

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

24th 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

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ADULT SOCIAL CARE

1. Adult Social Care Statistics in England

Author: OFFICE FOR STATISTICS REGULATION

Date: January 2020

Abstract: The Office for Statistics Regulation (OSR) has published its finding from an in-depth review of Adult Social Care statistics in England. Adult social care is a large and important area which requires strong evidence to support effective policy development, delivery of care and personal choice. The review highlights three main areas for attention: Better leadership and collaboration; gaps in available data and improving existing official statistics.

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

2. Perception of integrated practice in home care services

Author: GUDNADOTTIR, M

Journal: Journal of Integrated Care Vol: 27 Part: 1: Pages: 73-82

Abstract: As a result of demographic changes, older people are increasingly living at home, with multi-morbidity and complex care needs. This calls for enhanced integration of homecare nursing and social services. The purpose of this qualitative study is to describe the clinical collaboration, scope and impact of integration from the perspective of staff in a setting identified as fully integrated. Findings show that although the homecare services studied were ostensibly fully integrated, the study showed that the process of integration was incomplete. Interdisciplinary coordination between nursing and social services team managers was described as strong and efficient, but weaknesses were identified in collaboration between care workers. They lacked acquaintance with one another, opportunities for communication and knowledge of the contribution of

members of other teams. They felt unclear about their own role in coordinated teamwork and lacked a shared vision. The findings highlight that integration does not automatically permeate between different levels of service. Time and space must be allowed for conversations between health and social service teams to promote integration.

Websites [Emerald](#)



CHILDREN, YOUNG PEOPLE & FAMILIES

3. Local authority support for children in need (England)

Author: UNITED KINGDOM House of Commons Library

Date: 13 January 2020

Abstract: This briefing provides information on the definition and identification of "children in need" as set out in the Children Act 1989, the assessment process, and the services available to children in need and their families in England.

Websites [HoC Library - Briefing](#); [Hoc Library - Press Release](#)

4. School meals and nutritional standards (England)

Author: UNITED KINGDOM House of Commons Library

Date: 10 January 2020

Abstract: This House of Commons Library briefing looks at the requirements on schools to provide nutritional meals, and the provision of free school meals.

Websites [HoC Library - Briefing](#); [HoC Library - Press Release](#)

5. No place to stay: Experiences of youth homelessness

Author: CENTREPOINT

Date: December 2019

Abstract: This report is based on the findings of a survey of 227 young people across England and Wales currently residing in homelessness accommodation, such as hostels, foyers and semi-independent flats. It highlights the experiences and challenges faced by young people experiencing hidden homelessness.

Websites [Centrepont](#)

6. Technology use and the mental health of children and young people

Author: ROYAL COLLEGE OF PSYCHIATRISTS

Date: January 2020

Abstract: This report explores the use of technology among children and young people. As well as looking at the impact of screen time, the area that most previous publications on this topic have focused on, this report also looks at the impact of different types of screen use on the mental health of children and young people including:

- negative content
- how vulnerable groups may be affected such as those with mental health problems and very young children
- potential for bullying and safeguarding issues
- the potential for addiction

The report also provides practical guidance to children and young people, parents and carers, clinicians and teachers on this issue. In addition, it makes recommendations, including a number aimed at government and technology companies so that the risks associated with the use of technology for this age group are robustly tackled at the same time as its benefits are maximised.

Websites [RCP - Report](#)

7. Separation of children in young offender institutions: A thematic review by HM Inspectorate of Prisons

Author: HM Inspectorate of Prisons

Date: 21 January 2020

Abstract: This inspection investigated outcomes for children separated from their peers in the five young offender institutions (YOIs) in England and Wales. This inspection carried out 85 interviews with separated children and the staff responsible for their care. It also looked in detail at the cases of 57 separated children. Findings show that many children separated from their peers in young offender institutions (YOIs) are effectively held in harmful solitary confinement, with little human contact and in conditions which risk damaging their mental health.

Websites [HM Inspectorate of Prisons - Report](#); [HM Inspectorate of Prisons - Press Release](#)

8. Child abuse extent and nature, England and Wales: year ending March 2019

Author: OFFICE FOR NATIONAL STATISTICS

Date: January 2020

Abstract: Child abuse in England and Wales, bringing together a range of different data sources from across government and the voluntary sector. Main points include:

- The Crime Survey for England and Wales (CSEW) estimated that one in five adults aged 18 to 74 years experienced at least one form of child abuse, whether emotional abuse, physical abuse, sexual abuse, or witnessing domestic violence or abuse, before the age of 16 years (8.5 million people).
- Many cases of child abuse remain hidden; around one in seven adults who called the National Association for People Abused in Childhood's (NAPAC's) helpline in the latest year had not told anyone about their abuse before.
- In the year ending March 2019, Childline delivered 19,847 counselling sessions to children in the UK where abuse was the primary concern; around 1 in 20 of the sessions resulted in a referral to external agencies.
- At 31 March 2019, 49,570 children in England and 4,810 children in Wales were looked after by their local authority because of experience or risk of abuse or neglect.
- Around half of adults (52%) who experienced abuse before the age of 16 years also experienced domestic abuse later in life; compared with 13% of those who did not experience abuse before the age of 16 years.

