

# 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

20<sup>th</sup> March 2020

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**Please note:**

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

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

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**ADULT SOCIAL CARE**

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**1. Promoting sexual safety through empowerment**

Author: CARE QUALITY COMMISSION

Date: February 2020

Abstract: This report looks at how adult social care services keep people safe from sexual incidents. It also looks at how services can support them to express their sexuality.

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

**2. Social care charging for local authorities: 2020 to 2021**

Author: DEPARTMENT OF HEALTH AND SOCIAL CARE

Date: 13 March 2020

Abstract: This document contains information for local authorities about the social care charging arrangements for 2020 to 2021. It includes details about:

- capital limits
- personal expenses allowance
- minimum income guarantee
- savings credit

Websites [DHSC](#)

**3. Looking ahead to a future with Alzheimer's disease: coping with the unknown**

Author: ASHWORTH, R

Journal: Ageing & Society: Early Online

Abstract: The conceptualisation of Alzheimer's disease as an illness with 'no future' exposes people with the condition to significant fear and stress. Therefore, exploring how people look ahead to the future in the face of Alzheimer's disease is of foremost importance. Semi-structured interviews explored the future outlook of people with early and late-onset Alzheimer's disease and those who support them. Thematic analysis identified how participants managed their changing futures through focusing on positive information, and taking 'one day at a time'. Younger and older people shared similar future outlook and subsequent coping strategies, as predicted by Carstensen's Socioemotional Selectivity Theory. Both people with Alzheimer's disease and those who support them avoided looking far ahead as a way of managing the uncertain future, and had little awareness of future planning in the context of current policies. Such avoidance suggests that policy which encourages future planning should consider its utility and explore ways of helping people to plan, whilst focusing on daily living.

Websites [Cambridge](#)

#### 4. Time for care: exploring time use by carers of older people

Author: BOWES, A

Journal: Ageing & Society: Early Online

**Abstract:** This paper focuses on temporal aspects of informal caring for older people. Adopting a critical perspective on time that includes carers' own conceptualisations, this study reports the findings of a qualitative study of carers' time use. Sixty-two interviews with carers, male/female, co-resident/not co-resident, employed/not employed, and located across Great Britain were conducted. Carers' accounts of their time revealed non-linear experiences and a sense of being permanently on call. Interviewees often travelled distances to engage in support activities with or for older people. Changes over time were pervasive, increasing or reducing care requirements. Unanticipated events could precipitate radical changes in time use. Managing time, exercising temporal agency, was particularly apparent in accounts of care, employment, other family responsibilities and choices about friendship. Measurement of carers' time use which draws on the conceptual foundation of carers' own perspectives on time may provide more effective quantitative understanding of the temporal aspects of caring. It should not pre-define time, must grasp a variety of tasks, take account of intermittent activity, incorporate the 24–7 experience of many carers and demonstrate how caring time interacts with other time.

Websites [Cambridge](#)



### CHILDREN, YOUNG PEOPLE & FAMILIES

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#### 5. Spina bifida: information for parents

Author: PUBLIC HEALTH ENGLAND

Date: 09 March 2020

**Abstract:** This updated leaflet explains spina bifida, a condition screened for by the NHS Fetal Anomaly Screening Programme. Information in the leaflet includes:

- what spina bifida is, and how common it is
- how the condition is diagnosed and confirmed
- what treatment is available
- what the outlook for the baby is
- what happens next
- how likely it is to happen in future pregnancies

Websites [PHE](#)

#### 6. Helping everyone affected by a parent's drinking: Information for CAMHS Professionals

Author: NACOA

Date: February 2020

**Abstract:** This booklet is aimed at CAMHS professionals working with children of alcohol-dependent parents. It outlines why it is important to understand what the mental health needs of the child might be, why the needs are there, and why they might be different to someone who is not the child of an alcohol-dependent parent.

