

# 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

9<sup>th</sup> October 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

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### 1. Understanding what constitutes a safeguarding concern and how to support effective outcomes

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 29 September 2020

Abstract: The purpose of this framework is to offer support in making decisions about safeguarding concerns. It offers a framework to support practice, recording and reporting, in order to impact positively on outcomes for people and on the level of accountability for those outcome

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

## 2. The prevalence of elder abuse in institutional settings: a systematic review and meta-analysis

Author: YON, Y

Journal: European Journal of Public Health Vol: 29 Part: 1: Pages: 58-67

Abstract: A recent study has shown that close to one in six older adults have experienced elder abuse in a community setting in the past year. It is thought that abuse in institutions is just as prevalent. Few systematic evidence of the scale of the problem exists in elder care facilities. The aim of this review is to conduct a systematic review and meta-analysis of the problem in institutional settings and to provide estimates of the prevalence of elder abuse in the past 12 months. Nine studies met the inclusion criteria from an initial of 55 studies identified for review. Overall abuse estimates, based on staff reports, suggest that 64.2% of staff admitted to elder abuse in the past year. There were insufficient studies to calculate an overall prevalence estimate based on self-reported data from older residents. Prevalence estimates for abuse subtypes reported by older residents were highest for psychological abuse (33.4%), followed by physical (14.1%), financial (13.8%), neglect (11.6%), and sexual abuse (1.9%). In conclusion, the prevalence of elder abuse in institutions is high. Global action to improve surveillance and monitoring of institutional elder abuse is vital to inform policy action to prevent elder abuse.

Websites [Oxford](#)



## CHILDREN, YOUNG PEOPLE & FAMILIES

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### 3. Inquiry into the Support Available for Young People who Self-Harm

Author: All-Party Parliamentary Group on Suicide and Self-Harm Prevention

Date: 23 September 2020

Abstract: This inquiry explored the experiences of young people who self-harm in accessing support services. In particular, it examined: support services currently available in both clinical and the wider community settings (including schools); plans for improving and expanding this support; and the changes needed to ensure that support is made more effective and widely available. It concludes that young people who self-harm are often made to wait until they reach crisis point before receiving support.

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

### 4. Gang associated girls

Author: UNITED KINGDOM House of Commons Library

Date: 02 October 2020

Abstract: This briefing gives a summary/overview of gang associated girls. There is no reliable information on the number of girls associated with gangs. The National Crime Agency estimated in January 2019 that 91% of those associated with county lines were men. However the NCA believe that females may be underrepresented as both offenders and victims of exploitation. The Children's Commissioner estimated in February 2019 that around 2,290 girls were associated with gangs in England. The government says that it is targeting funding to support women and girls affected by gang activity.

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

### 5. The integrated role of multiple healthy weight behaviours on overweight and obesity among adolescents: a cross-sectional study

Author: MENON, S

Journal: BMC Public Health Vol: 19: Pages: 1157

Abstract: This study contributes to the limited number of studies that have explored the impact of not meeting the recommendations for moderate-to-vigorous physical activity, screen time, fruit and vegetable consumption and sleep on overweight and obesity among adolescents. A cross-sectional study of data from the 2015 *Ontario Student Drug Use and Health Survey (OSDUHS)*, a provincially representative survey of students in publically funded schools in Ontario, Canada, was conducted. Results show that only 2% of students in Ontario met the recommendations for all four healthy weight behaviours and 33% of students did not meet any of the four recommendations. These findings show that inadequate levels of MVPA is a critical behavioural predictor of obesity status in adolescents between the ages of 11–17 years, after controlling for differences in screen time, fruit and vegetable consumption, sleep, and demographics. Findings from this study could have implications toward policies and programs targeted at reducing obesity, and increasing the physical activity rates of adolescents.

Websites [BioMed](#)

### 6. Process evaluation of the school-based Girls Active programme

Author: GORELY T

Journal: BMC Public Health Vol: 19: Pages: 1187

Abstract: Girls Active is a physical activity programme, delivered in UK secondary schools, with the aim of increasing moderate-to-vigorous physical activity (MVPA) in girls aged 11–14 years. This study presents the process evaluation as part of a 14-month cluster randomised controlled trial designed to evaluate the effectiveness of the Girls Active programme and which showed no difference in the primary outcome (MVPA at 14 months) between intervention and control arms. The study concludes that Girls Active and what it was trying to achieve was valued by schools. The programme could be improved by providing greater guidance to teachers throughout, the setting of timelines, and providing formal training to peer leaders.

