Public Health England
Updated - Whole systems approach to obesity
This guide and set of resources can be used to support the implementation of a whole systems approach to obesity. It is intended for local authorities and partners, including the NHS, local businesses and the community and voluntary sector. The guide covers:

• the role of local authorities
• the benefits of taking a whole systems approach
• the 6-phase process - each phase provides practical support and has accompanying resources

In addition to the guide, there is:

• a separate ‘learning report’ explaining the findings of the co-production and testing of the guide with local authorities
• local authority case studies providing further details on each phase of the whole systems approach
• a report on engaging NHS system leaders in whole systems approaches to physical activity

COVID-19 vaccination programme
A number of resources have been added to the programme including information leaflets, consent forms and links to updated COVID-19 vaccination training slide set.

Supporting public health: children, young people and families
These documents aim to support local authorities and providers in commissioning and delivering maternal and child public health services from preconception up to 24 years. The guidance identifies six areas where local maternity systems have the highest impact on the health and wellbeing of women and their babies from preconception to six to eight weeks post partum.

COVID-19: guidance for commissioners and providers of services for people who use drugs or alcohol (updated)
This general guidance will help commissioners, managers and staff to minimise risk from coronavirus in drug and alcohol services in England, including services for young people.

National Diet and Nutrition Survey (NDNS): results from years 9 to 11 (2016 to 2017 and 2018 to 2019)
The NDNS is a continuous, cross-sectional survey collecting detailed information on the food consumption, nutrient intake and nutritional status of a representative sample of the UK general population. This report presents results by age and sex for 2016 to 2019.
<table>
<thead>
<tr>
<th>Title</th>
<th>Details</th>
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<tbody>
<tr>
<td>People with long-term health conditions urged to get flu vaccine before Christmas</td>
<td>A coalition of charities have joined the NHS in urging people with long-term health conditions to get the flu vaccine before the virus starts to circulate. So far, 46.8% of people under the age of 65 with a long-term condition have had the vaccine.</td>
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<td>hepatitis C in England and the UK</td>
<td>Latest PHE hepatitis C virus (HCV) reports and supporting documents, for England and the UK.</td>
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<tr>
<td>Public Health Matters: Lateral flow testing – new rapid tests to detect COVID-19</td>
<td>Lateral flow devices are one of the new tools being used to help us to detect and fight COVID-19. Find out more about how the devices work and the benefits they can bring.</td>
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<td>Department of Health and Social Care</td>
<td>COVID-19 vaccinations and care homes: programme launch</td>
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<td></td>
<td>This letter outlines the plans for getting the Pfizer-BioNTech vaccine to care home staff from Tuesday 8 December 20. It sets out the actions that local authorities and care providers should take in the coming days. Initially, care home workers and the over 80s will be vaccinated</td>
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<td>Over half a million people taking part in pioneering COVID-19 research</td>
<td>637,379 UK subjects have taken part in research into the effects of, and treatment for, COVID-19. The current studies include Novavax Covid Vaccine Study (n=11,955), Oxford Vaccine Trial (n=10,754), Imperial Vaccine Trial (n=414) and Janssen Phase 3 Vaccine Study.</td>
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<td>Coronavirus (Covid-19) lateral flow testing of visitors in care homes</td>
<td>This guidance sets out how care homes and visitors can prepare for visitor testing with lateral flow devices.</td>
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<tr>
<td>UK Chief Medical Officers’ statement on the self-isolation period</td>
<td>Based on a review of the evidence, the number of days that contacts of Covid-19 cases need to self-isolate will be reduced from 14 days to 10 days. This will come into effect from Monday 14 December and will also apply to all people currently self-isolating.</td>
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<td>First wave of targeted Tier 3 community testing initiatives announced</td>
<td>67 local authorities have been given approval to begin enhanced testing support programmes as soon as Monday to drive down transmission rates in their areas.</td>
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Medicines and Healthcare products Regulatory Agency

Letter from the UK Chief Medical Officers: winter, vaccines and research
This letter outlines the winter challenge due to COVID-19, the likely impact of vaccines, the continuing need to maintain current PPE and other measures to reduce transmission even after vaccination, and the importance of the ongoing recruitment to research.

