

# 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 COLLABORATE IT SO YOU DON'T HAVE TO

29<sup>th</sup> May 2020

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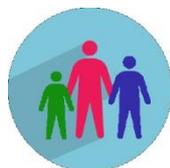
**Please note:**

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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### CHILDREN, YOUNG PEOPLE & FAMILIES

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**1. Looked-after children statistics in England: guide**

Author: UNITED KINGDOM Department for Education

Date: 18 May 2020

Abstract: This is a guide to looked-after children statistics published by the Department for Education. The guide explains:

- data collection and coverage
- data processing
- information on published statistics
- data quality and uses

Websites [DfE](#)

## 2. Care-experienced young people and higher education

Author: WHAT WORKS FOR CHILDREN'S SOCIAL CARE

Date: 18 May 2020

Abstract: Care-experienced young people in the United Kingdom are less likely to attend university than peers who have not been in care. This study set out to find out more about this situation, particularly the expectations care experienced young people held towards university attendance during the years leading up to university application and how these expectations changed over time. The study was also interested in care experienced young people's experiences of applying to university and in their wellbeing and progress once there.

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

## 3. A Lifeline for All: Children and Families with No Recourse to Public Funds

Author: CHILDREN'S SOCIETY

Date: May 2020

Abstract: This report addresses a main driver of poverty amongst children in modern-day Britain: the no recourse to public funds condition placed on their leave to remain or associated with their parents' immigration status. Its findings are based on interviews conducted with families as well as an analysis of case files, Home Office statistics, and data provided by, amongst others, the NRPF Network and the Migration Observatory. The report highlights how the NRPF condition plunges thousands of children in migrant families into long-term poverty.

Websites [Children's Society - Report](#)

## 4. Missing the Mark

Author: CHILDREN'S SOCIETY

Date: May 2020

Abstract: A short report exploring local authority's strategic and service response to young people experiencing relationship abuse.

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

## 5. Associations between overweight and mental health problems among adolescents, and the mediating role of victimization

Author: LEONTINE VAN VUUREN, C

Journal: BMC Public Health Vol: 19: Pages: 612

Abstract: Evidence has not been conclusive on whether adolescent overweight is associated with mental health, possibly caused by indirect, yet untested associations. The purpose of this study was to examine the association between overweight or obesity and mental health problems among adolescents, and to determine whether victimization plays a mediating role in these associations. Self-reported data on mental health and victimization and objectively measured Body Mass Index data were used, using three cohorts (2010–2011 until 2012–2013) and an interval between the measurement waves of two years later. The study concludes that overweight and obesity were significantly associated with mental health problems in adolescents, and victimization played a mediating role in this association. Victimization and mental health should be integrated into prevention programs that address healthy weight development. Moreover, overweight should be given more attention in programs to prevent victimization and promote adolescent mental health.

Websites [BioMed](#)

**6. Parental and peer social support is associated with healthier physical activity behaviours in adolescents: a cross-sectional analysis of Texas School Physical Activity and Nutrition (TX SPAN) data**

Author: HAIDAR, A

Journal: BMC Public Health Vol: 19: Pages: 640

Abstract: Parental and peer support can influence children's physical activity; however, these associations have not been fully examined in a multi-ethnic population across early and late adolescence. The objective of this study was to examine associations between perceived parental/peer social support, perceived parental disapproval for not exercising, and physical activity/screen time behaviours among a multi-ethnic sample of adolescents. The Texas School Physical Activity and Nutrition (TX SPAN) survey is a cross-sectional statewide probability-based survey, used to assess obesity-related behaviours such as diet and physical activity. The SPAN 2009–2011 study measured 8th and 11th grade students using a self-report questionnaire with established psychometric properties, along with objectively measured height and weight. The study concludes that parental and peer social support is associated with positive physical activity behaviours in adolescents. Strategies to focus on parent and peer support should be integral to intervention programs designed to increase physical activity in adolescents in middle and high schools.

