Public Health England
Supporting the health system to reduce inequalities in screening: PHE Screening inequalities strategy
The PHE Screening inequalities strategy is aimed at supporting local screening services, commissioners and others involved in the provision of screening to address inequalities.
Details

National Child Measurement Programme: operational guidance 2019
This document provides guidance for local commissioners, providers and schools on running the national child measurement programme
Details

PHE issues advice to people travelling to Egypt
PHE is issuing this advice after a number of people, including children, have returned with E. coli infection. The warning advises younger and older people may go on to develop complications of infection, leading to kidney failure (haemolytic uraemic syndrome), which can be fatal
Details

Case study: New approach to engaging rough sleeping and homeless community
PHE and local partners encouraged the rough sleeping/homeless community to attend a TB screening session by offering a wider range of services at the event
Details

Drink Free Days 2018: campaign evaluation
Full evaluation report for the Drink Free Days 2018 campaign.
Details

Vaccine update: issue 296, July 2019, HPV special edition
Highlights from this update include a PGD template and factsheet for healthcare professionals with respect to the introduction of the HPV vaccination programme to boys, and details on HPV vaccine supply.
Details

Duncan Selbie’s Friday Message
This week’s message talks about the FFCC Commission report, a whole systems approach to obesity, NCRAS, Ebola, AHPs and a new health alliance in the North of England.
Children to have greater opportunity to access 60 minutes of physical activity every day
The School Sport and Activity Action Plan, will set out a range of new measures to strengthen the role of sport within a young person’s daily routine, explain how teachers and parents can play their part, and promote a joined-up approach to physical activity and mental wellbeing.

Health is everyone’s business: proposals to reduce ill health-related job loss
This consultation from the DHSC and the Department for Work and Pensions seeks views on different ways in which the government and employers can take action to reduce ill health-related job loss. Disabled people and people with long-term health conditions are at greater risk of falling out of work. The proposals aim to support and encourage early action by employers for their employees with long-term health conditions, and improve access to quality, cost-effective occupational health.

Better Care Fund planning requirements for 2019 to 2020
This document sets out the Better Care Fund planning requirements, which support the core NHS operational planning and contracting guidance for 2019 to 2020. It also details the Better Care Fund operating guidance.

Legal basis and statutory duties supporting commissioning: Population Health Intelligence Reference Matrices
This table lists some of the statutory responsibilities assigned to organisations that traditionally undertake population health management, where they require data in order to effectively discharge those responsibilities. The list is not exhaustive, however it evidences the range of duties and powers that cannot be discharged without access to data.

Report of the 4th Survey of Liaison Psychiatry in England
This report highlights that of the eligible 175 hospitals, the “Core 24 standard” was met in 58 (33%) in mid-2018. The major potential barrier to continuation of this good rate of growth is workforce size; in particular psychiatrists.

Quick Guide: allied health professionals enhancing health for people in care homes
This quick guide aims to support local health and social care systems in improving the health of people living in care homes, with practical examples of how the allied health professions can support implementation and roll-out of the framework for enhanced health in care homes.

NHS England Annual Report 2018/19
This report describes the work NHSE has carried out and outlines the most significant achievements and challenges. It states that a number of challenges are to be confronted, e.g. contingency arrangements for Brexit.
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<th>Topic</th>
<th>Details</th>
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<tr>
<td>National Institute for Health and Care Excellence</td>
<td>Antibiotic stewardship: duration of antibiotic treatment for common infections frequently exceeds guideline recommendations</td>
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<td>NICE has reviewed a study of 931,015 English primary care consultations between 2013 and 2015 which ended in an antibiotic prescription, the majority of which were for courses longer than recommended in its guidance. It highlights areas for improvement in clinical practice.</td>
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| Research and analysis                                                                            | JAMA Pediatrics Association of screen time and depression in adolescence |
| Secondary analysis of 3826 adolescents shows for every one hour increase in time spent using social media, a 0.64 unit (on a scale from 0 to 20) increase in severity of depressive symptoms over 4 years (95% CI 0.32 to 0.51) was noted. |

