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## Bwletin Ymwybyddiaeth Gyfredol Mawrth 2023

Cynhyrchir y bwletin ymwybyddiaeth cyfredol hwn gan dîm Gwasanaeth Tystiolaeth Iechyd Cyhoeddus Cymru. Mae'r ffocws ar lenyddiaeth lwyd\* a dewisir eitemau o chwilio gwefannau amrywiaeth o sefydliadau yn y DU, detholiad o ffynonellau Ewropeaidd a Sefydliad Iechyd y Byd. Y nod yw tynnu sylw at ddogfennau a gwybodaeth allweddol sydd newydd eu cyhoeddi sy'n berthnasol i iechyd y cyhoedd. Dylid anfon ymholiadau am y bwletin hwn at: [evidence.service@wales.nhs.uk](mailto:evidence.service@wales.nhs.uk)

Nid yw cynnwys eitemau yn y bwletin hwn yn gymeradwyaeth.

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\* Mae llenyddiaeth lwyd yn cyfeirio at ddeunydd ymchwil cyhoeddedig a heb ei gyhoeddi nad yw ar gael yn fasnachol, h.y. heb ei gyhoeddi mewn cyfnodolion neu wedi'i fynegeo gan gronfeydd data llyfryddol.

**Action, not words: towards an anti-racist Wales by 2030.** Senedd Research. WG; 2024.

URL: <https://senedd.wales/media/klicd313/cr-ld16408-e.pdf>

The report makes 10 recommendations to the Welsh Government to improve the Anti-Racist Wales Action Plan. That includes strengthening efforts to eliminate the use of family members as interpreters in medical settings. It calls for Welsh Government to work with the health and social care sector to provide a safe way to report racist behaviour; and take steps to improve awareness of the anti-racist Wales agenda in schools with a nationwide teacher training day.

**Adroddiad Technegol: Adolygiad cyflym o safonau maeth a'r rhai sy'n seiliedig ar fwyd mewn ysgolion yng Nghymru a'r DU. Technical Report: Rapid review of school nutritional and food based standards in Wales and the UK.** Jayne, L; et al. Public Health Wales NHS Trust; 2024.

URL: <https://phw.nhs.wales/publications/publications1/rapid-review-of-nutritional-and-food-based-standards-in-wales-a-technical-report/>; <https://phw.nhs.wales/publications/publications1/rapid-review-of-nutritional-and-food-based-standards-in-wales-a-technical-report1/>

This document presents the findings of a rapid review undertaken to: • Describe the current 2013 Healthy Eating in Schools (Nutritional Standards and Requirements) Regulations in Wales • Compare these standards to the latest evidence including guidance from the Scientific Advisory Committee on Nutrition (SACN) • Summarise school nutritional and food-based standards across the UK. The report details the updates that are required to the school nutrient and food-based standards in Wales for them to be consistent with the latest scientific advice, notably on free sugars criteria and recommendations, and dietary fibre recommendations. Updates are required for across the school day in primary and secondary schools.

**Annual progress report 2021. Behavioural and cultural insights at the WHO Regional Office for Europe.** World Health Organization. Copenhagen: WHO; 2024.

URL: <https://iris.who.int/bitstream/handle/10665/376112/WHO-EURO-2024-6985-46751-68101-eng.pdf?sequence=1>

In September 2020, the Member States of the WHO European Region adopted a new 5-year plan, the European Programme of Work (EPW), which for the first time in WHO's history highlighted behavioural and cultural insights (BCI) as a flagship priority.

**Assisted dying/assisted suicide.** House of Commons. London: House of Commons; 2024.

URL: <https://committees.parliament.uk/publications/43582/documents/216484/default/>

The aim for this report is for it to serve as a basis for discussion and debate in future Parliaments. We have therefore endeavoured to bring together a comprehensive and up-to-date body of evidence relating to this difficult, sensitive, and yet, crucial subject. The debate on AD/AS is not new, and our report is not intended to provide a resolution to it, but we do hope that it will be a significant and useful resource for future Parliamentarians.

**Benefits and risks of using artificial intelligence for pharmaceutical development and delivery.** World Health Organization. Geneva: WHO; 2024.

