

WHAT'S NEW

IN HEALTH & SOCIAL CARE FORTNIGHTLY BULLETIN

KEEPING YOU UP TO DATE WITH ALL THE LATEST RESEARCH AND GUIDANCE IN HEALTH AND SOCIAL CARE WE COLLATE IT SO YOU DON'T HAVE TO

24th July 2020

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Please note:

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

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ADULT SOCIAL CARE

1. **'It makes your life worthwhile. It gives you a purpose in living': mobility experiences among active older adults with low income**

Author: FRANKE, T

Journal: Ageing & Society Vol: 39 Part: 8: Pages: 1639-1666

Abstract: The World Health Organization claims that mobility is vital to healthy ageing and is the best guarantee of older adults being able to cope and remain in their homes and communities. Mobility enables older adults to maintain their physical health, independence and participation in society. Using a constructivist

grounded theory methodology, this study conducted 24 in-depth interviews with six highly active community-dwelling older adults with low income, aged 65 or over, over a period of four years. Findings illustrate that intrapersonal factors, in addition to environmental (built, social and cultural) and temporal-level factors, play a crucial role in mobility. In the future, this gained knowledge can be incorporated into approaches to study the multiple interrelated factors and their interrelations that influence older adults' mobility.

Websites [Cambridge](#)



CHILDREN, YOUNG PEOPLE & FAMILIES

2. 'Best Beginnings', is an in-depth examination of early years provision in England

Author: CHILDREN'S COMMISSIONER

Date: 17 July 2020

Abstract: This report looks at the provision of early years services for children across the country, alongside a warning that many nurseries are at risk of closure, hitting the life chances of some of the most vulnerable children and holding back the economic recovery following lockdown. The report describes a system that is disjointed and often failing to target those disadvantaged children with development problems who most need early help. The Children's Commissioner calls for a new Best Beginnings early years investment plan, ranging from Children and Family hubs to midwives and health visitors, to tackle these problems at the beginning of a child's life rather than waiting until crises develop in later years.

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

3. Family Physical Activity Planning and Child Physical Activity Outcomes: A Randomized Trial

Author: RHODES, R

Journal: American Journal of Preventive Medicine Vol: 57 Part: 2: Pages: 135-144

Abstract: Regular moderate-to-vigorous physical activity and high physical fitness are extremely important to the health of children and track to positive health profiles in adulthood. Family-based interventions to improve moderate-to-vigorous physical activity are essential given that children live within a structure of parental influence. The purpose of this study was to examine the effect of a parent planning skills intervention to support child physical activity on the subsequent moderate-to-vigorous physical activity (primary outcome) and fitness of their children across 26 weeks (primary endpoint). The study concludes that there was initial efficacy of the planning intervention, but effectiveness waned by 26 weeks. These changes appeared to be sufficient for modest changes in aerobic fitness. Future research should aim to improve the maintenance of these early positive changes and assist parents in planning for activities that also include opportunities to improve child musculoskeletal fitness.

Websites [Science Direct](#)

4. Do negative childhood conditions increase the risk of somatic symptoms in adolescence? – A prospective cohort study

Author: WINDING, T

Journal: BMC Public Health Vol: 19: Pages: 842

Abstract: In order to prevent health and social problems later in life, it is important to identify childhood conditions related to the development of somatic symptoms. This study aims to investigate whether somatic

symptoms of the participants' parents, poor family functioning, or negative life events during childhood result in somatic symptoms in early or late adolescence. Findings show that experiencing poor family functioning at age 15 showed associations with somatic symptoms at age 15. The relative risks between poor family functioning and somatic symptoms were 2.5 for the boys at age 15 and 1.71 for the girls at age 18. Having experienced two or more negative life events up to the age of 15 was associated with reporting somatic symptoms at age 15. No relative risks above 1.35 were found between parents reporting somatic symptoms and participants reporting somatic symptoms at ages 15 or 18. An increased awareness of the association between a poor social climate in the family and somatic symptoms may help professionals in health and educational systems prevent the development of such symptoms among adolescents.