Websites [BioMed](#)

### 7. The importance of social environment in preventing smoking: an analysis of the Dead Cool intervention

Author: BADHAM, J

Journal: BMC Public Health Vol: 19: Pages: 1183

Abstract: An adolescent's perceptions of their family's and friends' smoking attitudes and behaviour can influence their own uptake of smoking. There are two broad sources of such social influence: observing the behaviour directly, and assimilating attitudes. This study analysed data collected for the evaluation of Dead Cool, a school based smoking prevention intervention in Northern Ireland. The main analysis fits three nested logistic regression models predicting pre-intervention susceptibility to taking up smoking, as reflected in responses to three attitudinal questions. Model 1 includes only personal characteristics as explanatory factors. Model 2 adds the behaviour of friends and family that would provide an opportunity for social influence through observational learning. Model 3 adds the susceptibility of friends. In conclusion, the analysis provides additional evidence to support policies that could reduce children's exposure to smoking behaviour, and potential subsequent smoking initiation. No conclusions could be drawn about the diffusion of smoking attitudes through the school friendship networks of children.

Websites [BioMed](#)

### 8. Child maltreatment types and adolescent substance use: The role of deviant peer affiliation

Author: YOON, D

Journal: Child & Family Social Work Vol: 25: Part: 2: Pages: 355-363

Abstract: This is the first study to examine the mediating effects of deviant peer affiliation on the association between different types of child maltreatment and adolescent substance use that includes alcohol, tobacco,

and marijuana. Structural equation modelling was conducted to examine the direct effects of each type of child maltreatment (i.e., physical, sexual, and emotional abuse, and neglect) on adolescent substance use, as well as indirect effects via deviant peer affiliation, using Longitudinal Studies of Child Abuse and Neglect. The results indicated that deviant peer affiliation fully mediated the individuals who had been emotionally abused showed increased deviant peer affiliation, which in turn was associated with higher levels of adolescent substance use. None of the four types of child maltreatment was directly associated with adolescent substance use. The study's findings underscore the importance of early assessment and intervention for the peer relationships of youth who have been emotionally abused.

Websites [Wiley](#)

### 9. The increased trend of non-drinking alcohol among adolescents: what role do internet activities have?

Author: LARM, P

Journal: European Journal of Public Health Vol: 29 Part: 1: Pages: 27-32

Abstract: Recently, an increased trend toward non-drinking among adolescents has been observed in several countries. The aim of the present study is to evaluate a common suggestion in literature, that adolescents do not drink alcohol because they spend more time on the internet, monitored at home, by examining associations between internet activities (social media/chatting and computer gaming) and non-drinking. A health questionnaire was distributed to all 9th graders (15–16 years) in a mid-sized Swedish county in 2008, 2010 and 2012. In total, 7089 students returned the questionnaire. The study concludes that internet activities were in general not associated with non-drinking among adolescents aged 15–16 years in Sweden. Although, a weak positive association between computer gaming and non-drinking was found in 2012, this effect benefited the vast majority of the boys. The larger alcohol use among those with extensive social media use/chatting may indicate that these online platforms are arenas where adolescents are exposed for positive alcohol preferences and alcohol advertising without parental supervision.

Websites [Oxford Journal](#)

### 10. Child maltreatment prevention: a content analysis of European national policies

Author: RAMIRO-GONZALEZ, M

Journal: European Journal of Public Health Vol: 29 Part: 1: Pages: 32-38

Abstract: The aim of this article was to provide a content analysis of the national policies presently used to address child maltreatment and provide an overview of prevention practices being employed in countries of the World Health Organization (WHO) European Region. This analysis will aid in identifying, which policy areas still require further work to prevent child maltreatment. Three search methods were employed to identify national policies on child maltreatment. A framework based on WHO guidelines for the development of policies was used to conduct a policy analysis of the identified national policies. Results show that the majority of policies fulfilled most of the WHO criteria for effective policy-making, only 34% had a budget and 6% had quantified objectives. Plans to implement proven child maltreatment prevention interventions were high, with the exception of some countries where the health sector is in the lead. In conclusion, the key policy areas requiring improvement were quantifiable objectives and allocated defined budgets. Hospital-based and home-based child maltreatment interventions were also not widely planned for implementation. Encouraging progress is being made on national policy development to prevent child maltreatment.

Websites [Oxford](#)

### 11. (Can we) get together? Fat kids and physical education

Author: PAUSE, C

Journal: Health Education Journal Vol: 78 Part: 6: Pages: 662-669

Abstract: Few fat kids enjoy physical education in school. Uniforms that do not fit, activities that have not been modified for fat bodies, taunting from peers and anti-fat bias from teachers, all of these result in a hostile environment that removes the joy associated with movement and exercise for fat kids. This is further reinforced as they are taught that physical movement is meant to produce weight loss, rather than being allowed to enjoy physical movement for enjoyment's sake. This approach is counterproductive to supporting

fat kids to engage in physical activity, but understandable given the obesity epidemic lens that frames how we think about fatness, health and activity. Using autoethnography, this article explores the author's experience with physical education and concludes with suggestions as to how to create fat-positive spaces for fat kids in these educational settings.

