

# WHAT'S NEW

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

13<sup>th</sup> December 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. Adult social care and wellbeing policy in the four nations of the UK
2. Myths and realities about making safeguarding personal

## CHILDREN, YOUNG PEOPLE & FAMILIES

---

3. NCMP and Child Obesity Profile: academic year 2018 to 2019 update
4. Statistics: looked-after children
5. Early adolescence: applying All Our Health
6. Chief executives' 'must know' for children's services
7. Implementing school-based policies to prevent obesity: Cluster randomized trial
8. Is screen time associated with anxiety or depression in young people? Results from a UK birth cohort
9. The FLEX study school-based physical activity programs – measurement and evaluation of implementation
10. Lifestyle risk indices in adolescence and their relationships to adolescent disease burden: findings from an Australian national survey
11. Prevalence and correlates of 'sexual competence' at first heterosexual intercourse among young people in Britain
12. The relationship between depression, stress, and alcohol, tobacco and other drugs (ATOD) among college students from 2010-2015
13. Cyberbullying and coping strategies: Their relationships to suicidal ideation among adolescents
14. Evaluation of Together We Inspire Smart Eating: pre-school fruit and vegetable consumption
15. A review of the sustainability and impact of a healthy lifestyles programme in primary schools 2–5 years after the intervention phase
16. Father departure and children's mental health: How does timing matter?

## HEALTH IMPROVEMENT

---

17. Better for women: Improving the health and wellbeing of girls and women
18. NHS Health Check quarterly statistics: December 2019
19. NHS Health Checks: applying All Our Health
20. Misuse of illicit drugs and medicines: applying All Our Health
21. Tobacco smoking and semen quality in infertile males: a systematic review and meta-analysis
22. Whole systems approaches to obesity and other complex public health challenges: a systematic review
23. Support for e-cigarette regulations among Australian young adults
24. Mothers in Motion intervention effect on psychosocial health in young, low-income women with overweight or obesity

## HEALTH PROTECTION

---

25. Opportunities to embed sexual and reproductive healthcare services into new models of care A practical guide for commissioners and service providers
26. National flu report: 5 December 2019 (week 49)
27. TIP Tailoring Immunization Programmes
28. Sexual and reproductive health and HIV: applying All Our Health
29. Tuberculosis (TB) and homelessness
30. Vaccine update: issue 303, December 2019, PCV special edition
31. Pneumococcal vaccination for infants: leaflets
32. HPV vaccination coverage in adolescent females in England: 2018 to 2019
33. Towards the routine commissioning of pre-exposure prophylaxis (PrEP)
34. Maternal perceptions of childhood vaccination: explanations of reasons for and against vaccination
35. Is partnership the answer? Delivering the national immunisation programme in the new English health system: a mixed methods study
36. Knowledge of antibiotics and antibiotic resistance among Norwegian pharmacy customers – a cross-sectional study
37. Mobile phone messaging to promote uptake of HIV testing among migrant African communities in the UK
38. Attitudes toward HIV testing, awareness of HIV campaigns, and using social networking sites to deliver HIV testing messages in the age of social media: a qualitative study of young black men

## MENTAL HEALTH AND WELLBEING

---

39. Improving mental health services in systems of integrated and accountable care: emerging lessons and priorities
40. Optimism and healthy aging in women

## WIDER DETERMINANTS

---

41. The impact of social assistance programs on population health: a systematic review of research in high-income countries
42. Associations between social isolation, loneliness, and objective physical activity in older men and women

## OTHER

---

### 43. Health state life expectancies, UK: 2016 to 2018

**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. Adult social care and wellbeing policy in the four nations of the UK

Author: UNIVERSITY OF SHEFFIELD

Date: December 2019

Abstract: It is the first paper from the Sustainable Care: Connecting People and Systems programme from the Centre for International Research on Care, Labour & Equalities (CIRCLE) at the University of Sheffield. This review summarises main policy developments on wellbeing in the field of adult social care since 2000 in the four nations of the UK. The programme's overarching objective is to advance understanding of sources of economic and social sustainability in care, especially how wellbeing outcomes can be achieved for care users, their families and carers and paid care workers.

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

### 2. Myths and realities about making safeguarding personal

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 01 December 2019

Abstract: This briefing has been developed to address misconceptions and a superficial understanding about Making Safeguarding Personal, and to caution those who interpret this approach simplistically. It supports and promotes relationship and strength based approaches in practice. It acknowledges the complexity of people's lives and challenges for practitioners to enable people (with their representatives or advocates if they lack mental capacity) to keep themselves safe and safeguarded, and to achieve resolution and recovery in their lives. The purpose of this briefing is to expose some 'myths' about Making Safeguarding Personal, which is not just about safeguarding practice but also about prevention, and strategic as well as operational safeguarding. Also included are some general 'myths' about safeguarding adults. This can be used as a prompt for discussion in teams or partnerships, in workshops or conversations.

