationality*. This article highlights the potential for play to enable children to retain a sense of relational connectedness and agency, despite violence and control; we argue for more opportunities for children to play away from the gaze of adults and advocate for more dedicated services for families who experience DVA.

Websites [Wiley](#)

15. Using digital storytelling to promote the sexual health and well-being of migrant and refugee young people: A scoping review

Author: BOTFIELD, K

Journal: Health Education Journal Vol: 77 Part:7 Pages: 735-748

Abstract: Digital storytelling and other methods of self-expression and autobiography have become an increasingly important tool for those working with young people, including those from migrant, refugee or other 'culturally diverse' backgrounds. A structured scoping review was undertaken to better understand the potential value and challenges of using digital stories to promote the health and well-being of these diverse groups of young people and to identify key knowledge gaps. The review process comprised a systematic search of the literature and strategic consultations with professionals working with young people in the area of sexual and reproductive health promotion and care. A descriptive-analytic method was used to collate and synthesise the literature and apply narrative and thematic analyses. In conclusion, as confirmed in discussions with professionals working in the youth, migrant and sexual health sectors, the literature highlighted the many potential applications of digital storytelling to promoting the sexual health and well-being of young people from diverse backgrounds. Additional research is required to understand the particular ethical and contextual issues shaping, and at times constraining, this engagement in specific cultural contexts.

Websites [Sage](#)

16. Including the voices of children and young people in health policy development: An Irish perspective

Author: MARTIN, S

Journal: Health Education Journal Vol: 77 Part: 7 Pages: 791-802

Abstract: This paper presents findings of a qualitative study which explored children and young people's understanding of health and the factors that contribute, or act as barriers, to healthy lifestyles. Views were elicited from consultations with children and young people as part of the process for the development of a National Obesity Policy in Ireland. Two consultations were held – one with 48 children between the ages of 8 and 12 and the other with 34 young people aged 13–17 years. Findings from this consultation suggest that children's constructions of health, and their understandings of the factors that impact health, are complex and often go beyond medical constructions of the meaning of health. The consultation informed the development of the new National Obesity Policy in a number of ways, including specific actions in relation to the development of a whole school healthy lifestyles programme, developing a health and well-being model for early childhood services, and providing clinical services specifically for children.

Websites [Sage](#)

17. Primary school achievement and socioeconomic attainment in individuals affected by parental cancer in childhood or adolescence: a Danish nationwide register-based study

Author: JOERGENSEN, A

Journal: Journal of Epidemiology & Community Health Vol: 72 Part:11

Abstract: Children who experience parental cancer are at increased risk of developing emotional, social, cognitive and behavioural problems. The aim of this study was to investigate how experience of parental cancer in childhood or adolescence is associated with primary school achievement, educational attainment and income in early adult life. This is a register-linkage, prospective study of children born in Denmark from 1978 through 1999 and their parents. The study concludes that educational and socioeconomic attainments in early adulthood were affected negatively in individuals who had experienced parental cancer as children or adolescents. The associations appeared stronger the more severe the cancer was.

Websites [BMJ](#)

18. A decade lost: does educational success mitigate the increased risks of premature death among children with experience of out-of-home care?

Author: AIMQUIST, Y

Journal: Journal of Epidemiology & Community Health Vol: 72 Part:11

Abstract: Past research has consistently identified children with out-of-home care (OHC) experience as a high-risk group for premature mortality. While many have argued that educational success is a key factor in reducing these individuals' excessive death risks, empirical evidence has been limited. The aim of the study was to examine the potentially mitigating role of educational success in the association between OHC experience and premature mortality. Drawing on a Stockholm cohort born in 1953, the associations among

placement in OHC were analysed (ages 0–12), school performance (ages 13, 16 and 19) and premature all-cause mortality (ages 20–56) by means of Cox and Laplace regression analyses. The Cox regression models confirmed the increased risk of premature mortality among individuals with OHC experience. Unadjusted Laplace regression models showed that, based on median survival time, these children died more than a decade before their majority population peers. However, among individuals who performed well at school, that is, those who scored above-average marks at the age of 16 (grade 9) and at the age of 19 (grade 12), the risks of premature mortality did not significantly differ between the two groups. In conclusion, educational success seems to mitigate the increased risks of premature death among children with OHC experience.

