

# 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

10<sup>th</sup> January 2020

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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. Caring relationships and their role in users' choices: a study of users of Direct Payments in England

Author: RODRIGUES, R

Journal: Ageing & Society: Early Online

Abstract: This study aims to understand how caring relationships impact the decisions of older users of care and their perceived satisfaction. Semi-structured qualitative interviews were conducted with 24 Direct Payments (DPs) older users, including proxies, in three Local Authorities in the Greater London area. Users fell into three groups according to their use of DPs: those purchasing care from agencies, those employing acquaintances as Personal Assistants (PAs) and those employing strangers as PAs. Decisions on and perceived satisfaction with care were both influenced by caring relationships. All users recognised that caring relationships can have instrumental value in improving care delivery or allowing greater leeway in negotiating tasks. Many users placed intrinsic value on continuity of care and the development of close caring relationships and clearly favoured employing PAs. The latter involved higher levels of uncertainty, emotional

investment and reciprocal gift exchanges. Agencies were often chosen due to users' preference for more detached caring relationships. The findings confirm that caring relationships involving reciprocal emotional investment are an important outcome of care, with salient implications for user behaviour.

Websites [Cambridge](#)



## CHILDREN, YOUNG PEOPLE & FAMILIES

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### 2. Widening participation in higher education: 2019

Author: UNITED KINGDOM Department for Education  
Date: 17 December 2019

Abstract: Annual statistics on young peoples' participation in higher education, including their background characteristics.

Websites [DfE](#)

### 3. A whole systems approach to tackling childhood tooth decay

Author: LOCAL GOVERNMENT ASSOCIATION  
Date: 19 December 2019

Abstract: Tooth decay remains the most common reason for hospital admission in children aged six to 10, with those from deprived areas most likely to suffer problems. Dental treatment under general anaesthetic presents a small but real risk of life-threatening complications. What is more, poor oral health can affect children's ability to sleep, eat, speak, play and socialise with other children. It can disrupt school attendance and lead to parents needing to take time off work. This report contains a whole range of examples of the steps that need to be taken to achieve success in tackling childhood tooth decay. Many of the areas included are places where there have traditionally been high rates of tooth decay, but where significant improvements are now being made.

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

### 4. Pass the parcel: children posted around the care system

Author: CHILDREN'S COMMISSIONER  
Date: 24 December 2019

Abstract: There are over 30,000 looked after children living 'out of area' in England. This is 41% of all children in care and has risen by 13% since 2014. Over 11,000 of these children are more than 20 miles from what they would call home, with over 2,000 further than a hundred miles away. This report asks what it is like to be uprooted and placed hundreds of miles away; what does it mean for friendships and relationships with family, and how does it affect a child's sense of belonging. These absolutely fundamental questions are not asked often enough so their answers are absent from much of the national discussion about children's care. To listen to children's experiences, fifteen children's homes were visited across England, wherever children were being placed - the small towns, the rural areas, the coastal towns - to ask them about their lives. While some children were thriving in their new homes, many were discontented and felt a sense of injustice about how they had been treated.

Websites [Children's Commissioner - Report](#); [Children's Commissioner - Press Release](#)

### **5. Connecting up the care: Supporting London's children exposed to domestic abuse, parental mental ill-health and parental substance abuse**

Author: LONDON ASSEMBLY HEALTH COMMITTEE

Date: 07 January 2020

Abstract: Early neglect and trauma on children can have substantial negative outcomes later on in life. These potentially traumatic events are called Adverse Childhood Experiences (ACEs). Between April 2017 and March 2018 in London:

- 23,097 children experienced domestic violence and abuse.
- 16,394 children experienced parental mental ill-health.
- 14,432 children in London experienced parental alcohol and drug misuse.
- 3,097 children simultaneously experienced all three together

The London Assembly Health Committee examined the combination of three ACEs which commonly co-occur (domestic violence and abuse, parental mental ill-health and parental alcohol and drug misuse) to assess how access to and support from services could be improved.

Websites [London Assembly - Report](#); [London Assembly - Press Release](#)

### **6. Access to child and adolescent mental health services in 2019**

Author: EDUCATION POLICY INSTITUTE

Date: 10 January 2020

Abstract: The Education Policy Institute (EPI) has published its Annual Report on access to child and adolescent mental health services (CAMHS). The study examines access to specialist services, waiting times for treatment, and provision for the most vulnerable children in England. The research is based on new data obtained using freedom of information (FOI) requests to mental health providers and local authorities over the course of a year. This data is not published by the NHS. The majority of lifelong mental health problems develop early on, during childhood or adolescence. The wider economic costs of mental ill health in England are vast, estimated at £105bn each year.