Websites [BioMed](#)

**7. Case epidemiology from the first three years of a pilot laboratory-based surveillance system for elevated blood-lead concentrations among children in England, 2014–17: implications for public health action**

Author: ROBERTS, D. J

Journal: Journal of Public Health Vol: Early Online

Abstract: Children incur lead toxicity even at low blood-lead concentrations (BLCs), and testing in England is opportunistic. This article described epidemiology of cases notified to a passive laboratory-based surveillance system (SS), the Lead Poisoning in Children (LPIC) SS to inform opportunities to prevent lead exposure in children in England. The surveillance population were children <16 years of age and resident in England during the reporting period September 2014–17. The article concludes that males, children aged 1–4 years, and children in deprived areas may be at higher risk, and could be targeted for primary prevention. Varied regional notification rates suggest differences in clinician awareness of lead exposure and risk factors; guidelines standardising the indications for BLC-testing may assist secondary prevention.

Websites [Oxford](#)



## COMMISSIONING AND ECONOMICS

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**8. Social gradients in health and social care costs: Analysis of linked electronic health records in Kent, UK**

Author: JAYATUNGA, W

Journal: Public Health Vol: 169: Pages: 188-194

Abstract: Research into the socio-economic patterning of health and social care costs in the UK has so far been limited to examining only particular aspects of healthcare. This study explores the social gradients in overall healthcare and social care costs, as well as in the disaggregated costs by cost category. The social gradient in health and social care costs by cost category were calculated using a linked electronic health record data set for Kent, a county in South East England. A cross-sectional analysis was performed on a sample of 323,401 residents in Kent older than 55 years to assess the impact of neighbourhood deprivation on mean annual per capita costs in 2016/17. The study concludes that health inequalities in the population older than

55 years in Kent are associated with health and social care costs of £109m, equivalent to 15% of the estimated total expenditure in this age group. Such significant costs suggest that appropriate interventions to reduce socio-economic inequalities have the potential to substantially improve population health and, depending on how much investment they require, may even result in cost savings.

Websites [Science Direct](#)

### 9. Towards a preventative approach to improving health and reducing health inequalities: a view from Scotland

Author: CRAIG, N

Journal: Public Health Vol: 169: Pages: 195-200

Abstract: Pressures on the health system are intense. Prevention is often seen as a sustainable way to manage these pressures. However, the impact of prevention on the demand for health and social care is not fully understood. It will reflect the balance of opposing forces: reduced needs for health and social care because of improving health and increased needs associated with increasing life expectancy and the diseases of old age, mediated by how the system manages the resulting pressures. This article illustrates how some of these factors are playing out in Scotland. The article also highlights the substantial growth in the evidence base on the economics of prevention and identifies policy developments with the potential to support a shift to prevention that might help move towards more sustainable demands on the health and social care system. These include recognition of the importance of the social determinants of health, the integration of health and social care and 'realistic medicine'. The article suggests that more use needs to be made of available evidence on the economics of prevention and that all stakeholders need to be engaged in tackling the technical and political challenges posed by the shift to prevention.

Websites [Science Direct](#)



## HEALTH CARE PUBLIC HEALTH

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### 10. Oral cancer in England

Author: PUBLIC HEALTH ENGLAND

Date: 27 May 2020

Abstract: This report presents oral cancer data for England held by the National Cancer Registration and Analysis Service (NCRAS) and includes incidence, survival and mortality rates. It covers the period from 2012 to 2016, and the data is presented at national, regional, upper-tier and lower-tier local authority level.

Websites [PHE](#)

### 11. Can people apply 'FAST' when it really matters? A qualitative study guided by the common sense self-regulation model

Author: MORROW, A

Journal: BMC Public Health Vol: 19: Pages: 643

Abstract: Early identification of stroke symptoms and rapid access to the emergency services increases an individual's chance of receiving thrombolytic therapy and reduces the likelihood of infirmity. The UK's national stroke campaign 'Act FAST' was developed to increase public awareness of stroke symptoms and highlighted the importance of rapid response by contacting emergency services. This study assesses if and how people

who experienced or witnessed stroke in line with the campaigns' symptoms of the FAST acronym (i.e., facial weakness, arm weakness, slurred speech, and time) may use this FAST in their response. The study concludes that stroke witnesses and patients predominantly fail to identify stroke which suggest a lack of FAST application when it matters. Inaccurate risk perceptions and lack of physical control both play central roles in influencing the formation of illness representation not associated with an appropriate emergency response.

