

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

1st November 2019

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Please note:

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

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ADULT SOCIAL CARE

1. Making Safeguarding Personal 2018/19 case studies

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 17 October 2019

Abstract: These case studies illustrate outcome focused practice in safeguarding adults in line with the Making Safeguarding Personal approach. They are from nine council areas who put forward case studies.

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

2. Support for care leavers

Author: UNITED KINGDOM House of Commons Library

Date: 28 October 2019

Abstract: This briefing paper provides general background on the development of Government policies to support care leavers aged 16+, and the specific support available in terms of: social services; housing; education and training; health services; and the social security system. This briefing paper mostly covers policy in England, but includes some information about support for care leavers in Wales, Scotland and Northern Ireland.

Websites [HoC Library](#)



CHILDREN, YOUNG PEOPLE & FAMILIES

3. Children and young people's mental health: prevention evidence

Author: PUBLIC HEALTH ENGLAND

Date: 30 October 2019

Abstract: Summary report and outputs from a review of evidence for universal approaches to improving children and young people's mental health and wellbeing.

Websites [PHE](#)

4. Children's Rights in 2019

Author: HOUSE OF LORDS Library

Date: 01 November 2019

Abstract: This House of Lords Library Briefing provides an overview of recent developments within the UK in terms of children's rights. It then explores current United Nations (UN) priorities for children's rights globally, before ending with background information on the United Nations Convention on the Rights of the Child (UNCRC).

Websites [HoL Library](#)

5. Children living in long-term workless households in the UK: 2018

Author: OFFICE FOR NATIONAL STATISTICS

Date: 30 October 2019

Abstract: Annual UK estimates of the number of children living in households where all adults have not worked for at least 12 months. Main points include:-

- 1.0 million children (8.2%) lived in long-term workless households in 2018, decreasing every year since 2010.
- Of all children in workless households, 78.6% lived in long-term workless households.
- The South East had the lowest percentage of children in long-term workless households at 4.7%.
- Northern Ireland had the highest percentage of children in long-term workless households at 13.6%.

Websites [ONS](#)

6. Association of diet in nurseries and physical activity with zBMI in 2–4-year olds in England: a cross-sectional study

Author: ER, V

Journal: BMC Public Health Vol: 18: Pages: 1262

Abstract: Childhood obesity tracks into adulthood with detrimental effects on health. This study aimed to examine the relationships of diet in childcare settings and daily physical activity (PA) of preschoolers with body mass index z-score (z-BMI). The findings show that among children who consumed one main meal or snack at childcare, 34.4% and 74.3% met the standards on fruits and vegetables and high sugar or fat snacks, respectively. Adherence to Children's Food Trust guidelines was not associated with zBMI. Only 11.4% of children met recommended UK guidelines of three hours per day of physical activity. Minutes spent in light PA and active time were positively associated with UK 1990 zBMI scores. The findings highlight the need for more work to support nurseries and parents to improve preschool children's diet and activity.

Websites [BioMed](#)

7. Cost-effectiveness of a complex intervention to reduce children's exposure to second-hand smoke in the home

Author: RENWICK, C

Journal: BMC Public Health Vol: 18: Pages: 1252

Abstract: Second-hand smoke (SHS) causes numerous health problems in children such as asthma, respiratory tract infections and sudden infant death syndrome. The home is the main source of exposure to SHS for children, particularly for young children. A cost-effectiveness analysis was carried out alongside an open-label, parallel, randomised controlled trial in deprived communities in Nottingham, England. A complex intervention combining behavioural support, nicotine replacement therapy and personalised feedback on home air quality was compared with usual care. This trial targeted a socio-economically disadvantaged population that has been neglected within the literature. The complex intervention was more costly but more effective in reducing PM_{2.5} compared with the usual care. It offers huge potential to reduce children's tobacco-related harm by reducing exposure to SHS in the home. The intervention is considered cost-effective if the decision maker is willing to pay £131 per additional 10µg/m³ of PM_{2.5} reduction.

