

# 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

29<sup>th</sup> 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

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

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## ADULT SOCIAL CARE

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### 1. Will I care? The likelihood of being a Carer in adult life

Author: CARERS UK

Date: 21 November 2019

Abstract: New figures in this report find that you are just as likely to care unpaid for a loved one as own your own home. Carers UK has published analysis by the Universities of Sheffield and Birmingham of data from 2001 to 2018 which shows that two thirds (65%) of adults have cared unpaid for a loved one. The research also reveals that the average person has a 50:50 chance of caring by 50 - long before they reach retirement age. On average, women can expect to take on caring responsibilities over a decade earlier than men. This highlights the need for employers to support their employees. Carers UK are calling for sustainable investment in social care to support millions of carers.

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

### 2. Estimating need in older people: Findings for England

Author: AGE UK

Date: November 2019

Abstract: Ill health, poverty, unmet needs for care and support, poor housing, loneliness and social isolation

are profound challenges for many older people. This report explored the numbers and experience of older people in need in England.

Websites [Report](#)



## CHILDREN, YOUNG PEOPLE & FAMILIES

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### 3. Young people not in education, employment or training (NEET), UK: November 2019

Author: OFFICE FOR NATIONAL STATISTICS

Date: 21 November 2019

Abstract: Estimates of young people (aged 16 to 24 years) who are not in education, employment or training, by age and sex. Main points: -

- There were 800,000 young people (aged 16 to 24 years) in the UK who were not in education, employment or training (NEET) in July to September 2019; this number increased by 43,000 when compared with July to September 2018 and was up 8,000 from April to June 2019.
- The percentage of all young people in the UK who were NEET in July to September 2019 was 11.6%; the proportion was up 0.7 percentage points from July to September 2018 and up 0.1 percentage points from April to June 2019.
- Of all young people in the UK who were NEET in July to September 2019, 39.6% were looking for, and available for, work and therefore classified as unemployed; the remainder were either not looking for work and/or not available for work and therefore classified as economically inactive.

Websites [ONS](#)

### 4. Support for care leavers

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 22 November 2019

Abstract: A care leaver is a young person aged 16- 25 who has been looked-after for at least 13 weeks in total since the age of 14. Responsibilities don't end when a child leaves care. The Government has outlined five key outcomes that it wants to achieve for care leavers • better preparation and support to live independently • improved access to education, employment and training • stability, and to feel safe and secure • improved access to health support • financial stability. This resource enables corporate parents to make sure that these young people are ready for what's next, supporting them as they take those first steps into independence, and to help them access the same opportunities as their peers have. Many councils have been doing much of this work for some time and this resource includes some case studies to highlight the work already taking place.

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

### 5. Corporate parenting resource pack

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 19 November 2019

Abstract: Looking after and protecting children and young people is one of the most important jobs that

councils do and when a child, for whatever reason, can't safely stay at home, it is up to us as the local authority to step in and give them the care, support and stability that they deserve. This pack aims to help them fulfil that role as effectively as possible.

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

## 6. Substance misuse treatment for young people: statistics 2018 to 2019

Author: PUBLIC HEALTH ENGLAND

Date: 28 November 2019

Abstract: Alcohol and drug treatment data for under-18s from PHE's National Drug Treatment Monitoring System (NDTMS). Healthcare professionals can use these statistics to understand:

- the availability and effectiveness of alcohol and drug treatment services for young people (under 18 years old) in England
- trends in drug and alcohol use among young people receiving treatment
- the profile of young people accessing alcohol and drug treatment services

Websites [PHE](#)

## 7. Acceptability of screening for mental health difficulties in primary schools: a survey of UK parents

Author: SONESON, E

Journal: BMC Public Health Vol: 18: Pages: 1400

Abstract: Many children and young people experiencing mental health difficulties (MHD) do not access care, often due to inadequate identification. This study aimed to examine parents' beliefs about the acceptability of school-wide MHD screening in primary schools. The study collaborated with experts in school-based mental health to develop a questionnaire to measure parental attitudes toward school-wide MHD screening. Parents of children attending four primary schools in Cambridgeshire and Norfolk completed the questionnaire. Results suggest that most parents within the socio-demographic context of the study will accept MHD screening within primary schools, and that school-based screening is viable from the perspective of parents. The comments provided about potential harms as well as suggestions for programme delivery are relevant to inform the development and evaluation of acceptable and sustainable school-based identification models. Implementation and scale-up of such programmes will require further understanding of the perspectives of mental health professionals, school staff, and the general public as well as further evaluation against the established standards for identification programmes.