Websites [NACOA](#)

## 7. Child abuse and the criminal justice system, England and Wales: year ending March 2019

Author: OFFICE FOR NATIONAL STATISTICS

Date: 05 March 2020

Abstract: Information on responses to and outcomes of child abuse cases and the criminal justice system. Main points include:-The majority of child abuse cases remain hidden and therefore do not enter the criminal justice system.

- Around 227,500 identifiable child abuse offences were recorded by the police in the year ending March 2019, of which around 1 in 25 (4%) resulted in a charge or summons.
- The number of suspects the police had referred to the Crown Prosecution Service (CPS) for a charging decision fell by 22% in the last year; the charging rate for legal decisions<sup>1</sup> also fell (from 73% to 68%).
- While not all cases continue through the criminal justice system, almost four in five of child abuse-flagged CPS prosecutions were successful in securing a conviction in the year ending March 2019 (79%).
- Immediate custody accounted for around one-half (50%) of sentencing outcomes recorded by the Ministry of Justice (MoJ) for identifiable child sexual abuse offences, and around one-quarter (23%) of cruelty to and neglect of children offences in 2018.
- Around one-half (49%) of child abuse offences recorded by the police do not proceed further through the criminal justice system because of evidential difficulties;<sup>2</sup> this reflects the challenges involved in investigating child abuse offences, and that some may have occurred a long time in the past.

Websites [ONS](#)

## 8. Health Inequalities in Childhood

Author: CHILDREN'S COMMISSIONER

Date: 04 March 2020

Abstract: Last week's 'Marmot Report: 10 Years On' outlined the stark realities of health inequalities in Britain. It also demonstrated how these inequalities originate in childhood and persist through adult life. This paper highlights some of the main inequalities in child health, and the key responses to address this. Including measures the Children's Commissioner would like to see within the NHS Long Term Plan and wider measures from the Government.

Websites [Children's Commissioner - Briefing](#)

## 9. The Internet: Investigation Report

Author: INDEPENDENT INQUIRY INTO CHILD SEXUAL ABUSE

Date: March 2020

Abstract: This investigation focusses on the growing problem of online-facilitated child sexual abuse. The increase in access to and use of the internet has brought undeniable benefits to society. It has also enabled a section of society to misuse the internet to distribute indecent images of children; groom and manipulate children in order to commit sexual acts on them; and live stream the sexual abuse of children from around the world. The harm done to children and their families is incalculable. This investigation examined the response of law enforcement, industry and government to online-facilitated child sexual abuse by considering the response to three types of offending: indecent images of children offences; the grooming of a child; and live streaming of child sexual abuse.

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

### 10. Special Educational Needs: support in England

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

Abstract: This House of Commons Library briefing sets out the system of support for children and young people in England aged 0-25 with special educational needs (SEN). The briefing provides an overview of the new system introduced in 2014, the transitional arrangements, and how the new system differs from that which preceded it. It also includes a brief history of the movement towards reform that preceded the 2014 changes, and information on the impact of the new system available to date.

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

### 11. Family weight management: changing behaviour techniques

Author: PUBLIC HEALTH ENGLAND  
Date: 20 March 2020

Abstract: Evidence-based behaviour change techniques recommended for healthy weight services to support families with children aged 4 to 11 years.

Websites [PHE](#)

### 12. Positive Parenting Matters in the Face of Early Adversity

Author: YAMAOKA, Y  
Journal: American Journal of Preventive Medicine Vol: 56 Part: 4: Pages: 530-539

Abstract: A negative relationship between adverse childhood experiences and both physical and mental health in adulthood is well established, as is the positive impact of parenting on child development and future health. However, few studies have investigated unique influences of adverse childhood experiences and positive parenting together within a large, diverse early childhood sample. The study used data on all children aged 0-5 years from the National Survey of Children's Health 2011/2012 to examine effects of positive parenting practices and adverse childhood experiences on early childhood social-emotional skills and general development. All analyses were performed in 2017 and 2018. The study concludes that the number of adverse childhood experiences was associated with both social-emotional deficits and developmental delay risks in early childhood; however, positive parenting practices demonstrated robust protective effects independent of the number of adverse childhood experiences. This evidence further supports promotion of positive parenting practices at home, especially for children exposed to high levels of adversity.

