



Public Health News

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April 2023

Mentally healthier council areas: manifesto ideas for the 2023 local authority elections – Uploaded 3rd April 2023

Centre for Mental Health – march 2023

Local councils play a crucial role in supporting the mental health of their residents. This briefing sets out ideas for 2023 council election candidates to put in their manifestos that will enable their local authorities to improve mental health in their communities.

The Victorian sewers and slums which local government was established to clear are long gone in the UK. But air pollution, childhood trauma and poverty are still major problems which contribute to poorer mental and physical health. This manifesto recognises the vital role councils can play today in reducing threats to mental health and supporting recovery from illnesses.

Even before the pandemic, which has increased demand on mental health services to record levels, mental ill health was one of the most prevalent forms of illness in the UK. One in six people experience diagnosable symptoms at any time, at a cost of an average £900m a year in every upper tier local authority area in England.

Our mental health is largely determined by our childhood and current circumstances. The balance of positive (protective) factors and negative (risk) factors in our lives plays a big part in determining our mental health outcomes. Councils have opportunities to help protect our mental health as well as ensuring the best possible support for people with mental health difficulties.

The evidence is very clear that poverty causes and worsens mental illness. Councils should work to reduce poverty, create mentally healthier environments, support the best start in life, and ensure everyone can get the support they need through access to quality services. This manifesto outlines tangible actions every council can take to make these goals a reality.

Read the Report – [Mentally healthier council areas: manifesto ideas for the 2023 local authority elections](#)

Thinking about wellbeing inequality - Uploaded 3rd April 2023

What Works Wellbeing – March 2023

The purpose of this paper is to prompt discussion about how best to measure inequalities in wellbeing in a way that reflects the lived experience of people in society, and which allows useful comparisons to be made across groups of people and across time.

Read the Paper – [Thinking about wellbeing inequality](#)

Homelessness in the countryside: a hidden crisis - Uploaded 3rd April 2023

University of Kent – March 2023

This is the report of a year-long research project (commissioned, funded and co-designed by a coalition of housing and homelessness organisations) that aimed to uncover the characteristics of rural homelessness, what worsens it, and how it can be prevented. The project aimed to: identify the evidence gap between rural and urban homelessness; consider possible intersectional causes of homelessness that structurally disadvantage certain populations; investigate whether ending rural rough sleeping requires distinct policy responses; and inform government responses to rural homelessness and rural housing policy.

Read the report – [Homelessness in the countryside: a hidden crisis](#)

From delegation to integration: lessons from early delegation of primary pharmacy, ophthalmology and dentistry commissioning to integrated care boards - Uploaded 3rd April 2023

NHS Confederation – April 3rd 2023

Delegation of POD services supports increased autonomy at a local system level. Find out more about it from experiences of early adopters.

Key points

Delegation of primary pharmacy, ophthalmology and dentistry (POD) from NHS England to integrated care boards (ICBs) on 1 April 2023, provides an opportunity to transform care for patients but will need a realistic timetable and smooth transition if this transformation is to be achieved.

This report provides evidence from nine 'early adopter' ICBs and argues that closer local collaboration between NHS systems and frontline providers can be the single biggest to driver to address local provision challenges.

Early adopter POD commissioners identified immediate transition challenges including ensuring adequate governance is in place, understanding and meeting commissioner and provider data requirements and developing effective engagement mechanisms with local providers.

Access to and capacity to use appropriate data is most urgent to identify unmet patient need and ensure service quality. Meanwhile, clarity over flexibility within national contracting arrangements, particularly for dentistry, is needed and opportunities for further reform considered.

NHS England needs sufficient ICB capacity, particularly in relation to dentistry where there is mounting evidence that some dentists have been reducing their NHS activity or ceasing to offer NHS services. Within its broader workforce planning, the government must develop a clear approach to the dentistry workforce crisis.

Delegation provides an opportunity to support increased autonomy at a local system level, backed up by appropriate regional and national support, which can improve access to services and improve health outcomes. To maximise the potential benefits, support from NHS England needs to avoid risk aversion, permit innovative approaches to improving health outcomes and reducing health inequalities, and not create barriers to implement different approaches.

For ICBs, the immediate task will be to manage the logistical and governance challenges of shifting the management of these contracts and they should invest time and effort in building relationships with POD service providers, as well as wider stakeholders.

Read the Report – [From delegation to integration: lessons from early delegation of primary pharmacy, ophthalmology and dentistry commissioning to integrated care boards](#)

Profile of the older population living in England and Wales in 2021 and changes since 2011 - Uploaded 3rd April 2023

Census 2021 – April 2023

Overview of the characteristics of the population aged 65 years and over in 2021 including legal partnership status, living arrangements, ethnicity, religion, health, disability and caring status, and main changes since 2011.

Main points

Men and women aged 65 years and over living in England and Wales in 2021 were more likely to be divorced and less likely to be widowed than in 2011, in line with increases in life expectancy.

In 2021, 3.3 million people aged 65 years and over were living alone in England and Wales, 36.3% of older women down from 39.2% in 2011 and 22.7% of older men up from 21.8%.

Across older age groups, both men and women living in a couple were more likely to be in very good or good health than those not living in a couple, regardless of whether those not living in a couple lived with other people.

The population aged 65 years and over was more ethnically diverse in 2021 than in 2011, with a decrease from 95.5% to 93.6% in the percentage identifying in the high level white ethnic group and increases in the proportions identifying in all other high level ethnic groups.

While the population aged 65 years and over living in England and Wales is predominantly Christian, the proportion with no religious affiliation has doubled since 2011, reaching 17.5% in 2021.

In 2021 there were almost 1.2 million unpaid carers aged 65 years and over in England and Wales, just over 1 in 10 of the older population, with almost half of these providing more than 50 hours of unpaid care a week.

Read the Report – [Profile of the older population living in England and Wales in 2021 and changes since 2011](#)

Autism: Overview of policy and services - Uploaded 4th April 2023

[House of Commons Library](#) – 29th March 2023

This briefing provides an overview of policies and services for autistic people in England.

Download the briefing – [Autism: Overview of policy and services](#)

The Hewitt Review: an independent review of integrated care systems = Uploaded 4th April 2023

[Department of Health and Social Care](#) – 4th April 2023

The Rt Hon Patricia Hewitt was commissioned to lead an independent review of integrated care systems in November 2022.

The review set out to consider the oversight and governance of integrated care systems (ICSs). Each ICS has an integrated care board (ICB), a statutory organisation responsible for developing a plan for meeting the health needs of the population, managing the NHS budget and arranging for the provision of health services in the ICS area. ICBs include representatives from local authorities, primary care and NHS trusts and foundation trusts.

The review covered ICSs in England and the NHS targets and priorities for which ICBs are accountable, including those set out in the government's mandate to NHS England.

The government is now considering the recommendations made by the review.

[The Hewitt Review: an independent review of integrated care systems](#)

Timing of Allergenic Food Introduction and Risk of Immunoglobulin E–Mediated Food Allergy – A Systematic Review and Meta-analysis - Uploaded 4th April 2023

[JAMA Pediatr.](#) 2023 Mar 27

Importance: Earlier egg and peanut introduction probably reduces risk of egg and peanut allergy, respectively, but it is uncertain whether food allergy as a whole can be prevented using earlier allergenic food introduction.

Objective: To investigate associations between timing of allergenic food introduction to the infant diet and risk of food allergy.

Data sources: In this systematic review and meta-analysis, Medline, Embase, and CENTRAL databases were searched for articles from database inception to December 29, 2022. Search terms included infant, randomized controlled trial, and terms for common allergenic foods and allergic outcomes.

Study selection: Randomized clinical trials evaluating age at allergenic food introduction (milk, egg, fish, shellfish, tree nuts, wheat, peanuts, and soya) during infancy and immunoglobulin E (IgE)-mediated food allergy from 1 to 5 years of age were included. Screening was conducted independently by multiple authors.

Data extraction and synthesis: The Preferred Reporting Items for Systematic Reviews and Meta-analyses guideline was used. Data were extracted in duplicate and synthesized using a random-effects model. The Grading of Recommendations, Assessment, Development, and Evaluation framework was used to assess certainty of evidence.

Main outcomes and measures: Primary outcomes were risk of IgE-mediated allergy to any food from 1 to 5 years of age and withdrawal from the intervention. Secondary outcomes included allergy to specific foods.