Details

Government Office for Science

Latest R number and growth rate
Last updated on Friday 11 December 2020.
Latest R number range for the UK: 0.9-1.0
Latest growth rate range for the UK: -2% to 0% per day

Details

NHS England

Hospitals to start biggest ever NHS vaccination programme
The NHS will begin vaccinating patients against coronavirus at dozens of hospital hubs from this week at the start of the biggest immunisation programme in history.
People aged 80 and over as well as care home workers will be first to receive the jab, along with NHS workers who are at higher risk. There are 50 hubs in the first wave and more hospitals will start vaccinating over the coming weeks and months as the programme ramps up.

Details

COVID-19 vaccination resources now available
NHS England has published a dedicated webpage for information on the vaccination programme. Information includes the letter confirming what the 50 hospital hubs are doing this week, alongside standard operating procedures on the ordering of inventory, and the process hospital hubs and care home providers should follow in identifying priority staff. The legal mechanisms for administration of the COVID-19 vaccine, materials for staff and patients which are available to download and print. These include vaccination record card, information leaflet about deployment and why some people may need to wait, a vaccination guide for adults and for health and social care staff, a leaflet about what to expect following vaccination, healthcare and social care worker consent forms and stickers.

Details

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

BMJ: Association between low density lipoprotein and all cause and cause specific mortality in Denmark: prospective cohort study
Study (108, 243 individuals followed for an average of 9.4 years) found low and high levels of low density lipoprotein cholesterol (LDL-C) were associated with an increased risk of all-cause mortality. The lowest risk was found at an LDL-C concentration of 3.6 mmol/L (140 mg/dL).

Full text
The Lancet: Safety and immunogenicity of two novel type 2 oral poliovirus vaccine candidates compared with a monovalent type 2 oral poliovirus vaccine in children and infants: two clinical trials

A control phase 4 study with monovalent Sabin OPV2 before global cessation of monovalent OPV2 use, and a phase 2 study with low and high doses of 2 novel OPV2 candidates, conducted in Panama, found the candidates were safe, well tolerated, and immunogenic in children and infants.

Full text

Safety and immunogenicity of two novel type 2 oral poliovirus vaccine candidates compared with a monovalent type 2 oral poliovirus vaccine in healthy adults: two clinical trials

A phase 4 historical control study of monovalent OPV2 carried out before global withdrawal of OPV2 (n=100), and a phase 2 study with novel OPV2-c1 and novel OPV2-c2 (n=200) conducted in Belgium found candidates were as safe, well tolerated, and immunogenic as monovalent OPV2.

Full text

Comment

BMJ Open Quality: Implementation of a medical education programme for addictions MDT members to improve knowledge and confidence in managing substance users with complex comorbidities

MDT members of an addictions centre participated in a three-and-a-half-months education programme, encompassing eight PHE-recommended topics. The teaching programme improved MDT staff knowledge of early physical and mental health deterioration, initial interventions, when to escalate concerns, and their ability to give basic health advice.

Full text

BMJ Feature: Ultra-processed foods and the corporate capture of nutrition

Food corporations have exploited the dominant model in nutrition science to shape the way their ultra-processed products are defended, promoted, and regulated. Gyorgy Scrinis examines their scientific strategies and suggests ways to reframe the debate.

Full text

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

Oxford vaccine published results

The Lancet: Safety and efficacy of the ChAdOx1 nCoV-19 vaccine (AZD1222) against SARS-CoV-2: an interim analysis of four randomised controlled trials in Brazil, South Africa, and the UK

Interim results from 4 studies (11,636 participants from 23,848 participants overall) found an efficacy rate of 62.1% and 90% for those who received two standard doses, and those who received a low dose followed by a standard dose. The overall efficacy rate was 70.4%.

