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Arts and Health

Care homes across England celebrate the last night of the proms (17/09/18)

Care Quality Commission and [Live Music Now](#) challenged care homes across England to in the Live Music in Care challenge to help highlight the important role that live music can play, and we were blown away with the response

More than 100 care homes took part with live music, performance and dance, from Sleepy Jean in Ormskirk, to The Sailors Hornpipe in Plymouth, and Rule Britannia all over the country.

A [website](#) of resources has been created to promote music and singing in care homes funded by the Baring Foundation.

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Cancer/Stroke/Cardiovascular

Patients with high-risk skin cancer have new treatment option (17/09/18)

Patients with a type of advanced skin cancer are set to benefit from a new treatment, dabrafenib plus trametinib. The National Institute for Health and Care Excellence (NICE) has [recommended](#) use for adults who have stage III BRAF V600 mutation-positive melanoma that has spread to nearby lymph vessels or lymph glands, which make up an important part of our immune system.

Dabrafenib plus trametinib would be given to patients who have already had surgery to remove the tumour and associated lymph glands. Called adjuvant therapy or treatment, it aims to remove any residual cancer left behind.

See also [Health Care](#)

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Children/Young People/Families

SCIE: Strengths-based approaches in social work (19/09/18)

A report has been produced by the Social Care Institute for Excellence (SCIE), Leeds City Council and Shared Lives Plus: 'Strengths-based social care for children, young people and their families'. A strengths-based approach (SBA) to social care focuses on identifying the strengths, or assets, as well as the needs and difficulties of children, young people and families.

This [briefing](#) describes how SBAs work and assesses their effectiveness. The values and principles that inform this approach are not new, but there has been a rapidly growing interest over the last five years in such approaches. These approaches are also about co-production – people providing care working in equal partnership with those who need it to design and deliver services.

See also SCIE feature article [East Sussex: Connecting practice leading to transformative relationships and great outcomes](#)

[Community Care](#)

Increase in number of children in care for emotional abuse (14/09/18)

Research by [Professor Bilson](#) of the University of Central Lancashire has found that the number of children put in care because their parents have been accused of emotional abuse has significantly increased over the last decade.

Analysis of national care statistics shows “emotional abuse” a reason for starting a child protection plan has increased by 164% since 2007-8. In 2016-2017, over 14,000 more children started on protection plans because of emotional abuse than was the case nine years ago, while 600 more children started on protection plans as a result of findings of sexual abuse, and 750 more because of physical abuse.

The research includes an analysis by County Council, it found that the councils with the highest increases in findings of emotional harm were Hackney, Hampshire, Sefton, Wirral and Wolverhampton.

[The Guardian](#)

Girls' Attitudes Survey 2018 (19/09/18)

The biggest survey of its kind, the [Girls Attitudes Survey](#) asks the opinions of over 1,900 girls and young women aged 7 to 21. It includes girls inside and outside of guiding and right across the UK.

The findings give an insight into how girls feel about a range of issues and emerging pressures. They tell us what girls need to support their happiness, wellbeing and opportunities in life.

Girlguiding [news release](#)
[Children and Young People Now](#)

ONS: Being 18 in 2018 (13/09/18)

As the children of 2000 reach adulthood, Office for National Statistics (ONS) show how life has changed for 18-year-olds since the start of the millennium.

The first in a four-part series about young people in the UK, this [article](#) focusses on how life has changed for 18-year-olds since 2000. Includes changes to population, life expectancy, marriage, parenthood, employment, lifestyle and how 18-year-olds spend their time.

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Commissioning and Economics

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Communities and Local Government

Eighteen local partnerships design adult social care services of the future with £1.4m funding (20/09/18)

New funding will demonstrate how predictive analytics and digital information sharing can improve care and support for people needing social care services. NHS Digital has [awarded](#) eighteen councils a share of £1.4m to develop digital projects that support social care.

Successful bids include Westminster Council's plan to use apps and Skype to share appropriate information when discharging from hospital into care, and Wolverhampton Council's proposal to improve intervention by using predictive analytics for early identification of adults with complex morbidities.