Websites [ONS](#)

9. Adolescent-led strategies within the home to promote healthy eating and physical activity

Author: FOLEY, B.C

Journal: Health Education Journal Vol: 78 Part: 2: Pages: 138-148

Abstract: This study aimed to identify barriers, facilitators and potential intervention strategies for adolescents to use within the home to promote healthy eating and active living. Peer leaders (aged 15–16 years) from five secondary schools in Sydney, Australia, were invited to participate. All peer leaders attending school on the day of the discussion groups participated in this study. They identified a variety of barriers and facilitators for each of the priority behaviours. From the adolescent-generated strategies, such as not having sugary drinks in the fridge, making a routine and cooking or being active with the whole family, three main themes emerged: 'improving time management', 'using social activities to engage family members' and 'changing access and availability'. In conclusion, the strategies suggested by peer leaders in this study add to the limited literature of potential low-intensity interventions which young people can use to enable healthy lifestyle change in their home environment.

Websites [Sage](#)

10. Predisposing, reinforcing and enabling factors for physical activity in boys and girls from socially disadvantaged communities

Author: NOONAN, R.J

Journal: Health Education Journal Vol: 78 Part: 2: Pages: 149-162

Abstract: This cross-sectional study investigated relative associations between physical activity and selected predisposing, reinforcing and enabling factors among 9- to 10-year-old children from socially disadvantaged communities and examined the extent to which these associations varied by sex. A total of 194 children (107 girls) completed measures of stature, body mass, waist circumference and cardiorespiratory fitness. Physical activity, physical activity self-efficacy, perceived physical competence and parental physical activity support were self-reported. Findings show that boys' physical activity was positively associated with parental physical activity support and perceived physical competence, whereas girls' physical activity was positively associated with parental physical activity support and physical activity self-efficacy. Sex-specific mediation analyses revealed that perceived physical competence and physical activity self-efficacy partially mediated the association between parental physical activity support and boys' and girls' physical activity, respectively. In conclusion, as parents influence child physical activity directly and indirectly their involvement in future child physical activity intervention programmes is essential. Formative research with parents living in socially disadvantaged communities is warranted to explore the range and interaction of challenges they face to support different modes of physical activity participation for their children.

Websites [Sage](#)

11. Relationship between musculoskeletal disorders and physical inactivity in adolescents

Author: AKTURK, S

Journal: Journal of Public Health Vol: 27 Part: 1: Pages: 49-56

Abstract: This study aims to determine the correlation between musculoskeletal system disorders (MSDs) and the physical activity levels of adolescents. A total of 417 high school students were included in this cross-sectional study. The standardised Nordic musculoskeletal questionnaire showed that 57.3% of the students reported having musculoskeletal disorders in one or more body parts, and 52.2% of them consisted of girls. The findings have shown that the prevalence of MSDs was high among high school students, with a correlation being found between low physical activity and back pain. Physical activity levels should hence be considered when evaluating adolescents with musculoskeletal disorders.

Websites [Springer](#)

12. Studies on the influence of breakfast on the mental performance of school children and adolescents

Author: ZIPP, A

Journal: Journal of Public Health Vol: 27 Part: 1: Pages: 103–110

Abstract: This study determines the influences of breakfast in school on the cognitive abilities of pupils including the factors age, breakfast at home and socioeconomic status (SES). One thousand one hundred eighty-one children and adolescents aged 8 to 18 years (9 primary and 4 secondary schools in Germany) participated in a crossover design. The comprehensive evaluation of all assigned test foods shows a significant

improvement in the mental performance for all test parameters. The measured improvement of mental performance increases with the age of the subjects. This is based on the decreasing percentage of children having breakfast at home. Breakfasting at home proves generally more effective compared with breakfast at school. The test food consumed suggests an important difference in the increase of mental performance as a function of their composition. In conclusion, based on the results obtained, it is highly recommended to offer breakfast at school, particularly at the secondary school level.

