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Sale of cheap alcohol banned  Feb 04, 2014 03:26 pm

New rules coming into force of 6 April in England and Wales will ban deep discounting of alcohol in supermarkets, which currently makes some alcohol cheaper than bottled water. The ban means that the cheapest a 440ml can of lager can be is 50p and a bottle of wine £2.24. The Home Office it will stop the worst examples of very cheap and harmful drinks whilst the Alcohol Health Alliance believe the ban will be negligible.

Cancer surge as a result of alcohol, obesity and smoking  Feb 04, 2014 11:08 am

The new World Cancer Report from WHO has found cancer incidence has increased from 12.7 million new cases in 2008 to 14.1 million in 2012. Jean Kind, director of tobacco control at Cancer Research UK, told the Guardian: "people can cut their risk of cancer by making healthy lifestyle choices, but it's important to remember than the government and society are also responsible for creating an environment that supports healthy lifestyles."

Staffordshire's #fail campaign to reduce underage drinking  Feb 03, 2014 03:28 pm

Staffordshire County Council has created a series of animated videos to increase awareness of the dangers of drinking. The videos are aimed at young people aged 11-14 as research has found people who start drinking at that age and younger are more likely to become frequent drinkers. The videos are being promoted through various social media channels such as Facebook, Twitter and Youtube.

Russian men drinking excessive amounts of vodka have 'high risk of death'  Feb 03, 2014 03:02 pm

A study following 151,000 men from 1999-2010 has found that those who drank at least
1.5 litres of vodka per week had a 35 percent chance of dying by age 55. The average life expectancy in Russia is 64 years; 25 percent of Russian males die before the age of 55 compared to 7 percent of men in the UK. These findings support previous studies that have found 40 percent of working age men in Russia die because they drank too much.

**UK Alcohol Policy since 2003 - the key documents** Feb 03, 2014 02:23 pm

This page brings together key UK Governmental documents on alcohol policy since 2003. The 2003 and 2005 Licensing Acts introduced changes to licensing practice and the hours during which alcohol could be sold. There have also been many initiatives, strategies and committee reports which have contributed to changing public and political debate.

For more information on alcohol visit the [P.I.E eLibrary](#)

**Fuel poverty**

**Fuel poverty: 2014 update** Feb 05, 2014 10:27 am

This briefing from Energy Bill Revolution is an update to last year's figures on the number of households, families and children in fuel poverty. Figures show that there has been a 13 percent increase in the number of households in fuel poverty compared to 2013 from 5.86 million to 6.59 million. The number of children in fuel poverty has increased from 1.66 million to 1.94 million.

**Better Environment, Better Health guides for London boroughs** Feb 03, 2014 02:19 pm

Improving the local environment can help improve health and wellbeing. The Greater London Authority have produced a bespoke guide for each London borough highlighting how positive changes to the environment help support better health. The Better Environment, Better Health guide offers tailored information on seven important environmental factors that can impact on residents' health. These factors are green spaces, active travel and transport, surface water flood risk, air quality, healthy food, fuel poverty and overheating. These guides are written for borough Health and Wellbeing Boards, Directors of Public Health, elected members, Regeneration and Planning Officers,
Environmental Officers, Health Watch and Clinical Commissioning Groups (CCGs). The guides aim to influence local borough decisions and how budgets are decided and allocated. The hope is to encourage more collaborative work to reinforce London's resilience to changes in climate and improve Londoners' health.

For more information on fuel poverty visit the P.I.E eLibrary.

General NCD updates

Health in the post - 2015 framework: Analysis of the positions of key European countries with case - studies of the United States and Senegal | Feb 05, 2014 10:45 am

The AfGH network has a proposal for how health could feature in the post-2015 framework: This proposal includes an overarching health goal to ensure healthy lives at all ages and four proposed targets universal access to quality care, financial risk protection, improved health outcomes and enabling healthy behaviours. The position also includes a special focus on the importance of universal health coverage (UHC), and how UHC needs to be captured in the next framework in order to deliver on the potential of this concept.

Public health transformation nine months on: bedding in and reaching out | Feb 04, 2014 11:50 am

This resource commissioned by the LGA and PHE describes how public health in a number of councils has started to use the opportunities of a local government setting to improve health and wellbeing.

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"If you could do one thing..." Nine local actions to reduce health inequalities  Feb 04, 2014 10:31 am

The British Academy presents a collection of opinion pieces on health inequalities from leading social scientists. Each of the authors has written an article, drawing on the evidence base for their particular area of expertise, identifying one policy intervention that they think local authorities could introduce to improve the health of the local population and reduce health inequalities.