Websites [Science Direct](#)

### 13. Sun heated surfaces are an environmental hazard for young children

Author: CHOI, YM  
Journal: Perspectives in Public Health Vol: 139: Part: 5: Pages: 264-270

Abstract: Children commonly sustain heat contact type burn injuries from sun heated surfaces during the summer months in hot, sunny climates. The aim of this study was to review the causes and outcomes in a series of heat contact type burns sustained by children who touched hot sun heated surfaces. A retrospective chart review was performed to identify all children who sustained burn injuries due to naturally heated surfaces and were treated between January 2012 and December 2017 at Children's Hospital Colorado. Demographics of the subjects and clinical data regarding their burn injuries were collected. The most common causes of these burn injuries were metal thresholds and metal covers or lids outside the home. The depth of the burn injury was partial thickness in 57 children. Heat contact type burn injuries from sun heated surfaces commonly affect children  $\leq 2$  years of age during the summer months, and the majority of these injuries occur around the home environment. They are preventable injuries, and this information should be used for prevention and education materials for parents and healthcare providers, who reside in hot, sunny climates.

Websites [SAGE](#)

#### 14. What to Measure in Child Protection?

Author: HOOD, R

Journal: The British Journal of Social Work Vol: 49 Part: 2: Pages: 466-484

Abstract: This paper explores key conceptual frameworks for measurement in child-protection (CP) services and considers their application in the English statutory system. After introducing some of the debates surrounding the use of measures in CP, three different perspectives are considered: performance-based accountability, evidence-based approaches and socio-technical systems design. The paper outlines the main principles of each perspective and their implications for measurement, drawing on examples from the relevant literature. It is argued that the merits and drawbacks of different measures are dependent on the conceptual frameworks in which they are used, and these in turn reflect the contested nature of CP and its institutional context.

Websites [Oxford](#)



### COMMISSIONING AND ECONOMICS

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#### 15. Securing the future of social care funding

Author: VOLUNTARY ORGANISATIONS DISABILITY GROUP

Date: March 2020

Abstract: This report sets out the issues facing disability organisations and why it is important that the government puts in place a sustainable funding plan. It calls on the government to not delay reform of the social care sector any longer and for policy makers to work with the sector to ensure community resources are responsive and preventative.

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



### HEALTH IMPROVEMENT

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#### 16. Menopause at work

Author: NHS EMPLOYERS

Date: 09 March 2020

Abstract: For some people, the menopause, which is sometimes referred to as transitioning, may be

uneventful and not impact on their working life but for others it may become increasingly difficult to function effectively at work and their working conditions may exacerbate their symptoms. The NHS Staff Council's Health, Safety and Wellbeing Partnership Group has developed these principles to support NHS organisations to improve the way they address the menopause and work. This is complemented by principles for line managers and staff.

Websites [NHS Employers - Press Release](#); [NHS Employers - Report](#)

### **17. Vaping in England: evidence update March 2020**

Author: PUBLIC HEALTH ENGLAND

Date: 04 March 2020

Abstract: Annual update of Public Health England's e-cigarette evidence review by leading independent tobacco experts. This update looks at the prevalence of vaping among young people and adults. It also reviews research literature on vaping among pregnant women and people with mental health conditions.