Websites [Springer](#)

13. The effects of family dysfunction trajectories during childhood and early adolescence on sleep quality during late adolescence: Resilience as a mediator

Author: CHANG, L-Y

Journal: Social Science & Medicine Vol: 222: Pages: 162-170

Abstract: Sleep quality has been linked to several behavioural and psychological problems. This study investigates the effects of heterogeneous trajectories of family dysfunction on sleep quality in adolescents and examines whether resilience mediates these associations. Data came from 2280 adolescents participating in a longitudinal study across grades 2 through 11 in northern Taiwan. Multiple linear regression was applied to examine the associations between family dysfunction trajectories and sleep quality. Mediation analysis was conducted to test whether resilience mediates the associations examined. The study concludes that family dysfunction conferred risks for poor sleep quality in adolescents and the negative effects, in part, were through decreasing resilience. Interventions to improve sleep quality in adolescents by targeting family function may be more effective when incorporating resilience.

Websites [Science Direct](#)

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

Author: FITZSIMONS, E

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

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

Websites [Science Direct](#)



15. Investigation into lack of timely monitoring of patients with glaucoma

Author: HEALTHCARE SAFETY INVESTIGATION BRANCH

Date: 09 January 2020

Abstract: Lack of timely follow-up for glaucoma patients is a recognised national issue across the NHS. Research suggests that around 22 patients a month will suffer severe or permanent sight loss as a result of the delays. The report highlights the case of a 34-year old woman who lost her sight as a result of 13 months of delays to follow-up appointments. The report highlights that there are innovative measures implemented by some trusts that have reduced the risk, but this good practice is yet to be implemented more widely. The report makes several safety recommendations focused on the management and prioritisation of appointments.

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

16. Mortality Profile: January 2020

Author: PUBLIC HEALTH ENGLAND

Date: 14 January 2020

Abstract: The profile brings together a selection of mortality indicators from other PHE data tools, including the Public Health Outcomes Framework, making it easier to assess outcomes across a range of causes of death. The following indicators have been updated with data for 2016 to 2018:

- under 75 mortality rate for all causes
- under 75 mortality rate from heart disease
- under 75 mortality rate from stroke
- under 75 mortality rate from breast cancer (females only)
- under 75 mortality rate from colorectal cancer
- under 75 mortality rate from injuries

Websites [PHE](#)

17. Delivering the Dementia Moonshot: A Plan to find Life-Changing Treatments

Author: ALZHEIMER'S RESEARCH UK

Date: January 2020

Abstract: This plan outlines the steps Alzheimers Research UK believe the government must take to deliver its Moonshot ambition of finding a life-changing treatment for dementia. These are:

- Find ways to detect the diseases that cause dementia 10-15 years earlier, to broaden the search for new treatments and intervene with those most at risk of developing dementia.
- Find ways to more effectively validate novel targets in early drug development to maximise chances of successful clinical trials.
- Make the UK the best place to conduct clinical dementia research.
- Expand research infrastructure to maintain the UK's position as a world leader in dementia research.
- Further our understanding of dementia risk reduction and prevention and dementia in the context of multi-morbidities.
- Develop robust prevalence data for dementia to further our knowledge of the impact of dementia across our society.

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

18. Do cardiovascular disease prevention programs in northern Sweden impact on population health? An interrupted time series analysis

Author: SEBASTIAN, M

Journal: BMC Public Health Vol: 19: Pages: 199

Abstract: Cardiovascular disease (CVD) is the main cause of morbidity and mortality in Sweden. This study aims to assess the impact of a CVD intervention implemented in 1993 in northern Sweden on the reduction of premature ischemic heart disease (IHD) morbidity and mortality in women and men during the period 1987–2013. Findings show impressive reductions on IHD premature morbidity and mortality were observed to a similar degree in both the intervention county and the other comparison counties across the last 27 years. Significant differences in the pre-post intervention trends indicating the intervention group had smaller reductions than expected from its pre-intervention trend and the trend of control counties were found among men for both IHD morbidity and mortality. A similar pattern was observed among women but without significant differences. The study concludes that taken together, the data do not support that the intervention has contributed to an additional reduction on IHD morbidity and mortality, above and beyond that which is already seen in neighbouring counties without similar programs.

