

NUTRITION

We are what we eat: Food, health and inequality podcast

The second part of the National Food Strategy was published in July 2021. It is the most comprehensive review of the entire food and drink system in the UK for many years. This podcast discusses two areas covered by the review – reducing the amount of junk food, and diet-related inequality – as well as viewing this alongside the government's 2020 obesity strategy.

[Link](#)

HEART HEALTH

Blood pressure: Are your pipes in good working order?

High blood pressure affects more than 1 in 4 adults in England. It is often known as a 'silent killer' because most people show no symptoms. If left untreated it can increase the risk of heart attack, heart disease, stroke and kidney disease. Find out about the steps we can all take to keep our blood pressure in check.

[Link](#)

Nationwide roll-out of NHS high street heart checks to save thousands of lives

Every NHS pharmacy in England will be able to provide heart checks to people aged 40 and over from October thanks to a new deal between pharmacies and the NHS. Pharmacists will case-find and offer blood pressure tests to people showing symptoms, provide clinical and lifestyle advice or referral, and record the data, joining up services and treatment with GPs and other local services.

[Link](#)

COMMUNITIES

Community champions: A rapid scoping review of community champion approaches for the pandemic response and recovery

Many local areas have developed community champion programmes to help support their local coronavirus response. This rapid scoping review pulls together and considers existing research evidence on community champion approaches, both from the UK and internationally.

[Link](#)

MENTAL HEALTH

Mental health foundation releases new downloadable school packs to mark youth mental health day

To mark Youth Mental Health Day (7th September), the Mental Health Foundation launched new, free materials for school pupils and teachers. The new material focusses on learning to have a good body image, why being kind is so important, and how we can all manage our sleep better

[Link](#)

SMOKING

Smoking among young adults increased by 25% during first lockdown

The number of 18 to 34 year-olds in England who smoke increased by 25% in the first lockdown, according to a study published in the journal Addiction and funded by Cancer Research UK. The researchers also found that the number of high-risk drinkers rose by 40%.

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