

WHAT'S NEW

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

26th July 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

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

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



ADULT SOCIAL CARE

1. Adult Social Work Health Check Survey 2018 - Report of Findings

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 15 July 2019

Abstract: This report is intended to help support and deliver effective social work. It is a key element of the Standards for Employers of social workers (Standard 1). The findings from the survey provide a snap shot of continuous improvement locally, regionally and nationally and enable the identification of trends, which can help to shape and inform priorities for social work at all levels.

Websites [LGA](#)

2. Social care: paying for care home places and domiciliary care (England)

Author: UNITED KINGDOM House of Commons Library

Date: 08 July 2019

Abstract: This House of Commons Library briefing paper sets out how individuals are assessed for local authority funding support towards the costs of their social care for 2019/20.

Websites [House of Commons Library](#)

3. Quick Guide: allied health professionals enhancing health for people in care homes

Author: NHS ENGLAND

Date: 18 July 2019

Abstract: This quick guide document aims to support local health and social care systems in improving the health of people living in care homes, with practical examples of how the allied health professions (AHPs) can support implementation and roll-out of the framework for enhanced health in care homes.

Websites [NHS England](#)

4. Carers action plan 2018 to 2020: 1-year progress review

Author: DEPARTMENT OF HEALTH AND SOCIAL CARE

Date: 23 July 2019

Abstract: The 1-year progress report highlights the progress that has been made in delivering the [carers action plan 2018 to 2020](#) to increase support for carers. The cross-government action plan was published in June 2018. It sets out the government's commitment to supporting carers through 64 actions across 5 priorities.

Websites [DHSC](#)

5. Emergency admissions to hospital from care homes: how often and what for?

Author: WOLTERS, A

Date: 25 July 2019

Abstract: New analysis from the Improvement Analytics Unit, a joint initiative between NHS England and the Health Foundation, has found that more than four in ten (41%) emergency admissions to hospital involving care home residents could be potentially avoided with better provision of preventative primary care, community support or NHS care in care homes. The briefing also includes evaluations of four local sites where the NHS worked in partnership with care homes to step up the support they received as part of vanguard initiatives to improve care in care homes.

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



CHILDREN, YOUNG PEOPLE & FAMILIES

6. Intentional self-poisoning by young people

Author: PUBLIC HEALTH ENGLAND

Date: 12 July 2019

Abstract: PHE has produced an ad-hoc publication release showing trends in numbers of hospital admissions as a result of intentional self-poisoning by young people, by sex and single year of age for residents of England. Its aim is to allow national organisations and local authorities to monitor trends in poisonings at a high level. It is published as an addition to PHE's official statistics on child and maternal health.

Websites [PHE](#)

7. Eating disorders in young people

Author: PUBLIC HEALTH ENGLAND

Date: 12 July 2019

Abstract: PHE has produced an ad-hoc publication release showing trends in numbers of hospital admissions as a result of eating disorders for young people, by sex and single year of age for residents of England. Its aim is to allow national organisations and local authorities to monitor trends in eating disorders at a high level. It is published as an addition to PHE's official statistics on child and maternal health.

Websites [PHE](#)

8. School sport and activity action plan

Author: UNITED KINGDOM Department for Education; DEPARTMENT FOR DIGITAL, CULTURE, MEDIA AND SPORT; DEPARTMENT OF HEALTH AND SOCIAL CARE

Date: 15 July 2019

Abstract: A cross-government action plan to provide pupils with greater opportunity to access 60 minutes of sport and physical activity every day. The action plan:

- outlines a range of new measures to strengthen the role of sport within a young person's daily routine
- explains how teachers and parents can play their part
- promotes a joined-up approach to physical activity and mental wellbeing

The action plan will be of interest to schools, teachers, parents and the sport sector.

Websites [PHE](#)

9. Children and young people's mental health – policy, CAMHS services, funding and education

Author: UK House of Commons Library

Date: 16 July 2019

Abstract: Mental health problems which begin in childhood and adolescence can have a range of negative impacts on individuals and families, which can continue into adult life unless properly treated. Successive Governments have pledged to improve mental health support for children and young people. This briefing looks at children and young people's mental health policy.