Results: Of 9283 titles screened, data were extracted from 23 eligible trials (56 articles, 13 794 randomized participants). There was moderate-certainty evidence from 4 trials (3295 participants) that introduction of multiple allergenic foods from 2 to 12 months of age (median age, 3-4 months) was associated with reduced risk of food allergy (risk ratio [RR], 0.49; 95% CI, 0.33-0.74; I² = 49%). Absolute risk difference for a population with 5% incidence of food allergy was -26 cases (95% CI, -34 to -13 cases) per 1000 population. There was moderate-certainty evidence from 5 trials (4703 participants) that introduction of multiple allergenic foods from 2 to 12 months of age was associated with increased withdrawal from the intervention (RR, 2.29; 95% CI, 1.45-3.63; I² = 89%). Absolute risk difference for a population with 20% withdrawal from the intervention was 258 cases (95% CI, 90-526 cases) per 1000 population. There was high-certainty evidence from 9 trials (4811 participants) that introduction of egg from 3 to 6 months of age was associated with reduced risk of egg allergy (RR, 0.60; 95% CI, 0.46-0.77; I² = 0%) and high-certainty evidence from 4 trials (3796 participants) that introduction of peanut from 3 to 10 months of age was associated with reduced risk of peanut allergy (RR, 0.31; 95% CI, 0.19-0.51; I² = 21%). Evidence for timing of introduction of cow's milk and risk of cow's milk allergy was very low certainty.

Conclusions and relevance: In this systematic review and meta-analysis, earlier introduction of multiple allergenic foods in the first year of life was associated with lower risk of developing food allergy but a high rate of withdrawal from the intervention. Further work is

needed to develop allergenic food interventions that are safe and acceptable for infants and their families.

Full article – Scarpone, Roberta et al. "[Timing of Allergenic Food Introduction and Risk of Immunoglobulin E-Mediated Food Allergy: A Systematic Review and Meta-analysis.](#)" JAMA pediatrics, e230142. 27 Mar. 2023, doi:10.1001/jamapediatrics.2023.0142

Deaths at home during the Covid-19 pandemic and implications for patients and services - Uploaded 5th April 2023

Nuffield Trust – 5th April 2023

There has been a steady increase in the numbers of people dying at home in recent years. These trends became entrenched during the pandemic, which could reflect people fearful of Covid-19 in hospitals and care homes just as much as broader patient preferences for dying at home. So did those dying in their place of residence receive the care they needed, at a good standard? This new research sheds light on the services used by people who died at home in England, before and during the first year of the pandemic.

Read the Report – [Deaths at home during the Covid-19 pandemic and implications for patients and services](#)

Changing Futures evaluation: baseline report - Uploaded 5th April 2023

[Department for Levelling Up, Housing and Communities](#) – 4th April

The evaluation aims to understand the impact of the Changing Futures programme on people experiencing multiple disadvantage. It also aims to examine how changes at a wider system level affect the way services operate and are delivered.

[Changing Futures evaluation: baseline report](#)

Hewitt review: what you need to know - Uploaded 5th April 2023

NHS Confederation – 5th April 2023

Summary and analysis of Rt Hon Patricia Hewitt's review into the oversight, governance and accountability of integrated care systems (ICSs).

[Hewitt review: what you need to know](#)

Adult social care system reform: next steps to put People at the Heart of Care - Uploaded 5th April 2023

Dept of Health and Social Care – 4th April 2023

The [People at the Heart of Care white paper](#), published in December 2021, set out a 10-year vision for adult social care. It was shaped by national and local government, care providers, care staff, the NHS, people who draw on care and support, their friends and family, charities

and the voluntary sector. The vision puts people at its heart and revolves around 3 objectives:

People have choice, control and support to live independent lives.

People can access outstanding quality and tailored care and support.

People find adult social care fair and accessible.

This plan sets out how we are building on our progress over the last year by implementing the most impactful proposals, along with some new commitments. It includes key milestones for reform and sets out the change we will see for people who draw on care and support, unpaid carers, and people who work in social care. Some of the key activities include:

improving access to care and support: we are helping local authorities to increase their adult social care capacity and make tangible improvements to services by investing £562 million in 2023 to 2024 and £845 million in 2024 to 2025 through the Market Sustainability and Improvement Fund. We are also launching a programme in summer 2023 to help local areas establish support arrangements for international recruitment in adult social care to bolster the workforce. We will expand the [NHS Volunteer Responders](#) programme from this year to create a joint health and social care volunteer programme. Improved capacity and better support for international recruits and volunteers will enable more people to access the right care, in the right place, at the right time

recognising skills for careers in care: we are improving recognition of the skills and experience of people working in care and supporting career development through our plan for the care workforce. This includes the introduction of a new care workforce pathway for adult social care, a new Care Certificate qualification, a skills passport to provide a verifiable record of training and qualifications and a range of new, funded training schemes. We know that the capability and compassion of care workers makes all the difference to the lives of the people they care for and we want to better recognise these skills

digital transformation in adult social care: we are supporting the testing and scaling of new technologies through 2023 to 2025 to improve care quality and safety; and increasing uptake of digital social care records by 2025, which enables your care information to be shared securely and in real-time with authorised professionals in the NHS and social care. We are also developing a scaled-up future digital learning offer, so that digital skills are embedded in core training and development opportunities for staff

personalising care through stronger data: we are introducing person-level data collection from April 2023. Better insights into care journeys and outcomes will help to show which interventions work best and we can improve how people move between health and social care. By the end of 2023 we will finalise our roadmap for improving how data is collected, used and shared. In February we published a draft of [Care data matters](#) so that we can involve people who draw on, work in or provide, or are supported by adult social care in the development of this roadmap

improving transparency and accountability: we are introducing CQC assessment of local authorities' adult social care delivery from April 2023 to better understand the quality of care in local areas. This will enhance transparency, improve local accountability and help to identify good practice so that more people can benefit from high quality care and support

supporting people to remain independent at home: we are launching a new, independently chaired Older People's Housing Taskforce that will make recommendations to ministers on how we can unlock investment in retirement housing to provide more choice of suitable

housing for people in later life. We will also provide additional funding for people to make adaptations and repairs to their homes so that they can stay independent for longer and return home from hospital more quickly

driving innovation and improvement: we are launching a 2-year targeted fund in 2023 to test and scale ways to innovate and transform local authority processes. This will provide targeted support for local authorities and establish a new innovation and improvement unit within DHSC. We will work with sector partners to shape the strategic direction for improvement and innovation, helping tackle operational challenges and overcome the barriers to adopting and scaling new approaches

joining up services to support people and carers: we are supporting our recently established integrated care systems (ICSs), and the organisations within them, to better join up care through the expansion of our Better Care Fund (BCF) Support Programme and the launch of a new national leadership programme for local health and social care leaders. We are also investing in additional support for unpaid carers in recognition of the enormous contribution they make, which is reflected throughout this plan

This is just some of the activity included in our comprehensive package. This plan is a crucial step towards our 10-year vision. We will continue to engage with all those people and organisations at the heart of providing and drawing on care as we implement our reforms and make further progress towards our vision.

Read the paper – [Adult social care system reform: next steps to put People at the Heart of Care](#)

Dietary sugar consumption and health: umbrella review - Uploaded 11th April 2023

BMJ – April 2023

Review (Review (73 meta-analyses; 83 health outcomes) recommends reducing consumption of free or added sugars to below 25 g/day (~ 6 teaspoons/day) & limiting consumption of sugar sweetened beverages to <1 serving/week (~355 mL/week) to reduce adverse effect of sugars on health.73 meta-analyses; 83 health outcomes) recommends reducing consumption of free or added sugars to below 25 g/day (~ 6 teaspoons/day) & limiting consumption of sugar sweetened beverages to <1 serving/week (~355 mL/week) to reduce adverse effect of sugars on health.

Read the article – [Dietary sugar consumption and health: umbrella review](#)

Gambling addiction in the UK: the long road to public health recognition - Uploaded 11th April 2023

BMJ 2023;381

Around 246,000 people in England have addiction to gambling, with 117 to 496 suicides each year as a result. There are now 7 NHS specialist gambling addiction clinics across UK, with ambitions to have opened 15 by 2024. BMJ feature finds there is still some distance to travel.

Read the article – [Gambling addiction in the UK: the long road to public health recognition](#)

Creating a healthy labour market: Tackling the root causes of economic inactivity among older people - Uploaded 11th April 2023

TUC – April 2023

This report proposes a wide range of reforms to labour markets, social security, skills and working conditions that would enable more people in their 50s and 60s to stay in work.

