

Public Health Bulletin

June 2025



Public Health Reports Digest

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Welcome to the latest Public Health Reports Digest compiled by NHS Fife Library & Knowledge Service which highlights recent publications and journal articles which we hope you find of interest.

This Current Awareness Bulletin (CAB) is part of a national programme of bulletins produced in partnership by NHS boards across Scotland. Every attempt has been made to include and acknowledge the author and publisher within all links. The information contained in these bulletins is for educational purposes only. We have endeavoured to ensure the information is up to date and correct and that creator and publisher information is given where relevant.

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In the Media, Recent Reports, and From the Journals

Items from the media, recently published reports and articles from the journals are listed alphabetically in topic order.

Alcohol	Environment	Obesity & Healthy Eating	Sexual Health
Cancer	Health & Social care	Older People	Smoking
Children & Young People	Health Inequalities	Pharmacy	Suicide & Self Harm
Covid -19	Health Protection	Physical Activity	Woman & Infant Health
Dental Health	Medical Conditions	Population Statistics	
Drugs	Mental Wellbeing	Public Health	

Public Health Bulletin – June 2025

Alcohol

Scotland's alcohol consumption continues to exceed safe levels

Public Health Scotland, 24th June 2025

“New data published today by Public Health Scotland (PHS) reveals people in Scotland are drinking 50% above safe limits, with more deprived communities hit hardest.”

Cancer

Exercise improves colon cancer survival, major study shows

BBC News, 2nd June 2025

“An exercise programme for colon cancer patients can cut the risk of dying by a third, a major international trial shows. The researchers said it was "not a large amount" of exercise and any type of workout from swimming to salsa classes counted.”

Cancer in the UK: Overview 2025

Cancer Research UK, June 2025

“As this report sets out, it is a time of both optimism and realism. We’re in a golden age for cancer research, with advances in digital, genomics, data science and AI reimagining what’s possible and bringing promise for current and future generations.”

Pharmacists warn drug shortage affecting cancer patients

BBC News 2nd June 2025

“Creon, a pancreatic enzyme replacement therapy (Pert), helps digestion and is required by patients with pancreatic cancer, cystic fibrosis, and chronic pancreatitis. It is thought more than 61,000 patients in the UK need the medicine.”

Collaborating to provide care at home for terminally ill patients

NHS Confederation, 16th June 2025

The aim of the three-year funded programme was to address several challenges in palliative care, including time spent in hospital in the last year of life, improving resource use and the quality of life for patients with terminal illnesses.

Covid -19

N/A

Children & Young People

Greater awareness behind ADHD surge, study suggests

BBC News, 5th June 2025

“The review, led by King's College London, looked at 40 studies in 17 countries and found no clear evidence rates of attention deficit hyperactivity disorder (ADHD) had risen since 2020, despite reported rises in diagnoses and longer waits for assessment.”

Near Fatal Asthma in Children and Young People

CSO, 2025

“Research Project Briefing.”

Restrict shop-bought baby food, government tells parents

BBC News, 9th June 2025

“It is the first time the NHS website has published advice on commercial baby food, and follows an investigation by BBC Panorama which found baby food pouches from six leading UK brands failed to meet their key nutritional needs.”

Held back from the start: The impact of deprivation on early childhood

Unicef, June 2025

Environment

Vehicle engine idling: switch off when you stop

Public Health Scotland, 2nd June 2025

“Leaving your car engine running when stopped is against the law. It also wastes fuel and harms our health and the environment. Find out why it matters and what you can do.”

A breath of fresh air: responding to the health challenges of modern air pollution

Royal College of Physicians, 19th June 2025

“The Royal College of Physicians (RCP) has published a new report examining the effects of air pollution on health throughout the life course, calling on UK governments to treat air quality as a public health issue.”

Dental Health

de Oliveira, C.L.L., Ferreira, F.M., Puppim-Rontani, J. et al. **Potential of irrigants and medicaments in regenerative endodontics: insights from a systematic review on dentin growth factor release.** Odontology (2025).

Drugs

National naloxone programme Scotland - Quarterly monitoring bulletin

Public Health Scotland, 3rd June 2025

“Figures are presented separately for kits issued from community outlets, kits issued in prisons at the point of liberation, kits dispensed via community prescription, and kits issued by Scottish Ambulance Service (SAS).”

National benchmarking report on implementation of the medication assisted treatment (MAT) standards

Public Health Scotland, 17th June 2025

“In 2024/25, for MAT standards 1–5, 91% have been assessed as fully implemented (RAGB blue or green). This is an increase from 90% in 2023/24, 66% in 2022/23 and 17% in 2021/22.”