Websites [House of Commons Library](#)

10. Counting Lives Report: responding to children who are criminally exploited

Author: CHILDREN'S SOCIETY

Date: July 2019

Abstract: Sadly there is nothing new about children being exploited by criminals. And right now we are seeing countless young lives torn apart by horrific violence and abuse. We hear from children being criminally exploited in many ways: forced to work in cannabis factories, coerced into moving drugs across the country, forced to shoplift, pickpocket or threaten violence against others. Children are being cynically exploited with the promise of money, drugs, status and affection. They're being controlled using threats, violence and sexual abuse, leaving them traumatised and living in fear. This report suggests that the criminals are winning, and professionals are struggling to keep up with the scale and context of criminal exploitation. The response from statutory agencies is too variable and often comes too late. Children are being too easily criminalised, and are not viewed as victims of exploitation. There is also a concerning lack of data and reporting about children at risk of criminal exploitation. This report is a call to action for professionals to recognise child criminal exploitation and provide a coordinated safeguarding response.

Websites [Children's Society](#)

11. National Child Measurement Programme Operational guidance 2019

Author: PUBLIC HEALTH ENGLAND

Date: 17 July 2019

Abstract: Updated guidance for local commissioners, providers and schools on running the national child measurement programme (NCMP).

Websites [PHE](#)

12. Personal, social, health and economic education in schools (England)

Author: UNITED KINGDOM House of Commons Library

Date: 17 July 2019

Abstract: This House of Commons Library briefing sets out the rules relating to the provision of personal, social, health and economic education (PSHE) in England, as well as statutory health education from 2020.

Websites [House of Commons Library](#)

13. National child measurement programme (NCMP): trends in child BMI

Author: PUBLIC HEALTH ENGLAND

Date: 25 July 2019

Abstract: These documents present data on the trends in child body mass index from the National Child Measurement Programme (NCMP), between 2006 to 2007, and 2017 to 2018. The documents cover trends in:

- severe obesity
- obesity
- overweight

- excess weight
- underweight prevalence

Trends are examined within different socioeconomic and ethnic groups, to assess whether existing health inequalities are widening or narrowing.

Websites [PHE](#)

14. Child oral health: applying All Our Health

Author: PUBLIC HEALTH ENGLAND

Date: 24 July 2019

Abstract: This document provides examples and interventions that are recommended at population, community and individual level to improve dental health for children. This update includes 'Issues arising following a referral and subsequent wait for extraction under general anaesthetic: impact on children'.

Websites [PHE](#)

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

Author: PUBLIC HEALTH ENGLAND

Date: 24 July 2019

Abstract: Quarterly and annual local authority metrics on outcomes for children at 2 to 2 and a half years as measured by the Ages and Stages Questionnaire 3 (ASQ-3).

Websites [PHE](#)

16. Associations of Infant Sleep Duration with Body Composition and Cardiovascular Health to Mid-Adolescence: The PEAS Kids Growth Study

Author: DERKS, I.P.M

Journal: Childhood Obesity: Early Online

Abstract: Short sleep duration in childhood has often been linked with obesity in later childhood or adolescence. However, whether infant sleep duration affects body composition trajectories and cardiovascular health through to mid-adolescence remains unknown. Participants were 336 adolescents from a community-based prospective birth cohort in Melbourne, Australia. Findings show that at 2 mths, infants slept on average 14.1 hours [standard deviation (SD) 1.9], decreasing to 13.4 hours (SD 2.0) by 12 months. No associations were observed between the different sleep duration time points in infancy and later BMI or body composition. Moreover, a shorter sleep duration did not increase the odds of being on a high body composition trajectory compared with longer sleep (*e.g.*, odds ratio per hour of sleep at 4 months is 0.85, 95% confidence interval 0.65-1.11). Infant sleep duration was also not associated with cardiovascular function or large or small artery structure at 14 years of age. In conclusion no evidence was found that sleep duration very early in life affects adolescent body composition or cardiovascular health.

Websites [Mary Ann Liebert](#)

17. Snacking characteristics and patterns and their associations with diet quality and BMI in the Childhood Obesity Prevention and Treatment Research Consortium

Author: LE CROY, M.N

Journal: Public Health Nutrition: Early online

Abstract: This study aimed to describe snacking characteristics and patterns in 534, 2–4-year-olds, 241, 7–11-year-olds and 360, 10–13-year-olds from the Childhood Obesity Prevention and Treatment Research (COPT) Consortium, USA: NET-Works, and examine associations with diet quality and BMI. Participants/adult proxies completed multiple 24 h dietary recalls. Snack occasions were self-identified. Snack patterns were derived for

each sample using exploratory factor analysis. Associations of snacking characteristics and patterns with Healthy Eating Index-2010 (HEI-2010) score and BMI were examined using multivariable linear regression models. The study concludes that meal-like and beverage patterns described most children's snack intake, although patterns for non-Hispanic Blacks or adolescents may differ. Diets of 2–5-year-olds may benefit from frequent meal-like pattern snack consumption and diets of all children may benefit from decreasing screen use during eating occasions.

