

Research, evidence, and reports collated for you

First real-world UK data shows Pfizer-BioNTech vaccine provides high levels of protection from the first dose

[PHE has published](#) the first independent analysis in the UK showing the Pfizer-BioNTech vaccine is effective against COVID-19 from the first dose.

Fewer than 1 in 5 university students had COVID-19 by end of autumn term

A [study conducted by Public Health England \(PHE\)](#) estimates that 17.8% of university students in England had COVID-19 antibodies.

Physical activity: understanding and addressing inequalities

[Evidence-based guidance](#) for addressing inequalities in physical activity locally.

Scientific Advisory Committee on Nutrition (SACN) Annual Report

[Reports, position statements](#) and [annual reports](#) of the Scientific Advisory Committee on Nutrition (SACN).

Integration and innovation: working together to improve health and social care for all

This [review by Kings Fund](#) considers the government White Paper that sets out the legislative proposals for a Health and Care Bill. The proposals are designed to support the health and care system to work together to provide high-quality health and care, so people can live longer, healthier, active, and more independent lives. Many of the proposals build on the NHS's recommendations in its long-term plan.

How transport offers a route to better health

This [long read from The Health Foundation](#) examines the challenges of shifting towards a transport system that better supports health. It sets out how transport affects health, the difficulties in moving towards greater use of public transport and the effects of Covid-19 on travel patterns.

Establishing the National Institute for Health Protection

This [House of Commons Library report](#) gives an overview of the function of the new National Institute for Health Protection. It finds that most functions confirmed to be moving to the NIHP relate to either managing the current Covid-19 outbreak or preparations for future epidemics and emergencies, as the NIHP will bring together the health protection and resilience functions of Public Health England, the Joint Biosecurity Centre (which provides data and advice on Covid-19 infection outbreaks), and NHS Test and Trace.

E-cigarettes and vaping: policy, regulation, and guidance

[PHE evidence](#) on the impact of e-cigarettes, information on government policy and regulation, and guidance for organisations on vaping policies.

Through a gender lens: women and tobacco in the WHO European Region (2021)

This [World Health Organization report](#) provides a brief summary of some of the challenges, old and new, that women and girls face in the context of the tobacco epidemic in the WHO European Region, outlining the gendered nature of tobacco use and exposure, and how the tobacco industry continues to target them through gendered messaging. It also provides recommendations for approaches and policy interventions that take a gender lens to tobacco control. It reveals that although tobacco use among women is decreasing overall, the rate is going down at a much slower pace than in men, and in some countries, it is increasing.

Years of life lost to COVID-19 in 81 countries

Understanding the mortality impact of COVID-19 requires not only counting the dead but analyzing how premature the deaths are. [The authors of this report](#) calculate years of life lost (YLL) across 81 countries due to COVID-19 attributable deaths, and also conduct an analysis based on estimated excess deaths. They found that over 20.5 million years of life have been lost to COVID-19 globally. As of January 6, 2021, YLL in heavily affected countries are 2–9 times the average seasonal influenza; three quarters of the YLL result from deaths in ages below 75 and almost a third from deaths below 55; and men have lost 45% more life years than women. The results confirm the large mortality impact of COVID-19 among the elderly. They also call for heightened awareness in devising policies that protect vulnerable demographics losing the largest number of life-years.

The invisible threat: how we can protect people from air pollution and create a fairer, healthier society

This invisible threat is a health emergency. It is harmful for everyone, but some groups are being hit hardest – pregnant women, children, older people, those living with lung conditions and those on the lowest incomes. This [Asthma UK report](#) sets out new analysis from Asthma UK that shows that people who are the most susceptible are being exposed in the places they should feel most safe. It calls for politicians to commit to air pollution health protection plans and stronger clean air laws.

New data show vaccines reduce severe COVID-19 in older adults

[New data in this report](#) shows both Pfizer-BioNTech and Oxford-AstraZeneca vaccines significantly reduce severe COVID-19 in older adults.