Websites [BMJ](#)

19. Does environment influence childhood BMI? A longitudinal analysis of children aged 3–11

Author: van der ZWAARD, B

Journal: Journal of Epidemiology & Community Health Vol: 72 Part: 12

Abstract: Childhood overweight/obesity has been associated with environmental context, such as green space, gardens, crime and deprivation. This paper assesses the longitudinal association between environment and body mass index (BMI) for children across the ages of 3–11 years. It also investigates the relationship between environment and child overweight/obesity 6001 children from the UK Millennium Cohort Study living in England were analysed. The findings show that statistically significant associations were found between environmental measures of both more gardens and lower levels of crime and lower BMI. Areas with less crime were associated with a slightly lower odds of overweight among children with a higher educated parent. In conclusion, by exploiting longitudinal measures of environment and BMI this study is able to establish a more causal association between environment and BMI. Environments with more gardens and lower crime tend to result in slightly lower BMI. However, the effect sizes are small and non-significant odds of changing weight status do not support environmental factors as a key determinant of cohort changes in childhood overweight/obesity.

Websites [BMJ](#)

20. How well can poor child health and development be predicted by data collected in early childhood?

Author: STRAATMANN, V. S.

Journal: Journal of Epidemiology and Community Health Vol: 72 Part: 12

Abstract: Identifying children at risk of poor developmental outcomes remains a challenge, but is important for better targeting children who may benefit from additional support. This study explored whether data routinely collected in early life predict which children will have language disability, overweight/obesity or behavioural problems in later childhood. Data on 10 262 children from the UK Millennium Cohort Study (MCS) collected at 9 months, 3, and 11 years old was used. The study concludes that language disability, socioemotional behavioural problems and overweight/obesity in UK children aged 11 years are common and can be predicted with moderate discrimination using data routinely collected in the first 3 years of life.

Websites [BMJ](#)



HEALTH CARE PUBLIC HEALTH

21. Get It On Time: The Case for Improving Medication Management for Parkinson's

Author: PARKINSON'S UK

Date: 08 October 2019

Abstract: This report highlights the unsafe reality of going into hospital for people living with Parkinson's Disease. The report finds that

- Nearly two thirds of people who have Parkinson's don't always get their medication on time in hospital.
- More than three quarters of people with Parkinson's that we asked reported that their health deteriorated as a result of poor medication management in hospital.
- Only 21% of respondents told us they got their medication on time without having to remind hospital staff.

The report contains recommendations for the NHS, the care regulator and the government. Parkinson's UK believe these changes will ensure that more people with Parkinson's get their medication on time, every time when in hospital.

Websites [Parkinson's UK - Report](#); [Parkinson's UK - Press Release](#)

22. Nutritional and smoking advice recalled by patients attending a UK age-related macular degeneration clinic

Author: BOTT, D

Journal: Journal of Public Health Vol: 40 Part: 3 Pages: 614-622

Abstract: Age-related macular degeneration (AMD) is responsible for half of registered visual impairment in the UK. The Royal College of Ophthalmologists recommends providing guidance to people with AMD regarding smoking, diet, and nutritional supplements. The aim of this study was to investigate lifestyle advice recalled by patients with neovascular AMD (nAMD). Findings show that of 248 respondents, only 39.9% remembered receiving advice regarding diet at the hospital. Only 24.2% of respondents recalled receiving advice regarding nutritional supplements, and only 19.8% of respondents started taking daily supplements as a result of their AMD. The most prevalent reason for not taking supplements amongst those advised to do so was lack of understanding of how it would help their eyes. Nearly 13% of the sample reported currently smoking, 53.1% of which reported that they were advised to stop smoking when diagnosed with AMD. The findings suggest that it would be beneficial to review the provision of lifestyle advice to patients attending AMD outpatients' clinics, and to consider whether advice is being provided in an optimal format for later recall.