Websites [BioMed](#)

8. International trends in 'bottom-end' inequality in adolescent physical activity and nutrition: HBSC study 2002–2014

Author: CHZHEN, Y

Journal: European Journal of Public Health Vol: 28 Part: 4: Pages: 624-630

Abstract: In spite of many positive trends that have emerged in the health of young people, adolescents from more affluent groups continue to experience more favourable health outcomes. There are no groups that are more vulnerable than those who report very poor ('bottom-end') indicators of health behaviour. This study investigated the role of socio-economic factors as potential determinants of bottom-end health behaviours pertaining to physical activity and diet. The analysis incorporated health data for some 700 000 15-year-old adolescents in 34 countries. Findings show that adolescents from less affluent families were much more likely to report being in the bottom-end of the distribution of these health indicators. Large, persistent and widespread socio-economic gradients existed for physical activity and healthy eating, while the findings were mixed for unhealthy eating. Such socio-economic inequalities were largely stable or widened for physical activity and healthy eating, while inequalities in unhealthy eating narrowed. In conclusion, although it is important to continue monitoring average levels of adolescent health, national and international policies need to pay attention to the concentration of poor health outcomes among adolescents from less affluent families and to redress social inequalities in adolescent health behaviour.

Websites [Oxford](#)

9. Parental engagement in school-based health promotion and education

Author: SPENCER, G

Journal: Health Education Vol: 118 Part: 6: Pages: 513-527

Abstract: Children's health and life chances are affected by many factors, with parents and schools holding influential roles. Yet relatively little is known about parental engagement in school-based health education and specifically, from the perspectives of health and education professionals. The purpose of this paper is to

examine professionals' perspectives on parental engagement in school-based health education. An exploratory qualitative study was conducted with ten health, education and local authority professionals from a socio-economically deprived area in England. Semi-structured interviews explored the role of professionals within the school health curricula, roles that parents played in school health, and barriers and enablers to parental engagement in school health education. Findings from this study suggest the importance of building meaningful partnerships with parents to complement school health education and improve child health outcomes. This paper addresses an important gap in the research on parental engagement in school-based health education from the perspectives of health and education professionals. Effective partnerships with parents are crucial to the success of school health education.

Websites [Emerald Insight](#)

10. To what extent is the association between disability and mental health in adolescents mediated by bullying? A causal mediation analysis

Author: KING, T

Journal: International Journal of Epidemiology Vol: 47 Part: 5: Pages: 1402-1413

Abstract: Disability among adolescents is associated with both poorer mental health (MH) and higher levels of bullying-victimization. Bullying, therefore, conceivably mediates the association between disability and MH. Quantifying this pathway is challenging as the exposure (disability), mediator (bullying) and outcome (MH) are subjective, and subject to dependent measurement error if the same respondent reports on two or more variables. Utilizing the counterfactual and potential outcomes approaches to causal mediation, this study decomposed the total effect of disability on MH into natural indirect effects (through bullying) and natural direct effects (not through bullying) using a sample of 3409 adolescents. The study concludes that disability exerts a detrimental effect on adolescent MH, and a large proportion of this appears to operate through bullying. This finding does not appear to be spurious due to dependent measurement error.

Websites [Oxford](#)

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

Author: KIRKLAND, L

Journal: International Journal of Health Promotion and Education Vol: 56 Part: 4-5: Pages: 226-236

Abstract: Income is a direct indicator of dietary health and access to food. Proper nutrition is a critical component to achieving good health. However, many children and their families do not consume the recommended amounts of fruits and vegetables. This can lead to many health disparities and contribute to the development of chronic disease. In-school programs have been proven to positively impact dietary choices in children, but it is unclear how such programs may impact their parents. This review examines literature on school-based nutrition and garden programs and their direct impact on the dietary practices and choices of low-income parents. Approximately 167 studies were generated from the literature search. After removing duplicates and those that did not meet the inclusion criteria we analysed 17 articles. Analysis of these articles provided few assessments of direct or indirect impact of nutrition and garden programs on low-income parental dietary outcomes or choices. It was discovered that passive communications and direct participation are most often used to foster parent involvement.

Websites [Tandfonline](#)



12. Making Safeguarding Personal for commissioners and providers of health and social care

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 17 October 2019

Abstract: This briefing is designed to reinforce and build on earlier work on good practice when making safeguarding personal for health and social care commissioners and providers.

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



HEALTH IMPROVEMENT

13. Drugs policy

Author: UK House of Commons Health and Social Care Committee

Date: 23 October 2019

Abstract: The United Kingdom has some of the highest drug death rates in Europe, particularly in Scotland. This Report shows how the rate of drug-related deaths has risen to the scale of a public health emergency. The Committee recommends a radical change in approach to UK drugs policy, moving from the current criminal justice approach to a health approach, with responsibility for drugs policy moving from the Home Office to the Department of Health and Social Care.