Websites [BioMed](#)

## 8. Consumption of energy drinks among adolescents in Norway: a cross-sectional study

Author: DEGIRMENCI, N

Journal: BMC Public Health Vol: 18 Part: Pages: 1391

Abstract: Energy drink (ED) consumption is increasing all over the world. This study sought to describe the consumption of EDs among adolescents in Norway, and to explore the determinants of daily and high consumption. Population-based cross-sectional data were collected from a sample of 31,091 secondary school students in grade 8–13 aged 12–19 years. School grade, residency, socioeconomic status (SES), physical activity and leisure screen time were included in multiple regression analyses, in order to investigate their associations with daily and high ( $\geq$ four times weekly) ED consumption. In conclusion more than half of the respondents reported that they were ED consumers. Daily and high consumption were independently associated with male gender, physical inactivity, high leisure screen time, low socioeconomic status and rural residency.

Websites [BioMed](#)

**9. Young People as Co-producers in Policing across England. An Evaluation of the 'Youth Commission' on Police and Crime**

Author: BURNS, S

Journal: Children & Society Vol: 33 Part: 4 Pages: 347-362

Abstract: This paper discusses a recent study on three 'Youth Commission' on police and crime projects. Professional viewpoints were interpreted to understand how they valued young people's participation and made sense of their experiences and capabilities. Framed within policing reforms, the 'Youth Commission' projects regard young people as co-producers, who work in partnership with professionals to address police and crime issues. The focus is upon professionals and their relationships with young people for transformative participation and social outcomes. Working in partnerships showed interdependency but identifies further challenges if professionals do not truly value young people's participation.

Websites [Wiley](#)

**10. Young Adult Carers: The Impact of Caring on Health and Education**

Author: BECKER, S

Journal: Children & Society Vol: 33 Part: 4 Pages: 377-386

Abstract: Research has shown that young people who care for parents and relatives (young carers and young adult carers) are at greater risk of mental and emotional difficulties and are more likely to do badly at school or college. To explore the difficulties faced by young adult carers (aged 14–25) in the UK, an online survey was conducted. Almost half (45%) of the 295 respondents reported having a mental health problem. The relationship between the extent of caring and perceived mental health problems and the impact of caring responsibilities on work and education were investigated.

Websites [Wiley](#)

**11. Child-targeted on-pack communications in Belgian supermarkets: associations with nutritional value and type of brand**

Author: AERTS, G

Journal: Health Promotion International Vol: 34 Part: 1 Pages: 71-81

Abstract: Persuasive on-pack marketing strategies, such as colourful images and games, affect children's preferences and requests. The purpose of this study was to describe the prevalence of these child-directed (i.e. aimed at children) strategies on food packages at a Belgian retailer. The content analysis found that 372 food products contained one or more child-directed marketing strategies on-pack. Findings show that 89.2% of all products with child-directed strategies were considered to be unhealthy. The presence of marketing strategies was associated with higher product unhealthiness, but did not differ much between types of brand. Overall, these findings suggest that (unhealthy) foods aimed at children typically feature many on-pack persuasive communications, which implies that policy makers should (continue to) monitor this. These findings highlight the need for further research to investigate the impact of on-pack communications on children's consumption.

Websites [Oxford](#)

**12. Dating and relationship violence among 16–19 year olds in England and Wales: a cross-sectional study of victimization**

Author: YOUNG, H

Journal: Journal of Public Health Vol: 40 Part: 4: Pages: 738-746

Abstract: Dating and relationship violence (DRV) is under-researched in the UK, especially among Further Education (FE) students. This study examines the association between DRV victimization and socio-demographic characteristics, sexual identity and dating and relationship behaviours among 16–19 year olds FE students. Cross-sectional self-report data were collected from 1751 students aged 16–19 at six FE settings in England and Wales. DRV victimization clusters into two categories for females, and three for males. Among females, 46.1% experienced controlling behaviours and 31.6% threatening behaviours; 49.9% of males experienced controlling behaviours, 27.1% threatening behaviours and 5.8% online sexual violence. The odds

of DRV victimization were 2–8 times greater for males and 2–4 times greater for females who had ever sent a sexually explicit image. No consistent association was found between DRV and age, spending money per week, educational attainment or meeting partners online. In conclusion the high prevalence, absence of gender differences and social patterning, suggests DRV victimization may be becoming normalized and is of significant public health importance for young people in England and Wales.

