Produced by NHS libraries in Thames Valley and Wessex

Please find below a list of news items from the past fortnight that may be of interest to those involved in public health. This Bulletin provides topical news and reports of relevance to public health teams, community health practitioners and anyone with an interest in health promotion. All content and links are provided for information only and we do not sponsor, endorse or otherwise approve of any mentioned website or the contents of the news items. Please refer to the terms and conditions of the relevant website should you wish to reproduce any of the information.

Details of alternative current awareness services which cover more academic/specialist sources of information can be found in the section Other Bulletins. Your local NHS library service can assist you in accessing other current awareness services/tailored alerts, locating peer reviewed journal articles and answer any other queries you may have regarding finding information.

The information about each news item only gives a brief overview so we recommend you view the original source by clicking on the title (or Ctrl+Click in the word document).

Please contact your local NHS library service if you no longer wish to receive this Bulletin, or if you know of anyone else who would like to join the mailing list. The Bulletins are also available on the Thames Valley Public Health Network at: http://phabbtv.net/bulletins/ and the Wessex Public Health Network at: http://www.wessexphnetwork.org.uk/resources/public-health-updates.aspx

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**Alcohol misuse**

**Women not getting drink-drive message - Police Federation**  
Tuesday, 19th May 2015  
Source: BBC [http://www.bbc.co.uk](http://www.bbc.co.uk)

More should be done to discourage women from driving while drunk, the Police Federation says. It says female drink-driving levels are not falling quickly enough as warnings are not "getting through". The body also wants the legal limit in England and Wales to be reduced from 80 to 50 milligrams of alcohol per 100 millilitres of blood - in line with changes introduced in Scotland in 2014.

**UK needs to get tougher on alcohol**  
Tuesday 12th May 2015  
Source: BBC [http://www.bbc.co.uk](http://www.bbc.co.uk)

Tougher measures are needed to tackle high rates of alcohol consumption in the UK, international experts say.

**Chronic conditions**

**Warning after '55% increase in Huntington's disease sufferers'**  
Tuesday, 19th May 2015  
Source: BBC [http://www.bbc.co.uk](http://www.bbc.co.uk)

A charity has warned the number of Scots being diagnosed with a rare brain disease has risen by 55% in three years. The Scottish Huntington's Association (SHA) said the growth in cases of Huntington's disease is "alarming". In 2012, there were 709 referrals in Scotland but by last year that had risen to 1,103. The charity said 5,000 people are potentially at risk and are calling for a national action plan.

**Communicable diseases**

**Drug-resistant typhoid 'concerning'**  
Monday, 11th May 2015  
Source: BBC Health: [http://www.bbc.co.uk](http://www.bbc.co.uk)

Antibiotic-resistant typhoid is spreading across Africa and Asia and poses a major global health threat, warn experts. Researchers from the Wellcome Trust, who have been tracking the hard-to-treat infection, say it is replacing regular typhoid in many countries.

**Diet & nutrition**

**Eating little and often 'no better for dieters than fewer feasts'**  
Friday, 8th May 2015  

"Eating little and often – like Jennifer Aniston – could help dieters achieve a healthy weight loss," reports the Mirror. Meanwhile, the Mail Online urges us to "Forget three square meals a day – eating six smaller portions is better for your waistline". But don't rush to change how often you eat: the claims are based on a tiny study that has been overstated and misinterpreted by the media. In fact, women lost a similar amount of weight regardless of the number of daily meals they ate.

**Appetite for apples? How fruit sugars may not suppress hunger**  
Wednesday, 6th May 2015  

"Appetite for apples? How fruit sugars may not suppress hunger" reports the Mirror. Meanwhile, the Mail Online urges us to "Forget three square meals a day – eating six smaller portions is better for your waistline". But don't rush to change how often you eat: the claims are based on a tiny study that has been overstated and misinterpreted by the media. In fact, women lost a similar amount of weight regardless of the number of daily meals they ate.
Are you tempted to avoid eating fruit “because the sugar in it triggers cravings,” as the Mail Online suggests today? If you are, it’s worth having a look at some of the reassuring facts that can keep you chomping cherries and guzzling grapefruit.

