

Action Plans

[School sport and activity action plan](#)

A cross-government action plan to provide more pupils with increased opportunities to play sport and take physical exercise during their time in school.

Guidance

[Obesity: identification, assessment and management \[CG189\]](#)

This guideline covers identifying, assessing and managing obesity in children (aged 2 years and over), young people and adults.

In **July 2023**, we reviewed the evidence on bariatric surgery for people living with overweight and obesity and updated the [recommendations on surgical interventions](#).

Articles

[Invisible no more: unpaid care giving in the shadow of covid-19](#)

Miles Sibley and colleagues argue that families must be recognised and valued as partners in patient care.

Public Advice

[Virtual wards](#)

Virtual wards aim to help patients receive their care and healthcare at home rather than in hospital. This will only happen in the short term if it's right for the patient, and care teams will carefully monitor them.

[ORCHA launches SAFE APPS campaign to help consumers choose safe digital health apps](#)

ORCHA (the Organisation for the Review of Care and Health Apps) warns that whilst there are some topflight health apps available, the market is so flooded, and the quality so variable, that there needs to be more guidance on choosing good apps.

[Essential summer health tips for travellers going abroad](#)

The UK Health Security Agency (UKHSA) is reminding summer travellers of simple steps to reduce their risk of common infections when travelling abroad.

Blogs

[How do elderly people see themselves?](#)

In this blog, Helen reflects on her recent research, which explored identity construction in the very old, and gave voice to a group that is not often heard. The aim was to inform how support is planned and negotiated with very old people in our society.

[Start small and build big – how a health creation approach can help tackle inequalities](#)

As a general practitioner, I have found the opportunity to work alongside people and communities to improve local health and wellbeing, to be transformational, and our work has been highlighted as a best practice example in the recent Next steps for integrating primary care: Fuller Stocktake.

[Choose health, choose life](#)

Lifespan has increased since the NHS was founded 75 years ago. Then, the average lifespan for a man was 65 years. Now, it's 78. A woman's average lifespan was 70 years. Now it's 83.



News

[Agreement to support mental health care and free up police time](#)

The NHS, police and government commit to a new approach to ensure those requiring urgent mental health support receive timely care from the most appropriate agency.

[Boost for women and girls as Women's Health Strategy turns one](#)

A year on from its Women's Health Strategy, the government has announced a package of new measures to boost the health and wellbeing of women and girls.

[Millions of children get access to life-saving defibrillators](#)

The government has ensured every state school in England has a defibrillator with 20,376 devices delivered to 17,862 schools.

[2.5 million more people in England projected to be living with major illness by 2040](#)

9.1 million people will be living with major illness by 2040, 2.5 million more than in 2019, according to a new [report](#) published today by the Health Foundation.

[Public open to virtual care, but lack of understanding a barrier to progress, new research warns](#)

'Virtual wards' – which allow patients to get hospital-level care at home, while still being in regular contact with health professionals – are a key element of NHS England's plan for tackling the backlog of care. They can be used instead of admitting people to hospital or to enable patients to be discharged sooner, and in some cases are supported by technologies that help people monitor their health at home.

[Promoting vaccination: the right approach for the right group](#)

This Collection brings together examples of NIHR research on how to increase vaccine uptake. It explores how to engage and communicate effectively with different communities. It provides useful information for those commissioning and delivering vaccination services.

[NHS sets out plans for winter with new measures to help speed up discharge for patients and improve care](#)

Care 'traffic control' centres to speed up discharge, additional ambulance hours and extra beds are part of wide-ranging plans to prepare for winter, the NHS will announce today.

[Providing urgent health care at home for older people living with frailty](#)

The Silver Triage initiative enables specialist geriatricians to provide advice to ambulance paramedics who are assessing older people.

[Breaking the cycle: The case for integrating money and mental health support during the cost of living crisis](#)

Breaking the cycle shows that giving people money advice alongside talking therapies could double recovery rates for people with debt and depression — and help an extra 27,000 people recover from mental health problems each year.

[Measles: it's not just London that's at risk of an outbreak – it's all of the UK](#)

With the latest data from the UK Health Security Agency (UKHSA) showing at least one measles case in each region in England this year, and warnings of the potential for outbreaks in London, where else in the UK are children at risk? The short answer is probably "everywhere".

[How childhood trauma can lead to obesity in people with serious mental illness](#)

People with a serious mental illness (SMI), like schizophrenia, often experience obesity. And in the UK, such people are almost twice as likely to be obese compared to those without a diagnosis.





[People who exercise only on the weekend have similar heart-health benefits as those who exercise throughout the week](#)

Exercise is good for your overall health and your heart in particular. Guidelines recommend that we should be doing 150 minutes of moderate-to-vigorous activity a week. But does it matter when you do this exercise? Should you spread it out in the week or does it lose some of the benefit if you cram it in at the weekend?

[Sustained investment in public mental health could boost communities' wellbeing nationwide, says Centre for Mental Health](#)

Targeting resources to communities where the need is greatest can have a major impact on people's mental health, according to a new report from charity Centre for Mental Health. The report, *Made in communities*, is the national evaluation of the UK Government's Better Mental Health Fund.

