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

7th February 2020

Please click on links below to take you to relevant sections or articles

Use Ctrl-Home to return to the contents

ADULT SOCIAL CARE

1. Ownership in Social Care: Why it Matters and what can be done
2. Sector Pulse Check: The Impact of the Changes to the Social Care Sector in 2019
3. Unmet need for social care among older people
4. Older adults neglected by their caregivers: vulnerabilities and risks identified in an adult protective services sample

CHILDREN, YOUNG PEOPLE & FAMILIES

5. Depression in Young People
6. The Troubled Families programme (England)
7. Child development outcomes at 2 to 2 and a half years: 2019 to 2020
8. The state of children's mental health services
9. Building resilience: how local partnerships are supporting children and young people's mental health and emotional wellbeing
10. Bullying in UK Schools
11. The multi-agency response to child sexual abuse in the family environment
12. Futureproofing Community Children's Nursing
13. Influences on diet and physical activity choices of 11–13-year-olds in a school setting
14. Changes in millennial adolescent mental health and health-related behaviours over 10 years: a population cohort comparison study
15. The epidemiology of trauma and post-traumatic stress disorder in a representative cohort of young people in England and Wales

COMMISSIONING AND ECONOMICS

Delivering for Croydon | **CROYDON** www.croydon.gov.uk

16. Older adults: cost-effective commissioning

17. Health economics: a guide for public health teams

18. Thinking differently about commissioning: learning from new approaches to local planning

HEALTH CARE PUBLIC HEALTH

19. Colorectal cancer

20. Access Matters: Achieving Universal Access to Optimal Lung Cancer Care in the UK

21. Palliative and end of life care profiles: February 2020 data update

HEALTH IMPROVEMENT

22. Smoking prevalence in adults - current smokers aged 18 to 64 by socio - economic group

23. Early Diagnosis Matters: Making the Case for the Early and Rapid Diagnosis of Lung Cancer

24. Local Alcohol Profiles for England: February 2020 data update

25. Ramblers Walking for Health

26. Psychological and social outcomes of sport participation for older adults: a systematic review

27. Randomised controlled trial comparing uptake of NHS Health Check in response to standard letters, risk-personalised letters and telephone invitations

28. Is interval training the magic bullet for fat loss? A systematic review and meta-analysis comparing moderate-intensity continuous training with high-intensity interval training (HIIT)

29. Forever young? An analysis of the factors influencing perceptions of ageing

30. Health promotion interventions for older people living alone: a systematic review

HEALTH PROTECTION

31. Increasing uptake for vaccinations: maximising the role of councils

32. Laboratory reports of hepatitis A infections in England and Wales, July to September 2019

33. Laboratory reports of hepatitis C (England and Wales): July to September 2019

34. Gastrointestinal infections: guidance for public health management

35. The State of the Nation: Sexually Transmitted Infections in England

36. Coronavirus: latest information and advice

MATERNITY AND INFANTS

37. Breastfeeding at 6 to 8 weeks after birth: 2019 to 2020 quarterly data

38. Health visitor service delivery metrics: 2019 to 2020

39. The interaction between maternal smoking, illicit drug use and alcohol consumption associated with neonatal outcomes

MENTAL HEALTH AND WELLBEING

40. Monitoring the Mental Health Act in 2018/19

WIDER DETERMINANTS

41. People with learning disabilities in England

42. Food Banks in the UK

43. Statutory Homelessness in England

44. Violence in London: what we know and how to respond

45. Analysis of statutory reviews of homicides and violent incidents

46. Exposure to domestic violence and abuse and consultations for emergency contraception: nested case-control study in a UK primary care dataset

OTHER

47. Public health outcomes framework: February 2020 data update

48. Evaluating digital health products

49. Population Health Management: Understanding how integrated care systems are using population health management to improve health and wellbeing

50. Evaluating the Integration of Health and Social Care

51. Behavioural insights: public health

52. Public health delivery in the information age: the role of informatics and technology

Please note:

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

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

Registering for an Athens account
This can be done via https://register.athensams.net/nhs/nhseng/ or http://www.scie.org.uk/myscie/accnew

ADULT SOCIAL CARE

1. **Ownership in Social Care: Why it Matters and what can be done**

Author: NEW ECONOMICS FOUNDATION
Date: January 2020

Abstract: According to this report, if government increases funding for adult social care, care users and workers should benefit rather than the owners of increasingly large private firms. The report argues that the crisis of care is not only one of funding, but also of provision, with most services run for private profit and increasingly by globalised chains. The report sets out a number of recommendations for national and local government to support the development of new and existing democratic models of ownership.