Websites [LGA](#)



## CHILDREN, YOUNG PEOPLE & FAMILIES

---

### 3. NCMP and Child Obesity Profile: academic year 2018 to 2019 update

Author: PUBLIC HEALTH ENGLAND

Date: 03 December 2019

Abstract: The NCMP and Child Obesity Profile displays prevalence of obesity, severe obesity, overweight, healthy weight and underweight at local authority (LA), regional and national level over time; for children in Reception (aged 4 to 5 years) and Year 6 (aged 10 to 11 years).

Websites [PHE](#)

### 4. Statistics: looked-after children

Author: UNITED KINGDOM Department for Education

Date: 05 December 2019

Abstract: Updated statistics on children under local authority care at national and local authority level.

Websites [DfE](#)

### 5. Early adolescence: applying All Our Health

Author: PUBLIC HEALTH ENGLAND

Date: 16 December 2019

Abstract: Updated evidence and guidance for healthcare professionals who treat young teens: includes resources and best practice.

Websites [PHE](#)

### 6. Chief executives' 'must know' for children's services

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 13 December 2019

Abstract: This document has been shaped by chief executives who are either former directors of children's services or for other reasons have been closely associated with leading improvement journeys in council children's services. This is not intended to be a comprehensive blue-print for guaranteed results. It is intended to be a clear summary guide for chief executives, showing how to avoid some of the more obvious and dangerous errors and challenges involved in leading one of the most sensitive, expensive and high-risk areas of local government.

Websites [LGA - Report](#)

### 7. Implementing school-based policies to prevent obesity: Cluster randomized trial

Author: ICKOVICS, J

Journal: American Journal of Preventive Medicine Vol: 56 Part: 1 Pages: e1–e11

**Abstract:** Healthier school environments can benefit students, and school wellness policies may result in meaningful enhancements. The primary study objective is to assess effectiveness of implementing school-based nutrition and physical activity policies on student BMI trajectories. The study was a cluster randomized trial using 2 × 2 factorial design. Specific to randomized condition, support was provided for implementation of nutrition policies (e.g., alternatives to food-based rewards/celebrations) and physical activity policies (e.g., opportunities for physical activity during/after school). This cluster randomized trial demonstrated effectiveness of providing support for implementation of school-based nutrition policies, but not physical activity policies, to limit BMI increases among middle school students. Results can guide future school interventions.

Websites [Science Direct](#)

#### **8. Is screen time associated with anxiety or depression in young people? Results from a UK birth cohort**

Author: KHOUJA, J

Journal: BMC Public Health Vol: 19: Pages: 82

**Abstract:** There is limited and conflicting evidence for associations between use of screen-based technology and anxiety and depression in young people. This study examined associations between screen time measured at 16 years and anxiety and depression at 18. Participants were from the Avon Longitudinal Study of Parents and Children, a UK-based prospective cohort study. We assessed associations between various types of screen time (watching television, using a computer, and texting, all measured via questionnaire at 16y), both on weekdays and at weekends, and anxiety and depression (measured via the Revised Clinical Interview Schedule at 18y). The study concludes that associations were found between increased screen time, particularly computer use, and a small increased risk of anxiety and depression. Time spent alone was found to attenuate some associations, and further research should explore this.

Websites [BioMed](#)

#### **9. The FLEX study school-based physical activity programs – measurement and evaluation of implementation**

Author: WRIGHT, C.

Journal: BMC Public Health Vol: 19: Pages: 73

**Abstract:** Increasing children's physical activity (PA) at school is critical to obesity prevention and health promotion. Implementing novel, low-cost PA programs offers potential to contribute to children's in-school PA, particularly in resource-constrained schools. This evaluation describes implementation fidelity, reach, and dose of two PA programs in the Fueling Learning through Exercise (FLEX) Study. Thirteen diverse, low-income Massachusetts elementary schools were recruited and randomized to the 100 Mile Club walking/running program or CHALK/Just Move classroom activity break PA program. Intervention programs were delivered across two school years. In conclusion, program implementation varied across programs and schools, and erosion in delivery was seen over the two years. However, among implementing schools, additional PA was delivered and received, and the programs were generally well-received. Although school resource issues remain barriers to implementation, this evaluation demonstrates that low-cost programs may enhance PA opportunities. Future research should evaluate how multiple programs can be implemented to increase children's PA at school.