Websites [BioMed](#)

19. Trends in survival after a diagnosis of heart failure in the United Kingdom 2000-2017: population based cohort study

Author: TAYLOR, C.J

Journal: British Medical Journal Vol: 364: Pages: 1223

Abstract: The aim of this population based cohort study is to report reliable estimates of short term and long term survival rates for people with a diagnosis of heart failure and to assess trends over time by year of diagnosis, hospital admission, and socioeconomic group. Using UK primary care data from 2000 to 2017 linked to hospital and mortality records, researchers at the Nuffield Department of Primary Care Health Sciences in Oxford compared survival rates for 55,959 patients aged 45 and over with a new diagnosis of heart failure with 278,679 matched controls. The study concludes that survival after a diagnosis of heart failure has shown only modest improvement in the 21st century and lags behind other serious conditions, such as cancer. New strategies to achieve timely diagnosis and treatment initiation in primary care for all socioeconomic groups should be a priority for future research and policy.

Websites [BMJ](#)

**HEALTH IMPROVEMENT**

20. Local Alcohol Profiles for England: January 2020 data update

Author: PUBLIC HEALTH ENGLAND

Date: 14 January 2020

Abstract: This is the latest Local Alcohol Profile for England (LAPE) update. The LAPE interactive tool presents a range of alcohol-related indicators and allows users to view and analyse data in a user-friendly format. The aim of the profile is to provide information for local government, health organisations, commissioners and other agencies to monitor the impact of alcohol on local communities, and to monitor the services and initiatives that have been put in place to prevent and reduce the harmful impact of alcohol. This release includes new data for the following indicator:

- years of life lost due to alcohol-related conditions

Websites [PHE](#)

21. Productive healthy ageing profile: January 2020 update

Author: PUBLIC HEALTH ENGLAND

Date: 14 January 2020

Abstract: This tool provides data and further information on a wide range of topics relevant to healthy ageing. Indicators can be examined at local, regional or national level. The aim of this tool is to support PHE productive healthy ageing policy and inform public health leads and the wider public health system about relevant key issues. This release contains updated indicators based on data published by external partner organisations relating to:

- older people receiving winter fuel allowance
- adult social care support for older people
- social isolation in older adult social care service users and older carers
- older people access to psychological therapies

Websites [PHE](#)

22. Cervical screening: standards report 2018 to 2019

Author: PUBLIC HEALTH ENGLAND

Date: 13 January 2020

Abstract: Report on cervical screening programme standards in England including trend data where available. These standards contribute to assessing the quality of the cervical screening programme across England. Publishing the data makes sure stakeholders and the public have access to reliable and timely information on the quality and performance of the screening programme.

Websites [PHE](#)

23. Toolkit: Article 5.3 of the WHO Framework Convention on Tobacco Control

Author: ASH

Date: 17 January 2020

Abstract: The World Health Organisation Framework Convention on Tobacco Control (FCTC) is the world's first global health treaty. It is designed to help countries work to eliminate the harm caused by tobacco. Article 5.3 is a key element of the treaty. It is intended to protect public health policy from the influence of the tobacco industry. It reads:

"In setting and implementing their public health policies with respect to tobacco control, Parties shall act to protect these policies from commercial and other vested interests of the tobacco industry in accordance with national law."

This toolkit sets out a road map of actions local authorities should take to ensure that local policy is adequately protected from the vested interests of the tobacco industry.

Websites [ASH - Toolkit](#)

24. Smoking prevalence trends by occupation group in health survey for England

Author: CANCER RESEARCH UK

Date: December 2019

Abstract: Smoking prevalence is declining however the rate of decline may not be equal across occupational groups. This report compares the pace of change in smoking prevalence from 2001 to 2015, between routine and manual (R&M) versus managerial and professional (M&P) workers, and the economic impact of smoking in both groups.

Websites [Cancer Research UK](#)

25. Health matters: physical activity - prevention and management of long-term conditions

Author: PUBLIC HEALTH ENGLAND

Date: 23 January 2020

Abstract: One in 3 adults in England live with a long-term health condition and they are twice as likely to be amongst the least physically active. This edition of Health Matters focuses on the benefit of physical activity for the prevention and management of long-term conditions in adults.

Websites [PHE](#)

26. Association between Health Behaviours and Family History of Cancer According to Sex in the General Population

Author: HWANG, M

Journal: American Journal of Preventive Medicine Vol: 56 Part: 3: Pages: 393-403

Abstract: Family history of cancer and modifiable risk factors are each associated with cancer development. This study aimed to examine modifiable risk factors in individuals with a family history of cancer compared with those without a family history of cancer, according to sex. The study recruited 166,810 participants aged 40–79 years from Korea's Health Examinee Study cohort between 2004 and 2014. Findings show that the prevalence of modifiable cancer risk factors, including current smoking, drinking alcohol, physical inactivity, obesity, and abdominal obesity, were different according to the presence of a family history of cancer, cancer type of such a family history, and sex. Male participants with a family history of cancer were less likely to be current smokers or obese than those without a family history of cancer, whereas female participants with a family history of cancer were more likely to be current smokers but less likely to be physically inactive than those without a family history of cancer. This study's findings suggest that, in general, males with a family history of cancer show better health behaviours, whereas females with a family history of cancer demonstrate worse health behaviours.