Read the Report – [Creating a healthy labour market: Tackling the root causes of economic inactivity among older people](#)

Beyond the great retirement: understanding and tackling economic inactivity amongst the over 50s - Uploaded 11th April 2023

Phoenix – 2023

This report finds that over 50s who have left the workforce due to ill health have just five per cent of the wealth of those who retire early by choice and it identifies six ways the government could tackle economic activity amongst this demographic.

Read the Report – [Beyond the great retirement: understanding and tackling economic inactivity amongst the over 50s](#)

The cost of poor housing in England by tenure - Uploaded 11th April 2023

BRE – 2023

This report finds that over 700,000 homes in England are defined as excessively cold and estimates that the NHS spends over £540m a year treating people affected by the worst properties. The large majority of these homes are owner occupied, although the percentage of private rented homes affected is higher.

Read the Report – [The cost of poor housing in England by tenure](#)

Learning disabilities: policies to reduce inpatient care - Uploaded 11th April 2023

House of Commons Library – 6 April 2023

This briefing outlines health policies aimed at reducing inpatient care for people with a learning disability.

[Learning disabilities: policies to reduce inpatient care](#)

A national framework to deliver improved outcomes in all-age autism assessment pathways: guidance for integrated care boards - Uploaded 11th April 2023

NHS England – 5th April 2023

This national framework sets out the principles that should underpin the planning, design and delivery of an autism assessment pathway that works for everyone irrespective of where they live, their background, age, ethnicity, sex, gender, sexuality, disability or health conditions. Implementation of this national framework will include taking actions to reduce known sources of health inequality that exist in access to, or experiences of, an autism assessment across England

[A national framework to deliver improved outcomes in all-age autism assessment pathways: guidance for integrated care boards](#)

Online support improved eczema symptoms in children and young people - Uploaded 11th April 2023

NIHR – 11th April 2023

Access to a website which supports self-management of eczema led to less severe eczema symptoms. Research found that parents of children with eczema, and young people with the condition, both benefitted.

People with eczema can have dry, itchy, cracked and sore skin. This common long-term condition can have a substantial impact on quality of life. Parents or carers, and young people themselves, may struggle to avoid triggers for eczema, and can find treatments complicated. People with eczema say they receive insufficient or conflicting information.

Website content was based on evidence and expert consensus, and developed by researchers working with expert clinicians and people with eczema; users gave extensive feedback during development. Interactive elements include a quiz, videos, stories and advice from others with eczema.

One version of the website is aimed at parents and carers of children with eczema; another for young people starting to self-manage their eczema. The team conducted randomised controlled trials to test each version. All children and young people received usual eczema treatments. In addition, half were given access to a standard website providing information about eczema, the others had access to the new website.

Both trials found that those with access to the new website had greater improvements in symptoms after 24 weeks, this benefit was sustained at 1 year. Improvements were small but significant. The researchers say the websites increased the confidence of parents and young people in managing their condition.

Further information – [Online support improved eczema symptoms in children and young people](#)

This Alert is based on: Santer M, and others. [Eczema Care Online behavioural interventions to support self-care for children and young people: two independent, pragmatic, randomised controlled trials](#). British Medical Journal 2022;379:e072007.

The rise and decline of the NHS in England 2000–20: How political failure led to the crisis in the NHS and social care - Uploaded 12th April 2023

Kings Fund – 12 April 2023

Multi-year funding increases and a series of reforms resulted in major improvements in NHS performance between 2000 and 2010, but performance has declined since 2010 as a result of much lower funding increases, limited funds for capital investment, and neglect of workforce planning. Constraints on social care spending has also resulted in fewer people receiving publicly funded social care and a repeated cycle of governments promising to reform social care but failing to do so.

The health and social care sector now finds itself facing unprecedented challenges, from increasing demand and growing waiting lists, to a workforce in crisis. This paper, from former Chief Executive of The King's Fund Chris Ham, analyses how a major public service that is highly valued by the public was allowed to deteriorate. It focuses on the period since 2010 and the factors that contributed to the decline of the NHS after the progress that had been made in the previous decade.

Read the Report – [The rise and decline of the NHS in England 2000–20: How political failure led to the crisis in the NHS and social care](#)

Smokers urged to swap cigarettes for vapes in world first scheme - Uploaded 12th April 2023

Department of Health and Social Care – 11th April 2023

Pregnant women will also be offered financial incentives to help them quit as part of a sweeping package of measures to cut smoking rates in England.

Further information – [Smokers urged to swap cigarettes for vapes in world first scheme](#)

Background – [The Khan review: making smoking obsolete](#)

Effectiveness of N95 masks as wearer protection against COVID-19 in community settings in people at higher risk from becoming seriously ill from COVID-19 - Uploaded 12th April 2023

[UK Health Security Agency](#) – 12 April 2023

The purpose of this rapid review was to identify and assess the available evidence for the effectiveness of N95 and equivalent face masks as wearer protection against coronavirus (COVID-19) when used in the community by people at higher risk of becoming seriously ill from COVID-19 (search date: up to 26 September 2022).

[Effectiveness of N95 masks as wearer protection against COVID-19 in community settings in people at higher risk from becoming seriously ill from COVID-19](#)

Bailed out and burned out? The financial impact of COVID-19 on UK care homes for older people and their workforce - Uploaded 13th April 2023

Fotaki, M., Horton, A., Rowland, D., Ozdemir Kaya, D. & Gain, A. (2023) Bailed out and burned out? The financial impact of COVID-19 on UK care homes for older people and their workforce. Coventry: Warwick Business School.

Many care home staff worked extra hours without extra pay to prop up the system during the pandemic, a study suggests.

Public money helped stabilise UK care homes during the first wave of Covid-19 but it was withdrawn too soon and not focused on staff, says [the research](#), led by Warwick Business School.

While many homes struggled financially, some larger companies were able to pay more to shareholders, the study found. The researchers studied the accounts of more than 4,000 UK care home companies, from just before the pandemic and during the first year of the health crisis. They found nearly two thirds (60%) of care homes were already financially fragile as the pandemic took hold.

The report, co-written with University College London and the Centre for Health and the Public Interest think tank, accuses the government of failing to plan for “highly predictable” damage to the sector’s financial viability during a pandemic. An extra £2.1bn of public money pumped into the sector at the peak of the pandemic helped many care homes avoid financial collapse, but not all of it reached the front lines and most of the payments ended in 2022, say the authors.

The impact on staff varied:

some zero-hours staff lost their jobs as bed-occupancy declined

other staff worked more hours but lost income, as extra hours meant less in benefits

hourly pay across the sector did not typically rise

In the first year of the pandemic, 122 larger, for-profit, care home companies were able to pay shareholders 11% more in dividends than the previous year, the research found.

Read the Report = [Bailed out and burned out?](#)

Using behavioural insights to improve mental health for children and young people in the North East of England - Uploaded 13th April 2023

LGA – 11th April 2023

Summary

UNPITCHD was commissioned by the LGA and a consortium of 11 North East England local authorities in July 2022 to develop an intervention to increase access to, and use of, mental health self-help tools for children and young people (CYP) aged 10-15 who may be experiencing low mood and/or anxiety for the first time.

Further information – [Using behavioural insights to improve mental health for children and young people in the North East of England](#)

Is Hewitt turning the tide of performance management or swimming against it? - Uploaded 13th April 2023

The King's Fund – 05 April 2023

Patricia Hewitt's independent review of integrated care systems (ICSs) is aimed squarely at one of the biggest challenges facing ICSs – the strong culture of top-down performance management in the NHS. The reforms introduced by the 2022 Health and Care Act, with their focus on collaboration across boundaries in local systems, represent a direct challenge to this hierarchical culture, and without a new approach to accountability in the NHS there is little hope of ICSs living up to their original promise.