Websites [BioMed](#)

#### **10. Lifestyle risk indices in adolescence and their relationships to adolescent disease burden: findings from an Australian national survey**

Author: MEWTON, L

Journal: BMC Public Health Vol: 19: Pages: 60

**Abstract:** This study investigates the extent to which an adolescent-specific lifestyle risk factor index predicts indicators of the leading causes of adolescent morbidity and mortality. Data came from 13 to 17 year-old respondents from the 2013–2014 nationally representative Australian Child and Adolescent Survey of Mental Health and Wellbeing. Findings show that risky alcohol use, drug use, smoking, unprotected sex, and sleep

were all highly clustered lifestyle risk factors, whereas BMI was not. A risk index comprising risky alcohol use, drug use, unprotected sex and sleep duration predicted the disease burden outcomes with the greatest precision. 31.9% of the sample reported one or more of these behaviours. In conclusion, this lifestyle risk factor index represents a useful summary metric in the context of adolescent health promotion and non-communicable disease prevention. Lifestyle risk factors were found to cluster in adolescence, supporting the implementation of multiple health behaviour change interventions.

Websites [BioMed](#)

### **11. Prevalence and correlates of 'sexual competence' at first heterosexual intercourse among young people in Britain**

Author: PALMER, M.J

Journal: British Medical Journal Sexual and Reproductive Health: Early online

Abstract: A greater understanding of the circumstances of first sexual intercourse, as opposed to an exclusive focus on age at occurrence, is required in order that sexual health and well-being can be promoted from the onset of sexual activity. This study used data from the third National Survey of Sexual Attitudes and Lifestyles (Natsal-3) conducted in Britain. Participants were categorised as 'sexually competent' at first heterosexual intercourse if the following self-reported criteria applied to the event: contraceptive use, autonomy of decision, both partners 'equally willing', and occurrence at the perceived 'right time'. The prevalence of 'sexual competence', and its component parts was examined, by age at first intercourse among 17–24-year-olds. Using multivariable logistic regression, it explored associations between sexual competence and potential explanatory factors. Results found variation in 'sexual competence' and its component parts was associated with, but not fully explained by, age at first sex: 22.4% and 36.2% of men and women who had first sex at age 13–14 years were categorised as 'sexually competent', rising to 63.7% and 60.4% among those aged ≥18 years at first intercourse. Lack of sexual competence was independently associated with: first intercourse before the age of 16 years, area-level deprivation (men only), lower educational level, black ethnicity (women only), reporting 'friends' as main source of learning about sex (women only), non-'steady' relationship at first sex, and uncertainty of first partner's virginity status. In conclusion a substantial proportion of young people in Britain transition into sexual activity under circumstances incompatible with positive sexual health. Social inequalities in sexual health are reflected in the context of first intercourse.

Websites [BMJ](#)

### **12. The relationship between depression, stress, and alcohol, tobacco and other drugs (ATOD) among college students from 2010-2015**

Author: KATIRAI, W

Journal: Education and Health Vol: 36 Part: 4: Pages: 91-96

Abstract: The purpose of this research was to determine the relationship between mental health including stress and depression with alcohol, tobacco, and other drug (ATOD) use among college students from 2010-2015 utilizing the American College Health Association-National College Health Assessment data. The study finds that depression rates have steadily increased from 2010 to 2015. Rates for cigarette usage decreased, marijuana consumption increased and alcohol usage remained constant during this time. Students indicate wanting more information on how to decrease depression while over half of students' report having more than average and/or tremendous levels of stress. Students reporting depression also were more likely to have used ATOD. The students reporting high stress levels also consumed higher levels of alcohol. Diagnosed depression is more common among women than men. Females have cognitive patterns that can contribute to higher levels of depression such as rumination. Marijuana use increased 30% from 2006. In this study, LGBTQ also indicated higher levels of depression and stress. This is consistent with other research studies. The study finds that social support can help mitigate or reduce both stress and depression. This research study clearly indicates the desire students have to learn stress management skills and learn more about depression. Health educators, counsellors and teachers must make an effort to teach and demonstrate healthy and effective coping techniques so that students can utilize these techniques over the course of their life. Lifelong health techniques are strongly needed and more research is required to develop and teach effective skills.

Websites [SHEU](#)

**13. Cyberbullying and coping strategies: Their relationships to suicidal ideation among adolescents**

Author: CHUA, S. P

Journal: Education and Health Vol: 36 Part: 4: Pages: 107-112

Abstract: Cyberbullying is an act of harassing, bullying, insulting, taunting, intimidating or threatening others. It usually occurs among adolescents and young adults. Cyberbullying affects both the cyber victims and cyber bullies, as many bullies were themselves victims previously. This study aims to find out the relationships among cyberbullying, suicidal ideation and coping strategies, and whether coping strategies mediated the effects of cyberbullying on suicidal ideation. The results support the views that cyberbullying, especially cyber victims, are more likely to have suicidal ideation. However, suicidal ideation is also caused by the adoption of the avoidance coping strategy by cyber victims in comparison to other coping strategies. Based on the findings, it is strongly suggested that intervention programs be designed to educate and motivate cyber victims to use more positive coping strategies, which in turn, will be helpful to reduce their suicidal ideation.