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

### **7. Exposure to Child-Directed TV Advertising and Preschoolers' Intake of Advertised Cereals**

Author: EMOND, J

Journal: American Journal of Preventive Medicine Vol: 56 Part: 2: Pages: e35-e43

Abstract: Child-directed TV advertising is believed to influence children's diets. This observational study of 624 preschool-age children and their parents examined if child-directed TV advertisement exposure for ten brands of high-sugar breakfast cereals was associated with children's intake of those brands prospectively. The findings of this study demonstrates that child-directed high-sugar breakfast cereal TV advertising was prospectively associated with brand-specific high-sugar breakfast cereal intake among preschoolers. Findings indicate that child-directed advertising influences begin earlier and last longer than previously demonstrated, highlighting limitations of current industry guidelines regarding the marketing of high-sugar foods to children under age 6 years.

Websites [Science Direct](#)

### 8. Healthcare Costs of Secondhand Smoke Exposure at Home for U.S. Children

Author: YAO, T

Journal: American Journal of Preventive Medicine Vol: 56 Part: 2 Pages: 281-287

Abstract: The purpose of this study is to estimate healthcare utilization and healthcare costs due to secondhand smoke exposure at home for children in the U.S. Using data from the 2000, 2005, and 2010 U.S. National Health Interview Surveys, the authors analyzed the association between secondhand smoke exposure at home and utilization of three types of healthcare services (hospital nights, emergency room visits, and doctor visits) for children aged 3–14 years. The findings show that secondhand smoke exposure at home was positively associated with emergency room visits, but was not significantly associated with nights at the hospital or doctor visits for children. Secondhand smoke exposure at home for children resulted in an excess of 347,156 emergency room visits in 2000, 124,412 visits in 2005, and 101,570 visits in 2010, which amounted to \$355.1 collectively. Interventions to reduce secondhand smoke exposure at home for children are still needed to reduce the economic burden attributable to secondhand smoke exposure.

Websites [Science Direct](#)

### 9. Ethnic differences in sedentary behaviour in 6–8-year-old children during school terms and school holidays: a mixed methods study

Author: NAGY, L

Journal: BMC Public Health Vol: 19: Pages: 152

Abstract: Sedentary behaviour (SB) in childhood is a major public health concern. Little is known about ethnic differences in SB during school and holiday weeks among White British (WB) and South Asian (SA) children, which this study aims to address through investigating inclinometer measured SB and exploring reasons for child engagement in SB. A mixed methods study, comprising of a quantitative investigation with 160, 6–8 years old children and a qualitative study with a subsample of 18 children, six parents and eight teachers was undertaken. The study concludes that children spent 60% of their awake time being sedentary, regardless of ethnicity or school term. There were no significant ethnic differences for any of the SB outcomes except for breaks in SB. Interventions aimed at reducing SB should consider involving parents and teachers and should focus on increasing breaks in SB, especially for SA children, who are at a higher risk of cardio metabolic ill health.

Websites [BioMed](#)

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

Author: FELLIN, L

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

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

Websites [Wiley](#)

### 11. Child sexual exploitation. An analysis of serious case reviews in England: poor communication, incorrect assumptions and adolescent neglect

Author: MASON-JONES, A

Journal: Journal of Public Health: Early Online

Abstract: Child sexual exploitation (CSE) has evolved from being a largely concealed and unrecognised form of child abuse to being the subject of substantial political and public attention. The purpose of this research was

to explore health professionals' role in detection and prevention. A systematic thematic analysis and synthesis of serious case review (SCR) reports of CSE in England using a socioecological theoretical framework was undertaken. Results find the themes identified included health professionals' lack of understanding of CSE, limited knowledge of the UK law, reluctance to apply relevant policies, and lack of appropriate action. Suboptimal communication with the child, between agencies and with families, lack of understanding of the young person's context, their vulnerabilities and their continued needs for care and protection were also important. The study concludes that the potential to recognise young people vulnerable to CSE is essential for public health prevention and intervention. Acknowledging that the SCRs represent the worst case scenario; nevertheless, this research highlighted the multi-factorial and complex nature of CSE and identified factors that require system-level awareness, training and intervention.

Websites [Oxford](#)

### **12. The association between body mass index, primary healthcare use and morbidity in early childhood: findings from the Born in Bradford cohort study**

Author: KELLY, B

Journal: Public Health Vol: 167: Pages: 21-27

Abstract: The objective of this article was to examine the association between body mass index (BMI), health and general practice (GP) healthcare use in early childhood. Multivariate Poisson and logistic regression models were used to explore the association between BMI and health outcomes using data from the Born In Bradford cohort study, linked to routine data capturing objective measures of BMI at age 5 years, alongside GP appointment rates, GP prescriptions and specific morbidities in the subsequent 3-year period. The study concludes that childhood obesity was found to be associated with increased primary healthcare use and a range of poorer health outcomes at the age of 8 years, underlining the importance of reducing childhood obesity in early childhood.