Websites [H&SCC - Report](#); [H&SCC - Press Release](#)

14. Get a move on: Steps to increase physical activity levels in the UK

Author: BRITISH MEDICAL ASSOCIATION

Date: 23 October 2019

Abstract: Physical activity is a key contributor to good physical and mental health, and has significant social and environmental benefits. However, doctors are concerned about the high number of people in the UK who are not doing enough physical activity, and the subsequent negative impact on individual and population health. This briefing examines the wide range of benefits of physical activity, the current low levels of physical activity in the UK and the significant inequalities that exist in levels of physical activity within the population. Policy recommendations across four core parts of people's lives – travel, leisure, school and work – set out the steps government and policymakers should take to increase physical activity levels across the UK.

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

15. Managing the menopause at work

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 18 October 2019

Abstract: Local government is a female dominated workforce (75 per cent) and is an older workforce with an average age of 40 (Office for National Statistics 2015). This means a significant portion of our workforce will be affected by the symptoms of the menopause in the course of their daily duties. The aim of this guide is to assist you to look at the different things you can do to ensure your organisation is 'menopause friendly' and that talking about and managing the menopause at work is as normal as managing any other health condition.

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

16. Helping to support and transform the lives of people affected by alcohol

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 30 October 2019

Abstract: Drinking to excess takes a huge toll on individuals, families, communities and society as a whole. Consuming large amounts of alcohol is damaging to the brain, nervous system, heart and, of course, the liver. Every year more than 5,500 deaths in England can be directly attributed to drinking – and in many thousands more it plays a role. Councils are working to minimise this by commissioning high-quality lifestyle and behaviour change services, as well as treatment for those experiencing alcohol dependence. Examples of good practice are showcased in this report.

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

17. Behaviour change techniques to facilitate physical activity in older adults: what and how

Author: ARNAUTOVSKA, U

Journal: Ageing & Society Vol: 12: Pages: 2590-2616

Abstract: Physical inactivity in older adults presents a significant problem within modern societies globally. Using a mixed-method approach, this study explored strategies for the development and delivery of physical activity (PA) interventions by investigating what behaviour change techniques (BCTs) are useful, and how these techniques should be implemented to be feasible for older adults. The most useful BCT identified in the survey was autonomy support followed by instruction to perform the behaviour and having a credible source of information about PA. The key themes discussed in the interviews included providing support in making an informed choice, instruction on how to perform PA, information about health consequences, social support, goal setting, action and coping plans, behavioural demonstration and practice, and monitoring PA. Interventions assisting older adults in increasing their PA participation across a range of settings should incorporate BCTs targeting multiple processes, while tailoring their delivery to older adults' preferences to ensure their feasibility in supporting regular PA engagement.

Websites [Cambridge](#)

18. Effectiveness of an app and provider counselling for obesity treatment in primary care

Author: BENNETT, G

Journal: American Journal of Preventive Medicine Vol: 55 Part: 6 Pages: 777-786

Abstract: Obesity treatment is less successful for socioeconomically disadvantaged populations, particularly when delivered in primary care. Digital health strategies can extend the reach of clinical obesity treatments to care settings serving patients at highest risk. Track was an effectiveness RCT of a 12-month digital weight-loss intervention, embedded within a community health center system. The Track intervention produced larger weight losses relative to usual care at 6 months and 12 months. Intervention participants were more likely to lose $\geq 5\%$ of their baseline weight at 6 months and 12 months. Intervention participants completing $\geq 80\%$ of expected self-monitoring episodes; counseling calls; or self-weighing days lost significantly more weight than less engaged intervention participants. In conclusion, a digital obesity treatment, integrated with health system resources, can produce clinically meaningful weight-loss outcomes among socioeconomically disadvantaged primary care patients with elevated cardiovascular disease risk.

Websites [Science Direct](#)

19. Impact of public health interventions on obesity and type 2 diabetes prevention: A simulation study

Author: NIANOGO, R.A

Journal: American Journal of Preventive Medicine Vol: 55 Part: 6: Pages: 795-802

Abstract: Little is known about what interventions worked or did not work in slowing the obesity epidemic. The long-term comparative effectiveness of environmental and behavioral public health interventions for obesity and [type 2 diabetes](#) prevention over an individual's life course is relatively unexplored. In this study, the potential impact and long-term collective effectiveness of environmental and behavioral interventions on obesity and type 2 diabetes throughout the life course was evaluated. The study concludes that implementing health interventions continuously throughout the life span and in combination with other interventions could substantially halt the obesity and the type 2 diabetes epidemics.