**Drug Misuse**

*’Home-brewed morphine’ made possible*
Tuesday, 19th May 2015  
*Source*: BBC Health: [http://www.bbc.co.uk](http://www.bbc.co.uk)

Scientists have figured out how to brew morphine using the same kit used to make beer at home. They have genetically modified yeast to perform the complicated chemistry needed to convert sugar to morphine. The findings, published in Nature Chemical Biology, raise promise for medicine but also concerns about "home-brewed" illegal drugs.

*Fingerprints ‘can reveal drug use’*
Friday, 15th May 2015  
*Source*: BBC Health: [http://www.bbc.co.uk](http://www.bbc.co.uk)

Scientists say they can tell if someone has been taking drugs by analysing their fingerprint. The team at the University of Surrey showed that chemicals produced when cocaine is broken down in the body could be detected in the fingerprint. They argue the test could be useful in prisons, drug abuse clinics and even for routine testing in the workplace.

**Emergency planning**

*Ebola crisis prompts $100m WHO emergency fund*
Monday, 18th May 2015  
*Source*: BBC Health: [http://www.bbc.co.uk](http://www.bbc.co.uk)

The World Health Organization is to set up a $100m (£63m) emergency contingency fund following the Ebola outbreak, its director-general has announced.

**Health protection**

*How do sunscreens and lotions protect us?*
Friday, 15th May 2015  
*Source*: BBC Health: [http://www.bbc.co.uk](http://www.bbc.co.uk)

We slap it on when the sun comes out, but do we know what kind of sunscreen we are applying and what it does?

*Antibiotics crisis could lead to ‘millions of deaths’*
Thursday, 14th May 2015  
*Source*: BBC Health: [http://www.bbc.co.uk](http://www.bbc.co.uk)

The pharmaceutical industry has been urged to set up a $2bn (£1.3bn) innovation fund to develop new antibiotics. The proposals are in a report by a UK government-appointed review team headed by economist Jim O’Neill.

**HIV & AIDS**

*Fighting HIV where no-one admits it's a problem*
Wednesday, 20th May 2015  
*Source*: BBC Health: [http://www.bbc.co.uk](http://www.bbc.co.uk)
For years Russia has remained remarkably silent on the challenge it faces from HIV and Aids. Now that silence has been broken by an epidemiologist who has been working in the field for more than two decades - and he calls the situation "a national catastrophe".

### Men’s health

**Hormone oestrogen linked to male breast cancer**

**Tuesday 12th May 2015**  

"Men with high oestrogen more likely to develop breast cancer," reports the Daily Telegraph. This headline is based on an international study looking at potential risk factors for male breast cancer. This is a much rarer cancer compared to female breast cancer – an estimated 350-400 UK cases per year for men compared to 50,000 cases in women.

### Mental health

**#DoSomethingNew for Dementia Awareness Week**

**Tuesday, 19th May 2015**  

The CQC is showing support for this year’s Dementia Awareness Week as part of its priority to inspire improvement in the care of people living with dementia. Life doesn't end when dementia begins, and this year’s campaign organised by The Alzheimer’s Society, is all about encouraging people to mark the week by ‘doing something new’ and sharing the results on social media to help people living with dementia.

**Mentally ill patients sent home unsupported, experts warn**

**Tuesday 19th May 2015**  
*Source: BBC Health [http://www.bbc.co.uk](http://www.bbc.co.uk)*

Pressure to free up mental health beds may be leaving vulnerable people at risk, says a watchdog. Healthwatch England put in a Freedom of Information request and found psychiatric patients now spend six fewer days in hospital than in 2012-13.