Websites NEF - Report; NEF - Press Release

2. **Sector Pulse Check: The Impact of the Changes to the Social Care Sector in 2019**

Author: Hft
Date: January 2020

Abstract: This report provides an annual snapshot of the financial health of the social care sector, how the sector has reacted to the events of the past 12 months, and how providers anticipate the next year will progress. According to the report one in five organisations reported offering care to fewer individuals due to financial pressures. It also found that a third of providers cited having to shed staff in the past year, while almost half have closed down some parts of the organisation and/or handed back contracts. 52% expected to have to do so in the future. The report highlights that: Providers are taking action to promote positive mental health within their organisations; the sector recognises the benefits of technology and the social care workforce shares a common motivation

Websites Hft - Report; Hft - Press Release

3.   Unmet need for social care among older people

Author: VLACHANTONI, A
Journal: Ageing & Society Vol: 39 Part: 4: Pages: 657 - 684

Abstract: Several factors can heighten the experience of unmet need among older people, for instance their family environment, and their health and socio-economic status. This paper contributes empirical evidence on the patterns of unmet need for social care among older people in England today, focusing on the individual characteristics associated with experiencing unmet need in relation to mobility tasks, activities of daily living (ADLs) and instrumental activities of daily living (IADLs). The results show that about 55 per cent of older individuals with an ADL difficulty had unmet need, compared to 24 per cent of those with an IADL difficulty and 80 per cent of those with a mobility difficulty. Characteristics reflecting greater vulnerability were more strongly associated with the risk of experiencing unmet need for ADLs, and such vulnerability was greater for particular ADLs (*e.g.* bathing), and for a higher number of ADLs. The findings reaffirm the complexity of conceptualising and empirically investigating unmet need in later life, and add to our understanding of the challenges of providing adequate and appropriate social care to older people.

Websites Cambridge

4.   Older adults neglected by their caregivers: vulnerabilities and risks identified in an adult protective services sample

Author: SWANSON, J
Journal: The Journal of Adult Protection Vol: 21 Part: 1: Pages: 5-15

Abstract: Using a risk and vulnerability framework, the purpose of this paper is to describe the characteristics of older adults that Adult Protective Services (APS) substantiated for neglect by caregivers, their caregivers and the interrelationships between them. The findings show that neglect related to withholding or refusing medical care was the most common. The older adults had multiple health conditions and geriatric syndromes. Caregivers had difficulties in carrying out caregiving role due to health and mental health issues, work responsibilities and lack of insight into older adults' needs. The refusal to access or accept services by both the older adults and the caregivers was a predominant theme. This study provides in-depth information on APS cases involving caregiver neglect that add to understanding of this complex problem and points to areas for further study.

Websites Emerald

CHILDREN, YOUNG PEOPLE & FAMILIES

5.   Depression in Young People

Author: UNITED KINGDOM House of Commons Library
Date: 28 January 2020

Abstract: This House of Lords Library briefing provides information on depression in young people, including characteristics, treatment options and changes in mental health policy in recent years.

Websites HoC Library - Report; HoC Library - Press Release

6.   The Troubled Families programme (England)

Author: UNITED KINGDOM House of Commons Library
Date: 28 January 2020

Abstract: This House of Commons Library briefing looks at the design, policy debate, outcomes and results of the Troubled Families programme in England, a targeted family intervention programme run by local authorities.

Websites HoC Library - Report; HoC Library - Press Release

7.   Child development outcomes at 2 to 2 and a half years: 2019 to 2020

Author: PUBLIC HEALTH ENGLAND
Date: 29 January 2020

Abstract: Quarterly local authority metrics on outcomes for children at 2 to 2 and a half years as measured by the Ages and Stages Questionnaire 3 (ASQ-3). This update adds quarter 2 reports. These data and commentaries also show variation at a local, regional and national level. This can help with planning, commissioning and improving local services.

Websites PHE

8.   The state of children's mental health services

Author: CHILDREN'S COMMISSIONER
Date: 30 January 2020

Abstract: This is the third annual children's mental health briefing. This year's briefing shows that while the NHS has made tangible progress in the provision of mental health services for children, the current system is still far away from adequately meeting the needs of all of the estimated 12.8% of children in England with mental health problems – or the many more children who fall just below the threshold for clinical diagnosis. Overall, the report shows services are improving, with an extra £60m invested in specialist children's mental health services and an additional 53,000 children entering treatment. There has been a particular improvement in eating disorder services. However, services are still far from where they need to be. Just over 3% of children were referred to services last year, only about 1 in 4 of children with a diagnosable mental health condition.

