Public Health England
Highlight your multi-disciplinary team
A series of resources for practices that help highlight the varying roles which may be available to patients and support confidence in emerging roles. The jobs roles highlighted include care navigators, clinical pharmacists, paramedics, physician associates, mental health therapist, social prescribing link workers, healthcare assistants, general practice nurses and advanced clinical practitioners.
Details

Immunisations: applying All Our Health
This guidance contains examples to help health and care professionals make interventions to promote the benefits and increase uptake of immunisations.
Details

Championing mental health
Public Health England launched a new Every Mind Matters film on Emirates FA Cup third round weekend. All 32 FA Cup third round fixtures were delayed by one minute whilst a new film narrated by His Royal Highness, The Duke of Cambridge was played before the matches, encouraging football fans to ‘Take A Minute’ to start taking action to look after their mental health and that of their family and friends.
Details

Herpes zoster (shingles) immunisation programme 2018 to 2019: evaluation reports
These reports provide an evaluation of the shingles vaccination programme in England from 2018 to 2019.
Details

Health matters: stopping smoking - what works?
This updated edition of Health Matters focuses on the range of smoking quitting routes that are available and the evidence for their effectiveness. Two-thirds of smokers say they want to quit but most try to do so unaided, which is the least effective method. Smokers who get the right support are three times as likely to quit successfully.
Details

A 2019 Snapshot
A brief look back at the last year at Public Health England and plans for 2020
Details
Department of Health and Social Care
Health and social care staff and senior leaders among those praised in new year honours
DHSC ministers celebrate achievements and service across the health and care sectors.
Details
Overview

Adult personal social services: specific revenue funding and grant allocations for 2019 to 2020
This local authority social services letter (LASSL) confirms specific revenue funding and grant allocations for adult social care services. It provides information on funding for the fifth year of Care Act implementation, which comes from a range of sources, as well as details of parts of the Better Care Fund.
Details

NHS England
Annual seasonal flu vaccination programme and reimbursement guidance for 2020/21
The Joint Committee on Vaccination and Immunisation (JCVI) has published its scientific advice and recommendations on the use of influenza vaccines in the UK for the 2020/21 season. Based on these recommendations, NHS England and NHS Improvement has published this letter, setting out the vaccines that should be offered to eligible people and the reimbursement guidance for 2020/21.
Details

NHS fighting back against rising tide of gambling ill health
The number of people treated in hospital for gambling related conditions has more than doubled. There was a record number of admissions last year related to gambling addiction, including care for severe mental ill health conditions like psychosis. Since 2013 the number of gambling related admissions has risen from 150 to 321 a year.
Details

Quick fix diets offer slim chance of success
England’s NHS medical director has warned people making new year’s resolutions to lose weight that quick-fix diets that sound too good to be true almost certainly are. Professor Stephen Powis said a combination of sensible changes to eating habits, increased exercise and reduced alcohol consumption are the key to sustainable weight loss and healthy living.
Details

NHS Support Sees People Lose The Weight Of 43 Ambulances
People finishing the NHS diabetes prevention programme have lost the equivalent weight of 43 ambulances.
Around four million people in the UK live with type two diabetes, with diabetes and its complications costing the NHS more than £10 billion to treat every year. 89,604 people have now finished the programme, losing a combined weight of 185,051kg. The world first service is the first of its kind to have achieved a full national roll-out. With expert advice on dieting, exercise and healthy lifestyle, the programme will double in size to treat around 200,000 people every year.
Details
Research and analysis from academic journals

Investigating the effect of England’s smoke-free private vehicle regulation on changes in tobacco smoke exposure and respiratory disease in children: a quasi-experimental study
No demonstrable association found between the implementation of England's smoke-free private vehicle regulation and changes in children's self-reported tobacco smoke exposure or respiratory health.
Full text

Long term exposure to ambient fine particulate matter and incidence of stroke: prospective cohort study from the China-PAR project
Evidence from China that long term exposure to ambient PM$_{2.5}$ at relatively high concentrations is positively associated with incident stroke and its major subtypes.
Full text

Association between ambient fine particulate pollution and hospital admissions for cause specific cardiovascular disease: time series study in 184 major Chinese cities
Data suggest that in China, short term exposure to PM$_{2.5}$ is associated with increased hospital admissions for all major cardiovascular diseases except for haemorrhagic stroke, even for exposure levels not exceeding the current regulatory limits.
Full text

The Lancet Digital Health: Suicide prevention using self-guided digital interventions: a systematic review and meta-analysis of randomised controlled trials
Review found that self-guided digital interventions directly targeting suicidal ideation are effective immediately post-intervention. Indirect interventions were not significant for reducing suicidal ideation.
Full text

The Lancet Editorial: 2020: a critical year for women, gender equity, and health
2020 is set to be a year of milestones for women, gender equity, and health. 5 years into the Sustainable Development Goals (SDGs), 10 years since the establishment of UN Women, 20 years since the landmark UN Security Council Resolution on Women, Peace and Security, and 25 years since the Beijing Declaration and Platform for Action, 2020 is an important year for reflection, commitment, and action.
Full text

The Lancet Perspectives: Corinna Hawkes: champion of effective food policy
Director of the Centre for Food Policy at City, University of London, UK, Professor Corinna Hawkes leads a team that is focused on finding ways of making existing food policies work better to improve outcomes in areas such as nutrition, health, the environment, people’s livelihoods, and the economic aspects of food
Full text – free login required

NIHR Dissemination Centre
Signal: Voucher rewards do not reduce frequency of cannabis use or relapse in people with early psychosis
Expert commentary provided for a multicentre RCT (n=551 young adults) of an ‘Early Intervention in Psychosis’ service which found no clinical difference in time to relapse, frequency of cannabis use,
symptom severity, or engagement in education or work. The total cost of inpatient hospital admissions was slightly lower for those receiving contingency management, but the reason for this is not clear.