Websites [BioMed](#)



## HEALTH IMPROVEMENT

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### 12. Towards a healthy weight

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 15 May 2020

Abstract: Obesity is a chronic condition which requires multi-level action across all sectors, and part of this action should include local authorities and clinical commissioning groups co-commissioning weight management services across the obesity pathway. Up-and-down the country, councils are playing an important role in supporting people through commissioning what are known as tier two weight management services. Ambitious targets have been set for them with services expected to achieve 5 per cent weight loss in 30 per cent of cases. The case studies in this report show that local government has used good practice with many programmes seeing really significant weight loss in excess of 3.4kg being recorded in the national NHS diabetes prevention programme.

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

### 13. Cancer registration statistics: England 2018 final release

Author: PUBLIC HEALTH ENGLAND

Date: 29 May 2020

Abstract: This publication sets out and comments on the counts of diagnoses and age-standardised incidence rates for all types of registerable tumours by age and sex in 2018. Rates and counts are provided for the whole of England and the 9 Government Office Regions. A summary of stage at diagnosis for 9 selected cancers is also presented.

Websites [PHE](#)

### 14. A systematic review and meta-analysis of adherence to physical activity interventions among three chronic conditions: cancer, cardiovascular disease, and diabetes

Author: BULLARD, T

Journal: BMC Public Health Vol: 19: Pages: 636

Abstract: Physical activity is effective for the prevention and treatment of chronic disease. The purpose of this review is to investigate and provide a quantitative summary of adherence rates to the aerobic physical activity guidelines among people with chronic conditions, as physical activity is an effective form of treatment and prevention of chronic disease. Three clinical populations were targeted: cancer; cardiovascular disease, and diabetes. Although not statistically significant, adherence rates varied across samples (65, 90, and 80%, respectively) whereas dropout rates were relatively low and consistent across samples (5, 4, and 3%). The average adherence rate, regardless of condition, is 77% of their prescribed physical activity treatment. The

pooled adherence rates for clinic-based and home-based programs did not differ (74% and 80% respectively). Therefore current evidence suggests that people with chronic conditions are capable of sustaining aerobic physical activity for 3+ months, as a form of treatment. Moreover, home-based programs may be just as feasible as supervised, clinic-based physical activity programs.

Websites [BioMed](#)

#### **15. "It's a hard thing to manage when you're homeless": the impact of the social environment on smoking cessation for smokers experiencing homelessness**

Author: PRATT, R

Journal: BMC Public Health Vol: 19: Pages: 635

Abstract: Up to 80% of the adult homeless population use tobacco, and smoking cessation programs could offer an important opportunity to address preventable mortality and morbidity for this population. This population faces serious challenges to smoking cessation, including the impact of the social environment. Forty participants (11 female; 29 male) from an ongoing smoking cessation randomized clinical trial conducted at 2 urban homeless shelters in the Upper Midwest were invited to take part in semi-structured interviews in 2016–2017. An interviewer used a semi-structured interview guide asking participants to describe their experience of how the social environment impacted their attempt to quit smoking. Participants described feeling pressure to smoke and drink in and around shelters, and that this pressure had led some to start smoking or resume smoking, along with making it very challenging to quit. Participants described being motivated to quit, and seeing smoking cessation as positively impacting the time and focus they felt they had for finding housing. However many felt more interested in reducing their smoking, rather than quitting. In conclusion, there is a need to consider cessation in the context of the social and environmental factors impacting smokers who are experiencing homelessness. In particular, there is a need to address the collective value placed on smoking in social interactions. Despite these challenges, there are high levels of motivation and interest in addressing smoking.