URL: <https://iris.who.int/bitstream/handle/10665/375871/9789240088108-eng.pdf?sequence=1>

WHO recognizes that artificial intelligence (AI) holds great promise for pharmaceutical development and delivery. However, AI also presents risks and ethical challenges that must be addressed if societies, health systems and individuals are to fully reap its benefits. This discussion paper examines the expanding application of AI to each step of development and deployment of medicines and vaccines. AI is already used in most steps of pharmaceutical development, and, in the future, it is likely that nearly all pharmaceutical products that come to market will have been "touched" by AI at some point in their development, approval or marketing. Although these uses of AI may have a commercial benefit, it is imperative that use of AI also has public health benefit and appropriate governance.

**Cold at home: How winter cost of living pressures continue to impact older people. And**

**what more needs to happen to support them.** Age UK. London: Age UK ; 2024.

URL: [https://www.ageuk.org.uk/globalassets/age\\_uk/documents/reports\\_and-publications/reports\\_and-briefings/safe-at-home/cold-at-home-energy-and-col-report.pdf](https://www.ageuk.org.uk/globalassets/age_uk/documents/reports_and-publications/reports_and-briefings/safe-at-home/cold-at-home-energy-and-col-report.pdf)

This report from highlights concerns about the ongoing impact of the cost-of-living crisis on older people who are not receiving support from the benefits system. Many of these people are likely to be eligible for support but will still be missing out for a variety of reasons. Government figures show that an estimated 800,000 pensioners are eligible for Pension Credit but are missing out on this much-needed support.

**Country experiences of applying behavioural and cultural insights to health: qualitative baseline study.** World Health Organization. Geneva: WHO; 2024.

URL: <https://iris.who.int/bitstream/handle/10665/375720/WHO-EURO-2024-8435-48207-71598-eng.pdf?sequence=1>

This report summarizes the conclusions of an interview study with public health authorities in Europe and Central Asia, exploring the barriers and drivers to advancing the use of behavioural and cultural insights (BCI) for health. With a regional WHO resolution related to this field and a regional 5-year plan with five concrete strategic commitments.

**Discrimination, dysphoria and drinking: hazardous alcohol use in UK trans and non-binary people.** The Mental Elf. Oxford: The Mental Elf; 2024.

URL: <https://www.nationalelfservice.net/populations-and-settings/lgbtq/hazardous-alcohol-use-trans-non-binary/>

Nora de Bode summarises a cross-sectional study looking at alcohol use in trans and non-binary people living in the UK.

**Health inequalities in a nutshell.** King's Fund. York: KF; 2024.

URL: <https://www.kingsfund.org.uk/insight-and-analysis/data-and-charts/health-inequalities-nutshell>

Health inequalities are avoidable, unfair and systematic differences in health between different groups of people. Here we examine the key data on this complex and wide-ranging issue.

**Illustrating the relationship between poverty and NHS services.** King's Fund. York: KF; 2024.

URL: <https://www.kingsfund.org.uk/insight-and-analysis/long-reads/relationship-poverty-nhs-services>

This long read looks at the link between poverty and each of the following:

- prevalence of ill health
- difficulties accessing health care
- late or delayed treatment (and higher NHS costs)
- poorer health outcomes.

These four issues can be seen across a wide range of NHS services, from emergency care to dentistry. As well as highlighting this breadth, it is hoped that this long read will provide stimulus for local and NHS leaders to consider the role poverty plays when making plans to manage and improve services. To that end, it signposts some existing resources that may help tackle the issues.

**Inequalities in life expectancy: how the UK compares.** Cavallaro, F; et al. London: Health Foundation ; 2024.

URL: [https://www.health.org.uk/news\\_and-comment/charts\\_and-infographics/inequalities\\_in-life-expectancy\\_how-the-uk-compares](https://www.health.org.uk/news_and-comment/charts_and-infographics/inequalities_in-life-expectancy_how-the-uk-compares)

Although life expectancy is often compared across countries, less well known is how inequalities in life expectancy within the UK compare with those in other countries. Comparing the extent of inequalities between countries is complex, but it can be useful and may help policymakers to identify policies that could reduce inequalities in health.

We focus on two key concepts:

**Variation** describes how far apart individual values are from each other and from the average (eg how spread out or dispersed values of age at death are in a country).

**Inequalities** in health are systematic and avoidable differences between groups of people (eg variations in life expectancy between people with different levels of education).