Websites Children's Commissioner - Report; Children's Commissioner - Press Release

9.   Building resilience: how local partnerships are supporting children and young people's mental health and emotional wellbeing

Author: LOCAL GOVERNMENT ASSOCIATION
Date: 03 February 2020

Abstract: This report sets out how councils and their partners can work most effectively together to support

children and young people's mental health and emotional wellbeing. Latest figures show that 11.2 per cent of the 5 to 15 population has a mental health condition – up from 9.6 per cent in 2004 – with referrals to Child and Adolescent Mental Health services (CAMHS) having increased by around 26 per cent in 5 years. The report by Isos Partnership and commissioned by the LGA includes fieldwork with eight council areas. It explores the systemic issues that continue to frustrate local efforts, including historic underfunding, a fragmented system, the capacity of those mental health professionals and the lack of investment in early support and also sets out examples of good practice in local areas and highlights nine critical elements that help councils and local partners act early to resolve issues before they escalate.

Websites LGA - Report

10. Bullying in UK Schools

Author: UNITED KINGDOM House of Commons Library
Date: 04 February 2020

Abstract: This briefing paper discusses the prevalence of bullying amongst pupils in schools across the UK, and policies to prevent and tackle bullying in English, Welsh, Scottish and Northern Irish schools.

Websites HoC Library

11. The multi-agency response to child sexual abuse in the family environment

Author: OFSTED; CARE QUALITY COMMISSION et al
Date: 04 February 2020

Abstract: This report summarises findings from joint targeted area inspections of 'the multi-agency response to child sexual abuse in the family environment', which took place between September 2018 and May 2019. The report examines how well children's social care, health, youth offending, police and probation services work together to keep children who are sexually abused in families safe. The report finds that children sexually abused by family members are going unseen and unheard in too many cases, while abusers evade justice. Inspectors found pockets of good work, however this was inconsistent at best. The report calls on policy makers and local partners to give familial sex abuse the attention it deserves; so that its prevalence can be better understood, victims are protected, and offenders are brought to justice.

Websites OSE - Report; OSE - Press Release

12. Futureproofing Community Children's Nursing

Author: ROYAL COLLEGE OF NURSING
Date: 23 January 2020

Abstract: This guidance is for health care professionals, service providers and those involved with planning and commissioning services. It sets out the RCN's perspective on contemporary and future children and young people's nursing services in the home and community setting. It also underlines the increasingly crucial role played by community children's nurses as they provide integrated care closer to home. It explores the legislative and policy agenda, defines the role of the CCN, sets out the core principles of providing care, considers variations in how the needs of families are assessed across the four countries of the UK and outlines examples of current models of care and service delivery.

Websites RCN - Report

13. Influences on diet and physical activity choices of 11–13-year-olds in a school setting

Author: McHUGH, C
Journal: Health Education Journal Vol: 78 Part: 5: Pages: 545-556

Abstract: This paper uses a qualitative approach to explore the factors that influence diet and physical activity choices of 11–13-year-olds with a particular focus on the impact of the school environment. A total of 53 students from 3 purposively sampled secondary schools in Devon, aged 11–13, took part in six focus groups. Thematic, framework analysis was used to analyse the data. Four overarching themes emerged: (1) health now and in the future; (2) the role of others; (3) provision, temptation and addiction; and (4) boundaries, strategies and support. Participants demonstrated good knowledge of what constitutes a healthy lifestyle and its importance for future health, although it was not necessarily seen as a priority at this stage of life. Key influences on their choices were their peers and family, although participants also identified that the school environment influences the food choices they make while there. Future research needs to understand the constraints schools face in terms of food provision in order to highlight possible opportunities for intervention.

Websites Sage

14. Changes in millennial adolescent mental health and health-related behaviours over 10 years: a population cohort comparison study

Author: PATALAY, P
Journal: International Journal of Epidemiology Vol: 48 Part: 5: Pages: 1650–1664

Abstract: There is evidence that mental health problems are increasing and substance use behaviours are decreasing. This paper aimed to investigate recent trends in mental ill health and health-related behaviours in two cohorts of UK adolescents in 2005 and 2015. Prevalence in mental health (depressive symptoms, self-harm, anti-social behaviours, parent-reported difficulties) and health-related behaviours (substance use, weight, weight perception, sleep, sexual intercourse) were examined at age 14 in two UK birth cohorts; Avon Longitudinal Study of Parents and Children and Millennium Cohort Study. Depressive symptoms and self-harm were higher in 2015 compared with 2005. Parent-reported emotional difficulties, conduct problems, hyperactivity and peer problems were higher in 2015 compared with 2005. Conversely, substance use, sexual activity and anti-social behaviours were less common or no different. Adolescents in 2015 were spending less time sleeping, had higher body mass index (BMI) and a greater proportion perceived themselves as overweight. Given health-related behaviours are often cited as risk factors for poor mental health, the findings suggest relationships between these factors might be more complex and dynamic in nature than currently understood. Substantial increases in mental health difficulties, BMI and poor sleep-related behaviours highlight an increasing public health challenge.

