

# 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

23<sup>rd</sup> October 2020

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

Use Ctrl+Home to return to the contents

## CHILDREN, YOUNG PEOPLE & FAMILIES

---

1. State of The Nation 2020: Children and Young People's Wellbeing
2. Moving, Always Moving: The Normalisation of Housing Insecurity among Children in Low Income Households in England
3. Day Surgery for Children and Young People
4. Children and Young People's Mental Health Review: Findings from a Questionnaire to Health And Wellbeing Boards on Local Actions
5. Self-harm in young people with perinatal HIV and HIV negative young people in England: cross sectional analysis
6. The Daily Mile as a public health intervention: a rapid ethnographic assessment of uptake and implementation in South London, UK
7. Adolescents' perceptions of standardised cigarette packaging design and brand variant name post-implementation: a focus group study in Scotland
8. Effective implementation of primary school-based healthy lifestyle programmes: a qualitative study of views of school staff
9. 'A smile stands for health and a bed for illness': Graphic cues in children's drawings
10. Adolescent feedback on predisposing, reinforcing and enabling features in asthma self-management apps
11. The association between parental views on dietary quality and physical activity levels

## COMMISSIONING AND ECONOMICS

---

12. Social Care: Funding and Workforce

## HEALTH CARE PUBLIC HEALTH

---

13. Heart Failure: A Blueprint for Change

## 14. Health Service Use in the Last Two Years of Life

### HEALTH IMPROVEMENT

---

15. Endometriosis in the UK: Time for Change
16. Effect of national culture on BMI: a multilevel analysis of 53 countries
17. The association between alcohol, marijuana, illegal drug use and current use of E-cigarette among youth and young adults in Canada: results from Canadian Tobacco, Alcohol and Drugs Survey 2017
18. Association of changes in red meat consumption with total and cause specific mortality among US women and men: two prospective cohort studies
19. Who provides physical activity support in the workplace? Implications for peer led interventions
20. Association between Soft Drink Consumption and Mortality in 10 European Countries
21. Tai Chi Movements for Wellbeing – evaluation of a British Lung Foundation pilot
22. Group walking as a “lifeline”: Understanding the place of outdoor walking groups in women's lives

### HEALTH PROTECTION

---

23. Acceptability and potential impact of delivering sexual health promotion information through social media and dating apps to MSM in England: a qualitative study
24. Zika knowledge and prevention practices among U.S. travellers: a large cross-sectional survey study
25. Effects of tuition-free primary education on women's access to family planning and on health decision-making: A cross-national study

### MATERNITY AND INFANTS

---

26. Planned early delivery or expectant management for late preterm pre-eclampsia (PHOENIX): a randomised controlled trial

### MENTAL HEALTH AND WELLBEING

---

27. Advancing Mental Health Equalities Strategy
28. Assessment of Mental Health Services in Acute Trusts Programme: How are People's Mental Health Needs Met in Acute Hospitals, and how can this be Improved?
29. Mental Health Rehabilitation Inpatient Services: Results from the 2019 Information Request
30. Out of Sight – Who Cares? : A Review of Restraint, Seclusion and Segregation for Autistic People, and People with a Learning Disability and/or Mental Health Condition

### WIDER DETERMINANTS

---

31. Risk of suicide in households threatened with eviction: the role of banks and social support
32. Influence of past trauma and health interactions on homeless women's views of perinatal care: a qualitative study
33. Growing health in UK prison settings

### OTHER

---

34. Resilient Public Services in an Age of Cyber Threats
35. The state of health care and adult social care in England 2019/20
36. The Bigger Picture: Learning From Two Decades of Changing NHS Care in England

## CORONAVIRUS (COVID-19)

---

37. Stories of Shielding: Life in the Pandemic for those with Health and Care Needs
38. Updating Ethnic Contrasts in Deaths Involving the Coronavirus (COVID-19), England and Wales: Deaths Occurring 2 March to 28 July 2020
39. A Telling Experience: Understanding the Impact of Covid-19 on People Who Access Care and Support – A Rapid Evidence Review with Recommendations
40. How Will Brexit Affect the UK's Response to Coronavirus?
41. Levelling Up Communities
42. Emergency Contraception, Coronavirus, and Confidentiality: A Mystery Shop of Pharmacy Access during the Pandemic

### Please note:

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

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

### Registering for an Athens account

This can be done via <https://register.athensams.net/nhs/nhseng/> or <http://www.scie.org.uk/myscie/accnew>



## CHILDREN, YOUNG PEOPLE & FAMILIES

---

### 1. State of The Nation 2020: Children and Young People's Wellbeing

Author: UNITED KINGDOM Department for Education  
Date: 10 October 2020

Abstract: This report presents a collection of indicators of children and young people's wellbeing following the structure of the Office for National Statistics' seven domains of wellbeing for children and young people. It also provides an in-depth picture of the experiences of children and young people during the pandemic and how it affected their wellbeing.