Websites [Sage](#)

### **12. What if all children achieved WHO recommendations on physical activity? Estimating the impact on socioeconomic inequalities in childhood overweight in the UK Millennium Cohort Study**

Author: PEARCE, A

Journal: International Journal of Epidemiology Vol: 48 Part: 1: Pages: 134-147

Abstract: The World Health organization (WHO) recommends that children engage in 60 min daily moderate-to-vigorous physical activity (dMVPA). Just half of children in the UK achieve these levels (with similarly low levels in other high-income countries). This study explores the potential impact of increased physical activity on prevalence and inequalities in childhood overweight. Findings show that, 27% children were overweight/obese, with relative and absolute inequalities in the expected direction; 51% children were achieving 60 min dMVPA, with those from the lowest income quintile achieving, on average, 3 min more dMVPA than those from the highest income quintile. A simulation of universal achievement of the dMVPA target reduced the prevalence of overweight/obesity to 22%, but increased relative inequalities (absolute inequalities were unchanged). Smaller increases in dMVPA (informed by intervention evidence) did little to reduce prevalence or inequalities, even when targeting high-risk groups. Universal achievement of the WHO dMVPA target, if attainable, would reduce prevalence of childhood overweight and obesity but not inequalities. Scale-up of more realistic interventions would have limited impact.

Websites [Oxford](#)

### **13. Monitoring epidemiological trends in back to school asthma among preschool and school-aged children using real-time syndromic surveillance in England, 2012–2016**

Author: BUNDLE, N

Journal: Journal of Epidemiology & Community Health Vol: 73: Pages: 825-831

Abstract: Back to school (BTS) asthma has been previously reported in children; however, its epidemiology and associated healthcare burden are unclear. This study aimed to describe the timing and magnitude of BTS asthma using surveillance data from different health services in England. Findings show that BTS asthma among children aged below 15 years was most pronounced at the start of the school year in September. This effect was not present among those aged 15 years and above. After controlling for sex and study year, the adjusted daily rate of childhood GP in-hours asthma consultations was 2.5–3 times higher in the BTS excess period, with a significantly higher effect among children aged 0–4 years. A distinct age-specific pattern of sex differences in asthma presentations was present, with a higher burden among males in children and among females aged over 15 years. In conclusion evidence of a BTS asthma peak in children using surveillance data was found across a range of healthcare systems, supporting the need for further preventative work to reduce the impact of BTS asthma in children.

Websites [BMJ](#)

### **14. Socioeconomic position and alcohol-related harm in Danish adolescents**

Author: PAGH MOLLER, S

Journal: Journal of Epidemiology & Community Health Vol: 73: Pages: 839-845

Abstract: In adults, it has consistently been observed that with equal alcohol consumption levels, alcohol harms individuals with low socioeconomic position (SEP) more than individuals with high SEP. It is unknown if this so-called alcohol harm paradox is also present in adolescents. This study aims to test the hypothesis that low SEP is associated with more alcohol-related harm as compared with higher SEP in Danish adolescents. Survey data from the Danish National Youth Study 2014 was used including 70 566 students from 119 high schools. Findings show that lower SEP was associated with higher odds of experiencing alcohol-related harm more than once as compared with highest SEP, and lower SEP was associated with higher odds of having been

in a fight, problems with parents or friends, sex and regretting afterwards or drugs and regretting afterwards, as compared with highest SEP. These associations were statistically significant. Adjustment for the frequency of binge drinking did not change results. In conclusion, the alcohol harm paradox exists in Danish adolescents, and this should be addressed in future prevention strategies to reduce the risk of alcohol-related harm among adolescents.

Websites [BMJ](#)



## COMMISSIONING AND ECONOMICS

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### 15. Fragmented Funding: The Complex Local Authority Funding Landscape

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 09 October 2020

Abstract: This report looks at how the local government funding landscape has developed in recent years, with a focus on the characteristics of grants coming from central government. Councils in England have seen their core funding from central government reduce by £15 billion in the last decade. In recent years, they have seen a rise in the number of short-term, ringfenced, small grants they receive annually from government departments and agencies.

Websites [LGA](#)



## HEALTH CARE PUBLIC HEALTH

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### 16. End of life care: guide for councils

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 24 September 2020

Abstract: Councils have a key role to play in helping people to die well and with dignity. This guide sets out how councils in England can play that role. The focus of this guide is adults during the final 12 months of their lives but the general principles also apply to children and young people. End of life care is loosely defined as the last year of life, but accurate predictions are difficult, which makes planning, preparation and embedding good practice important.