See also [Community Care](#)

CCN warning that more councils will struggle without new funding (20/09/18)

The [County Council Network \(CCN\)](#) are warning that plans to strip back services and offer only a basic 'core offer' of services to local residents could become the norm. New figures produced by the network recently showed their councils face funding pressures amounting to £3.2bn over the next two years alone, £1.8bn of which is due to projected demand and future inflationary pressures.

With counties facing a funding gap in social care by 2020/21 and new figures showing the average county authority now spends 45% of its entire budget on adult social care, the network has put forward several key recommendations to government in its report [Sustainable County Social Care](#).

[BBC News](#) reports on the issue this week, further media coverage of the issue is available on the CCN [website](#).
[Children and Young People Now](#)

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Disabilities

Can Government response to learning disability deaths report get to grips with pervasive discrimination? (20/09/18)

Last week the Department of Health and Social Care and NHS England published a [joint response](#) to the [Learning Disabilities Mortality Review \(LeDeR\) 2nd annual report](#).

Writing in [Community Care](#), Chris Hatton professor of public health and disability at Lancaster University, examines the government's response to some of the recommendations, discussing the potential of their suggested actions to change the lives of people with learning disabilities:

Why meeting disabled children's needs must go beyond narrow safeguarding concerns (20/09/18)

One of the key themes of the recent case law on disabled children is the requirement for social workers to take a proactive approach to safeguarding and promoting children's welfare.

This obligation was strongly emphasised in [R \(KS and AM\) v LB Haringey \[2018\] EWHC 587 \(Admin\)](#). The claim was brought by a mother of two children with significant physical and mental health difficulties and by her daughter, a girl aged six at the time of the judgment with a diagnosis of autism. The family were living in a two-bedroom property on the first floor of a block of flats. They argued that the property was dangerous for the autistic child, including because of the risk of falling from two outside balconies and windows.

The judge held that it was not sufficient for children's services to refer the matter to housing and then close the file. The duty on children's services was ongoing, underpinned by the obligation in section 17 of the Children Act 1989 and section 11 of the Children Act 2004 to safeguard and promote the welfare of a child in need. It was irrational and unlawful for children's services not to have continued their involvement with the family.

Writing in [Community Care](#), barrister Steve Broach looks at the case which shows why local authority children's services create legal risks by taking a hands-off approach to supporting disabled children.

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Drugs/Alcohol

WHO: Harmful use of alcohol kills more than 3 million people each year, most are men (21/09/18)

The World Health Organization (WHO) has published [Global status report on alcohol and health 2018](#). This gives a comprehensive picture of alcohol consumption and the disease burden attributable to alcohol worldwide. It also describes what countries are doing to reduce this burden.

Of all deaths attributable to alcohol, 28% were due to injuries, such as those from traffic crashes, self-harm and interpersonal violence; 21% due to digestive disorders; 19% due to cardiovascular diseases, and the remainder due to infectious diseases, cancers, mental disorders and other health conditions.

More than 3 million people died as a result of harmful use of alcohol. This represents 1 in 20 deaths. More than three quarters of these deaths were among men. Overall, the harmful use of alcohol causes more than 5% of the global disease burden.

[News release](#)

People who inject drugs: non-fatal overdose monitoring (14/09/18)

The unlinked anonymous monitoring (UAM) [survey of people who inject drugs](#) (PWID) is an annual survey with the aim to measure the level of HIV, hepatitis B and hepatitis C in this population. The survey also monitors the levels of risk and protective behaviours among PWID

The survey recruits people who inject drugs that are in contact with a sample of specialist drug services (such as needle and syringe programmes and addiction treatment centres) throughout England, Wales and Northern Ireland.

In response to the rising numbers of drug overdose deaths both globally and in the UK, the survey has included questions on non-fatal overdose and naloxone (opioid overdose antidote) administration since 2013. The first 2 summary reports on the data generated by these questions are published here.

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Education

Keeping children safe in education: for schools and colleges: statutory guidance (19/09/18)

The Department for Education has published updated [statutory guidance](#) for schools and colleges on safeguarding children and safer recruitment.

It sets out the legal duties which must be followed to safeguard and promote the welfare of children and young people under the age of 18 in schools and colleges.