Websites [BioMed](#)

#### **16. Does dissatisfaction with, or accurate perception of overweight status help people reduce weight? Longitudinal study of Australian adults**

Author: FENG, X

Journal: BMC Public Health Vol: 19: Pages: 619

Abstract: With studies around the world suggesting a large proportion of people do not recognise that they are overweight (or feel satisfied with being overweight), this fuels the view that such 'misperceptions' need to be 'corrected'. Few longitudinal studies have examined the consequences of under-perceived weight status, nor over-perceived weight status (when a person feels overweight when they are not) and weight-related satisfaction on trajectories in body mass index (BMI). Five-year BMI trajectories were examined among 8174 participants in an Australian nationally representative cohort. Each person was classified into groups according to their neighbourhood socioeconomic circumstances, baseline BMI and answers to "*how satisfied are you with your current weight?*" and "*do you consider yourself to be... acceptable weight / underweight / overweight?*" Gender-specific multilevel linear regressions were used to examine five-year BMI trajectories for people in each group, adjusting for potential confounders. The study concludes that no evidence was found to suggest accurate recognition of overweight or expressing weight-related dissatisfaction leads to a lower BMI. However, there was evidence of an increase in mean BMI among people who felt dissatisfied with, or over-perceived their 'normal' weight, especially in socioeconomically disadvantaged areas. Correction of under-perceptions may not drive weight loss, but circumstances contributing to over-perception and dissatisfaction with weight status may contribute to increased weight gain and exacerbate socioeconomic inequities in BMI.

Websites [BioMed](#)

**17. A smartphone based attentive eating intervention for energy intake and weight loss: results from a randomised controlled trial**

Author: WHITELOCK, V

Journal: BMC Public Health Vol: 19: Pages: 611

Abstract: Laboratory studies suggest that eating more 'attentively' (e.g. attending to food being eaten and recalling eating episodes) can reduce food intake among participants with both healthy weight and overweight. The aim of this trial was to assess whether a smartphone application that encourages a more attentive eating style reduces energy intake and promotes weight loss. In an individually randomised controlled trial, 107 adults with overweight/obesity in Merseyside, UK used an attentive eating smartphone application along with standard dietary advice (intervention group) or standard dietary advice only (control group) for 8 weeks. The study concludes that a smartphone based attentive eating intervention and standard dietary advice did not result in reduced energy intake or greater weight loss at 4 or 8 week follow-up than standard dietary advice alone.

Websites [BioMed](#)

**18. Use of financial incentives and text message feedback to increase healthy food purchases in a grocery store cash back program: a randomized controlled trial**

Author: GOPALAN, A

Journal: BMC Public Health Vol: 19: Pages: 674

Abstract: The HealthyFood (HF) program offers members up to 25% cash back monthly on healthy food purchases. This randomized controlled trial tested the efficacy of financial incentives combined with text messages in increasing healthy food purchases among HF members. The study concludes that none of the tested financial incentive structures or text strategies differentially affected food purchasing. Notably, more than doubling the cash back amount and introducing a financial disincentive for unhealthy purchases did not affect purchasing. These findings speak to the difficulty of changing shopping habits and to the need for innovative strategies to shift complex health behaviours.

Websites [BioMed](#)

**19. Point of choice kilocalorie labelling in the UK eating out of home sector: a descriptive study of major chains**

Author: ROBINSON, E

Journal: BMC Public Health Vol: 19: Pages: 649

Abstract: Eating out is now common and food served out of the home is often of low nutritional quality. Kilocalorie (kcal) labelling of food and drink products sold in restaurant chains in the US is now mandatory. During August 2018, the website and/or retail outlets of major eating out and takeaway food chains in the UK were contacted or visited. This included full-service and fast-food restaurants, cafes and coffee shops, some of which had previously made a voluntary pledge to provide kcal labelling. The proportion of chains providing kcal information to customers at point of choice in store were examined and the extent to which kcal information provision adhered to labelling recommendations. The proportion of chains that did not have point of choice kcal labelling were also examined but were able to provide kcal information on request. The study concludes that it is rare for eating out and takeaway chains in the UK to provide point of choice kcal labelling and when labelling is provided it does not adhere to recommended labelling practices. Chains that previously volunteered to provide kcal labelling as part of an industry and public health partnership do so inadequately. Voluntary policies have not resulted in adequate kcal labelling in the UK eating out of home sector.

