Health & Wellbeing Digest 2019

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Population Health

**Paper:**

**Title:** The community paradigm: why public services need radical change and how it can be achieved  
**Source:** New Local Government Network February 2019  
**Author:** Lent, A; Studdert, J  

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Healthy Eating and Active Living

**Systematic Review:**

**Title:** Effect of breakfast on weight and energy intake: systematic review and meta-analysis of randomised controlled trials  
**Source:** BMJ 2019; 364:l42  
**Author:** Sievert, K et al  

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**Article:**

**Title:** Global sustainability (health, environment and monetary costs) of three dietary patterns: results from a Spanish cohort (the SUN project)  
**Source:** BMJ Open  
**Author:** Fresán, U et al  

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**Article:**

**Title:** Subjects’ Perception in Quantifying Printed and Digital Photos of Food Portions  
**Source:** Nutrients 2019, 11(3)  
**Author:** Nichelle, P G et al  

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**Article:**

**Title:** Area-Level Walkability and the Geographic Distribution of High Body Mass in Sydney, Australia: A Spatial Analysis Using the 45 and Up Study  
**Source:** Int. J. Environ. Res. Public Health 2019, 16(4), 664  
**Author:** Mayne, D J et al

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**Alcohol**

**Guidance:**

**Title:** Children and young people exposed prenatally to alcohol: A national clinical guideline  
**Source:** NHS Scotland January 2019  
**Author:** Scottish Intercollegiate Guidelines Network (SIGN)

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**Article:**

**Title:** Strategies to increase implementation of pharmacotherapy for alcohol use disorders: a structured review of care delivery and implementation interventions  
**Source:** Addict Sci Clin Pract 2019 February 12;14 (1) 6  
**Author:** Williams E C et al

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**Sexual Health**

**Report:**

**Title:** Increased Methamphetamine, Injection Drug, and Heroin Use Among Women and Heterosexual Men with Primary and Secondary Syphilis — United States, 2013–2017  
**Source:** MMWR/February 15, 2019/Vol. 68/No. 6  
**Author:** Kidd, S E et al

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**Article:**

**Title:** Targeted advertisement of chlamydia screening on social media: A mixed-methods analysis  
**Source:** Digital Health January 2019  
**Author:** Burton, J et al

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**Guidance:**

**Title:** Relationships and sexuality in adult social care services: Guidance for CQC inspection staff and registered adult social care providers  
**Source:** Care Quality Commission  
**Author:** Care Quality Commission

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**Healthy Childhood**

**Article:**

**Title:** Impact of Adolescents' Screen Time and Nocturnal Mobile Phone-Related Awakenings on Sleep and General Health Symptoms: A Prospective Cohort Study  
**Source:** Int J Environ Res Public Health. 2019 Feb 12;16 (3)  
**Author:** Foerster, M

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**Report:**

**Title:** First 1000 days of life  
**Source:** House of Commons February 2019  
**Author:** Health and Social Care committee

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**Report:**

**Title:** International comparisons of health and wellbeing in adolescence and early adulthood  
**Source:** Nutfield Trust February 2019  
**Author:** Rakhee, S et al

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**Positive Ageing**

**Report:**

**Title:** Dementia 2020 Challenge: 2018 Review Phase 1  
**Source:** Department of Health and Social Care February 2019  
**Author:** Department of Health and Social Care UK Government

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Rapid Evidence Review:

Title: Addressing Social Isolation To Improve the Health of Older Adults: A Rapid Review
Source: Agency for Healthcare Research and Quality February 2019
Author: Scientific Resource centre

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Tobacco Free Ireland

Cochrane Review:

Title: Competitions for smoking cessation
Source: Cochrane Database of Systematic Reviews February Issue 2 2019
Author: Fanshawe T R et al

To view review

Article:

Title: Exploring mental health professionals' practice in relation to smoke-free policy within a mental health trust: a qualitative study using the COM-B model of behaviour.
Source: BMC Psychiatry 2019 Feb 4;19(1):54
Author: Smith, C A et al

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Review:

Title: Comparison of nicotine exposure during pregnancy when smoking and abstinent with nicotine replacement therapy: systematic review and meta-analysis
Source: Addiction Vol 114 3 March 2019
Author: Hickson, C et al

To view review

Staff Health and Wellbeing

Report:

Title: NHS Staff and Learners’ Mental Wellbeing Commission
Source: Health Education England February 2019
Author: Health Education England

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**Article:**  
**Title:** “In Initiative Overload”: Australian Perspectives on Promoting Physical Activity in the Workplace from Diverse Industries  
**Source:** Int. J. Environ. Res. Public Health 2019, 16(3), 516  
**Author:** Chau, J U et al

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**Mental Health and Wellbeing**

**Article:**  
**Title:** Reciprocal associations between screen time and emotional disorder symptoms during adolescence.  
**Author:** Zink, J et al

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**Commentary:**  
**Title:** UK Chief Medical Officer commentary on 'Screen-based activities and children and young people's mental health and psychosocial wellbeing'  
**Source:** Davies, S C et al  
**Author:** Department of Health and Social Care

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**Report:**  
**Title:** Screen-based activities and children and young people’s mental health: A Systematic Map of Reviews  
**Source:** EPPI-Centre, Social Science Research Unit, UCL Institute of Education, University College London  
**Author:** Dickson K et al

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**Self-Management Support**

**Article:**  
**Title:** How health literacy and patient activation play their own unique role in self-management of chronic obstructive pulmonary disease (COPD)?  
**Source:** Chronic Respiratory Disease Vol 16 1-5 2019  
**Author:** Yadav U N et al

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Article:

Title: Developing an intervention to increase REferral and uptake TO pulmonary REhabilitation in primary care in patients with chronic obstructive pulmonary disease (the RESTORE study): mixed methods study protocol.
Source: BMJ Open 2019 Jan 21;9 (1)
Author: Early, F et al

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