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End of Life/Palliative Care

Making peace with death: National attitudes to death, dying and bereavement (08/18)

[Co-op Funeralcare](#) has published a report of its findings on the biggest ever survey into death, dying and bereavement. Over 30,000 people responded to the survey, sharing their experiences of bereavement and their attitudes towards their own mortality.

The [report](#) looks at the ways in which people cope with the loss of a loved one and also how they plan ahead for their own death. The findings reveal that almost 18 million people are uncomfortable talking about death.

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Environment/Transport/Housing

NICE: Air pollution: outdoor air quality and health: consultation (21/09/18)

It has been estimated in a study by Oxford University and the University of Bath that total air pollution from cars and vans costs the UK £5.9 billion a year to health, almost £1 billion of this cost can be attributed to treatment costs from hospital admissions and treatment of related illnesses.

Air pollution can be cut if public sector organisations consider replacing high polluting vehicles with low-emission ones at the end of their working life. Local authorities and NHS organisations should also ensure the services they commission, identify how they will reduce emissions from their vehicle fleets to improve air quality.

The recommendations are made in new [draft quality standard](#) guidance from the National Institute for Health and Care Excellence (NICE). The closing date for comments on the draft is 19 October 2018. The expected publication date of the guidance is 21 February 2019.

[News article](#)

Monitor of Engagement with the Natural Environment (10/09/18)

Natural England and the Office for National Statistics have published the results for the eighth and ninth year of the [Monitor of Engagement with the Natural Environment](#) survey, which provides data on how people use the natural environment in England.

An increasing number of people are spending time outdoors enjoying the natural environment. The proportion of adults visiting nature at least once a week has increased from 54 per cent in 2010 to 62 per cent in 2018. People living in England's most deprived areas visiting the natural environment at least once a week has increased by 13 per cent from 38 per cent in 2009/10 to 51 per cent in 2017/18.

The government's 25 Year Environment Plan aims to connect more people with the environment to improve health and wellbeing and encourage them to act to improve the natural world.

[News release](#)

ONS: 2016-based household projections in England (20/09/18)

The Office for National Statistics (ONS) has published [analysis](#) which provides an indication of the number of additional households that would form if recent demographic trends continue. Data is for England and its local authority districts.

Main points:

- The number of households in England is projected to increase by 4.0 million (17%) over the next 25 years, from 22.9 million in 2016 to 26.9 million in 2041.
- This equates to 159,000 additional households each year compared with the 210,000 previously projected.
- Households headed by someone aged 65 years and over account for 88% of the total growth in households between 2016 and 2041.
- The highest growth of households is projected to take place in London; while the North East is projected to have the slowest rate of household growth of all regions.
- Five of the ten local authorities with the highest rate of household growth are in London.

£2 billion for more affordable homes and social housing (19/09/18)

As part of the Government's commitment to transform housebuilding, the Prime Minister has £2 billion in new funding to give housing associations the long-term certainty they need to deliver new affordable and social housing homes. She made the pledge in a [speech](#) to the National Housing Federation summit.

[News release](#)

[Local Government Association](#)

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Health Care

Hospital Admissions Statistics, 2017-18 (20/9/18)

The annual '[Hospital Admitted Patient Care Activity, 2017-18](#)' statistics have been published as part of Hospital Admitted Patient Care Activity. The report, from NHS Digital, on admitted patient care activity in English NHS hospitals and English NHS-commissioned activity in the independent sector. It is an annual publication covering the financial year ending March 2018. It contains final data and replaces the provisional data that are released each month.

Key facts include:

- In 2017-18, 20.0 million Finished Consultant Episodes (FCEs) were recorded, an increase of 1.5 per cent from the previous year and 30.4 per cent from ten years ago.
- 16.6 million Finished Admission Episodes (FAEs) were recorded in 2017-18. This is an increase of 0.5 per cent from the previous year and an increase of 23.3 per cent from 2007-08
- 3There were 291,836 critical care records used in this analysis in 2017-18, an decrease of 0.5 per cent from 2016-17 (293,170 records).

