

Studies

[Pharmacological and electronic cigarette interventions for smoking cessation in adults: component network meta-analyses](#)

E-cigarettes, and the medicines cytisine (otherwise known as Tabex) and varenicline (otherwise known as Chantix and Champix), appear to help the most people to quit smoking, followed by using two types of nicotine replacement therapy at once (nicotine patch and another type, such as gum or lozenge). We need more evidence on possible long-term harms of e-cigarettes and medicines to help people quit smoking, but there were very low numbers of serious harms found.

Case Studies

[Frimley frailty community response service](#)

Frimley Health NHS Foundation Trust set up a hospital at home and urgent community response service, to improve the quality of care for elderly frail patients and reduce unnecessary and lengthy hospital admissions.

Research

[Weight regain does not eliminate the long-term benefits of weight management programmes](#)

The health benefits of weight management programmes last for at least 5 years after the programme ends, even if people regain the weight they lost, research found.

[Multiple long-term conditions \(multimorbidity\) and inequality- addressing the challenge: insights from research](#)

Two pressing and interconnected public health challenges are the rising number of people living with multiple conditions, and inequalities in health. This Collection explores the intersection of the two: how discrimination and disadvantage increase the likelihood of multiple conditions, what drives the variation between different groups of people, the implications for health, and how services can help.

Reports

[Adult social care and the NHS: two sides of the same coin](#)

Understanding how trends in the social care market shape demand for integrated health and care services across the country is a key challenge for emerging integrated care systems. Social care is, and will continue to be, a critical partner in developing sustainable services, therefore understanding the care provider market and trends in provision is essential.

[Cost-of-living crisis: Impact on schools](#)

The cost-of-living has been rising sharply across England since 2021, including unprecedented increases in energy costs, rapid increases in the costs of food and significant increases in the costs of housing via higher rents/mortgage costs.

[A vision for community pharmacy](#)

The King's Fund and the Nuffield Trust were commissioned by Community Pharmacy England to develop a vision for community pharmacy that will underpin a strategy for the sector and support Community Pharmacy England in its leadership role, its work with members and in negotiations. Our independent report describes that vision and the actions which will be required to turn the vision into reality.



Guides

[Supported self-management: peer support guide](#)

Supported self-management means increasing the knowledge, skills and confidence a person has in managing their own health and care by putting in place interventions such as: peer support, self-management education and health coaching.

Podcasts

[Health Literacy: Helping Patients Feel Cared For, and Cared About \(HLOL #239\)](#)

In this podcast, Mark Williams talks with Helen Osborne about:

- “Inadequate Functional Health Literacy Among Patients at Two Public Hospitals,” published in *JAMA* 1995, by Williams MV, Parker RM, Baker DW, Pankh NS, Pitkin K, Coates WC, Nurss JR. As the authors noted, this likely “is the first published study to assess the ability of patients to perform the wide range of literacy tasks required to function in the health care environment.”
- Why health literacy mattered so much then, and still does now.
- Examples of ways that clinicians can use health literacy strategies to earn patients’ trust and help people feel cared for, and cared about.

Blogs

[Using personalised care conversation skills to support patients with money worries](#)

Dr Emma Hyde, clinical director of the Personalised Care Institute, discusses how person-centred conversations can help tackle health issues caused by money problems.

News

[£200 million to boost NHS resilience and care this winter](#)

Government invests £200 million of new funding to boost NHS resilience and ensure patients receive the care they need this winter.

[95% of ex-smokers see positive changes soon after quitting](#)

Stoptober is back and calling on smokers to join the thousands of others committing to quit from 1 October.

[Government and NHS to help tackle killer heart condition](#)

Health and Social Care Secretary Steve Barclay has announced measures to tackle aortic dissection, a heart condition that kills 2,000 people every year.

[Only half of 18-24s understand being overweight increases cancer risk](#)

Half of British 18-24-year-olds (50%) are aware that being overweight is linked to an increased risk of cancer, according to a new YouGov poll commissioned by World Cancer Research Fund. With over a quarter of 16-24s (28%) currently living with overweight or obesity, the charity is highlighting the link between weight and cancer.

