

WOMEN'S HEALTH

Government sets clear ambition to close gender health gap

The [Vision for Women's Health](#) has been published, which sets out key government commitments on women's health and inequality. To help transform the vision into a strategy and action, the government will appoint a Women's Health Ambassador to raise the profile of women's health, increase awareness about taboo topics and support in implementing the strategy.

[Link](#)

PHYSICAL ACTIVITY

Whatever the Weather, Keep Moving

To inspire people to continue to keep moving during the winter months GM Moving has created three short videos. These 10-15 second videos show various weather conditions and where appropriate, safety elements to help demonstrate how to be active outside safely.

[Link](#)

CLIMATE CHANGE

Climate change is a public health emergency

Recognising the role the NHS has to play in contributing to the United Kingdom's efforts to reduce carbon emissions, this publication draws on survey results and a series of conversations with trust leaders and national policy-makers to explore the barriers and enablers to change for trust boards, and to share good practice.

[Link](#)

CHILDREN'S HEALTH

Progress in improving the health of children under five stalls

Progress in improving the health of children under five has stalled in the last five years and across some measures – particularly infant mortality and obesity – children's health is getting worse. These trends are examined in the new evidence review from the Nuffield Foundation which analyses the health of under-fives over the last 20 years.

[Link](#)

FALLS PREVENTION

Advice by mail is as effective as targeted interventions

A booklet containing advice on falls prevention reduced fractures as effectively as more intensive interventions. In a large study, the booklet was sent to older people by post. This advice alone prevented as many fractures as an exercise programme, or as multiple assessments by a range of professionals, the study found.

[Link](#)

TRAINING

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