Websites [DfE - Press Release](#)

### 2. Moving, Always Moving: The Normalisation of Housing Insecurity among Children in Low Income Households in England

Author: CHILDREN'S SOCIETY  
Date: 13 October 2020

Abstract: This report looks at the impact of insecure housing on children and young people. It reviews previous studies on the impact on health and finds that children who frequently move home are likely to have worse health outcomes (both physical and mental) and that this can follow through to adulthood.

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

### 3. Day Surgery for Children and Young People

Author: ROYAL COLLEGE OF NURSING  
Date: 14 October 2020

Abstract: This publication highlights the specific needs of children and young people undergoing day surgery, outlining pre- and post-operative aspects of care and preparation, parental involvement and facilitating discharge.

Websites [RCN - Report](#)

### 4. Children and Young People's Mental Health Review: Findings from a Questionnaire to Health And Wellbeing Boards on Local Actions

Author: CARE QUALITY COMMISSION  
Date: 21 October 2020

Abstract: This report publishes an update on work carried out in 2018 looking at the quality of mental health services for children and young people, as well as the access to these services. It sets out the findings of the CQC 2019 independent follow-up self-assessment questionnaire, which finds out the extent to which health and wellbeing board areas in England had progressed with implementing the local recommendations they previously made.

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

### 5. Self-harm in young people with perinatal HIV and HIV negative young people in England: cross sectional analysis

Author: COPELYN, J  
Journal: BMC Public Health Vol: 19: Pages: 1167

Abstract: Self-harm in adolescents is of growing concern internationally but limited evidence exists on the prevalence of self-harm in those living with HIV, who may be at higher risk of poor mental health outcomes. The aim of this study was to determine the prevalence and predictors of self-harm among young people with perinatally-acquired HIV (PHIV) and HIV negative (with sibling or mother living with HIV) young people living in England. 303 PHIV and 100 HIV negative young people (aged 12–23 years) participating in the Adolescents and Adults Living with Perinatal HIV cohort study completed an anonymous self-harm questionnaire, as well as a number of standardised mental-health assessments. The study concludes that self-harm is common among PHIV and HIV negative adolescents in England. Reassuringly however, they do not appear to be at an increased risk compared to the general adolescent population (15–19% lifetime prevalence). The low level of self-esteem (compared to available normative data) in both groups is worrying and warrants further attention.

Websites [BioMed](#)

### 6. The Daily Mile as a public health intervention: a rapid ethnographic assessment of uptake and implementation in South London, UK

Author: HANCKEL, B  
Journal: BMC Public Health Vol: 19: Pages: 1167

Abstract: Existing evidence identifies health benefits for children of additional daily physical activity (PA) on a range of cardiovascular and metabolic outcomes. The Daily Mile (TDM) is a popular scheme designed to increase children's PA within the school day. Emerging evidence indicates that participation in TDM can increase children's PA, reduce sedentarism and reduce skinfold measures. However, little is known about the potential effects of TDM as a public health intervention, and the benefits and disbenefits that might flow from

wider implementation in 'real world' settings. This study aimed to identify how TDM is being implemented in a naturalistic setting, and what implications this has for its potential impact on population health. The study concludes that examining TDM in 'real world' settings surfaces adaptations and variations in implementation. This has implications for the likely effects of TDM, and points more broadly to an urgent need for more appropriate methods for evaluating public health impact and implementation in complex contexts.

Websites [BioMed](#)

#### **7. Adolescents' perceptions of standardised cigarette packaging design and brand variant name post-implementation: a focus group study in Scotland**

Author: MITCHELL, D

Journal: BMC Public Health Vol: 19: Pages: 1227

Abstract: The United Kingdom (UK) fully-implemented standardised packaging for cigarettes and rolling tobacco on 20th May 2017. This study explores adolescent's awareness of, and responses to, standardised cigarette packaging in the UK after it became mandatory. Eight focus groups were conducted in schools in Scotland with 16–17 year-olds, between November 2017 and November 2018. The study concludes that adolescents consider standardised cigarette packs in the UK unappealing, and the warnings salient, two core aims of this measure. However, positive reactions to some of the standardised packs (slimmer pack, shoulder box), and variant names used, has implications for countries developing standardised packaging regulations.

