

## Wirral Intelligence Service Bulletin – Additional Content – January 2020

### In brief

- [Once in seven children develop a mental illness, claims new research](#)
- [Transgender people face years of waiting with NHS under strain](#)
- [Twice as many baby-boomer men in hospital for alcohol-related issues than millennials](#)
- [Access to healthcare challenging for Deaf people – but the best solution isn't 'one-size-fits-all'](#)
- [Study finds one in four youngsters 'addicted' to smartphones](#)
- [Why scrapping NHS dental costs won't make much difference to the UK's oral health crisis](#)
- [The new government must provide a consistent approach in tackling obesity](#)
- ['Sugar overload' warning for festive hot drinks](#)
- [Mental health: young people in crisis waiting hours for A&E help](#)
- [First known case of metal-scarring lung damage from vaping identified by doctors](#)
- [Air pollution in worst hit areas as deadly as smoking over 150 cigarettes each year](#)
- [Gardening or walking 'can cut men's risk of prostate cancer in half'](#)
- [Long waits 'leave mental health patients in limbo'](#)
- [Cycling-on-prescription 'may be rolled out across UK'](#)
- [Increasing awareness of HIV in the over 50s](#)
- [Women 45+ less likely to attend smear test yet 50% of cervical cancers diagnosed later in life](#)
- [Why being kind could help you live longer](#)
- [Obesity almost doubles in 20 years to affect 13 million people](#)
- [Children 'become less active during primary years'](#)
- [Climate crisis will affect lifelong health of young, warn doctors](#)
- [Vaping still safer than smoking, reiterate health officials amidst fresh concerns](#)
- [Number of children hospitalised in England with severe allergic reactions rises 72%](#)
- [Benefits of 'social prescribing' of exercise smaller than thought – researchers](#)
- [Women's mental health is suffering from stress at work](#)
- [Pregnant women are to be 'paid' to stop smoking in new health pilot in Hertfordshire](#)
- [Vaping deaths: Why e-cigarettes may not be as bad as the headlines say](#)
- [Even moderate drinking by parents may impact kids](#)
- [Millions 'missing out' on NHS dentistry](#)
- [Children who rarely eat breakfast secure lower GCSE grades than classmates, study finds](#)
- [New WHO-led study says majority of adolescents worldwide are not sufficiently physically active, putting their current and future health at risk](#)
- [New partnership set to help those with serious mental illnesses into work](#)
- [Is underinvestment in public health setting up Integrated Care Systems to fail?](#)
- [GPs in Flintshire asked to refer patients with social issues to new "prescribing" service](#)
- [Wider Determinants of Health: October 2019 update](#)
- [Life expectancy in England: what's going on?](#)
- [Sugary drinks tax is working – now it's time to target cakes, biscuits and snacks](#)
- [Minimum unit pricing has little impact on retailer revenues, study suggests](#)
- [Sexually transmitted infections increasing among older people, charity finds](#)
- [Biggest NHS flu campaign under way](#)
- [Food labels too complicated for most shoppers to understand](#)
- [Improving Gypsy/Traveller lives](#)
- [Better support needed for less well-off middle-aged men to curb high suicide rate](#)
- [Severe obesity among children aged 10 to 11 at record high](#)
- [Alcohol tax cuts cause nearly 2,000 extra deaths in seven years, study finds](#)

- [Most genetic studies use only white participants – this will lead to greater health inequality](#)
- [Some countries have introduced mandatory nutritional labelling on menus – UK next?](#)
- [Offer cancer screenings during lunch breaks, report urges](#)
- [E-cigarettes may help 70,000 smokers in England quit each year, study finds](#)
- [Air pollution 'triggers hundreds more heart attacks and strokes'](#)
- [Air pollution is now a 'health emergency', head of NHS England warns](#)
- [Outdoor workers at risk of air pollution according to new research](#)

