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**NICE** National Institute for  
Health and Care Excellence

## Public Health Evidence Awareness

A selection of key evidence-based public health information



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## Issue 43 - November 2015

In this month's Public Health Evidence Awareness

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## Children and young people

[Helping children to be safer, healthier and free of crime](#)

### Public Health England

This pathway provides guidance to professionals working with young people who are in the youth justice system or are at risk of being involved. It sets out the rationale for effective partnership working and details core principles to help local areas develop their own frameworks to support this collaboration.

[Measuring mental wellbeing in children and young people](#)

### Public Health England

This guide and the accompanying technical document supports local strategic needs assessments and the commissioning of interventions to improve the mental wellbeing of local children and young people.

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## Offender health

[Relative justice: the experiences and views of family members of people with particular needs in contact with criminal justice and liaison and diversion services](#)

### Prison Reform Trust

This report looks at the views and experiences of family members of young people and adults with particular needs such as mental health problems, learning disabilities or autism, who are in contact with criminal justice services.

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## Older people

### [Dementia, disability and frailty in later life: mid-life approaches to delay or prevent onset](#)

#### **National Institute for Health and Care Excellence**

This guideline covers mid-life approaches to delay or prevent the onset of dementia, disability and frailty in later life. It includes recommendations on promoting a healthy lifestyle by helping people to stop smoking, be more active, reduce alcohol consumption, improve diet and to lose weight or maintain a healthy weight if necessary.

### [Dementia: prevalence in groups by protected characteristics](#)

#### **Public Health England**

This review looks at how common dementia is and how much it varies between groups with the following protected characteristics: socioeconomic position, race or ethnic group, religion or belief, gender, sexual orientation, or disability.

### [Even a low-dose of moderate-to-vigorous physical activity reduces mortality by 22% in adults aged ≥60 years: a systematic review and meta-analysis](#)

#### **British Journal of Sports Medicine**

This systematic review looks at whether a dose lower than the recommended 150 minutes a week of moderate to vigorous physical activity was effective in reducing mortality in people aged 60 years or older.

### [World report on ageing and health](#)

#### **World Health Organization**

This report on ageing and health outlines a framework for action to foster healthy ageing. It highlights 3 key areas for action: To make the places we live more friendly to older people, to realign health systems to the needs of older people and to develop long-term care systems that can reduce inappropriate use of acute health services and ensure people live their last years with dignity.

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## Vulnerable groups

### [Public health aspects of migrant health: a review of the evidence on health status for refugees and asylum seekers in the European Region](#)

## **World Health Organization Regional Office for Europe**

This review considers the issues surrounding health and migration. It is 1 of 3 reports that focus on access to and delivery of healthcare for migrants. The other 2 reports cover the [health status for undocumented migrants](#) and the [health status for labour migrants](#).

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## **Service improvement**

### **[Measuring the performance of local health systems](#)**

#### **The King's Fund**

This review looks at how to measure the performance of health services within clinical commissioning group areas, including how well these services work with public health services.

### **[Moving healthcare closer to home](#)**

#### **Monitor**

These resources are to help providers and commissioners assess how schemes that move care closer to home affect quality and outcomes for patients and finances for the local health economy.

### **[Transforming healthcare in England's core cities](#)**

#### **NHS Clinical Commissioners**

This report shows how clinical commissioning groups in England's core cities are responding to the challenge set out in the Five Year Forward view. Key themes in the report are: developing new partnerships, ensuring equity of care across diverse populations, improving wellbeing, and finding better ways to provide healthcare services.

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## **Workplaces**

### **[Investing in a workforce fit for the future: challenges for the UK government](#)**

#### **The Work Foundation**

This document outlines 4 policy challenges and current gaps in workforce health policy. The policy challenges are: incentivising employers to take action, supporting individuals with long-term conditions, driving action at a local level and supporting older workers with health problems.

[Is an insecure job better for health than having no job at all? A systematic review of studies investigating the health-related risks of both job insecurity and unemployment](#)

**BMC Public Health**

This systematic review assesses whether insecure employment can be as detrimental for health as unemployment and examines whether these associations vary according to different health measures and gender.

[Long working hours and risk of coronary heart disease and stroke: systematic review and meta-analysis of published and unpublished data for 603 838 individuals](#)

**The Lancet**

This systematic review assesses long working hours as a risk factor for incident coronary heart disease and stroke.

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## **Diet, nutrition and obesity**

[Commissioning excellent nutrition and hydration: 2015-2018](#)

**NHS England**

This guidance aims to support commissioners to improve the nutritional and hydration needs of their population through delivery and commissioning of excellent care in acute services and the community. The guidance outlines a number of commissioning examples to support implementation at a local level.

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## **Equality and diversity**

[Local action on health inequalities: reducing social isolation](#)

**Public Health England**

This practice resource and summary explain how social isolation affects public health and outlines ideas for reducing the problem. This document is part of a [series of practice resources](#).

[National Conversation on Health Inequalities: examples of local practice](#)

**Public Health England**

This document presents examples of work done by the National Conversation on Health Inequalities to reduce health inequalities. The examples cover housing, employment, education and communities, and

the context and approach of each example is outlined.

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## Oral and dental health

### [Dental caries and obesity: their relationship in children](#)

**Public Health England**

This report summarises current evidence about the relationship between dental caries and obesity in individuals and populations.

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## Smoking and tobacco

### [Health matters: smoking and quitting in England](#)

**Public Health England**

This document provides information on the prevalence of smoking, the most effective interventions to promote cessation and advice for those responsible for reducing tobacco use.

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## Infectious diseases

### [Antimicrobial stewardship: the effectiveness of educational interventions to change risk-related behaviours in the general population: a systematic review](#)

**RAND Europe**

This review was undertaken to inform the development of a NICE guideline on [antimicrobial stewardship](#), due for publication in March 2016. It looks at the evidence of effectiveness and cost effectiveness of changing the public's risk-related behaviour pertaining to antimicrobial use and considers educational interventions targeting individuals, communities or the general public.

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