Websites [Oxford](#)

23. Association of BMI with overall and cause-specific mortality: a population-based cohort study of 3.6 million adults in the UK

Author: BHASKARAN, K

Journal: Lancet Diabetes and Endocrinology: Issue 6: Pages: 944-953

Abstract: BMI is known to be strongly associated with all-cause mortality, but few studies have been large enough to reliably examine associations between BMI and a comprehensive range of cause-specific mortality outcomes. For this population-based cohort study researchers used UK primary care data from the Clinical Practice Research Datalink (CPRD) linked to national mortality registration data. The study concludes that BMI had a J-shaped association with overall mortality, and BMI outside the healthy range was associated with up to several years of lost lifespan, with most of the absolute mortality burden driven by obesity. However, the overall association between BMI and mortality was driven by varying associations with individual cause-specific mortality outcomes, including predominantly inverse associations for mental and behavioural, neurological, and external causes. Associations between BMI and mortality varied by age; an improved understanding of the reasons for this interaction could help inform age-specific public health recommendations.

Websites [Lancet diabetes and Endocrinology](#)



HEALTH IMPROVEMENT

24. Report of the independent review of adult screening programmes in England

Author: NHS ENGLAND

Date: 16 October 2019

Abstract: The NHS has the opportunity to upgrade cancer screening to save thousands more lives each year, a major report said today. The report has called for people to be given much greater choice over when and where they are screened. Women should be able to choose appointments at doctors' surgeries, health centres or locations close to their work during lunchtime or other breaks rather than having to attend their own GP practice. Local screening services should put on extra evening and weekend appointments for breast, cervical and other cancer checks. The report also called for more to be done to drive uptake through social media campaigns and text reminders. And it called for local initiatives that have successfully boosted uptake to be rolled out nationwide.

Websites [NHS England - Report](#)

25. Healthy ageing: consensus statement

Author: PUBLIC HEALTH ENGLAND

Date: 16 October 2019

Abstract: This consensus statement by Public Health England and the Centre for Ageing Better defines the shared commitment of the signatory organisations. It is the first time that such a wide range of organisations have come together to voice their intention to promote healthy ageing. Signatories span the areas of health, employment, housing and communities, and are from academia, local government, the NHS, and the public and voluntary sectors.

Websites [PHE](#)

26. Development of a peer support intervention to encourage dietary behaviour change towards a Mediterranean diet in adults at high cardiovascular risk

Author: McEvoy, C

Journal: BMC Public Health Vol: 18: Pages: 1194

Abstract: Mediterranean diet (MD) interventions are demonstrated to significantly reduce cardiovascular disease (CVD) risk but are typically resource intensive and delivered by health professionals. There is considerable interest to develop interventions that target sustained dietary behaviour change and that are feasible to scale-up for wider public health benefit. The aim of this paper is to describe the process used to develop a peer support intervention to encourage dietary behaviour change towards a MD in non-Mediterranean adults at high CVD risk. A theory-based, culturally tailored, peer support intervention was developed to specifically target behaviour change towards a MD in the target population. The Medical Research Council (MRC) and Behaviour Change Wheel (BCW) frameworks and the COM-B (Capability, Opportunity, Motivation, Behaviour) theoretical model were used to guide the intervention development process. The MRC and BCW frameworks provided a systematic and complementary process for development of a theory-based peer support intervention to encourage dietary behaviour change towards a MD in non-Mediterranean adults at high CVD risk. The next step is to evaluate feasibility, acceptability, and diet behaviour change outcomes in response to the peer support intervention (change towards a MD and nutrient biomarkers) using a randomized controlled trial design.

Websites [BioMed](#)

27. Effectiveness of health education materials in general practice waiting rooms: a cross-sectional study

Author: MASKELL, K

Journal: British Journal of General Practice Vol: 68 Part: 677 Pages: e869-e876

Abstract: Health education materials (HEMs) are widely used in general practice. However, there is little information on the variety of HEMs currently available to patients in the UK, or their preferences for accessing educational materials. The aim of this study was to assess patients' perceptions of HEMs, and the variety and accessibility of these materials. An anonymous questionnaire was distributed to patients in the waiting room (WR). In all, 556 participants from 19 practices took part. The study found substantial variation in the amount, topicality, and quality of material available in WRs. As most patients notice HEMs and find them useful, available technology could be better utilised to widen access to HEMs. The introduction of wireless free internet (Wi-Fi) to waiting rooms should provide an opportunity to update this area.