## Research, evidence and reports collated for you

### Hearing Loss: Joint Strategic Needs Assessment Guidance

This [Hearing Loss Joint Strategic Needs Assessment \(JSNA\) guide](#) presents evidence on the prevalence and impact of hearing loss. This JSNA guide should be used alongside NHS England's Commissioning Services for People with Hearing Loss: A Framework for Clinical Commissioning Groups which was published in 2016. Together, these two key outputs of the Action Plan on Hearing Loss, aim to support local authorities and NHS commissioners to meet their statutory duties to assess the needs of local populations, take account of health inequalities, advance equality and commission high-quality services to meet local hearing needs and improve public health. [Also consider Hearing loss data tool](#)

### Community mental health survey: Find the results for your local trust

CQC asked over 12,000 people who received community mental health services about their experiences of care. They found that people's experiences of being supported with physical health needs and financial advice or benefits declined further this year. This year's results also show significant scope for improvement for involving people in planning and agreeing the care they receive. The survey also found that many people did not know who to contact within the NHS during a crisis, and that people aged 18-35 or diagnosed with non-psychotic chaotic and challenging disorder consistently reported worse than average experiences. [CQC Survey results for our local Trust.](#)

### How climate change threatens public health

Major medical groups call climate change ['a true public health emergency.'](#)

### 'If you think competition is hard, you should try collaboration'

Kings Fund published ['Leading for integrated care'](#), a new report from Nicholas Timmins. The report builds on the 2015 report on the practice of system leadership and includes interviews with 16 people who lead or chair an integrated care system (ICS) or sustainability and transformation partnership (STP). It explores the progress, challenges and opportunities this new way of working presents to those tasked with taking it forward. It also highlights system leaders' views on legislative change and how this might support progress.

### Tackling poor health outcomes: the role of trauma-informed care

People who have experienced trauma face a number of barriers to accessing health care. [In this blog](#), Deborah Fenney explains why a trauma-informed approach is essential for supporting a group that currently face poor health outcomes

### Mortality and life expectancy trends in the UK: stalling progress

This [analysis of mortality data](#) explores the reasons behind stalling life expectancy improvements in the UK and uncovers a trend of a rising number of avoidable deaths among the under 50s. It shows that while people in wealthier areas of the UK continue to live longer, for those living in the most deprived areas, life expectancy is stalling, or even reversing.

### The Lancet Countdown on Health and Climate Change: 2019 report

The [2019 report of the Lancet Countdown on Health and Climate Change](#) tracks the relationship between health and climate change across 5 key domains and 41 indicators. (Free registration is required to download the full report.)

### A generation to end the harm: Diabetes UK strategy 2020–2025

[Diabetes UK's new and ambitious strategy](#) for 2020-2025 comes at a time when they describe the number of people who are obese in England almost doubling in the past 20 years from 6.9 to 13 million ([according to new analysis from Diabetes UK](#)). The strategy and analysis were released to mark World Diabetes Day 2019 on 14<sup>th</sup> November 2019.

### Will I care? The likelihood of being a carer in adult life

[Figures contained in this report](#) show that two-thirds of UK adults can expect to provide unpaid care for a loved one who is older, disabled or seriously ill in their lifetime. The research also reveals that the average person has a 50:50 chance of becoming an unpaid carer by the age of 50. It finds that, on average, women can expect to take on caring responsibilities more than a decade earlier than men. Half of women will be carers by the age of 46, whereas half of men can expect to be carers at 57.

### Evaluating integrated care: why are evaluations not producing the results we expect?

With a number of different integrated care models not reducing hospital admissions as expected, [this briefing outlines the reasons why this might be happening](#). It includes advice for model design and implementation, for commissioners of evaluation, and for evaluators on how to address these issues

### Projections of older people living with dementia and costs of dementia care in the United Kingdom: 2019–2040

To plan effectively for the care and support of people with dementia, it is important to understand the level of care likely to be required to meet future care needs and the associated care costs. [This report, commissioned by Alzheimer's Society](#), provides projections of the number of older people (aged 65 and over) living with dementia and the costs of health care, social care and unpaid care for older people living with dementia from 2019 to 2040 in the four countries of the United Kingdom.