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

### 17. Diagnostics: Recovery and Renewal

Author: NHS ENGLAND

Date: 01 October 2020



**Abstract:** This report recommends that community diagnostic hubs or 'one stop shops' should be created across the country, away from hospitals, so that patients can receive life-saving checks close to their homes. It argues that these proposals will help save lives and improve people's quality of life including for cancer, stroke, heart disease and respiratory conditions.

Websites [NHS England - Report](#); [NHS England - News](#)

### **18. Avoidable natural deaths in prison custody: putting things right**

**Author:** INDEPENDENT ADVISORY PANEL ON DEATHS IN CUSTODY

**Date:** 30 September 2020

**Abstract:** This report written in collaboration with the Royal College of Nursing (RCN) sets out clear proposals to reduce the number of preventable natural deaths in prisons. The report identifies how natural deaths occurring in prison might be prevented, where possible, and end of life care managed with dignity and compassion.

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



## **HEALTH IMPROVEMENT**

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### **19. Stoptober 2019 campaign evaluation**

**Author:** PUBLIC HEALTH ENGLAND

**Date:** 07 October 2020

**Abstract:** Stoptober is a major annual event to encourage smokers to quit for 28 days in October - with the aim of stopping smoking permanently. This document measures the impact of Stoptober in 2019.

Websites [PHE](#)

### **20. Pre-notification and reminder SMS text messages with behaviourally informed invitation letters to improve uptake of NHS Health Checks: a factorial randomised controlled trial**

**Author:** NICOLSON, G

**Journal:** BMC Public Health Vol: 19: Pages: 1162

**Abstract:** The NHS Health Check (NHS HC) is a cardiovascular risk assessment to prevent cardiovascular disease. Public Health England (PHE) wants to increase uptake. This study explored the impact of behaviourally informed invitation letters and pre-notification and reminder SMS on uptake of NHS HCs. Patients at 28 General Practices in the London Borough of Southwark who were eligible to receive an NHS HC between 1st November 2013 and 31st December 2014 were included. Data for 12, 244 invites were analysed. Findings show that uptake increased in almost all letter and SMS combinations compared to the control letter without SMS (Uptake 18%), with increases of up to 12 percentage points for the time-limited letter with pre-notification and reminder; 10 percentage points for the open-ended letter with reminder and a 9 percentage point increase using the time-limited letter with reminder. The reminder SMS increased uptake for all intervention letters. The pre-notification did not add to this effect. In conclusion this large randomised controlled trial adds support to the evidence that small, low cost behaviourally informed changes to letter-

based invitations can increase uptake of NHS HCs. It also provides novel evidence on the effect of SMS reminders and pre-notification on NHS HC attendance.

Websites [BioMed](#)

### **21. Designing the Healthy Eating and Active Lifestyles for Diabetes (HEAL-D) self-management and support programme for UK African and Caribbean communities: a culturally tailored, complex intervention under-pinned by behaviour change theory**

Author: Moore, A

Journal: BMC Public Health Vol: 19: Pages: 1146

Abstract: UK African and Caribbean (AfC) communities are disproportionately burdened by type 2 diabetes (T2D). Promoting healthy eating and physical activity through structured education is the cornerstone of T2D care, however cultural barriers may limit engagement in these communities. The aim of this study was to apply the Behaviour Change Wheel (BCW) in the design of a culturally sensitive self-management support programme for T2D in UK AfC communities. An intervention development study was conducted. Focus groups were held with 41 AfC patients with T2D to understand healthful weight-management, diet and physical activity behaviours. Findings show that participants were motivated to avoid diabetes-related consequences although did not always understand the negative impact of their current health behaviours on long-term diabetes outcomes. Barriers to healthful behaviour included gaps in knowledge related to diet, physical activity and weight management guidance. In conclusion, the use of COM-B and the BCW highlighted the need for an intervention to address motivational and social opportunity barriers to engaging in healthful behaviours, as well as addressing key gaps in knowledge. This framework facilitated the linkage of theoretical behaviour constructs with evidence-based behaviour change techniques, which will enable the evaluation of operationalisation of chosen BCTs and their impact on behaviour change in a future feasibility study.

Websites [BioMed](#)

### **22. Effects of a community-based exercise and motivational intervention on physical fitness of subjects with type 2 diabetes**

Author: GALLE, F

Journal: European Journal of Public Health Vol: 29 Part: 2: Pages: 281-286

Abstract: This study aimed to analyze the effects of a long-term community-based combined exercise program consisting of aerobic, resistance, flexibility and agility/balance training associated with motivational interviewing on physical fitness, physiological parameters and Physical Activity (PA) levels in middle-aged and older patients with Type 2 Diabetes (T2D). Sixty-nine diabetic subjects underwent a 9-month exercise program and 12 motivational group meetings focused on PA, while 90 diabetic controls underwent usual PA recommendations. At the end of the intervention participants showed significant improvements in BMI, HbA1c, WC and all the physical fitness parameters but lower body flexibility, while only upper body strength and agility improved significantly in controls. Habitual PA increased in participants and controls. Changes in physical fitness and PA levels registered in the two groups differed significantly, while improvements in BMI, HbA1c and WC did not. In conclusion, a long-term motivational exercise-based intervention may be more effective than PA recommendations only in improving physical fitness and PA levels in individuals with T2D and produce similar health improvements.