Websites [Oxford](#)

### 13. Outdoor time and dietary patterns in children around the world

Author: CHAPUT, J-P

Journal: Journal of Public Health Vol: 40 Part: 4: Pages: 493-501

Abstract: The objective of this study was to examine the association between outdoor time and dietary patterns of children from 12 countries around the world. This multinational, cross-sectional study included 6229 children 9–11 years of age. Children self-reported the time that they spent outside before school, after school and on weekends. A composite score was calculated to reflect overall daily outdoor time. Dietary patterns were assessed using a food frequency questionnaire, and two components were used for analysis: healthy and unhealthy dietary pattern scores. On average, children spent 2.5 h outside per day. After adjusting for age, sex, parental education, moderate-to-vigorous physical activity, screen time and body mass index z-score, greater time spent outdoors was associated with healthier dietary pattern scores. No association was found between outdoor time and unhealthy dietary pattern scores. Similar associations between outdoor time and dietary patterns were observed for boys and girls and across study sites. Future research should aim to elucidate the mechanisms behind this association.

Websites [Oxford](#)

### 14. Exploring the evidence base for Tier 3 specialist weight management interventions for children aged 2–18 years in the UK: a rapid systematic review

Author: BROWN, T

Journal: Journal of Public Health Vol: 40 Part: 4: Pages: 835-847

Abstract: The impact of specialist weight management services (Tier 3) for children with severe and complex obesity in the UK is unclear. This review aims to examine the impact of child Tier 3 services in the UK, exploring service characteristics and implications for practice. Twelve studies (five RCTs and seven uncontrolled) were included in a variety of settings. The study concludes that specialist weight management interventions for children with severe obesity demonstrated a reduction in zBMI, across a variety of UK settings. Studies were heterogeneous in content and thus conclusions on service design cannot be drawn. There is a paucity of evidence for Tier 3 services for children, and further research is required.

Websites [Oxford Journals](#)

### 15. Using Adverse Childhood Experience Scores to Better Understand the Needs of Young Carers

Author: SPRATT, T

Journal: The British Journal of Social Work Vol: 48 Part: 8: Pages: 2346-2360

Abstract: This article reports the results of research into the experiences of young carers in Barnardo's Young Carers and Action for Children Young Carers projects. The study involved in-depth interviews with young carers, with the aim of better understanding, from their perspective, the impact of caring on their lives. Results reveal that numbers of adverse childhood experiences (ACEs) ranged from zero to six, with only four children out of twenty-two having a score of 0. The subgroup (sixteen) with a parent with a mental illness had a mean ACE score of 2.375. Further dividing this group into those with additional ACEs (ten) and those with one (six) offered a mean of 3.2 for the first group and 1 for the latter. By contrast, the mean for the group caring for those with physical disability/illness (six) was 0.5. Actual ACE scores are likely to be higher. These results merit further research involving larger numbers. Implications for practitioners and policy makers include screening for ACEs in assessments and development of bespoke services to meet the needs of those with high ACE scores, in this case, young carers with a parent with a mental illness.

Websites [Oxford](#)



## COMMISSIONING AND ECONOMICS

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### 16. A systematic review of economic evaluations of local authority commissioned preventative public health interventions in overweight and obesity, physical inactivity, alcohol and illicit drugs use and smoking cessation in the United Kingdom

Author: WHITE, P

Journal: Journal of Public Health Vol: 40 Part: 4: Pages: 521-530

Abstract: The aim of this systematic review was to support commissioning by collating published data on economic evaluations and modelling of local authority commissioned public health preventative interventions in the UK. Following the PRISMA protocol, the study searched for economic evaluations of preventative intervention studies in four different areas: overweight and obesity, physical inactivity, alcohol and illicit drugs use and smoking cessation. The systematic review identified studies between January 1994 and February 2015, using five databases. It then synthesized the studies to identify the key methods and examined results of the economic evaluations. These analyses found preventative interventions to be cost effective, though the context of the interventions differed between the studies. Preventative public health interventions in general are cost-effective. There is a need for further studies to support justification of continued and/or increased funding for public health interventions. Broader studies incorporating different contexts may help support funding for local authority-sponsored public health initiatives.

Websites [Oxford](#)



## HEALTH IMPROVEMENT

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### 17. Cervical screening: programme overview

Author: PUBLIC HEALTH ENGLAND

Date: 18 November 2019

Abstract: This updated description of the NHS cervical screening programme, includes added information on the human papillomavirus (HPV) and HPV primary screening.

Websites [PHE](#)

### 18. Type 2 Diabetes Peer Mentor Programme: Midterm Evaluation

Author: BRIGSTOW

Date: November 2019

Abstract: Brigstowe's Type 2 Peer Support Project was set up in partnership with Bristol Community Health in



October 2018 to investigate the potential benefits of 1-2-1 peer mentoring for people newly diagnosed with type 2 diabetes in Bristol. The peer mentoring has been based on Brigstowe's successful and nationally recognised introduction of peer mentoring for people diagnosed with HIV in 2016 and looks to see if similar wellbeing and health outcomes can be achieved when transferring the model to alternative chronic health conditions. This interim report outlines the findings so far.