Websites [SHEU](#)

**14. Evaluation of Together We Inspire Smart Eating: pre-school fruit and vegetable consumption**

Author: WHITESIDE-MANSELL, L

Journal: Health Education Research Vol: 34 Part: 1: Pages: 62-71

Abstract: This study examined nutrition intervention curriculum, *Together We Inspire Smart Eating* (WISE). WISE is a research-based, nutrition promotion curriculum specifically designed for pre-school children from families with limited resources. Children in six Head Start centers received weekly food experiences from educators trained in WISE. Children in nine Head Start centers received weekly food experiences structured at the discretion of the educators untrained in WISE. Parents in both conditions were interviewed by educators twice over the school year using a data collection tool, The Family Map Inventory. Analyses using full information maximum likelihood controlling for pre-intervention consumption and key demographic characteristics were used to predict consumption at post-intervention assessment. Results indicated children in WISE centers consumed healthier food at home than children in non-WISE classrooms. The study suggested that WISE curriculum is an effective method to improve children's diets in at-risk environments.

Websites [Oxford](#)

**15. A review of the sustainability and impact of a healthy lifestyles programme in primary schools 2–5 years after the intervention phase**

Author: PASSMORE, S

Journal: Health Education Research Vol: 34 Part: 1: Pages: 72-83

Abstract: There has been an emphasis on schools to promote healthy lifestyles and many intervention programmes have attempted this. This is a review of the impact and sustainability of the Health for Life programme 2–5 years after the initial phase. It captures the experiences of the senior school staff who delivered the programme through semi-structured interviews. Senior teachers recognized the importance of promoting healthy lifestyles in primary schools. They reported positively on aspects of the programme, in particular its flexibility and how it enabled schools to develop a new relationship with parents and how schools have sustained the initial programme. They discussed the main barriers to intervention and how they could be mitigated. Delivering a sustainable healthy lifestyle primary schools programme which has an impact is feasible but challenging for school staff. To maximize the likelihood of delivery, interventions must be championed by a member of the Senior Leadership Team, embedded in the curriculum, hands-on, easy to manage, and flexible to the needs of individual schools but requires support (financial, training and advisory). With these conditions the sustainability and impact of the programme was significant.

Websites [Oxford](#)

**16. Father departure and children's mental health: How does timing matter?**

Author: FITZSIMONS, E

Journal: Social Science and Medicine: Vol 222: Pages: 349-358

**Abstract:** Father's permanent departure from the household in childhood has the potential to affect child mental health. Using five waves of data spanning ages 3 to 14 from the Millennium Cohort Study, a UK-wide nationally representative longitudinal study, this paper uses fixed effect models to examine the effect of paternal absence on children's mental health (i.e. externalising and internalising problems) in a sample of 6245 children. Heterogeneity of effects are examined by gender and maternal education. A novel aspect is to examine how the timing of departure matters, and to assess whether there are developmental periods that are especially sensitive to paternal departure, and whether effects are temporary or enduring. The study finds that paternal departure has a negative effect on child mental health, particularly on internalising symptoms. Striking gender differences emerge in examining effects by timing and duration. There are no short-term effects of departure in early childhood, and only weak evidence of females showing an increase in internalising symptoms in the medium-term. Paternal departure in later childhood, on the other hand, is associated with an increase in internalising problems in both males and females, and increased externalising symptoms for males only. The study does not find maternal education to be a protective factor.

Websites [Science Direct](#)



## HEALTH IMPROVEMENT

---

### 17. Better for women: Improving the health and wellbeing of girls and women

Author: ROYAL COLLEGE OF OBSTETRICIANS AND GYNECOLOGISTS

Date: 29 November 2019

**Abstract:** A survey of over 3,000 women in the UK by The Royal College of and Gynaecologists shows that many are struggling to access basic healthcare services including contraception, abortion care and menopause support. It emphasises the need for national strategies to meet the needs of girls and women across their life course – from adolescence, to the middle years and later life and is calling for better joined up services. The report states that there should also be greater focus on moving the UK away from providing a disease intervention service towards a preventative health service, says the report.

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

### 18. NHS Health Check quarterly statistics: December 2019

Author: PUBLIC HEALTH ENGLAND

Date: 03 December 2019

**Abstract:** Number of NHS Health Check offers and uptake data covering July to September 2019.

Websites [PHE](#)

### 19. NHS Health Checks: applying All Our Health

Author: PUBLIC HEALTH ENGLAND

Date: 16 December 2019

**Abstract:** Update advice and guidance for healthcare professionals, to ensure the NHS Health Check programme reaches high-risk and vulnerable communities.