**Making care closer to home a reality. Refocusing the system to primary and community care.** Baird, B. York: KF; 2024.

URL:

[https://assets.kingsfund.org.uk/f/256914/x/ab65341d7a/making\\_care\\_closer\\_home\\_reality\\_report\\_2024.pdf](https://assets.kingsfund.org.uk/f/256914/x/ab65341d7a/making_care_closer_home_reality_report_2024.pdf)

- The health and care system in England must shift its focus away from hospital care to primary and community services if it is to be effective and sustainable.
- Despite successive governments repeating a vision of health and care services focused on communities rather than hospitals, that vision is very far from being achieved.
- This research explored the underlying factors that have prevented change, and what might need to be done to achieve the vision; we analysed published evidence and national datasets, and interviewed stakeholders across the health and care system.
- We found that to achieve the vision, political and other national leaders will need to completely shift their focus away from hospitals towards primary and community health and care – and all policies and strategies must align to that focus.
- This report is not about closing hospitals or moving existing services from one location to another, although the latter option may sometimes be appropriate. Rather, it is about a wholesale shift in the focus towards primary and community health and care across the domains of leadership, culture and implementation. This will free up every sector to provide the care that it is best equipped to deliver.

**Making the future a reality: harnessing the potential of patient-facing tech in healthcare. Practical actions to realise the potential of patient technology in healthcare.** NHS Confederation. London: NHS Confederation; 2024.

URL: [https://www.nhsconfed.org/system/files/2024-03/Making-future-reality-harnessing-patient-tech-healthcare\\_0.pdf](https://www.nhsconfed.org/system/files/2024-03/Making-future-reality-harnessing-patient-tech-healthcare_0.pdf)

Technology is advancing at a fast pace and holds significant promise for the future of healthcare and the NHS, with the potential to enhance productivity through cost, resource and time efficiencies. Yet there is a gap in practical guidance for healthcare stakeholders on how best to take this agenda forward, and what key roles are required.

**National measles guidelines.** UK Health Security Agency. London: UKHSA; 2024.

URL: <https://assets.publishing.service.gov.uk/media/65ddd0e9f1cab3001afc4774/national-measles-guidelines-Feb-2024.pdf>

This document provides detailed public health guidance on the risk assessment of suspected measles cases, the management of their contacts and a description of the laboratory testing services available to support this. This is set in the context of a national surveillance system which is required to support and monitor progress towards WHO elimination targets, as outlined in the UK Measles and Rubella Elimination Strategy.

**NHS England's modelling for the long term workforce plan.** National Audit Office .London: NAO ; 2024.

URL: <https://www.nao.org.uk/wp-content/uploads/2024/03/NHS-Englands-modelling-for-the-Long-Term-Workforce-Plan.pdf>

After a request from HM Treasury (HMT), the Department of Health & Social Care (DHSC) and NHSE, the Comptroller & Auditor General agreed that the National Audit Office (NAO) would carry out an independent assessment of the modelling underpinning the LTWP. Our scope was as follows:

- to consider whether NHSE constructed its models effectively and whether they operated correctly in a technical sense to generate the projections and other outputs required of them
- to consider whether NHSE's approach to workforce modelling and the models themselves are a reasonable basis for

**Our strategic equality plan and objectives 2024 – 2028.** Public Health Wales. Cardiff: Public Health Wales NHS Trust; 2024.

URL: <https://phw.nhs.wales/publications/publications1/our-strategic-equality-plan-and-objectives-2024-2028/>

The first four objectives in this plan focus on our staff and making sure we provide an environment where everyone is encouraged to be themselves. However, these four principles should also be clear through our wider interaction with other NHS colleagues and the public. The other two objectives are focused on our services and making sure that we continue to listen and respond to those who use them.

**Preventing people with a learning disability from dying too young.** Morris, J; Julian, S. London: Nuffield Trust; 2024.

URL: [https://www.nuffieldtrust.org.uk/sites/default/files/2024-03/Nuffield%20Trust%20-%20Learning%20disability\\_WEB\\_FINAL\\_1.pdf](https://www.nuffieldtrust.org.uk/sites/default/files/2024-03/Nuffield%20Trust%20-%20Learning%20disability_WEB_FINAL_1.pdf)

This report looks at a set of five key health care services in England that people with a learning disability should have access to. We wanted to understand how well these services are working for people with learning disabilities and whether they are able to get the support they need. We looked at obesity, cancer screening, mental health, annual health checks, and early diagnosis. This is the first time that evidence has been brought together on these important measures of prevention for this group of people.

**Sexual and reproductive healthcare.** Coleman, C. London: House of Commons Library; 2024.

URL: <https://lordslibrary.parliament.uk/sexual-and-reproductive-healthcare/>

Most sexual and reproductive healthcare services in England are commissioned by local authorities and funded through a public health grant from central government. Some organisations have expressed concern that funding has been cut in real terms over the past 10 years and this has placed pressure on existing services in the context of increased demand. The government has said that it is looking at how to continue to improve the sexual health of the population, and workforce planning, development and training for public health areas such as sexual and reproductive health should benefit from improved joint working between integrated care boards and local authorities through integrated care partnerships.