**Signal: Twenty mph speed zones reduce the danger to pedestrians and cyclists**

Expert commentary provided for a review that included 11 quasi-experimental studies from Europe, with seven from the UK. Introducing 20mph speed zones reduces road traffic accidents, including those suffered by pedestrians and cyclists. Speed zones use physical obstacles such as road narrowing, speed bumps and chicanes, whereas speed limits only use signs and lines. The evidence was inconclusive on whether limiting speed to 20mph alone was effective, without the traffic calming. There was scant evidence on whether either speed reduction intervention was linked to increased activity such as walking or cycling. All studies were from towns or cities, and seven were conducted more than 10 years ago.

**The King’s Fund**
**Podcast: Professor David Williams on racism, discrimination and the impact they have on health**

How do our life experiences shape our health? What can we do to tackle social inequalities? Helen McKenna spoke with Professor David Williams from Harvard University about his research into the social influences on health and the interventions that could make a difference.

**Mental Health Foundation**
**Single Parents Wellbeing: an evaluation of five Wellbeing Workshops in South Wales created and facilitated by Single Parents Wellbeing for single parents.**

This report provides an evaluation of five Wellbeing Workshops to promote the health and wellbeing of single parents and their families.

**stem4**
**The Failure of Children and Young People’s Mental Health Services 2019: Another year in decline**

A new report from stem4, a charity which promotes positive mental health in teenagers, has found that 76% of parents worry about their children’s mental health and 56% feel they are ‘ill equipped’ to deal with their mental health difficulties. These parents told the charity they feel like they have been left to ‘fend for themselves’.

The health think tank The King’s Fund reported last September that while mental health services are now on the national agenda, years of underinvestment and lack of attention have undermined them. Based on a survey of 1000 parents, the stem4 report found that 72% of parents fear for their children and young people’s lives as a result of access to poor mental health services. The charity’s findings also revealed that GPs are concerned about the state of mental health support for young people. Seventy-three percent said they believe that mental health services for children and young people aged 11-18 have continued to deteriorate over the last 12 months.
World Health Organisation
This report presents WHO estimates of tobacco use prevalence, numbers or users, and changes between 2000 and 2018, projected to 2025. Estimates are at global, regional and country level.
Details

NHS Clinical Commissioners
Interactive discussion guide: CCG mergers and local government
Guide to assist CCGs and local government colleagues to have open conversations and identify any issues that may arise as CCGs prepare to merge. The discussion guide will support the requirement from NHS England and NHS Improvement that CCGs that are applying to merge must show effective consultation with the local government regarding the proposed merger. It includes questions for CCGs to consider as well as questions that local government should ask their merging CCGs.
Details

Children’s Commissioner
Pass the parcel: children posted around the care system
This report looks at the number of children living ‘out of area’ and their experiences of the care they receive including what it is like to be uprooted and placed miles away, what it means for friendships and family relationships, and how it affects a child’s sense of belonging.
Details

The NHS Confederation
Accelerating transformation: how systems are funding and resourcing ‘engine room’ staff
‘Engine rooms’ are a team of staff who sit below the executive leadership within STPs and ICSs and provide support to drive forward integration and system redesign. This report highlights the variation in how engine rooms are set up, showing how they are adapting to specific local circumstances and ways of working. However, it outlines that, despite a lot of positive work being undertaken in systems across the country, there are three key obstacles to effective engine room working that are common to STPs and ICS
Details

European Public Health Alliance
Health inequalities: a public health challenge for European policy makers
Taking into consideration the complexity of challenges that health inequalities represent for EU policy-makers within the next five years, this paper intends to analyse the social and environmental determinants causing health and social disparities within EU member states. It focuses on various public health, social and environmental issues, without pretending to be exhaustive. It aims to propose solutions that can facilitate the adoption of a new policy approach tackling health inequalities in social, economic and environmental policies, addressing the needs of socio-economic groups vulnerable to health disparities.
Details
Royal Society for Public Health
Skins in the game: a high-stakes relationship between gambling and young people's health and wellbeing?
The Royal Society of Public Health (RSPH) has published a report revealing that young people consider gambling to be an increasingly normal part of their lives. The report identifies that a majority of young people see both purchasing a loot box (58 per cent) and taking part in skin betting (60 per cent) as forms of highly addictive gambling. In order to protect the health and wellbeing of young people, RSPH is calling on the new government to update current gambling and gaming legislation, ensuring that both loot boxes and skin betting are fully legally defined and recognised as forms of gambling.
Details

Top 20 public health achievements of the 21st century
A list of the top 20 public health interventions and achievements that have taken place during the first 20 years of the 21st century.
Details

Queen’s speech: health and social care
The following briefings have been published summarising the key announcements the Queen’s Speech relevant to health and social care:
- NHS Providers - On the day briefing: The Queen's speech December 2019
- NHS Confederation - Queen’s Speech December 2019: briefing