Websites [Cambridge](#)



COMMISSIONING AND ECONOMICS

18. Better Care Fund planning requirements for 2019 to 2020

Author: DEPARTMENT OF HEALTH AND SOCIAL CARE

Date: 18 July 2019

Abstract: The Better Care Fund (BCF) provides financial support for councils and NHS organisations to jointly plan and deliver local services. This document sets out the Better Care Fund planning requirements, which support the core [NHS operational planning and contracting guidance for 2019 to 2020](#). It also details the [Better Care Fund operating guidance](#). The document should be read alongside the [Better Care Fund policy framework for 2019 to 2020](#).

Websites [DHSC](#)



HEALTH CARE PUBLIC HEALTH

19. Hearing loss in adults

Author: NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

Date: July 2019

Abstract: This quality standard covers assessing and managing hearing loss in adults (aged 18 and over). It includes people presenting with hearing loss for the first time in adulthood whether it started in adulthood or earlier. It describes high-quality care in priority areas for improvement.

Websites [NICE](#)



HEALTH IMPROVEMENT

20. NHS population screening: inequalities strategy

Author: PUBLIC HEALTH ENGLAND

Date: 16 July 2019

Abstract: The PHE Screening inequalities strategy is aimed at supporting local screening services, commissioners and others involved in the provision of screening to address inequalities.

Websites [PHE](#)

21. Adult smoking habits in the UK: 2018

Author: OFFICE FOR NATIONAL STATISTICS

Date: 02 July 2019

Abstract: Cigarette smoking habits among adults in the UK, including the proportion of people who smoke, demographic breakdowns, changes over time, and use of e-cigarettes. Main points include: In the UK, 14.7% of people aged 18 years and above smoked cigarettes in 2018, which equates to around 7.2 million people in the population and represents a statistically significant decline of more than 5 percentage points since 2011, based on our estimate from the Annual Population Survey.

- Of the constituent countries, 14.4% of adults in England smoked; for Wales, this figure was 15.9%; Scotland, 16.3% and Northern Ireland, 15.5%.
- In the UK, 16.5% of men smoked compared with 13.0% of women.
- Those aged 25 to 34 years had the highest proportion of current smokers (19.2%).
- Around 1 in 4 (25.5%) people in routine and manual occupations smoked, compared with just 1 in 10 people (10.2%) in managerial and professional occupations.
- In Great Britain, 58.4% of people aged 16 years and above who currently smoked said they wanted to quit and 61.3% of those who have ever smoked said they had quit, based on our estimates from the Opinions and Lifestyle Survey.
- In Great Britain, 6.3% of people in 2018 said they currently used an e-cigarette, which equates to approximately 3.2 million adults in the population.

Websites [ONS](#)

22. Drink Free Days 2018: campaign evaluation

Author: PUBLIC HEALTH ENGLAND

Date: 19 July 2019

Abstract: Building on the momentum of Drinkaware's 2016 to 2017 'Have a little less, feel a lot better' (HALL) campaign, Public Health England (PHE) and Drinkaware collaborated on a new campaign in 2018. An evaluation of the campaign was conducted to understand the extent to which the campaign has reached and influenced its target audience. This report details the principal findings from the evaluation. The evaluation was conducted by independent research agency Kantar Public, who are the authors of both the executive summary and the full report.

Websites [PHE](#)

23. Active travel: increasing levels of walking and cycling in England

Author: UNITED KINGDOM House of Commons Transport Committee

Date: 23 July 2019

Abstract: The economic, human and environmental costs of inactivity, climate change, air pollution and traffic congestion are huge. This report states that increased levels of walking and cycling can help combat all of these and urges policy makers to give it the attention it deserves and calls for leadership from Government through more ambitious targets and increased funding.