Websites [BioMed](#)

5. Associations of Infant Sleep Duration with Body Composition and Cardiovascular Health to Mid-Adolescence: The PEAS Kids Growth Study

Author: DERKS, I.P.M

Journal: *Childhood Obesity* Vol: 15: Part 6: Pages: 379-386

Abstract: Short sleep duration in childhood has often been linked with obesity in later childhood or adolescence. However, whether infant sleep duration affects body composition trajectories and cardiovascular health through to mid-adolescence remains unknown. Participants were 336 adolescents from a community-based prospective birth cohort in Melbourne, Australia. Findings show that at 2 mths, infants slept on average 14.1 hours, decreasing to 13.4 hours by 12 months. No associations were observed between the different sleep duration time points in infancy and later BMI or body composition. Moreover, a shorter sleep duration did not increase the odds of being on a high body composition trajectory compared with longer sleep (*e.g.*, odds ratio per hour of sleep at 4 months is 0.85, 95% confidence interval 0.65-1.11). Infant sleep duration was also not associated with cardiovascular function or large or small artery structure at 14 years of age. In conclusion no evidence was found that sleep duration very early in life affects adolescent body composition or cardiovascular health.

Websites [Mary Ann Liebert](#)

6. Is Death Taboo for Children? Developing Death Ambivalence as a Theoretical Framework to Understand Children's Relationship with Death, Dying and Bereavement

Author: PAUL, S

Journal: *Children & Society* Vol: 33: Part: 6: Pages: 556-571

Abstract: Children's voices are missing from debates related to the idea that death is a taboo subject and this limits understandings of how children encounter death. Drawing on data from focus groups with children aged 9–12, this paper aimed to explore if and how children experience death as a taboo, but discovered that the death-taboo thesis lacks nuance, confining and misrepresenting children's experiences. Death ambivalence is thus proposed as a conceptual tool to illuminate children's relationship with death. It identifies policy and practice implications concerned with developing death literacy and brings a new theorisation to death and childhood studies.

Websites [Wiley](#)

7. 'No one ever asked us': a feasibility study assessing the co-creation of a physical activity programme with adolescent girls

Author: CORR, M

Journal: *Global Health Promotion: Early Online*

Abstract: Globally, the poor activity level of adolescent girls is a public health concern. Little research has involved adolescents in the design of interventions. This study assessed the feasibility of involving girls in the co-creation of an activity programme. Thirty-one students (15–17 years old) were recruited from a post-primary school. The Behaviour Change Wheel guided intervention design, providing insights into participants' capability, opportunity and motivation for change. Step counts and self-reported physical activity levels were recorded pre- and post-intervention. Feasibility benchmarks assessed recruitment, data collection,

acceptability and adherence. In conclusion the Behaviour Change Wheel can be used to co-create an activity programme with adolescent girls. Predetermined benchmarks, except for pedometer recordings, were reached or exceeded, providing evidence for the need of a randomised controlled trial to test effectiveness.

Websites [Sage](#)

8. Physical activity during school recess: A missed opportunity to be active?

Author: TERCEDOR, P

Journal: Health Education Journal Vol: 78 Part: 8 Pages: 988-999

Abstract: The goals of this study were to describe physical activity levels during school recess in 8-year-old children, to analyse the percentage of children who achieved physical activity recommendation at recess, and examine if recess physical activity levels varied by gender, weight status, and parental educational level. In all, 291 children from 7 schools of Granada (Spain) were recruited. The study concludes that levels of moderate-vigorous physical activity during school recess are very low in children, being lower in girls than in boys, a very low percentage of children achieve moderate-vigorous physical activity recommendations during school recess, and girls and overweight/obese children show lower values in moderate-vigorous and vigorous physical activity.

Websites [Sage](#)

9. Sexual health education for adolescents with developmental disabilities

Author: MURRAY, L

Journal: Health Education Journal Vol: 78: Part: 8: Pages: 1000-1011

Abstract: While statistics related to the sexual abuse of people with developmental disabilities are alarming, there remains a gap in the services and supports available to promote sexual health and healthy relationships and prevent sexual abuse of this population. The aim was to develop and deliver a sexual health education programme for adolescents with developmental disabilities and to identify the reactions and perceptions of students, teachers and parents involved in the programme. Data collected from the feedback and comments were summarised, and major concepts were identified. The information gathered identified meaningful educational experiences for students, their parents and teachers. In conclusion the project findings reinforce the importance of sexual health education for people with developmental disabilities to increase opportunities for healthy sexual relationships and intimacy, to promote positive sexual identities and to decrease the risk of sexual victimisation.

Websites [Sage](#)

10. 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, took part in six focus groups. Thematic, framework analysis was used to analyse the data. 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. In conclusion, 11–13-year-olds identified that schools could do more to support them to make healthier food choices. However, future research needs to understand the constraints schools face in terms of food provision in order to highlight possible opportunities for intervention.

