

MENTAL HEALTH

#Instagram: Is it dangerous in terms of suicide and self-harm content?

This post summarises the findings of a recent systematic review which looked at what research has been done on the topic of self-harm or suicide on Instagram. Many studies had concerns about whether self-harm and suicide content on Instagram could normalise and reinforce self-harming behaviours but there is not enough evidence to confirm this.

[Link](#)

PHYSICAL ACTIVITY

Everybody active, every day: 5 years on

This report looks at the progress made in the past five years as a consequence of Public Health England's national physical activity framework, Everybody active, every day. It gives an overview of how the physical activity agenda has developed, feedback from stakeholders, identifies challenges and suggests future actions and recommendations.

[Link](#)

Walking and cycling 'not safe or attractive enough' for many in their 50s and 60s

Although 'active travel' helps people to build regular physical activity into daily life, people in mid and later life are less likely to walk and cycle than younger age groups. A new report from the Centre for Ageing Better finds that lack of cycle and footpaths, personal safety concerns, and declining health are key barriers to people in their 50s and 60s walking or cycling as a means of travel.

[Link](#)

SMOKING

Up in smoke: the impact of smoking on health and economic activity

This report argues that anti-smoking measures could save billions across the UK economy. It highlights the costs of smoking not just to individuals' health, but to the sustainability of the broader health care system and to the public purse as the government aims to 'build back better' from the pandemic.

[Link](#)

COVID-19

What has the Covid-19 pandemic taught us about public health messaging?

It has been vital to get health messages out to the public during the pandemic but it's not always easy to get them right. Three health researchers give their top tips on getting good quality health messages out to the right people, quickly and with limited funding resources.

[Link](#)

DIABETES

Type 2 diabetes: more than one type of diet can help people achieve remission

Researchers recently reviewed 90 different papers on the effects of different types of diet on Type 2 diabetes. They discuss meal-replacement shakes, low-carbohydrate diets, low-calorie diets and Mediterranean diets and how they help with remission of Type 2 diabetes in different ways.

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