Websites [BioMed](#)

**20. An online survey of users of tobacco vaporizers, reasons and modes of utilization, perceived advantages and perceived risks**

Author: QUELOZ, S

Journal: BMC Public Health Vol: 19: Pages: 642

**Abstract:** Tobacco vaporizers heat tobacco without burning it, to produce an inhalable aerosol. The goals of this study were to explore who uses tobacco vaporizers, how these products are used, reasons for utilization, perceived advantages and risks. This was carried out via an online questionnaire collected from October 2016 to January 2018 in self-selected visitors aged > 18 to an anti-addiction website. 170 valid responses were obtained, of whom 104 were using tobacco vaporizers. For homogeneity, only the 102 users of the Brand 1 tobacco vaporizer were included in this analysis, as there were only two users of other vaporizers. The study concludes that in this online sample of early adopters, Brand 1 was by far the most frequently used tobacco vaporizer. It was used by current or former smokers only, mainly to replace cigarettes, and satisfaction ratings were good. Users considered the tobacco vaporizer to be less toxic than cigarette smoke and perceived it to be helpful for reducing or stopping smoking.

Websites [BioMed](#)

### **21. Can a mass media campaign raise awareness of alcohol as a risk factor for cancer and public support for alcohol related policies?**

Author: PLUM CHRISTENSEN, A.S

Journal: Preventive Medicine Vol: 126: Sept 19

**Abstract:** Alcohol consumption increases the risk of several cancers, but public awareness of alcohol as a risk factor for cancer is low. Research indicates that public opinion about alcohol related policies can be influenced by mass media campaigns and awareness of alcohol as a carcinogen. The objective of this study was to test whether a mass media campaign intended to raise awareness of the relation between alcohol and cancer is associated with higher public awareness of alcohol as a risk factor for cancer, and higher levels of support for alcohol related policies. Cross-sectional surveys of a nationally representative sample of 6000 Danish adults were conducted pre- and post-campaign in 2017–2018. Conclusively, the results show that a mass media campaign was associated with an increase in awareness of alcohol as a risk factor for cancer as well as alcohol policy support at a population level.

Websites [Science Direct](#)

### **22. The caries-related cost and effects of a tax on sugar-sweetened beverages**

Author: JEVDJEVIC, M

Journal: Public Health Vol: 169: Pages: 125-132

**Abstract:** While taxes on sugar-sweetened beverages (SSBs) have frequently been proposed to reduce non-communicable diseases like obesity and type 2 diabetes, relatively little is known about the caries-related impacts of SSB taxation. This cost-effectiveness analysis assessed the effect of a 20% ad valorem tax on SSBs on dental caries and related treatment costs, specifically taking into account that consumers may switch from SSBs to other (non-taxed) sugar-containing drinks. A tooth-level Markov model was developed to evaluate the cost and effects of SSB taxation. The study results show that SSB taxation may substantially improve oral health and reduce the caries-related economic burden. Benefits would be the greatest for younger age groups.

Websites [Science Direct](#)



**HEALTH PROTECTION**

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**23. Measles elimination work programme: West Midlands**

Author: PUBLIC HEALTH ENGLAND  
Date: 18 May 2020

Abstract: This report presents a comprehensive overview of trends in measles, mumps and rubella vaccine coverage for children aged 1 to 18 years residing in the West Midlands as of December 2018 and quantifies the extent of under-vaccination according to geographical and social-demographic characteristics. It also provides an estimate population susceptibility to measles in defined age groupings by local authority area.

Websites [PHE](#)

**24. National flu immunisation programme plan**

Author: PUBLIC HEALTH ENGLAND  
Date: 14 May 2020

Abstract: The annual flu letter describes the national flu immunisation programme for 2020 to 2021, and outlines which groups are eligible for flu vaccination.