Websites [BJGP](#)

28. New national alcohol guidelines in the UK: public awareness, understanding and behavioural intentions

Author: ROSENBERG, G

Journal: Journal of Public Health Vol: 40 Part: 3 Pages: 549–556

Abstract: Alcohol consumption places a significant burden on the NHS and is an important risk factor for cancer, associated with 12 800 UK cases/year. New alcohol guidelines were published in 2016, taking into account the increasing evidence of the health harms of alcohol. A survey of the UK drinker population was conducted 1 week before and 1 month after the release of the guidelines to capture drinking habits, guideline awareness and intended behaviour change. Results show that overall, 71% were aware of the new alcohol guidelines, however, just 8% knew what the recommended limits were. Higher socioeconomic groups were more likely to know these limits. Participants who recognized the message that alcohol causes cancer were more likely to correctly identify the new guidelines and were more likely to self-report an intention to reduce their alcohol consumption. In conclusion, the majority of the population knew the guidelines had been updated, however, communication of the new limits needs to be improved. Raising awareness of the links between alcohol and cancer may improve understanding of alcohol guidelines and could prompt behaviour change for those motivated to reduce their alcohol consumption

Websites [Oxford](#)

29. Changes in physical activity, weight and wellbeing outcomes among attendees of a weekly mass participation event: a prospective 12-month study

Author: STEVINSON, C

Journal: Journal of Public Health: Early Online

Abstract: Mass participation events are recognized as a way of engaging low-active individuals in health-enhancing physical activity, but there is a need to investigate the sustained effects on behaviour and health. This study aimed to examine changes in self-reported physical activity, weight and wellbeing over 12 months in participants of *parkrun*, a weekly mass participation 5 km running event. New *parkrun* registrants completed self-reported measures of physical activity, weight, happiness and stress, at registration, 6 months and 12 months. Findings show that overall physical activity levels were high at baseline, but significantly increased over the first 6 months, before declining. By 12 months, weekly physical activity was 39 min higher than baseline. Significant reductions in body mass index were observed over 12 months, with a weight loss of 1.1% in the whole sample, and 2.4% among overweight participants. Modest increases in happiness and decreases in perceived stress were recorded. Run times suggested a 12% improvement in fitness during the study. In conclusion, significant changes in weight, fitness and wellbeing outcomes indicate the public health benefits of regular participation in *parkrun*.

Websites [Oxford](#)

30. Taking preventative health messages into the wider caring professions: the views of housing staff and tenants

Author: BLANK, L

Journal: Journal of Public Health: Early Online

Abstract: In order to harness the potential impact of the wider public health workforce, innovative services are providing opportunities for social housing staff to extend their public health role. This study explored the views of housing professionals and social housing residents on the delivery of preventative health messages by housing staff in the context of the evaluation of the roll-out of a new service. Findings show that neighbourhood officers were willing to discuss existing health conditions with tenants; but they often did not feel comfortable discussing their lifestyle choices. Most tenants also reported that they would feel discussions around lifestyle behaviours to be intrusive and outside the remit of housing staff. In conclusion, resistance to discussions of lifestyle topics during home visits was found among both housing staff and tenants. Appropriate staff training and the development of strong and trusting relationships between officers and tenants is needed, if similar programmes to extend the role of housing staff are to succeed in terms of health impact.

