**Public Health England**

**PHE offers support to UK vaccine heroes**
Duncan Selbie is urging everyone in healthcare to promote the value of vaccines and has dubbed GPs and nurses on the frontline “vaccine heroes”.
Research from Public Health England shows that health professionals remain the most trusted source of advice on immunisation (93% of parents agreed), while social media and the internet ranked as the least trusted sources of information. Overall, only 9% of parents have seen, read or heard about something that would make them doubt having their child immunised – a historically low proportion and down from a third (33%) in 2002.
Details

**Teenage mothers and young fathers: support framework**
This framework helps local healthcare commissioners and service providers review support arrangements for young parents in their area.
Details

**Audit and commissioning sexual health services**
How audits can contribute to assure quality of service provision and drive continuous quality improvement in sexual health, reproductive health, and HIV services.
Details

**National Quarterly Report of Tuberculosis in England: Quarter 1 2019 (1 January to 31 March)**
In first quarter (Q1) of 2019, there were 1,132 TB notifications in England, a 3.1% increase in number compared to Q1 2018. There were 7 notifications in Q1 2019 of confirmed multi-drug resistant/rifampicin resistant TB, the same number as were confirmed in Q1 2018.
Details

**Duncan Selbie Weekly Briefing**
This week’s message includes a national strategy to reduce gambling harms, European Immunisation Week, a new paper on lung cancer deaths in those who have never smoked and a new initiative with beauty salons to encourage uptake of cervical screening.

**NHS England**
NHS England has published the following case studies:
- **Joined-up working rapidly reaping the rewards for patients** – Camden
- **Peer Support Workers use lived experience to support mental health service users’ recovery in the community** – West Midlands
Respiratory disease – new learning hub
A new online hub promises to bring together resources about respiratory disease, which affects one in five people and is the third biggest cause of death in England. The Respiratory Futures hub from NHS England, NHS Improvement and the British Thoracic Society hosts case studies, interviews, articles and news about developments from respiratory professionals across the country. There is also an interactive map where you can find out how respiratory disease is shaping integrated care plans.
Details

National Institute for Health and Care Excellence
NICE: 20 years of evidence-based decision making
To celebrate its 20th Birthday, NICE reflects on its history and achievements
Details

Suicide prevention: draft quality standard out for consultation
This DRAFT quality standard is expected to contribute to improvements in calls to crisis response services, suicide-related emergency service calls, rate of self-harm in the community, hospital attendances and admissions for self-harm, and suicide rate.
Details

Research and analysis
European Heart Journal Lower carbohydrate diets and all-cause and cause-specific mortality: a population-based cohort study and pooling of prospective studies
This study reports participants with lowest carbohydrate intake had highest risk of overall, CVD, cerebrovascular, and cancer–related mortality. Additionally, association between low carbohydrate diet and overall mortality was stronger in non-obese (48%) v obese (19%) individuals
Abstract

Circulation: Consumption of Meat, Fish, Dairy Products, Eggs and Risk of Ischemic Heart Disease: A Prospective Study of 7198 Incident Cases Among 409,885 Participants in the Pan-European EPIC Cohort
Study reports during mean 12.6 years follow up, increased risk for IHD was positively associated with consumption of red and processed meat, and inversely associated with consumption of yoghurt, cheese and eggs.
Full text

The Lancet HIV: Epidemiology and prevention of sexually transmitted infections in men who have sex with men at risk of HIV
This review suggests a greater emphasis on increased use of existing effective STI control strategies is required, in addition to the investigation of new interventions. It warns insufficient action carries risk of increased epidemics, including of newly resistant organisms.
Summary
Areas that experienced more disruption from the introduction of the Health and Social Care Act 2012—for example, where CCGs were working with multiple local authorities rather than a single authority—had the biggest decline in cervical screening rates.
Analysis of national screening data showed that 14.1 million women were eligible for cervical screening in England in 2016. Comparing figures from CCGs working with one local authority with CCGs working with multiple local authorities, they found that, although screening rates had already been declining, areas with many local authorities saw a larger decline after the Act’s introduction (1.4%) than those with only one (1%).
Full text