### Obesity

**UK children becoming obese at younger ages**

**Wednesday, 20th May 2015**  
*Source: BBC Health [http://www.bbc.co.uk](http://www.bbc.co.uk)*

The average age at which people in the UK first become obese is decreasing, figures show.

**Overweight diabetics 'live longer' than slimmer diabetics**

**Monday 11th May 2015**  

“Our overweight diabetics are 13 per cent less likely to die prematurely than those of a normal weight or those who are obese,” the Mail Online reports.
Too many people dying without dignity, Ombudsman service report finds
Wednesday, 20th May 2015 Source: Parliamentary and Health Ombudsman http://www.ombudsman.org.uk/
End of life care could be improved for up to 355,000 people a year in England, according to a report published today by the Parliamentary and Health Service Ombudsman. The report highlights tragic cases where people's suffering could have been avoided or lessened with the right care and treatment, as they approached the end of their lives.

How dance classes are helping people with dementia
Monday 11th May 2015 Source: BBC Health: http://www.bbc.co.uk
As dementia becomes more prevalent in ageing populations, scientists are increasingly looking at preventing and treating the condition without drugs. Music and dancing appear to have a protective effect and researchers from the University of Canterbury are working with a dance company to analyse their benefits.

Physical activity

Elderly people who exercise 'live five years longer'
Friday, 15th May 2015 Source: BBC Health: http://www.bbc.co.uk
Regular exercise in old age has as powerful an effect on life expectancy as giving up smoking, researchers say. The analysis of 5,700 elderly men in Norway showed those doing three hours of exercise a week lived around five years longer than the sedentary.

Screening

Germanwings: Should there be screening for mental illness at work?
Monday, 18th May 2015 Source: BBC Health: http://www.bbc.co.uk
The deaths of 150 people aboard Germanwings flight 9525 was tragic enough, but the possibility that the co-pilot deliberately crashed the plane brought a new level of disbelief. There has been a huge focus on the psychiatric history of the pilot and calls for greater screening for psychiatric disorders at work. But what is screening, can psychiatric disorders be screened for, and is this the best response to the tragedy of Flight 9525?

Statistics

Strokes rising among people of working age, warns charity
Tuesday, 12th May 2015 Source: BBC Health: http://www.bbc.co.uk
There has been a worrying rise in the number of working-age men and women having strokes, a charity has warned. In England in 2014 there were 6,221 hospital admissions for men aged 40-54 - a rise of 1,961 on 14 years earlier, a Stroke Association study shows.

Women’s health

Single mothers have 'worse health in later life'
The Daily Telegraph today tells us that: "Single mothers in England [are] more likely to suffer ill health because their families 'do not support them'." This is a half-truth. The large international study – involving 25,000 people from England, the US and 13 other European countries – behind the headline found a link between single motherhood between the ages of 16 and 49 and worse health in later life. But it did not find this was because families do not support them.

Local news:

With the latest stories first:

**Action plan agreed to tackle CSE**
**Tuesday 19th May 2015**  
*Source:* Wiltshire Council  
[www.wiltshire.gov.uk](http://www.wiltshire.gov.uk)

Taxi drivers and fast food outlets will be required to take training on Child Sexual Exploitation (CSE) awareness before being granted an operating licence under new measures agreed by Wiltshire Council today. The plan to tackle CSE in Wiltshire sets out tough new actions for the next 12 months to ensure schools, businesses and the community join together with a zero tolerance attitude to the crime.

**Course for Salisbury families trapped by money-worries**
**Tuesday 19th May 2015**  
*Source:* Spire FM  
[www.spirefm.co.uk](http://www.spirefm.co.uk)

Families in Salisbury are continuing to struggle with managing their money and finances according to debt advisors in the city. The situation is causing increasing concern and has now prompted a national charity's 'money-management course' to be re-introduced in the city, aiming to teach people how to budget and stay out of debt.