Websites [Science Direct](#)

### **13. Child and Adolescent Sugar-Sweetened Beverage Intakes are Longitudinally Associated with Higher Body Mass Index z Scores in a Birth Cohort Followed 17 years**

Author: MARSHALL, T.A

Journal: Public Health Nutrition Vol: Part: Pages: on line

Abstract: Sugar-sweetened beverages (SSB) are considered a risk factor for obesity. The objective of this study was to investigate associations between the predictors of beverage and energy intakes and mean adequacy ratios (MARs), and the outcome of body mass index (BMI) z scores, in a birth cohort using longitudinal models. SSB intake adjusted for energy intake, MAR, and baseline socioeconomic status was associated with BMI z score; each additional 8 oz SSB consumed/day throughout childhood and adolescence increased the BMI z score an average 0.050 units. Adjusted water/sugar-free beverage intake was modestly associated with BMI z score, while 100% juice and milk with BMI z scores. This study revealed that higher SSB intakes were associated with increased BMI z scores throughout childhood and adolescence in Iowa Fluoride Study participants. Public health initiatives targeting SSB consumption during childhood and adolescence remain relevant.

Websites [Science Direct](#)

### **14. Adolescents' Perceptions of Family Relationships in Adoptees and Non-Adoptees: More Similarities than Differences**

Author: PANIAGUA, C

Journal: The British Journal of Social Work Vol: 49 Part: 1: Pages: 25-43

Abstract: This research explores adopted adolescents' perceptions of family relationships, without focusing on typical clinical issues in which they tend to stand out negatively in comparison to non-adopted adolescents. Differences between adopted and non-adopted adolescents were analysed according to the following family dimensions: paternal affection, maternal affection, communication with the father, communication with the mother, family support and family satisfaction. Results showed no differences in affection, communication and

support. However, statistically significant differences and a considerable effect size were found in family satisfaction. Two multiple linear regression models were made to explore the roles of family dimensions in the family satisfaction structure. Data show paternal dimensions, especially communication with the father, were more relevant for adoptees' family satisfaction than for non-adoptees. Additionally, the results varied greatly between domestic versus intercountry adoptees. In conclusion, adopted and non-adopted adolescents are more similar than different in their family perception; however, the adoptive father plays a greater role for adoptees.

Websites [Oxford Journals](#)

### **15. Contribution of Illicit/Non-Prescribed Marijuana and Hard-Drug Use to Child-Abuse and Neglect Potential while Considering Social Desirability**

Author: DONOHUE, B

Journal: The British Journal of Social Work Vol: 49 Part: 1: Pages: 77-95

Abstract: Illicit drug use by mothers has been indicated to increase child abuse and neglect. This study compares the contribution of marijuana and hard-drug use to child-abuse and neglect potential in mothers referred to behavioural treatment by child-protective services. Reports of marijuana and hard-drug use by mothers were three times higher than reports of the mothers' marijuana and hard-drug use by family or friends, and marijuana- and hard-drug-use reports by mothers were more consistent with urinalysis testing than their significant others. Regression analyses showed mothers' marijuana and hard-drug-use reports contributed to their potential to abuse and neglect irrespective of socially desirable responding, stress and socio-demographic variables. Reports of mothers' marijuana and hard-drug use by significant others were not associated with mothers' child-abuse and neglect potential. Thus, mothers' self-reports of marijuana and hard-drug use appear to provide greater utility in the prediction of child abuse and neglect, as compared to reports from their significant others. Future recommendations and study limitations are discussed in light of these results.

Websites [Oxford Journals](#)



## **COMMISSIONING AND ECONOMICS**

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### **16. Public health commissioning in the NHS: 2019 to 2020**

Author: DEPARTMENT OF HEALTH AND SOCIAL CARE

Date: 17 December 2019

Abstract: The NHS public health functions agreement sets out the arrangements under which the Secretary of State delegates responsibility to NHS England for certain public health services (known as Section 7A services). The services currently commissioned in this way are:

- national immunisation programmes
- national cancer and non-cancer screening programmes
- Child Health Information Services (CHIS)
- public health services for adults and children in secure and detained settings in England
- sexual assault services (Sexual Assault Referral Centres)

Websites [DHSC](#)



### 17. Overview of the sexual health collaborative commissioning evaluation

Author: PUBLIC HEALTH ENGLAND

Date: 07 January 2020

Abstract: In 2016, Public Health England (PHE) and partner agencies undertook a survey of sexual health, reproductive health and HIV commissioning and published an accompanying action plan. One of the key actions was to support 2 pilot areas in developing collaborative approaches. PHE has undertaken an evaluation of these 2 areas and 2 other areas that had adopted a collaborative approach to commissioning. The 'Overview' document provides a summary of the evaluation and the existing frameworks that can support collaborative working. The slide set details the methodology and findings from this qualitative evaluation.