Websites [Oxford](#)

### **23. Long-term effects of a preconception lifestyle intervention on cardiometabolic health of overweight and obese women**

Author: WEEKER, V

Journal: European Journal of Public Health Vol: 29 Part: 2: Pages: 308-314

Abstract: The global prevalence of obesity in women keeps increasing. The preconception period may be a window of opportunity to improve lifestyle, reduce obesity and improve cardiometabolic health. This study assessed the effect of a preconception lifestyle intervention on long-term cardiometabolic health in two randomized controlled trials (RCTs). Participants of the LIFEstyle and RADIEL preconception lifestyle

intervention studies with a baseline body mass index (BMI)  $\geq 29$  kg/m<sup>2</sup> were eligible for this follow-up study. In conclusion this study found no evidence of improved cardiometabolic health 6 years after a preconception lifestyle intervention among overweight and obese women in two RCTs. Women who successfully lost weight during the intervention had better cardiometabolic health 6 years later, emphasizing the potential of successful preconception lifestyle improvement.

Websites [Oxford](#)

#### **24. The effects of cigarette smoking on the associations between sitting time and all-cause mortality: a meta-analysis**

Author: XIANGUO, C

Journal: European Journal of Public Health Vol: 29 Part: 2: Pages: 315-319

Abstract: Sedentary behavior is recognized as an independent risk factor for mortality, but it remains unclear whether cigarette smoking will aggravate the detrimental effects of prolonged sitting on mortality. This study examined the impact of cigarette smoking on the relationship between sitting time and all-cause mortality in adults. Electronic database searches were conducted in PubMed, Web of Science, and the EMBASE up to 1 June 2017. Ten prospective studies met the inclusion criteria. These studies included 850990 adults who were followed up for 2–15.7 years, during which 64 781 died (7.6%). The study concludes that cigarette smoking significantly aggravated the detrimental effects of sitting time on all-cause mortality. The findings provided further evidence on the harmful effects of smoking combining prolonged sitting on adult health.

Websites [Oxford](#)

#### **25. Exploring causality of the association between smoking and Parkinson's disease**

Author: GALLO, V

Journal: International Journal of Epidemiology Vol: 48: Part: 3: Pages: 912-925

Abstract: The aim of this paper is to investigate the causality of the inverse association between cigarette smoking and Parkinson's disease (PD). The main suggested alternatives include a delaying effect of smoking, reverse causality or an unmeasured confounding related to a low-risk-taking personality trait. A total of 715 incident PD cases were ascertained in a cohort of 220 494 individuals from NeuroEPIC4PD, a prospective European population-based cohort study including 13 centres in eight countries. Findings show that former smokers had a 20% decreased risk and current smokers a halved risk of developing PD compared with never smokers. Strong dose–response relationships with smoking intensity and duration were found. In conclusion, these results are highly suggestive of a true causal link between smoking and PD, although it is not clear which is the chemical compound in cigarette smoking responsible for the biological effect.

Websites [Oxford](#)

#### **26. Foods, macronutrients and breast cancer risk in postmenopausal women: a large UK cohort**

Author: KEY, T

Journal: International Journal of Epidemiology Vol: 48 Part: 2: Pages: 489-500

Abstract: The role of diet in breast cancer aetiology is unclear; recent studies have suggested associations may differ by estrogen receptor status. Baseline diet was assessed in 2000–04 using a validated questionnaire in 691 571 postmenopausal UK women without previous cancer, who had not changed their diet recently. They were followed by record linkage to national cancer and death databases. The study concludes that by far the strongest association was between alcohol intake and an increased risk of breast cancer. Of the other 17 intakes examined, higher intakes of fruit and fibre were associated with lower risks of breast cancer, but it is unclear whether or not these associations are causal.

Websites [Oxford](#)

**27. Impact of obesity and physical inactivity on the long-term change in grip strength among middle-aged and older European adults**

Author: WANG, T

Journal: Journal of Epidemiology & Community Health Vol: 73: Pages: 619-624

Abstract: Grip strength is a well-established predictor of various chronic conditions and all-cause mortality. Body weight and physical activity (PA) are considered potential determinants of muscle strength. This study aimed to investigate gender-specific associations of baseline obesity and physical inactivity with long-term changes in grip strength among middle-aged and older European adults. This study included 8616 males and 10 088 females with a median follow-up of 9.42 years. Significant interactions between obesity and time with grip strength were identified in both males and females. No significant interaction between physical inactivity and time with grip strength was identified in males or females. Those who were less physically active at baseline had weaker grip strength from the beginning at baseline. Further combined analysis suggested a trend that exposure to both obesity and physical inactivity was related to the fastest decline rate of grip strength. This study provides the additional evidence that PA and obesity prevention earlier in life play an important role in maintaining grip strength during ageing.