Websites [BioMed](#)

#### **8. Effective implementation of primary school-based healthy lifestyle programmes: a qualitative study of views of school staff**

Author: DAY, R

Journal: BMC Public Health Vol: 19: Pages: 1239

Abstract: Primary schools are valuable settings to implement healthy lifestyle (healthy eating and physical activity) interventions, aimed at targeting childhood obesity. This study explored school staff perceptions of factors that hinder and enable successful implementation and sustainability of healthy lifestyle interventions in primary schools. Qualitative data was pooled and analysed from two evaluations carried out in primary schools in North England: a feasibility study of a nutrition and physical activity educational programme (PhunkyFoods Feasibility Study), and an evaluation of a healthy eating programme (The Food Dudes Evaluation). The study concludes that effective implementation of school-based healthy lifestyle programmes was thought to be aided by flexible and adaptable programmes, enabling good contextual fit, well-resourced programmes and effective leadership at multiple levels, pupil (pupils support delivery) and parent involvement. To facilitate sustainability, it was perceived that programmes need to be integrated within the curriculum and school policies long term, with sustained support from head teachers and staff. These findings are relevant to programme developers, policy makers and those involved in delivering interventions.

Websites [BioMed](#)

#### **9. 'A smile stands for health and a bed for illness': Graphic cues in children's drawings**

Author: BONOTI, F

Journal: Health Education Journal Vol: 78 Part: 7: Pages: 728-742

Abstract: This study aimed to investigate whether children use specific types of graphic cues (facial, postural, contextual) in their drawings of healthy and ill persons and whether these cues differ as a function of age. A total of 200 children in the age group of 5, 7, 9 and 11 years were first asked to define the terms under investigation, and then to draw a healthy and an ill person, as well as a baseline drawing (of a person neither healthy nor ill). Human figure drawings of health and illness were compared with their baseline drawing in an attempt to detect possible alterations in the (1) face, (2) body and (3) overall context of the drawing. From the age of 5 years onwards, children were able to use a combination of graphic cues to convey health and illness in their drawings. Study findings shed light on the way children perceive and represent graphically illness and health and these are discussed in relation to their implications for health education.

Websites [Sage](#)

### 10. Adolescent feedback on predisposing, reinforcing and enabling features in asthma self-management apps

Author: Roberts, C

Journal: Health Education Journal Vol: 78 Part: 7: Pages: 770-783

**Abstract:** Mobile health apps hold potential to support and reinforce positive health behaviours, especially among young people with chronic diseases like asthma that require continual self-management. This study aimed to gain feedback from adolescents with asthma on two existing asthma self-management apps to guide the development of an evidence- and theory-based asthma app that meets their asthma management needs. A qualitative interview study was conducted with adolescents with persistent asthma, aged 12–16. The findings suggest that including predisposing, reinforcing and enabling features in asthma apps could facilitate asthma self-management. Public health professionals should partner with app developers in the development of asthma self-management apps that include predisposing, reinforcing and enabling features to meet user needs and ensure they are effective and accepted behaviour change apps.

Websites [Sage](#)

### 11. The association between parental views on dietary quality and physical activity levels

Author: EARNESTY, D

Journal: Health Education Journal Vol: 79 Part: 2 Pages: 237-249

**Abstract:** Numerous external factors, including parental influences, impact the dietary quality and physical activity of children. This study examined if parental views were associated with the dietary quality and physical activity of children. A cross-sectional observational study was used to recruit and collect data from a purposive sample of 176 parents and their children, 4–11 years of age. Findings show that children whose parents had firm parenting views were significantly more likely to eat vegetables and foods and beverages that were lower in saturated fat and added sugars. Parental views on child behaviour were not associated with physical activity of children. In conclusion, health care professionals including dietitians should use a multifaceted approach to assess how parental views shape guidance regarding children's dietary quality and subsequent health.

Websites [Sage](#)



## COMMISSIONING AND ECONOMICS

---

### 12. Social Care: Funding and Workforce

Author: UK House of Commons Health and Social Care Committee

Date: 22 October 2020

**Abstract:** The Health and Social Care Committee is calling for urgent and sustained investment in social care to resolve the crisis in funding. The report calls for a £7bn annual increase in social care funding as a starting point for reform. It backs the introduction of a lifetime cap to protect against potentially high care costs as originally proposed by the Dilnot Commission and endorses further consideration of free personal care.

Websites [H&SCC - Report](#); [H&SCC - Press Release](#)





## HEALTH CARE PUBLIC HEALTH

---

### 13. Heart Failure: A Blueprint for Change

Author: BRITISH HEART FOUNDATION

Date: 12 October 2020

Abstract: This report reveals that prior to lockdown, UK hospital admissions for heart failure had risen by nearly a third over the last five years to more than 100,000 per year. This could be in part due to missed opportunities to diagnose and treat people with the condition before they become more unwell and need to be admitted to hospital. Disjointed and unequal care, likely exacerbated by the Covid-19 pandemic, is leading to more people dying with heart failure. The British Heart Foundation have laid out a “blueprint for change”, which they say would improve care standards and alleviate pressure on the health service if implemented.