[News release](#)

Improving stroke outcomes in Kent and Medway: three specialist units (17/09/18)

The [NHS in Kent and Medway](#) has published the preferred option for three new specialist 'hyper acute stroke units' to be introduced across the county. The option is to have hyper acute stroke units, alongside acute stroke units, at Darent Valley Hospital in Dartford, Maidstone Hospital and William Harvey Hospital in Ashford.

Currently stroke services do not consistently meet best-practice standards across the whole of Kent and Medway. The identification of a preferred option brings the NHS a step closer to improving stroke outcomes and reducing deaths and disability because of stroke.

The next stage in the review process is to develop a decision-making business case – a detailed document that will describe how the preferred option was selected and set out an implementation plan that will cover areas such as workforce, estates and capital requirement. A Joint Committee of the ten local NHS clinical commissioning groups that ran the consultation will examine this and then make a final decision on the future shape of urgent stroke services in January 2019.

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Health Protection/Emergencies

Tuberculosis cases UK: 2000 to 2017 (18/09/18)

Public Health England has published the [latest statistics](#) on cases of tuberculosis in the UK. The number and rate of TB cases in 2017 was the lowest since data from enhanced TB surveillance was first available in 2000.

Between 2000 and 2011, there was an overall increase in the number of cases and rate of TB in the UK. Since 2012, there have been annual declines in the number of cases each year of between 2.3% and 11.5%. Between 2016 and 2017

there was a 9.0% decline in the number of cases (2016: 6,116 versus 2017: 5,567). In 2017, the rate of TB was 8.4 per 100,000 (95% CI 8.2-8.7), compared with 9.3 per 100,000 (95% CI 9.1-9.6) in 2016.

Routine childhood immunisation schedule (18/09/18)

Information for health professionals on childhood immunisations has been updated to include [revised version](#) of the routine childhood immunisations from autumn 2018.

Flu immunisation for early years settings including child minders (18/09/18)

This updated [guidance](#) has been produced for the early years sector to assist staff and childminders and answers the most frequently asked questions regarding the nasal spray flu vaccination being offered to children in this age group.

Immunoglobulin: when to use (14/09/18)

Public Health England's [immunoglobulin handbook](#), providing guidance on administering immunoglobulin to prevent serious disease. Guidance on the use of [varicella zoster immunoglobulin](#) also updated.

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Hearing/Sight

High Court finds for CCGs in the use of alternative drug treatment for AMD (21/09/18)

The High Court has found in favour of CCGs who were defendants in a case brought by two drug companies. Bayer Plc and Novartis Pharmaceuticals UK Ltd challenged the lawfulness of a policy adopted by twelve Clinical Commissioning Groups (CCGs) from the North of England.

The policy on the treatment of age-related macular regeneration stated that Avastin would be offered to certain patients as the preferred treatment option. The CCGs adopted this policy because of the significant difference in price between Avastin, Eylea and Lucentis. Avastin costs around £28 per injection; Eylea costs around £816 per injection; Lucentis costs around £551 per injection.

Mrs Justice Whipple dismissed the application for judicial review on all grounds. She found the defendants' policy to be lawful.

[Judgement](#)

[Royal College of Ophthalmologists](#)
[BBC News Health](#)

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Inequalities/Minorities

Social Metrics Commission launches a new measure of UK poverty (17/09/18)

The [Social Metrics Commission](#) was brought together to develop a new approach to poverty measurement that both better reflects the nature and experiences of poverty that different families in the UK have, and can be used to build a consensus around poverty measurement and action in the UK.

The Social Metrics Commission is an independent Commission formed and led by the Legatum Institute's CEO Baroness Stroud.

The new measure:

- Takes account of all material resources, not just incomes. For instance, this means including an assessment of the available assets that families have;
- Accounts for the inescapable costs that some families face, which make them more likely than others to experience poverty. These include, the extra costs of disability, and costs of childcare and rental and mortgage costs;
- Broadens the approach of poverty measurement to include an assessment of housing adequacy. For example, by regarding those sleeping rough as being in poverty; and
- Positions the measure of poverty within a wider measurement framework, which allows us to understand more about the nature of poverty in the UK

[Social Metrics Report 2018](#)

[Joseph Rowntree Foundation](#)

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Information/Evidence/Research/Ethics

ONS: Quarterly mortality report, England: data up to Quarter 2 (April to June) 2018 (17/09/18)

The Office for National Statistics has published the latest [quarterly mortality report](#). It details provisional death registration and death occurrence data for England, broken down by sex and age.