British Journal of General Practice: General medical services by non-medical health professionals: a systematic quantitative review of economic evaluations in primary care
Review of 6 economic evaluations found some limited evidence that nurse-led care for common minor health problems was cost-effective vs GP care, but that pharmacy-led services for the medicines management of coronary heart disease and chronic pain were not.
Abstract

Diabetes Care: The Effect of Liquid Meal Replacements on Cardiometabolic Risk Factors in Overweight/Obese Individuals With Type 2 Diabetes: A Systematic Review and Meta-analysis of Randomized Controlled Trials
Review of 9 trials (n=961) found that liquid meal replacements in weight loss diets lead to modest reductions in weight, BMI, and systolic blood pressure, and reductions of marginal clinical significance in body fat, waist circumference, HbA1c, and diastolic blood pressure.
Abstract

Journal of the American College of Cardiology: Association of Skipping Breakfast With Cardiovascular and All-Cause Mortality
Cohort study (n=6,550) found that compared to those who consumed breakfast everyday, those who never consumed breakfast had an increased risk of cardiovascular mortality (HR 1.87, 95% CI 1.14-3.04) but no significant increase in all-cause mortality (1.19, 0.99-1.42).
Abstract

Behind the Headlines provides context and commentary for various media reports of this study. It states that although there was an increased risk of cardiovascular death, during 18 years of follow-up there were only 41 deaths from cardiovascular disease among people who never ate breakfast. Owing to these low numbers the analysis may be less accurate. Also, the study only had a one-off assessment of breakfast, which may not reflect lifelong habits. It also cannot account for what breakfast means to different people. For example, most people ate breakfast every day, but there could be wide variability from people eating a healthy breakfast at 8am, to people eating a bacon sandwich or grabbing a sugary cereal bar late morning. Overall the study supports the general view that it's good to eat breakfast as part of a healthy lifestyle. But it's not just eating breakfast that's important, but what you're eating.
Behind the Headlines
National Institute for Health Research: Specialist nursing support for unpaid carers of people with dementia: a mixed-methods feasibility study
This study found specialist nursing support to carers of people with dementia may enable them to continue providing care to the end or very close to the end of the dementia journey. The outcomes for such carers may be no different from, or even slightly better than, those of similar carers without this support, although the costs to health and social care services are the same in each case.
Full text

The Lancet Psychiatry: In-utero and perinatal influences on suicide risk: a systematic review and meta-analysis
Review of 42 studies found family/parental characteristics (e.g. high birth order, teenage/single mums), indices of socioeconomic position (low maternal and paternal education) and foetal growth (low birthweight and small for gestational age) were linked to higher suicide risk. According to a commentary, these findings provide new support for a developmental origin of health and disease (DOHaD) hypothesis of suicidal behaviour. It suggests that evidence-based suicide risk assessment will need to include an investigation of antenatal and perinatal circumstances as a potential marker of suicide risk. Thus, in addition to questions about a familial history of suicide and a history of childhood adversities, risk assessment needs to address the identified family characteristics and indices of foetal growth to gain insight into the vulnerability to suicide. It adds that the findings are relevant for a primary prevention approach to suicide, in which educational programmes and interventions should engage individuals during the preconceptional period, pregnancy, childhood, and adolescence. It notes that the acceptance of the DOHaD concept can be delayed by insufficient insights into underlying mechanisms. Many questions with regard to causal mechanisms remain. If causality can be shown, further research will need to investigate the reversibility of such mechanisms, be it neurobiological, psychological, or social.
Abstract

BMJ Open: Did government spending cuts to social care for older people lead to an increase in emergency hospital admissions? An ecological study, England 2005–2016
Study reports no significant relationship between changes in government spend on social care for older people & emergency hospital admissions (incidence rate ratio 1.009, 95% CI 0.965 to 1.056).
Full text

The Lancet Child & Adolescent Health: The after-effects of childhood meningitis
A five-page toolkit outlining key messages, as well as several infographics and a factsheet listing the sequelae of meningitis.
Full text