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

### 14. Health Service Use in the Last Two Years of Life

Author: THE STRATEGY UNIT

Date: October 2020

Abstract: The Strategy Unit has produced a series of reports that describe the health services that patients use in the last 2 years of their lives. Reports are available for the Midlands region as a whole and for each of the 11 Sustainability and Transformation Partnerships (STP) or Integrated Care Systems in the region. The reports contain important insights into the services that patients use; how the patterns of service use change as patients approach death; differences in experience by ethnicity, deprivation and cause of death; the costs of hospital treatment at the end of life and how this varies by STP; levels of non-beneficial treatments and the additional hospital capacity that may be required to accommodate the projected increase in deaths over the next decade.

Websites [The Strategy Unit - Publication](#)



## HEALTH IMPROVEMENT

---

### 15. Endometriosis in the UK: Time for Change

Author: ALL PARTY PARLIAMENTARY GROUP ON ENDOMETRIOSIS

Date: October 2020

Abstract: This report highlights the impact endometriosis can have on all aspects of a person's life. It finds that the average diagnosis times have not improved in over a decade - it still takes 8 years on average to get a diagnosis. The report urges Ministers to take bold action to ensure those with endometriosis have access to the right care at the right time.

Websites [APPG on Endometriosis - Report](#); [APPG on Endometriosis - Press Release](#)

#### **16. Effect of national culture on BMI: a multilevel analysis of 53 countries**

Author: MASSOD, M

Journal: BMC Public Health Vol: 19: Pages: 1212

Abstract: This study aims to investigate the association between national culture and national BMI in 53 low-middle- and high-income countries. Data from World Health Survey conducted in 2002–2004 in low-middle- and high-income countries were used. A sample of 156,192 people from 53 countries was included in this analysis. The study concludes that national culture has a substantial association with BMI of the individuals in the country. This association is important for understanding the pattern of obesity or overweight across different cultures and countries. It is also important to recognise the importance of the association of culture and BMI in developing public health interventions to reduce obesity or overweight.

Websites [BioMed](#)

#### **17. The association between alcohol, marijuana, illegal drug use and current use of E-cigarette among youth and young adults in Canada: results from Canadian Tobacco, Alcohol and Drugs Survey 2017**

Author: MEHRA, V

Journal: BMC Public Health Vol: 19: Pages: 1208

Abstract: E-cigarettes have grown in popularity around the world since 2003. Although marketed as a smoking cessation tool, e-cigarettes can lead to tobacco cigarette smoking in youth. The objective of this study was to assess the factors associated with e-cigarette use among youth and young adults in Canada, and to specifically examine the association between alcohol, marijuana and illicit drug use. Data from the 2017 Canadian Tobacco, Alcohol and Drugs Survey were used. The sample was restricted to those aged 15–24 years. Multivariable logistic regression was performed to assess the association between the main outcome and substance use variables (illicit drug, marijuana and alcohol use), tobacco exposure variables, and demographic and health-related factors. In conclusion, this study is nationally representative and provides insight into e-cigarette use among youth and young adults aged 15–24 years. Given that e-cigarettes can be used as illicit drug delivery systems, more studies are needed to understand how Canadian youth and young adults are using e-cigarettes. Stricter restrictions on public e-cigarette smoking, and awareness campaigns informing youth of risks of e-cigarette smoking should be implemented.

Websites [BioMed](#)

#### **18. Association of changes in red meat consumption with total and cause specific mortality among US women and men: two prospective cohort studies**

Author: ZHENG, Y

Journal: British Medical Association Vol: 365 Part: 2110

Abstract: This prospective cohort study aims to evaluate the association of changes in red meat consumption with total and cause specific mortality in women and men. 53 553 women and 27 916 men without cardiovascular disease or cancer at baseline participated. Findings show that increases in red meat consumption over eight years were associated with a higher mortality risk in the subsequent eight years among women and men. An increase in total red meat consumption of at least half a serving per day was associated with a 10% higher mortality risk. For processed and unprocessed red meat consumption, an increase of at least half a serving per day was associated with a 13% higher mortality risk and a 9% higher mortality risk, respectively. A decrease in consumption of processed or unprocessed red meat of at least half a serving per day was not associated with mortality risk. The association between increased red meat consumption and mortality risk was consistent across subgroups defined by age, physical activity, dietary quality, smoking status, or alcohol consumption. In conclusion, increases in red meat consumption, especially processed meat, were associated with higher overall mortality rates.

