

## Case Studies

[Driving wellbeing in Merseyside through non-clinical but NHS-run services](#)

Offering socially focused interventions to benefit an entire local community, not just patients of the trust.

## Cochrane Clinical Answers

[Do mobile phone-based interventions improve the use of contraception?](#)

Moderate-certainty evidence shows that mobile phone-based interventions that provide information, counseling, or reminders likely result in more women using contraception (604 vs 540 per 1000 women, all results on average) with little to no difference in unintended pregnancy when compared with standard care.

## Research

[Smokefree generation policy: modelling report](#)

A technical report about the methodology and data used to model the effects of the smokefree generation policy.

## Reports

[State of Caring Survey 2023 - The impact of caring on: health](#)

Our report on caring and health finds that a widespread lack of support and recognition from health and care services is severely damaging unpaid carers' mental health. It highlights how people caring round the clock for older, disabled or seriously ill relatives do not have adequate support from statutory services that are in place to help them – leaving many steeped in thoughts of hopelessness, fear, and dread, and urgently in need of support.

[Transforming health and wellbeing services through population health management](#)

Exploring practical shifts towards population health and population health management approaches.

[UK One Health Report: Joint report on antibiotic use, antibiotic sales and antibiotic resistance](#)

The third publication of the One Health Report brings together antibiotic resistance and consumption data from humans and animals, combined with data on antibiotic resistance in food and antimicrobial substances in the environment.

## Guidance

[COVID-19 rapid guideline: managing COVID-19 \[NG191\] – Updated 30 November 2023](#)

This guideline covers the management of COVID-19 for babies, children, young people and adults in all care settings. We are continually monitoring the evidence and updating the guideline as new information emerges.

[Warm spaces in England: an evidence review and toolkit](#)

A toolkit to support organisations seeking to develop or evaluate a warm space for their local population during the winter.

[NHS COVID Pass](#)

The NHS COVID Pass service has now closed.

## Publications

[Exploring public attitudes towards the use of digital health technologies and data](#)

The NHS is looking to advances in digital health technologies and data to help tackle current pressures and meet rising demand. But ensuring new uses of technology and data have the backing of the public is critical if they are to become business as usual.



[NHS England's statement on information on health inequalities \(duty under section 13SA of the National Health Service Act 2006\)](#)

This statement on information on health inequalities (Statement) is given by NHS England further to its duty under section 13SA of the National Health Service (NHS) Act 2006 to publish a Statement setting out a description of the powers available to relevant NHS bodies to collect, analyse and publish information, and the views of NHS England about how those powers should be exercised in connection with such information.

## Campaigns

[One in five children and young people struggle with their mental health](#)

New data from NHS England shows one in five children and young people in England, aged eight to 25, had a probable mental disorder in 2023. In addition, more than one in 10 of 17 to 19-year-olds who took part in a major new survey this year had an eating disorder, a rise from less than 1% of that age group six years ago. Among those aged 11 to 16, rates of eating disorders were four times higher in girls than boys.

[Campaign for 100% FLS](#)

We have joined forces with the Sunday Express for the Better Bones campaign calling for 100% Fracture Liaison Service (FLS) coverage.

## Blogs

[Eco-anxiety in children and young people: What we can do to help](#)

Ahead of this year's UN climate conference, which starts tomorrow, Dr Maya Gimalova and Dr Louise Edgington explore how psychology staff can help manage young people's climate-related distress.

## News

[Health and Social Care Secretary sets out priorities for system](#)

Secretary of State aims to make health and social care system faster, simpler and fairer for patients.

[One in five children and young people had a probable mental disorder in 2023](#)

One in five children and young people in England aged eight to 25 had a probable mental disorder in 2023, a new survey shows. The [Mental Health of Children and Young People in England 2023 report](#), published today by NHS England, found that 20.3% of eight to 16-year-olds had a probable mental disorder in 2023. Among 17 to 19-year-olds, the proportion was 23.3%, while in 20 to 25-year-olds it was 21.7%.

[NHS urges people to get winter jabs with two weeks until online bookings close](#)

With just two weeks until online bookings for COVID and flu vaccines close, the NHS is urging anyone still eligible for these vaccines to book an appointment and get potentially lifesaving protection ahead of Christmas.

[Setting up Greater Manchester's first virtual wards](#)

Bushra Alam, acute medicine consultant and clinical lead for virtual wards, explains the benefits and challenges of implementing virtual wards (also known as hospital at home) across Greater Manchester.