Obesity: Study of 2.8 million shows increased disease and death risks
A study due to be presented at the European Congress on Obesity (ECO) in Glasgow, showed that people with a body mass index (BMI) of 30-35 were at 70% higher risk of developing heart failure than their healthy weight peers (18.25-25 BMI) and that even slightly overweight people were twice as likely to get Type 2 diabetes. For those with a BMI of 35-40, the risk of Type 2 diabetes was almost nine times higher, and 12 times higher for sleep apnoea
As this is a conference presentation, there is no full text article yet available for review
BBC news
The Lancet Infectious Diseases: The UK's pandemic influenza research portfolio: a model for future research on emerging infections
In this Personal View, the authors describe the projects that were set up, the challenges of putting these projects into a maintenance-only state, and ongoing activities to maintain readiness for activation, and discuss how to plan research for a range of major incidents.
Login required

BMJ Opinion: Martin McKee: Waiting for Brexit
As we wait to find out what will happen next, Martin McKee, professor of European public health at the London School of Hygiene and Tropical Medicine, argues that the damage is already being done
Full text

UNICEF
UNICEF reports over 20 million children worldwide missed out on measles vaccine annually in past 8 years creating a pathway to current global outbreaks
It is estimated 169m children missed out on 1st dose between 2010 and 2017. US tops list of high-income countries with most children not receiving 1st dose, at >2.5m followed by France and UK with over 600,000 and 500,000 unvaccinated infants, respectively, during same period.
Details

London City Airport
Building better: the role of transport infrastructure and services in improving mental health
According to this report, mental illness is costing the country £66.5 billion every year and better transport journeys can help. The report uses NHS Digital data to assess the prevalence and cost of mental health disorders in different English regions and finds that improving the way people travel and their experience at rail stations, airports and on roads, could play a significant role in improving their mental wellbeing.
Details

The King’s Fund
What does the NHS England review of waiting times mean for accident and emergency departments?
This ‘long read’ weighs up the impact of the four-hour target and outlines seven key issues for the new standards that have been proposed for emergency departments.
Details

Trends in Social Care - Social care 360
This review outlines and analyses 20 key trends in adult social care in England over recent years. It takes a broad perspective, including indicators that relate closely to health, housing, benefits and carers, as well as to the services provided by local authorities, and in doing so provides a '360 degree' view of the sector. The review covers access, expenditure, providers, workforce and carers, quality and integration with other services
Headlines:
1. More people are requesting social care support but fewer people are receiving it.
2. The freeze of the social care means test threshold since 2010/11 means more people are having to pay for their own care, rely on family and friends, or go without.
3. Spending on social care has increased in recent years but it is still £700 million lower than it was in 2010/11.
4. While social care spending is down costs are rising with a 6.6% above inflation increase for residential care for older people since 2015/16.
5. The staffing crisis in social care is equal to that in the NHS, with both having vacancy rates of around 8%.

Join the conversation - Free-to-view live online events
Population health management: using data to inform strategy – Monday 29th April; 13:00 – 14:00
This live online event will explore how population health management and data-driven insights can be used to inform the planning and delivery of care and improve health and wellbeing outcomes. Register to watch live or catch up later on demand.

The World Health Organization
Recommendations on digital interventions for health system strengthening
The key aim of this guideline is to present recommendations based on a critical evaluation of the evidence on emerging digital health interventions that are contributing to health system improvements, based on an assessment of the benefits, harms, acceptability, feasibility, resource use and equity considerations.

Guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age
The guidelines aim to provide recommendations on the amount of time in 24-hours that young children, under 5 years of age, should spend being physically active or sleeping for their health and wellbeing, and the maximum recommended time children should spend on screen-based sedentary activities or time restrained.

The Faculty of Dental Surgery at the Royal College of Surgeons
Position statement on oral health and general health
The statement highlights the links between oral health and general health, including conditions such as diabetes and cardiovascular disease, and makes recommendations about how the oral health profession can play a broader role in prevention.