[Is Hewitt turning the tide of performance management or swimming against it?](#)

A social capital perspective on community development - Uploaded 13th April 2023

GMCVO – Jan 2023

This report examines the Ambition for Ageing programme's work in Greater Manchester through the lens of social capital. Ambition for Ageing was a seven-year programme that aimed to create more age-friendly places in Greater Manchester and empowered people to live fulfilling lives as they age. The report draws on more than 30 case studies collected from local delivery leads across Greater Manchester to understand the role of social capital in the delivery of projects, as well as how the programme invested in the formation of new social capital in local communities

Read the Report – [A social capital perspective on community development:](#)

Home is the Foundation: Perspectives on prevention from people with experience of homelessness - Uploaded 13th April 2023

Crisis – March 2023

Homelessness should be rare, brief and unrepeatable. To prevent housing problems from becoming housing emergencies, Scotland needs to embed a culture of early intervention and shared public responsibility, while giving people choice and control over their own lives. Perhaps most importantly, this system must be designed in partnership with people who have experience of homelessness. Putting in place a more person-centred approach and a culture of co-production, with the voice of the applicant being central – empowering people to take greater agency over their circumstances – is central to achieving our shared ambition to end homelessness in Scotland. This report presents the views of people with experience of homelessness, on what a new approach to homelessness prevention should look like.

Read the Report – [Home is the Foundation](#)

Offline and isolated: the impact of digital exclusion on access to healthcare for people seeking asylum in England - Uploaded 14th April 2023

British Red Cross- April 2023

This report finds that people seeking asylum in England are at risk of missing out on basic health care services because they have limited access to the internet and digital tools. Using a peer research approach, where refugees who have been through the asylum process interviewed people seeking asylum, the report provides a detailed picture of the barriers to online health care services. It highlights several barriers, including the affordability of devices and mobile data, a lack of wifi in asylum accommodation, and a lack of confidence in using technology and navigating websites in English.

Read the Report – [Offline and isolated: the impact of digital exclusion on access to healthcare for people seeking asylum in England](#)

Moving for mental health: How physical activity, sport and sport for development can transform lives after COVID-19 - Uploaded 17th April 2023

Sport for Development Coalition/Mind. 2023

By reviewing existing evidence on community-based programmes and peer-reviewed literature on physical activity, sport, and sport for development for mental health during COVID-19, this report sets out clear evidence-based recommendations for future policy and practice. The report is intended to inform government policy approaches to mental health and community-based physical activity, sport, and sport-for-development and support the work of public bodies, funders, commissioners, policy makers, and providers of community-based programmes which seek to promote movement (via physical activity, sport, and sport for development) and mental health

Smith, A., Kinnafick, F. and Rogers, E. (2022) [Moving for mental health: How physical activity, sport and sport for development can transform lives after COVID-19](#). London: Sport for Development Coalition/Mind.

Fit for the future: how a healthy population will unlock a stronger Britain - Uploaded 17th April 2023

Tony Blair Institute for Global Change – March 2023

This paper argues that improving population health and prevention is the best way to alleviate burdens on the NHS. It argues for increased political attention and investment directed towards preventive-health measures alongside support for drivers of good individual health, including personal, environmental and workplace factors.

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Read the Report – [Fit for the future: how a healthy population will unlock a stronger Britain](#)

Tackling Loneliness annual report March 2023: the fourth year - Uploaded 17th April 2023

Department of Culture, Media and Sport – March 2023

This fourth annual report celebrates the work this cross-government strategy has undertaken alongside a wide range of partners to raise awareness of loneliness and improve the support for lonely people in England over the past five years. It also captures new and ongoing actions that government departments are committed to delivering between 2023 and 2025.

Read the Report – [Tackling Loneliness annual report](#)

Health disparities: why medical research is a crucial tool for change - Uploaded 17th April 2023

APPG on Medical Research – March 2023

This report urges a shift in priorities for medical research funding to give a new focus to diversity and inclusion. It claims that research is a vital but under-utilised tool in the fight to address health inequalities in the UK. It brings together responses from a range of health care bodies and professionals, research organisations, patient representatives with lived experience, policy experts and researchers. These responses were collected as part of a 12-month inquiry conducted by the APPG.

Read the Report – [Health disparities: why medical research is a crucial tool for change](#)

Newborn blood spot screening programme: supporting publications - Uploaded 18th April 2023

[Office for Health Improvement and Disparities](#) – 14th April 2023

Guidance and resources for health professionals and commissioners working in the NHS newborn blood spot (NBS) screening programme.

Collection – [Newborn blood spot screening programme: supporting publications](#)

Promotional material – Immunisations: babies up to 13 months of age - Uploaded 18th April 2023

[UK Health Security Agency](#) – 17th April 2023

This booklet covers all immunisations for babies during their first year of life.

17 April 2023 – Added guides to immunisation for babies up to 13 months of age. Removed guides to immunisations for babies born on or after 1 January 2020.

1 June 2021 – Added updated guide to immunisations for babies born on or after 1 January 2020.

Promotional material – [Immunisations: babies up to 13 months of age](#)

Black maternal health - Uploaded 18th April 2023

Women and Equalities Committee – 18th April 2023

In this report we review what is currently understood about the reasons for disparities in maternal deaths, analyse Government and NHS action to date and existing recommendations for change and consider the ongoing challenges to addressing disparities. This report is titled 'Black maternal health' to acknowledge and address the particularly stark disparity between Black and White women. However, our recommendations are intended to address the ethnic disparities more broadly, as well as the overlapping disparity for women suffering socio-economic deprivation. There is no single quick-fix solution. However, we hope this report and our recommendations can act as an impetus for an effective and coherent cross-Government strategy, that can quickly begin to make sustained progress.

Read the Report – [Third Report – Black maternal health](#)

Transforming Support: The Health and Disability White Paper - Uploaded 18th April 2023

[Department for Work and Pensions](#) – 15th March 2023

The government's proposals to help more disabled people and people with health conditions to start, stay and succeed in work.

[Transforming Support: The Health and Disability White Paper](#)

Uses of Health and Disability Benefits - Uploaded 18th April 2023

[Department for Work and Pensions](#) – 15 March 2023

This report presents findings from a study exploring how health and disability benefits are used by recipients alongside other sources of provision and support to meet health and disability related needs.

[Uses of Health and Disability Benefits](#)

Understanding unpaid carers and their access to support - Uploaded 18th April 2023

The Health Foundation – 12th April 2023

Unpaid carers play a substantial and vital role in meeting social care needs. The care they provide has enormous value, both for the people they care for and for wider society. Many carers experience great satisfaction from their role, and through the help and support they provide to friends and family members they may also reduce the costs of formal social care provision.

Further information – [Understanding unpaid carers and their access to support](#)

Junior doctor strike led to 196,000 cancellations - Uploaded 18th April 2023

18th April 2023 / BMJ

More than 196,000 hospital appointments had to be cancelled because of the junior doctor strike in England last week, figures show.

It includes people who were waiting for operations and other treatments as well as scans and follow-up appointments.

The number of cancellations is the greatest so far in the NHS pay dispute.

And the true scale of the disruption is likely to be higher as many hospitals had cut back ahead of the strike to minimise last-minute postponements.

Some hospitals reported they were not carrying out up to half of their planned work so consultants could be redeployed to emergency care to cover for striking junior doctors.

The total included more than 20,000 operations and treatments. The rest were appointments, tests and check-ups.

It brings the total number of appointments affected by all the strikes over the past five months to more than 500,000 – nurses, ambulance staff and physios have been involved in industrial action as well as junior doctors.

Health Secretary Steve Barclay called the number of cancelled appointments and procedures “deeply disappointing”, and blamed it for hampering efforts to cut NHS waiting lists.

He said: “We remain ready to start formal talks with the BMA as soon as the union pauses its strikes and moves significantly from its unrealistic position of demanding a 35% pay increase – which would result in some junior doctors receiving a pay rise of £20,000.”

The British Medical Association said they were happy to meet the health secretary “any time, anywhere” and it was in his gift to stop the dispute.

Dr Vivek Trivedi and Dr Robert Laurenson, of the British Medical Association’s junior doctors committee said: “While we are of course sorry to anyone who had their care disrupted, this is the same apology we’re already having to give to patients on a daily basis because the NHS cannot cope.”...

Full-text: [Junior doctor strike led to 196,000 cancellations](#)

Survey findings: NHS tobacco dependence treatment service training needs - Uploaded 18th April 2023

Ash April 2023

From December 2022-January 2023, ASH and the National Centre for Smoking Cessation Training (NCST) surveyed 124 professionals responsible for the delivery of tobacco dependency treatment training across acute, mental health and maternity NHS settings.