There were 120,645 deaths registered in England in Quarter 2 (Apr to June) 2018, which was 2,968 more deaths than the five-year average (2013 to 2017).

Looking at the number of deaths that occurred in Quarter 2 2018, there were specific instances of increased mortality that coincided with periods of increased temperature in England; the question of deaths which might be attributable to a heatwave will be addressed in the next quarterly release.

The publication is produced with support from Public Health England and the Department of Health and Social Care.

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Integrated Health and Social Care

A year of integrated care systems: reviewing the journey so far (20/09/18)

In June 2017, NHS England announced ten areas to develop the first [Integrated Care systems](#), a further four were selected in May 2018, and others will follow. They are expected to become increasingly important in planning services and managing resources in the future.

Kings Fund has published a new report '[A year of integrated care systems: reviewing the journey so far](#)' on Integrated Care systems (ICSs). Interviews were undertaken in 8 of the 'first wave' ICSs to understand how they are developing and to identify lessons for local systems and national policymakers.

There are 'encouraging signs of progress'. Partner organisations and their leaders are working more collaboratively to manage performance and finances across a system. Evidence of tangible improvements in services and outcomes is limited to date, but this is expected given the short life of ICSs. There is broad consensus that the ICS model has real potential to bring about improvements in health and care, and to place services on a sustainable footing.

The Nuffield Trust has published its thinking on integrated care in ['Working across boundaries: realising the vision of integrated care'](#).

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International

European Health report 2018 (11/09/18)

The [European health report](#) is produced every three years as a flagship publication by the WHO Regional Office for Europe.

The Region is on track to achieve the Health 2020 target to reduce premature mortality from cardiovascular diseases, cancer, diabetes and chronic respiratory diseases by 1.5% annually until 2020. Most of the progress in the Region is due to improvements in countries with the highest premature mortality.

Alcohol consumption, tobacco use and overweight and obesity remain major public health problems in the European Region, with rates of alcohol consumption and tobacco use being the highest globally. WHO estimates of the prevalence of overweight and obesity show a rise in almost all Member States.

The report is available to download chapter by chapter.

See also The Lancet [review](#)

A child under 15 dies every 5 seconds around the world (18/09/18)

Children from the highest mortality countries are up to 60 times more likely to die in the first 5 years of life than those from the lowest mortality countries.

An estimated 6.3 million children under 15 years of age died in 2017, or 1 every 5 seconds, mostly of preventable causes, according to new mortality estimates released by WHO, UNICEF, the United Nations Population Division and the World Bank Group.

The vast majority of these deaths – 5.4 million – occur in the first 5 years of life, with newborns accounting for around half of the deaths. Globally, in 2017, half of all deaths under 5 years of age took place in sub-Saharan Africa, and another 30% in Southern Asia. In sub-Saharan Africa, 1 in 13 children died before their fifth birthday. In high-income countries, that number was 1 in 185.

[Report](#)
[Regional and country data](#)
[News release](#)

WHO launches first investment case to save up to 30 million lives (19/09/18)

The World Health Organization (WHO) has published its first [investment case](#), setting out the transformative impacts on global health and sustainable development that a fully-financed WHO could deliver over the next five years

.

The investment case describes how WHO, working together with its Member States and partners, will help to save up to 30 million lives, add up to 100 million years of healthy living to the world's population and add up to 4 per cent of economic growth in low and middle-income countries by 2023.

[News release](#)

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Legislation/Crime/Prisons

The Children and Young People Secure Estate National Partnership Agreement (21/09/18)

An [agreement](#) which aims to enable a more fully integrated approach to the commissioning and delivery of excellent health services, and to improve the health and wellbeing of those within the children and young people secure estate in England. has been published. It will ensure that there is a more fully integrated approach to the commissioning and delivery of excellent health services for some of the most vulnerable people in the community. Although the number of children and young people in the secure estate has reduced, they are over represented in terms of their physical, mental, neuro disability and substance misuse needs, often suffering from multiple health conditions.