Full text

Lancet Commentary

SPS commentary

BMJ analysis: Covid-19: Oxford vaccine could be 59% effective against asymptomatic infections

NEJM: Safety and Efficacy of the BNT162b2 mRNA Covid-19 Vaccine

RCT (n=43,548) found 2-dose regimen conferred 95% protection against Covid-19 in persons ≥aged 16 years; safety over median of 2 months was similar to that of other viral vaccines. Efficacy (90-100%) was similar across age, sex, race, ethnicity, baseline BMI, and comorbidities.

Full text
Editorial notes the sequence of the virus that led to the development of the specific antiviral RNA sequence required to design the vaccine didn’t become known until it had been determined and widely disseminated by the Chinese Center for Disease Control and Prevention in January 2020. It outlines important questions, in light of only about 20,000 people have received this vaccine

**Editorial**

**The Lancet Infectious Diseases: SARS-CoV-2 infection and transmission in educational settings: a prospective, cross-sectional analysis of infection clusters and outbreaks in England**

Study notes re-opening of schools during summer half-term was linked to very few cases/outbreaks in England, albeit with smaller classes in selected school years and proportionally greater attendance in early years settings and primary schools; outbreaks more likely to involve staff

**Full text**

A commentary discusses how to reconcile the growing evidence that children attending school seem to have an important role in transmission of SARS-CoV-2 with the evidence from this study. It suggests the answer is likely to lie in the low probability that children will experience disease that would have been picked up by the passive surveillance during the study period. This would imply that many outbreaks would have been missed and have been larger than identified. It adds that the partial reopening of schools in June and July with small bubbles and much fewer children attending, particularly in secondary education, might have led to considerably less within-school transmission than the reopening of schools to all children after the summer.

**Comment**

**The Lancet Public Health: Community prevalence of SARS-CoV-2 in England from April to November, 2020: results from the ONS Coronavirus Infection Survey**

This analysis of 1,191,170 samples (5231 positive) found risk factors for testing positive varied substantially between the parts of the first wave and second wave of the pandemic captured in the study, and a substantial proportion of infections were in asymptomatic people.

**Full text**


This ecological analysis of Covid-19-related mortality rates up to April 2020 found that for every 1% rise in proportion of the population who are ethnic minority (including the white minority group), COVID-19-related deaths increased by 4.42 (95% CI 2.24 to 6.60) per million.

**Full text**

**The Lancet Psychiatry: Trajectories of anxiety and depressive symptoms during enforced isolation due to COVID-19 in England: a longitudinal observational study**

Data from over 70,000 adults were collected in the UCL COVID-19 Social Study suggest that the highest levels of depression and anxiety occurred in the early stages of lockdown but declined fairly rapidly, possibly because individuals adapted to circumstances.

**Full text**

**Eur J Epidemiology: Assessing the age specificity of infection fatality rates for COVID-19: systematic review, meta-analysis, and public policy implications**

Analysis finds an exponential relationship between age and IFR for COVID-19. The estimated age-specific IFR is very low for children and younger adults but increases progressively with an IFR of 15% at
About 90% of the variation in population IFR across geographical locations reflects differences in the age composition of the population and the extent to which relatively vulnerable age groups were exposed to the virus.

**The Lancet Psychiatry: The mental health impact of the COVID-19 pandemic on people with and without depressive, anxiety, or obsessive-compulsive disorders: a longitudinal study of three Dutch case-control cohorts**

Study (1,181 people with, and 336 people without depressive, anxiety, or obsessive-compulsive disorders) found that those with these conditions did not report a greater increase in symptoms during the pandemic as compared to those without these conditions.

**Annals of Internal Medicine: COVID-19 Symptoms: Longitudinal Evolution and Persistence in Outpatient Settings**

Study in Geneva (669 patients with a positive COVID test enrolled for ambulatory care centre follow up) found cough and loss of taste or smell were common early in the clinical course, but fatigue, dyspnoea, and loss of taste or smell to be the main persistent symptoms.

**Annals of Internal Medicine: Dynamics and Correlation Among Viral Positivity, Seroconversion, and Disease Severity in COVID-19: A Retrospective Study**

Cohort study (n=3,192) found that in patients with laboratory-confirmed COVID-19, the viral positivity rate peaked within the first 3 days, and the median duration of viral positivity was 24.0 days in critically ill patients and 18.0 days in the noncritically ill.