Websites [Oxford](#)

31. Lung cancer screening: does pulmonary nodule detection affect a range of smoking behaviours?

Author: CLARK, M

Journal: Journal of Public Health Vol: 41: Part: 3 Pages: 600–608

Abstract: Lung cancer screening can reduce lung cancer mortality by 20%. Screen-detected abnormalities may provide teachable moments for smoking cessation. This study assesses impact of pulmonary nodule detection on smoking behaviours within the first UK trial of a novel auto-antibody test, followed by chest x-ray and serial CT scanning for early detection of lung cancer (Early Cancer Detection Test–Lung Cancer Scotland Study). Findings show that no significant differences were found between the nodule and normal CT groups for any smoking behaviours and odds ratios comparing the nodule and normal CT groups did not vary significantly between 3 and 6 months. There was some evidence the nodule group were more likely to report significant others wanted them to stop smoking than the normal CT group. In conclusion, pulmonary nodule detection during lung cancer screening has little impact on smoking behaviours. Further work should explore whether lung cancer screening can impact on perceived social pressure and promote smoking cessation.

Websites [Oxford](#)

32. Attitudes towards smokefree high streets: a survey of local shoppers in a northern UK town

Author: BRENNER, G

Journal: Perspectives in Public Health Vol: 138 Part: 6 Pages: 325-328

Abstract: A local authority wanted to practically determine the perception of the public to smokefree zones in shopping high streets and other local outdoor public places. A survey was carried out by students on a convenience sample of shoppers on a single busy market day in Barnsley. In all, 142 responses were collected; 28% were smokers and 15% e-cigarette users. The majority (69%) of respondents were not against smokefree high streets, including 68% of smokers; 69% of respondents (including 61% of smokers) were not against all public areas becoming smokefree; 70% of respondents (including 63% of smokers) were not against outdoor seating areas, such as those outside pubs and cafés becoming smokefree. There was a marginal preference that smokefree outdoor zones should be voluntary (42%) rather than enforced (39%). Most respondents believed that people smoking around children was influential in determining whether those children go on to take up smoking when they get older. Most smokers (92%) said they already moderated their smoking behaviour in some way when children were present, including 44% who claimed that when children are around they do not smoke at all. This study gives strength to the argument for local authorities to implement voluntary outdoor smokefree zones in public places such as shopping high streets, as a part of a comprehensive tobacco control plan. Shoppers were generally supportive of smokefree zones and in particular where the rationale for their implementation is to protect children from taking up smoking.

Websites [Sage](#)

33. A review of UK media coverage of physical activity associated with the publication of special issues in a high-impact medical journal

Author: MILTON, K

Journal: Public Health Vol: 163: Pages: 87-94

Abstract: The media is a substantial vehicle for conveying public health messages to the public. This study examined the extent to which the publication of special issues in a high-impact medical journal in 2012 and 2016 generated media interest in physical activity and health in the UK and explored the main issues that were reported. The news media coverage was encouraging for the profile of physical activity and health. In 2012 and 2016, common themes included the benefits of physical activity and the risks of being inactive, comparisons between mortality rates from physical inactivity and smoking and the recommended volume of physical activity to benefit health. The profile given to an issue through prestigious scientific publication is one of the levers for community attention and policy change. Efforts are needed to further use the media for improving policy, practice and public awareness, which are antecedents to population health change.

Websites [Science Direct](#)

**HEALTH PROTECTION**

34. Hepatitis A (England and Wales): 2019

Author: PUBLIC HEALTH ENGLAND

Date: 07 October 2019

Abstract: Quarterly reports of laboratory-confirmed hepatitis A virus in England and Wales in 2019, and the annual report.

Websites [PHE](#)

35. Do summer heatwaves lead to an increase in deaths?

Author: OFFICE FOR NATIONAL STATISTICS

Date: 07 October 2019

Abstract: When the UK's hottest day on record was recorded this summer, an increase in deaths followed. The Office for National Statistics look at how hot weather affects the number of deaths that occur.

Websites [ONS](#)

36. Weekly national flu reports: 2019 to 2020 season

Author: PUBLIC HEALTH ENGLAND

Date: 10 October 2019

Abstract: National influenza reports, tracking seasonal flu and other seasonal respiratory illnesses in the UK. This update includes reports published from 10 October 2019 to the present.