Websites [PHE](#)

**20. Misuse of illicit drugs and medicines: applying All Our Health**

Author: PUBLIC HEALTH ENGLAND

Date: 16 December 2019

Abstract: Updated evidence and guidance to help health professionals identify, prevent or reduce drug-related harm.

Websites [PHE](#)

**21. Tobacco smoking and semen quality in infertile males: a systematic review and meta-analysis**

Author: BUNDHUN, P

Journal: BMC Public Health Vol: 19: Pages: 36

Abstract: Nowadays, the total number of couples visiting an infertility clinic is on the rise. Tobacco smoking is considered one of the major factors leading to male infertility. This study aimed to systematically investigate the impact of tobacco smoking on semen quality in infertile male participants. Online databases were searched for relevant English publications that satisfied the inclusion and exclusion criteria of this analysis. The study concludes that, with reference to the clinical endpoints which were studied in this analysis, tobacco smoking was associated with a lower sperm count and an increase in the number of morphological defects of spermatozoa. However, the pH and motility of spermatozoa as well as the production of hormones which were involved in reproduction were not affected in this population of infertile males.

Websites [BioMed](#)

**22. Whole systems approaches to obesity and other complex public health challenges: a systematic review**

Author: BAGNALL, A-M

Journal: BMC Public Health Vol: 19: Pages: 7

Abstract: This paper reports a systematic review of whole systems approach (WSAs) targeting obesity and other complex public health and societal issues, such as healthy lifestyles for prevention of non-communicable disease. Seven electronic databases were searched from 1995 to 2018. Studies were included if there had been an effort to implement a WSA. Positive effects were seen on health behaviours, body mass index (BMI), parental and community awareness, community capacity building, nutrition and physical activity environments, underage drinking behaviour and health, safety and wellbeing of community members, self-efficacy, smoking and tobacco-related disease outcomes. Systems approaches to tackle obesity can have some benefit, but evidence of how to operationalise a WSA to address public health problems is still in its infancy. Future research should: (a) develop an agreed definition of a WSA in relation to obesity, (b) look across multiple sectors to ensure consistency of language and definition, (c) include detailed descriptions of the approaches, and (d) include process and economic evaluations.

Websites [BioMed](#)

**23. Support for e-cigarette regulations among Australian young adults**

Author: JONGENELLS, M

Journal: BMC Public Health Vol: 19: Pages: 67

Abstract: Surveying support for various regulatory options relating to e-cigarettes can assist policymakers to identify those that have broad support and are therefore likely to be easier to implement. To inform regulatory efforts, this study assessed attitudes to the regulation of e-cigarettes among Australian young adults, the most prevalent users of e-cigarettes and therefore the most likely population segment to be affected by e-cigarette regulations. The study concludes that the young Australian adults surveyed were somewhat supportive of restrictions around the sale and use of e-cigarettes, but generally opposed outright bans and any need for a prescription from a medical practitioner. Increasing awareness of the harms associated with the use of e-cigarettes represents a potential strategy to gaining regulatory support.

Websites [BioMed](#)

#### 24. Mothers in Motion intervention effect on psychosocial health in young, low-income women with overweight or obesity

Author: CHANG, M-W

Journal: BMC Public Health Vol: 19: Pages: 56

**Abstract:** *Mothers in Motion (MIM)*, a community-based intervention program, was designed to help young, low-income women with overweight or obesity prevent further weight gain by promoting stress management, healthy eating, and physical activity. This paper presents the *MIM*'s intervention effect on self-efficacy to cope with stress, emotional coping response, social support for stress management, stress, depressive symptoms, and positive and negative affect. Participants were recruited from the Special Supplemental Nutrition Program for Women, Infants, and Children in Michigan. They were randomly assigned to an intervention group or comparison group. The intervention participants watched ten video lessons at home and joined ten peer support group teleconferences. At the end of 16 weeks the intervention group reported significantly higher self-efficacy to cope with stress, better emotional coping response, less stress, fewer depressive symptoms, and more positive affect than the comparison group. However, there were no significant differences in social support for stress management and negative affect between these two groups. At 3 months, the intervention group still reported significantly higher self-efficacy to cope with stress and better emotional coping response than the comparison group but did not report significantly higher social support for stress management, stress, depressive symptoms, and positive and negative affect. To help young, low-income women with overweight or obesity manage stress, researchers and program planners may consider focusing on building self-efficacy to cope with stress.

