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**NICE** National Institute for  
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## Public Health Evidence Awareness

A selection of key evidence-based public health information



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## Issue 35 - March 2015

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## Alcohol misuse

[Constructing alcohol identities: the role of social network sites in young people's drinking cultures](#)

### Alcohol Research UK

This 3 phase qualitative research explores the role of social network sites in young people's

drinking culture and in the construction of alcohol-related identities in a peer group context.

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## Behaviour change

### [Financial incentives for smoking cessation in pregnancy: randomised controlled trial](#)

**BMJ**

This randomised controlled trial assesses the efficacy of a financial incentive added to routine specialist pregnancy stop smoking services versus routine care to help pregnant smokers quit.

### [Impact of a behavioural sleep intervention on symptoms and sleep in children with attention deficit hyperactivity disorder, and parental mental health: randomised controlled trial](#)

**BMJ**

This Australian randomised controlled trial examines whether behavioural strategies designed to improve children's sleep problems could also improve outcomes in children with attention deficit hyperactivity disorder and the mental health of their parents.

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## Child health

### [Improving young people's health and wellbeing: a framework for public health](#)

**Public Health England**

This framework has been developed as a resource to help local areas in the delivery of their public health role for young people. It outlines 6 core principles that commissioners and service providers can use to develop holistic approaches to meet young people's health and wellbeing needs.

### [Investing in children's mental health: a review of evidence on the costs and benefits of increased service provision](#)

**Centre for Mental Health**

This review examines the costs and the benefits of a range of interventions to prevent or treat some of the most common mental health conditions that affect children and young people.

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## Community safety

### [Evaluation of the Stand Against Violence workshop](#)

**Centre for Public Health, Liverpool John Moores University**

This mixed methods research evaluates one of the workshops by the violence prevention charity Stand Against Violence, which aims to engage and encourage young people to think about the negative consequences of violence and reduce youth violence in the UK. The evaluation looked at the workshop's impact on the development of young people's conflict resolution skills.

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## Health improvement

### [A new journey to health: health information seeking behaviour across the generations](#)

**International Longevity Centre – UK**

This research survey explores where consumers across Europe go to seek out health information and who they trust. The authors advise health information providers to recognise the need for significantly different tools to communicate health messages to older and younger people.

### [Health and wellbeing: a guide to community-centred approaches for health and wellbeing](#)

**Public Health England**

This report presents the work undertaken in phase 1 of the project 'Working with communities: empowerment evidence and learning'. It provides a guide to the cases for change, the key concepts, the varieties of approach that have been tried, and the sources of evidence.

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## Health of black, Asian and minority ethnic groups

### [Preventing and addressing intimate partner violence against migrant and ethnic minority women: the role of the health sector](#)

**World Health Organization Regional Office for Europe**

This policy brief outlines the role of the health sector in preventing and addressing intimate partner

violence among migrant women and those of ethnic minorities. It describes the scope of the problem, presents key evidence, and makes recommendations for health policy, health systems, health facilities and service providers.

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## Mental health and wellbeing

### [How to promote youth-friendly mental health and wellbeing services](#)

#### **Mental Health Foundation**

This 'how to' guide is aimed at those delivering mental health and wellbeing services for young people aged 16–25. It aims to help services address the specific needs of this age group and tackle some of the barriers that prevent them from accessing traditional mental health services.

### [Promising approaches to reducing loneliness and isolation](#)

#### **Age UK and The Campaign to End Loneliness**

This review sought evidence for the most promising approaches to tackling loneliness. It found a range of projects and examples from around the country demonstrating the many, varied solutions needed for an effective response to prevent and alleviate loneliness.

### [Mental health: needs of gang-affiliated young people](#)

#### **Public Health England**

This briefing outlines the extent of mental illness in gang members, relationships between gang-affiliation and poor mental health, and the shared risk factors that contribute to both.

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## Obesity

### [How effective are interventions at reducing socioeconomic inequalities in obesity among children and adults? Two systematic reviews](#)

#### **NIHR Journals Library – Public Health Research**

This systematic review assesses the effectiveness of individual, community and societal interventions in reducing socioeconomic inequalities in obesity among children aged 0–18 years and adults aged 18 or over. It also details how such interventions are established, organised, implemented and delivered.

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## Older people's health

[A shock to the system: electrical safety in an ageing society](#)

**International Longevity Centre – UK**

This inquiry found that older people were often disproportionately at risk from electrical hazards. The raised risk was due to the housing conditions older people lived in, the health conditions they may have had, or the lack of advice and practical help available to them.

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## Sexual health

[Female genital mutilation: a councillor's guide](#)

**Local Government Association**

This guide provides councillors with an introduction to female genital mutilation and background on the national policy context of what is being done to reduce female genital mutilation. It also details how councils can contribute to these efforts.

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## Workforce

[Risk or reward? The changing role of CCGs in general practice](#)

**The King's Fund and The Nuffield Trust**

This cohort study tracked 6 clinical commissioning groups (CCGs) to understand the development of CCGs and to support them by spreading good practice and learning. The study considers two research questions: how CCGs are functioning as membership organisations and how they are supporting the development of primary care in their local area.

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## Workplace health

### [Workplace interventions for reducing sitting at work](#)

#### **Cochrane Database of Systematic Reviews**

This review evaluates the effects of workplace interventions to reduce sitting at work compared to no intervention or to alternative interventions.

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