Websites [PHE](#)

37. Factors associated with testing for HIV in people aged ≥50 years: a qualitative study

Author: YOUSSEF, E

Journal: BMC Public Health Vol: 18: Pages: 1204

Abstract: Despite a decline in the number of new HIV infections in the UK overall, the number and proportion of new HIV diagnoses in people aged ≥50 years continues to increase. The aim of this study was to identify factors associated with testing for HIV in people aged ≥50 years who tested late for HIV. Seven themes associated with HIV testing in people aged 50 years were identified: experience of early HIV/AIDS campaigns, HIV knowledge, presence of symptoms and symptom attribution, risk and risk perception, generational approaches to health and sexual health, stigma, and type of testing and testing venue. Some factors associated with testing identified in this study were unique to older individuals. People aged ≥50 years often do not perceive themselves to be at risk of HIV. Further, stigma and a lack of knowledge of how to access HIV testing suggest a need for health promotion and suggest current sexual health services may need to adapt to better meet their needs.

Websites [BioMed](#)

**MATERNITY AND INFANTS**

38. Health Visiting in England: A Vision for the Future

Author: INSTITUTE OF HEALTH VISITING

Date: 10 October 2019

Abstract: This evidence-based blue print was developed in response to the government's request for stakeholder engagement to inform their plans to refresh the health visiting model for England and the Healthy Child Programme, and takes into account the decline in the number of health visitors over the past 4 years, this publication sets out a new model of health visiting advising eight universal contacts and a particular focus on fifteen areas where health visiting can have a high impact on health outcomes.

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

39. Pre-pregnancy body mass index and breastfeeding initiation, early cessation and longevity: evidence from the first wave of the UK Millennium Cohort Study

Author: CAMPBELL, T

Journal: Journal of Epidemiology & Community Health Vol: 72 Part: 12

Abstract: This study aims to assess associations between key points in the breastfeeding trajectory (initiation, early cessation and longevity) and pre-pregnancy BMI in a recent, nationally representative British cohort. It also aims to explore in the British context potential moderation by mothers' ethnic group. The causal mechanisms underlying relationships between pre-pregnancy overweight, obesity, and breastfeeding behaviours require further research. However, this study suggests pre-pregnancy BMI as one predictive measure for targeting support to women less likely to establish breastfeeding in the early days, and to continue beyond 4 months. The nature of support should carefully be considered and developed, with mind to both intended and potential unintended consequences of intervention given the need for additional investigation into the causes of associations.

Websites [BMJ Journals](#)



MENTAL HEALTH AND WELLBEING

40. Groundbreaking new platform launched to support mental health

Author: PUBLIC HEALTH ENGLAND

Date: 07 October 2019

Abstract: Public Health England (PHE), in partnership with the NHS have launched Every Mind Matters to help people take simple steps to look after their mental health, improve their mental wellbeing and support others. Every Mind Matters shows people the simple steps they can take to be better prepared for life's ups and downs. The new platform, which has been endorsed by the Royal College of General Practitioners (RCGP), will enable people to create a personalised action plan recommending a set of self-care actions to deal with stress, boost mood, improve sleep and feel in control.

Websites [Public Health England](#); [Every Mind Matters](#)

41. Suicide prevention sector-led improvement: Prospectus 2019/20

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 10 October 2019

Abstract: The Local Government Association and Association of Directors of Public Health's suicide prevention sector led improvement programme prospectus outlines the following support available in 2019/20:

- **National:** a series of tools, products and events designed to provide wider and easier access to the good practice, learning and existing resources.
- **Regional:** grant funding allocated to ADPH networks to build on and support regional suicide prevention SLI activity.
- **Local:** bespoke expert support for up to twelve local authorities and partners who self-identify as facing significant delivery challenges locally around suicide prevention.

Websites [LGA - Report](#)

42. Suicide Prevention: Policy and Strategy

Author: UNITED KINGDOM House of Commons Library

Date: 10 October 2019

Abstract: This House of Commons Library briefing paper examines suicide prevention policies and strategies throughout the UK. It outlines national and local approaches to prevention policy in England, as well as Scotland, Wales, and Northern Ireland. It does so by considering the strategies of the UK Government, as well as the devolved administrations, from various policy perspectives.