**Dementia is a "key priority" in the New Forest**
**Monday 18th May 2015**  
*Source:* Salisbury Journal  
[www.salisburyjournal.co.uk](http://www.salisburyjournal.co.uk)

A dementia forum in the New Forest has identified the condition as a "key health priority". This week marks national Dementia Awareness Week and according to figures the New Forest has the highest proportion of older people in Hampshire. More than 25 per cent of the population is over 60 and as a result the district has a high and rising rate of dementia.

**Hampshire takes big strides forward to becoming dementia friendly**
**Monday 18th May 2015**  
*Source:* Hampshire Council  
[www.hants.gov.uk](http://www.hants.gov.uk)

With eleven Dementia Friendly High Streets, over 450 of the county's businesses and organisations signed up to the Hampshire Dementia Action Alliance - one of the largest and most diverse Alliances in the country - and 28 local Action Groups either already up and running or in the process of starting up, Hampshire has made significant progress towards becoming a dementia friendly county.

**Help for Heroes figures show Alabaré’s "amazing" work supporting vulnerable veterans**
**Monday 18th May 2015**  
*Source:* Salisbury Journal  
[www.salisburyjournal.co.uk](http://www.salisburyjournal.co.uk)
Tidworth charity Help for Heroes has released statistics on Alabaré’s work supporting homeless and vulnerable veterans in the South West to highlight the importance of Mental Health Awareness Week. Alabaré have supported more than 300 vulnerable veterans of working age in Wiltshire, Hampshire, Plymouth, Bournemouth, Devon, Dorset, Bristol and North Somerset — providing drop-in centres, supported accommodation, advice and training.

**Is your child’s car seat fitted correctly?**

Friday 15th May 2015  **Source:** Spire FM  [www.spirefm.co.uk](http://www.spirefm.co.uk)

A badly fitted car seat could be putting your child at risk. Nearly three in every five car seats checked by police in Hampshire last week were incorrectly fitted. Officers carried out a series of safety-check events across the county last week as part of UN Road Safety Week.

**Farmers invited to rural safety event**

Thursday 14th May 2015  **Source:** Salisbury Journal  [www.salisburyjournal.co.uk](http://www.salisburyjournal.co.uk)

Farmers across Wiltshire are being invited to a free event on Sunday June 7, that will help them to keep their businesses safe. Wiltshire Fire & Rescue Service’s rural safety team is working with the National Farmers’ Union (NFU) to run the event, which corresponds with Open Farm Sunday. The ‘farm walk’ is being held at Five Lanes Farm in Potterne between 10am and 4pm, and is designed to show farmers how to mitigate against a range of fire hazards and other risks.

**Grants available to improve health and wellbeing in your community**

Thursday 14th May 2015  **Source:** Wiltshire Council  [www.wiltshire.gov.uk](http://www.wiltshire.gov.uk)

Grants of up to £4,000 are available for a wide range of projects to help improve physical and mental health and promote strong communities. The Public Health and Wellbeing Fund, set up by Wiltshire Council, is currently seeking applications through Wiltshire Community Foundation. The closing date for applications is Friday 19 June 2015.

**Schools and organisations encouraged to make health and wellbeing commitment**

Thursday 14th May 2015  **Source:** Wiltshire Council  [www.wiltshire.gov.uk](http://www.wiltshire.gov.uk)

Schools and organisations who work with children across the county are being encouraged to sign up to a charter that affirms their commitment to the health and wellbeing of children and young people. ‘Your Mind Matters’ is a charter that aims to act as a set of guiding principles, and has been developed and agreed by young people and professionals, to help begin challenging the social stigma that still exists around mental health difficulties.

**Big Pledge scheme back for a second year**
The health pledges are:

• take the sugar swap challenge and reduce sugar intake for 21 days
• be sun aware and protect skin during May to September
• eat a rainbow’ by increasing fruit and vegetable intake to at least five a day for 30 days or more
• get active by increasing physical activity for 30 days or more or by taking part in the Big Pledge Activity Challenge
• stop smoking for 30 days
• be alcohol aware by having at least two or three alcohol-free days a week
• improve wellbeing by taking time out to do something enjoyable at least three times a week

There is also a sporting challenge called the Big Pledge Activity Challenge which runs from 1 June to 19 July.