### Health Survey for England 2018

The [Health Survey for England \(HSE\)](#) monitors trends in the nation's health and care. It provides information about adults aged 16 and over, and children aged 0 to 15, living in private households in England. The survey consists of an interview, followed by a visit from a nurse who takes some measurements and blood and saliva samples. Adults and children aged 13 to 15 were interviewed in person, and parents of children aged 0 to 12 answered on behalf of their children for many topics. Children aged 8 to 15 filled in a self-completion booklet about their drinking and smoking behaviour.

### Achieving integrated care: 15 best practice actions

[This resource, produced by Local Government Association in partnership with the Social Care Institute for Excellence](#), aims to support local systems in fulfilling their ambition of integration. The 15 actions prioritised in this resource draw on evidence about what works from international research, emerging best practices and engagement with stakeholders and partners. The actions are deliberately aligned with national policy, legal frameworks and regulatory guidance, but most important, they allow for local variety in system design and service delivery to flourish.

### Alcohol-specific deaths in the UK: registered in 2018

[These statistics from the Office for National Statistics](#) reveal that there were 7,551 deaths registered in the UK in 2018 that related to alcohol-specific causes. This figure is lower than the previous year's 7,697 deaths but still the second highest since the time series began in 2001.

### Spatial planning and health: Getting Research into Practice (GRIP): study report

The [GRIP initiative](#) aims to help local authority public health and planning teams to influence the planning process in an evidence-based way by ensuring that improvements in health and wellbeing underpin all local plans and the design of local development projects. This study explores the opportunities and challenges of applying the principles in Public Health England's Spatial planning for health: an evidence resource.

### Government response to the Health and Social Care Committee report on sexual health

Sexual health must be sufficiently funded on a national level, to deliver high quality sexual health services and information, [say the Health and Social Care Committee in its report on sexual health](#).

### Women and HIV in the United Kingdom

[This report](#) provides a summary of the HIV epidemic in women in the UK and contains information relating to: trends in new HIV diagnoses in women; clinical outcomes among women accessing HIV services in the UK; HIV testing patterns in antenatal and sexual health services; quality of life and experiences of women living with HIV; and satisfaction with HIV services and extent that social and women's health needs are being met.

### No age limit: the hidden face of domestic abuse

In [this report, Age UK advocates legislation to change what is understood as domestic abuse](#) and make it easier for people to recognise or report it, as well as to improve the resources available to help victims and survivors. This includes training for health care practitioners and better links between the NHS and police.

### Value of swimming

This [report published by Swim England](#) highlights the findings of research collected from interviews with regular swimmers at more than 1,000 swimming pools in England. The findings outline how water-based activity helps improve people's health and wellbeing, as well as saving the NHS money as a result of reduced GP and psychotherapy visits. The report also highlights other benefits such as reduced anxiety and depression among those who swim.

### Health Matters - Rough Sleeping

[Read Public Health England's new Health Matters edition](#) which focuses upon the scale, causes and consequences of rough sleeping in England. It also covers the public health challenges associated with rough sleeping, including the links with poor physical and mental health, prevention and effective interventions.

### Evidence based policy in disadvantaged places

This [guidance](#), published by the What Works Centre for Local Economic Growth, suggests to policy makers, how to effectively use evidence and data in policy making.

### Universal approaches to improving children and young people's mental health and wellbeing: short descriptions of interventions identified from the synthesis of systematic reviews

[This report](#), and associated documents, summarises the evidence for the effectiveness of universal approaches to improving children and young people's mental health and wellbeing. The documents are intended for strategic and operational leads, working on children and young people's mental health.

### Leadership in strengths-based social care: Social Care Institute for Excellence (SCIE)

[This briefing](#) aims to develop understanding of, and provide practical advice about, leading strengths-based approaches and practice that support adults with social care needs. It builds on [the Department of Health and Social Care's \(DHSC\) Strengths-based approach: practice framework and practice handbook](#), which SCIE helped co-author, Think Local Act Personal's asset-based area and the work of the DHSC-funded Social Care Innovation Network. Free registration is required to access this briefing.