Living safely with Covid: moving toward a strategy for sustainable exit from the pandemic

This [Association of Directors of Public Health guidance](#) aims to support directors of public health, local authorities and wider partners in considering the approaches that are most appropriate as the country moves out of lockdown. It focuses specifically on the inequalities that have been observed during the pandemic and the actions that should be taken to address them. It also explores early thinking on recovery and how this might be maximised to address the wider health and economic impacts of Covid-19 in an equitable and fair way.

Isolation and loneliness among over 55s during Covid-19

[This study of 250 Central & Cecil residents](#) explores the effect the ongoing Covid-19 pandemic has had on feelings of loneliness and isolation among people aged 55 and over. It finds that 12 per cent of participants experienced these feelings on a daily/weekly basis, indicating the problem is more serious than other studies suggest.

Coronavirus and the social impacts on behaviours during different lockdown periods

In [this research by ONS](#), see how the social impacts of COVID-19 on people and their behaviours have changed compared with earlier in the pandemic. The data refer to Great Britain and cover the period up to February 2021.

Health creation: how can primary care networks succeed in reducing health inequalities?

The Health Creation Alliance (THCA), together with the Royal College of General Practitioners Health Inequalities Standing Group, held a series of multi-stakeholder events between February and September 2020. These considered how general practice and primary care work differently with communities and local partners to reduce health inequalities, and what primary care networks can do to enable and create the conditions for practices to work differently with local partners to reduce health inequalities. [This report summarises the discussions.](#)

This report comes with a health warning

This [Climate Coalition report](#) finds that the health of more than 12 million people is vulnerable to the impacts of climate change, such as heatwaves and floods. It studies the benefits of a net zero economy and active travel on health and the role of the NHS and health professionals in reaching this target.

What's next for the NHS? Building the resilience of the health and care system

A year into the pandemic and with the benefit of some hindsight, this report argues that too little consideration was given to the implications of a complete reallocation of resources away from 'business as usual'. This report, [produced jointly produced by REFORM with Edge Health](#), explores the scale of the challenges the NHS faces following the pandemic.

Rethinking Levelling-Up

While the pandemic has brought communities closer together, 44% of people also believe it has increased social divisions, [according to a new report from PwC](#).

Working together to improve patient care: how PCNs are working in partnership to support people's mental health

Mental health disorders are one of the common causes of morbidity in England and primary care plays a key role in supporting patients' mental health and wellbeing, so it has become a priority for many primary care networks (PCNs). This [NHS Confederation briefing](#) provides examples of three models of partnership working that are currently under way in primary care to support mental health at place level.

Viral myths: why we risk learning the wrong lessons from the pandemic

This [Institute of Economics report](#) argues that there is no obvious measure of 'Covid performance' that would allow us to rank countries by how well they dealt with the pandemic. This paper claims that the best performers did not do well because they have low public spending levels but because they have open economies, or that they did well because they have non-NHS-type health care systems. It puts forward the argument that an effective pandemic response is compatible with a variety of public spending levels, a variety of trade regimes, and a variety of health care systems.

COVID-19: mental health and wellbeing surveillance report

The recently published [mental health and wellbeing surveillance report](#) was refreshed in December 2020, with information up to November. It includes a Spotlight on people with [pre-existing mental health conditions](#). The next update will be at the end of February with a new Spotlight on employment and income.

Supporting the mental health of NHS staff: the role of NHS leaders in reducing mental health stigma and creating mentally healthy cultures

[This guide, funded by the British Medical Association and posted on the Mental Health at Work website](#), aims to provide practical advice, hints, and tips to help NHS leaders and line managers to create mentally healthy cultures and support better mental health. It includes information about mental health stigmas, and how to break them down. It is the first of a series of resources aimed at NHS leaders, managers, and champions.