Websites [BMJ](#)



**19. Who provides physical activity support in the workplace? Implications for peer led interventions**

Author: EDMUNDS, S

Journal: Health Education Journal Vol: 79: Part: 2: Pages: 195-211

Abstract: Social support is one mechanism through which peer support physical activity (PA) interventions influence behaviour. The aim of this study was to explore the sources and characteristics of social support for PA among 99 office-based work colleagues from a public sector employer in the south of England. Findings show that different patterns of relationships between employees were demonstrated for the four forms of support with informational support provided most frequently and validation least frequently. Qualitative data illustrate how each form of support was provided and received, as well as further perceived characteristics of social support. These findings could help inform the future selection and training of peer PA champions in workplace settings and more widely.

Websites [Sage](#)

**20. Association between Soft Drink Consumption and Mortality in 10 European Countries**

Author: MULLEE, A

Journal: JAMA International Medicine Vol: 179: Part: 11: Pages: 1490-1479

Abstract: Soft drinks are frequently consumed, but whether this consumption is associated with mortality risk is unknown and has been understudied in European populations to date. The objective of this study is to examine the association between total, sugar-sweetened, and artificially sweetened soft drink consumption and subsequent total and cause-specific mortality. This population-based cohort study involved participants in the European Prospective Investigation into Cancer and Nutrition (EPIC), an ongoing, large multinational cohort of people from 10 European countries (Denmark, France, Germany, Greece, Italy, the Netherlands, Norway, Spain, Sweden, and the United Kingdom), with participants recruited between January 1, 1992, and December 31, 2000. The study concludes that consumption of total, sugar-sweetened, and artificially sweetened soft drinks was positively associated with all-cause deaths in this large European cohort; the results are supportive of public health campaigns aimed at limiting the consumption of soft drinks.

Websites [JAMA](#)

**21. Tai Chi Movements for Wellbeing – evaluation of a British Lung Foundation pilot**

Author: LEWIS, A

Journal: Perspectives in Public Health Vol: 140: Part: 3: Pages: 172-180

Abstract: In breathless individuals with respiratory disease, pulmonary rehabilitation (PR) can improve exercise capacity, symptoms and ability to cope with their condition. However, access is often limited, and adherence can be poor. Thus, there is interest in developing alternative and complementary forms of exercise intervention and tai chi may be effective in this context. The British Lung Foundation worked in collaboration with 'Tai Chi Movements for Wellbeing' Training to train leaders to run community-based tai chi groups in the UK. Leaders received funding to run 3 months of once-a-week classes consisting of a 12 movement sequence of tai chi. Participants completed a questionnaire survey to evaluate the service at the start of their first session and again after 3 months. Qualitative feedback suggested that participants felt the classes had helped with breathlessness and relaxation. Establishing a tai chi for wellbeing programme for people with respiratory disease is feasible, with a reasonable level of compliance, and is perceived to be helpful by participants.

Websites [Sage](#)

**22. Group walking as a "lifeline": Understanding the place of outdoor walking groups in women's lives**

Author: MORRIS, S

Journal: Social Science & Medicine Vol: 238 Part: 112489

Abstract: Organised walking groups are increasingly widespread in the UK and elsewhere and have been shown to have many benefits for participants. They tend to attract more women than men, but little is known about how and why walking groups 'recruit' women. This is of particular importance given observed inequalities in physical activity participation by gender, in favour of men. To explore women's participation in

walking groups, we conducted ethnographic fieldwork (in May–August 2017) with women members of five different walking groups in deprived areas of north-east England. This paper presents five portraits to show how the identified themes played out in women's lives. For many of the women, the act of moving and socialising together in outdoor environments was highly valued. This study concluded that walking groups work well for some people at particular times in their lives, especially (but not only) for older women and, more generally, that life transitions offer an opportunity for interventions to enhance health if they work within the lives of prospective participants.

Websites [Science Direct](#)



## HEALTH PROTECTION

---

### **23. Acceptability and potential impact of delivering sexual health promotion information through social media and dating apps to MSM in England: a qualitative study**

Author: KESTEN, J

Journal: BMC Public Health Vol: 19: Pages: 1236

Abstract: Increasing rates of sexually transmitted infections (STIs) in men-who-have-sex-with-men (MSM) in England is a pressing public health concern. Interventions targeting MSM, including information provision that effectively promotes sexual health, are needed. To support such intervention development, it is necessary to understand acceptable ways of delivering sexual health information. This study explored the acceptability and potential uses and impacts of delivering sexual health information to MSM through social media and geosocial networking apps or dating apps. Findings show that sexual health information delivery through social media and dating apps was considered acceptable. Receiving information when browsing social media was viewed positively by most, as people have time to absorb information. Ensuring that information is engaging, positive in tone, not too clinical, focused on building social norms and delivered by trusted organisations were viewed as important for supporting its use. Overall, findings support the development of new interventions that use dating apps and social media for sexual health promotion.