Websites [PHE](#)

### **18. Who pays the tab? The distributional effects of UK alcohol taxes**

Author: INSTITUTE OF ALCOHOL STUDIES

Date: February 2020

Abstract: This research finds that alcohol duty does not disproportionately burden worse-off households. The analysis shows alcohol taxes account for a similar share of the incomes and budgets of rich and poor households alike, and at worst are only mildly regressive. The findings are based on analysis of official government surveys of living costs. In almost every case, researchers found little difference in the proportion of income or expenditure spent on alcohol duty by more and less affluent households. In fact, the study suggests, higher alcohol taxes could benefit disadvantaged groups, who would likely see greater health benefits from lower drinking and receive a greater share of any increase in public spending. The Institute of Alcohol Studies (IAS) looked at the effects of using an increase in alcohol tax to increase funding for the NHS. They found that the poorest 60% of households would be better-off on average, getting more in spending than they pay in tax, while the richest households would pay more than they receive.

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

### **19. Statistics on Alcohol, England 2020**

Author: NHS DIGITAL

Date: 04 February 2020

Abstract: This publication provides a range of information relating to alcohol use and misuse drawn from a variety of sources for England unless otherwise stated. Topics covered include: alcohol-related hospital admissions; alcohol-specific deaths; prescriptions for drugs used to treat alcohol dependence; drinking behaviours among adults and children; road casualties involving illegal alcohol levels and affordability of alcohol. The publication includes this summary report showing key findings, excel tables, technical appendices and a data quality statement.

Websites [NHS Digital](#)

### **20. A comparison of gender-linked population cancer risks between alcohol and tobacco: how many cigarettes are there in a bottle of wine?**

Author: HYDES, T

Journal: BMC Public Health Vol: 19: Pages: 316



**Abstract:** In contrast to our knowledge about the number of cancers attributed to smoking, the number of cancers attributed to alcohol is poorly understood by the public. This study estimates the increase in absolute risk of cancer (number of cases per 1000) attributed to moderate levels of alcohol, and compares these to the absolute risk of cancer attributed to low levels of smoking, creating a 'cigarette-equivalent of population cancer harm'. The study concludes that one bottle of wine per week is associated with an increased absolute lifetime risk of alcohol-related cancers in women, driven by breast cancer, equivalent to the increased absolute cancer risk associated with ten cigarettes per week. These findings can help communicate that moderate levels of drinking are an important public health risk for women. The risks for men, equivalent to five cigarettes per week, are also of note.

Websites [BioMed](#)



## HEALTH PROTECTION

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### **21. Shingles: guidance and vaccination programme**

Author: PUBLIC HEALTH ENGLAND

Date: 13 March 2020

**Abstract:** Updated information on the characteristics, management and surveillance of shingles (herpes zoster).

Websites [PHE](#)

### **22. Measles notifications and confirmed cases by oral fluid testing 2013 to 2019**

Author: PUBLIC HEALTH ENGLAND

Date: 16 March 2020

**Abstract:** This updated document provides statistics for measles notifications and confirmed cases by oral fluid testing in England 2013 to 2019 by quarter

Websites [PHE](#)

### **23. Mumps: notifications and confirmed cases by oral fluid testing in England, 2013 to 2019 by quarter**

Author: PUBLIC HEALTH ENGLAND

Date: 16 March 2020

**Abstract:** This updated document provides the statistics for mumps notifications and confirmed cases by oral fluid testing in England 2013 to 2019 by quarter

Websites [PHE](#)

### **24. National flu report summary: 19 March 2020 (week 12)**

Author: PUBLIC HEALTH ENGLAND

Date: 19 March 2020

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

Websites [PHE](#)

### 25. COVID-19 outbreak - councillor guidance

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 20 March 2020

Abstract: This guidance has been developed to assist elected councillors as councils grapple with this crisis. The guidance focuses on specific issues relevant to councillors' involvement in our work leading and protecting our communities, as well as in delivering the full range of our normal services. Inevitably, there will be significant changes to how councils manage these responsibilities over the coming months. This guidance highlights the role that individual ward councillors can play in supporting their communities through these difficult times. More than ever before, our role as civic and community leaders requires us to offer visible, responsible leadership that links community-led support with council structures to help build and sustain our overall resilience. Using social media and other means to link with the neighbourhood support groups that have developed in recent days will be an important part of this.