**Smoking and Mental Health – An exploration of data in Northern Ireland and scan of policy approaches in the UK and Ireland.** Purdy, J; McAvoy, J; Reynolds, C. Dublin: IPH; 2024.

URL: <https://www.publichealth.ie/sites/default/files/resources/Smoking%20and%20mental%20health%20report%20Easy%20read%20%281%29.pdf>

The Department of Health in Northern Ireland is trying to better understand this issue and decide how to break the link between smoking and mental ill health. People in Northern Ireland respond every year to a survey asking them questions about their health and wellbeing. These responses were used to describe the link between smoking and mental health for the first time across the whole population.

**Strategaeth ddrafft iechyd meddwl a llesiant meddyliol / Open consultation: draft Mental Health and Wellbeing Strategy for Wales.** Welsh Government. WG; 2024.

URL: [https://www.gov.wales/sites/default/files/consultations/2024-02/consultation-document-draft-mental-health-and-wellbeing-strategy\\_0.pdf](https://www.gov.wales/sites/default/files/consultations/2024-02/consultation-document-draft-mental-health-and-wellbeing-strategy_0.pdf)

Rydym am gael eich barn ar y fersiwn ddrafft o'r Strategaeth Iechyd Meddwl a Llesiant Meddyliol i Gymru 2024 i 2034. Ymgynghoriad yn cau 11 Mehefin 2024. / We are seeking your views on the draft Mental Health and Wellbeing Strategy for Wales 2024 to 2034. Consultation ends 11 June 2024.

**Telehealth quality of care tool.** World Health Organization. Geneva: WHO ; 2024.

URL: [https://iris.who.int/bitstream/handle/10665/376258/WHO\\_-EURO-2024-9475-49247-73556-eng.pdf?sequence=2](https://iris.who.int/bitstream/handle/10665/376258/WHO_-EURO-2024-9475-49247-73556-eng.pdf?sequence=2)

The quality of telehealth ultimately matters for increasing the adoption of this new paradigm of care because significant patient safety or QoC issues will ultimately undermine the trust populations and professionals have on this still somehow new way of practicing medicine and supporting the provision of modern and integrated care. Approaches to such quality standards benefit from common reference materials, and the TQoCT aims to aggregate these in a manner that stimulates reflection and action, helping countries and health-care organizations on their journey to mature, safe and high-quality telehealth service provision.

**The challenges and potential of intermediate care.** Fraser, C; et al. London: Health Foundation; 2024.

URL: <https://www.health.org.uk/publications/long-reads/the-challenges-and-potential-of-intermediate-care>

Expanding intermediate care services could prevent hospital admissions and help people in hospital move into more appropriate settings. As such, policymakers are looking to intermediate care services to play a key role in recovering urgent and emergency care service performance. In 2023, NHS England committed to [increasing intermediate care](#) capacity to relieve pressure in acute services, publishing a [new intermediate care framework](#). In Wales, scaling up intermediate care was part of the [goals](#) for urgent and emergency care. In Scotland, [priorities for winter](#) included providing people with care as close to home as possible and maximising the capacity of integrated services, including intermediate care.

**The national clinical guideline for stroke.** Welsh Government. Cardiff: WG; 2024.

URL: <https://www.gov.wales/sites/default/files/pdf-versions/2024/3/5/1711108278/national-clinical-guideline-stroke-whc2024006.pdf>

The guideline covers the entire stroke pathway, emphasising prevention, treatment, rehabilitation and recovery, and long-term management.

**The role of digital health technologies in women's health, empowerment, and gender equality: project report.** World Health Organization. Geneva: WHO; 2024.

URL: <https://iris.who.int/bitstream/handle/10665/376179/WHO-EURO-2024-9293-49065-73153-eng.pdf?sequence=2>

A growing body of evidence shows that digital health technologies (DHTs) can improve women's health outcomes by overcoming ongoing socioeconomic, cultural and geopolitical barriers that inhibit their access to health care. Despite this, there has been no systematic assessment of the benefits of digital health for women's health. This project was devised to review the effects of DHTs on women's health and their potential to improve women's empowerment and gender equality by scoping peer-reviewed primary studies in this area. The results suggest that DHTs positively impact women's empowerment, facilitate the achievement of gender equality (particularly associated with improving women's access to health-care services, enhancing maternal health, providing women with essential health information and creating opportunities for women to participate in household decisions), and improve health outcomes for women (especially in relation to gynaecology, obstetrics and psychiatry), thereby advancing the achievement of the United Nations Sustainable Development Goals.