### International comparisons of capital in health care: why is the UK falling behind?

This [Health Foundation analysis](#) suggests that the UK is investing significantly less in health care capital – which includes buildings, equipment and IT – as a share of GDP compared with most other similar European countries. As a result, the total value of capital in health care in the UK has fallen.

### Health matters: rough sleeping

[This guidance](#) focuses on the scale of rough sleeping in England, the causes and consequences of rough sleeping (including the links with poor physical and mental health, prevention and effective interventions) and relevant calls to action.

### Deaths of homeless people 2018

[Office for National Statistics \(ONS\) have published](#) for the second year running experimental statistics on the deaths of homeless people in 2018.

### On the frontline: policing and mental health

[Kings Fund Podcast](#): How are police and other services working together to support people in mental health crisis? Kings Fund explore the key issues from a policing, policy and lived-experience perspective.

### PHE wider determinants of health tool

PHE's [wider determinants of health tool](#) was updated this week with new data showing, for example, average weekly earnings have risen gradually since 2011 but inequalities in income remain stubborn. The lowest 10% of earners in 2018 took home £141 per week, while those in the top 10% earned over £1000 per week. Besides indicators related to income, housing and work, the Wider Determinants tool also includes information on other factors which influence our health, such as education, crime and the natural and built environment.

### The community mental health framework for adults and older adults

[This framework, prepared together with the National Collaborating Centre for Mental Health](#), describes how the NHS long-term plan's vision for a place-based community mental health model can be realised, and how community services should modernise to offer whole-person, whole-population health approaches, aligned with the new primary care networks.

### Structurally unsound: exploring inequalities - igniting research to better inform UK policy

The UK government's current approach to tackling inequality should urgently address the multiple levels of disadvantage that some people face, according to this report. It finds that women, working-class, ethnic minority and disabled groups often face multiple disadvantages affecting their educational outcomes, employment prospects, home ownership, health and life expectancy. [The report, compiled by University College London with contributions from the Resolution Foundation](#), highlights lessons learned and provides recommendations for policymakers and researchers to adopt when approaching structural inequalities.

### State of the nation 2019: children and young people's wellbeing

[This Department of Education report](#) seeks to evaluate wellbeing in children and young people, including statistics on the wellbeing of children and young people in England; wider indicators on their happiness with their relationships and self-reported experiences of their own health and of school. It also includes an in-depth analysis of psychological wellbeing in teenage girls.

### High impact areas for early years and young people – new summaries at England, region and local authority level

[PHE has produced new summaries](#) which show where improvements are being seen for those indicators which have a particularly high impact on the health and wellbeing of children in the early years and for young people. These summaries are available at an England, regional and upper-tier local authority level, linked to PHE's Fingertips tool, giving those working across the health system a sense of the direction of travel for these important indicators at a glance, including data for smoking and maternal obesity at booking.

### Creating healthy places: perspectives from NHS England's Healthy New Towns programme

A series of essays which highlight a number of themes from NHS England's Healthy New Towns programme. The [Kings Fund report](#) concludes that there is significant potential to improve population health through place-making and community development. It also stresses the need for the NHS to be closely involved in major housing developments and regeneration programmes in order to improve health and care outcomes.

### What is happening to life expectancy in the UK?

How has life expectancy changed over time? And how does the UK compare with other European countries? The [Kings Fund](#) attempt to answer these questions and more in our newly updated life expectancy explainer.

### Time to solve childhood obesity: an independent report by the Chief Medical Officer, Professor Dame Sally Davies

[In her report published by Department of Health and Social Care](#), Professor Dame Sally Davies calls for action across industry and the public sector to help the government reach its target of halving childhood obesity by 2030. The report sets out a range of recommendations for the government, which are supported by 10 principles, and builds on the work already done by the government.

### Health and wellbeing resources pack for local health and care systems

The [Age UK resources pack \(one for each STP\)](#) brings together a range of information and data to build a shared understanding about the local population and the communities in which they live, the wider local context affecting health and wellbeing, and specific aspects related to the delivery of local health and care services.