**Group to hold gluten-free food fair**

Wednesday 13th May 2015  Source: Salisbury Journal  www.salisburyjournal.co.uk

A gluten-free food fair will take place on Saturday, June 6, at the Southern Counties Auction Rooms, Netherhampton, Salisbury from 10am until 2.30pm. The event is being held by the South Wiltshire Coeliac UK Local Voluntary Support Group and supported by the Salisbury Dietetic Team.

**Dementia information session for people in Salisbury**

Monday 11th May 2015  Source: Salisbury Journal  www.salisburyjournal.co.uk

People are invited to attend a Dementia Friends information session on Tuesday, May 19. The one-hour session, that will take place in Salisbury Manor Care Home, Shapland Close, Off Wilton Road, Salisbury, at 10.30am, is part of Alzheimer’s Society Dementia Friends programme. The initiative was launched in 2013 to help members of the public understand what it might be like to live with dementia and turn that understanding into action.

**More help to stop Wiltshire residents becoming homeless**

Sunday 12th May 2015  Source: Salisbury Journal  www.salisburyjournal.co.uk

Eight out of ten homeless people have mental health problems and in Wiltshire, more is being done to help those at risk. National charity Richmond Fellowship is working with Wiltshire Council to offer advice and support to people who could become homeless.
before the worst happens. They'll tackle things like poor financial management, anti-social behaviour or problems with neighbours.

**Read Aloud project at library**

Monday 11th May 2015  
*Source: Salisbury Journal*  
www.salisburyjournal.co.uk

The Read Aloud project has been launched by The Reader Organisation for people with memory loss, dementia and their carers has had three meetings at Salisbury Library. (…..) The (…..) project – which recently won the prize for improved mental health and wellbeing in the Wiltshire Public Health Awards is run by Wiltshire Council – is held in the lounge area of Salisbury Library, which has lift access, on Thursdays between 11am and 12noon except the third Thursday of every month.

**Join the Smart living revolution**

Friday 8th May 2015  
*Source: Hampshire Council*  
www.hants.gov.uk

As part of Hampshire County Council's drive to reduce waste by encouraging residents to think about food and garden waste, this summer will see the launch of the 'Smart living' initiative, starting with a week-long, roadshow, touring around the county on Monday 11 May. Smart living is a new waste prevention and lifestyle drive aimed at helping us all make the most of our money and time at home, through smart ideas and short cuts that are good for the environment too.

**Are you 'Sun Aware' in the New Forest?**

Wednesday 6th May 2015  
*Source: Spire FM*  
www.spirefm.co.uk

Did you know that the New Forest is one of the country's hotspots for skin cancer? It came as a shock to us too, but the area is among the worst affected places in England for cases of malignant melanoma. Now, the District Council's asking us to stay safe in the sun and help cut the number of people diagnosed with cancer.

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<th>Other Bulletins</th>
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| **Big Four Bulletin**  
This is a weekly Bulletin that details original articles in the BMJ, JAMA, New England Journal of Medicine and The Lancet.  
| **Daily Health Bulletin**  
The Daily Health Bulletin is produced by the Knowledge Service of the West and South Yorkshire and Bassetlaw Commissioning Support Unit.  
| **NICE Public Health Awareness Bulletin** |

### PHE Bulletin (Public Health England)

### Public Health and Social Care Bulletin
This is published weekly and created by Kent & Medway Public Health Observatory. It provides an update on what is new in public health and social care, both nationally and locally. [http://www.kmpho.nhs.uk/events-and-updates/bulletins/bulletins-archive/](http://www.kmpho.nhs.uk/events-and-updates/bulletins/bulletins-archive/)