[NHS England announcement](#)

See also

Public Health/Health Promotion

Safeguarding

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Long-term Conditions

A web-based self-management programme for people with type 2 diabetes (09/18)

The HeLP-Diabetes research programme developed a web-based self-management programme for people with type 2 diabetes, showed that it improved diabetes control compared with usual care and at lower costs and implemented it in an area of London.

The programme study [results](#) have been published in the National Institute for Health Research (NIHR) Journals Library.

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Maternity/Infants

Excess weight gain in pregnancy (18/09/18)

The Royal College of Midwives has called for clearer [guidance](#) on healthy weight management for expectant mothers, and more support, training and equipment for midwives.

NHS data shows that one in five women (21%) start pregnancy with a BMI in the 'obese' range. Yet there are no national guidelines for women, midwives or health professionals on weight management during pregnancy. Excess weight in pregnancy is linked to increased risk of miscarriage, premature birth, gestational diabetes and stillbirth, among other serious health issues.

New research published in the journal [Diabetologia](#) (open access article) shows that if a woman gains either too much or too little weight during pregnancy, there are adverse effects in children at 7 years of age.

NHS Choices [Behind the Headlines](#) analysed the media response to the research and agrees that diet and nutrition are important in pregnancy, and too much weight gain could have implications for the baby. However, it also points out that it is an observational study carried out entirely in a Chinese population, and that results may not be the same in a UK population. Risk factors for diabetes differ in some Asian populations, and average diet and body size is also likely to differ between the UK and China.

See also [Screening](#)

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Mental Health and Wellbeing

Reducing relapse and suicide in bipolar disorder (14/09/18)

The PARADES (Psychoeducation, Anxiety, Relapse, Advance Directive Evaluation and Suicidality) research programme examined practical clinical approaches to identifying risk, reducing harm and engaging service users in planning and delivery of care.

It has contributed to understanding how to improve mood and comorbid outcomes in bipolar disorder and suggests a role for group psychoeducation in delaying time to relapse.

The programme study [results](#) have been published in the National Institute for Health Research (NIHR) Journal Library.

NICE: Eating disorders, QS175 (21/09/18)

This [quality standard](#) from the National Institute for Health and Care Excellence (NICE) covers assessment, treatment, monitoring and care for children, young people and adults with an eating disorder.

NICE has made several additions to the standard since a draft was published earlier in the year, in response to feedback from stakeholders.

During the NICE consultation period, access to treatments was highlighted as an area for improvement. The new addition to the standard recommends children with eating disorders are assessed and treated within 4 weeks, and adults are seen as soon as possible, within a locally agreed timeframe.

In recent years, waiting times have improved for children and young people, with more than 80% now starting treatment within 4 weeks of referral. This is an increase from less than 65% before 2016 and the ambition is that by 2020/21 this will increase to 95%

This quality standard is reviewed each year and updated if needed. The next review is August 2019.

[News article](#)

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The right type of calorie (19/09/18)

British Nutrition Foundation is launching the "[quality calorie](#)" concept. This is to make people think more about the types of foods they eat. While most adults consume more than they need, the BNF believes counting calories and cutting down is not enough. It wants people to look at nutritional values to select the best calories.

The British Nutrition Foundation Quality Calorie (QC) concept encourages us to not just look at the number of calories we consume, but also the quality of our diet to help us on the path to get enough of the nutrients that we need (including vitamins, minerals and fibre) and limit the amount of those that are of concern (free sugars, salt and saturated fat).

Public Health England says excess calories are the root cause of obesity and tackling the issue is a priority. The NHS has published [The Eatwell Guide](#), promoting the healthy diet.

An evaluation of the nutrient contents of yogurts (18/09/18)

A comprehensive survey of ingredients in yogurts has highlighted high sugar levels in many – particularly organic yogurts and those marketed towards children.

Scientists from the Universities of [Leeds](#) and Surrey analysed the product information for 921 yogurts available in major UK supermarkets.

Their study, published in [BMJ Open](#), found that across all categories of yogurt products – with the exception of natural, Greek and 'Greek-style' yogurts – the average sugar levels were well above the five grams of sugar per 100 grams threshold required to be classed 'low sugar' and carry a green 'traffic light' nutritional label in the UK.