### A healthy foundation for the future: the final report of the Young people's future health inquiry

[This report summarises the work of a two-year inquiry into young people's future health](#). It urges the government to overhaul policies across housing, transport and education and adopt a whole government approach to secure the future health of today's young people. The recommendations for action include calls for a consistent approach to discounted and free public transport for students across the UK, and for a review of the impact the current testing regime in schools has on mental health.

### A consensus on healthy ageing

This [statement by Public Health England and the Centre for Ageing Better](#) sets out a shared vision for making England the best place in the world to grow old. Signatories span the areas of health, employment, housing and communities, and are from academia, local government, the NHS, and the public and voluntary sectors.

### Health and social care and LGBT communities

This [House of Commons Women and Equalities Committee report](#) finds that too often LGBT people are expected to fit into systems that assume they are straight and cisgender. But the Women and Equalities Committee has found that deep inequalities exist in health outcomes for these communities and that treating them 'the same' as non-LGBT people will not address these poor outcomes.

### Evaluating the economic impact of minimum unit pricing in Scotland

This [NHS Health Scotland study](#) looks at the impact of minimum unit pricing (MUP) for alcohol, which came into effect in Scotland in 2018. It specifically relates to the economic impact of MUP across the alcoholic drinks industry in Scotland.

### 2nd Atlas of Variation in Risk Factors and Healthcare for Respiratory Disease

This Atlas of Variation produced in collaboration with PHE, NHS England and RightCare includes risk factors, COPD, asthma, pneumonia, bronchiolitis, all respiratory disease health service provision, tuberculosis, lung cancer, lung transplantation, end of life, case studies and that is also available as an [interactive Respiratory Atlas 2019](#)

### Standing up for patient and public safety

This [Royal College of Nursing report](#) describes the lack of clear roles, responsibilities and accountability for workforce planning and supply in England. In reality, this means that the health and care workforce is not growing in line with the increasing population need for health and care services, and there are large numbers of vacant posts throughout the system. This impacts upon patient safety and outcomes and leads to a challenging working environment for staff. The RCN makes the case for legislation to resolve this, alongside additional investment in the nursing workforce and a national health and care workforce strategy for England.

### Designing digital skills interventions for older people

This [Good Things Foundation report](#) brings together recommendations for designing digital skills interventions for older people with care and support needs. It draws on insights from two pathfinders, which were funded by NHS Digital and supported by Good Things Foundation as part of the Widening Digital Participation programme. The pathfinders generated insights on small system-level changes that can embed digital inclusion in social care support and on factors influencing digital inclusion within social housing schemes.

### Creating healthy places: perspectives from NHS England's Healthy New Towns programme

Despite the awareness of the wider determinants of health, the joined-up thinking needed to create places that support and promote health can be challenging to bring about as a result of conflicting priorities and pressures. [NHS England's Healthy New Towns programme](#) has sought to overcome this by bringing together the health sector, housing developers, local authority planning teams and local residents to design and build healthier communities.

### The childhood obesity atlas

[The first global atlas on childhood obesity](#), produced by the World Obesity Federation (WOF), shows that no country has a better than 50 per cent chance of meeting their target for tackling childhood obesity.

### Inclusive by default

This [report by Reform](#) assesses the causes of digital exclusion and what can be done to make digital public services inclusive by default. The digital transformation of public services has the potential to create more convenient, accessible and responsive services. They can also help to reduce health and social inequalities by making systems more effective for public servants and patients.

### The asset-based health inquiry: how best to develop social prescribing?

This [report was produced by London South Bank University](#) in September 2019. It examines the issues and dilemmas around social prescribing with a useful literature report in Section 2.

### Place-Age: Place-making with older adults: towards age-friendly cities and communities

This [Housing Learning and Improvement Network \(LIN\) report](#), published by Heriot-Watt University, presents its age-friendly policy and practice guidelines following a three-year research project. Drawing on the lessons of participating cities – Edinburgh, Glasgow and Manchester – it presents key findings and recommendations for each city.

### Smoking and poverty

This [analysis of government figures from Action on Smoking and Health \(ASH\)](#) finds that as a direct result of the cost of tobacco addiction 447,000 additional households in the UK are living in poverty.