Websites [PHE](#)



## HEALTH CARE PUBLIC HEALTH

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### 18. National Diabetes Audit - Report 2 Complications and Mortality, 2017-18

Author: NHS DIGITAL

Date: 13 December 2019

Abstract: The National Diabetes Audit (NDA) measures the effectiveness of diabetes healthcare against NICE Clinical Guidelines and NICE Quality Standards, in England and Wales. The NDA collects and analyses data for use by a range of stakeholders to drive changes and improvements in the quality of services and health outcomes for people with diabetes. Report 2a covers complications and mortality associated with diabetes. Report 2b investigates associations between patient characteristics and adverse outcomes.

Websites [NHS Digital - Presentation](#); [NHS Digital - More detail](#)

### 19. Cardiovascular disease prevention: applying All Our Health

Author: PUBLIC HEALTH ENGLAND

Date: 16 December 2019

Abstract: Updated evidence and guidance to help healthcare professionals to prevent heart attacks, strokes and dementia and to improve cardiovascular health.

Websites [PHE](#)

### 20. Impact of continuity of care on quality of life in patients with chronic obstructive pulmonary disease: A quasi-experimental study

Author: BIKMORADI, A

Journal: Journal of Integrated Care Vol: 27 Part: 1

Abstract: Patients with chronic obstructive pulmonary disease (COPD) suffer many physical disabilities which cause many problems in their life. The purpose of this paper is to assess the impact of continuous care on quality of life of patients with COPD. A before–after quasi-experimental study was carried out with 72 patients with COPD at Beheshti educational hospital of Hamadan University of Medical Sciences. Findings show that continuity of care improved significantly the quality of life of COPD patients in general, and in the symptoms,

activity and impact domains. In contrast, routine care did not improve quality of life for patients in general, and in the symptoms, activity and impact domains. In conclusion, continuity of care has a positive impact on quality of life for COPD patients. Health care system should utilize continuity of care models as an overall plan for patients with COPD. Moreover, managers of health care system could reduce burden of chronic diseases by employing continuity of care models in planning patient care.

Websites [Emerald Insight](#)

### 21. Efficacy and safety of statin therapy in older people

Author: Cholesterol Treatment Trialists' Collaboration

Journal: Lancet Vol: 393 Part: 10170 Pages: 407-415

Abstract: Statin therapy has been shown to reduce major vascular events and vascular mortality in a wide range of individuals, but there is uncertainty about its efficacy and safety among older people. A meta-analysis of data from all large statin trials was undertaken to compare the effects of statin therapy at different ages. The study concludes that statin therapy produces significant reductions in major vascular events irrespective of age, but there is less direct evidence of benefit among patients older than 75 years who do not already have evidence of occlusive vascular disease. This limitation is now being addressed by further trials.

Websites [Lancet](#)



## HEALTH IMPROVEMENT

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### 22. Shooting Up: infections among people who inject drugs in the UK

Author: PUBLIC HEALTH ENGLAND

Date: 17 December 2019

Abstract: The annual Shooting Up report provides an overview of infections among people who inject drugs (PWID) in the UK.

Websites [PHE](#)

### 23. Improving oral health: guideline development manual

Author: PUBLIC HEALTH ENGLAND

Date: 08 January 2020

Abstract: This guidance provides details of the methodology used to review the evidence that underpins 'Delivering better oral health'. In common with clinical guidelines worldwide, it adopts the GRADE (Grades of Recommendation Assessment, Development and Evaluation) system to assess the certainty of the evidence, and uses the Appraisal of Guidelines for Research and Evaluation (AGREE II) principles as a code of conduct for the guideline development process.

Websites [PHE](#)

### 24. A Cluster-Randomized Trial on Small Incentives to Promote Physical Activity

Author: KRAMER, J-N

Journal: American Journal of Preventive Medicine Vol: 56 Part: 2 Pages: e45-e54

**Abstract:** There has been limited research investigating whether small financial incentives can promote participation, behavior change, and engagement in physical activity promotion programs. This study evaluates the effects of two types of small financial incentives within a physical activity promotion program of a Swiss health insurance company. This three-arm cluster-randomized trial compares small personal financial incentives and charity financial incentives (10 Swiss Francs, equal to US\$10.40) for each month with an average step count of >10,000 steps per day to control. The study concludes that small personal and charity financial incentives can increase participation in physical activity promotion programs. Incentives may need to be modified in order to prevent attrition and promote behavior change over a longer period of time.