Scheme to improve health of truck drivers shortlisted for NHS innovation award (14/09/18)

A programme developed by researchers at Leicester's Hospitals, Loughborough University and the University of Leicester to help truckers lead healthier lives has been [shortlisted](#) for an NHS innovation award.

Lorry drivers who take part in the [SHIFT programme](#), which stands for Structured Health Intervention For Truckers, attend a six-hour, interactive education session about healthy eating and physical activity, and are provided with physical activity monitors to track their movement and engage in 'step count challenges' with other drivers. They are also given exercise equipment and a workout routine that can be used in their cabs at service stations and other resting places.

Puberty & Sport: An Invisible Stage (12/09/18)

Girls are less active than boys and by age 13 – 15, only 8% of girls meet the Chief Medical Officer's recommendation that young people aged 5 – 18 should do 60 minutes of physical activity every day.

In 2017-18, Women in Sport [conducted](#) qualitative research to explore whether coming to terms with puberty is having a long-term impact on how girls engage with sport and to identify the key barriers and issues girls face during this time.

During this transition to adulthood, girls can form negative attitudes towards sport due to parents being less engaged, increased studying and pressure to perform well at school, a desire for new, more mature experiences and wanting to be accepted and acceptable to peers.

[Report](#)
[Women in Sport blog](#)

Older People

See [Pharmacy/Prescribing](#)

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Pharmacy/Prescribing

Effect of Aspirin on Disability-free Survival in the Healthy Elderly (17/09/18)

Information on the use of aspirin to increase healthy independent life span in older persons is limited. Whether 5 years of daily low-dose aspirin therapy would extend disability-free life in healthy seniors is unclear.

Research led by Monash University in Australia has been published in the New England Journal of Medicine. [NHS Choices Behind the Headlines](#) examines the study, and the media coverage it has received.

[Effect of Aspirin on Disability-free Survival in the Healthy Elderly](#)
[Effect of Aspirin on Cardiovascular Events and Bleeding in the Healthy Elderly](#)
[Effect of Aspirin on All-Cause Mortality in the Healthy Elderly](#)

See also

[Cancer/Stroke/Cardiovascular](#)

[Hearing/Sight](#)

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Public Health/Health Promotion

London Mayor launches new public health approach to tackling serious violence (19/09/18)

The Mayor, Sadiq Khan, has [announced](#) plans to establish a new Violence Reduction Unit of specialists in health, police and local government to lead and deliver a long-term public health approach to tackling the causes of violent crime.

The Mayor will enhance and build on the public health approach already underway at City Hall with a new unit that has greater capacity to deliver early interventions to help prevent the spread of violence. The new unit will improve co-ordination between the Metropolitan Police, local authorities, youth services, health services, criminal justice agencies and City Hall as part of the new enhanced partnership, backed up by the unit. It will also build on what works and share best practice.

The Mayor has directed an initial £500,000 towards establishing the Violence Reduction Unit. The Mayor and his team have over the last few months been carrying out extensive research to understand the approaches taken in Glasgow, where a long-term public health approach to tackling serious violence was adopted. In Glasgow the approach has been in place for more than a decade and has delivered large reductions in violence.

See also [Tackling serious violent crime](#)

[Children and Young People Now](#)

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Safeguarding

Criminal exploitation of children and vulnerable adults: county lines (17/09/18)

This [updated guidance](#) outlines, from the Home Office, outlines what county lines (and associated criminal exploitation) is, signs to look for in potential victims, and what to do about it. It does not provide information about the entirety of the county lines issue.

The document is intended as a supplement to an organisation's existing safeguarding policies, to help identify and protect those exploited through this criminal activity, and forms part of the cross-government approach to [ending gang violence and exploitation](#).

See also [Children and Young People Now](#)

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Screening

Screening of individuals with uncertain or incomplete screening status (18/09/18)

These [resources](#) are to help health professionals to manage the screening of children with uncertain or incomplete screening status and to provide information for parents. They cover:

- newborn blood spot screening
- newborn hearing screening
- newborn and infant physical examination.