Websites [BioMed](#)

### **24. Zika knowledge and prevention practices among U.S. travellers: a large cross-sectional survey study**

Author: LUETKE, M

Journal: BMC Public Health Vol: 19: Pages: 1217

Abstract: The aim of this study was to investigate what factors predict knowledge about Zika transmission, symptomology, and treatment among U.S. travellers and, additionally, to evaluate how Zika knowledge influences the adoption of personal protective behaviors. Data were collected as part of a cross-sectional survey study using a probability-based internet panel of U.S. travelers in June 2017. The findings suggest that there are gaps in knowledge about the risks and transmission of Zika and travellers with low knowledge are less likely to engage in the appropriate prevention methods. Significantly, few U.S. travellers have knowledge of the sexual transmission of Zika and, accordingly, there is less overall engagement with prevention measures for this transmission mechanism than for vector-borne transmission.

Websites [BioMed](#)

**25. Effects of tuition-free primary education on women's access to family planning and on health decision-making: A cross-national study**

Author: BOSE, B

Journal: Social Science & Medicine Vol: 238 Part: 112478

Abstract: At least one in ten married or in-union women of reproductive ages had an unmet need for family planning in 2017. Gender inequalities in multiple social settings, including education, work and household decision-making, influence access to family planning. This study examines whether laws and policies that increase gender equality in education can lead to improved family planning outcomes. In particular, we focus on tuition-free primary education policies as a means of change. The impact of girls being exposed to tuition-free primary education policies on their health decision-making and on their family planning needs as women are estimated. Findings show that women who were exposed as children to tuition-free education policy throughout primary school have a greater likelihood of meeting their family planning needs and of shifting from traditional to modern contraceptives, relative to women without similar exposures. These women also have a greater likelihood of having some say in health-related decisions of the couple. More gender-equal decision-making is shown to mediate a portion of the positive impact of the education policy on reproductive health. The results of this study indicate the need for increased investments in education and for health policy makers to prioritize cross-sectoral engagements.

Websites [Science Direct](#)

**MATERNITY AND INFANTS**

---

**26. Planned early delivery or expectant management for late preterm pre-eclampsia (PHOENIX): a randomised controlled trial**

Author: CHAPPELL, L.C

Journal: Lancet Vol: 394 Part: 10204: Pages: 1181-1190

Abstract: In women with late preterm pre-eclampsia, the optimal time to initiate delivery is unclear because limitation of maternal disease progression needs to be balanced against infant complications. The aim of this trial was to determine whether planned earlier initiation of delivery reduces maternal adverse outcomes without substantial worsening of neonatal or infant outcomes, compared with expectant management (usual care) in women with late preterm pre-eclampsia. The randomised controlled trial done in 46 maternity units across England and Wales, compared planned delivery versus expectant management (usual care) with individual randomisation in women with late preterm pre-eclampsia from 34 to less than 37 weeks' gestation and a singleton or dichorionic diamniotic twin pregnancy. Findings show that there is strong evidence to suggest that planned delivery reduces maternal morbidity and severe hypertension compared with expectant management, with more neonatal unit admissions related to prematurity but no indicators of greater neonatal morbidity. This trade-off should be discussed with women with late preterm pre-eclampsia to allow shared decision making on timing of delivery.

Websites [Lancet](#)



## MENTAL HEALTH AND WELLBEING

---

### 27. Advancing Mental Health Equalities Strategy

Author: NHS ENGLAND  
Date: 16 October 2020

Abstract: This strategy summarises the core actions that are needed to take to bridge the gaps for communities fairing worse than others in mental health services. It is also an important element of the overall NHS plans to accelerate action to address health inequalities in the next stage of responding to COVID-19.

Websites [NHS England - Strategy](#); [NHS England - Press Release](#)

### 28. Assessment of Mental Health Services in Acute Trusts Programme: How are People's Mental Health Needs Met in Acute Hospitals, and how can this be Improved?

Author: CARE QUALITY COMMISSION  
Date: 16 October 2020

Abstract: This report reviews the findings from over 100 acute hospital inspections. It looks at how well people with mental health needs were cared for across emergency departments, acute medical wards, maternity wards, and children and young people's services. It also tries to identify where trusts, and the wider system, needs to improve.