Websites [BMJ](#)

**28. Association of binge drinking in adolescence and early adulthood with high blood pressure: findings from the National Longitudinal Study of Adolescent to Adult Health (1994–2008)**

Author: HAYIBOR, L

Journal: Journal of Epidemiology & Community Health Vol: 73: Pages: 652-659

Abstract: This study aimed to investigate the association between binge drinking from adolescence to early adulthood and the risk of HBP in early adulthood. Logistic regression was applied to publicly available, population-representative data from waves I (1994–1995; ages 12–18) and IV (2007–2008; ages 24–32) of the National Longitudinal Study of Adolescent to Adult Health to determine whether past 12-month binge drinking in adolescence (wave I) and early adulthood (wave IV) was associated with HBP in early adulthood after adjusting for covariates, including smoking and body mass index. HBP was defined according to both the former and new classifications. The study concludes that binge drinking in adolescence may increase risk of HBP in early adulthood. This association is independent of other important risk factors for HPB, such as smoking and obesity.

Websites [BMJ](#)

**HEALTH PROTECTION**

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**29. Mumps: confirmed cases**

Author: PUBLIC HEALTH ENGLAND

Date: 05 October 2020

Abstract: Updated epidemiological data for mumps showing total laboratory confirmed cases in England and Wales.

Websites [PHE](#)

**30. Measles: confirmed cases**

Author: PUBLIC HEALTH ENGLAND  
Date: 05 October 2020

Abstract: Updated total laboratory-confirmed cases of measles in England and Wales.

Websites [PHE](#)

**31. Vaccine update: issue 313, September 2020**

Author: PUBLIC HEALTH ENGLAND  
Date: 02 October 2020

Abstract: Latest developments in vaccines, vaccination policies and procedures for immunisation practitioners. Some of the content includes:-

- impact of social distancing measures due to COVID-19 pandemic in England on childhood vaccination counts
- shingles vaccination programme
- identifying patients eligible for the shingles vaccine in GP IT systems
- cumulative shingles vaccine coverage report to end of June 2020: England
- shingles impact

Websites [PHE](#)

**32. Pertussis: laboratory confirmed cases reported in England 2020**

Author: PUBLIC HEALTH ENGLAND  
Date: 29 September 2020

Abstract: Laboratory confirmed cases of pertussis (whooping cough) reported to the enhanced pertussis surveillance programme in England.

Websites [PHE](#)

**33. Sexual mixing in opposite-sex partnerships in Britain and its implications for STI risk: findings from the third National Survey of Sexual Attitudes and Lifestyles (Natsal-3)**

Author: GEARY, R  
Journal: International Journal of Epidemiology Vol: 48 Part 1: Pages: 228-242

Abstract: The extent to which individuals are similar to their sexual partners influences STI-transmission probabilities, yet there is a dearth of empirical data, especially those representative of the population. Analyses of data reported by 10 759 sexually active people aged 16–74 y interviewed for a British national probability survey undertaken in 2010–12. Computer-assisted self-interviews asked about partner numbers and characteristics of participants' three most recent partnerships (MRPs). Multivariable regression examined how these disassortative mixing measures were associated with STI-risk measures: condom use at first sex together at the partnership-level and, at the participant-level, STI-risk perception and reporting STI diagnoses. The study concludes that disassortative mixing, although uncommon among opposite-sex partnerships in Britain, is independently associated with STI risk, warranting consideration in STI-prevention efforts.

Websites [Oxford](#)



## MATERNITY AND INFANTS

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### 34. Fetal size and eating behaviour in childhood: a prospective cohort study

Author: WIETSKE, A

Journal: International Journal of Epidemiology Vol: 48 Part: 1: Pages: 124-133

Abstract: Although studies showed that an adverse intrauterine environment increases the obesity risk in adulthood, little is known about consequences of fetal growth and birth size for eating behaviour. This study examined whether fetal and birth size are associated with childhood eating behaviour. Participants were 4350 mother-child dyads of the prospective cohort study Generation R. In conclusion, this study indicates that fetal size, especially being large *in utero*, is associated with obesity-inducing eating behaviour. The findings point to intrauterine influences on appetite and satiety, and contribute to understanding the complex aetiology of obesity.

