

Cochrane Clinical Answers

[In people with diabetes, what are the effects of blood pressure control on diabetic retinopathy?](#)

Looking at studies comparing tight blood pressure control in people with diabetes (type 1 or 2) with loose/no hypertensive control, moderate-certainty evidence shows that tight blood pressure control probably reduces the incidence of diabetic retinopathy by 5 years (252 vs 306 per 1000 people; all results on average), with no effect on the progression of retinopathy.

Reports

[Growing divide in regional health inequalities exposed](#)

Health Equity North: 2023 provides a snapshot of the health issues facing the North and adds to a growing body of evidence highlighting the urgent need to address regional health inequalities and improve productivity in the North. Published today [April 19, 2023], the report marks the launch of Health Equity North (HEN), a new virtual institute focused on place-based solutions to public health problems and health inequalities across the North of England.

[Mental health and wellbeing plan: discussion paper and call for evidence](#)

Over 5,000 people got in touch to share their views and experiences through the online surveys. This included 4,559 individuals and 573 organisations - many of which were collated responses following group discussions with people with lived experience.

[Independent report on the regulation of advanced practice in nursing and midwifery](#)

Nurses and midwives are increasingly taking on more complex, autonomous and expert roles – commonly referred to as ‘advanced practice’. But the application of this title and role type varies hugely and this area of practice is not currently regulated in the same way as other professional groups. With expectations and scale of the advanced practice role evolving at pace, the Nursing & Midwifery Council committed to a comprehensive review of advanced nurse practice, commissioning the Nuffield Trust to provide an independent view on the risks and benefits of professionally regulating this area of care.

[The health of people from ethnic minority groups in England](#)

This long read examines ethnic differences in health outcomes, highlighting the variation across ethnic groups and health conditions, and considers what’s needed to reduce health inequalities.

[A new dawn for nursing: 2023-2027: Five-year strategic plan](#)

Our five-year strategy aims to inspire, champion and support the nursing community to deliver the best possible care.

Guidance

[Hot weather and health: supporting vulnerable people](#)

This information aims to assist professionals in protecting vulnerable people from the health impacts of severe heat in England.

Public Advice

[Beat the heat: hot weather advice](#)

Information on how to stay safe in hot weather, including how to keep your home cool.

Calls for Evidence

[Major conditions strategy: call for evidence](#)

We're seeking your views and ideas on how to prevent, diagnose, treat and manage the 6 major groups of health conditions that most affect the population in England. These are:

- cancers
- cardiovascular disease, including stroke and diabetes
- chronic respiratory diseases
- dementia
- mental ill health
- musculoskeletal disorders

Campaigns

[Type 2 Diabetes Prevention Week 2023](#)

For this year's Prevention Week campaign, NHS England has created a digital toolkit which includes everything you need to support the week digitally, including social media posts, animations, web banners and more.

Blogs

[Under control: why getting to grips with blood pressure is a win-win intervention for healthcare systems](#)

On World Hypertension Day, Dr Shahed Ahmad, National Clinical Director for Cardiovascular Disease Prevention; Helen Williams, National Specialty Advisor for Cardiovascular Disease Prevention; and Dr Sam Finnikin, National Clinical Specialist Advisor in Personalised Care for Cardiovascular Disease, outline why prioritising hypertension management can save lives and reduce health inequalities.

News

[New Every Mind Matters campaign encourages public to get physical](#)

Celebrities and medical experts including comedian Tom Davis, Dr Ranj Singh and Dr Linda Papadopoulos support new government campaign to boost mental health.

[Supply update: Hormone Replacement Therapy medication Utrogestan®](#)

A Serious Shortage Protocol (SSP) has been issued across the United Kingdom for Utrogestan® 100mg capsules today (19 May).

[Mental health of half of adults in England and Wales negatively affected by cost-of-living crisis](#)

The mental health of nearly half (48%) of people in England and Wales has been negatively affected by the cost-of-living crisis, rising to nearly three quarters (73%) for those with an existing mental health problem. This is according to new research released today from the mental health charity Mind to mark the start of Mental Health Awareness Week.

[How to reduce medications for people with multiple long-term conditions](#)

Recommendations to help clinicians safely reduce or stop patients' medicines are outlined in new research. The study included people with multiple long-term conditions who were taking treatments that were no longer right for them.

[New survey of public health shows strong link between poor health and loneliness: statistical press release](#)

Adults in England who reported bad or very bad health are more than three times as likely to report feeling lonely than those with good or very good health.

[Over 26,000 adults with severe mental illness die prematurely from preventable illness each year](#)

More than 26,000 adults with severe mental illness die prematurely each year from preventable physical illnesses, analysis by the Royal College of Psychiatrists suggests.

[Two Years on From Turning the Tide: Out at Sea, but Our Navigation Is Set](#)

Nearly two years on from publication of the Obesity Health Alliance's 'Turning the Tide – a 10 year Healthy Weight Strategy', former OHA director Caroline Cerny (now Director of Policy and Engagement at Bite Back 2030) reflects on the process and where we are now.

[Hundreds of children with type 2 diabetes to be offered choice of two life changing technologies](#)

Hundreds of children with type 2 diabetes who currently manage their condition with the 'burdensome', 'tiring', and 'stressful' task of finger prick testing several times a day could be offered a choice between two 'life changing' technologies to virtually automate the process, NICE has said.

[Regulation revisited: advanced practice in nursing and midwifery](#)

Alongside our report today on the regulation of advanced practice in nursing and midwifery, Billy Palmer describes how the UK's approach on this subject compares with what happens in other countries around the world. He explains there is no obvious, single solution to the regulation of advanced practice in nursing and midwifery in this country, but that the status quo is far from optimal.

[Key facts and figures about the NHS](#)

What's the NHS annual budget? How many doctors and nurses are there? What's the cost of an operation?

[Thousands of people in the UK are out of work due to long COVID](#)

Almost 2 million people in the UK are estimated to be living with long COVID – after-effects of COVID that can persist for months or even years after the initial infection.

[Women appear to be more resilient to body clock disruptions than men – new research](#)

You might not know it, but we all have a clock ticking away inside us. This circadian clock operates on roughly a 24-hour cycle. It influences when we sleep, wake and eat, among other things.

[Why weightlifting is beneficial before and after the menopause](#)

Many women begin experiencing symptoms of the menopause around age 50. As hormones begin to fluctuate and change, women might start experiencing a range of symptoms, such as hot flushes, joint pain, low mood and vaginal dryness. The menopause can also be accompanied by a range of physical changes too – including loss of muscle mass, loss of bone density and a slowed metabolism.