

COVID-19

An opportunity to address inequalities: learning from the first months of the COVID-19 pandemic

The disadvantaged poor have been the hardest hit by COVID-19 in the UK. A Public Health England (PHE) blog reflects on what we have learned during the first few months of the pandemic about the effects of COVID-19 on health inequalities and what can be done to mitigate them.

[Link](#)

SLEEP

Nearly half of UK adults say that sleeping badly has a negative effect on mental health

The Mental Health Foundation reviews existing evidence and surveys conducted in March 2020 to examine the relationship between sleep and mental health.

[Link](#)

WELLBEING

Volunteer wellbeing: what works and who benefits?

What Works For Wellbeing has brought together research on the links between volunteering and wellbeing. It looks at the positive and negative effects of volunteering on different aspects of the volunteers' wellbeing and puts forward a Theory of Change.

[Link](#)

PHYSICAL ACTIVITY

How has the coronavirus pandemic impacted activity levels?

Sport England has published two new Active Lives Adult Survey reports which reveal the impact of the early weeks of lockdown on activity levels. Activity levels were on course to reach record highs this year before the disruptions caused by the pandemic.

[Link](#)

SMOKING CESSATION

Electronic cigarettes for smoking cessation

A new systematic review finds that nicotine e-cigarettes are likely to help people to stop smoking for at least six months and probably work better than nicotine replacement therapy and nicotine-free e-cigarettes. It also suggests they may not be associated with serious unwanted effects.

[Link](#)

POPULATION HEALTH

Webinar: Harnessing health and housing support to improve population health

SCIE is hosting this free webinar which you can register for with a free account. It discusses the impact of housing and health related issues and how partnership working can support improved care and health outcomes.

[Link](#)