Websites [Science Direct](#)

## 25. Healthy shopper? Blood pressure testing in a shopping centre Pop-Up in England

Author: EDWARDS, L

Journal: BMC Public Health Vol: 19: Pages: 112

**Abstract:** Improving detection of elevated blood pressure (BP) remains a public health need. This study presents results from a Pop-Up health check stationed in shopping centres in England. They hypothesise the rate of case detection is related to measurable 'unhealthiness' of the shopping centres. A Pop-Up health check was sited in four and three shopping centres sampled from the top ten *unhealthiest* and top 15 *healthiest* shopping regions respectively, following a report ranking towns/cities based on their unhealthy and healthy retail outlets. On one day in each shopping centre, people were approached and consented to BP testing. Outcome measure was people flagged with BP  $\geq$  140/90 mmHg (cases). The study concludes that an association exists between cases of suspect hypertension found in a health check Pop-Up and measured 'unhealthiness' of the shopping centre site. Results hint at strategies for public testing of BP, potentially in the context of reducing health inequalities.

Websites [BioMed](#)

## 26. Effect of calories-only vs physical activity calorie expenditure labeling on lunch calories purchased in worksite cafeterias

Author: VIERA, A

Journal: BMC Public Health Vol: 19: Pages: 107

**Abstract:** Calorie labeling on restaurant menus is a public health strategy to guide consumer ordering behaviors, but effects on calories purchased have been minimal. Displaying labels communicating the physical activity required to burn calories may be a more effective approach, but real-world comparisons are needed. In a quasi-experimental study, the effect of physical activity calorie expenditure (PACE) food labels compared to calorie-only labels on point-of-decision food purchasing in three worksite cafeterias in North Carolina were examined. Findings show that in unadjusted models comparing average meal calories after vs before labeling, participants exposed to PACE labels purchased 40.4 fewer calories, and participants exposed to calorie-only labels purchased 38.2 fewer calories. The small difference of 2 fewer calories purchased among participants exposed to PACE labeling vs calorie-only labeling was not significant.

Websites [BioMed](#)

## 27. Nicotine dependence as an independent risk factor for atherosclerosis in the National Lung Screening Trial

Author: ZHU, J

Journal: BMC Public Health Vol: 19: Pages: 103

**Abstract:** A high level of nicotine dependence is emerging as a recently identified risk factor for pulmonary impairment, chronic obstructive pulmonary disease and tobacco-related cancers. This study hypothesized that nicotine dependence is associated with the risk of atherosclerosis in long-term cigarette smokers. A nested case-control study was conducted within the National Lung Cancer Screening Trial- American College of Radiology Imaging Network. Controls were matched on a 2:1 basis by age, sex, race, study center, smoking status, years of smoking, and frequency of smoking. Dependence was measured by the time to first cigarette after awakening (TTFC). The study concludes that compared to smoking immediately after waking, delaying an

hour or more reduces the risk of aortic atherosclerosis even among long-term heavy smokers. Possible mechanisms that explain this association are intensity of smoking, inflammation and oxidative stress, and elevated lipid levels.

Websites [BioMed](#)

### **28. Type 2 Diabetes: how informed are the general public? A cross-sectional study investigating disease awareness and barriers to communicating knowledge in high-risk populations in London**

Author: KAYYALI, R

Journal: BMC Public Health Vol: 19: Pages: 138

Abstract: Preventing type 2 diabetes (T2DM) is one of the biggest health challenges currently facing the UK, with the NHS spending £14 billion each year on treating the disease and associated symptoms. The aim of this study was to determine the public's awareness about the symptoms, risk factors and lifestyle choices, commonly associated with T2DM. This was a cross sectional, multisite study conducted in London, UK, involving 399 participants, who were non-diabetic, aged between 25 and 74 years old and living in one of four selected London boroughs. When participants were asked about their current lifestyle choices, there were high levels of inactivity, smoking and alcohol consumption reported. The study concludes that despite approximately half of participants demonstrating adequate or good awareness about the symptoms, risk factors and lifestyle choices commonly associated with T2DM, the study still highlights gaps in awareness among the remaining proportion of participants. Future prevention interventions should be tailored to address these existing gaps in awareness.

Websites [BioMed](#)

### **29. Socioeconomic position over the life course from childhood and smoking status in mid-adulthood: results from a 25-year follow-up study**

Author: TIAN, J

Journal: BMC Public Health Vol: 19: Pages: 169

Abstract: It remains unclear how life course socioeconomic position (SEP) variations impact later smoking status. This study aimed to investigate the associations using a novel methodology – a structured regression framework and to explore the potential underlying mechanisms. The study concludes that childhood, young- and mid-adulthood are all important, but SEP in childhood and mid-adulthood may be of more importance in determining mid-adulthood smoking status. Exposure to parental smoking and intention to smoke in childhood seems to moderately mediate the associations.