**Diabetes Care: Diabetes and COVID-19–Related Mortality in Women and Men in the UK Biobank: Comparisons With Influenza/Pneumonia and Coronary Heart Disease**

Prospective cohort study found that diabetes was associated with a greater risk of fatal COVID19, influenza/pneumonia, and CHD in both sexes. However, unlike for CHD, there were no sex differences in the association between diabetes and death from COVID-19 or influenza/pneumonia.

**Thorax: A prospective study of 12-week respiratory outcomes in COVID-19-related hospitalisations**

Study of 60 adults previously hospitalised with COVID-19 found at least one pulmonary function variable was abnormal in 58% of patients and 88% had abnormal imaging on chest CT thus highlighting the importance of long-term respiratory follow-up after hospitalisation for COVID-19.

**Thorax: Persistent symptoms 1.5–6 months after COVID-19 in non-hospitalised subjects: a population-based cohort study**

Survey of 938 Norwegian subjects with COVID-19 (48% response rate) found less symptoms reported after 1.5–6 months than during COVID-19 (median 0 (vs 8, respectively p<0.001). 16% reported dyspnoea, 12% loss/disturbance of smell, and 10% loss/disturbance of taste.
The Lancet Public Health: Effect of internationally imported cases on internal spread of COVID-19: a mathematical modelling study
Modelling suggests that stringent travel restrictions might have little impact on epidemic dynamics except in countries with low COVID-19 incidence and large numbers of arrivals from other countries
Full text

JAMA Internal Medicine: Evaluation of Cloth Masks and Modified Procedure Masks as Personal Protective Equipment for the Public During the COVID-19 Pandemic
This laboratory study found the fitted filtration efficiencies of seven types of consumer-grade masks and improvised face coverings varied from 26.5% to 79.0%. Modifications intended to enhance fit of medical masks improved measurements from 38.5% (unmodified) to up to 80.2.
Full text

The Lancet Infectious Diseases: The granting of emergency use designation to COVID-19 candidate vaccines: implications for COVID-19 vaccine trials
Article reports that, should candidate vaccines attain emergency use designation and be programatically deployed before their phase 3 trials conclude it could have far reaching consequences for COVID-19 vaccine research.
Full text

The Lancet Editorial: Facing up to long COVID
Long COVID is a burgeoning health concern and action is needed now to address it.
Full text

BMJ Feature: Conflicts of interest among the UK government’s covid-19 advisers
Government has faced mounting questions about procurement decisions, from personal protective equipment to testing kits, from vaccine deals to the services of logistics companies. BMJ Feature notes that attempts to discover more are frequently thwarted.
Full text

BMJ news: Covid-19: Safety of lateral flow tests questioned after they are found to miss half of cases
The government’s own report reveals the lateral flow devices used in the community testing pilot in Liverpool only picked up half the covid-19 cases detected by polymerase chain reaction (PCR) tests and missed three out of 10 cases with higher viral loads
Full text
DHSC report

BMJ news: Vaccinating the UK: how the Covid vaccine was approved, and other questions answered
This analysis paper cover the reasoning for the recent temporary authorisation of the Pfizer COVID vaccine, and the mechanism by which it was approved. It discusses intended processes in other countries, and how the vaccine is intended to be rolled out.
Full text

BMJ Opinion: Could Slovakia’s mass testing programme work in England?
What is happening in Slovakia and what lessons might it hold for the UK?
Full text
Office for National Statistics (ONS)
Covid: Infections and deaths
COVID-19 deaths increase for 12th consecutive week
8 December 2020
There were 3,040 deaths involving the coronavirus (COVID-19) in England and Wales in the week ending 27 November 2020, the highest since the week ending 15 May 2020. By region, the number of COVID-19 deaths was highest in the North West (546 deaths), followed by Yorkshire and The Humber (537). However, the North West was the only area of England to report a fall compared with the previous week. Wales also saw a slight decline.