Websites [Sage](#)

11. The Nutritional Value of Children's Menus in Chain Restaurants in the United Kingdom and Ireland

Author: YOUNG, M

Journal: Journal of Nutrition Education and Behaviour Vol: 51 Part: 7: Pages: 817–825

Abstract: Obesity in the United Kingdom and the Republic of Ireland is rising, as is the frequency of eating out in restaurants. The aim of this study was to investigate the nutritional quality of children's menus in restaurants. The study used a cross-sectional review of menus aimed at children from 20 popular chain restaurants in the United Kingdom and Ireland. Findings show that the average meal for younger children (aged 2–5 years) contained 609 ± 117 kcal, and for older children (6–12 years) 653 ± 136 kcal compared with guidelines of 364 and 550 kcal, respectively. A total of 68% of younger children's and 55% of older children's meals contained more total fat than recommended and more than 4 times the amount of saturated fat. Fast food restaurant meals contained less energy, fat, and salt than did full-service restaurants, and meal deals were less likely to meet dietary guidelines than were main meals alone. The study concludes that eating in chain restaurants, in particular meal deals, does not contribute positively to the diet of children in the United Kingdom and Ireland.

Websites [Elsevier](#)

12. Awareness of product-related information, health messages and warnings on alcohol packaging among adolescents: a cross-sectional survey in the United Kingdom

Author: CRITCHLOW, N

Journal: Journal of Public Health: Early Online

Abstract: Alcohol packaging can be used to communicate product-related information, health messages and health warnings to consumers. This cross-sectional survey conducted with 11-19 year olds in the United Kingdom examined awareness and recall of such information and messaging. The survey concludes that most young drinkers, including almost half of higher-risk drinkers, did not recall seeing any information, health messages or warnings on alcohol packaging in the past month, suggesting that current labelling is failing to reach this key audience.

Websites [Oxford](#)

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Websites [Oxford](#)

14. Unhealthy weight control behaviours and substance use among adolescent girls: The harms of weight stigma

Author: SIMONE, M

Journal: Social Science & Medicine Vol: 233: Pages: 64–70

Abstract: Unhealthy weight control behaviours (UWCBs) often predict future substance use, resulting in a comorbidity that predicts later health consequences. This study aimed to examine whether weight stigma and its associated harms magnify or attenuate the effect of UWCBs at baseline on substance use at 10-year follow-up among girls and to elucidate factors related to the perceived harms of weight stigma. The study concludes that health initiatives should seek to reduce weight stigma and its associated harms to prevent substance use in girls and women. Clinicians working with adolescent girls with UWCB should inquire about experiences with

weight stigma with its harms to assess substance use risk. Due to the marginally significant moderation, results should be interpreted with caution.

Websites [Science Direct](#)



HEALTH IMPROVEMENT

15. Healthy ageing: consensus statement

Author: PUBLIC HEALTH ENGLAND

Date: 21 July 2020

Abstract: This updated statement by Public Health England and the Centre for Ageing Better sets out our shared vision for making England the best place in the world to grow old.

Websites [PHE](#)

16. Working years of life lost due to alcohol mortality

Author: PUBLIC HEALTH ENGLAND

Date: 17 July 2020

Abstract: The aim of this ad hoc statistical release is to quantify the burden alcohol puts on the working-age population in England, with a view to include the topic as a new indicator in the Local Alcohol Profiles for England (LAPE).

Websites [PHE](#)

17. Developing and evaluating workplace health interventions: employer toolkit

Author: PUBLIC HEALTH ENGLAND

Date: 17 July 2020

Abstract: This toolkit provides guidance for employers to develop their offer of workplace health interventions.

Websites [PHE](#)

18. Factors influencing physical activity participation among older people with low activity levels

Author: RAJNIR, R

Journal: Ageing & Society: Early Online

Abstract: The aim of this qualitative study was to inform future physical activity promotion interventions by examining factors contributing to low activity levels among older people undertaking less than half the recommended level of moderate-to-vigorous physical activity (MVPA). Several modifiable and unmodifiable barriers were identified, of which poor health featured most prominently. Lifetime physical inactivity, caring duties, low motivation, misperceptions of physical activity and ageing, and a lack of affordable and attractive options were the other barriers identified. The results suggest that strategies are needed to raise awareness of current physical activity guidelines, normalise engagement in MVPA throughout the lifespan, develop initiatives to motivate participation, improve the availability of affordable physical activity programmes that

are attractive to this population segment, and facilitate participation among those with intensive caring responsibilities.