Websites [Oxford](#)

### 35. Preconception and prenatal cannabis use and the risk of behavioural and emotional problems in the offspring; a multi-informant prospective longitudinal study

Author: MARROUN, H

Journal: International Journal of Epidemiology Vol: 48 Part: 1: Pages: 287-296

Abstract: This study uses a multi-information approach to assess the association of prenatal cannabis exposure and child behavioural and emotional functioning. To explore the possible causal nature of the association, they investigated whether maternal tobacco and paternal cannabis use during pregnancy were also associated with child problems. The study population included children of a population-based birth cohort in The Netherlands. The study concludes that prenatal exposure to maternal cannabis use is specifically associated with offspring behavioural problems, but not emotional problems. This association is probably not due to an effect of intrauterine cannabis exposure on fetal development, because both maternal and paternal cannabis exposure during pregnancy were related to offspring externalising problems. The findings suggest that the association can be explained through residual confounding, most likely through shared genetic vulnerabilities for parental cannabis use and offspring behavioural problems.

Websites [Oxford](#)



## MENTAL HEALTH AND WELLBEING

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### 36. Pushed From Pillar to Post: Improving the Availability and Quality of Support after Self-Harm in England

Author: SAMARITANS

Date: October 2020

Abstract: This report explores the experiences and needs of people in England with lived experience of self-

harm and maps out how the whole spectrum of support, from self-care to healthcare, can be improved. The Samaritans surveyed 565 people with lived experiences of self-harm and interviewed a subset of 17 participants. This was supported with three rapid literature reviews. The report finds that there is no consistently effective support available to people who self-harm. The research identified 4 key support needs for people who self-harm, which are essential to providing effective care: Distraction from immediate self-harm urges; Emotional relief in times of stress; Developing alternative coping strategies and Addressing the underlying reasons for self-harm. The report states that to meet each of these needs, a holistic approach to care is required – no one support type can effectively address each of these four support needs.

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

### **37. Severity of depression, anxious distress and the risk of type 2 diabetes – a population-based cohort study in Sweden**

Author: DELESKOG, A

Journal: BMC Public Health Vol: 19: Pages: 1174

Abstract: Previous studies assessing the relationship between depression and diabetes mellitus did not consider the severity of depression. This study assessed the risk of developing type 2 diabetes mellitus (T2DM) among people with various severity of depression. This prospective longitudinal cohort study included 9,936 individuals residing in Stockholm County, Sweden who responded to the baseline questionnaire in 1998–2000. Findings show that depression was associated with a statistically significant increased risk of T2DM after adjusting for potential confounders. The strongest association was observed for severe depression. Further, those with depression, regardless of severity, and with concurrent moderate/severe anxious distress had an increased risk of T2DM compared to those with neither depression nor anxious distress. In conclusion, the study adds evidence that depression is associated with a higher risk for developing T2DM, and the association is stronger among people with severe depression.

Websites [BioMed](#)

### **38. The relationship between sleep duration, cognition and dementia: a Mendelian randomization study**

Author: HENRY, A

Journal: International Journal of Epidemiology Vol: 48: Part: 3: Pages: 849-860

Abstract: Short and long sleep duration have been linked with poorer cognitive outcomes, but it remains unclear whether these associations are causal. The first Mendelian randomization (MR) study was conducted with 77 single-nucleotide polymorphisms (SNPs) for sleep duration using individual-participant data from the UK Biobank cohort and summary statistics from the International Genomics of Alzheimer's Project to investigate the potential impact of sleep duration on cognitive outcomes. The study concludes that linear increase in sleep duration has a small negative effect on reaction time and visual memory, but the true association might be non-linear, with evidence of associations for both short and long sleep duration. These findings suggest that sleep duration may represent a potential causal pathway for cognition.

Websites [Oxford](#)



## **WIDER DETERMINANTS**

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**39. Social determinants of health and the role of local government**

Author: LOCAL GOVERNMENT ASSOCIATION

Date: 15 September 2020

Abstract: The examples and case studies detailed in this report express the opportunities for health improvement and what has already been achieved.

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

**40. Health, Care and Cash: Improving the lives of older people in Red Wall England**

Author: AGE UK

Date: October 2020

Abstract: The purpose of this paper is to discuss the social policies that Age UK think are likely to be most beneficial to older people living in the Red Wall. Age UK we have been looking at the data concerning older people who live in these constituencies, and briefing discusses what they have found.