Websites [BioMed](#)

### **30. Effect of breakfast on weight and energy intake: systematic review and meta-analysis of randomised controlled trials**

Author: SIEVERT, K

Journal: British Medical Journal Vol: 364 Part: 142: Pages: Open Access

Abstract: This systematic review and meta-analysis aimed to examine the effect of regular breakfast consumption on weight change and energy intake in people living in high income countries. Of 13 included trials, seven examined the effect of eating breakfast on weight change, and 10 examined the effect on energy intake. This study concludes that the addition of breakfast might not be a good strategy for weight loss, regardless of established breakfast habit. Caution is needed when recommending breakfast for weight loss in adults, as it could have the opposite effect. Further randomised controlled trials of high quality are needed to examine the role of breakfast eating in the approach to weight management.

Websites [BMJ](#)



## HEALTH PROTECTION

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### 31. Immunisations: applying All Our Health

Author: PUBLIC HEALTH ENGLAND

Date: 03 January 2020

Abstract: Evidence and guidance to enable health and care professionals to promote the benefits of immunisation.

Websites [PHE](#)

### 32. UK immunisation schedule: the green book, chapter 11

Author: PUBLIC HEALTH ENGLAND

Date: 02 January 2020

Abstract: This chapter has been fully updated to reflect all the recent changes to the routine childhood immunisation schedule. The revised recommendations for administering more than one live vaccine, eligibility for the HPV programme and changes to the PCV schedule for infants have now been incorporated into this chapter.

Websites [PHE](#)

### 33. Herpes zoster (shingles) immunisation programme 2018 to 2019: evaluation reports

Author: PUBLIC HEALTH ENGLAND

Date: 02 January 2020

Abstract: Evaluation of the sixth year of the shingles vaccination programme in England from 2018 to 2019.

Websites [PHE](#)

### 34. Measles: the green book, chapter 21

Author: PUBLIC HEALTH ENGLAND

Date: 31 December 2019

Abstract: Measles is an acute viral illness caused by a morbillivirus of the paramyxovirus family. This chapter has been revised to include the updated epidemiology to 2018, the administration of MMR and other live vaccines and recommended intervals, rare and serious events, and advice for pregnant women sections.

Websites [PHE](#)

### 35. Flu vaccination: increasing uptake

Author: NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

Date: January 2020

Abstract: This quality standard covers increasing the uptake of flu vaccination among people who are eligible.

It describes high-quality care in priority areas for improvement.

Websites [NICE](#)

### **36. Sexualised drug taking among men who have sex with men: a systematic review**

Author: TOMKINS, A

Journal: Perspectives in Public Health Vol: 139 Part: 1: Pages: 23-33

Abstract: Sexualised drug taking is increasingly reported on national and international levels. This study aims to review existing evidence of the relationship between recreational drug use (RDU) and sexual intercourse among men who have sex with men (MSM). Of the 112 studies included, 38 of them specifically reported the prevalence of chemsex-related drug use. Links with sexualised drug taking and high-risk sexual practices including condomless sex and group sex were reported by several studies. Recreational drug use in the sexual setting appears linked to the acquisition of STIs, including hepatitis C, syphilis and gonorrhoea. Reports of adverse mental health outcomes are increasingly described, with several studies documenting chemsex-related inpatient admission. A paucity of research addressing barriers to those accessing specialist drug support services was identified. The study identifies the description of adverse mental health outcomes in the chemsex setting, thus highlighting the need for a multidisciplinary approach across specialties in the management of those adversely affected. Finally, it illuminates the need for future research into perceived barriers of those who require access to support services to ensure timely and comprehensive support provision.

Websites [Sage](#)



## **MATERNITY AND INFANTS**

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### **37. Saving Lives, Improving Mothers' Care: Lessons Learned to Inform Maternity Care from the UK and Ireland Confidential Enquiries into Maternal Deaths and Morbidity 2015-17**

Author: MBRRACE-UK

Date: 13 December 2019

Abstract: This report is the latest produced for the Maternal, Newborn and Infant Clinical Outcome Review Programme, run by the MBRRACE-UK collaboration. The authors analysed 2.3m pregnancies from 2015-2017 in the UK and Ireland. During that three year period, 209 women in the UK and Ireland died during their pregnancies or up to six weeks afterwards from pregnancy-related causes. This is equivalent to just over nine women per 100,000. The leading cause of maternal deaths in the UK is still cardiovascular disease, including heart attacks, heart failure and heart rhythm problems, and there has been no reduction in maternal deaths from heart related causes for more than 15 years. The authors of the report encourage women to be aware of the risks and symptoms of cardiovascular disease, and to seek help if they have chest pain or a racing heart, and also make healthcare professionals aware if anyone in their family has heart disease, or there is a history of sudden unexplained deaths at a young age (<40yr) in the family.