Websites [Cambridge](#)

19. Trends in Calories and Nutrients of Beverages in U.S. Chain Restaurants, 2012–2017

Author: FRELIER, J

Journal: American Journal of Preventive Medicine Vol: 57 Part: 2: Pages: 231-240

Abstract: Although beverages comprise one third of all menu items at large chain restaurants, no prior research has examined trends in their calorie and nutrient content. Beverages on the menus of 63 U.S. chain restaurants were the final analytic sample obtained from a restaurant nutrition database. For each beverage type, cluster-bootstrapped mixed-effects regressions estimated changes in mean calories, sugar, and saturated fat for beverages available on menus in all years and for newly introduced beverages. Data were analyzed in 2018. The study concluded that sweetened beverages available in large chain restaurants were consistently high in calories, sugar, and saturated fat and substantially increased in quantity and variety from 2012 to 2017.

Websites [Science Direct](#)

20. Sleep quality in cigarette smokers and non-smokers: findings from the general population in central China

Author: YANHUI, L

Journal: BMC Public Health Vol: 19: Pages: 808

Abstract: This study was designed to examine sleep quality and sleep disturbances among cigarette smokers and non-smokers in the general population in central China. Cigarette smoking characteristics were obtained from smokers, including cigarettes per day, years of smoking, quit attempts, and smoking cravings. The Pittsburgh Sleep Quality Index (PSQI) was applied to assess quality of sleep and sleep disturbances. Findings show that sleep disturbances were more prevalent among cigarette smokers than non-smokers. Smokers also varied in sleep problems on the basis of the characteristics of their smoking. The study concludes that smokers should be informed about the link between cigarette smoking and poor sleep quality, and should be advised that one of several important health benefits from smoking cessation could be the improvement of sleep quality. Sleep therapy should be recommended as an adjunctive treatment for smoking cessation.

Websites [BioMed](#)

21. Do physical activity, commuting mode, cardiorespiratory fitness and sedentary behaviours modify the genetic predisposition to higher BMI? Findings from a UK Biobank study

Author: CELIS-MORALES, C.A

Journal: International Journal of Obesity Vol: 43: Pages: 1526–1538

Abstract: This study aims to investigate whether the association between a genetic profile risk score for obesity (GPRS-obesity) (based on 93 SNPs) and body mass index (BMI) was modified by physical activity (PA), cardiorespiratory fitness, commuting mode, walking pace and sedentary behaviours. For the analyses they used cross-sectional baseline data from 310,652 participants in the UK Biobank study. The study investigated interaction effects of GPRS-obesity with objectively measured and self-reported PA, cardiorespiratory fitness, commuting mode, walking pace, TV viewing, playing computer games, PC-screen time and total sedentary behaviour on BMI. Body mass index (BMI) was the main outcome measure. The study concludes that physical activity, sedentary behaviours and fitness modify the extent to which a set of the most important known adiposity variants affect BMI. This suggests that the adiposity benefits of high PA and low sedentary behaviour may be particularly important in individuals with high genetic risk for obesity.

Websites [Int Jrn of Obesity](#)

22. Obesity prevalence in large US cities: association with socioeconomic indicators, race/ethnicity and physical activity

Author: BENUSIC, M

Journal: Journal of Public Health: Early Online

Abstract: Obesity has a complex association with socioeconomic factors. Further clarification of this association could guide population interventions. This study aimed to determine the relationship between obesity prevalence, socioeconomic indicators, race/ethnicity, and physical activity. Findings show that increased household income was significantly associated with decreased obesity prevalence, for White and Black populations, but not Hispanic. These associations remained significant when controlling for the proportion of the population meeting physical activity guidelines. No association was found between obesity prevalence and the proportion of the population meeting physical activity guidelines for any race/ethnicity grouping. Strategies to increase socioeconomic status may also decrease obesity. Targeting attainment of physical activity guidelines as an obesity intervention needs further appraisal.