For more information on NCDs visit the P.I.E eLibrary

Mental health & well-being

Link between sleep duration and depression  Feb 05, 2014 09:52 am

A study using adult twins investigated the link between sleep duration and depression. 1,788 twins were studied. Twins with a normal sleep duration of seven to 8.9 hours of sleep a night had a 27 percent chance of developing depression compared to 49 percent chance for twins with a low sleep duration. Watson, one author of the study believes that the findings suggest optimizing sleep may be one way to maximise the effectiveness of treatment for depression.

Adolescents at invisible risk of mental illness  Feb 04, 2014 03:41 pm

12,000 adolescents in 11 European countries reported on their lifestyle behaviors and risk factors for mental illness. Three risk groups were identified for psychiatric symptoms: 'high risk', 'low risk' and 'invisible group'. The invisible group did not necessarily have a high frequency of risk behaviour, but displayed similar psychiatric symptoms to those in the high risk behaviour group. The invisible group had a high media use, sedentary behaviour and reduced sleep.

Study launched to find causes of stroke and dementia in India  Feb 04, 2014 12:08 pm

India and the Netherlands have jointly launched a large cohort study to examine the
causes of stroke and dementia in the Indian population.

Women with diabetes and high oestrogen levels at increased dementia risk Jan 30, 2014 04:11 pm

New research from the French National Institute of Health and Medical Research found that post-menopausal women with diabetes and high oestrogen levels were 14 times more likely to develop dementia than women without diabetes. Women with high oestrogen levels but no diabetes were also at risk. Dr Doug Brown, Director of Research and Development at Alzheimer's Society, said: "It is surprising to see that older women with both naturally high oestrogen levels and diabetes were so much more likely to develop dementia in this study. However, as this only applied to 10 women, we need to conduct much larger studies before reaching any conclusions."

For more information on mental health & well-being visit the P.I.E eLibrary

Obesity and nutrition

The issue of obesity is not solved through the addition of grocery stores to deprived areas in the US Feb 05, 2014 10:52 am

Research conducted by London School of Hygiene & Tropical Medicine and Penn State University has found that adding grocery stores with healthy foods to deprived areas does not impact on the obesity problem. Despite change in perception of residence of access to healthy foods, this did not translate into increased purchase of healthy food or significant decrease in obesity levels.

Air pollution could effect overweight or obese people more due to how much air they breath Feb 05, 2014 10:22 am

Research performed by Dr. Pierre Brochu suggests that overweight or obese people breath in an extra 7 to 50 per cent more air than normal weighted people. This means that over a lifetime they breath in more air pollutants than any other type of person. The average person take in around 16.4 m3 of air while the most overweight breaths 24.6 m3
each day.

**Public Health Outcomes Framework data tool** Feb 05, 2014 09:17 am

The Public Health Outcomes Framework Healthy lives, healthy people: Improving outcomes and supporting transparency sets out a vision for public health, desired outcomes and the indicators that will help us understand how well public health is being improved and protected. The framework concentrates on two high-level outcomes to be achieved across the public health system, and groups further indicators into four ‘domains’ that cover the full spectrum of public health. The outcomes reflect a focus not only on how long people live, but on how well they live at all stages of life. This tool currently presents data for available indicators at England, upper tier local authority, and a variety of other geographies (where available), collated by Public Health England.

**Healthier Choices Pilot** Feb 04, 2014 02:35 pm

A new study, the first of its kind in the UK, indicates that shoppers are more likely to buy healthy foods in the supermarket if faced with strong visual health prompts at point of sale. Led by Damian Edwards, Behavioural Advisor to the National Obesity Forum, the Healthier Choices Pilot saw the sale of fresh fruit rise by 20% and the sale of frozen fruit by nearly 30% in a trial supermarket over a 15 week period. In the Morrisons Salford Supermarket, Edwards installed life size cut outs of doctors and nurses by the fruit and veg section with 'Let's Shop Healthier' slogans around the store and outside. Floor stickers at the fish counter also provided further prompts. Free 'bags for life' were also available for shoppers to pick up at the fresh produce section when purchasing fruit or vegetables.

**To much added sugar can lead to heart attack** Feb 04, 2014 01:53 pm

CDC researchers have found a link between the amount of added sugar a person consumes and their odds of suffering a heart attack. The researchers found a person was three times as likely to suffer a heart attack if they go a quarter of their daily calories from added sugar which can be found in fizzy drinks or chocolate.