Websites [PHE](#)

**25. Hepatitis E: symptoms, transmission, prevention, treatment**

Author: PUBLIC HEALTH ENGLAND  
Date: 14 May 2020

Abstract: This document describes the symptoms, means of transmission, the best means of prevention and treatment of hepatitis E.

Websites [PHE](#)

**26. Hepatitis C in England and the UK**

Author: PUBLIC HEALTH ENGLAND  
Date: 29 May 2020

Abstract: Latest PHE hepatitis C virus (HCV) reports and supporting documents, for England and the UK.

Websites [PHE](#)

**27. Heatwave Plan for England**

Author: PUBLIC HEALTH ENGLAND  
Date: 28 May 2020

Abstract: The Heatwave Plan for England aims to prepare for, alert people to, and prevent, the major avoidable effects on health during periods of severe heat in England. The plan remains unchanged for summer 2020. Additional actions may be needed due to COVID-19 and specific resources are provided.

Websites [PHE](#)

**28. Measles, mumps and rubella: lab-confirmed cases in England 2020**

Author: PUBLIC HEALTH ENGLAND  
Date: 27 May 2020

Abstract: Quarterly reports, with commentary, on cases confirmed by Public Health England's Virus Reference department or national routine laboratory testing (mumps only).

Websites [PHE](#)

### **29. Social support, mental health needs, and HIV risk behaviours: a gender-specific, correlation study**

Author: FANG, L

Journal: BMC Public Health Vol: 19: Pages: 651

Abstract: The HIV/AIDS epidemic continues to threaten the health and wellbeing of millions in the United States and worldwide. Syndemic theory suggests that HIV/AIDS can co-occur with other afflictions. This study aims to assess the relationship between mental health needs, social support, and HIV risk behaviours, and to assess if social support can be a buffer, weakening the effect of mental health needs on HIV risk. Findings show that for both genders, the odds of participating in HIV risk behaviours increase with mental health needs and decrease with the level of social support. Furthermore, social support mitigates the association between mental health needs and HIV risk behaviour involvement for males, as males receiving high level of social support have least odds of HIV risk behaviours relative to males receiving low level of social support. Notably, for females, social support does not serve as a buffer against HIV risk behaviours when their mental health needs increase. The study contributes to the knowledge base of HIV prevention and highlights the important role of mental health and social support against HIV risk behaviours when developing gender-specific prevention strategies.

Websites [BioMed](#)



## **MATERNITY AND INFANTS**

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### **30. Pertussis immunisation in pregnancy: vaccine coverage (England)**

Author: PUBLIC HEALTH ENGLAND

Date: 26 May 2020

Abstract: Updated vaccine uptake data and commentary about the pertussis (whooping cough) vaccination programme for pregnant women. This update includes data for January to March 2020 and associated data tables.

Websites [PHE](#)

### **31. Quarterly conceptions to women aged under 18 years, England and Wales: January to March 2019**

Author: OFFICE FOR NATIONAL STATISTICS

Date: 29 May 2020

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

Websites [ONS](#)

**32. Spontaneous very preterm birth in relation to social class, and smoking: a temporal-spatial analysis of routinely collected data in Aberdeen, Scotland (1985–2010)**

Author: McCALL, S. J

Journal: Journal of Public Health: Early Online

Abstract: This population-based cohort study in Aberdeen Maternity Hospital, UK, aims to examine trends of spontaneous very preterm birth (vPTB) and its relationship with maternal socioeconomic status and smoking. The cohort was restricted to spontaneous singleton deliveries occurring in Aberdeen from 1985 to 2010. The study concludes that the strongest risk factor for vPTB was maternal smoking while socioeconomic deprivation showed a strong association in non-smokers. Smoking cessation interventions may reduce vPTB. Modifiable risk factors should be explored in deprived areas.