Websites [Brigstow - Report](#); [Brigstow - More information](#)

## 19. Whole systems approach to obesity: a guide to support local approaches to achieving a healthier weight

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 29 November 2019

Abstract: Obesity is considered to be one of the most serious public health challenges of the 21st century. Without action, the health of individuals will continue to suffer, health inequalities associated with obesity will remain and the economic and social costs will increase to unsustainable levels. This paper aims to explain the role of all elected members in reducing obesity through the use of a whole systems approach, and to consequently seek the support of all elected members in championing a whole systems approach in their local area moving forward.

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

## 20. Effects of Offering Nicotine Patches, Incentives, or Both on Quitline Demand

Author: ANDERSON, C

Journal: American Journal of Preventive Medicine Vol: 55 Part: 6 Pages: S170-S177

Abstract: Previous studies found that offering free nicotine patches significantly increases calls to quitlines, although most used pre-post designs and did not directly compare the effects of patches and other incentives. The current study with California Medicaid members used a 2 x 2 design to directly assess the effects of offering free patches and incentives on calls to a quitline. Offering either free patches or a \$20 gift card quadrupled the likelihood of Medicaid smokers calling a quitline; offering both had a nearly additive effect. Incentive offers dramatically increased the cost-effectiveness of promotions. Piggybacking on existing Medicaid communications to promote cessation proved very successful.

Websites [Science Direct](#)

## 21. Evaluation of a local government "shelter and van" intervention to improve safety and reduce alcohol-related harm

Author: WARD, B

Journal: BMC Public Health Vol: 18: Pages: 1370

Abstract: Individual behaviours and government regulation have typically been the foci of interventions aimed at reducing alcohol-related harm. The aim of this study was to explore how a public shelter and a volunteer-funded and staffed mobile van in a regional city influenced perceptions of safety and reduction in alcohol-related harm. The shelter and van were frequently utilised but there was no significant association with a reduction in the proportion of alcohol-related hospital emergency department presentations or police incident reports. Occupational health and safety risks were identified for the volunteers which had no management plan. In conclusion the findings highlight the challenge faced by local governments/authorities wanting to provide community-based interventions to complement other evidence-based approaches to reduce alcohol-related harm. Local governments/authorities with restricted regulatory oversight need to collaborate with key agencies for targeted upstream and evidence-based alcohol prevention and management interventions before investing resources.

Websites [BioMed](#)

**22. Alcohol pictorial health warning labels: the impact of self-affirmation and health warning severity**

Author: SILLERO-REJON, C

Journal: BMC Public Health Vol: 18: Pages: 1403

Abstract: This study examined whether enhancing self-affirmation among a population of drinkers, prior to viewing threatening alcohol pictorial health warning labels, would reduce defensive reactions and promote reactions related to behaviour change. It also examined how health warning severity influences these reactions and whether there is an interaction between self-affirmation and severity. The participants were randomised to a self-affirmation or control group. Findings show that there was no clear evidence that enhancing self-affirmation influenced any outcome. In comparison to moderately-severe health warnings, highly-severe health warnings increased avoidance and reactance and were perceived as more effective and increased motivation to drink less. These findings call into question the validity of the self-affirmation manipulation, which is purported to reduce defensive reactions to threatening warnings. The study discusses possible explanations for this null effect, including the impact of participants' low perceived susceptibility to the risks shown on these pictorial health warning labels. The finding that highly-severe health warnings increase avoidance and reactance but are also perceived as being more effective and more likely to motivate people to drink less will inform future health warning design and have implications for health warning label theory.

Websites [BioMed](#)

**23. The impact of unhealthy food sponsorship vs. pro-health sponsorship models on young adults' food preferences: a randomised controlled trial**

Author: DIXON, H

Journal: BMC Public Health Vol: 18: Pages: 1399

Abstract: Unhealthy foods are promoted heavily, through food company sponsorship of elite sport, resulting in extensive exposure among young adults who are avid sport spectators. This study explores the effects of sponsorship of an elite sporting event by: (A) non-food brands (control), (B) unhealthy food brands, (C) healthier food brands, or (D) an obesity prevention public health campaign on young adults' brand awareness, attitudes, image perceptions, event-sponsor fit perceptions, and preference for food sponsors' products. In conclusion the findings suggest that restricting elite sport sponsorship to healthier food brands that meet set nutritional criteria could help promote healthier eating among young adults. Sporting organisations should be encouraged to seek sponsorship from companies who produce healthier food brands and government-funded social marketing campaigns.