Websites [Science Direct](#)

20. The debate about electronic cigarettes: Harm minimization or the precautionary principle

Author: GREEN, L

Journal: Annual Review of Public Health Vol: 39: Pages: 189-191

Abstract: Two contrasting reviews (authored by Abrams et al. and Glantz & Bareham) in this volume have reached opposing conclusions on the effects of electronic cigarettes in a debate that is dividing the scientific and professional communities that have devoted careers to controlling the manufacture, advertising, sale, and use of combustible cigarettes. The research on the types, degree, and extent of harm from e-cigarettes is far from complete and, together with trends in teenage smoking and vaping, has raised new questions and prospects about the potential benefits that the new electronic products offer smokers of combustible cigarettes in quitting or at least cutting back on the known risks associated with the traditional forms of smoking. The rapidly morphing forms, constituents, promotions, and uses of the electronic varieties of the new nicotine delivery products (in this case electronic cigarettes) make research on their biological and behavioural effects moving targets. The two sides of this argument have produced a global divide on policy strategies.

Websites [Annual Reviews](#)

21. Policy approaches for regulating alcohol marketing in a global context: A public health perspective

Author: ESSER, M

Journal: Annual Review of Public Health Vol: 39: Pages: 385-401

Abstract: Alcohol consumption is responsible for 3.3 million deaths globally or nearly 6% of all deaths. Alcohol use contributes to both communicable and non-communicable diseases, as well as violence and injuries. The purpose of this review is to discuss, in the context of the expansion of transnational alcohol corporations and harms associated with alcohol use, policy options for regulating exposure to alcohol marketing. It first provides an overview of the public health problem of harmful alcohol consumption and describe the association between exposure to alcohol marketing and alcohol consumption. It then discusses the growth and concentration of global alcohol corporations and their marketing practices in low- and middle-income countries, as well as in higher-income societies. The use and effectiveness of various approaches for regulating alcohol marketing in various countries are reviewed before discussing challenges and opportunities to protect public health.

Websites [Annual Reviews](#)

22. Association of physical activity with body mass index, waist circumference and incidence of obesity in older adults

Author: FUENTES, G

Journal: European Journal of Public Health Vol: 28 Part: 5: Pages: 944-950

Abstract: There is limited, and inconsistent, data on the prospective association between physical activity and surrogate markers of adiposity in older adults. The aim of this study was to determine the prospective association of leisure time physical activity (LTPA) with body mass index (BMI), waist circumference (WC) and the incidence of obesity. The study concludes that LTPA was inversely associated with BMI, WC and incidence of general and abdominal obesity. The finding that low-intensity LTPA was inversely related to BMI and the incidence of obesity is of particular importance because this level of physical activity could be a feasible option for many older adults.

Websites [Oxford](#)

23. Mediterranean diet and health outcomes: a systematic meta-review

Author: MARTINEZ-LACOBIA, R

Journal: European Journal of Public Health Vol: 28 Part: 5: Pages: 955-961

Abstract: The Mediterranean diet (MeDi) is considered a healthy dietary pattern, and greater adherence to this diet may improve health status. It also may reduce the social and economic costs of diet-related illnesses. This meta-review aims to summarize, synthesize and organize the effects of MeDi pattern on different health outcomes. Most of the diseases analysed are catalogued as non-communicable diseases (NCD), and the impact of these in populations may have major financial consequences for healthcare spending and national income. The results showed that the MeDi may improve health status, and it also may reduce total lifetime costs. MeDi has been shown to be a healthy dietary pattern that may reduce risk related to NCD. The effect is larger if the pattern is combined with physical activity, and tobacco and excessive alcohol consumption are avoided. Promoting the MeDi as a healthy dietary pattern presents challenges which need the collaboration of all levels of society.