Websites [Oxford](#)



## MENTAL HEALTH AND WELLBEING

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**33. Stepchange: Mentally Healthy Universities**

Author: UK UNIVERSITIES

Date: 18 May 2020

Abstract: Universities UK has published a refreshed version of its strategic framework, calling on universities to prioritise the mental health of their students and staff by taking a whole university approach to mental health, meaning that mental health and wellbeing is considered across every aspect of the university and is part of all practices, policies, courses and cultures.

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



## WIDER DETERMINANTS

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**34. Recreating parks: Securing the future of our urban green spaces**

Author: SOCIAL MARKET FOUNDATION

Date: 18 May 2020

Abstract: International evidence and NHS pilots have shown that using parks as a healthcare resource can improve outcomes for patients and significantly reduce demands on GP surgeries. The Social Market Foundation states that parks and green spaces should be seen as a tool of healthcare in the same way as medicines and therapies. Giving the NHS a role in supporting parks and green spaces would allow doctors to make more use of “social prescribing” techniques where patients are told to take exercise and spend time outdoors to boost physical and mental health.

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

### **35. Engaging 'hard to reach' groups in health promotion: the views of older people and professionals from a qualitative study in England**

Author: LIJAS, A. E. M

Journal: BMC Public Health Vol: 19: Pages: 629

Abstract: Older people living in deprived areas, from black and minority ethnic groups (BME) or aged over 85 years (oldest old) are recognised as 'hard to reach'. Engaging these groups in health promotion is of particular importance when seeking to target those who may benefit the most and to reduce health inequalities. This study aimed to explore what influences them practicing health promotion and elicit the views of cross-sector professionals with experiences of working with 'hard to reach' older people, to help inform best practice on engagement. Findings show that older people's motivation to stay healthy and independent reflected their everyday behaviour including practicing activities to feel or stay well, level of social engagement, and enthusiasm for and belief in health promotion. All of the oldest old reported trying to live healthily, often facilitated by others, yet sometimes being restricted due to poor health. Most older people from BME groups reported a strong wish to remain independent which was often positively influenced by their social network. Older people living in deprived areas reported reluctance to undertake health promotion activities, conveyed apathy and reported little social interaction. Cross-sector health professionals consistently reported similar themes as the older people, reinforcing the views of the older people through examples. In conclusion, the study shows some shared themes across the three 'hard-to-reach' groups but also some distinct differences, suggesting that a carefully outlined strategy should be considered to reach successfully the group targeted.

Websites [BioMed](#)

### **36. Changes in cold-related mortalities between 1995 and 2016 in South East England**

Author: DONALDSON, G.C

Journal: Public Health Vol: 169: Pages: 36-40

Abstract: The aim of this longitudinal study was to examine trends in cold-related mortalities between 1995 and 2016. For men and women aged 65–74 years or those older than 85 years in South East England, the relationship between daily mortality (deaths per million population) and outdoor temperatures below 18 °C, with allowance for influenza epidemics, was assessed by linear regression on an annual basis. The regression coefficients were expressed as a percentage of the mortality at 18 °C to adjust for changes in mortality through health care. Trends in 'specific' cold-related mortalities were then examined over two periods, 1977–1994 and 1995–2016. The study concludes that despite state-funded benefits to help alleviate fuel poverty and public health advice, very elderly women appear to be at increasing risk of cold-related mortality—greater help may be necessary.

Websites [Science Direct](#)

### **37. Do anxiety or determination of life differ based on the perceived financial status to cope with severe diseases?**

Author: LEE, E

Journal: Public Health Vol: 169: Pages: 133-139

Abstract: The objective of this study was to identify the relationships among people's perceived financial status to cope with severe disease, levels of anxiety and determinations of life. The 2016 Social Integration Survey of 8000 Korean participants aged 19 years or older was used. Data were analysed using correlation, correspondence and covariate analyses. Results show that of all the participants, 84.6% responded that they had insufficient perceptions of financial status; decision-making power was found to have a stronger correlation with perceived financial stability than with real income. In addition, the perceived ability, based on financial status, to cope with severe disease was correlated with anxiety. In

conclusion, the study proposes that when developing health and medical treatment policy and intervention programmes, perceptions of personal financial status and stability should be considered concurrently.