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

24. Whole systems approach to obesity

Author: PUBLIC HEALTH ENGLAND

Date: 25 July 2019

Abstract: This guide and set of resources can be used to support the implementation of a whole systems approach to obesity. It is intended for local authorities and partners, including the NHS, local businesses and the community and voluntary sector. The guide covers:

- the role of local authorities
- the benefits of taking a whole systems approach
- the 6-phase process - each phase provides practical support

Websites [PHE](#)

25. Falls: applying All Our Health

Author: PUBLIC HEALTH ENGLAND

Date: 24 July 2019

Abstract: Updated evidence and guidance for healthcare professionals to assess risks, advise patients and families and prevent falls.

Websites [PHE](#)

26. Tobacco control: How do you know that your council is doing all it can to reduce smoking-related harm?

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 26 July 2019

Abstract: The National Institute for Health and Care Excellence estimates that every £1 invested in smoking cessation saves £10 in future health care costs. This report finds that councils should implement a robust tobacco control strategy that embeds a health-in-all-policies approach.

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

27. Health on the Shelf

Author: ROYAL SOCIETY FOR PUBLIC HEALTH

Date: 26 July 2019

Abstract: Retailers, and in particular supermarkets, have a hugely important role to play in tackling obesity. Supermarkets can create an environment which enables individuals and families to make healthier choices. The report explores the public's perception of supermarkets and the marketing strategies retailers use to boost sales. It also showcases how supermarkets can be health promoting spaces, and nudge customers to

make healthier choices.

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

28. Population screening: our approach to screening standards

Author: PUBLIC HEALTH ENGLAND

Date: 26 July 2019

Abstract: This guidance explains PHE Screening's consistent approach to standards across all 11 NHS screening programmes. Screening standards are a defined set of measures that providers have to meet to make sure local screening services are safe and effective.

Websites [PHE](#)

29. Do physical activity, commuting mode, cardiorespiratory fitness and sedentary behaviours modify the genetic predisposition to higher BMI? Findings from a UK Biobank study

Author: CELIS-MORALES, C.A

Journal: International Journal of Obesity: Early Online

Abstract: This study aims to investigate whether the association between a genetic profile risk score for obesity (GPRS-obesity) (based on 93 SNPs) and body mass index (BMI) was modified by physical activity (PA), cardiorespiratory fitness, commuting mode, walking pace and sedentary behaviours. For the analyses cross-sectional baseline data was used from 310,652 participants in the UK Biobank study. They investigated interaction effects of GPRS-obesity with objectively measured and self-reported PA, cardiorespiratory fitness, commuting mode, walking pace, TV viewing, playing computer games, PC-screen time and total sedentary behaviour on BMI. Body mass index (BMI) was the main outcome measure. The study concludes that physical activity, sedentary behaviours and fitness modify the extent to which a set of the most important known adiposity variants affect BMI. This suggests that the adiposity benefits of high PA and low sedentary behaviour may be particularly important in individuals with high genetic risk for obesity.

Websites [Int Jrn of Obesity](#)

30. Feasibility and acceptability of a Takeaway Masterclass aimed at encouraging healthier cooking practices and menu options in takeaway food outlets

Author: HILLIER-BROWN, F

Journal: Public Health Nutrition: Early Online

Abstract: This mixed-methods study aims to evaluate the feasibility and acceptability of the Takeaway Masterclass, a three-hour training session delivered to staff of independent takeaway food outlets in North East England that promoted healthy cooking practices and menu options. All participating food outlets provided progress feedback at 6 weeks post-intervention. Findings show that staff from eighteen (10 % of invited) takeaway food outlets attended the training; attendance did not appear to be associated with the level of deprivation of food outlet location. Changes made by staff that required minimal effort or cost to the business were the most likely to be implemented and sustained. Less popular changes included using products that are difficult (or expensive) to source from suppliers, or changes perceived to be unpopular with customers. In conclusion the Takeaway Masterclass appears to be a feasible and acceptable intervention for improving cooking practices and menu options in takeaway food outlets for those who attended the training. Further work is required to increase participation and retention and explore effectiveness, paying particular attention to minimising adverse inequality effects.

Websites [Cambridge](#)



HEALTH PROTECTION

31. Routine childhood immunisations from autumn 2019

Author: PUBLIC HEALTH ENGLAND

Date: 12 July 2019

Abstract: This routine childhood immunisation schedule (autumn 2019) includes the Infanrix hexa© vaccine for the infant programme for infants born on or after the 1 August 2017 and the universal HPV programme for eligible teenagers.