Health & Social Care

Whole person medical care: The value of the General Practitioner

RCGP Scotland, May 2025

“The paper explores the distinct expertise and experience that GPs have in providing whole person medical care whilst managing complexity, uncertainty and risk. It looks at how GPs provide evidence informed, personalised care, characterised by mutual trust, and how these relationships benefit from continuity of care.”

The care expectation gap

Joseph Rowntree Foundation, 28th May 2025

“To close the gap between the support many of us think will be available and the reality of high costs and long waiting lists, care must be more available, efficient and affordable.”

Driving Excellence in Patient Care Across Scotland

Public Health Scotland, 3rd June 2025

“As we mark Clinical Audit Awareness Week, Stuart Baird, Scottish National Audits Programme (SNAP) Service Manager, shine a spotlight on the vital work SNAP has and its role in shaping a safer, more effective, and person-centred healthcare system in Scotland.”

What is prevention in health?

King's Fund, 18th June 2025

“An important role for the health and care system, and wider government, is to help people live longer and healthier lives by reducing the chance of illness in the first place, or preventing the progression of symptoms once people become ill. But different people mean different things by prevention – so here, we set out some of the different ways it is understood.”

Health Inequalities

Scale of action needed to reach Scottish child poverty targets requires every ounce of political determination

Joseph Rowntree Foundation, 2nd June 2025

“New JRF analysis shows how the next Scottish Government can meet the Parliament’s child poverty targets, and in doing so help to rebuild trust in politics.”

Held back from the start: The impact of deprivation on early childhood

Unicef, June 2025

Health Protection

Immunisation and vaccine-preventable diseases quarterly report - January to March 2025 (Q1)

Public Health Scotland, 3rd June 2025

“This release by Public Health Scotland (PHS) provides quarterly information for the period January to March 2025 on the following immunisations and vaccine-preventable diseases under surveillance in Scotland:”

Parents face hurdles vaccinating children – report

BBC News, 1st July 2025

“Parents are being prevented from vaccinating their children because of obstacles such as difficulty booking appointments and a lack of reminders on what jabs are needed and when, a report suggests.”

Medical Conditions

HIV and long lives: New challenges in high- income countries

International Longevity Centre (ILC), 2025

“This report examines the persistent barriers that can make it hard for people to age well with HIV – which remain despite major advances in treatment and preventative care (prevention). “

Near Fatal Asthma in Children and Young People

CSO, 2025

“Research Project Briefing.”

Chief Medical Officer's annual report 2024-2025: Realistic Medicine - Critical Connections

Scottish Government, 9th June 2025

“The Chief Medical Officer (CMO) discusses the principles which enable careful and kind care; suggests what we can do to support healthy ageing and encourage greater upstream prevention; discusses how connection to nature can enhance both our own and our planet’s well-being; and the importance of relational continuity.”

CRISPR-edited stem cells reveal hidden causes of autism

Science Daily, 14th June 2025

“A team at Kobe University has created a game-changing resource for autism research: 63 mouse embryonic stem cell lines, each carrying a genetic mutation strongly associated with the disorder.”

Mental Wellbeing

Mental health in and through work: findings from participatory arts-based qualitative research

Public Health Scotland, 27th May 2025

“This report outlines findings from participatory arts-based research which explores experiences of mental health, employment and economic inactivity.”

I quit TikTok to avoid eating disorder relapse

BBC News, 14th June 2025

“A woman who struggled with anorexia said she had to delete TikTok to protect her health after "skinnytok" flooded her feed with "damaging" weight loss advice.”

Obesity & Healthy Eating

Strict rules as GPs start to prescribe weight loss jab Mounjaro (England)

BBC News, 23rd June 2025

“Prescriptions for Mounjaro jabs, to help people lose weight, will be available at GP surgeries in England from today - but only for those who meet very strict criteria.”

Make healthy food more appealing, government tells supermarkets

BBC News, 29th June 2025

“Supermarkets and food manufacturers in England will partner with the government to tackle obesity rates by encouraging people to make their weekly shop healthier.”

Older People

Improving clinical co-ordination of care for people with multiple long term conditions

King’s Fund, 22nd May 2025

Co-ordinating clinical care is vital for getting the right support for people with multiple long-term conditions. This requires changes in how clinicians work, and how commissioners support them.

Pharmacy

Pharmacists warn drug shortage affecting cancer patients

BBC News 2nd June 2025

“Creon, a pancreatic enzyme replacement therapy (Pert), helps digestion and is required by patients with pancreatic cancer, cystic fibrosis, and chronic pancreatitis. It is thought more than 61,000 patients in the UK need the medicine.”

Physical Activity

N/A

Population Statistics

Delayed discharges in NHSScotland monthly - Figures for April 2025

Public Health Scotland, 3rd June 2025

“A delayed discharge occurs when a hospital patient who is clinically ready for discharge from inpatient hospital care continues to occupy a hospital bed beyond the date they are ready for discharge.”