The screening algorithm explains to healthcare professionals which screening tests can be offered at different ages (up to 3 months, between 3 months and a year, over one year of age) if the child missed them at birth. An equivalent immunisation algorithm is available.

There are also information sheets for health professionals and parents that provide further information.

Guidance Fetal anomaly screening: programme handbook (17/09/18)

This [document](#) brings together all the guidelines and recommendations that relate to the NHS fetal anomaly screening programme (FASP).

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Sexual Health

Sexually transmitted infections: south-east data (18/09/18)

Public Health England has [updated information](#) sexually transmitted infections (STIs) in the south-east of England. This consists of a 'South East STI spotlight', and linked slide-set.

More than 52,000 new STIs were diagnosed in South East residents in 2017, representing a rate of 594 diagnoses per 100,000 population, which is the second lowest rate among Public Health England centres. Rates by upper tier/unitary local authority ranged from 405 new STI diagnoses per 100,000 population in West Berkshire to 1,549 new STI diagnoses per 100,000 population in Brighton and Hove.

The number of new STIs diagnosed in South East residents remained the same between 2016 and 2017. Rises were seen in the numbers of diagnoses of syphilis (by 22%), gonorrhoea (by 33%) and chlamydia (by 1%). Genital herpes decreased by <1% and genital warts by 3%. The number of syphilis diagnoses reported in 2017 was nearly three times the number reported in 2013.

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Smoking/Tobacco Control

Stoptober October 2018: One person quits smoking every 80 seconds in England (20/09/18)

Of the 6.1 million smokers in England, 6 in 10 want to quit but most try to quit using willpower alone (or 'cold turkey') despite this being the least effective method. The most successful quit attempts use a combination of effective stop smoking support methods.

The best way to quit is with expert help from local stop smoking services together with stop smoking aids. In 2017 to 2018, half (51%) of smokers who got this package of support managed to quit and among those who used an e-cigarette in their quit attempt, the success rate was up to 63%.

This year Public Health England's [Stoptober campaign](#) is offering a free online 'Personal Quit Plan' to help smokers find the right stop smoking support for them.

[Smoking in England
News release](#)

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Social Care/Welfare

Support for Carers (20/9/18)

The Local Government Association reports that council and care leaders are [warning](#) that the strain on unpaid carers putting adult social care at increased risk of collapse.

Latest research shows that nearly three-quarters (72 per cent) of carers in England have suffered mental ill health, such as stress and depression, while 61 per cent have experienced physical ill health due to caring. However, a fifth (20 per cent) of carers in England responding to Carers UK's [State of Caring Survey](#), the majority of them caring well over 50 hours a week, have not received a carer's assessment in the past year.

Following the Government's postponement of its green paper, the Local Government Association published ['The lives we want to lead'](#) on adult social care and wellbeing to drive forward the public debate on what care and support is needed to improve people's wellbeing and independence and, crucially how these vital services are funded.

The consultation on 'The lives we want to lead' closes on 26 September 2018.

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Workforce Development

Working in an Active Nation: The Professional Workforce Strategy for England (12/09/18)

Sport England published a [plan](#) to give the more than 400,000 people who work in the sport and physical activity sector in England – and the people they help get active – the best possible support.

The aim is that by developing a clear set of professional standards, career development pathways and new qualification and training approaches, the strength of the sport and physical activity sector will be more widely recognised.

[News release](#)

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Workplace

Ethnicity pay gap among NHS doctors (17/09/18)

Following on from work showing an overall gender pay gap in favour of men in the English NHS, the [Nuffield Trust](#) looks at how the pay of doctors in the health service varies by ethnic group.

The NHS is the single largest employer in the UK with around 1.6 million directly employed staff, and 1.2 million in England. In England, a higher proportion of NHS staff identify as belonging to a minority ethnic group compared with the population as a whole (20% in December 2017 versus 15% based on the 2011 census). For NHS doctors (excluding general practitioners), however, the proportion of black and minority ethnic (BME) staff varies from 37% for foundation year 1 doctors to 60% for specialty doctors (see chart).

the lack of a significant pay gap for most doctor grades is encouraging, a larger gap exists among consultants: the median basic pay for white consultants is 4.9% higher than for BME consultants.

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