Websites [PHE](#)

32. Human papillomavirus (HPV): the green book, chapter 18a

Author: PUBLIC HEALTH ENGLAND

Date: 12 July 2019

Abstract: Human papillomavirus (HPV) immunisation information for public health professionals. This HPV chapter has been updated in preparation for the introduction of the HPV universal programme.

Websites [PHE](#)

33. Measles cases in England: January to December 2018

Author: PUBLIC HEALTH ENGLAND

Date: 12 July 2019

Abstract: The total number of laboratory confirmed measles cases for with onset dates in 2018 (January to December) in England was 971. This is over 3 times higher than the total for 2017 of 259 cases.

Websites [PHE](#)

34. Lyme disease

Author: NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

Date: July 2019

Abstract: This quality standard covers diagnosing and managing Lyme disease in people of all ages. It also includes raising public awareness about prevention. It describes high-quality care in priority areas for improvement.

Websites [NICE](#)

35. Measles: don't let your child catch it flyer (for schools)

Author: PUBLIC HEALTH ENGLAND

Date: 17 July 2019

Abstract: Information and advice on measles and the measles, mumps and rubella (MMR) vaccine. This has

been updated to include new translated versions.

Websites [PHE](#)

36. Hepatitis E: symptoms, transmission, prevention, treatment

Author: PUBLIC HEALTH ENGLAND

Date: 16 July 2019

Abstract: This updated document explains hepatitis E, describing the: symptoms; means of transmission and best means of prevention and treatment.

Websites [PHE](#)

37. Vaccination timeline

Author: PUBLIC HEALTH ENGLAND

Date: 16 July 2019

Abstract: Historical vaccine development and introduction of vaccines in the UK. This has been updated to include the HPV Universal programme.

Websites [PHE](#)

38. Measles notifications and confirmed cases by oral fluid testing 2013 to 2019

Author: PUBLIC HEALTH ENGLAND

Date: 22 July 2019

Abstract: These documents provide statistics for:

- measles notifications and confirmed cases by oral fluid testing in England 2013 to 2019 by quarter
- confirmed cases of measles in England and Wales by region and age from 2012 to 2018
- confirmed cases of measles, mumps and rubella in England and Wales from 1996 to 2018

Websites [PHE](#)

39. Mumps: confirmed cases

Author: PUBLIC HEALTH ENGLAND

Date: 19 July 2019

Abstract: These documents provide the following statistics:

- mumps notifications and confirmed cases by oral fluid testing in England 2013 to 2019 by quarter
- confirmed cases of mumps in England and Wales by age and region from 2012 to 2018

Websites [PHE](#)

40. Combatting Hepatitis B and C: Elimination by 2030?

Author: UNITED KINGDOM House of Commons Library

Date: 19 July 2019

Abstract: This briefing has been prepared to mark World Hepatitis Day on 28 July 2019 and contains information on hepatitis B and C globally. The need to combat hepatitis globally forms one of the targets under the sustainable development goals. The UK Government has stated it is committed to the goal of eliminating

hepatitis C (the most common form of the virus in the UK) by 2030. World Hepatitis Day is held annually on 28 July and is promoted by the World Hepatitis Alliance. This year's theme is 'Invest in Eliminating Hepatitis'

Websites [House of Commons Library](#)

41. Tuberculosis in England: quarterly reports

Author: PUBLIC HEALTH ENGLAND

Date: 23 July 2019

Abstract: The latest quarterly reports of provisional data for tuberculosis (TB) notifications in England. This update includes added data for quarter 2, April to June 2019

Websites [PHE](#)

42. Are noise and air pollution related to the incidence of dementia? A cohort study in London, England

Author: CAREY, I.M

Journal: BMJ Open Vol: 8: Early online

Abstract: This study aimed to investigate whether the incidence of dementia is related to residential levels of air and noise pollution in London. The retrospective cohort study using primary care data from 75 Greater London Practices using 130 978 adults aged 50–79 years registered with their general practices on 1 January 2005, with no recorded history of dementia or care home residence. Results show that 2181 subjects received an incident diagnosis of dementia (39% mentioning Alzheimer's disease, 29% vascular dementia). There was a positive exposure response relationship between dementia and all measures of air pollution except O₃, which was not readily explained by further adjustment. Adults living in areas with the highest fifth of NO₂ concentration versus the lowest fifth were at a higher risk of dementia. In conclusion, evidence of a positive association between residential levels of air pollution across London and being diagnosed with dementia, which is unexplained by known confounding factors.