Websites [HoC Library](#)

43. Economic stress in childhood and suicide thoughts and suicide attempts: a population-based study among adults

Author: LINDSTROM, M

Journal: Public Health Vol: 163: Pages: 42-45

Abstract: This study aims to investigate associations between economic stress in childhood and suicide thoughts and attempts. The 2012 public health survey in Scania, Sweden, is a cross-sectional postal questionnaire study including 28,029 participants, aged 18–80 years. Associations were analyzed in logistic regressions. Findings show that a 12.1% prevalence of men and 15.5% of women had ever experienced suicide thoughts, while 3.2% of men and 5.3% of women had experienced suicide attempt. Roughly 24% had experienced less severe and 8% severe economic problems in childhood. Significant associations between economic stress in childhood and suicide thoughts and attempts remained throughout the age-adjusted and multiple adjusted analyses. In conclusion, economic stress in childhood is associated with self-reported suicide thoughts and suicide attempts in an adult general population.

Websites [Science Direct](#)



WIDER DETERMINANTS

44. Knife crime in England and Wales

Author: UNITED KINGDOM House of Commons Library
Date: 30 September 2019

Abstract: Knife crime is a persistent and worrying concern, especially as it impacts particularly upon young people and the disadvantaged, and various remedies have been tried over the years. This report provides statistical data. It finds that in the year ending March 2019, there were around 47,000 (selected) offences involving a knife or sharp instrument in England and Wales.

Websites [HoC Library - Report](#); [HoC Library - Briefing](#)

45. Deaths of homeless people in England and Wales: 2018

Author: OFFICE FOR NATIONAL STATISTICS
Date: 01 October 2019

Abstract: Experimental Statistics of the number of deaths of homeless people in England and Wales. Figures are given for deaths registered in the years 2013 to 2018. Main points include:

- There were an estimated 726 deaths of homeless people in England and Wales registered in 2018, the highest year-to-year increase (22%) since our time series began.
- Most of the deaths in 2018 were among men (641 estimated deaths; 88% of the total).
- The mean age at death was 45 years for males and 43 years for females in 2018; in the general population of England and Wales, the mean age at death was 76 years for men and 81 years for women.
- Two in five deaths of homeless people were related to drug poisoning in 2018 (294 estimated deaths), and the number of deaths from this cause has increased by 55% since 2017.
- London and the North West had the highest numbers of deaths in 2018, with 148 (20% of the total number) and 103 (14% of the total number) estimated deaths of homeless people respectively.

Websites [ONS](#)

46. Housing associations and councils working together to end homelessness

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 10 October 2019

Abstract: In November and December 2018, the Local Government Association (LGA) and the National Housing Federation (NHF) hosted five roadshow events across England, under the theme: 'Working Together to tackle Homelessness'. Held in the months leading up to the Homelessness Reduction Act's first anniversary, these events were a valuable opportunity to reflect on the challenges that councils and housing associations collectively face in tackling homelessness. They were an opportunity to discuss how we can work together to achieve solutions. This report outlines the motivation for the events, what was learned, and how the conversation can be continued.

Websites [LGA](#)

47. Structurally unsound Exploring Inequalities: Igniting research to better inform UK policy

Author: RESOLUTION FOUNDATION

Date: October 2019

Abstract: Inequalities are deeply embedded in our society, permeating throughout our social structures and institutions. Legislative responses that outlaw discriminatory behaviours and promote positive change are an essential part of the battle, but the structural nature of horizontal inequalities (that is, those that apply to entire groups such as women, disabled people, LGBT individuals, and people of colour rather than just at the individual level) mean that they are not necessarily sufficient. Making further progress rests on securing political and social will for change. But it rests too on further developing the evidence base – both in terms of more accurately capturing the nuance of the problem statement, and better understanding what works when it comes to policy interventions. This report from the Resolution Foundation, highlights lessons learned and provides recommendations for policymakers and researchers to adopt when approaching structural inequalities.