| The Lancet Public Health: Menstrual cup use, leakage, acceptability, safety, and availability: a systematic review and meta-analysis |
| In this first major review of research into the use of menstrual cups, it was found that they work about as well as conventional sanitary pads or tampons for managing blood flow. Researchers looked at 43 studies of all designs worldwide (predominantly undertaken in low-income countries) to assess their effectiveness, safety and acceptability to girls and women. |

| Journal of the American College of Cardiology: Associations of Blood Pressure and Cholesterol Levels During Young Adulthood With Later Cardiovascular Events |
| This US study modelled the risk factors of 36,030 people who took part in 6 cohort studies. They estimated the effects of high cholesterol and high blood pressure in young adulthood (from the age of 18 to 39) on people's risk of heart attack, stroke or heart failure in later adulthood. During the average 17 years of follow up, there were 4,570 cases of heart disease, 5,119 cases of heart failure and 2,862 cases of stroke among the 36,030 participants. The researchers found some links between higher levels of LDL cholesterol and blood pressure in early adulthood and risk of heart disease and heart failure. |

| JAMA: Association of Lifestyle and Genetic Risk With Incidence of Dementia                         |
| In this retrospective cohort study that included 196 383 participants of European ancestry aged at least 60 years without dementia at baseline, participants with a high genetic risk and unfavourable lifestyle score had a statistically significant hazard ratio for incident all-cause dementia of 2.83 compared with participants with a low genetic risk and favourable lifestyle score. A favourable lifestyle was associated with a lower risk of dementia and there was no significant interaction between genetic risk and healthy lifestyle. |
BMJ Open: Health care professionals’ views towards self-management and self-management education for people with type 2 diabetes
Semi-structured interviews with 22 healthcare professionals in London found that although self-management in diabetes was viewed as necessary and, in principle valuable, the reality is much more complex, e.g. concerns about suitability for some patients.

Full text

BMJ Open: Association between diabetes mellitus and the risk for major cardiovascular outcomes and all-cause mortality in women compared with men: a meta-analysis of prospective cohort studies
Analysis of 30 prospective cohort studies (n=1,148,188) suggests women with diabetes mellitus (DM) had a high risk for CHD (RRR 1.52; 95% CI 1.32-1.76), stroke (1.23; 1.09-1.39), cardiac death (1.49; 1.11-2.00) and all-cause mortality (1.5; 1.23-1.85) compared with men with DM

Full text

JECH: Quantifying the impact of the Public Health Responsibility Deal on salt intake, cardiovascular disease and gastric cancer burdens: interrupted time series and microsimulation study
Study reports after the deal, annual declines in salt intake slowed statistically significantly and estimates the deal is responsible for approx. 9,900 additional cases of cardiovascular disease (CVD) and 1,500 additional cases of gastric cancer (GC) between 2011 and 2018.
In 2011, England introduced the Public Health Responsibility Deal (RD), a public-private partnership which gave greater freedom to the food industry to set and monitor targets for salt intakes. Between 2003 and 2010 mean salt intake was falling annually by 0.20 grams/day among men and 0.12 g/d among women (P-value for trend both < 0.001). After RD implementation in 2011, annual declines in salt intake slowed statistically significantly to 0.11 g/d among men and 0.07 g/d among women (P-values for differences in trend both P < 0.001). If the RD continues unchanged between 2019 and 2025, authors estimate approx. 26,000 additional cases of CVD and 3,800 cases of GC may occur.

Full text

The Lancet Psychiatry: The Lancet Psychiatry Commission: a blueprint for protecting physical health in people with mental illness
This document summarises advances in understanding on the topic of physical health in people with mental illness, and presents clear directions for health promotion, clinical care, and future research. A related commentary states that this should stimulate governments, funders, researchers, and service providers to address mental health issues in a manner that is proportionate to the substantial negative impact that they have on physical health and wellbeing. Success will depend on effective planning of health services for the mind and the body as part of the same continuum, rather than as separate entities.