Websites [Oxford](#)

24. Gradual reduction of free sugars in beverages on sale by implementing the beverage checklist as a public health strategy

Author: LUGER, M

Journal: European Journal of Public Health Vol: 28 Part: 5: Pages: 961-967

Abstract: Sugar-sweetened beverages (SSBs) are a major source of free sugar intake and contribute to obesity and obesity-related diseases. This study analyzed the effect of a gradual sugar reduction strategy within the so-called 'beverage checklist' on free sugar content in beverages on sale in Austria. From 2010 until 2017, data on the amount of free sugar of sweetened beverages (sweetened with sugars, fruit juice and artificial sweeteners) with 0.20–0.75l serving sizes in all main supermarkets and from industry was collected. In conclusion, this public health strategy, conducted by a small non-profit organization, showed a reduction in the mean free sugar content by working with the industry to voluntarily reformulate beverages. More beverages with less added sugar were brought to the market, which implies healthier choices. The challenge now is to further engage the industry and also policy makers to achieve a greater reduction in the future.

Websites [Oxford](#)

25. A systematic review of health promotion interventions to increase breast cancer screening uptake: from the last 12 years

Author: AGIDE, F

Journal: European Journal of Public Health Vol: 28 Part: 6: Pages: 1149-1155

Abstract: The outcome of breast cancer treatment largely depends on the timing of detection. The health promotion interventions have an immense contribution to early detection and improved survival. Therefore, this review aimed to provide evidence on the efficacy of the health promotion interventions to increase the uptake of breast cancer screening and to develop effective interventions targeting women. The review dovetailed 22 studies. The interventions were classified as 'individual-based', 'community-based', 'group-based teachings and training' and 'behavioural model based'. The majority of the studies showed favourable outcomes after health promotion interventions, including improvements in women's view of breast screening, breast self-examination and knowledge of breast screening. In conclusion, the review confirmed that most of the health promotion interventions targeting women boosted the breast screening in one or another way. However, the limited quality of the included studies showed that further research is needed to improve the trials in the next future.

Websites [Oxford](#)

26. A systematic review of the effectiveness of health education interventions to increase cervical cancer screening uptake

Author: AGIDE, F

Journal: *European Journal of Public Health* Vol: 28 Part: 6: Pages: 1156-1162

Abstract: Cervical cancer screening reduced cancer morbidity and mortality in developed countries. Health education interventions are expected to enhance screening and early detection. Thus, this review is aimed to see the effectiveness of the interventions in cervical cancer screening uptake. The review dovetailed 17 studies. Almost all levels of the interventions boosted the screening uptake and the Pap test. However, the individual level health education interventions were prioritized in many of the studies. In conclusion, the review indicated that health education interventions have immense contributions in boosting the screening uptake. However, the effectiveness varies with study setting, populations and the way of delivery. Therefore, the limited quality of the studies indicated that further research is required to develop a simple and effective intervention to boost cervical cancer screening uptake.

Websites [Oxford](#)

27. A qualitative evaluation of healthy weight services in a local authority in England

Author: ZHU, X

Journal: *Health Education Journal* Vol: 77 Part: 8 Pages: 939-951

Abstract: The purpose of this study was to evaluate the healthy weight services in one local authority in England, where obesity levels have been above the national average since 2006. A total of 91 individuals from six services participated in the evaluation. Staff competencies and empowerment outcomes were identified as areas of strength. However, despite examples of excellent practice and enthusiastic recommendations from clients, access and referral processes were areas of weakness. The study concludes that in England, local authorities have an important role to play in tackling obesity. It is crucial that they are provided with the tools to be able to implement healthy weight interventions effectively. A whole-systems approach presents a real opportunity for staff in local authorities and public health to work collaboratively and innovatively towards the same goal of continuous improvement in obesity management.

Websites [Sage](#)

28. Reducing health inequalities in England: does the demise of NHS Stop Smoking Services matter? Analysis of mandatory monitoring data

Author: McLeod, H

Journal: *Journal of Public Health: Early Online*

Abstract: Tobacco smoking is a key cause of mortality, morbidity and health inequalities. The unprecedented English health inequalities strategy (1999–2010) sought to reduce health inequalities, by, in part, instigating NHS Stop Smoking Services (SSS), initially targeted in deprived 'Spearhead' localities. Performance of SSS is assessed here in light of its role supporting the strategy, which evidence suggests achieved a reduction in health inequalities. SSS enrolment and four-week quits in Spearhead and non-Spearhead localities were compared during and after the strategy period, using regression models and routine monitoring data. Changes in SSS expenditure were estimated. The study concludes that SSS, particularly in Spearhead localities, were expanded up to 2011/12, and this broadly coincides with the reduction in health inequalities. This suggests that although SSS did not achieve the scale anticipated, they have important potential.