Websites Oxford

15. The epidemiology of trauma and post-traumatic stress disorder in a representative cohort of young people in England and Wales

Author: LEWIS, S. J
Journal: Lancet Psychiatry Vol: 6: Pages: 247-256

Abstract: Despite the emphasis placed on childhood trauma in psychiatry, comparatively little is known about the epidemiology of trauma and trauma-related psychopathology in young people. This study aimed to evaluate the prevalence, clinical features, and risk factors associated with trauma exposure and post-traumatic stress disorder (PTSD) in young people. A comprehensive epidemiological study was undertaken based on participants from the Environmental Risk Longitudinal Twin Study, a population-representative birth-cohort of 2232 children born in England and Wales in1994–95. Findings show that trauma exposure and PTSD are associated with complex psychiatric presentations, high risk, and significant impairment in young people. Improved screening, reduced barriers to care provision, and comprehensive clinical assessment are needed to ensure that trauma-exposed young people and those with PTSD receive appropriate treatment.

Websites Lancet

£

COMMISSIONING AND ECONOMICS

16. Older adults: cost-effective commissioning

Author: PUBLIC HEALTH ENGLAND
Date: 28 January 2020

Abstract: The main report summarises the evidence on identified interventions to support older people, generated through a literature review. The return on investment (ROI) tool:

- can be adapted to local conditions
- presents results showing the economic benefits of each intervention
- has a built-in user guide

Local authorities and clinical commissioning groups can use these resources to improve the provision of services for older people.

Websites PHE

17. Health economics: a guide for public health teams

Author: PUBLIC HEALTH ENGLAND
Date: 28 January 2020

Abstract: Resources to help local commissioners achieve value for money by estimating the return on investment (ROI) and cost-effectiveness of public health programmes. This guide you will find links to tools and reports that can help you:

- assess which interventions provide the best value for money, by calculating their costs, benefits and ROI
- make the most of your budget by deciding how to split resources across different public health programmes
- compare costs, savings and clinical outcomes

These evidence resources are relevant for local decision makers as well as national policymakers.

Websites PHE

18. Thinking differently about commissioning: learning from new approaches to local planning

Author: KING'S FUND
Date: 06 February 2020

Abstract: This report examines the approach being taken by some CCGs and local systems where traditional notions of commissioning are no longer guiding their way of working.

Websites King's Fund - Report; King's Fund - Press Release

HEALTH CARE PUBLIC HEALTH

19. Colorectal cancer

Author: NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE
Date: January 2020

Abstract: This guideline covers managing colorectal (bowel) cancer in people aged 18 and over. It aims to improve quality of life and survival for adults with colorectal cancer through management of local disease and management of secondary tumours (metastatic disease).

Websites NICE

20. Access Matters: Achieving Universal Access to Optimal Lung Cancer Care in the UK

Author: UK LUNG CANCER COALITION
Date: January 2020

Abstract: There is currently too much unwarranted variation in lung cancer care which is leading to sub-optimal outcomes for patients. This document is intended to provide some simple, practical ideas which clinicians, commissioners and policymakers could implement to help ensure that consistent and equitable treatment and care options are being offered to patients who present with similar profiles, regardless of where they live. The paper sets out the four themes which were identified by the CAG as priority areas for action. 1. Service configuration – specialist vs local 2. Patient fitness assessment 3. Models of follow-up 4. Workforce issues. This paper is primarily aimed at the clinical and support staff who work in lung cancer services, because this is the community of practice who can act now. However, some of the issues raised in this paper require action and support from commissioners and national policymakers.

Websites UK Lung Cancer Coalition - Report; UK Lung Cancer Coalition - Press Release

21. Palliative and end of life care profiles: February 2020 data update

Author: PUBLIC HEALTH ENGLAND
Date: 04 February 2020

Abstract: The profiles provide an overview of palliative and end of life care in England at various geographies. The data update for February 2020 including updates for 11 indicators.

Websites PHE

HEALTH IMPROVEMENT

22. Smoking prevalence in adults - current smokers aged 18 to 64 by socio - economic group

Author: PUBLIC HEALTH ENGLAND
Date: 28 January 2020

Abstract: This document shows trends in smoking prevalence calculated from the Annual Population Survey for adults age 18 to 64 years, by socio-economic group. Further breakdowns of smoking prevalence for each socio-economic group by age, ethnicity and religion are included for males and females. The document accompanies PHE's official statistics on smoking prevalence.