Websites [BioMed](#)



### HEALTH PROTECTION

---

#### 25. Opportunities to embed sexual and reproductive healthcare services into new models of care A practical guide for commissioners and service providers

Author: FACULTY OF SEXUAL AND REPRODUCTIVE HEALTH

Date: 29 November 2019

**Abstract:** More than 50 strategies and operational plans were reviewed for the audit, with results showing that few areas have explicitly recognised the opportunity to embed sexual and reproductive healthcare services in their plans. Other areas of sexual and reproductive health such as psychosexual services and menopause were not present in the majority of plans.

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

#### 26. National flu report: 5 December 2019 (week 49)

Author: PUBLIC HEALTH ENGLAND

Date: 05 December 2019

**Abstract:** National influenza reports, tracking seasonal flu and other seasonal respiratory illnesses in the UK.

Websites [PHE](#)

**27. TIP Tailoring Immunization Programmes**

Author: WORLD HEALTH ORGANIZATION Regional Office for Europe  
Date: 09 December 2019

Abstract: Vaccination is an excellent health intervention, saving millions of lives and even more pain and suffering. It can reduce inequalities, increase access to health services in general and even reduce poverty. To achieve high and equitable vaccination uptake, it is necessary to understand the barriers to vaccination among the population groups with suboptimal coverage. Solutions which ensure all population groups are vaccinated, regardless of their income, education, age, geography, ethnicity, and religion or philosophical beliefs. The Tailoring Immunization Programmes (TIP) approach was developed by the WHO Regional Office for Europe to support countries to do this. It is grounded in scientific evidence and country experience and aims to integrate people-centred research and behavioural insights into immunization programme planning and policy.

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

**28. Sexual and reproductive health and HIV: applying All Our Health**

Author: PUBLIC HEALTH ENGLAND  
Date: 16 December 2019

Abstract: Updated evidence and guidance on improving sexual health in communities with contraception, HIV and STI testing and easy access to advice.

Websites [PHE](#)

**29. Tuberculosis (TB) and homelessness**

Author: PUBLIC HEALTH ENGLAND  
Date: 16 December 2019

Abstract: People who work in the homelessness sector can use this updated information to help them to recognise TB and help clients access NHS treatment.

Websites [PHE](#)

**30. Vaccine update: issue 303, December 2019, PCV special edition**

Author: PUBLIC HEALTH ENGLAND  
Date: 13 December 2019

Abstract: Latest developments in vaccines, vaccination policies and procedures for immunisation practitioners.

Websites [PHE](#)

**31. Pneumococcal vaccination for infants: leaflets**

Author: PUBLIC HEALTH ENGLAND  
Date: 13 December 2019

Abstract: This flyer explains the change to the routine childhood immunisation schedule for pneumococcal vaccination. All babies born on or after 1 January 2020 will receive their first dose of the pneumococcal vaccine (PCV) with their other infant vaccinations at 12 weeks of age and a booster dose of this vaccine on or after their first birthday.

Websites [PHE](#)

**32. HPV vaccination coverage in adolescent females in England: 2018 to 2019**

Author: PUBLIC HEALTH ENGLAND  
Date: 13 December 2019

Abstract: Human papillomavirus (HPV) vaccine coverage data for vaccinations received by Year 8 and Year 9 females to 31 August 2019 by local authority and local team.

Websites [PHE](#)

**33. Towards the routine commissioning of pre-exposure prophylaxis (PrEP)**

Author: LOCAL GOVERNMENT ASSOCIATION  
Date: 12 December 2019

Abstract: In January 2019, the Government committed to ending transmission of HIV in England by 2030, and ultimately ending an epidemic that has affected so many in this country, and millions more across the world, since HIV first emerged in the early 1980s. A key part of HIV prevention is pre-exposure prophylaxis or PrEP, a daily medication to help prevent HIV that is recommended for people at high risk. PrEP has the potential to help us reduce infection still further, getting us closer to zero transmission. A PrEP impact trial – the largest single study of its type in the world – began in October 2017, and will help inform the potential roll out of PrEP nationwide later this year. In 2020, PrEP will be made routinely available via your local authority-commissioned health service. These frequently asked questions (FAQs) will help answer many of the questions about the move to the routine commissioning of PrEP.

