

w/c 12th October 2020

Produced by Health Evidence Matters

Public Health England

Primary care immunisation webinar series 2020

This training resource, developed and provided by Public Health England London, is designed to help immunisers revise and update their knowledge of key areas in immunisation. They are intended as updates for those already immunising, not as foundation training for new immunisers.

[Details](#)

Sugar reduction: report on progress between 2015 and 2019

Report includes detailed assessment of progress by food industry towards meeting the 20% reduction ambition by 2020 for the sugar reduction programme. It also includes first assessment of industry progress towards sugar reduction ambition for juice and milk based drinks.

[Details](#)

Stoptober 2019: campaign evaluation

Stoptober is an annual event to encourage smokers to quit for 28 days in October, with the aim of stopping smoking permanently. This report aims to measure the impact of Stoptober during 2019.

[Details](#)

Public Health Matters: Advancing good mental health for all

Reflecting on this World Mental Health Day's theme of 'mental health for all', this blog highlights some of the important work that PHE has been leading to advance good population mental health.

[Details](#)

Flu vaccines and supply for the national flu programme 2020 to 2021

This is a joint statement from Department of Health and Social Care (DHSC), Public Health England (PHE), and NHS England and NHS Improvement (NHSEI).

[Details](#)

Department of Health and Social Care

A reminder that all government articles on Covid-19 can be found at: <https://www.gov.uk/coronavirus>

Green social prescribing pilots open for applications

Applications open to deliver four 'green social prescribing' pilots as part of a £4.27 million project to improve mental health and wellbeing in communities hardest hit by coronavirus.

The project will examine how to scale-up green social prescribing services in England to help improve mental health outcomes, reduce health inequalities and alleviate demand on the health and social care system. The fund was announced in July by the Environment Secretary, George Eustice. Expressions of Interest to become a 'test and learn' site for this pioneering social prescribing project are welcome from partnerships of local health, care and environment leads.

[Details](#)

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.

Government invests in UK-developed antibody tests from UK Rapid Test Consortium

The government has signed a deal with the UK Rapid Test Consortium (UK-RTC) for 1 million antibody tests.

The home antibody tests will be rolled out as part of the government's COVID-19 surveillance studies to help build a picture of how the virus has spread across the country and further develop understanding of how antibodies work. The test uses a finger-prick device and provides a result within 20 minutes, without the need to be sent to a lab for analysis and therefore has no impact on testing lab capacity.

[Details](#)

Taskforce for safe return to global travel launched

A new Global Travel Taskforce to support the travel industry and the safe recovery of international travel has been launched.

The Department for Transport and the Department of Health and Social Care have been working extensively with clinicians, health experts and the private testing sector on the practicalities of testing international arrivals. The next step is to develop an operationalised approach, which is why the government is creating the Global Travel Taskforce to work at pace with industry on implementation and to identify options to reduce the self-isolation period while protecting public health.

[Details](#)

500 Covid-19 test sites now open as new lab partnerships boost capacity

The announcement of new partnership agreements with Health Services Laboratories, based in 4 London universities, will increase testing capacity by tens of thousands over the winter. The target of 500 test sites in the UK has now been reached.

[Details](#)

Deputy Chief Medical Officer Professor Jonathan Van-Tam's Op-Ed – 11th October

Deputy Chief Medical Officer Professor Jonathan Van-Tam outlines the current Covid-19 situation.

[Details](#)

Effect of pandemic on children's wellbeing revealed in new report

State of the Nation report provides an in-depth picture of the experiences of children and young people during the pandemic and how it affected their wellbeing

[Details](#)

REACT-1 study of coronavirus transmission: October 2020 results

Results of real-time assessment of community transmission of coronavirus (COVID-19) during October 2020.

[Details](#)

COVID-19 TaskForce: Data briefing 8 October

Slides on coronavirus.

[Details](#)

Government Office for Science

The R number and growth rate in the UK

The latest reproduction number (R) and growth rate of coronavirus (COVID-19) in the UK.

Last updated on Friday 9 October 2020.

Latest R number range for the UK

1.2-1.5

Latest growth rate range for the UK

+4% to +9%

[Details](#)

NHS England

Type 2 Diabetes Prevention Programme and Type 1 diabetes glucose monitoring

This letter outlines the recent updates to the Healthier You NHS Diabetes Prevention Programme and Type 1 diabetes glucose monitoring; including an update on Flash glucose monitoring uptake and plans to provide continuous glucose monitoring for pregnant women.

[Details](#)

Socially distanced education and training to support safe working practices during the pandemic

This case study reflects on the learning and the experience of National Shared Profession Decision-Making Council members around education and training in a socially distanced safe environment to help support reductions in the potential transmission of infections.