Websites PHE

23. Early Diagnosis Matters: Making the Case for the Early and Rapid Diagnosis of Lung Cancer

Author: UK LUNG CANCER COALITION
Date: January 2020

Abstract: In 2016 the UK Lung Cancer Coalition (UKLCC) set an ambition for five-year lung cancer survival to be 25% by 2025. This was subsequently supported by the governments of each of the four UK nations. This report finds that emergency hospital admission is still the most common route for diagnosing lung cancer and patients diagnosed via emergency are over five times more likely to die within one year of diagnosis than those referred for treatment by their GP. Diagnosing lung cancer at an early stage can lead to more treatment options and better outcomes for patients. The report lays out 10 key recommendations for diagnosing lung cancer earlier in order to increase lung cancer survival and also includes examples of best practice – demonstrating how certain NHS Trusts are working to make the earlier diagnosis of lung cancer happen.

Websites UK Lung Cancer Coalition - Report; UK Lung Cancer Coalition - Press Release

24. Local Alcohol Profiles for England: February 2020 data update

Author: PUBLIC HEALTH ENGLAND
Date: 04 January 2020

Abstract: Public Health England (PHE) has published an update to Local Alcohol Profiles for England (LAPE). 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.

Websites PHE

25. Ramblers Walking for Health

Author: PUBLIC HEALTH ENGLAND
Date: 30 January 2020

Abstract: Walking for Health targets older adults and those with long-term health conditions to improve and maintain their health and wellbeing. Run by The Ramblers and funded by Sport England, Walking for Health is an England-wide network of schemes that carry out free, regular, short group-walks that are open to all. Mainly targeting older people and those with long-term health conditions, the programme improves and maintains the health and wellbeing of people who may be currently inactive and who need support to remain physically active.

Websites PHE

26. Psychological and social outcomes of sport participation for older adults: a systematic review

Author: CHAN HYUNG KIM, A
Journal: Ageing & Society: Early Online

Abstract: This article provides the results of a systematic review of the psychological and social outcomes of sport participation for older adults. A systematic review of seven electronic databases was conducted and a total of 21 studies published that attended to psychological and/or social health benefits from sport participation of older adults (50 years old and over) were included. The outcomes of older adults' sport participation included life satisfaction, depression, anxiety, stress, mood state, hedonistic values, socialisation, competition, and personal psychological outcomes such as personal empowerment, self-confidence, self-esteem and resistance to the negative view of ageing. Future studies are needed to conceptualise and operationalise the different levels of involvement of sport participation.

Websites Oxford

27. Randomised controlled trial comparing uptake of NHS Health Check in response to standard letters, risk-personalised letters and telephone invitations

Author: GIDLOW, C
Journal: BMC Public Health Vol: 19: Pages: 244

Abstract: NHS Health Check is a primary prevention programme offering cardiovascular disease (CVD) risk assessment to adults in England aged 40–74. Uptake remains a challenge and invitation method is a strong predictor of uptake. There is evidence of low uptake when using invitation letters. This study explored the potential to improve uptake through personalising letters to patient's CVD risk, and to compare this with generic letters and telephone invitations. In total, 4614 patients were included in analysis. Compared with patients invited by standard letter, uptake was significantly higher in those invited by telephone, but not personalised letter. The study estimates that per 1000 patients invited, risk-personalised letters could result in 40 additional attended Health Checks (at no extra cost) and telephone invitations could result in 180 additional Health Checks at an additional cost of £240. In conclusion, telephone invitations should be advocated to address the substantial deficit between current and required levels of NHS uptake, and could be targeted at younger and lower CVD risk adults. Risk-personalised letters should be explored further in a larger sample of high risk individuals.

Websites BioMed

28. Is interval training the magic bullet for fat loss? A systematic review and meta-analysis comparing moderate-intensity continuous training with high-intensity interval training (HIIT)

Author: VIANA, R.B
Journal: British Journal of Sports Medicine Vol: 53: Pages: 655-664

Abstract: This systematic review and meta-analysis aims to compare the effects of interval training and moderate-intensity continuous training (MOD) on body adiposity in humans, and to perform subgroup analyses that consider the type and duration of interval training in different groups. Of the 786 studies found, 41 and 36 were included in the qualitative analysis and meta-analysis, respectively. The study concludes that interval training and MOD both reduce body fat percentage (%). Interval training provided 28.5% greater reductions in total absolute fat mass (kg) than MOD.