Websites [Oxford](#)

23. Feasibility and acceptability of a Takeaway Masterclass aimed at encouraging healthier cooking practices and menu options in takeaway food outlets

Author: HILLIER-BROWN, F

Journal: Public Health Nutrition Vol: 22 Part: 12 Pages: 2268-2278

Abstract: This mixed-methods study aims to evaluate the feasibility and acceptability of the Takeaway Masterclass, a three-hour training session delivered to staff of independent takeaway food outlets in North East England that promoted healthy cooking practices and menu options. All participating food outlets provided progress feedback at 6 weeks post-intervention. Findings show that staff from eighteen (10 % of invited) takeaway food outlets attended the training; attendance did not appear to be associated with the level of deprivation of food outlet location. Changes made by staff that required minimal effort or cost to the business were the most likely to be implemented and sustained. Less popular changes included using products that are difficult (or expensive) to source from suppliers, or changes perceived to be unpopular with customers. In conclusion the Takeaway Masterclass appears to be a feasible and acceptable intervention for improving cooking practices and menu options in takeaway food outlets for those who attended the training. Further work is required to increase participation and retention and explore effectiveness, paying particular attention to minimising adverse inequality effects.

Websites [Cambridge](#)

**HEALTH PROTECTION**

24. Middle East Respiratory Syndrome (MERS-CoV) risk assessment

Author: PUBLIC HEALTH ENGLAND

Date: 17 July 2020

Abstract: Updated guidance on reducing the risk of getting MERS-CoV for UK residents and travellers to the Middle East.

Websites [PHE](#)

25. HPV vaccination has not increased sexual activity or accelerated sexual debut in a college-aged cohort of men and women

Author: BROUWER, A

Journal: BMC Public Health Vol: 19: Pages: 821

Abstract: The human papillomavirus (HPV) is the most common sexually transmitted infection and is linked to several types of cancer. HPV vaccination uptake in the U.S. is relatively low, despite the vaccine's high efficacy. Some parents of adolescents have concerns that vaccination will encourage sexual behavior and therefore choose not to vaccinate. The objective of this study is to assess associations between HPV-vaccination and sexual behavior in a college-age cohort of both men and women. The study concludes that concerns about the influence of the HPV vaccine on sexual behavior are likely unfounded for both men and women. These results can aid in increasing vaccine acceptability, inform and strengthen physician recommendations, and ultimately reduce the burden of HPV and HPV-related cancers in the U.S.

Websites [BioMed](#)

26. 'I Think I Made the Right Decision ... I Hope I'm Not Wrong'. Vaccine hesitancy, commitment and trust among parents of young children

Author: PERETTI-WATEL, P

Journal: Sociology of Health & Illness Vol: 41 Part: 6: Pages: 1159-1174

Abstract: During the last decade, public health research has emphasised the growing public disaffection with vaccination. This contemporary vaccine hesitation (VH) refers to a delay in acceptance or refusal of vaccines, as well as agreement despite doubt and reluctance. This study investigated VH among French parents of young children, with an emphasis on two key features of VH: trust towards physicians and commitment to vaccination issues. Most parents exhibited some kind of VH, with differentiated attitudes across vaccines, including acceptance despite enduring doubts, especially for vaccines already provided to older siblings ('vaccine inertia'). Despite the rise of the Internet and social media, our participants still strongly relied on face-to-face interactions with peers and significant others. Most participants trusted their own physician but this was the result of a selection process: they had engaged resources to find a physician they could trust. Participants with contrasted socioeconomic profiles struggled with the same dilemmas, and they committed themselves to the same quest to find the 'right' physician. Nevertheless, parents with a higher socioeconomic status were able to engage more resources and use a wider repertoire of actions, and they also displayed greater health literacy.

Websites [Wiley](#)

**MATERNITY AND INFANTS**

27. Out of routine: A review of sudden unexpected death in infancy (SUDI) in families where the children are considered at risk of significant harm

Author: CHILD SAFEGUARDING PRACTICE REVIEW PANEL

Date: 16 July 2020

Abstract: This review sets out recommendations and findings for government and local safeguarding partners to better protect infants from sudden unexpected death in infancy (SUDI). The aim is to identify what might have been done differently and how to improve approaches to embed safer sleeping advice in families with children considered to be at risk of significant harm through child abuse or neglect.

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



MENTAL HEALTH AND WELLBEING

28. Mental health and primary care networks: understanding the opportunities

Author: KING'S FUND

Date: 23 July 2020

Abstract: This report, published jointly by The King's Fund and the Centre for Mental Health, explores the opportunities the emergence of these new networks creates for improving the support and treatment provided to people with mental health needs in primary care, and describes why such improvement is badly needed.