Websites [Oxford](#)



HEALTH PROTECTION

29. Government response to the Health and Social Care Committee report on sexual health

Author: DEPARTMENT OF HEALTH AND SOCIAL CARE

Date: October 2019

Abstract: This paper sets out the Government's response to the conclusions and recommendations made in the House of Commons Health and Social Care Committee report on Sexual health (Fourteenth Report of Session 2017–19)

Websites [DHSC - Report](#)

30. Investigation into pre-school vaccinations

Author: NATIONAL AUDIT OFFICE

Date: 25 October 2019

Abstract: This investigation sets out the system for providing vaccinations to pre-school children in England. It is prompted by public concerns about the levels of uptake of pre-school vaccinations. It sets out:

- the current levels of vaccination uptake and cases of disease across England;
- Public Health England (PHE)'s and NHS England's understanding of the problem; and
- PHE's and NHS England's response to the problem.

The investigation uses the MMR vaccination, the 4-in-1 booster and the Hib/MenC booster to highlight many of the challenges that exist in the system for pre-school vaccinations and illustrate in more detail how uptake of vaccinations is falling.

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

31. Tuberculosis by country: rates per 100,000 people

Author: PUBLIC HEALTH ENGLAND

Date: 29 October 2019

Abstract: Estimated rate of tuberculosis (TB) per 100,000 people, compiled from World Health Organization (WHO) data for each country. This has been updated to include rates by country in 2018.

Websites [PHE](#)

32. Tick-borne encephalitis virus detected in ticks in the UK

Author: PUBLIC HEALTH ENGLAND

Date: 29 October 2019

Abstract: Tick-borne encephalitis virus (TBEV) has been detected for the first time in ticks in the UK. The findings are part of ongoing research by Public Health England (PHE) and the Emerging and Zoonotic Infections National Institute for Health Research (NIHR) Health Protection Research Unit at the University of Liverpool. The virus has been detected in a small number of ticks in Thetford Forest and an area on the border between Hampshire and Dorset. Further work is under way to identify the distribution of TBEV infected tick

populations. Tick-borne encephalitis (TBE) is an infection spread by tick bites and is endemic in mainland Europe and Scandinavia, as well as Asia.

Websites [PHE](#)

33. Prevalence of HIV infection in the UK in 2018

Author: PUBLIC HEALTH ENGLAND

Date: 01 November 2019

Abstract: HIV epidemiological reports based on PHE data on HIV testing, diagnosis and care in the UK.

Websites [PHE](#)



MATERNITY AND INFANTS

34. Placental weight and birthweight: the relations with number of daily cigarettes and smoking cessation in pregnancy. A population study

Author: LARSEN, S

Journal: International Journal of Epidemiology Vol: 47 Part: 4: Pages: 1141-1150

Abstract: This article studied associations of number of daily cigarettes in the first trimester with placental weight and birthweight in women who smoked throughout pregnancy, and in women who stopped smoking after the first trimester. The study included all women with delivery of a singleton in Norway during 1999–2014. The study found that in women who smoked throughout pregnancy, placental weight and birthweight decreased non-linearly by number of cigarettes in the first trimester. In women who stopped smoking, placental weight was higher than in non-smokers and increased linearly by number of cigarettes; birthweight was almost similar to that of non-smokers.

Websites [Oxford](#)



MENTAL HEALTH AND WELLBEING

35. Mental health and wellbeing: JSNA toolkit

Author: PUBLIC HEALTH ENGLAND

Date: 25 October 2019

Abstract: This updated guidance supports health and wellbeing boards and others interested in producing local mental health joint strategic needs assessments (JSNAs). It helps people to consider factors that affect mental

health and wellbeing and to identify some of the main data, information and knowledge that local areas may use to build a picture of need.

Websites [PHE](#)

36. Personal well-being in the UK: April 2018 to March 2019

Author: OFFICE FOR NATIONAL STATISTICS

Date: 23 October 2019

Abstract: Estimates of life satisfaction, feeling that the things done in life are worthwhile, happiness and anxiety at the UK, country, regional, county and local authority level. Main points include:-

