

Report

[Chief Medical Officer's annual report 2022: air pollution](#)

This year's report lays out the scale of the challenge of reducing air pollution, the substantial progress that has been made and highlights achievable solutions.

Guidance

[Mask and outbreak guidance updated in care settings](#)

Guidance on the use of face masks in all care settings and on outbreaks in care homes has been updated.

[Health and Social Care Act 2008: code of practice on the prevention and control of infections \(Update\)](#)

Code of practice on the effective prevention and control of infection by health service providers.

Strategy

[Mpox \(monkeypox\) control: UK strategy 2022 to 2023](#)

The UK strategy for mpox control 2022 to 2023 outlines the UK's 4 nation plan to continue reducing mpox transmission over the next 12 months.

Quality Standards

[Tobacco: treating dependence \(QS207\)](#)

This quality standard covers support and treatment to stop smoking and stop using smokeless tobacco, and harm-reduction approaches for people who are not ready to stop in one go. It describes high-quality care in priority areas for improvement.

In December 2022, this quality standard updated and replaced the quality standards on smoking: supporting people to stop (published August 2013) and smoking: harm reduction (published July 2015).

Statistics

[Quarter of adults in England are obese, new survey of public health shows: statistical press release](#)

Around a quarter of adults in England were obese in 2021, according to the latest Health Survey for England.

Consultations

[Introducing further advertising restrictions on TV and online for products high in fat, salt or sugar: secondary legislation – Open consultation](#)

Government has formulated final policy for introducing advertising restrictions for HFSS products on TV and online and is now seeking your views on the draft regulations that accompany primary legislation.

[Hewitt review: call for evidence – Open consultation](#)

We want your views on how the oversight and governance of integrated care systems can best enable them to succeed.

Public Guidance

[Independent Medicines and Medical Devices Safety Review: update report on government implementation](#)

Updates on progress to implement the 2021 government response to the Independent Medicines and Medical Devices Safety Review and improve patient safety.

[College issues advice on Strep A in joint statement with RCPCH and RCEM](#)

The Royal College of General Practitioners, Royal College of Paediatrics and Child Health (RCPCH) and Royal College of Emergency Medicine (RCEM) are issuing advice in a joint statement for worried parents and healthcare professionals working during a very tough winter.

The latest data from the UK Health Security Agency (UKHSA) shows that cases of Group A Strep infection, including scarlet fever, continues to remain higher than we would typically see at this time of year. Currently, there is no evidence that a new strain is circulating. This increase is most likely related to high amounts of circulating bacteria and social mixing. Please be assured that the situation is being closely monitored and assessed.

Blogs

[Blog from Community Link Worker Paul Richardson on contributing to a Member Advisory Group on supporting women in criminal justice settings](#)

As well as doing their day to day jobs working alongside people who use our services to provide support to those experiencing mental distress, our staff at Together also at times share their knowledge and experience with others in the mental health sector. One of those situations came about when Community Link Worker, Paul Richardson was invited to be part of the Ministry of Justice's Member Advisory Group on supporting women in criminal justice settings. In the blog below Paul describes presenting to the group on the work of Together's Community Link Service and some of the recommendations he provided.

[The economics of obesity](#)

Reducing obesity is not just good for our health, it's good for the economy too.

News

[Government turbocharges efforts to tackle COVID-19 backlogs](#)

The government is setting up an Elective Recovery Taskforce to help the NHS deliver on waiting list targets, bringing together a range of healthcare experts.

[Experience of adult informal carers](#)

There are an estimated 10.6 million informal carers (roughly one in five adults) in the UK providing unpaid care for ill, older or disabled family members and friends. A combination of factors, including an ageing population and more people living with multiple chronic conditions, have caused this number to increase rapidly. The pressures associated with caring can have a negative impact on a carer's physical, mental, and financial wellbeing.

[Short bursts of physical activity during daily life may lower risk of premature death – new research](#)

Most of us know that regular exercise is important for our health and longevity. But with our busy schedules, many of us struggle to find the time to fit in a workout. Data from [our latest study](#) has shown that you don't need a lengthy workout to get health benefits from exercise.



[GPs don't give useful weight-loss advice – new study](#)

The advice general practitioners give to patients with obesity in the UK was found to be “highly varied, superficial and often lacked an apparent evidence base”, according to a [new study](#) from the University of Oxford.

[Air purifiers: indoor pollution kills but many devices are ineffective and some may even cause harm](#)

Air pollution kills around 7 million people each year. Most of these deaths occur in developing countries, where solid fuel is often burned in poorly ventilated spaces. However, between 26,000 and 38,000 of those deaths occur in the UK.

People in the UK spend over 80% of their time indoors, whether at home, at work, at school or commuting. So making sure the air inside those enclosed spaces is safe to breathe is crucial.