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

29. Exploring the relationship between housing concerns, mental health and wellbeing: a qualitative study of social housing tenants

Author: HOLDING, E

Journal: Journal of Public Health: Early Online

Abstract: The rising prevalence of mental health problems is a growing public health issue. Poor mental health is not equally distributed across social groups and is associated with poverty and insecure housing. An evaluation of a social housing intervention provided an opportunity to explore the connections between housing and wider determinants of health and wellbeing. Interviews with social housing tenants over a two-year period were used to explore their views on housing, health and wellbeing. Poor mental health was common. The results suggest that perceptions of housing quality, service responsiveness, community safety, benefit changes and low income all have a detrimental effect on tenants' mental health. Tackling the complex nature of mental health requires a joined up approach between housing and a number of services.

Websites [Oxford](#)

30. What does it mean to be exposed to suicide? : Suicide exposure, suicide risk, and the importance of meaning-making

Author: OSHIO, T

Journal: Social Science & Medicine Vol: 233: Pages: 21-27

Abstract: Current research indicates that exposure to suicide is a risk factor for suicidality; however, we know little about the mechanisms through which exposure confers this risk. This study addresses this gap by examining the role of meaning-making after a suicide death in moderating individual's vulnerability to suicide. We draw on interview data with suicide bereaved individuals in the USA (N = 48), the majority of whom engaged in intense meaning-making processes after their loss. In conclusion the findings suggest that exposure to suicide itself is not inherently risky, though it may be inherently distressing; instead, whether it results in increased vulnerability depends on the meaning an individual makes of the experience and likely the context surrounding the death. We discuss the implications of our findings for theories of suicide contagion, suicide itself, and suicide prevention.

Websites [Science Direct](#)



WIDER DETERMINANTS

31. Gender recognition and the rights of transgender people

Author: UNITED KINGDOM House of Commons Library

Date: 16 July 2020

Abstract: This Commons Library briefing paper considers the current law relating to gender recognition; the medical diagnosis of gender dysphoria; the current protections from discrimination; consultations by the UK Government and the Scottish Government on reform of the Gender Recognition Act 2004; and the "self-identification" debate.

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

32. Taking a public health approach to tackling serious violent crime: case studies

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 14 July 2020

Abstract: These case studies highlight how councils have been working in partnership to deliver early interventions which help to prevent children and young people from becoming involved in serious violent crime.

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

33. The Psychology of Loneliness: Why it matters and what we can do

Author: CAMPAIGN TO END LONELINESS

Date: July 2020

Abstract: This report aims to address the current gap in our understanding of the psychological and emotional aspects of loneliness. Loneliness happens when the social connections that people want don't match their actual experience of relationships with others. Loneliness is a subjective and emotional response and we need to better understand its emotional impact on individuals. People describe loneliness with words like anxiety, fear, shame and helplessness. The report is focussed on older people but has lessons for all adults.

Websites [Campaign to End Loneliness - Report](#); [Campaign to End Loneliness - Press Release](#)

34. Living longer: trends in subnational ageing across the UK

Author: OFFICE FOR NATIONAL STATISTICS

Date: 20 July 2020

Abstract: Current and projected trends in population ageing for local authorities, regions and countries across the UK. Internal migration patterns and economic activity for older people are also compared. A subnational ageing tool is also published today. This paper demonstrates the sorts of comparison that are possible to make using this tool.

Websites [ONS](#)

35. Typologies of loneliness, living alone and social isolation, and their associations with physical and mental health

Author: SMITH, K

Journal: Ageing & Society Vol: 39 Part: 8: Pages: 1709-1730

Abstract: The relationship between living alone, loneliness and social isolation, and how they are associated with health remain contentious. This study sought to explore typologies based on shared experiences of loneliness, social isolation and living alone using Latent Class Analysis and determine how these groups may differ in terms of their physical and mental health. Findings show that groups experiencing loneliness and/or isolation were more likely to report poorer physical and mental health even after adjusting for socio-demographic confounders. The results indicate that different typologies of living alone, loneliness and isolation can be identified using data-driven techniques, and can be differentiated by the number and severity of issues they experience.

Websites [Cambridge](#)

36. When your world gets smaller: how older people try to meet their social needs, including the role of social technology

Author: BRUGGENCATE, T

Journal: Ageing & Society Vol: 39 Part: 8: Pages: 1826-1852

Abstract: Social needs are important basic human needs. When social needs are not fulfilled, it can lead to mental and physical health problems. In an ageing society, meeting the social needs of older adults is important to sustain their wellbeing and quality of life. Social technology is used by younger people attempting to fulfil social needs. The aim of this study is to understand the social needs of older people and the role of social technology in fulfilling these needs. Based on the findings, this study concludes that the world of older individuals is getting smaller. The loss of resources, e.g. the loss of one's health and mobility, may make it more difficult for an older person to connect with the world outside, which may result in a smaller social network. The study suggests that interventions to support older adults to meet their social needs may focus on two aspects: supporting and improving the world close by and bringing the world outside a little bit closer.