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

48. Rough sleepers: access to services and support (England)

Author: UNITED KINGDOM House of Commons Library

Date: 09 October 2019

Abstract: Rough sleepers are one of the most vulnerable groups in society, many with high levels of complex and interrelated needs. This paper provides an overview of the support and services - including accommodation, health, welfare, training, employment and voter registration - that are available for rough sleepers in England, and the challenges rough sleepers can face in accessing them.

Websites [HoC Library](#)

49. Underground lives: Male victims of modern slavery

Author: HESTIA

Date: October 2019

Abstract: According to the National Crime Agency, 52% of all potential victims of modern slavery referred into the National Referral Mechanism (NRM) in 2017 were men (2688 men). In 2017, for the first time more men were referred into the NRM than women. However, men continue to be perceived as more resilient and less traumatised by the experience of modern slavery and thus less in need of support. More than half of male victims of modern slavery have been homeless. Hestia calls on Local Authorities to join forces with faith organisations, homelessness and modern slavery support charities to better identify victims and help them access safe accommodation and support

Websites [Hestia - Report](#)

50. Effects of social network diversity on mortality, cognition and physical function in the elderly: a longitudinal analysis of the Chicago Health and Aging Project (CHAP)

Author: ALI, T

Journal: Journal of Epidemiology & Community Health Vol: 72 Part:11

Abstract: Having a larger social network has been shown to have beneficial effects on health and survival in adults, but few studies have evaluated the role of network diversity, in addition to network size. This study explores whether social network diversity is associated with mortality, cognition and physical function among older black and white adults. The results find that in fully adjusted models, elderly with more diverse social networks had a lower risk of mortality compared with elderly with less diverse networks. Increased diversity in social networks was also associated with higher global cognitive function and higher physical function. The study concludes that social networks are particularly important for older adults as they face the greatest threats to health and depend on network relationships, more than younger individuals, to meet their needs. Increasing diversity, and not just increasing size, of social networks may be essential for improving health and survival among older adults.

Websites [BMJ](#)

51. Health and mass unemployment events—developing a framework for preparedness and response

Author: DAVIES, A

Journal: Journal of Public Health: Early Online

Abstract: Mass unemployment events are not uncommon yet the impact on health is not well recognised. There is a need for a preparedness and response framework, as exists for other events that threaten population health. Economic and employment shock triggered by mass unemployment events have a detrimental impact on workers, families and communities. This article presents a public health informed response framework which includes (i) identify areas at risk, (ii) develop an early warning system, (iii) mobilise multi-sector action including health and community, (iv) provision of support across employment, finance and health (v) proportionate to need, (vi) extend support to family members and (vii) communities and (viii) evaluate and learn. In conclusion, mass unemployment events have an adverse impact on the health, financial and social circumstances of workers, families, and communities. This is the first framework for action to mitigate and address the detrimental impact of mass unemployment events on population health.

Websites [Oxford](#)



OTHER

52. The State Of Health Care and Adult Social Care in England 2018/19

Author: CARE QUALITY COMMISSION

Date: 15 October 2019

Abstract: This report sets out the Care Quality Commission's (CQC's) assessment of the state of care in England in 2018/19. This year's State of Care considers the pressures faced by health and social care as a whole – but focuses particularly on inpatient mental health and learning disability services, the area where CQC is seeing an impact on quality. It finds that while the overall quality picture for the mental health sector, which includes

community mental health services, remains stable, this masks a deterioration in some specialist inpatient services. Findings show that:

- 10% of inpatient services for people with learning disabilities and/or autism were rated inadequate, as compared to 1% in 2018
- 7% of child and adolescent mental health inpatient services rated inadequate (2018: 3%)
- 8% of acute wards for adults of working age and psychiatric intensive care units (2018: 2%)

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

53. Departmental Overview: Department of Health and Social Care 2019

Author: NATIONAL AUDIT OFFICE

Date: 17 October 2019

Abstract: This Departmental overview is designed to provide a quick and accessible overview of the Department and its performance over the last year. The report focuses on the Department's responsibilities and how it spends its money, key developments in its areas of work and findings from NAO recent reports.

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