Full text (Free login required)

The Lancet Infectious Diseases: Long-term all-cause mortality in people treated for tuberculosis: a systematic review and meta-analysis
Review of 10 studies (n=40,781) found increased mortality in those with tuberculosis vs controls (standardised mortality ratio [SMR] 2.91, 95% CI 2.21-4.66). When restricted to confirmed treatment completion or cure the increased mortality remained (SMR 3.76, 95% CI 3.04-4.66). A related commentary discusses this research. It states that although this meta-analysis focuses on mortality after tuberculosis, the overall burden of disability and morbidity after tuberculosis probably affects even more people and is very poorly characterised. The need for follow-up after completing...
treatment for many conditions is clear and this meta-analysis highlights the need for tuberculosis survivors to be provided with continuing care after treatment. This continuing care is not only a medical need, but also a chance to prevent other morbidity and mortality. Follow-up should include assessing and treating morbidity after tuberculosis, providing surveillance for recurrence and sequelae, and addressing risk factors for preventable mortality, including comorbidities and social determinants. It seems inevitable that to effectively reduce morbidity and mortality after tuberculosis, interventions must be multidisciplinary, addressing psychosocial, economic, and biomedical factors.

Abstract

BMJ Head to head: Should obesity be recognised as a disease?
With obesity now affecting almost a third (29%) of the population in England, and expected to rise to 35% by 2030, should we now recognise it as a disease? Experts argue whether categorising obesity as a disease will encourage people to seek treatment or whether medicalisation would be disempowering and reduce motivation.

Details Login required for full text

Should obesity be recognised as a disease? RSPH are holding a debate on this issue in September

Details

BMJ Opinion: Contextualised and evidence based health systems strengthening
The principles of evidence-based medicine demonstrate shortcomings in the current research around health systems strengthening, says Kieran Walsh

Details

BMJ Opinion: Syntax and the “sin tax”: the power of narratives for health
This blog suggests going beyond evidence of effective intervention and getting into the political narrative that sets the context

Full text

BMJ: News and Views: Do we need integration?
Theoretically, integrating social care and healthcare should be a winner, says Helen Salisbury. But a crucial question is whether integration would mean social care becoming like healthcare or healthcare becoming like social care?

Full text

BMJ Analysis: Distinguishing opinion from evidence in guidelines
Distinguishing opinion from evidence - never confuse opinion, assertion (needs evidence to support it) and fact (is verifiable; self-evident).

Full text

NIHR Dissemination Centre - Signals
Insights into the transfer between children’s and adults’ services for young people with selected long-term conditions
Expert commentary is provided on this study which found that children with type 1 diabetes were more likely to receive help to aid transition whereas less than a quarter of those with cerebral palsy or autistic spectrum disorder received help to transition into adult services.

Details
Cancer Research UK
Cancer Research UK figures show melanoma skin cancer incidence rates have soared by 45% since 2004
Rates have increased by 35% for women and by 55% for men. Rates for 25-49 year-olds have increased by 70% since 1990s. The figures have been released to mark launch of the charity’s Own Your Tone campaign which encourages people to embrace their natural skin tone.
Details

Care Quality Commission
Case studies looking at different ways in which technology is being used to improve quality in health and care services
The resource aims to start a constructive discussion around how services are doing things differently and what that means for people and regulation.
Details

Northern Health Science Alliance
New alliance formed to tackle Health Inequalities in the North of England
More than half of the north of England has a lower life expectancy than the worst area in the south of the country.
Learn more about this and the newly formed alliance that will tackle health inequalities in the north of England.
Details

London School of Economics
Multidimensional Inequality Framework
The Multidimensional Inequality Framework (MIF) provides a systematic, theoretically underpinned instrument for measuring and analysing inequalities, and for identifying causes and potential solutions. This brief introduction sets out the motivation for the MIF, the context in which the MIF was developed, and provides details of its theoretical and conceptual foundations. It is also being made available online with tailored toolkits, additional resources on drivers and candidate policies, and information on taking action.
Details

Food, Farming and Countryside Commission
Our future in the land
This report argues that action must be taken in the next ten years to prevent the collapse of ecosystems, to recover and regenerate nature, and to restore people’s health and wellbeing. It looks at the costs of diet-related illness to the NHS, and in lost work and benefits.
Details

Caveat: Content of these briefings has not been critically appraised! Apply your appraisal skills to articles referenced!
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