[Details](#)

Diagnostics: recovery and renewal

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

[Details](#)

National Institute for Health and Care Excellence (NICE)

Behaviour change: digital and mobile health interventions – guidance (NG183)

Guideline covers interventions using a digital or mobile platform to help people eat more healthily, become more active, stop smoking, reduce their alcohol intake or practise safer sex. Interventions include those delivered by text message, apps, wearable devices or the internet.

[Details](#)

National Institute for Health and Care Excellence Rapid Covid-19 guideline will address Long Covid

National Institute for Health and Care Excellence (NICE) and the Scottish Intercollegiate Guidelines Network (SIGN) has announced they will work with the Royal College of General Practitioners (RCGP) to develop a guideline on persistent effects of Covid-19 (Long Covid) on patients. NICE and SIGN will develop the guideline jointly with the RCGP, alongside an independent cross-specialty clinical group. Sir Simon Stevens said £10m would be invested this year in setting up long-Covid clinics in every area across England, to provide one-stop services for physical and mental health issues.

[Details](#)

NHS

Should healthcare workers use the NHS COVID-19 app?

Healthcare workers are encouraged to download and use the NHS COVID-19 app. However, they are advised to pause contact tracing while they are working in healthcare buildings, including hospitals and GP surgeries.

This advice is being given as healthcare workers are working in highly specialised secure environments, trained in infection prevention and control processes, and wearing medical grade PPE as required.

[Details](#)

Research and analysis from academic journals – non-coronavirus-related

Cochrane Database of Systematic Reviews: Effect of alcohol on blood pressure

Review (32 RCTs; n= 767 mainly healthy males) found high-dose alcohol has a biphasic effect on blood pressure (BP); it decreases BP <12 hrs after consumption but increases BP \geq 13 hrs after consumption vs placebo. High-dose alcohol increases heart rate at all times up to 24 hrs.

[Full text](#)

Cochrane Database of Systematic Reviews: Reduction in saturated fat intake for cardiovascular disease

Updated review (15 RCTs; 16 comparisons, n=56,675) found that reducing saturated fat intake for \geq 2 years causes a potentially important reduction in combined CV events, and replacing energy from saturated fat with polyunsaturated fat/carbohydrate appears to be useful strategies.

[Full text](#)

European Heart Journal: Salt and cardiovascular disease: insufficient evidence to recommend low sodium intake

Review challenges current recommendation for sodium intake (<2.3 g/day) suggesting it may be unfeasible, of uncertain effect on other dietary factors and of unproven effectiveness in reducing CVD. Based on observational data, population-level mean target of <5 g/day is suggested.

[Abstract](#)

JECH: Socioeconomic inequalities across life and premature mortality from 1971 to 2016: findings from three British birth cohorts born in 1946, 1958 and 1970

More disadvantaged socioeconomic position was associated with higher mortality risk—magnitudes of association were similar across cohort and each SEP indicator. For example, HRs (95% CI) from 26 to 43 years comparing lowest to highest paternal social class were 2.74 (1.02 to 7.32) in 1946c, 1.66 (1.03 to 2.69) in 1958c, and 1.94 (1.20 to 3.15) in 1970c. Paternal social class, adult social class and housing tenure were each independently associated with mortality risk.

[Abstract](#)

JECH: Sociodemographic profiles, educational attainment and physical activity associated with The Daily Mile™ registration in primary schools in England: a national cross-sectional linkage study

One in five primary schools in England has registered for The Daily Mile (TDM) since 2012. TDM appears to be a wide-reaching school-based physical activity intervention that is reaching more disadvantaged primary school populations in urban areas where obesity prevalence is highest. TDM-registered schools include those with both high and low educational attainment and are in areas with high and low physical activity.

[Abstract](#)

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Diabetes Care: Relative Risk of Cardiovascular Disease Is Higher in Women With Type 2 Diabetes, but Not in Those With Prediabetes, as Compared With Men

Cross sectional study (n=3,540) found that the relative risk for cardiovascular disease in those with diabetes vs normal glucose tolerance was higher for women than men (RR 9.29 as compared to RR 4.56), though the increased risks were similar between sexes in prediabetes.

[Abstract](#)

BMJ: Association between the reproductive health of young women and cardiovascular disease in later life: umbrella review

Umbrella review (32 reviews) provides a comprehensive list of factors related to reproduction and adverse pregnancy outcomes and their association with CVD, and suggests that, from menarche to menopause, reproductive profile is linked to future risk of CVD.