Websites [Cambridge](#)

37. Provision and accessibility of primary healthcare services for people who are homeless: a qualitative study of patient perspectives in the UK

Author: GUNNER, E

Journal: British Journal of General Practice Vol: 69: Part: 685: Pages: e526-e536

Abstract: The aim of this study was to explore the perspectives of individuals who are homeless on the provision and accessibility of primary healthcare services. A total of 22 people who were homeless were recruited. Although some participants described facing no barriers, accounts of being denied registration at general practices and being discharged from hospital onto the streets with no access or referral to primary care providers were described. A participant described committing crimes with the intention of going to prison to access health care. High satisfaction was expressed by participants about their experiences at the specialist primary healthcare centre for people who are homeless (SPHCPH). In conclusion, participants perceived inequality in access, and mostly faced negative experiences, in their use of mainstream services. Changes are imperative to facilitate access to primary health care, improve patient experiences of mainstream services, and to share best practices identified by participants at the SPHCPH.

Websites [BJGP](#)

38. Socioeconomic inequalities in childhood-to-adulthood BMI tracking in three British birth cohorts

Author: NORRIS, T

Journal: International Journal of Obesity Vol: 44: Pages: 388-398

Abstract: Body mass index (BMI) tracks from childhood-to-adulthood, but the extent to which this relationship varies across the distribution and according to socio-economic position (SEP) is unknown. The study aimed to

address this using data from three British cohort studies, 1946 National Survey of Health and Development; 1958 National Child Development Study; 1970 British Cohort Study. The study concludes that tracking was consistently stronger at the higher quantiles of the BMI distribution. Suggestive evidence for a pattern of greater BMI tracking in lower (compared to higher) SEP groups in the more recently born cohort was observed, particularly in women and at the higher end of the BMI distribution.

Websites [Int Jrn of Obesity](#)



OTHER

39. Delivering Integrated Care at Neighbourhood Level: Developing Shared Working Practices

Author: NHS CONFEDERATION

Date: July 2020a

Abstract: This briefing forms part of a series published as part of the Neighbourhood Integration Project. The project focuses on how long-standing local partnerships have resolved the operational challenges that so often hold back the integration agenda. A member survey carried out by the Community Network found that the need to develop shared working practices was one of the four main barriers to more joined-up care at the local level. This briefing focuses on how organisations in Devon, Hull and Worcestershire have found ways to overcome this barrier and establish agreed ways of working across their local partnerships.

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

40. It Still Happens Here: Fighting UK Slavery in the 2020s

Author: CENTRE FOR SOCIAL JUSTICE

Date: 13 July 2020

Abstract: This report builds on the impact of the CSJ's report 'It Happens Here: Equipping the United Kingdom to fight modern slavery', which led to the passing of the Modern Slavery Act in 2015. It explores the progress that has been made in the UK's response, five years on from the Modern Slavery Act, but also identifies the key challenges faced by frontline professionals who are working to fulfil their duties under the Act

Websites [CSJ - Report](#)

CORONAVIRUS (COVID-19)

41. Coronavirus: Returning to work

Author: UNITED KINGDOM House of Commons Library

Date: 13 July 2020

- This Commons Library Briefing Paper discusses issues relating to returning to work as the Government to re-opens parts of the economy. It provides an overview of relevant health and safety law and a discussion of recent Government guidance on working safely in the context of Covid-19. It also includes a discussion of the positions in Scotland, Wales and Northern Ireland.

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

42. Covid-19 and Social Protection in Europe and Central Asia

Author: WORLD HEALTH ORGANIZATION

Date: 16 July 2020

- WHO/Europe, the International Labour Organization (ILO) and the United Nations Children's Fund (UNICEF) have launched a new interagency policy paper seeking to strengthen social protection. The publication makes the case that the crisis offers a moment of opportunity to expand and strengthen social protection mechanisms to safeguard health, well-being and livelihoods, leaving no one behind in country response and recovery plans.