COVID-19 positivity rates are level or decreasing in England, Scotland and Northern Ireland
11 December 2020
The number of people with the coronavirus (COVID-19) in England continues to decrease, with 481,500 people estimated to have had COVID-19 in the most recent week (29 November to 5 December 2020). This equates to 1 in 115 people. Trends vary in the other UK nations. Positivity rates are falling in Northern Ireland – down to 1 in 235 people in the latest week – while remaining stable in Scotland (1 in 120 people). Meanwhile, rates are increasing in Wales (1 in 120 people in the latest week). At a regional level in England, the percentage of people testing positive for COVID-19 has increased in London. There are also signs of an increase in the East of England. Positivity rates have fallen in all other English regions.

Bringing the latest data on COVID-19 all in one place
ONS is launching a new interactive tool to allow people to access a range of COVID-19 data, graphs and data visualisations in one place.

A ‘new normal’? How people spent their time after the March 2020 coronavirus lockdown
Earlier this year, the ONS published analysis of how adults in Great Britain were spending their time during first the national lockdown in March and April 2020, and how this differed from time use before the pandemic. This article revisits the time use study, now looking at the period September to 11 October. During this time there were some local restrictions in place across different parts of GB.

Understanding Towns in England and Wales: Spatial Analysis: Dec 2020
This is the third of a series of articles looking to provide new data and analysis on towns in England and Wales. It explores population and employment growth across 1186 towns between 2009 and 2019 and provides regional and local comparisons for context.

Provisional births in England and Wales: 2020
Between March and June 2020 birth registration services were suspended due the Coronavirus (COVID-19) pandemic. While registrations did resume in June 2020, the 2020 birth registration data the ONS has access to is currently incomplete.
However, NHS birth notification data has not been impacted by the COVID-19 pandemic and so we have used NHS birth notification data to provide more timely estimates of 2020 births in England and Wales and investigate the effect the COVID-19 pandemic may have had on births.

**Suicide registration increase due to inquests resuming**

*8 December 2020*

The number of people in England who have died by suicide during the coronavirus (COVID-19) pandemic to date is still unknown. All suicides have to be investigated by a coroner, who holds an inquest to formally establish what happened. This means there is a delay of several months between someone dying and a death being registered as suicide.

Provisional data show that from July to September 2020, there were 10.7 suicide deaths per 100,000 people registered in England, or 1,334 deaths.

**Quarterly suicide death registrations in England**

2001 to 2019 registrations and Quarter 1 (Jan to Mar) to Quarter 3 (July to Sept) 2020 provisional data

**Looking for explanations of changes in suicide rates**

Following several years of decline, the number of suicides registered in England and Wales began to increase in 2018. Whenever a change in suicide rates occur, the reasons are complex and will rarely be because of one factor alone. Here, Ben Windsor-Shellard explains some of the possible explanations.

**What could the impact of COVID-19 be on UK demography?**

Past epidemics and pandemics have had lasting effects on the structure of the population. The impacts have been seen through changes in births, deaths and migration. Here, Sarah Crofts from the ONS Centre for Ageing and Demography, considers the potential impact of COVID-19 on the future population of the UK.

**European Centre for Disease Prevention and Control (ECDC).**

**Guidelines for covid-19 testing and quarantine of air travellers: addendum to the Aviation Health Safety Protocol**

Guidance from the ECDC states that air travellers should not be systematically tested for SARS-CoV-2 or asked to quarantine on their return home from Europe because they are generally at low risk of having the virus. Only people who have had known contact with someone with covid-19 should be required to quarantine. As SARS-CoV-2 is present in most European countries, imported cases are unlikely to significantly increase the rate of transmission. In the week beginning 2 November, imported cases accounted for less than 1% of the total number of cases, with the vast majority of cases being locally acquired.
The government’s approach to test and trace in England – interim report
This report provides an initial review of the aims, funding and performance of the government’s approach from May-Oct 2020. It finds overall it achieved a rapid scale-up in activity, however issues with implementation and delivery mean it is not yet achieving all its objectives. The report states that the government needs to learn lessons from its experience so far, and that it is very important that testing and tracing is able to make a bigger contribution to suppressing the infection than it has to date. A report providing a fuller value-for-money assessment of test and trace is due for publication in spring 2021.
Details