Websites BMJ

29. Forever young? An analysis of the factors influencing perceptions of ageing

Author: BORDONE, V
Journal: Ageing & Society: Early Online

Abstract: This paper investigates whether people aged 65+, usually defined as old, do actually feel old and which events they associate with feeling old. It is found that a large proportion of respondents do not feel old at all. Logistic models are used on unique data from the 2013 survey called 'I Do Not Want to Be Inactive', conducted on individuals aged 65–74 in Italy. The analyses show that women are more likely than men to feel

old and to think that society considers them old. While men feel old mainly when they retire, women associate this feeling with loneliness, loss of independence and death of loved ones. Higher-educated people are less likely to associate feeling old with loneliness and boredom than their lower-educated counterparts. Most people who are old according to the standard threshold of 65 do not consider reaching this age as a distinctive marker of old age in their lifecourse. This suggests that absolute thresholds for setting the start of old age are questionable. Feeling old seems to be mainly influenced by events, such as retirement and death of loved ones, hinting to the importance of the social construction of ageing in addition to its biological dimension. Researchers and policy makers are encouraged to give more attention to layperson views on ageing.

Websites [Cambridge](#)

30. Health promotion interventions for older people living alone: a systematic review

Author: IIGAZ, A
Journal: Perspectives in Public Health Vol: 139 Part: 5: Pages: 255-263

Abstract: The aim of this systematic literature review was to identify health promotion interventions for older people living alone and to describe the effectiveness of these interventions. A literature search was conducted using five databases. Of the 2852 unique studies identified in the systematic search, the full texts of three studies meeting the inclusion criteria were reviewed. The results showed that the level of physical activity and self-efficacy for physical activity, activities of daily living, food enjoyment, and energy intake increased and leisure engagement decreased with health promotion interventions. In conclusion, the findings of this review indicate that interventions to improve health promotion positively affect the health of older people living alone and enhance their quality of life. There is a need for further research involving multidimensional interventions for older people living alone.

Websites [Sage](#)

HEALTH PROTECTION

31. Increasing uptake for vaccinations: maximising the role of councils

Author: LOCAL GOVERNMENT ASSOCIATION
Date: 24 January 2020

Abstract: Councils are not directly responsible for commissioning or delivering vaccine programmes but they are in a unique position to understand the health needs of their local population, and support vaccination services to reach them. This may be through helping immunisation teams work with frontline services such as health visitors or children's centres, or supporting pop-up vaccination clinics in under-vaccinated areas. Through local government social media and wider health promotion work we can make residents aware of the importance of vaccination and counter any misinformation that is out there. This report contains examples of all these and more. In Slough the council has partnered with the fire service and immunisation team to run mobile clinics, while in Tower Hamlets an online video has been produced to reach out to the local Somali community.

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

32. Laboratory reports of hepatitis A infections in England and Wales, July to September 2019

Author: PUBLIC HEALTH ENGLAND
Date: 28 January 2020

Abstract: Quarterly report of laboratory-confirmed hepatitis A virus in England and Wales July to September 2019.

Websites PHE - Report

33. Laboratory reports of hepatitis C (England and Wales): July to September 2019

Author: PUBLIC HEALTH ENGLAND
Date: 28 January 2020

Abstract: Quarterly report of laboratory-confirmed cases of hepatitis C in England and Wales July to September 2019.

Websites PHE - Report

34. Gastrointestinal infections: guidance for public health management

Author: PUBLIC HEALTH ENGLAND
Date: 31 January 2020

Abstract: Guidance to help professionals in public health and environmental health departments to minimise the risk of transmission of gastrointestinal infections. This guidance provides advice on:

- preventing the spread of gastrointestinal infections
- how specific diseases are spread
- risk groups for spread of infections
- how long to keep people away from school, work or other settings
- how to take stool samples
- links to notifiable diseases and health protection regulations

Websites PHE

35. The State of the Nation: Sexually Transmitted Infections in England

Author: TERRANCE HIGGINS TRUST
Date: 05 February 2020

Abstract: There were 447,694 new diagnoses of sexually transmitted infections (STIs) in England in 2018, against a backdrop of deep funding cuts and demand outstripping availability for sexual health services. This report aims to bring together the current knowledge on STIs in England - looking at the trends in STIs, and who they are affecting. Why we are seeing these trends, and why some groups are more affected than others is key to addressing them. In doing this, the report will focus on behaviours that may be associated with transmission, as well as structural issues such as inequalities, barriers to access, visibility and awareness. Terrence Higgins Trust and BASHH have found overwhelming evidence for the Government to implement a new sexual health strategy. This includes the need for immediate steps to be taken to get a grip on the threat of drug resistant STIs which pose a real risk to the nation's health.

Websites THT-Report; THT-Press release

36. Coronavirus: latest information and advice

Author: PUBLIC HEALTH ENGLAND
Date: 09 February 2020

Abstract: Information for the public on the outbreak of coronavirus in China, including the current situation in the UK and information about the virus and its symptoms.

