

## Cochrane Reviews

### [Child protection training for professionals to improve reporting of child abuse and neglect](#)

Objectives: To assess the effectiveness of training aimed at improving reporting of child abuse and neglect by professionals and to investigate possible components of effective training interventions.

## Studies

### [Pregnant women from ethnic minority or deprived socio-economic backgrounds more likely to have depressive symptoms](#)

Pregnant women with depression and maternal obesity were also associated with several outcomes that can negatively affect the brain development of their offspring, including greater rates of infection, less nutritional diets, and a greater risk of preterm birth.

### [Schools-based mindfulness programme improves school culture and reduces teacher burnout](#)

Researchers have reported findings from the wide-ranging MY Resilience In Adolescence (MYRIAD) study programme, spanning eight years of research and exploring whether schools-based mindfulness training could improve the mental health of young people.

### [Reordering food options on delivery apps could help to reduce obesity](#)

This paper explores whether reordering food options on delivery apps could help reduce obesity. Together with the Behavioural Insights Team (BIT) and the University of Oxford, we carried out a UK-wide experiment involving more than 7,000 participants. They were asked to order food using one of four simulated food delivery apps. We discovered that simply repositioning options in relation to their calorie content significantly reduced the amount of calories ordered.

### [Obesity: neither genetics nor social background is a very good predictor of your body weight – new research](#)

There's long been a debate about whether genetics or the environment people are raised in is the biggest cause of obesity. Obesity rates have tripled since the 1980s. This is far faster than our genetics could change, suggesting there's an important environmental element to obesity. But we also have studies which show that identical twins tend to be more similar in their body weight than non-identical twins, suggesting there's a genetic element to weight. Further complicating this debate is the fact that there's evidence that the influence of genetics may change as people age. For example, when it comes to intelligence, genes seem to be more powerful predictors of intelligence in adults than in children.

## Guidance

### [Social, emotional and mental wellbeing in primary and secondary education: NICE guideline \[NG223\]](#)

This guideline covers ways to support social, emotional and mental wellbeing in children and young people in primary and secondary education (key stages 1 to 5), and people 25 years and under with special educational needs or disability in further education colleges. It aims to promote good social, emotional and psychological health to protect children and young people against behavioural and health problems.

### [Heatwave Plan for England](#)

The Heatwave Plan for England aims to prepare, alert and prevent people from the preventable health impacts from severe heat in England.

## Policy Paper

[Building the right support for people with a learning disability and autistic people](#)

An action plan to strengthen community support for people with a learning disability and autistic people and reduce reliance on mental health inpatient care.

## Publications

[The safer management of controlled drugs](#)

Our annual report on the safer use of controlled drugs highlights our regulatory oversight activities and inspection findings in 2021.

[Improving children and young people's mental health services](#)

Local data insights from England, Scotland and Wales.

## Report

[The COVID-19 inquiry: learning the lessons](#)

Our view on the situation facing the NHS when the pandemic began, how events unfurled and core considerations for the COVID-19 inquiry.

## Review

[Exercise can reduce stress and improve sleep – particularly for women with breast cancer](#)

When you're suffering from stress, it can affect almost every aspect of your life – even down to how well you sleep at night. While it's normal to experience stress over things every now and again, if it continues to affect your sleep in the long-term it can lead to poorer quality sleep and even insomnia. This may, in turn, lead to other health problems, such as depression, cancer relapse and early death. But our recent review suggests that physical activity may be key to improving both stress levels and sleep.

## Analysis

[Report card: indicators of women's preconception health](#)

Analysis of preconception indicators including wider determinants of health, health behaviours and pre-existing medical conditions.

## Statistics

[Adult tier 2 weight management services provisional data for quarters 1 to 4, 2021 to 2022 \(experimental statistics\)](#)

Provisional data from the adult tier 2 weight management services data collection from quarter 1 to quarter 4 of the 2021 to 2022 financial year.

## Impact Assessment

[The Health Protection \(Coronavirus, Restrictions\) \(Steps etc.\) \(England\) \(Revocation and Amendment\) Regulations 2021: equality analysis](#)

Record of the Public Sector Equality Duty (PSED) analysis undertaken for the Health Protection (Coronavirus, Restrictions) (Steps etc.) (England) (Revocation and Amendment) Regulations 2021.

## Toolkit

[New young person's toolkit on health inequalities](#)

A Young Person's Toolkit full of ideas, information and inspiration including two animations that highlight some of the key messages. Linked to the toolkit are a set of resources for teachers – that can also be used in youth settings – including guidance, lesson plans and resources.

## Blog

[Can you tell it's Sickle Cell?](#)

Dr Kilali Ominu-Evbota is Co-lead of the Mid and South Essex Paediatric Sickle Cell Service. Kilali explains what sickle cell disorder is and why it's so important that people know the signs of a sickle cell crisis.

## News

[Health and Social Care Secretary accepts JCVI advice on autumn booster programme](#)

All people aged 50 and over will be eligible for autumn Covid booster and flu vaccine.