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

### 26. National Trends in Human Papillomavirus Awareness and Knowledge of Human Papillomavirus-Related Cancers

Author: WHELDON, C

Journal: American Journal of Preventive Medicine Vol: 56 Part: 4: Pages: 591-602

Abstract: The purpose of this study was to (1) estimate changes in human papillomavirus awareness and knowledge of human papillomavirus-related cancers from 2014 to 2017 using a nationally representative survey of adults in the U.S. and (2) identify differences in population subgroups that showed significant changes in human papillomavirus awareness and knowledge of human papillomavirus-related cancers. Findings show that the majority were aware of human papillomavirus. Awareness was higher among females and the vaccine-eligible subpopulation. No change in awareness was observed. Knowledge of cervical cancer was high, but low for anal; oral; and penile cancers. Cervical cancer knowledge significantly increased among females, and anal cancer knowledge increased among college graduates and non-vaccine eligible subgroups. No other increases in human papillomavirus-related cancer knowledge were observed. Public health education is needed to raise awareness of non-cervical human papillomavirus-related cancers.

Websites [Science Direct](#)



## MATERNITY AND INFANTS

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### 27. Conceptions in England and Wales: 2018

Author: OFFICE FOR NATIONAL STATISTICS

Date: 04 March 2020

Abstract: Annual statistics on conceptions to residents of England and Wales, with numbers and rates by age group including women aged under 18 years. Main points

- In 2018, there were an estimated 839,043 conceptions to women of all ages in England and Wales compared with 847,204 in 2017, a decrease of nearly 1.0%.
- The conception rate for women under 18 years decreased for the 11th year in a row, the longest continued decrease since records began.
- The percentage of conceptions leading to a legal abortion among all women resident in England and Wales increased from 22.7% in 2017 to 24.0% in 2018, the highest percentage since records began in 1990.
- In 2018, the conception rate for women under 18 years was higher in the 50% most deprived areas in England, while the percentage of conceptions leading to a legal abortion was higher in the 50% least deprived areas in England.
- For the third year in a row, women aged 40 years and over were the only age group to see an increase in conception rates; in 2018, there were 16.3 conceptions per 1,000 women aged 40 years and over.

Websites [ONS](#)

### **28. Getting safer faster: key areas for improvement in maternity services**

Author: CARE QUALITY COMMISSION

Date: 10 March 2020

Abstract: Greater national focus on the safety of maternity care has helped to drive improvements for women and their families. But there is still too much variation in the safety and quality of maternity services across the country. The CQC have published this briefing paper discussing the key issues that impact on the ability of hospital trusts to provide high quality maternity care. It highlights what needs to change alongside good practice to share learning and support hospitals to make vital improvements.

Websites [CQC - Press Release](#); [CQC - Briefing](#)

### **29. Fertility Care and Emotional Wellbeing RCN Guidance**

Author: ROYAL COLLEGE OF NURSING

Date: 13 March 2020

Abstract: This guidance has been developed as a resource for all health care professionals in all areas of fertility care and acknowledges the differences between emotional support and wellbeing, implications counselling and therapeutic counselling.

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



## **MENTAL HEALTH AND WELLBEING**

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### **30. E-cigarettes: use by patients in NHS mental health organisations**

Author: PUBLIC HEALTH ENGLAND

Date: 04 March 2020

Abstract: This advice provides recommendations on the use of e-cigarettes to commissioners, NHS trusts and other organisations providing care to NHS patients, particularly people with mental health conditions (excluding high secure units). It promotes a consistent approach to e-cigarettes across the NHS, so there is

support for patients who need to transfer between acute and mental health trusts.