### Gambling-related harms: evidence review

This [document provides information about a review of the prevalence of gambling](#), its associated health harms the economic and social burden of gambling-related harms.

### Underground lives: male victims of modern slavery

This [Hestia report highlights](#) concerns that victims of modern slavery are sleeping rough and facing further exploitation due to a lack of appropriate local authority support. The most likely avenue for seeking support was instead faith and religious organisations. Local authorities are the only first responder organisation who have a statutory duty to both reduce homelessness and refer potential victims of modern slavery to the National Referral Mechanism (NRM).

## What Good Looks Like Association of Directors of Public Health, Public Health England

A [series of 'What Good Looks Like' \(WGLL\) publications](#) that set out the guiding principles of 'what good quality looks like' for population health programmes in local systems. The WGLL publications are based on the evidence of 'what works and how it works' including effectiveness, efficiency, equity, examples of best practices, opinions and viewpoints and, where available a return on investment.

Current documents, others will be added:

- [What Good Children and Young People's Public Health Looks Like](#)
- [What Good Local Tobacco Control Looks Like](#)
- [What Good Healthy Weight Looks Like](#)
- [What Good Cardiovascular Disease Prevention Looks Like](#)
- [What Good Sexual and Reproductive Health and HIV Provision Looks Like](#)
- [What Good Public Mental Health Looks Like](#)
- [What Good Health at Work Looks Like](#)

## A&E attendances twice as high for people in the most deprived areas as in the least deprived

[According to 2018/19 data analysed by NHS Digital](#) there were more than twice as many attendances to Accident and Emergency departments in England for the 10% of the population living in the most deprived areas (3.1 million), compared with the least deprived 10% (1.5 million) in 2018-19, according to official figures released in the Hospital Accident and Emergency Activity 2018/19.

## Local authority interactive tool (LAIT) (Department for Education)

The [local authority interactive tool \(LAIT\)](#) presents information in interactive tables and charts with the local authority's rank and position in England. It includes data on: children looked after by local authorities; child protection; special educational needs and disability (SEND); pupil attainment; children's health; post-16 circumstances; judgements from Ofsted. The data has been updated and the changes recorded in the version log.

## Get a move on: steps to increase activity levels in the UK

This [British Medical Association briefing](#) examines the wide range of benefits of physical activity, the current low levels of physical activity in the UK and the significant inequalities that exist in levels of physical activity within the population. Policy recommendations across four core parts of people's lives – travel, leisure, school and work – set out the steps government and policymakers should take to increase physical activity levels across the UK.

## Gender equality and the 100-year life: how policymakers can ensure gender equality in the era of extreme longevity

This is the [second report of the series by Social Market Foundation](#) focusing on how the 100-year life may affect Britain's society, economy and public services. This report focuses on gender equality and how policymakers can make the 100-year life work for women. Research conducted by Insuring Women's Futures on risk patterns highlighted the six 'moments that matter' in the lives of British women – these are used as the basis for this research.

## Relationship between childhood socioeconomic position and adverse childhood experiences (ACEs): a systematic review

Adverse childhood experiences (ACEs) are associated with increased risk of negative outcomes in later life: ACEs have consequently become a policy priority in many countries. Despite ACEs being highly socially patterned, there has been very little discussion in the political discourse regarding the role of childhood socioeconomic position in understanding and addressing them. The [aim in this research in Epidemiology and Community Health](#) was to undertake a systematic review of the literature on the relationship between childhood socioeconomic position and ACEs.

## What helps to support people affected by Adverse Childhood Experiences? A review of evidence (EPPI Centre)

Adverse Childhood Experiences (ACEs) include physical, sexual or emotional abuse; neglect; domestic violence in the home; homelessness or living in care; parental mental health problems or substance abuse; and parents who are absent through imprisonment, separation or death. [This review sought to understand how people affected by ACEs can best be supported.](#) Researchers conducted a review of evidence which involved three components: a qualitative synthesis of UK views studies; a systematic review of reviews which measured the effectiveness of interventions to support people affected by ACEs; and a stakeholder workshop with young people with lived experience of ACEs.