National slide set on child obesity and regional child obesity slide sets

The [national slide set on child obesity and regional child obesity slide sets](#) (one for each of the nine regions) present key data and information on the patterns and trends in child obesity. The national child obesity slide set summarises the latest national level data from the National Child Measurement Programme (NCMP) and the Health Survey for England (HSE) while the regional child obesity slide sets show customised data for each region from the NCMP.

National adult excess weight slide set

The [national adult excess weight slide set](#) contains the latest Health Survey for England (HSE) data, presenting key data and information on the national patterns and trends in adult excess weight, obesity, and raised waist circumference.

Localising decision making: a guide to support effective working across neighbourhood, place, and system

The LGA and NHS Clinical Commissioners (NHSCC) have produced [Localising decision making: a guide to support effective working across neighbourhood, place and system](#) to provide prompts and actions for local leaders to promote strong localised decision making across health and local government.

Loneliness: a reading list House of Commons Research Briefing (February 2021)

This is a series of [links to various publications](#) considering the causes and impact of loneliness, as well as possible interventions to deal with the issue in society. A companion to the Library's Tackling loneliness (CBP 8514) briefing, which sets out in greater detail the incidence and impact of loneliness and strategies adopted to tackle it across the UK.

The health of people from ethnic minority groups in England Kings Fund 17 February 2021

This [explainer from the Kings Fund](#) examines the differences in health outcomes for ethnic minority groups, highlighting the variation across groups and conditions, and considers what's needed to reduce health inequalities.

In the wake of the pandemic: preparing for long Covid.

[This World Health Organization Europe policy brief](#) highlights areas where policymakers can take action to meet the challenge of post-Covid conditions based on what is currently known. It addresses the need for multidisciplinary, multispecialty approaches to assessment and management; development of new care pathways and contextually appropriate guidelines for health professionals; and the creation of appropriate services, including rehabilitation and online support tools.

Smoking prevalence in adults: current smokers aged over 18 years by wellbeing group and region

[Detailed ad-hoc analysis of smoking prevalence](#), calculated from the Annual Population Survey and Opinions and Lifestyle Survey.

Young Black men's mental health during Covid-19

Young Black men's mental health has been hit hard by the pandemic. [This briefing](#) explores evidence of the unequal effects of Covid-19 on young Black men, including from the Shifting the Dial project in Birmingham, and calls for urgent cross-government action to protect their mental health and future prospects.

Future options for housing and care: improving housing that facilitates care and support for older people Social Care Institute for Excellence (February 2021)

This is the [first report of the Commission on the Role of Housing in the Future of Care and Support](#). Co-produced with people with lived experience and senior figures in the health, social care, and housing sectors, it aims to provide a short overview of the key issues facing the sector, an initial vision for the future and some preliminary ideas that the Commission believes merit further exploration.

NICE impact cardiovascular disease management NICE (February 2021)

[This report](#) highlights progress made by the health and care system in implementing NICE guidance on CVD management.

The impact of the challenges to the social care sector in 2020

This [HfT report](#) offers an annual snapshot of the financial health of the social care sector as well as outlining the impact of some of the key challenges posed by the Covid-19 pandemic. For the third year running, the most commonly cited cost pressure was rising wage bills, with lack of fee income at a close second. It finds that 62 per cent of providers reported a rise in absenteeism related to mental health conditions and that all social care providers funded some form of mental health support for their workforce.

Covid-19: test, track, and trace (part 1)

In May 2020 NHS Test and Trace (NHST&T) was set up with a budget of £22 billion. Since then, it has been allocated £15 billion more: totaling £37 billion over two years. [This House of Commons Public Accounts Committee report](#) says that there is still no clear evidence of NHST&T's overall effectiveness. It also finds that it is unclear whether its contribution to reducing infection levels – as opposed to the other measures introduced to tackle the pandemic – and questions whether this can justify the costs.

Local government finance in the pandemic

This [National Audit Office report](#) examines the Ministry of Housing, Communities and Local Government's approach to local government finance in the Covid-19 pandemic. It questions whether this enabled the Department to assess and fund the costs of new services that local authorities have been asked to deliver. It also examines whether the Department fulfilled its responsibilities in securing financial sustainability across the sector.