Websites [LGA - Report](#)

**34. Maternal perceptions of childhood vaccination: explanations of reasons for and against vaccination**

Author: McNEIL, D.  
Journal: BMC Public Health Vol: 19: Pages: 49

Abstract: Understanding reasons for and against vaccination from the parental perspective is critical for designing vaccination campaigns and informing other interventions to increase vaccination uptake. The objective of this study was to understand maternal vaccination decision making for children. There were 1560 open-ended responses available; 89% provided explanations for vaccinating their children, 5% provided explanations for not vaccinating/delaying, and 6% provided explanations for both. Two broad themes were identified: Sources of influence and Deliberative Processes. *Sources of influence* on decision making included personal, family, and external experiences. *Deliberative Processes* included risk, research, effectiveness, and balancing risks/benefits. Under *Deliberative Processes*, responsibility was a category for those vaccinating; while choice, instrumental/practical, and health issues were categories for those not vaccinating/delaying. Mothers' levels of conviction and motivation provided a *Context* for understanding their decision-making perspectives. Vaccination decision making is complex and impacted by many factors that are similar but contribute to different decisions depending on mothers' perspectives. The results of this study indicate the need to examine new intervention approaches to increase uptake that recognize and address feelings of pressure and parental commitment to choice.

Websites [BioMed](#)

**35. Is partnership the answer? Delivering the national immunisation programme in the new English health system: a mixed methods study**

Author: CHANTLER, T  
Journal: BMC Public Health Vol: 19: Pages: 83

Abstract: The English national health system experienced a major reorganisation in April 2013. This mixed methods study examined how staff managed to deliver the national immunisation programme within a new health infrastructure and explored the role and contribution of 'partnership working' to programme implementation. A cross-sectional online questionnaire survey and a qualitative evaluation of an urban

immunisation board were conducted in 2016. The questionnaire included 38 questions about immunisation responsibilities, collaboration, service evaluation and programme support. It was completed by 199 immunisation providers and 70 people involved in the management of the immunisation programme. The study concludes that key challenges in delivering the immunisation programme were rooted in the new health infrastructure, which had created greater distance between commissioners and providers and resulted in the fragmentation of programme responsibilities. Partnership working bridged gaps but more needs to be done to strengthen accountability mechanisms and ensure that collaborative activities are outcome oriented and sustainable in the shifting environment of reorganisation.

Websites [BioMed](#)

### **36. Knowledge of antibiotics and antibiotic resistance among Norwegian pharmacy customers – a cross-sectional study**

Author: WAASETH, M

Journal: BMC Public Health Vol: 19: Pages: 66

Abstract: Antibiotic resistance is a global health threat. Public knowledge is considered a prerequisite for appropriate use of antibiotics and limited spread of antibiotic resistance. The aim of this study was to examine the level of knowledge of antibiotics and antibiotic resistance among Norwegian pharmacy customers, and to assess to which degree beliefs, attitudes and sociodemographic factors are associated with this knowledge. The study concludes that despite a high level of knowledge of antibiotics and antibiotic resistance among Norwegian pharmacy customers, there are obvious knowledge gaps. We suggest that action is taken to increase the knowledge level, and particularly target people in vocational, male dominated occupations outside the health service, and primary/secondary school curricula.

Websites [BioMed](#)

### **37. Mobile phone messaging to promote uptake of HIV testing among migrant African communities in the UK**

Author: EVANS, C

Journal: Health Education Journal Vol: 78 Part: 1 Pages: 24-37

Abstract: In the UK, African communities are a focus of public health efforts to increase uptake of HIV testing. This paper presents findings from a feasibility study that used participatory approaches to investigate the use of a text messaging intervention to encourage HIV testing among migrant African communities. Participants were recruited in the city of Nottingham by a team of community researchers. They were sent two text messages per week (one on HIV and one on general health) for 12 weeks. Participants' views on the intervention were solicited. One-third of participants reported improvements in physical activity levels, diet and stress management following the intervention. The intervention messages and structure were positively evaluated. Well-designed mobile phone messaging proved to be a feasible and acceptable intervention to promote both HIV testing and lifestyle behaviours among African migrant communities in the UK. Future research and service development should focus on exploiting and evaluating this potential in relation to other key health priorities

Websites [Sage](#)

### **38. Attitudes toward HIV testing, awareness of HIV campaigns, and using social networking sites to deliver HIV testing messages in the age of social media: a qualitative study of young black men**

Author: Jones, J

Journal: Health Education Research Vol: 34 Part: 1: Pages: 15-26

Abstract: This study assessed attitudes toward HIV and awareness of previous HIV prevention campaigns among young black men in the United States of America (USA). The study also ascertained the appropriateness of HIV testing messages for young black men and explored the use of social networking sites to deliver HIV testing messages for social media marketing campaigns. Nineteen black male college students attending a public university in Atlanta, participated in three focus groups. The focus groups consisted of a group interview querying experiences with HIV and STI testing, awareness of HIV campaigns, solicited feedback on campaign

messages and the use of social networking sites to deliver messages. Data analysis involved the grounded theory approach to identify emergent themes. Fear, stigma and low risk perception were discussed as barriers to HIV testing. HIV prevention, social support and new sexual partners were discussed as reasons for testing. There was a general lack of awareness of existing HIV testing campaigns. Messaging with a universal appeal and disseminated through Twitter, Instagram and Snapchat may counter narratives of fear, stigma and low risk perception to increase HIV testing among young black men

Websites [Oxford](#)



## MENTAL HEALTH AND WELLBEING

---

### 39. Improving mental health services in systems of integrated and accountable care: emerging lessons and priorities

Author: ROYAL COLLEGE OF PSYCHIATRISTS

Date: 28 November 2019

Abstract: Through a combination of research, policy analysis, site visits and interviews, this report aims to better understand the priorities and lessons for improving mental health services in established and emerging Integrated Care Systems (ICSs) and make recommendations that reflect the opportunities and challenges in doing so.