Websites PHE

MATERNITY AND INFANTS

37. Breastfeeding at 6 to 8 weeks after birth: 2019 to 2020 quarterly data

Author: PUBLIC HEALTH ENGLAND
Date: 29 January 2020

Abstract: Quarterly experimental statistics on breastfeeding prevalence at 6 to 8 weeks after birth for 2019 to 2020. Information is presented at local authority of residence, PHE Centre and England level. The latest publication relates to quarter 2 of 2019 to 2020 (January 2020 release).

Websites PHE

38. Health visitor service delivery metrics: 2019 to 2020

Author: PUBLIC HEALTH ENGLAND
Date: 29 January 2020

Abstract: Quarterly datasets and commentary for local authority health visits to pregnant women, children and their families during pregnancy and early childhood. This update has added quarter 2 reports. Local authority commissioners and health professionals can use these resources to track how many pregnant women, children and families in their local area have received health promoting reviews at particular points during pregnancy and childhood.

Websites PHE

39. The interaction between maternal smoking, illicit drug use and alcohol consumption associated with neonatal outcomes

Author: REYNOLDS, C
Journal: Journal of Public Health: Early Online

Abstract: The adverse effects of smoking on neonatal outcomes, such as small-for-gestational-age (SGA), has been extensively studied however, the consequences of smoking combined with alcohol and/or drug use is less clear. This retrospective observational study analysed clinical and sociodemographic details of 40156 women who delivered a singleton baby between the years 2011 and 2015. Findings show that compared with women who had never smoked, smokers who did not engage in alcohol or drug use had an odds ratio (OR) of delivering a baby who was SGA of 3.2. Smokers who used illicit drugs in isolation or in combination with alcohol during pregnancy had higher ORs for SGA compared to women who smoked but did not engage in alcohol or drug use in pregnancy. These women also delivered babies with lower mean birthweights and head circumferences. Women who smoked and used alcohol, but not illicit drugs were not associated adverse outcomes above that of smoking in isolation.

Websites Oxford

MENTAL HEALTH AND WELLBEING

40. Monitoring the Mental Health Act in 2018/19

Author: CARE QUALITY COMMISSION
Date: 06 February 2020

Abstract: The Mental Health Act 1983 (MHA) is the legal framework that provides authority to detain and treat people who have a mental illness and need protection for their own health or safety, or the safety of other people. CQC has a duty to monitor and report on how services do this. The CQCs latest monitoring report finds there has been an improvement in the number of people being given information about their rights and being offered the support of an Independent Mental Health Advocate (IMHA). However, it finds that services need to do more to ensure that they are complying with their human rights duties.

Websites CQC - Report; CQC - Press Release M

WIDER DETERMINANTS

41. People with learning disabilities in England

Author: PUBLIC HEALTH ENGLAND
Date: 27 January 2020

Abstract: Updates of national statistics about people with learning disabilities in England and the services and support available to them and their families. This update includes added Chapter 5, and 2018 update: tables; Chapter 6 and 2018 update: tables; and Chapter 7.

Websites PHE

42. Food Banks in the UK

Author: UNITED KINGDOM House of Commons Library
Date: 03 February 2020

Abstract: This briefing is about the use of food banks. Recent research means there are increasing amounts of data on food banks, giving a fuller picture of their provision across the UK, and providing a more detailed picture of the characteristics of food bank users.

Websites HoC Library

43. Statutory Homelessness in England

Author: UNITED KINGDOM House of Commons Library
Date: 31 January 2020

Abstract: This briefing paper provides statistics on statutory homelessness in England and explains local authorities' duties to assist homeless households. The paper includes an overview of, and comment on, Government policy in this area. The most recent statistical release covers the period between April and June 2019.

Websites HoC Library

44. Violence in London: what we know and how to respond

Author: BEHAVIOURAL INSIGHTS TEAM
Date: 30 January 2020

Abstract: This report by the Behavioural Insights Team together with the Mayor of London's Violence Reduction Unit carries out the first ever capital-wide assessment of violence. The report brings together data analysis and new research from leading academics together with the voices of London's communities with evidence of large-scale patterns and trends to inform decision making. It also presents the evidence on what works to prevent violence so policy makers can incorporate insights about what has previously been effective and why into new or existing programmes, and make commissioning decisions based on a good understanding of what we do and do not know.

Websites BIT - Report; BIT - Press Release

45. Analysis of statutory reviews of homicides and violent incidents

Author: SOCIAL CARE INSTITUTE FOR EXCELLENCE
Date: January 2020

Abstract: This report summarises findings from research commissioned by the Mayor of London's Violence Reduction Unit (VRU) with the aim of mapping and understanding violence in London. The report finds that there is great potential for the quality of learning from homicides and other violent incidents in London, particularly incidents of youth violence, to improve. The report is to sit alongside a Strategic Needs Assessment, conducted by the Behavioural Insights Team (BIT).