Findings showed:

There is clear demand for a national training standard and resources across all pathways (acute, maternity, mental health)

Despite some areas having already developed training resources, respondents indicated that national standard and training resources would be valued

In-house training capacity is limited in many trusts

Training on vaping will be needed to support trusts which have included vaping in their stop smoking offer

Download slides – [ASH & NCSCT Training needs survey](#)

Community Engagement webinar, 'Engaging with Children, Young People and their Families' - Uploaded 18th April 2023

Health Improvement Scotland — Community Engagement / April 2023

Event date: 19 April 2023

Event time: 2:00pm to 3:00pm

Our next Community Engagement webinar takes place on Wednesday 19 April, 2pm where presenters will talk about 'Engaging with Children, Young People and their Families'.

We are delighted to be joined by NHS Tayside who will tell us more about how they involved young people and families from across Tayside to use their voices to shape a new healthy weight strategy aiming to reduce obesity rates across their local communities. Inspiring Young Voices will share how they are developing a collective voice for young people (12 – 25 years old) with diverse needs and experiences including: 'Inspire Highland', an example of fun and creative youth-led participation in the Scottish Highlands.

To book: [Community Engagement webinar, 'Engaging with Children, Young People and their Families'](#)

Medication Assisted Treatment (MAT) Standards Webinar 1 – Connect, Reflect & Progress - Uploaded 18th April 2023

Health Improvement Scotland–iHub / April 2023

Event Date: 21 Apr 2023

Time: 11am-12.30pm

We are delighted to invite you to the first session of Healthcare Improvement Scotland's MAT Standards webinar series.

Prior to the publication of the next National Benchmarking Report on the Implementation of the Medication Assisted Treatment Standards (2022-23), this webinar is an opportunity to come together to reflect on learning, share experiences and recognise the wealth of implementation progress across Scotland.

This webinar aims to offer:

Examples and learning from emerging practice at both national and local levels

Space for delegates to connect and reflect on their own implementation experiences

Opportunity to collectively consider next steps for MAT Standards implementation...

Registration: This session is open to all professionals and those with an interest in the field and may include representatives from:

Academia

Health and social care

Housing sector

Justice

People with lived/living experience

To register: [Medication Assisted Treatment \(MAT\) Standards Webinar 1 – Connect, Reflect & Progress](#)

More ambulance workers to strike after early May bank holiday - Uploaded 10th April 2023

BBC / 19th April 2023

Ambulance workers in the south of England and West Midlands will strike just after the early May bank holiday, the Unite union has said.

The timing will mean staff walking out [at the same time as nurses across parts of England](#).

The Christie cancer service in Manchester, and hospitals in Birmingham and Lancashire will also be affected.

Unite's general secretary Sharon Graham said the government's pay offer was "not good enough" for her members.

Unite said staff it represents will go on strike on Tuesday 2 May in:

South Central Ambulance Trust

South East Coast Ambulance Trust

West Midlands Ambulance Trust

The Christie NHS Foundation Trust and Pathology Partnership

East Lancashire Hospitals NHS Trust

West Birmingham NHS Trust

The union has already announced strikes on the previous day – 1 May – at the Yorkshire ambulance service and Guy's and St Thomas' NHS Trust in central London...

Full-text: [More ambulance workers to strike after early May bank holiday](#)

Government plans are insufficient to make England smoke free by 2030, warn experts - Uploaded 19th April 2023

BMJ / 18th April 2023

The latest government plans to cut smoking rates are “a step forward” but are only around a third of the investment needed to deliver the ambition to make England smoke free by 2030, leading doctors, academics, and charities have warned...

On 11 April, health minister Neil O'Brien announced a series of new measures in response to Javed Khan's independent review into smoking... These included a “swap to stop” scheme with up to a million smokers offered a free vaping starter kit...

Full-text by subscription: [Government plans are insufficient to make England smoke free by 2030, warn experts](#)

Antipsychotics are increasingly prescribed to children and teenagers - Uploaded 19th April 2023

NIHR Dissemination Centre – 18.04.23

Expert commentaries on findings that 0.3% of children and young people in England were prescribed antipsychotics in primary care at least once between 2000 and 2019, with rates doubling during this period, raise concerns due to lack of safety and efficacy data for this age group.

Further information – [Antipsychotics are increasingly prescribed to children and teenagers](#)

This Alert is based on: Radojčić MR, and others. [Trends in antipsychotic prescribing to children and adolescents in England: cohort study using 2000–19 primary care data](#). *Lancet Psychiatry* 2023; 10: 119–128.

Premature mortality in adults with severe mental illness (SMI) - Uploaded 19th April 2023

[Office for Health Improvement and Disparities](#) – 19th April 2023

Assessing variation in the premature mortality and excess premature mortality for adults with severe mental illness (SMI).

This report presents analysis of the geographical variation in the premature mortality and excess premature mortality for adults aged 18 to 74 years with severe mental illness (SMI) in England.

The report is the first in a series of reports that analyse variation in premature mortality and excess premature mortality for adults with SMI. It is part of a wider programme of work seeking to better understand and effectively measure premature mortality in adults with SMI.

The report is written for:

national organisations that lead and develop strategy, policy and guidance for the wellbeing of people with SMI

local organisations that plan, manage and deliver preventive, clinical and supportive services for people with SMI

local organisations that, along with mental health services, diagnose and treat physical health conditions in people with SMI and support them to live better with these conditions

The data is provided to help local areas understand the needs of their population and to assess if the interventions they put in place are helping to reduce premature mortality in the population with SMI.

Read the Report – [Premature mortality in adults with severe mental illness \(SMI\)](#)

Overcrowding in England - Uploaded 20th April 2023

National Housing Federation – 19 April 2023

One of the strongest indicators that all is not well in our housing system is the level of overcrowding experienced by people in all tenures. Overcrowding in the social sector is indicative of a shortage of available housing of the right size, and in the private sector it is indicative of the affordability issues faced by households in trying to find a home large enough for their needs.

In this paper, as well as looking at the scale of overcrowding as measured in the English Housing Survey, we look at the impacts on families who deem themselves to be living in overcrowded conditions. The report explores the impact overcrowding has on a family's physical and mental health, wellbeing, daily lives and relationships.

Key findings

More than 310,000 children (313,244) in England are forced to share beds with other family members.

One in every six children is being forced to live in cramped conditions because their family cannot access a suitable and affordable home. This equates to two million children from 746,000 families.

Households from minority ethnic backgrounds are three times as likely to be affected by overcrowding than white households.

Over two thirds (70%) of overcrowded families say they have experienced both poor mental and poor physical health as a direct result of overcrowding.

A quarter of parents in overcrowded homes are regularly forced to sleep in a living room, bathroom, hallway or kitchen because of the lack of space.

The National Housing Federation is calling for a long-term, national plan for meeting housing need, with the aim of driving a drastic increase in the number of affordable homes over the next decade.

Read the Report – [Overcrowding in England](#)

Deepening poverty in Scotland– no one left behind? - Uploaded 20th April 2023

Joseph Rowntree Foundation – 19th April 2023

This briefing studies the shocking increase in very deep poverty in Scotland. It shows that in the last 20 years or so, while overall poverty levels (and particularly those for children and pensioners) have fallen, the proportion, and number, of people in very deep poverty has risen dramatically. We conclude that both the Scottish and UK Government need to reconsider their priorities in this context, so that they can truly argue that no one is left behind. Other actions show it is possible, but the case for changing course is clear

Read the Report – [Deepening poverty in Scotland– no one left behind?](#)

Living (and dying) as an older person in prison - Uploaded 20th April 2023

Nuffield Trust – 20/04/2023

Tough conditions in prison disproportionately affect older prisoners, and they tend to be in poorer health than the general population. This new Nuffield Trust research funded by The Health Foundation uses hospital data to look at the health care needs of those older people in prison. It finds significant health care needs associated with frailty, which has implications for the prison service in managing increasing numbers of older people as the population continues to age.

Read the Report – [Living \(and dying\) as an older person in prison](#)

Tackling obesity: Improving policy making on food and health - Uploaded 20th April 2023

Institute for Government – 17th April 2023

This report reveals how every government since 1992 has missed targets to reduce obesity – with the UK's rising obesity rates harming people's health and life opportunities, burdening the NHS and damaging the economy.

It exposes the reasons behind this policy failure – and sets out how to make progress.

The report shows that tackling obesity has repeatedly suffered from ministers fearing the perception of nanny statism, despite there being strong public support for ambitious measures. Over three decades there have been at least 14 strategies, hundreds of policies, and a succession of institutional reforms, with key agencies and teams created and then abolished.

Tackling obesity is not prioritised by the health department – which focuses overwhelmingly on the NHS – or other key departments, with the agenda suffering from an incoherent relationship between health and food policy, rapid turnover of ministers and officials, and a lack of expertise.