**Tuberculosis in Wales annual report. Data to the end of 2023.** Public Health Wales. Cardiff: Public Health Wales NHS Trust; 2024.

URL: <https://phw.nhs.wales/publications/publications1/tb-in-wales-annual-report-data-to-end-2023/>

This report provides an epidemiological overview of tuberculosis (TB) in Wales. It includes data on newly diagnosed TB cases reported through the National Tuberculosis Surveillance System (NTBS). The report also includes Whole Genome Sequencing data provided by UK Health Security Agency (UKHSA), and supplemented using NTBS, to describe clusters of TB infection within Wales. The report is aimed at health professionals, policy makers, criminal justice, third sector agencies and academia.

**Tuberculosis surveillance and monitoring in Europe 2024 – 2022 data.** World Health Organization and the European Centre for Disease Prevention and Control. Copenhagen: WHO ; 2024.

URL: [https://iris.who.int/bitstream/handle/10665/376305/9789289060912\\_-eng.pdf?sequence=2](https://iris.who.int/bitstream/handle/10665/376305/9789289060912_-eng.pdf?sequence=2)

This report provides an overview of the latest tuberculosis (TB) epidemiological situation and is published jointly by the WHO Regional Office for Europe and the European Centre for Disease Prevention and Control. In 2022, a little over 170 000 incident TB cases were notified in countries of the WHO European Region, a slight increase from 2021. The increase in 2022 is likely due to a good recovery after the COVID-19 pandemic in access to and provision of TB services in many countries and the introduction of active TB case-finding activities. Despite the notable progress achieved in the fight against TB, countries still face various challenges in reaching the goal of ending the TB epidemic in the WHO European Region. Monitoring progress towards

the targets of the new Tuberculosis action plan for the WHO European Region 2023–2030 is difficult due to limited or no reporting on some indicators. Further improvement of data completeness and representativeness should be the focus for all countries.

**Use of artificial intelligence in government.** National Audit Office. London: NAO; 2024.

URL: <https://www.nao.org.uk/wp-content/uploads/2024/03/use-of-artificial-intelligence-in-government.pdf>

This report considers how effectively the government has set itself up to maximise the opportunities and mitigate the risks of AI in providing public services. The primary focus for this report is the role of the Cabinet Office and DSIT in supporting the adoption of AI in the public sector. Specifically, the report looks at:

- the government's strategy and governance for AI use in public services (Part One);
- how government bodies are using AI and how government understands the opportunities (Part Two); and
- central government plans for supporting the testing, piloting and scaling of AI; and progress in addressing barriers to AI adoption (Part Three).

**What do virtual wards look like in England?** Chappell, P; et al. London: Health Foundation; 2024.

URL: <https://www.health.org.uk/publications/what-do-virtual-wards-look-like-in-england>

In this working paper, the IAU analyses aggregate national data on virtual wards to describe what virtual wards currently look like across England and discuss the effects of virtual wards on patients, staff and hospital capacity, as well as the gaps in the evidence.

**WHO global survey on the inclusion of cancer care in health-benefit packages, 2020–2021.** World Health Organization. Geneva: WHO; 2024.

URL: <https://iris.who.int/bitstream/handle/10665/375828/9789240088504-eng.pdf?sequence=1>

The survey results provide an understanding of the landscape of the inclusion of cancer care along the path to universal health coverage (UHC). This survey determines what countries included in their largest public- sector HBPs in terms of types of cancer, screening services, cancer treatments (with particular emphasis on cancer medicines), and palliative and survivorship care. The findings of the report strengthen the need for greater support for cancer-care planning and delivery, to continue progress towards UHC.

**Working wonders: The role of employability in tackling poverty.** Whyte, P. Edinburgh: IPPR; 2024.

URL: <https://ippr-org.files.svdcdn.com/production/Downloads/Working-wonders-March-24.pdf>

IPPR Scotland has warned that tens of thousands of adults and children are at risk of remaining trapped in poverty in the absence of good, secure and well-paid work. The new analysis comes at a time when more than a quarter of a million unemployed people in Scotland are looking for work but are being defeated by a system that purports to support them.