Websites [BMJ Open](#)



MATERNITY AND INFANTS

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

Author: PUBLIC HEALTH ENGLAND

Date: 24 July 2019

Abstract: Quarterly experimental statistics on breastfeeding prevalence at 6 to 8 weeks after birth for 2018 to 2019. Information is presented at local authority of residence, PHE Centre and England level. The latest publication relates to quarter 4 of 2018 to 2019

Websites [PHE](#)

44. Health visitor service delivery metrics: 2018 to 2019

Author: PUBLIC HEALTH ENGLAND

Date: 24 July 2019

Abstract: Quarterly and annual datasets and commentary for local authority health visits to pregnant women, children and their families during pregnancy and early childhood.

Websites [PHE](#)

45. Fixing the Present, Building for the Future: Newborn Screening for Rare Conditions

Author: GENETIC ALLIANCE

Date: 24 July 2019

Abstract: This report describes the current landscape for newborn blood spot screening, and delivers the views of people living with rare and genetic conditions on how we can address the shortfalls on our current system and build for the future taking advantage in developments in technology.

Websites [Report & Charter](#)

46. The impact of maternal gestational weight gain on cardiometabolic risk factors in children

Author: TAM, C.H.T

Journal: Diabetologi: Early online

Abstract: Accumulating evidence suggests an impact of gestational weight gain (GWG) on pregnancy outcomes; however, data on cardiometabolic risk factors later in life have not been comprehensively studied. This study aimed to evaluate the relationship between GWG and cardiometabolic risk in offspring aged 7 years. The study included a total of 905 mother–child pairs who enrolled in the follow-up visit of the multicentre Hyperglycemia and Adverse Pregnancy Outcome study, at the Hong Kong Centre. The study concludes that both excessive and inadequate GWG have independent and significant impacts on childhood adiposity, hypertension and insulin resistance. The findings support the notion that adverse intrauterine exposures are associated with persistent cardiometabolic risk in the offspring.

Websites [Springer](#)

47. Maternal predictors of infant beverage consumption: results from the Nurture cohort study

Author: TOVAR, A

Journal: Public Health Nutrition: Early Online

Abstract: The goal of the present study was to estimate prevalence and maternal risk factors for infant beverage consumption. Mothers 20–36 weeks pregnant in Central North Carolina, USA were surveyed every 3 months through their infant's first year on their sociodemographics and infant's consumption frequency of 100 fruit and vegetable juices and sugar-sweetened-beverages (SSB). Repeated-measure models, using a compound symmetry covariance structure, were used to assess the association of sociodemographic and maternal predictors with introducing juice and SSB separately and explored interaction terms with time to determine how the effects of the predictors change over time. Findings show that on average, mothers were 28 years old, 72 % were non-Hispanic Black and 59 % were low-income. The study found time by race, income, education, maternal age and breast-feeding duration interactions for both juice and SSB consumption. At approximately 6–7 months of age through 12 months of age, being Black, having a lower income and education, being younger and breast-feeding for fewer than 26 weeks were each associated with introduction of both juice and SSB consumption. Future efforts are needed to raise awareness on the importance of national recommendations of limiting juice and SSB for infants, together with decreasing disparities in unhealthy beverage intake early in life.

Websites [Cambridge](#)



MENTAL HEALTH AND WELLBEING

48. Mental Health Act Code of Practice 2015: An evaluation of how the Code is being used

Author: CARE QUALITY COMMISSION

Date: 25 June 2019

Abstract: This report looks at how well the Mental Health Act (MHA) Code of Practice is being used across mental health services since it was updated in 2015.

Websites [CQC](#)

49. Social Workers and a new Mental Health Act

Author: UNITED KINGDOM All Party Parliamentary Group on Social Work

Date: 16 July 2019

Abstract: This inquiry is in response to the Independent Review of the Mental health Act 1983. It looks at the integration of health and social care, and how social workers' role can be enhanced in new legislation, in order to uphold the human rights of children and adults suffering ill mental health.

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

50. Manifesto for Better Mental Health

Author: NHS CONFEDERATION

Date: 25 July 2019

Abstract: The Mental Health Policy Group - a coalition of six organisations working together for better mental health, launches the *Manifesto for Better Mental Health* as the new Prime Minister takes up post.