Websites [BioMed](#)

**24. Processes, practices and influence: a mixed methods study of public health contributions to alcohol licensing in local government**

Author: TAYLOR, S

Journal: BMC Public Health Vol: 18: Pages: 1385

Abstract: While the constraints of licensing legislation have been recognised, what is currently little understood are the day-to-day realities of how public health practitioners enact the licensing role, and how they can influence the local alcohol environment. To address this, a mixed-methods study was conducted across 24 local authorities in Greater London between 2016 and 17. Results indicated that some public health teams struggle to justify the resources required to engage with licensing processes when they perceive little capacity to influence licensing decisions. Other public health teams consider the licensing role as important for shaping the local alcohol environment, and also as a strategic approach for positioning public health within the council. This study shows public health impact following alcohol licensing work is difficult to measure in terms of reducing alcohol-related harms, which poses challenges for justifying this work amid resource constraints. However, there is potential added value of the licensing role in strategic positioning of public health in local government to influence broader determinants of health.

Websites [BioMed](#)

**25. Strategies to customize responsible gambling messages: a review and focus group study**

Author: GAINSBURY, S

Journal: BMC Public Health Vol: 18: Pages: 1381

Abstract: Responsible gambling messages are widely used as a tool to enable informed choice and encourage appropriate gambling behaviour. This project aimed to understand hypothesized differences between cohorts of gamblers and receive qualitative feedback on archetypal targeted messages used to increase use of responsible gambling tools. Focus groups were held to test messages for specific cohorts: young adults (18–24 years), seniors (60+ years), frequent gamblers (weekly), and gamblers of skill-based games (poker, sports betting). Cohorts exhibited different preferences and responses to message archetypes. Seniors preferred messages about limit setting, whilst young adults and frequent gamblers responded to messages about their own play and expertise. Skill game gamblers were interested in the odds of winning and their own outcomes over time. However, all groups agreed that using positive, non-judgmental language in messaging is important. This research makes an important contribution to the field by demonstrating that the wording of message content will likely influence the effectiveness of such messages differentially across various groups of gamblers for engaging gamblers in harm reduction tools.

Websites [BioMed](#)

**26. Walking for our health: couple-focused interventions to promote physical activity in older adults**

Author: FRANKS, M

Journal: International Journal of Health Promotion and Education Vol: 56: Pages: 280-288

Abstract: The primary purpose of this study was to examine two couple-focused interventions that capitalize on the co-occurrence of health behaviour change within couples to promote physical activity in older adults. In this study, partners participated together in assessment and intervention activities, and were randomized together into one of two couple-focused conditions. In one condition (concurrent), standard goal-setting techniques were extended to a couple-focused design with each partner setting daily step goals and monitoring her or his own progress. Post-intervention, average weekly physical activity increased by 58 min, and average body mass index (BMI) decreased by 0.50 kg/m<sup>2</sup>, from pre-intervention measures. Similar levels of change in weekly physical activity and in BMI were detected in both intervention groups. Furthermore, participants demonstrated high adherence to the intervention protocol. Results suggest that couple-focused physical activity interventions can be effective in eliciting increases in physical activity among older adults. Further research is needed to uncover interpersonal mechanisms that maximize physical activity promotion and maintenance within couples over time.

Websites [Tandfonline](#)

**27. Hour-by-hour physical activity patterns of adults aged 45–65 years: a cross-sectional study**

Author: JANSEN, F

Journal: Journal of Public Health Vol: 40 Part: 4: Pages: 787- 796

Abstract: Limited information exists on hour-by-hour physical activity (PA) patterns among adults aged 45–65 years. This study aimed to distinguish typical hour-by-hour PA patterns, and examined which individuals typically adopt certain PA patterns. Accelerometers measured light and moderate-vigorous PA. GIS-data provided proportions of land use within an 800 and 1600 m buffer around participant's homes. Latent class analyses were performed to distinguish PA patterns and groups of individuals with similar PA patterns. Four PA patterns were identified: a morning light PA pattern, a mid-day moderate-vigorous PA pattern, an overall inactive pattern and an overall active pattern. Groups of individuals with similar PA patterns differed in ethnicity, dog ownership, and the proportion of roads, sports terrain, larger green and blue space within their residential areas. It is this combination that can substantially contribute to the development of more tailored policies and interventions. PA patterns were only to a limited extent associated with personal and residential characteristics, suggesting that other factors such as work time regimes, family life and leisure may also have considerable impact on the distribution of PA throughout the day.

Websites [Oxford](#)

**28. Public awareness and healthcare professional advice for obesity as a risk factor for cancer in the UK: a cross-sectional survey**

Author: HOOPER, L

Journal: Journal of Public Health Vol: 40 Part: 4: Pages: 787- 805

Abstract: Overweight and obesity is the second biggest preventable cause of cancer after smoking, causing 3.4 million deaths worldwide. This study provides current UK data on awareness of the link between obesity and cancer by socio-demographic factors, including BMI, and explores to what degree healthcare professionals provide weight management advice to patients. A cross-sectional survey of 3293 adults completed an online survey in February/March 2016, weighted to be representative of the UK population aged 18+. The study concludes that cancer is not at the forefront of people's minds when considering health conditions associated with overweight or obesity. Socio-economic disparities exist in health knowledge across the UK population, with adults from more affluent groups being most aware. Healthcare professionals are uniquely positioned to provide advice about weight, but opportunities for intervention are currently under-utilized in healthcare settings.