Websites SCIE - Report; SCIE - Press Release

46. Exposure to domestic violence and abuse and consultations for emergency contraception: nested case-control study in a UK primary care dataset

Author: JACKSON, J
Journal: British Journal of General Practice Vol: 69 Part: 680: Pages: e199-e207

Abstract: Evidence of an association between exposure to domestic violence and abuse (DVA) and use of emergency contraception (EC) is lacking in the UK. This study aims to quantify the association between exposure to DVA and consultations for EC in general practice. The findings show that women exposed to DVA were 2.06 times more likely to have a consultation for EC than unexposed women. Women aged 25–39 years with exposure to DVA were 2.8 times more likely to have a consultation for EC, compared with unexposed women. Primary care consultation for EC is a relevant context for identifying and responding to DVA as recommended by the World Health Organization and National Institute for Health and Care Excellence guidelines. DVA training for providers of EC should include this new evidence.

Websites BJGP

OTHER

47. Public health outcomes framework: February 2020 data update

Author: PUBLIC HEALTH ENGLAND
Date: 04 February 2020

Abstract: Public Health England (PHE) has published the Public Health Outcomes Framework (PHOF) quarterly data update for February 2020. The data are presented in an interactive tool that allows users to view them in a user-friendly format. The data tool also provides links to further supporting information, to aid understanding of public health in a local population.

Websites [PHE](#)

48. Evaluating digital health products

Author: PUBLIC HEALTH ENGLAND
Date: 30 January 2020

Abstract: Digital health products can take different forms – for example, a service, campaign or other intervention. They might be provided through an app or website. These resources can help with evaluations for all digital health products. They aim to help demonstrate what impact a product has and how the costs compare to the benefits. They can provide information about how to make services better, including what works and what doesn't. They can also help demonstrate the value of a product to commissioners.

Websites [PHE](#)

49. Population Health Management: Understanding how integrated care systems are using population health management to improve health and wellbeing

Author: NHS ENGLAND
Date: 04 February 2020

Abstract: This case study looks at how integrated care systems are using population health management to improve health and wellbeing.

Websites [NHS England](#)

50. Evaluating the Integration of Health and Social Care

Author: UNITED KINGDOM House of Commons Library
Date: 04 February 2020

Abstract: Demand for health and social care continues to rise in the UK as people are living longer and a greater proportion have multiple health conditions requiring long-term treatment or care (such as diabetes, heart disease or dementia). Integrating health and social care has been considered as a possible response to these demographic changes, with the potential benefits including improved patient experience, and better quality of care through increased coordination and efficiency. It has been argued that effective integration could result in reduced use of hospital beds, lower hospital admissions rates, shorter hospital stays, shorter recovery periods and lower readmission rates. However, evidence on the impact of integration is mixed, with

evaluations variously showing positive, negative and no effects. Cost savings have also been cited as a potential benefit, although reviews have noted that the economic evidence is limited and contradictory.

Websites House of Commons Library

51. Behavioural insights: public health

Author: PUBLIC HEALTH ENGLAND
Date: 05 February 2020

Abstract: Public Health England (PHE) Behavioural Insights (PHEBI) is a team of behavioural scientists, including experts in behavioural economics, health psychology and evaluation, who work across PHE with local authorities and other relevant stakeholders to advise on policy and practice and apply and evaluate the evidence of behavioural science in public health. This is an overview of how behavioural insights are used to improve public health in England.

Websites PHE

52. Public health delivery in the information age: the role of informatics and technology

Author: WILLIAMS, F
Journal: Perspectives in Public Health Vol: 139 Part: 5: Pages: 236-254

Abstract: Public health systems have embraced health informatics and information technology as a potential transformational tool to improve real-time surveillance systems, communication, and sharing of information among various agencies. However, there is the need for a more robust technology to enhance adequate epidemic forecasting, data sharing, and effective communication. The purpose of this review was to examine the use of informatics and information technology tools and its impact on public health delivery. Investigators searched six electronic databases. A total of 60 articles met the eligibility criteria for inclusion. The analysis revealed that due to the growing expectations to provide real-time response and population-centered evidence-based public health in this information-driven age there has been a surge in informatics and information technology adoption. Education and training programs are now available to equip public health students and professionals with skills in public health informatics. However, obstacles including interoperability, data standardization, privacy, and technology transfer persist. In conclusion, re-engineering the delivery of public health is necessary to meet the demands of the 21ˢᵗ century and beyond. To meet this expectation, public health must invest in workforce development and capacity through education and training in informatics.

Websites Sage