[Mental health charity Mind finds nearly three in five people regularly hear harmful and stigmatising language](#)

Recent polling of nearly 8,000 people across LinkedIn and Instagram found nearly three in five people regularly hear harmful mental health language in the media and one in five people hear harmful language all the time. The way we talk about mental health issues like OCD, suicide, and depression is having a huge impact on those of us with mental health problems.



[Schools funding imbalance risks widening regional childhood inequalities](#)

Calls for urgent action to prioritise children's health and education as new analysis finds schools funding imbalance risks widening regional childhood inequalities.

[Maximising uptake of antenatal vaccinations during the Autumn flu and COVID-19 vaccine programmes](#)

Letter from Kate Brintworth, Dr Matthew Jolly and Steve Russell setting out the essential role of maternity and vaccination services in advising pregnant women of their eligibility for vaccination against flu, COVID-19, and pertussis.

[NHS delivering record number of tests and checks with more one-stop shops in local communities](#)

The NHS has delivered a record number of potentially lifesaving tests and checks with over 25 million carried out in the last year, new data shows.

[NHS booking opens for life-saving Covid vaccinations](#)

Millions of eligible people in England can book their life-saving autumn Covid vaccine online from today (18 September) as the NHS steps up its winter vaccination programmes early in response to the risk of the new Covid variant.

[Third of people in England lack confidence they can access critical NHS services](#)

Our new research shows worryingly low public confidence in being able to access NHS services. A third of adults in England lack confidence that they can access timely care, including GP services, mental health support and hospital care. Read the findings and our calls to action.

[University freshers urged to use condoms amid record levels of gonorrhoea](#)

Students urged to use a condom and get tested regularly to protect themselves and others from sexually transmitted infections (STIs).

[Tuberculosis \(TB\) cases continue to rise in England in 2023](#)

Data from the UK Health Security Agency (UKHSA) indicates that cases of TB in England increased by 7% in the first half of 2023 compared to the same timeframe in 2022, with 2,408 notifications compared to 2,251 in the first 2 quarters of 2022.

[Seven in ten GPs seeing 'worrying' rise in patients with cost of living-related problems, says College survey](#)

Seventy-three percent of GPs who responded to the survey by the Royal College of GPs said they had noticed a visible increase in patients presenting with problems associated with poor diet and poverty, compared to last year.

[Valuing women's health experiences](#)

This year, September 22nd marks [EveryWoman Day](#), a project created to raise awareness and share experiences about women's health, so that other women can benefit.

[RCN launches new definition of nursing](#)

The nursing profession has evolved over the past few decades and is the largest profession in health and social care. As such, we've updated our definition, so it reflects the complexity, range of skills and huge responsibility of registered nurses and is relevant for the wider nursing workforce.

[Mounjaro: type 2 diabetes drug more effective than Ozempic to launch in the UK — here's what you need to know](#)

A new drug to treat type 2 diabetes has been approved for use in the UK. Tirzepatide (sold under the brand name Mounjaro) could be available for prescription by early 2024 – subject to availability.



[Taking on the Five Giants for Mental Health: what have we learned so far?](#)

Since the start of 2023, Centre for Mental Health has hosted a series of five webinars exploring Five Giants for Mental Health. Through our Festival of Ideas, we've explored poverty and income inequality; racial injustice; children and young people's mental health; mental health services; and the climate crisis. Each sought to bring new and emerging ideas into focus, to help to identify positive solutions to five of the biggest long-term issues for people's mental health.

[Impact of biodiversity on health: Research finds walk in nature boosts wellbeing](#)

The study at Wakehurst was co-designed and conducted in partnership with Kew, Royal Botanic Gardens, and has found a positive link between children's connection to nature and their wellbeing following a walk during which they were encouraged to use all their senses to notice their surroundings.