[Full text](#)

BMJ: Effect of exercise training for five years on all cause mortality in older adults—the Generation 100 study: randomised controlled trial

Study of 1567 older adults in Norway found combined moderate intensity continuous training(MICT) and high intensity interval training(HIIT) has no effect on all-cause mortality (ACM) vs. recommended physical activity levels; lower ACM trend was seen after HIIT vs controls & MICT.

[Full text](#)

European Heart Journal: Impact of cardiovascular risk factors and genetics on 10-year absolute risk of dementia: risk charts for targeted prevention

Analysis of 2 prospective Danish cohorts (n=61,664) found 10 year absolute risk of all-cause dementia increased with age, APOE ε4 alleles, GWAS risk alleles, diabetes, low education, & smoking. Risk charts for dementia may help identify those most in need of early intervention.

[Abstract](#)

JAMA Psychiatry: Association of High-Potency Cannabis Use With Mental Health and Substance Use in Adolescence

Cohort study (n=1087 reporting cannabis [CB] use in previous year) found high-potency cannabis linked to significant increase in frequency of CB use (OR 4.38; 95% CI, 2.89-6.63), likelihood of CB problems (4.08; 1.41-11.81) and likelihood of anxiety disorder (1.92; 1.11-3.32).

[Abstract](#)

BMJ Open: Healthcare utilisation in overweight and obese children: a systematic review and meta-analysis

Obesity and overweight were found to be positively associated with increased healthcare utilisation in children for all the outcome measures studied. In comparison with normal-weight children, rates of ED (RR 1.34, 95% CI 1.07 to 1.68) and outpatient visits (RR 1.11, 95% CI 1.02 to 1.20) were significantly higher in obese children.

[Full text](#)

Tobacco Control: Impact of population tobacco control interventions on socioeconomic inequalities in smoking: a systematic review and appraisal of future research directions

There was substantial growth in research seeking to evaluate the equity impact of tobacco control interventions, but the majority of new studies showed mixed/unclear results. Findings for price increases and targeted cessation support continue to suggest an equity-positive impact, but limitations in the available evidence make further assessment difficult. Substantial differences in the context, scale and implementation of tobacco control policies make straightforward comparison of findings from the previous 2014 and current reviews problematic.

[Full text](#)

The Lancet Resource Centre: Advancing racial equality

Highlighting issues of racial and ethnic injustice, celebrating diversity, and debating ways forward, we will continually evolve our newest Resource Centre, which collates content on racial equality, including our anti-racism pledge.

[Details](#)

Research and analysis from academic journals – coronavirus-related

Cochrane Database of Systematic Reviews: Digital contact tracing technologies in epidemics: a rapid review

Review of six cohort studies and six modelling studies found the effectiveness of digital solutions is largely unproven. Modelling studies provide low-certainty evidence of a reduction in secondary cases if digital contact tracing is used together with self-isolation.

[Full text](#)

The Lancet Psychiatry: Prevalence, management, and outcomes of SARS-CoV-2 infections in older people and those with dementia in mental health wards in London, UK: a retrospective observational study

Study (n=344) found patients in psychiatric inpatient settings admitted without known SARS-CoV-2 infection had high risk of infection with SARS-CoV-2 (prevalence 38%, mean 75.3 years) vs. those in community and had higher proportion of deaths from COVID-19 than in community.

[Full text](#)

The Lancet Respiratory Medicine: The changing demographics of COVID-19

The take-home message from this short review is that no population group is completely safe from COVID-19 at the present time, and there is no room for complacency. Dual infection with influenza this winter may be particularly problematic.

[Full text](#)

BMJ: Effect of school closures on mortality from coronavirus disease 2019: old and new predictions

The model used was independently validated and verified, and predicts that, in the absence of an effective vaccine for COVID-19, school closures would result in more overall deaths than no school closures. Mitigating epidemic requires different strategy from influenza epidemic.

[Full text](#)

Linked BMJ Opinion: Covid-19: Modelling the pandemic

Several predictions made by experts ahead of the UK-wide lockdown in March are confirmed in a detailed re-analysis of the data. The authors explain the background to their research

[Full text](#)

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JAMA: Long-term Health Consequences of COVID-19

This Viewpoint discusses the long-term symptoms and sequelae of COVID-19 infection, including physical manifestations and mental health consequences, and calls for observational studies and clinical trials to better understand the disease after the acute phase.