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

### 29. Mental Health Rehabilitation Inpatient Services: Results from the 2019 Information Request

Author: CARE QUALITY COMMISSION  
Date: 16 October 2020

Abstract: This report is a follow-up to their 2018 briefing on mental health rehabilitation inpatient services. It raises concerns about the high number of beds situated a long way from the patient's home. This could result in people becoming isolated from their friends and families and cut off from the local services that will provide care following discharge. Based on the results of the CQC 2019 information request, and in line with the recently published NICE guidance for the rehabilitation of adults with complex psychosis, the CQC makes recommendations to improve the care for people in mental health rehabilitation inpatient services.

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

### 30. Out of Sight – Who Cares? : A Review of Restraint, Seclusion and Segregation for Autistic People, and People with a Learning Disability and/or Mental Health Condition

Author: CARE QUALITY COMMISSION  
Date: October 2020

Abstract: This report looks at the use of restraint, seclusion and segregation in care services for people with a mental health condition, a learning disability or autistic people from the perspective of people who have experienced it first-hand

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



## WIDER DETERMINANTS

---

### 31. Risk of suicide in households threatened with eviction: the role of banks and social support

Author: MATEO-RODRIGUEZ, I

Journal: BMC Public Health Vol: 19: Pages: 1250

Abstract: One of the greatest effects of the financial crisis in Spain has been the enormous increase in the number of evictions. Several studies have shown the association of evictions with different aspects of the physical and mental health. Furthermore, evictions have been associated with an increased risk of suicide. The objective of this study was to evaluate the risk of suicide among victims of eviction and investigate whether it is associated with specific characteristics of households and interviewees, the eviction process and social support, and health needs. A total of 205 participants from households threatened with eviction in Granada, Spain, and 673 being the total number of members of these households, were interviewed in one-on-one sessions between April 2013 and May 2014. In conclusion this is the first study showing that when banks adopt a threatening attitude, suicide risk increases among the evicted. As hypothesized, when the evicted felt socially supported, suicide risk decreased. Emotional help was the main mediator of suicide risk and the main unmet need, especially among men.

Websites [BioMed](#)

### 32. Influence of past trauma and health interactions on homeless women's views of perinatal care: a qualitative study

Author: Gordon, A.C.T

Journal: British Journal of General Practice Vol: 69: Part: 688: Pages: e760- e767

Abstract: Homeless women are twice as likely to become pregnant and are less likely to receive antenatal care than women who are not homeless. Prevalent biopsychosocial complexity and comorbidities, including substance use and mental illness, increase the risk of obstetric complications, postnatal depression, and child loss to social services. This study aims to explore the perspectives of women who have experienced pregnancy and homelessness to ascertain how to improve perinatal care. Eleven women, diverse in age (18–40 years) and parity (one to five children), participated. The study concludes that pregnancy offered a pivotal opportunity for homeless women to engage with care for their complex needs and improve self-care, despite mistrust of practitioners. Poor postnatal support and the distress of CLSS reinforced an ongoing cycle of grief, mental health crises, substance use relapse, and homelessness

Websites [BJGP](#)

### 33. Growing health in UK prison settings

Author: BAYBUTT, M

Journal: Health Promotion International Vol: 34 Part: 4 Pages: 792–802,

Abstract: Globally, prisoners tend to come from marginalized and socially disadvantaged sections of the society and exhibit a high incidence of ill health, linked to social exclusion and multiple complex needs. Prisons therefore offer an important opportunity to tackle inequality and injustice, through promoting health, reducing reoffending and facilitating community reintegration. This paper reports on and critically discusses findings from an evaluative research study, which aimed to identify and explore impacts of prisoners'

participation in an innovative social and therapeutic horticultural programme, 'Greener on the Outside for Prisons' (GOOP), delivered in prisons in North West England. The paper concludes that – in the context of the current UK prison reform agenda and concern about the high incidence of violence, substance misuse, self-harm and suicide – prison-based horticulture can offer multiple benefits and make a significant contribution to the creation of safe, secure, supportive and health-enhancing environments. Furthermore, it contends that by joining up health and justice agendas, programmes such as GOOP have the potential to serve as powerful catalysts for wider systemic change, thereby helping tackle inequalities and social exclusion within societies across the globe.

Websites [Oxford](#)



## OTHER

---

### 34. Resilient Public Services in an Age of Cyber Threats

Author: REFORM

Date: October 2020

Abstract: This report makes recommendations for future cyber security policy. It finds that, while Covid-19 has accelerated the digitisation of public services in the UK, it also poses an increased cyber risk. It concludes that without sound infrastructure, investment in maintaining or updating that infrastructure, and a cyber-aware workforce, there is a threat of largescale damage both to the UK public sector and wider society

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

### 35. The state of health care and adult social care in England 2019/20

Author: CARE QUALITY COMMISSION

Date: 16 October 2020

Abstract: This report finds that the care that people received in 2019/20 was mostly of good quality. But while the quality of care was largely maintained compared with the previous year, there was generally no improvement overall. And in the space of a few short months since then, the pandemic has placed the severest of challenges on the whole health and care system in England.