Websites [Science Direct](#)

27. Physical Activity Levels and New Public Transit: A Systematic Review and Meta-analysis

Author: XIAO, C

Journal: American Journal of Preventive Medicine Vol: 56 Part: 3: Pages: 464-473

Abstract: Physical inactivity is a public health concern as it contributes to the rising burden of non-communicable diseases. Introducing new public transportation options, such as extending or building new light rail or bus rapid transit stations, could encourage commuters to walk to and from public transit stops, thus increasing their physical activity levels. Despite previous research generally finding positive associations between public transit usage and physical activity levels, few have summarized the association between introducing new public transportation options and different intensities of physical activity. This study aimed to systematically review the current evidence and perform a meta-analysis on this association. Results suggest that building new public transit options is associated with a statistically significant increase in light to moderate physical activity levels by 1.76 MET hours/week. This is equivalent to increasing walking and other light to moderate physical activity by about 30 minutes per week, relative to baseline. No significant effect was found for the moderate to vigorous physical activity outcome. In conclusion the results show new public transit options can substantially contribute to increasing low- to moderate-intensity exercise levels, which has the potential to improve health on a population scale.

Websites [Science Direct](#)

28. Effect of diet with or without exercise on abdominal fat in postmenopausal women – a randomised trial

Author: VAN GEMERT, W

Journal: BMC Public Health Vol: 19: Pages: 174

Abstract: In this study the effect of equivalent weight loss with or without exercise on (intra-) abdominal fat in postmenopausal women in the SHAPE-2 study was assessed. The SHAPE-2 study is a three-armed randomised controlled trial conducted in 2012–2013 in the Netherlands. Postmenopausal overweight women were randomized to a diet, exercise plus diet or control group. Both intervention groups aimed for equivalent weight loss (6–7%) following a calorie-restricted diet (diet group) or a partly supervised intensive exercise programme (4 h per week) combined with a small caloric restriction (exercise plus diet group). Outcomes after 16 weeks are amount and distribution of abdominal fat, measured by magnetic resonance imaging (MRI) with the use of the three-point IDEAL Dixon method. The study concluded that weight loss of 6–7% with diet or with exercise plus diet reduced both subcutaneous and intra-abdominal fat. Only subcutaneous fat statistically significantly reduced to a larger extent when exercise is combined with a small caloric restriction.

Websites [BioMed](#)

29. Final Results of the Prospective FH02 Mammographic Surveillance Study of Women Aged 35–39 at Increased Familial Risk of Breast Cancer

Author: EVANS D.G

Journal: E Clinical Medicine: Vol 7: Pages 39-46

Abstract: Many women who are at increased risk of breast cancer due to a mother or sister diagnosed with breast cancer aged under 40 do not currently qualify for surveillance before 40 years of age. There are almost no available data to assess whether mammography screening aged 35–39 years would be effective in this group, in terms of detection of breast cancer at an early stage or cost effective. A cohort screening study (FH02) with annual mammography was devised for women aged 35–39 to assess the sensitivity and screening performance and potential survival of women with identified tumours. 2899 women were recruited from 12/2006–12/2015. The study concludes that mammography screening aged 35–39 years detects breast cancer at an early stage and is likely to be as effective in reducing mortality as in women at increased breast cancer risk aged 40–49 years.

Websites [Lancet](#)

30. Motivation for movement: Influences for walking event participation

Author: BEAUCHEMIN, J. D

Journal: Health Education Journal Vol: 78 Part: 2: Pages: 111-123

Abstract: There is widespread evidence of the health and wellness benefits associated with moderate physical activity, and lack of engagement with these behaviours remains a significant contributor to the burden of chronic disease in the US adult population. This study explored motivational influences on personal adherence to physical activity by examining the factors related to the behaviours of participants in an organised walking event. Findings revealed different intrinsic (competence, enjoyment and social) and extrinsic (fitness and appearance) motivational influences on participation in walking events that varied based upon demographic characteristics. In conclusion, motives for participation in walking events, as a mode of health promotion, are influenced by demographic characteristics and health states, and may be relevant for focused efforts to promote engagement with physical activity programming.