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

### 40. Optimism and healthy aging in women

Author: JAMES, P

Journal: American Journal of Preventive Medicine Vol: 56 Part: 1: Pages: 116-124

Abstract: Optimism—the expectation that good things will happen—has emerged as a promising health asset, as it appears to be related to healthier behaviours and reduced disease risk. Growing research finds that higher optimism is associated with lower mortality, yet it is critical to understand whether this prolonged longevity is accompanied by good health. This study tested whether higher optimism was associated with increased likelihood of healthy aging. Findings show that overall, 20.5% of women fulfilled the definition of healthy aging in 2012. After adjusting for sociodemographic factors and depression, the most (top quartile) versus least (bottom quartile) optimistic women had a 23% greater likelihood of healthy aging. Associations were similar in white and black participants, although the sample of black women was small. In conclusion, higher optimism was associated with increased likelihood of healthy aging, suggesting that optimism, a potentially modifiable health asset, merits further research for its potential to improve health in aging.

Websites [Science Direct](#)



## WIDER DETERMINANTS

---

### 41. The impact of social assistance programs on population health: a systematic review of research in high-income countries

Author: SHAHIDI, F

Journal: BMC Public Health Vol: 19: Pages: 2

Abstract: Socioeconomic disadvantage is a fundamental cause of morbidity and mortality. One of the most important ways that governments buffer the adverse consequences of socioeconomic disadvantage is through the provision of social assistance. This article conducted a systematic review of research examining the health impact of social assistance programs in high-income countries. Four experimental and quasi-experimental studies, all rated as strong, found that efforts to limit the receipt of social assistance or reduce its generosity (also known as welfare reform) were associated with adverse health trends. Evidence from the existing literature suggests that social assistance programs in high-income countries are failing to maintain the health of socioeconomically disadvantaged populations. These findings may in part reflect the influence of residual confounding due to unobserved characteristics that distinguish recipients from non-recipients. They may also indicate that the scope and generosity of existing programs are insufficient to offset the negative health consequences of severe socioeconomic disadvantage.

Websites [BioMed](#)

### 42. Associations between social isolation, loneliness, and objective physical activity in older men and women

Author: SCHREMPFT, S

Journal: BMC Public Health Vol: 19: Pages: 74

Abstract: This study tested the hypothesis that social isolation and loneliness are associated with less objective physical activity and more sedentary behaviour in older adults. Social isolation and loneliness were assessed with standard questionnaires, and poor health, mobility limitations and depressive symptoms were included as covariates. Total 24 h activity counts were lower in isolated compared with non-isolated respondents independently of gender, age, socioeconomic status, marital status, smoking, alcohol consumption, self-rated health, limiting longstanding illness, mobility limitations, depressive symptoms, and loneliness. Time spent in sedentary behaviour over the day and evening was greater in isolated participants and moderate/vigorous physical activity were less frequent. These findings suggest that greater social isolation in older men and women is related to reduced everyday objective physical activity and greater sedentary time. Differences in physical activity may contribute to the increased risk of ill-health and poor wellbeing associated with isolation.

Websites [BioMed](#)



## OTHER

---

### 43. Health state life expectancies, UK: 2016 to 2018

Author: OFFICE FOR NATIONAL STATISTICS

Date: 11 December 2019

Abstract: The number of years people are expected to spend in different health states among local authority areas in the UK. Some of the main points include:-

- There were small increases in male and female life expectancy at birth in the UK between 2013 to 2015 and 2016 to 2018 (0.2% and 0.1% respectively); the size of these increases was substantially smaller than those observed during the first decade of the 21st century.
- England and Northern Ireland were the only UK constituent countries to show any significant improvements in life expectancy at birth between 2013 to 2015 and 2016 to 2018.
- Life expectancy at birth was highest in the four most southerly regions of England in 2016 to 2018 for both males and females; London showed the largest gain between 2013 to 2015 and 2016 to 2018.
- Across all regions, the gains in life expectancy at birth between the periods 2013 to 2015 and 2016 to 2018 were substantially smaller than in the two previous six-year periods for both males and females.

Websites [ONS](#)