Seeking an anchor in an unstable world: experiences of low-income families over time

This [Joseph Rowntree Foundation report](#) draws on the experiences of 14 low-income families over a 5-year period ending on the eve of the pandemic. In most of the families in the study, either a parent, child or both had ongoing physical and/or mental health issues. This had implications over time for families' work opportunities, income, and plans. The report also examines other issues such as housing, employment, benefits, family composition, and support from formal and informal sources.

Understanding vulnerability to online misinformation

Several large-scale research projects have started during the pandemic with the aim of understanding the nature, prevalence and spread of health-related misinformation online. However, relatively little is known about who is vulnerable to believing false information and why. [This research by The Alan Turing Institute](#) used a survey and assessments to understand which individuals are most vulnerable to believing health-related falsities and the role played by the content that individuals are exposed to.

The other pandemic: the impact of Covid-19 on Britain's mental health

In February 2021 Public First polled 4,000 people and held 12 in-depth focus groups with people from across Britain. [The findings, published in this report](#), show that coronavirus has taken a toll on mental health in all parts of society – but especially women, the less well-off and young people.

JCVI issues interim advice on Phase 2 of COVID-19 vaccination programme rollout

The Joint Committee on Vaccination and Immunisation (JCVI) [has considered the evidence](#) for Phase 2 of the UK's COVID-19 vaccination programme.

The coronavirus (COVID-19) pandemic: a year like no other

[Office for National Statistics have analysed data](#) from a variety of sources on the way life, society and the economy changed during the coronavirus (COVID-19) pandemic and how the period compares with other years.

Coronavirus: Covid-19 vaccine roll-out.

[Frequently Asked Questions](#) is a House of Commons Research Briefing paper (March 2021). It summarises with answers - the commonly asked questions about the roll-out of the Covid-19 vaccine.

Coronavirus and the different effects on men and women in the UK: March 2020 to February 2021

[Office for National Statistics brings together different sources](#) to examine how men and women have been affected differently throughout the coronavirus (COVID-19) pandemic. Includes information on physical health, mental health, paid work, unpaid work, home-schooling, and loneliness.

How to tackle health inequalities in Gypsy, Roma, and Traveller communities

[This report by Friends, Families and Travellers \(November 2020\)](#) provides an outline of the health and healthcare access issues identified in different traveller populations.

NHS in a nutshell

This is [a series of visualisations, from The Kings Fund](#), presenting essential facts and figures about the NHS, health and social care in England including funding, budget, activity, and health inequalities. The most recent is [How the NHS is funded \(1 March 2021\)](#).

A cry for hope: why 2021 must be the year for social care reform

[This report produced by Care and Support Alliance \(CSA\)](#), is based on a survey of more than 4,000 people at the end of 2020 who need social care and reveals that this group felt that because of a lack of care one in seven (14 per cent) said they needed hospital treatment, and more than a quarter (28 per cent) said their health had deteriorated. The data implies that the situation appears worse for carers where two in five (41 per cent) said their health had deteriorated because of their caring responsibilities. Further statistics reveal that nearly one in four said they had asked for help during the pandemic but did not receive any.

State of health and care: The NHS long term plan after Covid-19

The [Institute for Public Policy Research \(IPPR\)](#) has published its first annual [State of Health and Care report](#). The landmark report reveals the extent of the pandemic's impacts on the NHS Long Term Plan and puts forward a £12 billion blueprint to 'build back better' health and care. It warns that without bold action, the impact of the pandemic will cause a decade of disruption and NHS will fall further down international rankings.

Inequalities in oral health in England

This [Public Health England report](#) describes the current picture of oral health inequalities and oral health services inequalities in England and ways to reduce them.

Caring as a social determinant of health: review of evidence

This [Public Health England report](#) adds to the growing evidence that unpaid caring should be considered a social determinant of health

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Thanks, John.