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**Tighter economic regulation needed to reverse obesity epidemic - study** Feb 03, 2014 09:58 am

Governments could slow and even reverse the growing epidemic of obesity by taking measures to counter fast food consumption, according to a study published in the Bulletin of the World Health Organization today. The study, by a team of researchers based in the United States and Ireland, is the first to look at the effects of deregulation in the economy, including the agricultural and food sectors, and the resulting increase in fast food transactions on obesity over time. It suggests that if governments take action, they can prevent overweight and obesity, which can have serious long-term health consequences including diabetes, heart disease, stroke and cancer.

**Being overweight in nursery gives children greater odds of being obese children** Jan 30, 2014 12:12 pm

Researchers at Emory University in Atlanta have been studying the possible effects of toddlers being overweight on their later childhood. The study found that children entering nursery (kindergarten) as overweight were four times as likely to be overweight at year 9 (8th grade) than their normal-weight cohorts.

For more information on **obesity and nutrition** visit the [P.I.E eLibrary](#)
Physical activity

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Turning the tide of inactivity  Jan 31, 2014 10:11 am

Fresh analysis of official Government data and FOI-obtained figures show depth of challenge to 'turn the tide of physical inactivity' ukactive's new report Turning the tide of inactivity is the first ever borough by borough analysis of increasing levels of physical inactivity across England, and the steps being taken to combat it. Using new FOI data and fresh data analysis, ukactive has investigated the biggest causes of inactivity and the interventions which are being effective in 'turning the tide of inactivity'.

City Health Check: How design can save lives and money  Jan 30, 2014 12:09 pm

Do our cities support healthy, active choices on a daily basis? Does the architecture and urban design of our cities impact on public health? In this health check we compare serious health problems in nine of the most populated cities in England and how these problems relate to our urban environment and levels of exercise.

For more information on physical activity visit the P.I.E eLibrary
Public health & the environment

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Tobacco

Third of a million people took part in Stoptober 2012 Feb 05, 2014 10:10 am

Research from UCL looked at data from national surveys over 2007 to 2012. The data showed that 50 percent more people attempted to quit smoking in Stopober 2012 compared to the rest of the year. It is estimated that this saved 10,400 years of life and proved the effectiveness of the campaign.

FDA launches anti-smoking campaign for adolescents Feb 05, 2014 08:53 am

The Food and Drug Administration (FDA) in America has launched an anti-smoking campaign aimed at adolescents. The adverts show youthful faces with wrinkled skin and teenagers paying for cigarettes with their teeth. The campaign will be shown on TV channels such as MTV and placed in magazines such as teen vogue. Impact will be monitored over a period of two years by following 8,000 adolescents.

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**Half of lung transplants use smoker’s lungs**  Feb 03, 2014 04:00 pm

New research published in the Annals of Thoracic Surgery explored the impact of using lungs donated by smokers. The researchers found that donor smoking did not significantly affect early to midterm outcomes post-transplant. However, the findings do not remove the needs for longer term observation.

**E-cigarettes banned from Commonwealth Games 2014**  Jan 30, 2014 03:59 pm

Organisers of the Glasgow 2014 Commonwealth Games have banned smoking, including e-cigarettes, in and around the Commonwealth Games venues. Public health minister Michael Matheson told the Scotsman: "I welcome this, as e-cigarettes are not regulated, nor have they been proven to be safe and effective."

For more information on tobacco visit the [P.I.E eLibrary](#)

To keep up to date with the latest news on tobacco see the [ASH news bulletins](#)

**Events**

**UCL Centre for Behaviour Change launch, 17 February 2014, UCL, London**

Join UCL to celebrate the launch of the newly established UCL Centre for Behaviour Change.

**Sustainable food systems and the mismatch of bodies, markets and culture: where lies progress? 19 February 2014, Manson Lecture Theatre, LSHTM, London**

Public health practitioners must address how to shift culture towards sustainable diets and how those can reshape land use and food supply chains to deliver sustainable food security. Tim Lang presents a paper on the above title.

**Tackling Obesity: Creating a Healthier Nation, 6 March 2014, Citadine Holborn, London**

This timely policy briefing will examine current policy priorities in this key area, discuss case studies in the field of tackling obesity and provide the opportunity to network with
peers and stakeholders from private, public & third sector.

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