This government has said it wants to reduce obesity and increase healthy life expectancy, but it has no serious plan to achieve that aim. A failure to grip the problem will result in higher taxes and spending, as well as increased regional inequality.

The report shows that:

The UK has the third highest obesity rate in Europe, behind only Malta and Turkey. Almost one in three adults are now classified as obese – an increase from one in 10 adults in 1970, which is a much bigger increase than seen in Germany, France and Italy.

Obesity is heavily concentrated in the poorest areas, with the gap between rich and poor areas widening significantly in the last decade. Rates of obesity-related hospital episodes and bariatric surgery are around two and a half and four times higher respectively in the most deprived areas compared to the least deprived.

Obesity is set to be a major driver of inequalities in future generations. In the most deprived areas almost a third of primary school leavers have obesity compared with just 13.5% in the least deprived areas.

Obesity costs the NHS around £6.5bn every year – and its wider societal costs, including in reduced productivity, are estimated at 1–2% GDP.

The report calls for the government to learn from past mistakes, arguing it should:

Develop a long-term obesity strategy, backed up by robust analysis and targets, with interim goals and measures to drive progress towards a credible long-term goal, learning from the way it is approaching net zero.

Address the lack of joined up policy making by creating a new food and health policy unit, jointly owned by Defra and DHSC, charged with developing the strategy and driving progress.

Legislate for the Food Standards Agency to provide independent scrutiny of progress, including by producing an annual review of the state of the nation's food system diet and health to boost health to boost its profile in parliament and increase accountability for inaction.

Read the Report – [Tackling obesity: Improving policy making on food and health](#)

The effectiveness of NHS Stop Smoking Services, smoking by deprivation and smoking patterns among young people. - Uploaded 20th April 2023

Nuffield Trust – 19th April 2023

Smoking is a leading cause of preventable illness and premature death in England. Not only does it have a detrimental effect on nearly every organ of the body, but also contributes to health inequality and worsening social mobility. Reducing the number of people who smoke is therefore a key priority in improving the health of the population, and Stop Smoking Services are a key NHS intervention to reduce smoking.

Further information – [Smoking](#)

Understanding and supporting mental health in infancy and early childhood: a toolkit to support local action in the UK - Uploaded 21st April 2023

Unicef – April 2023

This resource aims to support service leaders, commissioners and policy teams to develop a whole-system approach to support the mental health of babies and young children, and to enable them to develop the capacities to be mentally healthy throughout their lives. Evidence shows that the mental health needs of babies and young children – which present differently than in older children and young people – are not well understood and often overlooked.

This toolkit acknowledges that it can be harder for professionals to work together to promote and protect mental health at this life stage, as understanding varies across sectors. It suggests practical steps to help all services play their role and work together, and will facilitate shared understanding and constructive discussions about the needs of babies and young children in local communities.

Toolkit – [Understanding and supporting mental health in infancy and early childhood: a toolkit to support local action in the UK](#)

Maximising uptake of prehabilitation interventions: An agile scope of the secondary literature - Uploaded 21st April 2023

Public Health Wales Evidence Service – March 2023

This scoping report provides an overview of the available evidence identified from robust secondary sources relating to maximising uptake of prehabilitation interventions. They include important factors to consider in any pilot or evaluation of these interventions. The findings and conclusions included in this report are those of the source authors and not an interpretation by the Evidence Service. Factors relevant to answering the above question identified from the included systematic reviews have been extracted and briefly summarised. If a specific factor is of interest, it is advisable to read the sources from where they were taken in more detail. If utilising any reviews included in this scope to inform policy, it is important to consider the generalisability of their findings to your context. The search undertaken for this scope is unlikely to have identified all evidence relating to this topic, as searches were not exhaustive and did not include primary studies, but instead focussed on identifying robust systematic reviews

Read the Review – [Maximising uptake of prehabilitation interventions: An agile scope of the secondary literature](#)

A good deal for all ages: How Mayoral Combined Authorities can make ageing better in England - Uploaded 21st April 2023

Centre for Ageing Better – 13 Mar 2023

This briefing paper looks at the increasingly important role of Mayoral Combined Authorities in addressing demographic change through devolution.

Around 4 in 10 people in England now live in an area with a devolution deal and a directly elected Mayor, and that number is only set to increase. Mayoral Combined Authorities (MCAs) therefore have powers and influence over a large and growing proportion of the population.

Some MCAs are taking deliberate steps to improve outcomes for the over 50s. Strategies across these areas have included a focus on older people in their employment, economic development, housing and other programmes. However, much more can be done.

This briefing paper sets out the key findings from research looking at the attitudes, priorities and opportunities among MCAs to help people live a better later life.

Read the briefing – [A good deal for all ages](#)

Deprivation and the impact on smoking prevalence, England and Wales: 2017 to 2021 - Uploaded 21th April 2023

[Office for National Statistics](#) – 21st April 2023

Cigarette smoking prevalence among adults in England and Wales by the Index of Multiple Deprivation, including proportions and distribution of smokers within each decile.

Main points

Approximately one-third (33.1%) of all smoking adults in England lived in the two most deprived deciles in 2021, up from 29.5% in 2017.

Just over one-tenth (10.9%) of all smoking adults in England lived in the two least deprived deciles in 2021, down from 12.1% in 2017.

Just under one-third (28.9%) of all smoking adults in Wales lived in the two most deprived deciles in 2021, the same as in 2017.

Just under one-tenth (9.3%) of all smoking adults in Wales lived in the two least deprived deciles in 2021, down from 10.9% in 2017.

Of people aged 18 years and over in England, 23.8% living in the most deprived neighbourhoods were current smokers in 2021, compared with 6.8% living in the least deprived neighbourhoods.

Of people aged 18 years and over in Wales, 22.4% living in the most deprived neighbourhoods were current smokers in 2021, compared with 6.6% living in the least deprived neighbourhoods.

Further information – [Deprivation and the impact on smoking prevalence, England and Wales: 2017 to 2021](#)

The mental health and wellbeing impact of a Community Wealth Building programme in England: a difference-in-differences study - Uploaded 25th April 2023

The Lancet – Published: April 21, 2023

Background – Wide differences in health exist between places in the UK, underscored by economic inequalities. Preston, an economically disadvantaged city in England, implemented a new approach to economic development, known as the Community Wealth Building programme. Public and non-profit organisations modified their procurement policies to support the development of local supply chains, improve employment conditions, and increase socially productive use of wealth and assets. We aimed to investigate the effect of this programme on population mental health and wellbeing.

Methods – Difference-in-differences techniques compared trends in mental health outcomes in Preston, relative to matched control areas before (2011–15) and after (2016–19) the introduction of the programme. Outcomes were antidepressant prescribing, prevalence of depression, and mental health related hospital attendance rates using data provided by National Health Service Digital, the Quality and Outcomes Framework, and the Office for National Statistics. Additional analysis compared local authority measures of life satisfaction,

median wages, and employment with synthetic counterfactuals created using Bayesian Structural Time Series.

Findings – The introduction of the Community Wealth Building programme was associated with reductions in the prescribing of antidepressants (1.3 average daily quantities per person [95% CI 0.72–1.78]) and prevalence of depression (2.4 per 1000 population [0.42–4.46]), relative to the control areas. The local population also experienced a 9% improvement in life satisfaction (95% credible interval 0–19.6%) and 11% increase in median wages (1.8–18.9%), relative to expected trends. Associations with employment and mental health related hospital attendance outcomes did not reach statistical significance.

Interpretation – During the period in which the Community Wealth Building programme was introduced, there were fewer mental health problems than would have been expected compared with other similar areas, as life satisfaction and economic measures improved. This approach potentially provides an effective model for economic regeneration potentially leading to substantial health benefits.

Further information – [The mental health and wellbeing impact of a Community Wealth Building programme in England: a difference-in-differences study](#)

An Automated, Online Feasibility Randomized Controlled Trial of a Just-In-Time Adaptive Intervention for Smoking Cessation (Quit Sense) - Uploaded 20th April 2023

Nicotine & Tobacco Research, ntad032, <https://doi.org/10.1093/ntr/ntad032> -Published: 14 April 2023

Introduction – Learned smoking cues from a smoker’s environment are a major cause of lapse and relapse. Quit Sense, a theory-guided Just-In-Time Adaptive Intervention smartphone app, aims to help smokers learn about their situational smoking cues and provide in-the-moment support to help manage these when quitting.