Chronic pain waiting times Quarter ending 31 March 2025

Public Health Scotland, 10th June 2025

“This release by Public Health Scotland (PHS) reports on the number of referrals to a pain management service, the length of time patients waited to be seen at a first outpatient appointment, the number of patients waiting at the end of the quarter and the length of their wait.”

Public Health

Update on measles in Scotland

Public Health Scotland, 29th May 2025

“As measles cases continue to increase across Europe and other parts of the world, Public Health Scotland (PHS) is encouraging the public to take up the offer of the Measles, Mumps and Rubella (MMR) vaccine. Having two doses of the MMR vaccine is the best way to be fully protected against measles.”

The Impact of Health misinformation

Patient Information Forum, June 2025

“You Tube: In our new film, researchers, charity representatives and patients discuss the impact of health misinformation – and how we can tackle it.”

NHS calls for 200,000 new blood donors as supplies run low

BBC News, 9th June 2025

“Supplies have remained low ever since, with officials warning there is a "critical" need for more donors who have O negative blood, which can be given to the majority of patients.”

Rebuilding public health: Restoring the foundations of prevention

BMA, 12th June 2025

“We surveyed public health professionals from across the UK to understand their perspectives on the challenges faced in public health services, and to better understand what actions UK governments need to take to build back this vital function.”

Insights into learning disabilities and complex needs: statistics for Scotland

Public Health Scotland, 17th June 2025

“One of the key recommendations from the report was to create and maintain the Dynamic Support register (DSR). Launched in May 2023, the register allows Health and Social Care

Partnerships to monitor progress against out-of-area placements and reduce inappropriate hospital stays for people with learning disabilities and complex care needs.”

Scotland's Population Health Framework

Public Health Scotland, 17th June 2025

“The Population Health Framework sets out Scottish Government's and COSLA’s long-term collective approach to improving Scotland’s health and reducing health inequalities for the next decade.”

Charting the course towards improved life expectancy in Scotland: exploring different sources of projected estimates up to 2035 to inform the Population Health Framework

Public Health Scotland, 17th June 2025

“This report presents a summary of the most recently available Scottish life expectancy at birth projections for males and females up to 2035 encompassing a review of routinely published projections and scenarios, and the findings of a bespoke analysis conducted by Public Health Scotland in January 2025.”

Sexual Health

Syphilis and drug-resistant gonorrhoea increasing

BBC News, 3rd June 2025

“New cases of the sexually transmitted infection syphilis have risen again in England, continuing a trend dating back to the early 2000s.”

Smoking

Disposable vape ban begins - but will it have an impact?

1st June 2025

“The ban on the sale of single-use disposable vapes will come into force on Sunday across the UK, aimed at protecting children's health and the environment.”

NHS stop smoking services quarterly

Public Health Scotland, 10th June 2025

“This release by Public Health Scotland (PHS) presents information from October to December 2024 (Quarter 3) on NHS Stop Smoking Services in Scotland and health boards’ progress towards their annual Local Delivery Plan (LDP) Standard.”

Suicide & Self Harm

N/A

Women’s & Infant Health

Saving Babies’ Lives 2025 A report on progress

Sands & Tommy’s Policy Unit, 2025

“The data in this report continues to highlight that we are not making enough progress in saving babies’ lives and tackling inequalities in pregnancy and baby loss.”

What to expect after immunisation for babies and young children up to 5 years old

Public Health Scotland, 4th June 2025

“These sheets tell you about the common side effects of immunisations that might occur in babies and young children up to five years of age.”

Women warned weight-loss jabs may affect the pill

BBC News, 5th June 2025

“Women using weight-loss jabs have been warned by the UK's medicines regulator that they must use effective contraception. The Medicines and Healthcare products Regulatory Agency (MHRA) says it is not known whether taking the medicines, such as Wegovy and Mounjaro, could harm an unborn baby.”

First bacteria we ever meet can keep us out of hospital

BBC News, 5th June 2025

“The first bacteria our bodies meet – in the hours after we're born – could protect us from dangerous infections, UK scientists say. They have shown, for the first time, that good bacteria seem to halve the risk of young children being admitted to hospital with lung infections.”

Cervical screening invites to change in England

BBC News, 10th June 2025

“Invitations for cervical screening will be sent out every five years instead of every three for women aged 25-49 in England, if they have a negative test. Research shows they are at very low risk of cervical cancer and can safely wait longer to be screened again, NHS England has said.”

Breastfeeding etc. (Scotland) Act 2005: guidance on responsibilities

Scottish Government, 11th June 2025

“This is a guide explaining the responsibilities of all employers and employees, in premises where the public have general access, under the Breastfeeding etc. (Scotland) Act 2005.”