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

**38. Tuberculosis and pregnant women**

Author: PUBLIC HEALTH ENGLAND

Date: 17 December 2019

Abstract: Updated guidance for patients and the public and for clinical staff involved in treating pregnant women.

Websites [PHE](#)

**39. Should HbA1C be used to screen pregnant women for undiagnosed diabetes in the first trimester? A review of the evidence**

Author: BEYNON, C

Journal: Journal of Public Health: Early Online

Abstract: Diabetes in pregnancy is associated with miscarriage, stillbirth, congenital abnormalities, macrosomia and perinatal mortality. The demographics of the population becoming pregnant has changed (more obese and older women). More women are therefore entering pregnancy with undiagnosed diabetes. The aim of this study was to review the literature on HbA1c as a screening tool to identify undiagnosed diabetes in the first trimester of pregnancy. The initial search identified 319 papers, based on the inclusion and exclusion criteria eight papers were critically appraised. There is limited evidence on the use of HbA1c as a screening tool for undiagnosed diabetes in the literature during the first trimester of pregnancy. Although HbA1c is considered a useful test for diabetes in the non-pregnant population the hormonal and metabolic changes that occur in pregnancy mean that there are many limitations in pregnancy. Furthermore, HbA1c levels are affected by iron deficiency which is common in pregnancy. There is insufficient evidence to suggest a change in practice to include offering HbA1c screening for undiagnosed diabetes in the first trimester.

Websites [Oxford](#)

**40. Relationships between stress, demographics and dietary intake behaviours among low-income pregnant women with overweight or obesity**

Author: CHANG, M-W

Journal: Public Health Nutrition Vol: 22 Part: 6 Pages: 1066-1074

Abstract: This cross-sectional study aims to identify demographic risk factors associated with high stress and examine the relationships between levels of stress, demographics and dietary fat, fruit and vegetable intakes in low-income pregnant women with overweight or obesity. The findings show that women aged 35 years or older and who had high school or less education or were unemployed were significantly more likely to report high stress than women who were younger, had at least some college education or were employed/homemakers. However, race and smoking status were not associated with level of stress. Women with high stress reported significantly lower fruit and vegetable intakes but not fat intake than women with low stress. Women aged 35 years or older reported significantly higher vegetable but not fat or fruit intake than women who were 18–24 years old. Black women reported significantly higher fat but not fruit or vegetable intake than white women. Education, employment and smoking status were not significantly associated with dietary intake of fat, fruits and vegetables. The study concludes that nutrition counselling on reducing fat and increasing fruit and vegetable intakes may consider targeting women who are black or younger or who report high stress, respectively.

Websites [Cambridge](#)



## MENTAL HEALTH AND WELLBEING

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### 41. Mental health policy in England

Author: UNITED KINGDOM House of Commons Library  
Date: 07 January 2020

Abstract: Around one in four people in the UK suffer from a mental health problem each year. The NHS has set out that it wants to achieve “parity of esteem” between mental and physical health, in terms of access to services, quality of care and allocation of resources. This briefing looks at the current mental health strategy, reform of the Mental Health Act, waiting times and the use of force in mental health settings.

Websites [HoC - Publications](#); [Hoc - Briefing](#)

### 42. Measuring Progress: Commitments to Support and Expand the Mental Health Workforce in England

Author: BRITISH MEDICAL ASSOCIATION  
Date: 09 January 2020

Abstract: Findings in this report show that the recent commitments to support and expand the mental health workforce have fallen short of their goals. To assess progress against these commitments and identify where further action is required, this study analysed workforce data and conducted a survey of healthcare professionals working in the sector. This has helped us to build a picture of the state of the mental health workforce in England.

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

### 43. Associations between Unhealthy Weight-Loss Strategies and Depressive Symptoms

Author: CHAITOFF, A  
Journal: American Journal of Preventive Medicine Vol: 56 Part: 2: Pages: 241-250

Abstract: There appears to be a link between weight loss and improved mental health, but less is known about how using unhealthy weight-loss strategies impacts the odds of reporting depression. This study includes respondents from the National Health and Nutrition Examination Survey from 2005 to 2014 who attempted to lose weight over the past year. The sample included 6,765 respondents. The study concludes that unhealthy weight-loss strategies are associated with increased odds of depression. This may inform screening practices and public health messaging.