This manifesto focuses on five key asks of the new Prime Minister:

- Take action to prevent mental illness
- Create a cross-government plan for mental health and establish a 'mental health in all policies' approach across government
- Reform the Mental Health Act
- Ensure everyone can access the right mental health support, in the right place, at the right time
- Build a mental health workforce fit for the future

The group want to see the new government re-commit to the ambitions of the NHS Long Term Plan as well as a funding settlement post 2020 which will provide vital increases in investment for mental health services.

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

51. Healthy dietary indices and risk of depressive outcomes: a systematic review and meta-analysis of observational studies

Author: LASSALE, C.

Journal: Molecular Psychiatry: Early online

Abstract: With depression being the psychiatric disorder incurring the largest societal costs in developed countries, there is a need to gather evidence on the role of nutrition in depression, to help develop recommendations and guide future psychiatric health care. The aim of this systematic review was to synthesize the link between diet quality, measured using a range of predefined indices, and depressive outcomes. A total of 20 longitudinal and 21 cross-sectional studies were included. The study concludes that adhering to a healthy diet, in particular a traditional Mediterranean diet, or avoiding a pro-inflammatory diet appears to confer some protection against depression in observational studies. This provides a reasonable evidence base to assess the role of dietary interventions to prevent depression

Websites [Molecular Psychiatry](#)



WIDER DETERMINANTS

52. Exploring pathways through and beyond alcohol treatment among Polish women and men in a London Borough

Author: ALCOHOL CHANGE UK

Date: June 2019

Abstract: Concerns have been repeatedly raised about high alcohol use and alcohol-related harm among Polish migrants. Studies on access to health care amongst migrants have identified a number of barriers including, confusion over entitlement to NHS services, lack of understanding on the NHS structures, problems registering with primary care services, language and interpretation problems and limited access to reliable transport due to poverty and poor services in areas of deprivation where many recent migrants live. Our understanding of drinking patterns, help seeking behaviour and experience of treatment services amongst this minority group of Polish migrants remains limited. The primary aim of this research study was to further understanding of the pathways into, through and out of treatment, with a focus on sustaining recovery to inform the design and delivery of services for this minority group.

Websites [Alcohol Change UK](#)

53. A home for the ages: Planning for the future with age-friendly design

Author: STERN, D

Date: 15 July 2019

Abstract: Within five years, a quarter of the English population will be aged over 60. Yet new housing is being built with little regard to the needs of our ageing population. This report emphasises the importance of well-designed, purpose built new homes that enable people to play a more active role in their communities as they age.

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

54. Prison health: health and justice annual report 2018 to 2019

Author: PUBLIC HEALTH ENGLAND

Date: 19 July 2019

Abstract: Public Health England (PHE) annual report on health trends in prisons and other prescribed places of

detention (PPDs). PHE works in partnership to identify and meet the health and social care needs of people in prisons and other prescribed places of detention (PPDs), as well as those in contact with the criminal justice system (CJS) in the community. PHE aims to reduce health inequalities, support people in living healthier lives, and ensure the continuity of care in the community. This report captures a broad range of activity led by the national health and justice team in PHE working both across our own organisation and with a broad range of partners internationally, nationally and locally across all the domains of public health practice.

Websites [PHE](#)

55. New approach to engaging rough sleeping and homeless community

Author: PUBLIC HEALTH ENGLAND

Date: 19 July 2019

Abstract: Public Health England South West coordinated a multi-intervention day with local healthcare providers, charities and services to provide TB screening for the rough sleeping/homeless community. In addition to the screening, partners came together to extend the breadth of the event to include a wide range of other services – Hepatitis B, C and HIV, substance misuse, mental health services and GP services and housing support. Preliminary results show that over half of the homeless and rough sleeping community were reached, a fantastic result for a community that is normally underserved or hard to engage with.

Websites [PHE](#)

56. Integrated care: supporting people with complex needs

Author: NHS ENGLAND

Date: 17 July 2019

Abstract: In this media report health and care experts come together to discuss why addressing the wider determinants of health amongst homeless and vulnerable people can go a long way to ease pressures within systems. They look at some of the innovative work going on around the country to tackle the financial, interpersonal and emotional challenges faced by those with complex needs, and why joining up services to support these individuals is important.