Websites [Sage](#)

31. Gender differences in relationships between sociodemographic factors and e-cigarette use with smoking cessation: 2014–15 current population survey tobacco use supplement

Author: ABRAMS, L

Journal: Journal of Public Health: Early Online

Abstract: There is conflicting evidence regarding whether men and women are equally likely to quit smoking. This study assessed whether gender differences in smoking cessation varied between different

sociodemographic groups and across e-cigarette use. The 2014–15 cross-section of the Current Population Survey Tobacco Use Supplement was weighted to represent the US adult population of current/former smokers. Log binomial models tested whether gender modified the relationships between race/ethnicity, education, income or e-cigarette use and 90-day smoking cessation in the past year. The findings show that gender was not associated with cessation in adjusted models. There were no statistically significant interactions between gender and sociodemographic covariates. Current e-cigarette use was associated with higher cessation, and the association varied by gender.. While male e-cigarette users had a 15% predicted cessation in the past year, female users had a 9% predicted cessation. Probability of cessation for female e-cigarette users was not different from non-users. These findings suggest that there are no gender differences in smoking cessation in the USA overall, or by sociodemographic groups. Current e-cigarette use is associated with higher likelihood of recent successful smoking cessation, particularly for men.

Websites [Oxford Journals](#)



HEALTH PROTECTION

32. Weekly national flu reports: 2019 to 2020 season

Author: PUBLIC HEALTH ENGLAND

Date: 09 January 2020

Abstract: National influenza reports, tracking seasonal flu and other seasonal respiratory illnesses in the UK. This update is for 9th January 2020. The report shows that seasonal flu activity remains high but is decreasing in secondary care. Vaccine uptake in some groups continues to be lower than last year, but it is still available at GP surgeries and pharmacies.

Websites [PHE](#)

33. HIV in the UK: towards zero HIV transmissions by 2030

Author: PUBLIC HEALTH ENGLAND

Date: 16 January 2020

Abstract: This report shows that thanks to increases in HIV testing, fewer people remain unaware of their HIV status. The scale-up of combination prevention (which includes the use of condoms, HIV testing in a wide range of settings, starting antiretroviral therapy (ART) as soon as possible if positive, and the availability of Pre-exposure Prophylaxis (PrEP) for those who are negative) across the UK is working. The goal of eliminating HIV transmission by 2030 depends upon sustaining prevention efforts and further expanding them to reach all at risk.

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

34. Hepatitis C in London: annual reports

Author: PUBLIC HEALTH ENGLAND

Date: 21 January 2020

Abstract: The aim of these reports is to describe the epidemiology of hepatitis C in London. This update includes the 2019 report. They provide updates on trends, areas of high burden of disease and at risk population groups, and identify opportunities for interventions to reduce disease burden.

Websites [PHE](#)

35. Monthly Legionella Report December 2019

Author: PUBLIC HEALTH ENGLAND

Date: 22 January 2020

Abstract: Analysis of pneumonic cases of Legionnaires' disease in England and Wales, as part of the national surveillance scheme.

Websites [PHE](#)



MATERNITY AND INFANTS

36. A Primary Care Intervention to Prevent Repeat Pregnancy among Teen Mothers

Author: LEWIN, A

Journal: American Journal of Preventive Medicine Vol: 56 Part: 3: Pages: 404-410

Abstract: The purpose of this study is to determine the effectiveness of a patient-centered medical home intervention for teen parent families in reducing rates of unintended repeat pregnancy in the first 2 years postpartum. A prospective quasi-experimental evaluation was conducted with 98 African American, low-income, teen mother participants who received either the intervention or standard pediatric primary care. All participants completed structured interviews at baseline and at follow-ups 12 and 24 months later. The main effect of the intervention on lower rates of repeat pregnancy was mediated by higher rates of contraceptive use. Depression was associated with higher odds of repeat pregnancy, but did not appear to mediate the intervention effect. In conclusion, this comprehensive and integrated model of care for teen parents may be an effective method to prevent rapid repeat pregnancies in this vulnerable population.

Websites [Science Direct](#)

37. Mother's mental health after childbirth: Does the delivery method matter

Author: TONEI, V

Journal: Journal of Health Economics Vol: 63: Pages: 1-222

Abstract: The dramatic increase in the utilization of caesarean section has raised concerns on its impact on public expenditure and health. While the financial costs associated with this surgical procedure are well recognized, less is known on the intangible health costs borne by mothers and their families. This study contributes to the debate by investigating the effect of unplanned caesarean deliveries on mothers' mental health in the first nine months after the delivery. The study accounts for the unobserved heterogeneity due to the fact that mothers who give birth through an unplanned caesarean delivery may be different than mothers who give birth with a natural delivery. The findings show that mothers having an unplanned caesarean section are at higher risk of developing postnatal depression and this result is robust to alternative specifications.