Methods – A two-arm feasibility randomized controlled trial (N = 209) to estimate parameters to inform a definitive evaluation. Smoker’s willing to make a quit attempt were recruited using online paid-for adverts and randomized to “usual care” (text message referral to NHS SmokeFree website) or “usual care” plus a text message invitation to install Quit Sense. Procedures, excluding manual follow-up for nonresponders, were automated. Follow-up at 6 weeks and 6 months included feasibility, intervention engagement, smoking-related, and economic outcomes. Abstinence was verified using cotinine assessment from posted saliva samples.

Results – Self-reported smoking outcome completion rates at 6 months were 77% (95% CI 71%, 82%), viable saliva sample return rate was 39% (95% CI 24%, 54%), and health economic data 70% (95% CI 64%, 77%). Among Quit Sense participants, 75% (95% CI 67%, 83%) installed the app and set a quit date and, of those, 51% engaged for more than one week. The 6-month biochemically verified sustained abstinence rate (anticipated primary outcome for definitive trial), was 11.5% (12/104) among Quit Sense participants and 2.9% (3/105) for usual care (adjusted odds ratio = 4.57, 95% CIs 1.23, 16.94). No evidence of between-group differences in hypothesized mechanisms of action was found.

Conclusions – Evaluation feasibility was demonstrated alongside evidence supporting the effectiveness potential of Quit Sense. Running a primarily automated trial to initially evaluate

Quit Sense was feasible, resulting in modest recruitment costs and researcher time, and high trial engagement. When invited, as part of trial participation, to install a smoking cessation app, most participants are likely to do so, and, for those using Quit Sense, an estimated one-half will engage with it for more than 1 week. Evidence that Quit Sense may increase verified abstinence at 6-month follow-up, relative to usual care, was generated, although low saliva return rates to verify smoking status contributed to considerable imprecision in the effect size estimate.

Further information – [An Automated, Online Feasibility Randomized Controlled Trial of a Just-In-Time Adaptive Intervention for Smoking Cessation \(Quit Sense\)](#)

School meals and nutritional standards (England) - Uploaded 25th April 2023

House of Commons Library – Thursday, 23 February, 2023

The main recent policy developments regarding school meals in England, including the revised school food standards and provision of free school meals.

Read the briefing – [School meals and nutritional standards \(England\)](#)

Prevention at scale through ICSs: lessons from tobacco control - Uploaded 25th April 2023

Kings Fund – 24th April 2023

The [independent review of integrated care systems](#) (ICSs) led by Patricia Hewitt, published earlier this month, reinforces the crucial role that ICSs have to play in prevention of ill health. But while there is widespread agreement that this is important, what has sometimes been less clear is exactly what that role should look like, and how it is [distinct from the role of local authority public health teams](#). It's a key question as ICS leaders grapple with the wider issue of what should happen at [system, place and neighbourhood](#) level. Recent examples from tobacco control highlight how ICSs can complement and reinforce work at other levels and help deliver potentially significant population health benefits by doing so.

Effective tobacco control is essential if ICSs are to achieve their goals in relation to inequalities. The Marmot Review reported that smoking accounts for approximately [half of the difference in life expectancy](#) between the lowest and highest income groups in England. Smoking cessation contributes to all five of the key clinical areas identified as priorities in NHS England's [Core20plus5](#) approach to reducing health care inequalities. Smoking also has a substantial impact on the NHS – data indicates that more than [400,000 hospital admissions per year](#) in England are attributable to tobacco. So how can ICSs help support the government's goal of making England smokefree by 2030?

Read the blog – [Prevention at scale through ICSs: lessons from tobacco control](#)

Three surprising trends in adult social care - Uploaded 25th April 2023

Kings Fund – 19th April 2023

The latest [Social care 360](#) report highlighted key trends across the sector, from supply and demand for social care, to pay and vacancies in the workforce, to user satisfaction. I worked on this year's report for the first time, and here are three trends that shocked me, but could easily be overlooked:

1. Ten times more working-age adults are requesting support than receiving it
2. Spending on community and nursing care has increased, but the people receiving care has fallen
3. Fewer people are receiving respite care

Read the blog – [Three surprising trends in adult social care](#)

Supporting People Living with Dementia: Evidence from Research - Uploaded 25th April 2023

Institute for Public Care – Briefing Paper | April 2023

What good commissioning of support for people living with dementia and for their carers should look like is multi-layered and complex. It requires a long-term strategic commitment and ensuring wherever possible that support is evidence-based and informed. In addition to the central importance of health and care support, there are implications for wider commissioning and services including the built environment and transport for example. Commissioners and providers should consider how well their current service offer enables people living with dementia to participate in their communities as fully as possible, for as long as possible.

Our review explores a range of evidence on what can enable people to maintain independence and wellbeing, and how best to support people living with dementia to have a quality of life grounded on what matters to them, and to their carers and family members.

Read the report – [Supporting People Living with Dementia: Evidence from Research](#)

Association of Directors of Adult Social Services – South East Region. A Guide to Co-production in Adult Social Care - Uploaded 25th April 2023

Association of Directors of Adult Social Services – 2022

Co-production describes a way of working, behaviours, a culture and process by which we (i.e., public bodies) share power with people who draw upon care and support, their families, carers and the wider, local community.

Co-production is not a new concept and as such there is a significant variety of literature, evidence and tools available on this topic. This guide aims to draw together all the key elements of co-production in one place to support health and care colleagues to consider the extent to which their organisations embed true and genuine co-production methods, when and where they are able to. This guide outlines why co-production is important and the benefits it can bring us, as well as offering colleagues the opportunity to reflect on their local approaches (i.e., are we accurate in our definition of co-production? Are we seeking genuine and true coproduction approaches, where possible?). Alongside case studies which describe excellent co-production and engagement activities happening across the South East region

of England, the guide also provides suggested methods for embedding different levels of engagement – including coproduction, as well as some top tips and recommendations for ensuring your coproduction approach is as successful and meaningful as possible.

Association of Directors of Adult Social Services – [South East Region. A Guide to Co-production in Adult Social Care](#)

Thriving Babies: Confident Parents Pilot evaluation - Uploaded 25th April 2023

What Works Centre for Children's Social Care – 2022

This December 2022 report for the What Works Centre for Children's Social Care presents findings from the pilot evaluation of the Thriving Babies: Confident Parents (TBCP) programme, an initiative designed and delivered by Manchester City Council, involving a multi-agency partnership of local authority children's services (Early Help and Social Care) and two voluntary sector providers, Barnardo's and Home-Start. The programme aims to intervene early and support parents of babies and infants, both pre- and post-birth, in cases where the (prospective) parents are recognised as having specific vulnerabilities. Practitioners work proactively with parents to build upon their strengths, develop their parenting skills, reduce risk and promote family resilience and parent wellbeing.

The first years of a child's life are extremely significant in terms of laying the foundations for their cognitive, emotional and physical development. See: [HM Government. \(2021\). The Best Start for Life A Vision for the 1,001 Critical Days. The Early Years Healthy Development Review Report.](#)

As the number of infants in care proceedings have continued to increase in recent years (Mason et al., 2022), local authorities and national policymakers are concerned to better understand and halt this trend. Reference and link for Mason: Mason, C., Broadhurst, K., Ward, H., Barnett, A. & Holmes, L. (2022). [Born into care: Developing best practice guidelines for when the state intervenes at birth. Nuffield Family Justice Observatory.](#)

IPC's evaluation of Thriving Babies: Confident Parents, a key practitioner-delivered service for vulnerable at-risk parents in Manchester, adds further evidence to emerging literature about the potential value of intensive support for vulnerable parents during the perinatal period (see also [Burch et al., 2020 – Evaluation of positive choices in Calderdale for care experienced and other vulnerable young parents](#)).

Our mixed-methods evaluation found that the model demonstrated strong, triangulated evidence of promise in terms of its potential for positive impact on children and families including parenting practices, parent attunement to their infant's needs, child/parent attachments, and reduced parent risk factors.

Read the Report – [Thriving Babies: Confident Parents](#)

Trolley Trends: Shifting the nation towards healthier shopping - Uploaded 25th April 2023

On behalf of Cancer Research UK, British Heart Foundation and Diabetes UK, March 2023

It is widely accepted that within the UK the consumption of saturated fat, sugar, salt and calories is too high. Diets which are high in fat, salt, and/or sugar (HFSS) and/or calories increase the risk of obesity and overweight as well as other risk factors for a range of health conditions, including heart and circulatory diseases, type 2 diabetes and some cancers.