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

43. Coronavirus: Impact on young people with mental health needs

Author: YOUNG MINDS

Date: 10 July 2020

- This report reflects the results of a survey with 2,036 young people aged 13-25 with a history of mental health problems, carried out between 6th June and 5th July
- It follows on from a similar survey carried out in March, at the start of the lockdown period.
- 80% of respondents agreed that the coronavirus pandemic had made their mental health worse.
- 87% of respondents agreed that they had felt lonely or isolated during the lockdown period

Websites [Young Minds - Report](#); [Young Minds - Press Release](#)

44. Building a Country that Works for all Children Post Covid-19

Author: Association of Directors of Children's Services Ltd

Date: 14 July 2020

- The purpose of this short discussion paper is to put children and young people and their lived experiences of Covid-19 front and centre in national recovery planning whilst articulating what is needed to restore and re-set the public support services they rely on.

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

45. Levelling Up Yorkshire and Humber: health as the new wealth post-COVID

Author: NHS CONFEDERATION

Date: 13 July 2020

- As we rebuild and recover from COVID-19, this report provides a plan for how we might tackle ever-increasing socio-economic inequalities and boost health outcomes in Yorkshire and the Humber by encouraging and supporting more cross-sector working.

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

46. Rebuilding the NHS Improving medical pathways for acute care

Author: ROYAL COLLEGE OF EMERGENCY MEDICINE; et.al

Date: 13 July 2020

- As the COVID-19 pandemic continues, the public must be confident that they will receive urgent and emergency care in a safe environment. That care must be timely and delivered on the basis of clinical need, whether by primary or secondary care services.
- This statement sets out some principles and make 10 recommendations.

Websites [RCEM - Statement](#); [RCEM - Press Release](#)

47. Preparing For A Challenging Winter 2020/21

Author: ACADEMY OF MEDICAL SCIENCES

Date: 14 July 2020

- This report states that the UK must prepare now for a potential new wave of coronavirus infections this winter that could be more serious than the first.
- Combined with the disruption already created in the health service by COVID-19, a backlog of patients needing NHS assessment and treatment, and the possibility of a flu epidemic, this poses a serious risk to health in the UK.
- This report stresses that 'intense preparation' is urgently needed throughout the rest of July and August to reduce the risk of the health service being overwhelmed and to save lives this winter.

Websites [AMS - Report](#); [AMS - Peoples Perspective](#); [AMS - Press Release](#)

48. Reimagining the Future of Health and Social Care: How to Learn the Lessons from the Covid-19 Crisis for a Next Generation Health and Care System

Author: ROYAL SOCIETY FOR THE ENCOURAGEMENT OF ARTS, MANUFACTURES AND COMMERCE

Date: 13 July 2020

- The past few months, amid pandemic, have in effect been a real-time experiment of the capacity of the health and care system to meet our needs over the coming years.
- This report looks at what has been learnt about the UK's health and social care system through the Covid-19 crisis, and how this might translate to profound change within the system.

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

49. The impact of Covid-19 on the health and care voluntary sector

Author: NATIONAL VOICES

Date: July 2020

- The health and care voluntary sector continues to provide invaluable information and support to millions of people with long term conditions as statutory health and care services refocus their efforts on COVID-19.
- The Arthritis and Musculoskeletal Alliance (ARMA), Neurological Alliance and National Voices asked it's members about the impact of the coronavirus emergency on their services and their income. 40 charities responded between 17th April and 13th May 2020

Websites [National Voices - Briefing](#); [National Voices - Press Release](#)

50. Misinformation in the COVID-19 Infodemic

Author: House of Commons Digital, Culture, Media and Sport Committee

Date: 21 July 2020

- This report finds that online misinformation about Covid-19 was allowed to spread virulently across social media without the protections offered by legislation, promised by the government in the Online Harms white paper published in April 2019.
- The report details evidence on a range of harms
- The Committee calls for the government to make a final decision on the appointment of an independent online harms regulator immediately.

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

51. Coronavirus: A ban on evictions and help for rough sleepers

Author: UNITED KINGDOM House of Commons Library

Date: 26 July 2020

- This paper explains measures the Government put in place during the coronavirus outbreak to assist households to retain their homes and enable local authorities to tackle the specific challenges faced by rough sleepers.
- The paper covers subsequent measures taken in light of the courts starting to consider possession claims again from 23 August and to prevent rough sleepers from returning to the streets. The paper is being updated regularly to take account of new developments.

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

52. The impact of COVID-19 on culture, leisure tourism and sport

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 24 July 2020

- Looks at impact Covid-19 has had on the culture, leisure, tourism and sport sectors.
- To gain a better understanding of this impact, the Local Government Association (LGA) undertook a series of interviews with senior council officers for culture and leisure between April and June 2020.

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