[Full text](#)

JECH: Public health research in the UK to understand and mitigate the impact of COVID-19 and COVID-19 response measures

Paper discusses concerns that funding and attention should be expanded from the important focus on those suffering and dying from COVID-19, and the safety and resources of healthcare professionals, to address wider questions on the (unequal) health and well-being impacts of COVID-19 and associated response measures. It argues additional urgent questions must be addressed, including questions focused on (1) the non-virus impacts of preparing health and social care systems to cope with COVID-19 and (2) the health effects mediated by the educational, economic and social injuries sustained during the pandemic.

[Full text](#)

BMJ Feature Global Health Inequality: Covid-19: how to prioritize worse-off populations in allocating safe and effective vaccines

Article examines the existing frameworks and argue that prioritizing worse-off groups is urgent, justified, and feasible

[Full text](#)

BMJ Feature: Covid-19: Which rapid tests is the UK pinning its hopes on?

This article examines the options being developed and trialled for the rapid diagnostic tests that are integral to the government's Moonshot plan to carry out up to 10 million covid-19 tests a day by early next year. It discusses NudgeBox machine, LamPORE tests, and saliva samples vs. nasal swabs. It notes lack of published data on rapid tests. The Royal Statistical Society has set up a working group in response to concerns about lack of basic statistical evidence on their performance.

[Full text](#)

BMJ news: Covid-19: Infection rates have risen in hotspot areas despite local lockdowns

An analysis by the Labour Party has shown almost all areas of England that have been under covid-19 lockdown restrictions for two months have seen an increase in infection rates despite the measures.

[Full text](#)

BMJ Editorial: Political interference in public health science during covid-19

Populist leaders like Trump, Bolsonaro, Modi, and Johnson view scientists as their opponents

[Full text](#)

The Lancet Editorial: Mental health: time to invest in quality

Editorial discusses the impact of the pandemic on mental health

[Full text](#)

Imperial College London

High prevalence of SARS-CoV-2 swab positivity in England during September 2020: interim report of round 5 of REACT-1 study.

The study, published as a preprint by Imperial College London, analysed 84 610 samples taken over nine days from people who had carried out polymerase chain reaction swab tests for SARS-CoV-2 themselves at home. Participants also submitted questionnaire data online. The study found that between 18 and 26 September 2020 the prevalence of SARS-CoV-2 in England increased in all regions and age groups. There was a sevenfold increase in the number of infections in people aged 65 or older when compared with the previous round of testing between 22 August and 7 September. Researchers have estimated that one in 200 people in England are currently infected with SARS-CoV-2, a near fourfold increase from a month ago. The data suggest that the R number has reduced from 1.7 (95% confidence interval 1.4 to 2.0) in the previous round to 1.06 (0.74 to 1.46) and that the doubling time for the number of infections has lengthened to 10.6 (9.4 to 12) days from 7.7 (5.5 to 12.7).

[Details](#)

Biospace Inc.

European Commission approves agreement with Janssen for supply of 200 million doses of its Covid-19 vaccine candidate

In the Advance Purchase Agreement, the doses will be supplied following approval/authorisation; EU member states also have the option to secure up to 200 million additional doses. A single dose of the vaccine is currently being evaluated in the ENSEMBLE Phase III trial.

[Details](#)

Office for National Statistics (ONS)

Deaths involving COVID-19 (published 6th October)

- There were 215 deaths involving the coronavirus (COVID-19) in England and Wales in the week ending 25 September 2020, the highest weekly figure since the week ending 24 July 2020
- However, this remains far below numbers seen earlier in the pandemic, and accounts for just 2.2% of all deaths in the latest week
- Since the start of the pandemic, there have been 52,856 COVID-19 deaths registered in England and Wales, up to 25 September 2020 (29,106 men and 23,750 women)

[Details](#)

Coronavirus and the latest indicators for the UK economy and society: 8 October 2020

In the week ending 4 October, according to data from Springboard, footfall decreased in all ten featured countries and regions, with the largest decrease in Wales. The dip in Wales coincides with the implementing of local lockdowns, which now affect many parts of the country. Across the UK, footfall is now below 70% of its level this time last year. The decrease in footfall was driven by high streets. There was also a small decrease in shopping centres, while retail park footfall saw little change from the previous week.

[Details](#)

COVID-19 deaths compared with those from influenza and pneumonia

- More than three times as many people died due to the coronavirus (COVID-19) than influenza and pneumonia between January and August 2020

- While influenza and pneumonia were mentioned on more death certificates between January and August 2020, COVID-19 was the underlying cause of death in more than three times as many deaths
[Details](#)

Anxiety at highest levels since April

Average anxiety scores for adults have increased to their highest level since April at 4.3 this week, according to the [latest Opinions and Lifestyle Survey \(OPN\)](#).

