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## Public Health Evidence Awareness

A selection of key evidence-based public health information



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## Issue 40 - August 2015

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## Children and young people

### [Change4Life: evidence review on physical activity in children](#)

#### **Public Health England**

This rapid evidence review explores relevant literature on the physiological, psychological, social and behavioural outcomes of participation in physical activity among children aged 5 to 11 years.

### [Focus on the health and care of young people June 2015](#)

#### **Health and Social Care Information Centre**

This publication provides a compilation of information on young people living in England and gives a broad picture of their health, care and wellbeing.

### [Food for thought: promoting healthy diets among children and young people](#)

#### **British Medical Association**

This report sets out the measures needed to help promote healthier diets among children and young people. Some of the measures aim to directly protect children and young people, while others are to help parents and carers in making the right choices.

### [Preventing domestic abuse for children and young people \(PEACH\): a mixed knowledge scoping review](#)

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

This study explores what is known about interventions for preventing domestic abuse for children and young people and what works for whom in which settings.

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## **Older people**

### [Ageing: the silver lining: the opportunities and challenges of an ageing society for local government](#)

#### **Local Government Association**

This report sets out the increasing contribution older people can make to society and the economy through empowered local government. The report also challenges the commonly held belief that an ageing population is a burden.

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## Service improvement

### [\*\*Beyond fighting fires: the role of the fire and rescue service in improving the public's health\*\*](#)

#### **Local Government Association**

This resource describes how the fire and rescue service is working to improve health and wellbeing. It outlines case studies that show a range of ways in which the fire and rescue service puts prevention and tackling health inequalities at its heart and includes programmes covering both urban and rural environments.

### [\*\*Introductory guide to the evaluation of weight management, physical activity and dietary interventions\*\*](#)

#### **Public Health England**

This guide provides an introduction to the evaluation of public health programmes and interventions. It is primarily written for practitioners interested in the evaluation of weight management, physical activity and dietary programmes.

### [\*\*Local Healthwatch governance: a self-assessment toolkit for local Healthwatch and local Healthwatch commissioners\*\*](#)

#### **Local Government Association**

This self-assessment tool is designed to support local Healthwatch organisations and commissioners in establishing successful governance structures and processes.

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## Alcohol

### [\*\*Alcohol's harm to others\*\*](#)

#### **Institute of Alcohol Studies**

This report, jointly produced by the Institute of Alcohol Studies and the University of Sheffield School of Health and Related Research (ScHARR), combines a review of the evidence on alcohol's harm to others and data from two surveys in which adults were asked about the harms experienced from others' alcohol consumption.

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## Diet, nutrition and obesity

## [Carbohydrates and health](#)

### **Scientific Advisory Committee on Nutrition**

This report provides clarification of the relationship between dietary carbohydrates and health. It reviews evidence for the role of dietary carbohydrate in colorectal health, cardiometabolic health and oral health. The report also makes public health recommendations.

## [Combined diet and physical activity promotion programs to prevent type 2 diabetes among persons at increased risk: a systematic review for the Community Preventive Services Task Force](#)

### **Annals of Internal Medicine**

This review evaluates diet and physical activity promotion programmes for people at increased risk of type 2 diabetes, primarily to reduce diabetes risk and decrease body weight and glycaemia.

## [Reduction in saturated fat intake for cardiovascular disease](#)

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

This review looks at the effect that reducing saturated fat intake and replacing it with carbohydrate, polyunsaturated or monounsaturated fat and/or protein has on mortality and cardiovascular morbidity.

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## **Drug misuse**

## [The international evidence on the prevention of drug and alcohol use: summary and examples of implementation in England](#)

### **Public Health England**

This briefing provides a summary of the United Nations Office of Drug Control's International Standards on Drug Use Prevention and gives corresponding examples of relevant UK guidelines, programmes and interventions currently available in England.

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## **Mental health and wellbeing**

## [How can and should UK society adjust to dementia?](#)

### **Joseph Rowntree Foundation**

This paper explores the application of the 'social model' of disability to dementia. It aims to stimulate debate about new ways forward in understanding, and ways to meet the needs of the growing number of

people living with dementia.

#### [\*\*Mental health atlas: 2014\*\*](#)

##### **World Health Organization**

This 2014 version of the mental health atlas provides up-to-date information on the availability of mental health services and resources across the world, including financial allocations, human resources and specialised facilities for mental health.

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## **Smoking and tobacco**

#### [\*\*Smoking: harm reduction\*\*](#)

##### **National Institute for Health and Care Excellence (NICE)**

This quality standard covers ways of reducing harm from smoking. In particular, it looks at people who are highly dependent on nicotine and who may not be able (or want) to stop smoking in one step, who may want to stop smoking without giving up nicotine, who may want to reduce the amount they smoke without stopping, or who want to abstain temporarily from smoking.

#### [\*\*WHO report on the global tobacco epidemic 2015: raising taxes on tobacco\*\*](#)

##### **World Health Organization**

This report explores the continued success in global tobacco control but indicates that despite significant progress, much remains to be done.

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## **Immunisation**

#### [\*\*Meningococcal B: vaccine information for healthcare professionals\*\*](#)

##### **Public Health England**

This document provides information for healthcare professionals regarding immunisation against meningococcal B disease for infants aged from 2 months.

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## **Infectious diseases**

## [Latent TB infection \(LTBI\): testing and treatment](#)

**Public Health England**

This guide offers practical advice for commissioners and practitioners on how to locally implement testing for latent tuberculosis infection in primary care.

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