St Mungo's
Local authority spending on homelessness: understanding recent trends and their impact
According to this report, nine years of government cuts have left local services for single homeless people with a shocking £1bn a year funding gap. It warns that cuts to council budgets are leaving increasing numbers of people at risk on the streets, and calls on the government to act now to make up the funding shortfall – or inevitably face missing its target of ending rough sleeping by 2027.
Caveat: Content of these briefings has not been critically appraised! Apply your appraisal skills to articles referenced!

Health Evidence Matters provides clinical and public health evidence reviews and training in evidence-based practice skills.

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**The Food Foundation**

**Children's future food inquiry**

Research finds that one in three (4.1 million) children live in poverty in the UK, with an estimated 2.5 million living in food insecure households. This report includes the Children’s #Right2Food Charter, which calls for a new, independent Children’s Food Watchdog to lead the charge on tackling children’s food insecurity in the UK.

[Details](#)

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**Food Active**

**Taking down junk food ads: how local areas are taking action on outdoor advertising**

This report aims to illustrate that local authorities have little power to restrict the advertising of food and drink high in fat, sugar and salt – despite the fact that many areas are struggling with high levels of childhood overweight and obesity. The report makes nine recommendations, including local government being given more power to impose restrictions and tightening restrictions on in-store advertising.

[Details](#)

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**Barnardo’s**

**Caring alone: why Black, Asian and Minority Ethnic young carers continue to struggle to access support**

This report reveals that young Black, Asian and Minority Ethnic (BAME) children who care for ill or disabled relatives are more likely than other young carers to be isolated from support services. The research says that BAME young carers in England are missing out on their childhoods because of the additional responsibilities and stresses they have to deal with.

[Details](#)

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**NHS Digital**

**Statistics on NHS Stop Smoking Services in England April 2018 to December 2018**

166,880 people set a quit date and at the 4 week follow-up 86,167 people (52%) had successfully quit (self-reported). The most common pharmacotherapy was a combination of licensed nicotine containing products taken concurrently (32%).

[Details](#)

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**Local Government Association (LGA)**

**Must knows adults: safeguarding**

How do you know your council is being effective in keeping people safe?

[Details](#)

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**Independent Age**

**Free personal care: how to eliminate catastrophic costs**

This report focuses on the significant benefits of free personal care, namely, how it can eliminate catastrophic lifetime costs for all older people receiving care. It highlights how various proposals to cap the costs of care would leave ‘most older people at risk of paying catastrophic costs, while costing not much less than free personal care.

[Details](#)
NHS Providers
Community services: our time
This report explores the opportunities and risks for the community services sector as a result of the NHS long-term plan. It found that there is optimism among leaders within the community services sector about delivering the ambitions of the NHS long-term plan, but there are key questions to be addressed about the relationship between community services and primary care networks.
Details

Finally – Health Evidence Matters Hot Tips

Glyphosate and cancer
There have been alarmist headlines and reports in the press about the weedkiller “Roundup” and specifically glyphosate

 e.g. New study finds Roundup increases chances of health issues in future generations
Glyphosate exposure caused dramatic increases in pathologies in later generations, including prostate disease, obesity, kidney disease, ovarian disease and birth abnormalities
Let’s get some perspective on this
HEADLINES: Study shows glyphosate causes cancer!!!!!
THE STUDY: The study was conducted in lab rats. Rats, which naturally have a high genetic predisposition to cancer, show negligible signs of increased risk even when injected directly with 14 times the permitted dose.
The study did admittedly find higher rates in the great grandchildren of these rats. However, one single study with such a tenuous link can really in no way be used as ‘proof’ glyphosate causes cancer in humans.

Understanding Relative Risk and Absolute Risk
Relative risk reported in studies is important when considering risk to populations. But relative risks can be alarming to individuals. When trying to consider risk to individuals, it’s absolute risks that are important. Ideally studies should report both. But often they don’t and news headlines never do as they are rarely attention-grabbing.
This fun video from NCCMT (an organisation that helps build capacity for evidence-informed public health in Canada) helps explain.