## The decline in youth drinking in England – is everyone drinking less? A quantile regression analysis (Addiction)

Youth alcohol consumption has declined significantly over the past 15 years in many high-income countries, which may have significant public health benefits. However, if the reductions in drinking occur mostly among lighter drinkers who are at lower risk, then rates of alcohol-related harm among young people today and adults in future may not fall in line with consumption. There is conflicting evidence from Swedish school studies with some suggesting all young people are drinking less while others suggest alcohol consumption among heavier drinkers may be stable or rising while average consumption declines. [This paper in Addiction \(Society for the study of addiction\)](#) extends the geographic focus of previous research and examines whether the decline in youth drinking is consistent across the consumption distribution in England.

## Whole systems approach to obesity: a guide to support local approaches to achieving a healthier weight (Local Government Association)

Local councils and the Local Government Association (LGA) collaborated with Public Health England and the Association of Directors of Public Health [to develop a practical guide and resources for local areas](#) to put in place a whole systems approach to tackling obesity. The guide describes a six-phase process, which can be used flexibly by local authorities, considering existing structures, relationships and actions that are already in place to tackle obesity.

## Relationships, sex and health education: guides for parents (Department for Education)

[Guides for parents of primary and secondary age pupils](#) that schools can use to communicate with them about teaching relationships and health education. Added the Arabic, Somali and Urdu translations for the promotional material.

## Helping to support and transform the lives of people affected by alcohol (Local Government Association)

Drinking to excess takes a huge toll on individuals, families, communities and society as a whole. Councils are working hard to minimise this by commissioning high-quality lifestyle and behaviour change services, as well as treatment for those experiencing alcohol dependence. [This report includes a series of case studies.](#)

### Dental caries and obesity: their relationship in children (Public Health England)

[This evidence](#) about the relationship between dental caries and obesity in individuals and populations: explores whether they are found in the same individuals and populations; reviews and summarises what is currently known about their relationship using the published literature and routine public health monitoring data; supports the dental public health and obesity teams, who may be asked about the relationship between these two outcomes.

### Children and young people's mental health: prevention evidence (Public Health England)

[This series of reports summarises the evidence for the effectiveness of universal approaches to improving children and young people's mental health and wellbeing.](#) The reports use a mixed methods approach. The documents are intended for strategic and operational leads, working on children and young people's mental health. The reports include: short descriptions of interventions identified from systematic reviews; a summary of findings and promising interventions; and a report of the findings of a special interest group which includes key findings and recommendations.

### The state of hunger. A study of poverty and food insecurity in the UK (The Trussell Trust)

[The State of Hunger is a three-year research project](#) designed to provide the Trussell Trust, and the wider sector of stakeholders, with the evidence base required to make recommendations on how to address hunger in the UK. A wide range of methodologies have been employed to provide a better understanding of how many people are affected by hunger, which groups of people are most affected, where, and what drives people to use food banks.

### Prevalence of problematic smartphone usage and associated mental health outcomes amongst children and young people: a systematic review, meta-analysis and GRADE of the evidence (BMC Psychiatry)

Over the past decade, smartphone use has become widespread amongst today's children and young people which parallels increases in poor mental health in this group. Simultaneously, media concern abounds about the existence of 'smartphone addiction' or problematic smartphone use. There has been much recent research concerning the prevalence of problematic smartphone use in children and young people who use smartphones, and how this syndrome relates to mental health outcomes, but this has not been synthesized and critically evaluated. [The authors aimed to conduct a systematic review and meta-analysis to examine the prevalence of PSU and quantify the association with mental health harms.](#) Read also: [King's College London news story, An estimated 1 in 4 children and young people have problematic smartphone usage.](#)

**Disclaimer:** The views and opinions expressed in these republished articles are those of the original authors and do not necessarily reflect the official policy or position of Wirral Council and its staff.

If you have any local information, research or reports you think useful to share then get in touch [wirralintelligenceservice@wirral.gov.uk](mailto:wirralintelligenceservice@wirral.gov.uk) or if the bulletin has been passed onto you and you would like to subscribe please [complete this form](#)

Thanks,  
John