Websites [Science Direct](#)

## **CORONAVIRUS (COVID-19)**

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### **38. The COVID-19 Pandemic: Financial Inequality and Mental Health**

Author: MENTAL HEALTH FOUNDATION

Date: 06 May 2020

- This briefing discusses the mental health effects of these financial inequalities in the context of the COVID-19 pandemic.

Websites [MHF - Briefing](#)

### **39. Girlguiding research briefing: Early findings on the impact of Covid-19 on girls and young women**

Author: GIRLGUIDING

Date: May 2020

- Girlguiding, the UK's leading charity for girls and young women has released new research of 7,000 members today revealing how girls and young women aged 4-18 in the UK are coping with the drastic changes to their daily lives during the Covid-19 pandemic.

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

### **40. Covid-19 Insight: Focus On Adult Social Care**

Author: CARE QUALITY COMMISSION

Date: 19 May 2020

- This is the first of CQC'S regular discussion documents on key issues affecting health and care. Focusing on adult social care it: reviews data on outbreaks, deaths and availability of PPE, and in particular highlights the impact of Covid-19 on staff wellbeing and the financial viability of adult social care services.

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

### **41. Loneliness, Social Isolation and Covid-19: Practical Advice**

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 21 May 2020

- The LGA and Association of Directors of Public Health (ADPH) have jointly produced this practical advice for Directors of Public Health and others leading the response to the loneliness and social isolation issues arising from the COVID-19 pandemic.

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

### **42. Surviving the Pandemic: New challenges for Adult Social Care and the Social Care Market**

Author: INSTITUTE OF PUBLIC CARE

Date: May 2020

- This discussion paper looks at how councils have avoided the predicted collapse over the period of austerity and explores new problems that have emerged during the Covid 19 pandemic. How can the care provider sector survive after the pandemic?

Websites [IPC - Document](#); [IPC - Press Release](#)

#### **43. NLGN Leadership Index – Edition #9: Covid-19**

Author: NEW LOCAL GOVERNMENT NETWORK

Date: May 2020

- NLGN's Leadership Index is a quarterly survey sent to all chief executives, council leaders/mayors in the UK. It provides insight into the level of confidence on key issues affecting local government.
- The May 2020 survey also asked local government leaders how they are responding to the COVID-19 outbreak.

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

#### **44. Preventing and Managing the Covid-19 Pandemic across Long-Term Care Services in the WHO European Region**

Author: WORLD HEALTH ORGANIZATION

Date: 28 May 2020

- This technical guidance identifies ten policy objectives for decision-makers, policy-makers and national or regional health authorities as they strive to prevent and manage the COVID-19 pandemic in long-term care settings.
- The focus is on older people above the age of 65 years who use long-term care services in their homes, day centres or designated facilities (residential homes and nursing homes).

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

#### **45. Six-Country Survey on Covid-19**

Author: INSTITUTE OF LABOR ECONOMICS

Date: May 2020

- This paper presents a new data set collected on representative samples across six countries: China, South Korea, Japan, Italy, the UK and the four largest states in the US.
- The information collected relates to work and living situations, income, behavior (such as social-distancing, hand-washing and wearing a face mask), beliefs about the Covid-19 pandemic and exposure to the virus, socio-demographic characteristics and pre-pandemic health characteristics.

Websites [ILE - Document](#); [ILE - Press Release](#)

#### **46. Coronavirus: A ban on evictions and help for rough sleepers**

Author: UNITED KINGDOM House of Commons Library

Date: 29 May 2020

- This briefing paper explains measures the Government has put in place during the coronavirus outbreak to assist households to retain their homes and to enable local authorities to tackle the specific challenges faced by rough sleepers. The paper is being updated regularly to take account of new developments.

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

## 47. Children in custody

Author: CHILDREN'S COMMISSIONER

Date: 29 May 2020

- This briefing note sets out the situation in custodial institutions for children, based on data received from the Youth Custody Service (YCS) over the lockdown period, supplemented with evidence gleaned from conversations with children in the youth custodial estate about their experiences of lockdown.

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