Cancer Research UK, British Heart Foundation and Diabetes UK partnered with the major UK retailer Tesco in 2018, with the aim of 'Helping you to live healthier'. The four-way UK health partnership aims to inspire, empower and support Tesco colleagues, customers, and their families to shift towards a healthier diet to reduce the risk of cancer, heart and circulatory diseases, and type 2 diabetes.

In March 2022, the three charities independently commissioned YouGov to conduct research to explore attitudes and behaviours around healthy eating and food shopping. As part of the health partnership, Tesco provided a sample of anonymised customer Clubcard data which also allowed YouGov to explore actual purchasing behaviours.

This research delivered insights that underpinned a policy discussion authored by the three charities, with recommendations for how supermarkets and government can positively impact the supermarket environment to make a healthy diet more available, affordable, appealing and accessible to all.

Read the Report – [Trolley Trends: Shifting the nation towards healthier shopping](#)

Sickness absence in the UK labour market: 2022 - Uploaded 26th April 2023

Office for National Statistics – 26th April 2023

Main points

The sickness absence rate – the percentage of working hours lost because of sickness or injury rose to 2.6% in 2022, an increase of 0.4 percentage points from 2021 and the highest it has been since 2004, when it was 2.7%.

An estimated 185.6 million working days were lost because of sickness or injury in 2022; this level was a record high, but the number of days lost per worker, at 5.7, was not.

The most common reason for sickness absence was minor illnesses, accounting for 29.3% of occurrences.

All age groups experienced increases in their sickness absence rate in 2022.

Groups with the highest rates of sickness absence in 2022 included women, older workers, those with long-term health conditions, people working part-time, and people working in care, leisure, or other service occupations.

Read the Report – [Sickness absence in the UK labour market: 2022](#)

The Blue Light Approach: Identifying and addressing cognitive impairment in dependent drinkers - Uploaded 26th April 2023

Alcohol Change UK – April 2023

This guide aims to identify and address cognitive impairment in dependent drinkers.

Cognitive impairment is very common in dependent drinkers. This accumulating damage generates a downward spiral. As the cognitive impairment increases, impulse control decreases, consequently drinking and the risk of further head injury may also increase. Those head injuries then further impair impulse control leading to the risk of more drinking. Therefore, anyone working with dependent drinkers needs to be aware of the impact of cognitive impairment. However, most practitioners will not meet dependent drinkers with a diagnosis of cognitive impairment; they will meet dependent drinkers who are confused, impulsive and possibly self-destructive and who they suspect may have a cognitive impairment. The problem is that the next steps can be very difficult.

Securing a diagnosis may be a challenge. Memory and brain injury services may require someone to be alcoholfree for three months before they can be assessed. The dependent drinkers themselves may be hard to engage into constructive interventions and may struggle to engage in traditional ways of assessing cognitive impairment. Their behaviour may be dismissed as a 'lifestyle choice' or attributed to intoxication rather than brain damage.

It is this situation that is the focus of this guidance. Its target audience is the practitioner struggling with an individual who finds it difficult to move forward because of cognitive impairments or the challenging requirements of other services.

Read the Report – [The Blue Light Approach: Identifying and addressing cognitive impairment in dependent drinkers](#)

Adult tier 2 weight management services: short statistical commentary April 2023 - Uploaded 27th April 2023

[Office for Health Improvement and Disparities](#) – 27th April 2023

In March 2021, the government announced an additional £100 million of funding over the 2021 to 2022 financial year to support people living with excess weight and obesity to lose weight and maintain healthier lifestyles.

The [adult weight management services grant \(number 31/5440\)](#) distributed £30.5 million of this new funding between all local authorities in England who accepted the grant, to support the expansion of adult tier 2 behavioural weight management services commissioned by local authorities. This is part of a place-based whole systems approach to tackling obesity and promoting a healthier weight.

In order to understand the impact of this investment, any local authority in receipt of this grant funding must ensure all commissioned service providers collect data on all participants and their progress and return a minimum data set to the Office for Health Improvement and Disparities (OHID).

This publication provides figures covering the period April 2021 to December 2022 and updated figures for the period April 2021 to March 2022 which supersede the [previous Adult tier 2 weight management services publication](#).

[Adult tier 2 weight management services: short statistical commentary April 2023](#)

Healthy people, prosperous lives: The first interim report of the IPPR Commission on Health and Prosperity - Uploaded 27th April 2023

IPPR – 27th April 2023

The UK is getting poorer and sicker, at the same time as the country is facing a challenging economic outlook. After rapid progress on life expectancy in the 20th century, the UK has rising rates of death and impairment – including higher prevalence of long-term conditions and greater rates of multimorbidity.

Good health has its own value – but this paper tests its relationship with prosperity. Good health is vital to an enjoyable and meaningful life, free from avoidable pain, anxiety and, in the worst cases, premature death. But it is also a crucial determinant of our economic prospects, both at an individual and a national level.

This has been poorly accounted for by policymakers. In that context, this paper sets out to quantify whether better health could provide an answer to some of our most deep-rooted economic challenges and what policies could help ‘price in’ its value across all decisionmaking.

Read the Report – [Healthy people, prosperous lives: The first interim report of the IPPR Commission on Health and Prosperity](#)

High stakes: gambling reform for the digital age - Uploaded 27th April 2023

[Department for Culture, Media and Sport](#) – 27th April 2023

Following the [review of the Gambling Act 2005](#), this white paper outlines how the government will work with the Gambling Commission and others to reform the regulation and legislation governing the gambling sector.

Read the Report – [High stakes: gambling reform for the digital age](#)

Health equity North 2023 - Uploaded 27th April 2023

Health Equity North – April 2023

This report finds a pattern of lower life expectancy, higher infant mortality and worse health and wellbeing in the north of England. It provides a snapshot of the health issues facing the North and adds to a growing body of evidence highlighting the urgent need to address regional health inequalities and improve productivity in the North.

Read the Report – [Health Equity North](#)

Rising fatalities, injuries, and NHS costs: dog bites as a public health problem - Uploaded 25th April 2023

BMJ / 27th April 2023

Numbers of dog related injuries are rising in the UK, so should attacks be treated as a public health concern? Adele Waters considers what should be done to tackle the problem

Last year saw a sudden jump in the number of people in England and Wales dying because of dog bite injuries. While a typical year records three fatal attacks,..the death toll in 2022 totalled 10... Four of the victims were children.

Hospital episode data for England...also reveal an upward trend in the number of attendances for dog related injuries in the past 15 years. There has been an 88% increase in attendances, from 4699 in 2007 to 8819 in 2021-22. Growing concern about dog related attacks have prompted media reports across the UK...

Behind these statistics lie sizable welfare costs, both in the toll of psychological and physical injury to human victims and their families—including life changing disfigurement—and also in terms of the animal welfare burden. Many of the dogs involved in attacks are subsequently euthanised.

There are also financial costs to the NHS. Researchers at the University of Liverpool with Public Health England recently estimated the total cost of dog attacks to the NHS, using hospital attendance and admissions data in England... Publishing their findings in Scientific Reports last year, they estimated direct costs of treatment to be more than £25m for the financial year 2017-18. Estimates for total costs of hospital attendance and admissions amounted to more than £70m for the same period.

The research also revealed demographic and regional variations in dog bite incidence, as well as typical presentation and management... The figures show that rates in children have remained stable and the rise in dog bites is in the adult population...

Full-text by subscription: [Rising fatalities, injuries, and NHS costs: dog bites as a public health problem](#)

Any sportsperson with suspected concussion should stop playing, says new UK guidance - Uploaded 28th April 2023

BMJ / 28th April 2023

Anyone with a suspected concussion during any level of sport should immediately be removed from play, new guidance from the UK government has advised. The guidance, If in Doubt, Sit Them Out, is aimed primarily at the general public and people of all ages who participate in grassroots sports where healthcare professionals are typically not available on site to manage concussion...

Teammates, coaches, match officials, team managers, administrators, or parents and carers who suspect someone may have concussion “must do their best to ensure that the individual is removed from play in as rapid and safe a manner as possible,” the guidance says.

If a neck injury is suspected, the player should be moved only by healthcare professionals with appropriate training, it adds.

It says that once someone with a suspected concussion is safely removed from play they must not return to activity that day...

Full-text by subscription: [Any sportsperson with suspected concussion should stop playing, says new UK guidance](#)