Websites [NHS England](#)

57. Crime in England and Wales: year ending March 2019

Author: OFFICE FOR NATIONAL STATISTICS

Date: 18 July 2019

Abstract: This report shows that overall levels of crime showed falls in recent decades, but levels have remained broadly stable in recent years. While in the last year there has been no change in overall levels of crime, this hides variation seen in individual crime types. The latest figures show a mixed picture, with continued rises in some types of theft and fraud and falls in computer misuse. Consistent with the rising trend over recent years, there were increases in some of the less frequently occurring but higher-harm types of violence, including offences involving knives and sharp instruments.

Websites [ONS](#)

58. Care in Places Inequalities in local authority adult social care spending power

Author: SALVATION ARMY

Date: 19 July 2019

Abstract: Adult Social Care is largely funded by local business rates, council tax and other local charges but areas with lower house prices, fewer businesses cannot raise as much money as more urban areas. This has led

to deep levels of funding inequality across the entire country and prevents most local authorities from providing adequate social care for older residents. The Salvation Army is asking the Government to prioritise properly funding adult social care and funding most of it centrally. This is the only way to ensure that money is distributed more fairly and all older people get the help they need.

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

59. Health inequalities: place-based approaches to reduce inequalities

Author: PUBLIC HEALTH ENGLAND

Date: 29 July 2019

Abstract: The place-based approaches for reducing health inequalities aims to:

- reinforce a common understanding of the complex causes and costs of health inequalities
- provide a practical framework and tools for places to reduce health inequalities

These documents are accompanied by a slide set: [summary and examples of how to use a place-based approach to reduce health inequalities](#)

Websites [PHE](#)

60. Socioeconomic inequalities in childhood-to-adulthood BMI tracking in three British birth cohorts

Author: NORRIS, T

Journal: International Journal of Obesity: Early Online

Abstract: Body mass index (BMI) tracks from childhood-to-adulthood, but the extent to which this relationship varies across the distribution and according to socio-economic position (SEP) is unknown. The study aimed to address this using data from three British cohort studies, 1946 National Survey of Health and Development; 1958 National Child Development Study; 1970 British Cohort Study. The study concludes that tracking was consistently stronger at the higher quantiles of the BMI distribution. Suggestive evidence for a pattern of greater BMI tracking in lower (compared to higher) SEP groups in the more recently born cohort was observed, particularly in women and at the higher end of the BMI distribution.

Websites [Int Jrn of Obesity](#)



OTHER

61. Our future in the land

Author: FOOD, FARMING AND COUNTRYSIDE COMMISSION

Date: 16 July 2019

Abstract: The actions we take in the next ten years, to stop ecosystems collapse, to recover and regenerate nature and to restore people's health and wellbeing are now critical. In this final report, the Food, Farming and Countryside Commission sets out radical and practical ways for policymakers, business and communities to respond to the challenges. The report makes fifteen recommendations in three areas:

- Healthy food is every body's business
- Farming is a force for change, unleashing a fourth agricultural revolution driven by public values
- A countryside that works for all, and rural communities are a powerhouse for a fair and green economy

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

62. Driving Improvement through Technology

Author: CARE QUALITY COMMISSION

Date: 16 July 2019

Abstract: This resource looks at how providers have used new technologies to try and meet the needs of people using their services and improve the quality of care. The case studies include examples from across health and social care. These range from apps that help people to take more control of their care, to digital systems for sharing care records.

Websites [Press Release](#); [Case studies](#); [Blog](#)

63. Unemployment - National: Key Economic Indicators

Author: UNITED KINGDOM House of Commons Library

Date: 16 July 2019

Abstract: This report provides data on unemployment in the UK. The report shows that there were 1.29 million unemployed people in the UK in March-May 2019, down 51,000 from the previous quarter and down 116,000 from the year before. The unemployment rate was 3.8% (the percentage of the economically active population who are unemployed) – the joint lowest rate since 1975. The rate reached a post-recession high of 8.5% in late 2011.

Websites [House of Commons Library](#)

64. Principles for engaging with industry stakeholders

Author: PUBLIC HEALTH ENGLAND

Date: 25 July 2019

Abstract: This document contains a framework for assessing potential partnerships or other engagement between Public Health England (PHE) and unhealthy commodity industry stakeholders. The document includes:

- principles to guide PHE's engagement with unhealthy commodity industry stakeholders
- topic-specific governance practices
- information to help decision-making in areas where no specific guidance is available

Websites [PHE](#)