Websites [PHE](#)

### **31. Racial disparities in mental health: Literature and evidence review**

Author: BIGNALL, T

Date: March 2020

Abstract: This literature review highlighted evidence related to the prevalence of mental illness amongst black and minority ethnic communities (and specific ethnic groups). The literature found differences in experiences and outcomes of black and minority ethnic people with the white English community; possible explanations for these differences; existing gaps in current evidence and research and identification of good practice in addressing mental health and racial disparities.

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

### **32. Must know: suicide prevention**

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 17 March 2020

Abstract: Suicide is a major issue for society and a leading cause of years of life lost. There were 5,021 deaths from suicide registered in England in 2018 and for every person who dies at least ten people are affected. Councils are well placed to prevent suicide because their work on public health addresses many of the risk factors, such as alcohol and drug misuse, and spans efforts to address wider determinants of health such as employment and housing. There are also important opportunities to reach local people who are not in contact with health services through online initiatives or working with the voluntary and community sector. However, councils cannot do this alone. A local suicide prevention plan combines actions by local authorities, mental health and health care services, primary care, community-based organisations and voluntary agencies, employers, schools, colleges and universities, the police, transport services, prisons and others. The delivery of a comprehensive strategy is effective in reducing deaths by suicide through interventions that build community resilience and target groups of people at heightened risk of suicide. Councillors, directors of public health and health and wellbeing boards have a central role. Their involvement is crucial in coordinating local suicide prevention efforts and ensuring every area's strategy is turning into action.

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

### **33. Changing labour market conditions during the 'great recession' and mental health in Scotland 2007–2011: an example using the Scottish Longitudinal Study and data for local areas in Scotland**

Author: CURTIS, S

Journal: Social Science & Medicine Vol: 227: Pages: 1-136

Abstract: This paper reports research exploring how the trends in local labour market conditions during the period 2007–2011 (early stages of the 'great recession') relate to reported mental illness for individuals. It contributes to research on spatio-temporal variation in the wider determinants of health, exploring how the life course of places relates to socio-geographical inequalities in health outcomes for individuals. This study also contributes to the renewed research focus on the links between labour market trends and population health, prompted by the recent global economic recession. Findings show that, for groups of local authorities in Scotland over the period 2007–2011, trends in employment varied. These geographically variable trends in employment rates were associated with inequalities in self-reported mental health across the country, after controlling for a number of other individual and neighbourhood risk factors. For residents of regions that had experienced relatively high and stable levels of employment the odds ratio for reporting a mental illness was significantly lower than for the 'reference group', living in areas with persistently low employment rates. In areas where employment declined markedly from higher levels, the odds ratio was similar to the reference

group. The findings emphasise how changes in local economic conditions may influence people's health and wellbeing independently of their own employment status. We conclude that, during the recent recession, the economic life course of places across Scotland has been associated with individual mental health outcomes.

Websites [Science Direct](#)



## WIDER DETERMINANTS

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### 34. Cultural strategy in a box

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 06 March 2020

Abstract: Culture is who we are. It is our heritage and future. It is how we live our lives and express our identities. It is art, music, film, fashion, design, even gaming. But it is much more: it is what defines us and how we are changing. For local authorities, culture can be viewed as part of the glue that brings and keeps our communities together. A strong cultural sector and enriching cultural life can contribute to welcoming, distinctive and attractive places. Used effectively, culture and the institutions and services of culture (museums, libraries, festivals and many other elements) can contribute toward the revitalisation of communities, the development of trust, improved health and wellbeing, and the possibility of a more positive future. This guide gives key lessons and guidance in writing a cultural strategy that can be tailored to suit the needs of the local authority and its place. It draws on good practice examples from across England. When designed and delivered effectively, a cultural strategy can trigger social and economic outcomes that will enhance your place.

