

Systematic Reviews

[Heated tobacco products for smoking cessation and reducing smoking prevalence](#)

This systematic review found that heated tobacco probably exposes people to fewer toxins than cigarettes, but possibly more than not using any tobacco. Falls in cigarette sales appeared to speed up following the launch of heated tobacco in Japan, but we are uncertain whether this is caused by people switching from cigarettes to heated tobacco. We need more independently funded research into whether heated tobacco helps people stop smoking, whether it results in unwanted effects, and the impact of rising heated tobacco use on smoking rates.

[High versus low-added sugar consumption for the primary prevention of cardiovascular disease](#)

This systematic review found currently, there is no evidence regarding the effect of added sugar consumption on CV events and all-cause mortality. This review provides low-quality evidence that a low intake of added sugar intake reduces total cholesterol, triglycerides and blood pressure levels, potentially decreasing the risk of future CV events. The observed effect was small and the clinical relevance is unclear.

Cochrane Review

[Self-management for people with chronic obstructive pulmonary disease](#)

This review provides an update to the 2014 review's findings, Self-management interventions in people with COPD are associated with improvement in HRQoL, as measured by the SGRQ; a reduction in both respiratory-related admissions and ED visits; a likely improvement in both anxiety and depression symptoms, and exercise capacity; and probably more use of antibiotics. However, further research is needed which provides more comparable data and assesses interventions in a less heterogenous way.

Study

[People from ethnic minority backgrounds experience persisting inequality in their treatment for common mental health problems in England](#)

New research from the Institute of Psychiatry, Psychology & Neuroscience (IoPPN) at King's College London has assessed the prevalence of common mental health problems experienced by people from ethnic minority backgrounds and investigated the longstanding treatment inequalities experienced in these groups.

Report

[Integration and innovation in action: community capacity](#)

Exploring how local integration is driving efforts to improve outcomes for patients and local communities. This report outlines a range of examples where NHS organisations are working collaboratively to improve outcomes for patients and local communities. Based on interviews with NHS leaders, it reflects on the opportunities and challenges of models of care that aim to treat patients in the community.

Statistics

[Adult social care in England, monthly statistics: January 2022](#)

Experimental statistics on a range of topics including infection control measures, coronavirus (COVID-19) vaccinations and testing for COVID-19 in adult social care settings.

Blog Posts

[Integrating health and social care: seven steps for success](#)

Europe-wide research, including some from Scotland, has highlighted the leadership and management challenges around the issue. From these studies, seven key lessons have emerged will help to ensure the successful integration of two of our most important public services.

[How improving online food environments can support our health](#)

Obesity has now overtaken smoking as the biggest cause of preventable death in England and Scotland, according to recent research. In this piece, Nesta and the Behavioural Insights Team (BIT) set out why we think making changes to the way we shop for food online is important.

[Making a bad situation worse: Covid-19 and the impact on childhood obesity](#)

This blog post from the Obesity Health Alliance examines the data from NHS Digital concerning trends in children's weight and discusses the impact of COVID-19 on the figures.

News

[New campaign launched to help parents improve children's diet](#)

The government's New Better Health campaign has launched, including a new NHS Food Scanner App, to help parents improve their children's diet.

[NHS launches landmark mental health campaign with 'Help!' from The Beatles](#)

Backed by some of the UK's biggest artists, the campaign will encourage people struggling with their mental health to seek support.

[Award-winning mental health service is a "game-changer", say psychologists](#)

An award-winning mental health support service for children being treated for long-term physical health conditions is a "game-changer", according to the psychologists involved in it, including chartered BPS member Professor Roz Shafran.