Of those who reported that their wellbeing has been affected by the coronavirus pandemic, 63% said they felt stressed or anxious, while 64% said they felt worried about the future.

36% of adults said they had high anxiety levels (a score of 6 out of 10 or above). This score rose to 43% of respondents with a health condition.

[Details](#)

COVID-19 infection survey

The estimated number of people testing positive for the coronavirus (COVID-19) has increased rapidly in recent weeks.

An estimated 224,400 people within the community population in England had COVID-19 during the most recent week, from 25 September to 1 October 2020, equating to around 1 in 240 people, or 0.41% of the population.

[Details](#)

The Health Foundation

Public perceptions of health and social care in light of COVID-19 (July 2020)

Report finds that the public are more critical of the Government's handling of the Coronavirus outbreak. A majority (56%) now believe that the Government has not handled it well, significantly more than in May (39%).

[Details](#)

Levelling up just got much harder

Launch of the Health Foundation's COVID-19 impact inquiry

[Details](#)

Amnesty International

As If Expendable: The UK Government's Failure to Protect Older People in Care Homes during the COVID-19 Pandemic

Care home residents in England were 'effectively abandoned' by the Government in the early stages of the pandemic, the human rights organisation says.

A new report found that a series of 'shockingly irresponsible' Government decisions put tens of thousands of older people's lives at risk and led to multiple violations of care home residents' human rights. Between 2 March and 12 June 28,186 'excess deaths' were recorded in care homes in England, with over 18,500 care home residents confirmed to have died with COVID-19 during this period.

On 17 March, four days after the World Health Organisation (WHO) declared COVID-19 a global pandemic, the Government ordered the discharge of 25,000 patients from hospitals into care homes, including those infected or possibly infected with COVID-19.

On 2 April, the same day that the WHO confirmed the existence of pre-symptomatic cases of COVID-19, the Government reiterated its guidance for hospital discharge that 'Negative tests are not required prior to transfers/admissions into the care home', according to Amnesty's report.

Care home managers and staff were left without guidance and adequate levels of Personal Protective Equipment (PPE), and had no access to COVID-19 tests despite having to look after infected patients discharged from hospitals.

[Details](#)

ELSA

The experience of older people during the Covid-19 pandemic

A number of briefings report the latest findings from the English Longitudinal Study of Ageing Covid-19 Substudy on the experiences of older people during the pandemic.

[Details](#)

The Nuffield Trust

Pillars of strength?

As news emerged of over 15,000 Covid-19 cases going unpublished in government reports for more than a week, our chart of the week looked at the overall capacity of the national testing programme across its various pillars. With data remaining patchy, Billy Palmer argued the importance of communicating with the public about how effective the programme is.

[Details](#)

London Assembly

Rapid evidence review: inequalities in relation to Covid-19 and their effects on London

This report highlights the disproportionate effect of Covid-19 in relation to disability, ethnicity, religion, gender, sexual orientation, gender identity, socio-economic position, age and other factors, including homelessness and being in prison. It also finds that voluntary and community sector organisations play a crucial role in reaching those disproportionately impacted and marginalised groups, including disabled people.

[Details](#)

Social Mobility Commission

The long shadow of deprivation: differences in opportunities across England

This report finds that social mobility in England is a postcode lottery, with large differences across areas in both the adult pay of disadvantaged adults, and the size of the pay gap for those from deprived families, relative to those from affluent families. It also finds inequalities in infant health outcomes and mental health in areas with average lower pay.

[Details](#)

The King's Fund

Free online Population Health Global Summit

To be held on 2 December to hear from national and international examples of best practice and explore how:

- local organisations can work together to improve population health

- data and insight can be used to develop and analyse population health strategies and new integrated care models
 - addressing the wider determinants of health can help reduce health inequalities.
- This event will consist of three hour-long sessions between 10.00am-4.00pm. You can join live or catch up on demand.

[Details](#)

Cancer Research UK

Early detection and diagnosis of cancer: a roadmap to the future

This roadmap aims to unite fragmented efforts across the UK to drive progress in early detection and diagnosis of cancer. It articulates a shared vision, from discovery to implementation, for a long-term future where early detection and diagnosis of all cancers is a routine reality. It also highlights the current challenges impeding progress and makes recommendations for research, development, health system delivery and government policy on how to overcome these challenges.

[Details](#)

Age UK

Health, care and cash: improving the lives of older people in 'red wall' England

This briefing discusses the social policies that could be beneficial to older people living in the 'red wall'. This includes looking at issues such as access to the NHS, waiting times, health outcomes, funding of social care, housing and financial support.

[Details](#)