- In the year ending March 2019, there was little change in personal well-being measures in the UK, apart from a slight improvement in average happiness ratings which increased from 7.52 to 7.56.
- Over this period, the only significant change at country level was in Northern Ireland, where anxiety ratings increased from 2.53 to 2.83 (out of 10). This brought Northern Ireland back into line with the other UK countries on this measure.
- The first year from which we have a full UK baseline at local level is the year ending March 2013. Since then, average life satisfaction improved by 3.4% in the UK, with the largest improvement recorded in London (4.6%) at regional level.
- Over the same long-term period, average anxiety ratings in the UK improved by 5.3%, with the North West seeing the largest improvement (by 9.7%) at regional level.
- Across the UK, areas with persistently higher average well-being ratings, between the years ending March 2012 and March 2019, included the Orkney Islands, Na h-Eileanan Siar, and Shetland Islands in Scotland, and Fermanagh and Omagh in Northern Ireland.
- Over the same period, areas with persistently lower average well-being ratings included the London boroughs of Lambeth, Hackney, Islington and Camden.

Websites [ONS](#)

37. A systematic review of mental health and wellbeing outcomes of group singing for adults with a mental health condition

Author: WILLIAMS, E

Journal: European Journal of Public Health Vol: 28 Part: 6: Pages: 1035-1942

Abstract: A growing body of research has found that participating in choir singing can increase positive emotions, reduce anxiety and enhance social bonding. Consequently, group singing has been proposed as a social intervention for people diagnosed with mental health problems. This paper systematically reviews the burgeoning empirical research on the efficacy of group singing as a mental health intervention. The findings of seven longitudinal studies, showed that while people with mental health conditions participated in choir singing, their mental health and wellbeing significantly improved with moderate to large effect sizes. The current results indicate that group singing could be a promising social intervention for people with mental health conditions. However, these studies had moderate to high risk of bias. Therefore, these findings remain inconclusive and more rigorous research is needed.

Websites [Oxford](#)

38. Neighbour and traffic noise annoyance: a nationwide study of associated mental health and perceived stress

Author: JENSEN, H

Journal: European Journal of Public Health Vol: 28 Part: 6: Pages: 1050-1055

Abstract: Noise exposure is a well-known risk factor for multiple adverse health effects. The aim of this study was to investigate the association between neighbour and traffic noise annoyance, and mental health and perceived stress. The study was based on a random sample of the adult population in Denmark living in

multistorey housing. Those who reported being very annoyed by neighbour noise had 2.34 times higher odds of having poor mental health and 2.78 times higher odds to experience a high level of perceived stress than individuals not annoyed by noise from neighbours. Similar associations were observed with traffic noise annoyance. The results from this study indicate that there is a strong relationship between noise annoyance and poor mental health and high levels of perceived stress among individuals living in multistorey housing in Denmark. Future studies are needed to determine the direction of causality.

Websites [Oxford](#)

39. The impact of social housing on mental health: longitudinal analyses using marginal structural models and machine learning-generated weights

Author: BENTLEY, R

Journal: International Journal of Epidemiology Vol: 47 Part: 5: Pages: 1414-1422

Abstract: Social housing may provide an affordable and secure residential environment, but has also been associated with stigma, poor housing conditions and locational disadvantage. This study examined the cumulative effect of additional years, and tenure security (number of transitions in/out), of social housing on mental health in a large cohort of lower-income Australians. Findings show that people who had continuous exposure to social housing had worse mental health on average than people continuously occupying other tenures. The worst mental health outcomes, however, were observed for people who made multiple transitions. Mental health deteriorated and psychological distress increased with number of transitions. In conclusion, the more transitions people made in/out of social housing, the greater the impact on mental health and psychological distress, supporting the case for provision of more stable forms of social housing.

Websites [Oxford](#)



WIDER DETERMINANTS

40. Health and Social Care and LGBT Communities

Author: UNITED KINGDOM House of Commons Women and Equalities Committee

Date: 22 October 2019

Abstract: This report finds that too often LGBT people are expected to fit into systems that assume they are straight and cisgender. But the Women and Equalities Committee has found that deep inequalities exist in health outcomes for these communities and that treating them "the same" as non-LGBT people will not address these poor outcomes.

Websites [W&EC - Report](#); [W&EC - Press Release](#)

41. Gender equality and the 100-year life: How policymakers can ensure gender equality in the era of extreme longevity

Author: PETRIE, K

Date: 28 October 2019

Abstract: This is the second report of the series focusing on how the 100-year life may affect Britain's society, economy and public services. This report focuses on gender equality and how policymakers can make the 100-

year life work for women. Research conducted by Insuring Women's Futures on risk patterns highlighted the six "moments that matter" in the lives of British women – these are used as the basis for this research.