Websites [Age UK - Briefing](#)

**41. Power down to level up: resilient place-shaping for a post-Covid world**

Author: LOCAL GOVERNMENT INFORMATION UNIT

Date: 09 October 2020

Abstract: Place plays an important role for an increasing number of local councils as a strategic lens and a blueprint for local leadership. Recognition of place is vital for community wellbeing, particularly as disruption and complexity grow in society, politics and the economy in the wake of the Covid-19 pandemic. This paper draws on case studies and analysis to argue that an effective case for refocusing UK governance on place must overcome entrenched orthodoxies about where local capacity lies

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

**42. Reducing Health Inequalities for People Living With Frailty: A Resource for Commissioners, Service Providers and Health, Care and Support Staff**

Author: FRIENDS, FAMILIES AND TRAVELLERS

Date: 06 October 2020

Abstract: This resource aims to share practical recommendations and examples of how commissioners, service providers and health, care and support staff can successfully overcome barriers to healthcare for people at greater risk of frailty, including people experiencing deprivation, people who are homeless, people experiencing substance misuse, people with learning disabilities, LGB&T people, people with mental health needs, people from Gypsy and Traveller communities, and vulnerable migrants. The report offers key insights on how health and care services can work in collaborative, holistic and inclusive ways to reduce health inequalities for people living with frailty, and offer all patients the support needed to manage the condition long-term.

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

**43. An intergenerational audit for the UK 2020**

Author: RESOLUTION FOUNDATION

Date: 07 October 2020

Abstract: The impacts of the coronavirus crisis on health and living standards have varied widely across



generations. Even the most cursory of assessments makes clear that there are big age divides in how this crisis has been, and will be, experienced. This year's analysis includes and explores the health and social effects of the pandemic, and the complex choices governments around the world have faced in balancing them against economic priorities. The audit then takes stock of generational living standards differences in Britain according to the latest data. It does this by considering living standards within four domains: Jobs, skills and pay; Housing costs and security; taxes, benefits and household income and Wealth and assets.

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

#### **44. The Long Shadow of Deprivation: Differences in Opportunities across England**

Author: SOCIAL MOBILITY COMMISSION

Date: 06 October 2020

Abstract: Updated report highlighting the differences in social mobility opportunities within local areas in England.

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

#### **45. Socioeconomic differences in healthy and disease-free life expectancy between ages 50 and 75: a multi-cohort study**

Author: HEAD, J

Journal: European Journal of Public Health Vol: 29 Part: 2: Pages: 267-272

Abstract: There are striking socioeconomic differences in life expectancy, but less is known about inequalities in healthy life expectancy and disease-free life expectancy. This study estimated socioeconomic differences in health expectancies in four studies in England, Finland, France and Sweden. Socioeconomic differences were measured in health expectancies using data drawn from repeated waves of the four cohorts for two indicators: (i) self-rated health and (ii) chronic diseases (cardiovascular, cancer, respiratory and diabetes). Socioeconomic position was measured by occupational position. Multistate life table models were used to estimate healthy and chronic disease-free life expectancy from ages 50 to 75. Findings show that in all cohorts, we found inequalities in healthy life expectancy according to socioeconomic position. In England, both women and men in the higher positions could expect 82–83% of their life between ages 50 and 75 to be in good health compared to 68% for those in lower positions. In conclusion, there are inequalities in healthy life expectancy between ages 50 and 75 according to occupational position. These results suggest that reducing socioeconomic inequalities would make an important contribution to extending healthy life expectancy and disease-free life expectancy.

Websites [Oxford](#)

#### **46. Early-life socioeconomic circumstances explain health differences in old age, but not their evolution over time**

Author: CHEVAL, B

Journal: Journal of Epidemiology & Community Health Vol: 73: Pages: 703-711

Abstract: Early-life socioeconomic circumstances (SEC) are associated with health in old age. Epidemiological evidences on the influence of these early-life risk factors on trajectories of healthy ageing are inconsistent. This study used a statistical approach adapted to estimating change over time and an outcome-wide epidemiology approach to investigate whether early-life SEC were associated with the level of and rate of decline of physical, cognitive and emotional functioning over time. Data on more than 23 000 adults in older age from the Survey of Health, Ageing and Retirement in Europe was used. The study concludes that early-life SEC are associated with health in old age, but not with trajectories of healthy ageing. Conceptual models in life course research should consider the possibility of a limited influence of early-life SEC on healthy ageing trajectories.

Websites [BMJ](#)

## CORONAVIRUS (COVID-19)

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### **47. Childhood in the time of Covid**

Author: CHILDREN'S COMMISSIONER

Date: 29 September 2020

- This report examines the impact of the Covid-19 crisis on children
- it calls for a comprehensive recovery package for children and provides a roadmap for what should be done to help children to recover from their experiences of the last six months and the ongoing crisis.

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

### **48. The Chancellor's Post-Pandemic Choices**

Author: THE INSTITUTE OF ECONOMIC AFFAIRS

Date: October 2020

- This briefing uses historical data and analysis to identify those policies that could maximise government revenue growth following the coronavirus crisis. It includes an analysis of public finances.

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

### **49. Coronavirus: Adult social care key issues and sources**

Author: UNITED KINGDOM House of Commons Library

Date: 07 October 2020

- This Commons Library briefing paper provides an overview of key issues facing the adult social care sector during the coronavirus (Covid-19) outbreak, and provides links to some of the key official guidance for the sector.

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