Websites [Oxford](#)

**29. Smoking among adults with and without disabilities in the UK**

Author: Emerson, E

Journal: Journal of Public Health Vol: 40 Part: 4: Pages: 502-509

Abstract: Reducing cigarette smoking is a key concern for public health agencies. Little is known about rates of smoking among adults with disabilities therefore this study explores using secondary analysis of data collected in Waves 2 and 7 of 'Understanding Society', an annual household panel study. Findings show that age and gender adjusted odds ratios (AORs) of adults with disabilities smoking increased significantly from 1.41 in 2010–12 to 1.57 in 2015–17. AORs of adults with disabilities smoking 20 or more cigarettes a day increased non-significantly from 1.83 in 2010–12 to 1.90 in 2015–17. These changes were evident for both men and women and across age groups. Additionally adjusting these estimates to take account of between group differences in socioeconomic position significantly reduced the AORs for both smoking outcomes. Changes over time in AORs reflected a more rapid decline in smoking among participants without a disability. Public health agencies and practitioners may wish to consider what reasonable adjustments may need to be made to policies and interventions to ensure that they are effective for adults with disabilities.

Websites [Oxford](#)

**HEALTH PROTECTION**

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**30. National flu report: 14 November 2019 (week 46)**

Author: PUBLIC HEALTH ENGLAND

Date: 14 November 2019

Abstract: National influenza reports, tracking seasonal flu and other seasonal respiratory illnesses in the UK. Added weekly flu reports week 46 (up to week 45 data) 14th November 2019.

Websites [PHE](#)

**31. Seasonal flu vaccine uptake in primary school age children: provisional monthly data for 1 September 2019 to 31 October 2019**

Author: PUBLIC HEALTH ENGLAND

Date: 21 November 2019

Abstract: Provisional monthly seasonal flu vaccine uptake data in children of school years reception to year 6. The most recent monthly data collection covers cumulative flu vaccinations administered from 1 September 2019 to 31 October 2019. Data is presented by NHS England local team and local authority.

Websites [PHE](#)

**32. Hepatitis C (England and Wales): 2019**

Author: PUBLIC HEALTH ENGLAND

Date: 20 November 2019

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

Websites [PHE](#)

**33. Pre-school vaccinations: guide to vaccinations from 2 to 5 years**

Author: PUBLIC HEALTH ENGLAND

Date: 26 November 2019

Abstract: Details of immunisations for children between 2 and 5 years, before they start school. This leaflet includes:

- the MMR booster
- the diphtheria, tetanus, pertussis and polio booster
- the annual childhood nasal flu programme
- revised routine immunisation schedule and selective immunisation schedule from Autumn 2019

Websites [PHE](#)

**34. Do community pharmacists add value to routine immunization programmes? A review of the evidence from the UK**

Author: PERMAN, S

Journal: Journal of Public Health Vol: 40 Part: 4 Pages: 510-520

Abstract: Community pharmacies are an important setting for the provision of preventative health services in the UK. The impact of these vaccination services needs to be evaluated to inform future policy. This study identified 28 evaluations of pharmacy immunization programmes in the UK, only three of which were published in peer-reviewed journals. These showed no evidence of increased vaccination uptake, and weak evidence of widening access to individuals who had not previously been vaccinated. There was good evidence that pharmacies were acceptable and convenient venues for vaccination. Cost-effectiveness was not assessed in any of the included studies. This review challenges an assumption that pharmacy provision of immunizations will simultaneously improve patient choice, increase uptake and widen access. These are important findings for policy makers.

Websites [Oxford](#)

**35. 'You are still a human being, you still have needs, you still have wants': a qualitative exploration of patients' experiences and views of HIV support**

Author: FINGLETON, N.A

Journal: Public Health Journal Vol: 40 Part: 4: Pages: 571 - 577

Abstract: This study explored the experience, views and needs of people living with HIV to identify areas for improvement and service development. Face-to-face, semi-structured interviews were conducted with people living with HIV being treated in two clinics in Grampian, Scotland. A total of 14 people living with HIV participated, with time since diagnosis ranging from <1 to >15 years. Most were males, white British and were men who had sex with men. Interviewees highlighted the need for different types of support throughout different stages of the HIV journey, including timely provision of information, post-diagnosis follow-up support, peer support, family support, and support regarding employment, benefits and housing. Many interviewees expressed a preference for support to be provided by people with knowledge or experience of HIV but had mixed feelings towards group support. Interviewees reported concerns with confidentiality and potential stigmatization. In conclusion, support services should be tailored to reflect changing needs throughout the HIV journey with particular emphasis on maximizing confidentiality whilst minimizing stigma.