Websites [Science Direct](#)

### 44. Management of depression and referral of older people to psychological therapies: a systematic review of qualitative studies

Author: FROST, R  
Journal: British Journal of General Practice Vol: 69 Part: 680: Pages: e171-e181

Abstract: Depressive symptoms are common in later life and increase both the risk of functional and cognitive decline and the use of healthcare services. This systematic review and thematic synthesis of qualitative studies aims to explore how healthcare professionals (HCPs) manage older people in relation to depression and referrals to psychological therapies. In total, 27 studies, were included; these predominantly focused on the views of GPs and primary and community care nurses. Many HCPs felt that late-life depression was mainly



attributable to social isolation and functional decline, but treatments appropriate for this were limited. Clinicians perceived depression to have associated stigma for older adults, which required time to negotiate. Limited time in consultations and the complexity of needs in later life meant physical health was often prioritised over mental health, particularly in people with frailty. Good management of late-life depression appeared to depend more on the skills and interest of individual GPs and nurses than on any structured approach. In conclusion, mental ill health needs to be a more-prominent concern in the care of older adults, with greater provision of psychological services tailored to later life. This may facilitate future identification and management of depression.

Websites [BJGP](#)



## WIDER DETERMINANTS

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### 45. Making homelessness strategies happen

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 17 December 2019

Abstract: The Local Government Association (LGA) commissioned this guidance to offer advice and promote good practice for local authorities, in the drafting and issuing of homelessness strategies, in line with the measures set out in the Government's Rough Sleeping Strategy. This guidance sets out the current legal obligations on local housing authorities relating to homelessness strategies. The guidance also contains good practice (including case studies).

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

### 46. Learning Disability

Author: UNITED KINGDOM House of Commons Library

Date: 03 January 2020

Abstract: Over 1.2 million people in England have a learning disability. The Government and NHS England are working to reduce health inequalities for people with a learning disability and have established national programmes to improve treatment and outcomes. The *Government's Mandate to the NHS 2018-19* set an objective for the NHS to close the health gap between people with mental health problems, learning disabilities and autism and the population as a whole. This House of Commons Library briefing describes recent changes to policy and services for people with a learning disability in England.

Websites [HoC Library - Summary](#); [Hoc Library - Report](#)

### 47. Access to primary health care for asylum seekers and refugees: a qualitative study of service user experiences in the UK

Author: KANG, C

Journal: British Journal of General Practice Vol: 69 Part: 684: Pages: e537-e545

Abstract: Asylum seekers and refugees (ASR) face difficulty accessing health care in host countries. In 2017, NHS charges for overseas visitors were extended to include some community care for refused asylum seekers. There is growing concern that this will increase access difficulties, but no recent research has documented the lived experiences of ASR accessing UK primary health care. This study aims to examine ASR experiences

accessing primary health care in the UK in 2018. The qualitative data show that participants found primary care services difficult to navigate and negotiate. Dominant themes included language barriers and inadequate interpretation services; lack of awareness of the structure and function of the NHS; difficulty meeting the costs of dental care, prescription fees, and transport to appointments; and the perception of discrimination relating to race, religion, and immigration status. In conclusion, by centralising the voices of ASR and illustrating the negative consequences of poor healthcare access, this article urges consideration of how access to primary care in the UK can be enhanced for often marginalised individuals with complex needs.

Websites [BJGP](#)

#### **48. Is there a relationship between body mass index and academic achievement? A meta-analysis**

Author: JINBO, H

Journal: Public Health Vol: 167: Pages: 111-124

Abstract: The aim of this study was to quantitatively review the scientific evidence on the association between body mass index (BMI) and academic performance. Data from 60 selected studies (involving 164,049 participants) were extracted and analysed following procedures for meta-analysis. Using a random-effects meta-analysis model, a weak negative correlation between BMI and academic achievement was revealed. After conducting a series of moderator analyses, such a relationship was found to be significantly moderated by regions and students' study grades. BMI is weakly and negatively associated with academic achievement. For a better understanding of such a relationship, future studies are needed to explore whether there is a causal relationship and also explore whether there are other factors that potentially moderate such a relationship.

Websites [Science Direct](#)



### **OTHER**

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#### **49. Striving to deliver: NHS Providers winter briefing 2019/20**

Author: NHS PROVIDERS

Date: 20 December 2019

Abstract: Trust leaders are warning that they are more concerned than ever before about the level of risk they will need to manage for patients and their staff this winter. This briefing is an assessment of readiness looking into the areas of concern facing the NHS and the extensive planning that they and their local partners have put into place to mitigate this.

Websites [NHS Providers - Briefing](#); [NHS Providers - Press Release](#)

#### **50. Knife crime statistics**

Author: UNITED KINGDOM House of Commons Library

Date: 20 December 2019

Abstract: Knife crime is a persistent and worrying concern, especially as it impacts particularly upon young people and the disadvantaged, and various remedies have been tried over the years. This report looks at knife crime statistics including homicides, knife crime by police force area and hospital admissions.

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