Statistics on Smoking, England 2020
These new statistics report that an estimated 506,100 hospital admissions attributed to smoking in 2019-20 and that there were an estimated 74,600 deaths attributable to smoking in 2019, a decrease of 3% from 2018 and a 9% decrease from 2009.
Details

National Diabetes Audit- Care Processes and Treatment Targets 2019-20, Data release
The audit measures the effectiveness of diabetes healthcare against NICE Clinical Guidelines and NICE Quality Standards, in England and Wales to support change and improvement in the quality of services and health outcomes for people with diabetes.
Details

Sexual and Reproductive Health Services, England (Contraception) 2019/20
Report notes there has been 46% uptake of long acting reversible contraceptives and 38% uptake of the contraceptive pill, as well as a 46% fall in emergency contraceptive items provided over the last ten years.
Details

The King’s Fund
The next steps towards integrated care
The King’s Fund new explainer looks at NHS England and NHS Improvement’s proposals to further integrate health and care services and the associated proposals for legislative change.
Details

Institute for Public Policy Research
Levelling up health for prosperity
This report reveals how cuts to public health budgets since 2014 have disproportionately hit the Midlands and north of England. In the 2019 general election, the Conservative party’s manifesto made ambitious pledges on both the economy and health. This report outlines policy to make health improvement and the reduction of place-based health inequality a joint enterprise between local and national government and recommends three ‘paradigm shifts’ for a new approach to health and prosperity.
Details
### Reform
**All hands-on deck: public-private partnerships during Covid-19**
This report examines how the government has worked with the private sector to respond to Covid-19. It suggests that there are lessons from the pandemic that, if acted on, would allow the government to more effectively leverage the private sector to respond to future crises.
[Details](#)

### Driving the UK’s leadership in vaccine research & innovation
This series of articles brings together experts from the government, the scientific research community, and the life sciences sector to discuss the future of vaccination and how the UK can retain its leading position in vaccine research.
[Details](#)

### Local Government Association
**A glass half-full: 10 years on review**
The asset-based approach sees citizens and communities as co-producers of health and wellbeing; promotes community networks, relationships and friendships as a way of providing mutual help and support; and, most importantly, empowers communities to control their futures and create tangible resources for themselves. This report examines progress in the use of the asset-based approach in local areas over the past decade.
[Details](#)

### Joseph Rowntree Foundation
**Destitution in the UK 2020**
This study finds that around 2.4 million people experienced destitution in 2019, a 54 per cent increase since 2017. Inadequate benefit levels and debt deductions, particularly the repayable advance many people are forced to borrow to cover the minimum five-week wait for Universal Credit, are identified in the report as key drivers of destitution.
[Details](#)

### The Richmond Group of Charities
**The multiple conditions guidebook - one year on**
This report revisits seven of the case studies featured in the multiple conditions guidebook to find out how things are progressing in the year since their original publication. The original case studies outlined practical solutions to help local areas improve health and wellbeing for people with multiple long-term health conditions. It sets out candid conversations with the practitioners leading these services as well as perspectives from some of the patients accessing them.
[Details](#)

### Healthwatch
**What people are telling us: a summary, July - September 2020**
July to September 2020, more than 38,082 people shared their experiences of using health and social care with Healthwatch. This briefing is a summary of the key issues that the public are telling us about, including access to NHS dental care; the support provided in care homes; and accessing Covid-19 tests.
[Details](#)
The Nuffield Trust
Rural, remote and at risk: Why rural health services face a steep climb to recovery from Covid-19
This briefing explores the impact the pandemic has had on the delivery of rural and remote health services in England, highlighting the underlying challenges faced and how these are different compared with more urban areas. It also discusses how performance could be monitored.

Details

MBRRACE-UK
Perinatal Mortality Surveillance Report for births in 2018
Surveillance report finds that extended perinatal mortality (stillbirths and neonatal deaths) decreased by 15% between 2013 and 2018, but women in the most deprived areas, and Black and Asian babies, remained the most at risk over the period, as has found

Details