- Growing up, studying and re-qualifying and Moment
- Entering and re-entering the workplace
- Relationships: making and breaking up and Moment
- Motherhood and becoming a carer
- Later life, planning and entering retirement and Moment
- Ill-health, infirmity and dying

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

42. Spatial planning and health: Getting Research into Practice (GRIP)

Author: PUBLIC HEALTH ENGLAND

Date: 30 October 2019

Abstract: The Getting Research into Practice (GRIP) initiative aims to help local authority public health and planning teams to influence the planning process in an evidenced-based way by ensuring that improvements in health and wellbeing underpin all local plans and the design of local development projects. This project provides feedback from local public health and planning teams, and the wider professional workforce involved in the planning and creation of places and spaces, on putting the principles set out in Public Health England's (PHE's) 2017 guidance '[Spatial planning for health: an evidence resource for planning and designing healthier places](#)' into practice at a local level.

Websites [PHE](#)

43. Reaching out

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 29 October 2019

Abstract: This guide outlines the current loneliness policy context, uses a range of case studies to demonstrate effective local delivery models working in practice, and provides useful check lists and top tips on how to measure and evaluate outputs.

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

44. Crime in England and Wales: year ending June 2019

Author: OFFICE FOR NATIONAL STATISTICS

Date: 17 October 2019

Abstract: Crime against households and adults, also including data on crime experienced by children, and crimes against businesses and society. Overall levels of crime showed falls in recent decades, but 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, "bank and credit account fraud" and falls in "computer viruses". There were also increases in some of the less frequently occurring but higher-harm types of violence, including offences involving knives or sharp instruments.

Websites [ONS](#)

45. Fuel Poverty

Author: UNITED KINGDOM House of Commons Library

Date: 01 November 2019

Abstract: This Library briefing note summarises the levels of fuel poverty across the UK, policies to address fuel poverty, and stakeholder comment on the issue.

Websites [HoC Library](#)

46. Neighbourhood interventions to reduce violence

Author: KONDO, M

Journal: Annual Review of Public Health Vol: 39 Part: Pages: 253-271

Abstract: Violence is a widespread problem that affects the physical, mental, and social health of individuals and communities. Violence comes with an immense economic cost to its victims and society at large. This review examines studies that use quasi-experimental or experimental designs to compare violence outcomes for treatment and control groups before and after a change is implemented in the built environment. The most consistent evidence exists in the realm of housing and blight remediation of buildings and land. Some evidence suggests that reducing alcohol availability, improving street connectivity, and providing green housing environments can reduce violent crimes. Finally, studies suggest that neither transit changes nor school openings affect community violence.

Websites [Annual Reviews](#)

47. A qualitative study of the drivers of socioeconomic inequalities in men's eating behaviours

Author: STEPHENS, L

Journal: BMC Public Health Vol: 18: Pages: 1257

Abstract: Men of low socioeconomic position (SEP) are less likely than those of higher SEP to consume fruits and vegetables, and more likely to eat processed discretionary foods. Education level is a widely used marker of SEP. Few studies have explored determinants of socioeconomic inequalities in men's eating behaviours. This study aimed to explore intrapersonal, social and environmental factors potentially contributing to educational inequalities in men's eating behaviour. In conclusion, this study identified key similarities and differences in perceived influences on eating behaviours among men with lower and higher education levels. Further research is needed to determine the extent to which such influences explain socioeconomic variations in men's dietary intakes, and to identify feasible strategies that might support healthy eating among men in different socioeconomic groups.

Websites [BioMed](#)



OTHER

48. The sustainability of evidence-based interventions and practices in public health and health care

Author: SHELTON, R

Journal: Annual Review of Public Health Vol: 39 Pages: 55-76

Abstract: There is strong interest in implementation science to address the gap between research and practice in public health. Research on the sustainability of evidence-based interventions has been growing rapidly. Sustainability has been defined as the continued use of program components at sufficient intensity for the sustained achievement of desirable program goals and population outcomes. This understudied area has been identified as one of the most significant translational research problems. Adding to this challenge is uncertainty regarding the extent to which intervention adaptation and evolution are necessary to address the

needs of populations that differ from those in which interventions were originally tested or implemented. This review critically examines and discusses conceptual and methodological issues in studying sustainability, summarizes the multilevel factors that have been found to influence the sustainability of interventions in a range of public health and health care settings, and highlights key areas for future research.

Websites [Annual Review of Public Health](#)