Websites [Science Direct](#)

38. Smoking during pregnancy, stigma and secrets: Visual methods exploration in the UK

Author: GRANT, A

Journal: Women and Birth: Vol 33: Part: 1: Pages: 70-76

Abstract: Moral judgements are commonly directed towards mothers through reference to health behaviour in pregnancy, and working-class mothers are particularly subject to this moral gaze. The aim of this study was to gain an in-depth understanding of the health issues affecting 10 low income pregnant women from deprived areas of south Wales, UK. Participants completed visual activities (timelines, collaging or thought bubbles and dyad sandboxing) prior to each interview. Smoking was discussed at length during interviews, and this paper focuses on this issue alone. Five of the participants had smoked during pregnancy. Negative reactions were directed towards pregnant women who smoked in public, resulting in maternal smoking being undertaken in private. Participants also reported awkward relationships with midwives and other health professionals, including receipt of public health advice in a judgemental tone. Smoking during pregnancy is a particularly demonised and stigmatised activity. In conclusion the stigma from friends, family, strangers and health professionals may lead to hidden smoking. This is a barrier to women obtaining evidence based stop smoking support.

Websites [Science Direct](#)



MENTAL HEALTH AND WELLBEING

39. Beyond Parity of Esteem: Achieving Parity of Resource, Access and Outcome for Mental Health in England

Author: BRITISH MEDICAL ASSOCIATION

Date: 09 January 2020

Abstract: Mental health services remain a long way behind most physical health services in terms of their resourcing, patient ability to access care and overall patient outcomes. This report outlines the BMAs findings about the state of mental health in England and recommendations for improvements. Key findings from the report include:-

- Under a third of children with mental health problems in England are able to access the care they need.
- Those with a severe mental illness in England on average die 15 to 20 years earlier than the general population.
- Suicide is the leading cause of death among young people in the UK aged 20-34 years, and for men in the UK aged under 50.

The report sets out several recommendations.

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

40. Mental Health Funding and Investment: A Digest of Issues

Author: NHS PROVIDERS

Date: 16 January 2020

Abstract: Despite progress over recent years to increase investment in NHS mental health services. This briefing warns that the provision of mental health services is not being prioritised across the whole of the NHS. This is despite the significant progress that has been made by the sector to innovate and transform services, and improve people's access to care and the quality of care they receive.

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

41. Determinants of mental health

Author: CENTRE FOR MENTAL HEALTH
Date: 21 January 2020

Abstract: The Commission for Equality in Mental Health was set up by Centre for Mental Health to investigate inequalities in mental health in the UK and produce policy and practice proposals to tackle them. This briefing explores why some groups of people have a much higher risk of mental ill health than others and what can be done to reduce the disparities. Findings show that mental health inequalities are closely linked to wider injustices in society. Inequalities in wealth, power and voice are linked to poorer mental health. Exclusion, discrimination, violence and insecurity all increase our risk of poor mental health and explain why some groups of people face markedly higher rates of mental ill health than others. The briefing explores actions that can be taken, from communities and local services to national policies, to reduce mental health inequalities. They include action to reduce income inequality, housing insecurity and poor working conditions as well as changes to education and the provision of early years support to families.

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

42. Lettuce be happy: A longitudinal UK study on the relationship between fruit and vegetable consumption and well-being

Author: OCEAN, N
Journal: Social Science & Medicine Vol: 222: Pages: 335-345

Abstract: While the role of diet in influencing physical health is now well-established, some recent research suggests that increased consumption of fruits and vegetables could play a role in enhancing mental well-being. This study aims to add to the emerging literature on the relationship between fruit and vegetable consumption and well-being by using longitudinal data from a study in the United Kingdom (UK). Fixed effects regressions show that mental well-being (GHQ-12) responds in a dose-response fashion to increases in both the quantity and the frequency of fruit and vegetables consumed. This relationship is robust to the use of subjective well-being (life satisfaction) instead of mental well-being. A hump-shaped relationship between fruit and vegetable consumption and age is also documented. In conclusion the findings provide further evidence that persuading people to consume more fruits and vegetables may not only benefit their physical health in the long-run, but also their mental well-being in the short-run.