[The state of children and young people's mental health in 2023](#)

As the cost-of-living crisis continues to shape children and young people's lives and Covid casts its long shadow over society, the mental health of children and young people is facing unprecedented challenges. Since 2017 NHS Digital have been monitoring young people's mental health and we have regularly analysed this data to highlight the ongoing urgent need for effective mental health services and support for children and young people.



### [Cost-of-living is still causing widespread mental distress, new data shows](#)

New figures reveal:

- almost one third (31%) of UK adults have felt anxious in the past month due to their personal financial situation
- more than one quarter (27%) felt stressed in the past month due to their personal financial situation
- almost one in ten (9%) felt hopeless in the past month due to their personal financial situation.
- adults in the lowest socioeconomic groups (DE) were much more likely than those in the highest (AB) to report feeling anxious (37% v 24%), stressed (33% v 21%) or hopeless (14% v 6%) about their financial situation

### [Vaping campaign launched](#)

A new marketing campaign informing parents, carers and school pupils of the dangers of vaping has been launched by the Scottish Government. It comes as a new Tobacco and Vaping Framework is published, setting out actions which will be taken to create a tobacco-free generation by 2034.

### [How effective are referrals to the NHS Diabetes Prevention Programme?](#)

A referral to the NHS Diabetes Prevention Programme reduces someone's chance of developing type 2 diabetes by 20%, research found. In a related paper, the same team made recommendations about how to improve the programme. These include better communication between professionals and service users (about the goal of the programme, for instance) and ensuring different providers all deliver consistent digital content.

### [Pregnancy complications increase the risk of heart attacks and stroke in women with high blood pressure](#)

High blood pressure increases the risk of diseases of the heart and blood vessels (cardiovascular disease). New research suggests that, for women with high blood pressure, having a pregnancy complication (such as early birth) further increases their risk of cardiovascular disease in future.

### [Long COVID: fatigue predicts poor everyday functioning](#)

Long COVID can have a severe impact on everyday life. Symptoms vary, but a new study found that fatigue is the dominant symptom and most closely predicts poor everyday functioning. It could severely impact people's work, home, social and private life, and close relationships. The authors call for services to prioritise the management of fatigue.

### [8 findings to help you stay healthy as you age](#)

Too many people spend a large portion of their later life in poor health, much of which could have been prevented. And there are large inequalities across the country.

### [Unhealthy products driving nearly half a million people out of work](#)

More needs to be done to tackle the unhealthy products driving nearly half a million people out of work. A new report released today by a coalition of health charities has laid bare the £31bn productivity cost to the economy from alcohol, tobacco and unhealthy foods.

### [RCPsych responds to the Autumn Statement](#)

In today's Autumn Statement the Chancellor delivered a number of changes to the benefits system, announcing that people with mobility and mental health problems may be compelled to look for work that they can do from home.

### [Does better tech always mean better health care?](#)

Research in the spotlight: The anticipated, but unintended consequences of remote consultations.

### [How to support children's mental health](#)

Poor mental health in children is on the rise. The Anna Freud centre has reported that before the coronavirus pandemic one in eight children aged between 5 and 19 had at least one diagnosable mental health problem. During the pandemic this had risen to one in six. The picture is even more complex for particular groups of children: around 60% of children in care are reported to have an emotional or health problem and young people who identify as queer are more likely to have a mental health problem.

### [No compelling evidence that air purifiers prevent respiratory infections – new study](#)

The COVID pandemic led to many calls for improved indoor air quality with claims that doing so would reduce the risk of the virus spreading. But the real-world evidence to support these claims has been lacking and studies undertaken during the pandemic have not yet been reported.

### [Childhood pneumonia is surging in many countries – while the germs causing it are known, the effects of co-infections aren't](#)

You may have heard reports about outbreaks of pneumonia affecting children in the Netherlands, Denmark and parts of the US and China, which are higher than usual for this time of year. Parents are keeping a watchful eye on the news, while public health officials monitor the global incidence of severe respiratory infections and record cases and causes. However, there is no new virus or other type of new pathogen to worry about in these outbreaks.

### [New WHO campaign highlights tobacco industry tactics to influence public health policies](#)

The World Health Organization (WHO), today, officially launches the "Stop the lies" campaign as a vital initiative to protect young people from the tobacco industry and their deadly products, by calling for an end to tobacco industry interference in health policy.