Websites [Oxford](#)

**MATERNITY AND INFANTS**

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**36. Quarterly conceptions to women aged under 18 years, England and Wales**

Author: OFFICE FOR NATIONAL STATISTICS

Date: 26 November 2019

Abstract: Quarterly statistics on conceptions to women aged under 18 years resident in England and Wales; numbers and rates by regions and other local authority areas.

Websites [ONS](#); [ONS - Statistics](#)

**37. The association between active tobacco use during pregnancy and growth outcomes of children under five years of age: a systematic review and meta-analysis**

Author: QUELHAS, D

Journal: BMC Public Health Vol: 18: Pages: 1372

Abstract: The objective of this study was to synthesize the evidence on the relationship between active tobacco use during pregnancy and growth outcomes in children under five years of age. Six online databases were searched to identify studies published from January 1, 1980, through October 31, 2016, examining the association between active tobacco use during pregnancy and small-for-gestational age (SGA), length/height, and/or head circumference. The findings show that active tobacco use during pregnancy was associated with significantly higher rates of SGA, shorter length and smaller head circumference. In addition, a dose-response effect was evident for all growth outcomes. Tobacco use during pregnancy may represent a major preventable cause of impaired child growth and development.

Websites [BioMed](#)

### 38. The relationship between early pregnancy dietary intakes and subsequent birthweight and neonatal adiposity

Author: KENNEDY, R

Journal: Journal of Public Health Vol: 40 Part: 4: Pages: 747-755

Abstract: Maternal nutrition intakes may influence neonatal birthweight and adiposity; however, inconsistencies within the literature exist. This study examined the relationship between early pregnancy dietary intakes and subsequent birthweight and neonatal adiposity. Women were recruited at their convenience after sonographic confirmation of a singleton pregnancy. Of the 385 mother-neonate dyads, mean maternal age was  $30.8 \pm 5.3$  years, mean Body Mass Index (BMI) was  $24.5 \pm 4.8$  kg/m<sup>2</sup> and 41.8% ( $n = 161$ ) were nulliparous. The study concludes that dietary intakes of polyunsaturated fat in early pregnancy are positively associated with neonatal fat mass index (FMI) at birth on multivariable analysis. Further longitudinal studies need to explore this association and the long-term implications for the neonate.

Websites [Oxford](#)

### 39. Optimization of folic acid supplementation in the prevention of neural tube defects

Author: CAWLEY, S

Journal: Journal of Public Health Vol: 40 Part: 4: Pages: 827-834

Abstract: This study examined the relationship between timing and duration of folic acid (FA) supplementation in achieving red blood cell (RBC) folate levels in early pregnancy which are optimal ( $>906$  nmol/l) for the prevention of neural tube defects (NTDs). Clinical, FA supplementation and dietary folate details were computerized at the first antenatal visit. Maternal blood samples were analysed for RBC and serum folate. Of the 502 women, 98.2% reported taking FA. There was a positive correlation between duration of supplementation and both RBC folate and serum folate. The optimal RBC folate level was achieved in 80.4% of women who started FA 400  $\mu$ g 4–8 weeks before their last menstrual period (LMP) compared with only 53.6% in women who started 4–8 weeks after their LMP. This study provides, for the first time, information on both the timing and duration of FA that will achieve the optimum RBC folate levels associated with the prevention of NTDs. Women who are taking FA (400  $\mu$ g) need to start before they conceive.

Websites [Oxford](#)



## WIDER DETERMINANTS

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### 40. Domestic abuse in England and Wales: November 2019

Author: OFFICE FOR NATIONAL STATISTICS

Date: 25 November 2019

Abstract: Prevalence, long-term trends and types of domestic abuse experienced by adults, based on findings from the Crime Survey for England and Wales, and police recorded crime. Main points include:-

- According to the Crime Survey for England and Wales year ending March 2019, an estimated 5.7% of adults (2.4 million) experienced domestic abuse in the last year.
- There was no significant change in the prevalence of domestic abuse experienced in the last year compared with the year ending March 2018.
- The police recorded a total of 1,316,800 domestic abuse-related incidents and crimes<sup>1</sup> in the year ending March 2019.

- Of these, 746,219 were recorded as domestic abuse-related crimes, an increase of 24% from the previous year.
- As the survey showed no change, the increase in police recorded crime may reflect improved recording by the police and increased reporting by victims.