Websites [Science Direct](#)



WIDER DETERMINANTS

43. Community-centred public health: taking a whole system approach

Author: PUBLIC HEALTH ENGLAND
Date: 14 January 2020

Abstract: To reduce widening and persistent health inequalities, a radical shift is needed to put communities at the heart of public health. Building healthy, resilient, connected and empowered communities is an important way of improving the health of the population. This briefing summarises the key elements, core values and principles that are needed to make a shift to whole system approaches to community-centred public health. It is intended for use by local authority, NHS and voluntary & community sector (VCS) decision makers, who can adopt these recommendations to:

- improve the effectiveness and sustainability of action to build healthy communities
- embed community-centred ways of working within whole systems action to improve population health

Websites [PHE](#)

44. QualityWatch: Quality and Inequality

Author: NUFFIELD TRUST

Date: 23 January 2020

Abstract: This research undertaken by QualityWatch, a joint Nuffield Trust and Health Foundation programme, has looked at 23 measures of healthcare quality to see how these are affected by deprivation. The research has found that people living in the most deprived areas of England experience a worse quality of NHS care and poorer health outcomes than people living in the least deprived areas. These include spending longer in A&E and having a worse experience of making a GP appointment.

Websites [Nuffield Trust - Report](#); [Nuffield Trust - Press Release](#)



OTHER

45. Hindsight 2020: Lessons on setting targets in health and social care

Author: NUFFIELD TRUST

Date: 08 January 2020

Abstract: After the 2015 general election, the NHS and social care were set a number of targets on where they needed to be by 2020. Now that year has started, this briefing looks at how they have fared over that time, looking at a sample of key targets. Which have been met, which are being missed, and which by now no longer exist? The briefing then looks at the lessons that need to be learned.

Websites [Nuffield Trust - Briefing](#); [Nuffield Trust - Press Release](#)

46. The English local government public health reforms: An independent assessment

Author: BUCK, D

Date: 13 January 2020

Abstract: This independent report was commissioned by the Local Government Association (LGA) in order to understand the impact and implications of the 2013 public health reforms which transferred responsibility for the commissioning and provision of some services to local government from the NHS. The report looks at the effects of the reforms in both the short and longer term and looks at the impact of the changes, which have brought opportunities for innovation and integration, as well as challenges, at a time when funding for public health has been cut. The author then takes a look into the future and the implications for public health in the context of the NHS long term plan, the government's prevention consultation and the wider shift to population health systems.

Websites [King's Fund - Report](#); [King's Fund - Press Release](#)

47. The Burden of Disease in England compared with 22 peer countries: A report for NHS England

Author: PUBLIC HEALTH ENGLAND

Date: 17 January 2020

Abstract: All the data in this paper are taken from Global Burden of Disease Study 2017. The data set out in the document were made available to NHS England when producing their 10-year plan. The document compares England to 22 other countries, and sets out:

- the relative position of England compared with 22 international peers in relation to the major disease burdens
- which diseases and risk factors in England are or are not improving
- diseases and risks improving at a faster, or slower rate compared to peer countries.

The paper compares England with both EU and non-EU countries.

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

48. Deaths in prison: A national scandal

Author: INQUEST

Date: 22 January 2020

Abstract: This report offers unique insight and analysis into findings from 61 prison inquests in England and Wales in 2018 and 2019. The report details safety failures including mental and physical healthcare, communication systems, emergency responses, and drugs and medication. It also looks at the wider statistics and historic context. The report sets out recommendations to improve safety and prevent future deaths including:

- a new national oversight mechanism, to monitor and enforce the implementation of recommendations from investigations, inquests and inquiries on state related deaths,
- significantly reducing the prison population,
- reallocating resources from criminal justice to community-based health and welfare services

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

49. Exploring the contribution of social enterprise to health and social care: A realist evaluation

Author: CALO, F

Journal: Social Science & Medicine Vol: 222: Pages: 154-161

Abstract: Social enterprises have been increasingly utilised as a means of delivering of health and social care services. There is little evidence on if, and how, provision by social enterprise might achieve positive health outcomes, particularly in comparison to other modes of delivery. This paper draws upon the multiple perspectives offered by stakeholders involved in a rural social enterprise initiative based in Scotland, UK, and in a nearby comparator public sector organisation. Both types of organisation aim to increase the physical activity levels of people with chronic health conditions. In order to gain perspectives on the range of mechanisms and outcomes involved in different types of organisation providing similar interventions, realist evaluation of data gathered from in-depth semi-structured interviews was undertaken. The findings highlight that the social enterprise is differentiated from the publicly-run service in two distinct ways: firstly, the social enterprise was better able to flexibly deliver a bespoke programme designed around the needs of service users; and secondly, their role as a community 'boundary spanner' helped facilitate strong ties and feelings of connectedness between beneficiaries, organisational staff and community stakeholders. However, these advantages were significantly compromised when funding was constrained. The findings serve as an important basis for future research to better understand the means by which social enterprises might deliver health outcomes, particularly in comparison with public sector providers.

Websites [Science Direct](#)