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

### 36. The Bigger Picture: Learning From Two Decades of Changing NHS Care in England

Author: HEALTH FOUNDATION

Date: 15 October 2020

Abstract: This analysis report looks back at how NHS care in England has changed over the last two decades. It finds a disconnect between the way services have developed and the changing health needs of the population.

Websites [Health Foundation - Report](#); [Health foundation - Press Release](#)



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

---

### **37. Stories of Shielding: Life in the Pandemic for those with Health and Care Needs**

Author: NATIONAL VOICES

Date: October 2020

- When lockdown began, National Voices created a digital platform - Our COVID Voices - for people with health and care needs to share their experiences.
- Not all the people who contributed were on the official shielding list but many were, and all of the people describe how the pandemic impacted their health and care.
- This gave us the unfiltered views and stories from people at great risk of all the effects of the pandemic, including anxiety, uncertainty and changes to their care. But it goes much deeper, into their relationships, their jobs and dealing with the everyday aspects of life in the pandemic.
- These contributions help inform any decisions taken in the future regarding the way their needs are addressed.

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

### **38. Updating Ethnic Contrasts in Deaths Involving the Coronavirus (COVID-19), England and Wales: Deaths Occurring 2 March to 28 July 2020**

Author: UNITED KINGDOM Office for National Statistics

Date: 16 October 2020

- Updated estimates of mortality involving the coronavirus (COVID-19) by ethnic group and investigation of the explanatory power of hospital-based comorbidity on ethnic differences, building on previous models published by the Office for National Statistics.

Websites [ONS - Report](#)

### **39. A Telling Experience: Understanding the Impact of Covid-19 on People Who Access Care and Support – A Rapid Evidence Review with Recommendations**

Author: THINK LOCAL ACT PERSONAL

Date: 13 October 2020

- This report from the TLAP Insight Group highlights how the first phase of the coronavirus pandemic affected people who use care and support services.
- The report aims build an understanding of the experience of Covid-19 on people accessing care and support (including unpaid family carers), looked at through the lens of personalisation. The aim was to identify what has worked well, and to highlight areas that people found difficult, both generally and in relation to their care and support.

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

### **40. How Will Brexit Affect the UK's Response to Coronavirus?**

Author: NUFFIELD TRUST

Date: 14 October 2020

- This briefing will look at how leaving the single market might affect UK health and social care services in the short term as they try to deal with coronavirus while maintaining normal services. It will also look at what difference a deal might make, and the options that the UK and the EU have.

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

#### **41. Levelling Up Communities**

Author: COVID RECOVERY COMMISSION

Date: October 2020

- The Covid Recovery Commission was formed in July 2020. The independent Commission brings together some of the UK's most prominent business figures and entrepreneurs. The Commission will release three short papers before the end of 2020 and a final report in February 2021
- This report presents the Commission's initial analysis on how inequality impacts on individuals, neighbourhoods and communities right across the UK and how these inequalities have been impacted by the Covid-19 pandemic
- It argues that a new approach to levelling up is needed to tackle these inequalities. This should focus on local impacts and use a comprehensive strategy, wider than simply rebalancing economic fortunes, to ensure the UK economy and society is fairer post-Covid-19, than it was before.

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

#### **Quarterly Report On Progress to Address Covid-19 Health Inequalities**

Author: RACE DISPARITY UNIT

Date: 23 October 2020

- This is the first quarterly report on progress to address the findings of Public Health England's (PHE) review into disparities in the risks and outcomes of COVID-19.
- The current evidence shows that a range of socioeconomic and geographical factors such as occupational exposure, population density, household composition and pre-existing health conditions contribute to the higher infection and mortality rates for ethnic minority groups, but a part of the excess risk remains unexplained for some groups.

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

#### **42. Emergency Contraception, Coronavirus, and Confidentiality: A Mystery Shop of Pharmacy Access during the Pandemic**

Author: BRITISH PREGNANCY ADVISORY SERVICE

Date: 23 October 2020

- This briefing found that one third of pharmacies are unable to provide emergency contraception in a confidential and COVID-secure way due to current licensing restrictions.
- The charity is calling for emergency contraception to be reclassified by the Secretary of State for Health as a general sales list (GSL) medication which would enable women to purchase this safe and effective medication directly from the shelf, without placing their health or confidentiality at risk during the pandemic.
- BPAS are concerned that if pharmacists are unable to provide a private, COVID-secure, consultation, women may be deterred from accessing EHC when needed.

Websites [BPAS - Report](#); [BPAs - Press Release](#)