Websites [ONS](#)

#### **41. RESPECT women: Preventing violence against women**

Author: WORLD HEALTH ORGANISATION

Date: November 2019

Abstract: Violence against women is a major public health problem rooted in gender inequality, and is a gross violation of women's human rights affecting the lives and health of millions of women and girls. Aiming to end violence against women, a package/framework with infographics on prevention of violence against women this framework for policymakers, was developed, based on the UN framework for action to prevent violence against women from 2015 and updated new evidence.

- R –relationship skills strengthened
- E –mpowerment of women
- S –ervices ensured
- P –overty reduced
- E –nvironments made safe
- C –hild and adolescent abuse prevented
- T –ransformed attitudes, beliefs, and norms

Websites [World Health Organisation](#); [World Health Organisation - Report](#)

#### **42. Social determinants, health status and 10-year mortality among 10,906 older adults from the English longitudinal study of aging: the ATHLOS project**

Author: KOLLIA, N

Journal: BMC Public Health Vol: 18: Pages: 1361

Abstract: In either rich or poor countries, people's health widely depends on the social conditions in which they live and work – the social determinants of health. The aim of the present work was to explore the association of educational and financial status with healthy aging and mortality. Data from the English Longitudinal Study of Aging (ELSA) were studied. Findings show that both education and household wealth over time were positively associated with the health metric and negatively with overall mortality. Lifestyle behaviors (i.e., physical activity, smoking habits and alcohol consumption) mediated the effect of education and household wealth on the health metric and the latter mediated their effect on overall mortality. In conclusion, reducing socioeconomic disparities in health by improving the access to education and by providing financial opportunities should be among the priorities in improving the health of older adults.

Websites [BioMed](#)

#### **43. Who uses foodbanks and why? Exploring the impact of financial strain and adverse life events on food insecurity**

Author: PRAYOGO, E

Journal: Journal of Public Health Vol: 40 Part:4: Pages: 676-683

Abstract: Rising use of foodbanks highlights food insecurity in the UK. Adverse life events (e.g. unemployment, benefit delays or sanctions) and financial strains are thought to be the drivers of foodbank use. This research aimed to explore who uses foodbanks, and factors associated with increased food insecurity. Those seeking help from front line crisis providers from foodbanks and a comparison group from Advice Centres (AC) in relation to demographics, adverse life events, financial strain and household food security were surveyed. About 55.9% of foodbank users were women majority were in receipt of benefits. Benefit delays, changes and



low income were the most common reasons given for referral. Compared to AC users, there were more foodbank users who were single men without children, unemployed, currently homeless, experiencing more financial strain and adverse life events. Food insecurity was high in both populations, and more severe if they also reported financial strain and adverse life events. In conclusion, benefit-related problems appear to be a key reason for foodbank referral. By comparison with other disadvantaged groups, foodbank users experienced more financial strain, adverse life events, both increased the severity of food insecurity.

Websites [Oxford](#)

#### **44. Socioeconomic disadvantage across the life-course and oral health in older age: findings from a longitudinal study of older British men**

Author: RAMSAY, S.E

Journal: Journal of Public Health Vol: 40 Part: 4: Pages: 423-430

Abstract: This study examined the influence of socioeconomic factors in childhood, middle-age and older age on oral health at older ages, and tested conceptual life-course models (sensitive period, accumulation of risk, social mobility) to determine which best described observed associations. A representative cohort of British men aged 71–92 in 2010–12 included socioeconomic factors in childhood, middle-age and older age. The study concludes that socioeconomic disadvantage in middle-age has a particularly strong influence on tooth loss in older age. Poor self-rated oral health in older age is influenced by socioeconomic disadvantage across the life-course. Addressing socioeconomic factors in middle and older ages are likely to be important for better oral health in later life.

Websites [Oxford](#)



## **OTHER**

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#### **45. Achieving integrated care: 15 best practice actions**

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 21 November 2019

Abstract: The LGA and the Social Care Institute for Excellence have joined up to produce an accessible and practical resource that supports local systems in fulfilling their ambition of integration. The 15 actions prioritised in this resource draw on evidence about what works from international research, emerging best practices and engagement with our own stakeholders and partners. The actions are deliberately aligned with national policy, legal frameworks and regulatory guidance, but most important, they allow for local variety in system design and service delivery to flourish.

Websites [LGA - Report](#); [LGA - More details](#)

#### **46. Leading for integrated care: 'If you think competition is hard, you should try collaboration'**

Author: TIMMINS, N

Date: 27 November 2019

Abstract: This report explores the progress, challenges and opportunities the move towards greater integration presents, through interviews with 16 people leading or chairing an integrated care system or sustainability and transformation partnership.

Websites [King's Fund - Report](#); [King's Fund - More details](#)