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

### 35. Repairing our Social Fabric: Towards a new understanding of community strength

Author: ONWARD

Date: 04 March 2020

Abstract: Building on Onward's research into the [Politics of Belonging](#) ahead of the 2019 General Election and drawing heavily on qualitative research in local communities themselves, this report tracks a wide variety of indicators of social connectedness and capital to develop a landmark Index of Social Fabric to measure the strength of community in the UK today, and how different communities in different places fare against different aspects of social fabric.

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

### 36. Social relationship adversities throughout the lifecourse and risk of loneliness in later life

Author: EJLSKOV, L

Journal: Ageing & Society: Early Online

Abstract: This study investigates the association between social relationship adversities throughout the lifecourse and loneliness in later life. The study found evidence of a step-dose response where greater exposure to social relationship adversities experienced at three earlier lifestages predicted higher loneliness levels in later life with more recent social relationship adversities more strongly related to loneliness. This study suggests that social relationship adversities experienced throughout the lifecourse continue to influence

loneliness levels much later in life. A key finding is that adverse social relationship experiences in earlier life may explain why otherwise socially similar individuals differ in their levels of loneliness. Implications for policy and research are discussed.

Websites [Cambridge](#)

### **37. Prolongation of working life and its effect on mortality and health in older adults: Propensity score matching**

Author: EYJOLFSDOTTIR, H

Journal: Social Science & Medicine Vol: 226: Pages: 77-86

Abstract: Many countries are raising the age of pension eligibility because of increases in life expectancy. Given the social gradient in life expectancy and health, it is important to understand the potential late-life health effects of prolonging working life and whether any effects differ by socioeconomic position. This study examined the effect of prolonging working life beyond age 65 on mortality and a series of indicators of late-life physical health (the ability to climb stairs without difficulty, self-rated health, ADL limitations, and musculoskeletal pain) in a representative sample of the Swedish population. In addition to average effects, the study also examined heterogeneous effects, for instance by occupational social class. Analyses of whether the results varied by occupational social class or the propensity to prolong working life were inconclusive but suggest a positive effect of prolonging working life on health outcomes. Accordingly, more detailed knowledge about the precise mechanisms underlying these results are needed. In conclusion, working to age 66 or above did not have effect on mortality or late-life physical health.

Websites [Science Direct](#)

### **38. Examining longitudinal associations between the recreational physical activity environment, change in body mass index, and obesity by age in 8864 Yorkshire Health Study participants**

Author: HOBBS, M

Journal: Social Science & Medicine Vol: 227: Pages: 76-83

Abstract: The environment may lead to lower body mass index (BMI) and obesity risk by providing opportunities to be physically active. This longitudinal study examined if change in BMI and obesity was associated with the availability of physical activity (PA) facilities and parks and explored if these associations differed by age. Findings show that change in obesity was unrelated to parks and while PA facilities were related, effects were small. A combined measure of the recreational PA environment including parks and PA facilities was unrelated to change in BMI and obesity. Despite this, statistically significant interactions were found for both PA facilities, parks, and change in obesity by age. Based on the premise that an individual's mobility varies with age, and although effects were small, this offers tentative evidence which suggests it may be useful for policymakers in Public Health and Planning to consider the impact of environmental interventions across the life course.

Websites [Science Direct](#)



## **OTHER**

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### **39. The lives we want to lead: Towards change, towards hope**

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 06 March 2020

Abstract: What makes us happy and fulfilled? The answer to this question will be unique and personal to each of us. But if everyone shared their views, we would likely see some common themes emerge. Social care covers this full spectrum, supporting adults of all ages with a range of different needs and conditions and their family and friends who provide invaluable unpaid care. It is a scaffolding that is used as and when needed to enable people to do whatever helps them grow and sustain their wellbeing. Stabilising and reforming social care so that it can best support people in this way is one of the most urgent challenges we face as a society. This short publication sets out the main issues that the Local Government Association believe need to be addressed to ensure that people can live the lives they want to lead, and the kind of action they want to see from Government.

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