

Public Health Bulletin

October 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 – October 2025

Alcohol

Taking stock: Counting the economic costs of alcohol harm

IPPR, 8th October 2025

“Alcohol consumption across the UK is increasing. Government and employers must act to address the health risks.”

Cancer

Cancer waiting times 1 April to 30 June 2025

Public Health Scotland, 30th September 2025

“This release by Public Health Scotland (PHS) presents the quarterly update of Cancer Waiting Times statistics, reporting two National Standards on how long patients waited for their first cancer treatment.”

Prostate Cancer Screening: The Impact on the NHS

Prostate Cancer research, October 2025

“Evaluating the demand, costs and delivery of a national prostate cancer screening programme in the UK.”

Covid -19

N/A

Children & Young People

Fun first foods: An easy guide to introducing solid foods

Public Health Scotland, 15th October 2025

“This booklet gives information on the different stages of weaning with tips, advice and recipes.”

The Digital Generation: Young people’s thoughts on health and care technology

King’s Fund, 9th October 2025

“We wanted to tap into the opinions of young people. How can health services make digital care easier to use, more engaging, and genuinely responsive to young people’s lives?”

Which children experience severe and acute poverty?

Joseph Rowntree Foundation, 29th October 2025

“The Government’s forthcoming child poverty strategy is a crucial moment where it can set out how it will make progress against manifesto commitments to lower child poverty and end the ‘moral scar’ of people needing emergency food parcels.”

Environment

Green Maternity Report 2025

Royal College of Obstetricians and Gynaecologists, 2025

“The Green Maternity Report combines case studies from the Green Maternity Challenge with lived experience insights and carbon modelling to identify eight initial priorities for sustainable maternity care and a clear set of evidence-based recommendations.”

Briefing / Reducing waste, adding value

HFMA, Emily Hopkinson, 22nd September 2025

“How do we define waste in the NHS? What practical steps can we take to reduce it? What gets in the way? And how can we build a culture that empowers colleagues to act? These were some of the topics discussed by clinical and finance leaders at a recent roundtable, run jointly by the HFMA and the Academy of Medical Royal Colleges.”

Dental Health

Jaclyn Meyer, Chylee Martin, Stefanie Wood, Forrest Lowe, Leonardo Bonilha, Hamdi S.

Adam, Ryan Demmer, Bruce A. Wasserman, Wayne D. Rosamond, James D. Beck, Souvik Sen.

Periodontal Disease Independently Associated With White Matter Hyperintensity Volume.

Neurology Open Access, 2025; 1

Drugs

Evaluation of the Scottish Government Residential Rehabilitation programme

Public Health Scotland, 28th October 2025

“The purpose of the detailed client-level information is to explore who is able to access residential rehab in Scotland, the outcomes they are achieving, and what works for whom in residential rehab provision in Scotland.”

Health & Social Care

Towards a new vision for social care: policy solutions for an ageing population

International Longevity Centre UK, 23rd September 2025

“The upcoming Casey Review offers an opportunity to rethink social care and deliver bold, long-term reform. Our new paper, supported by the Institute and Faculty of Actuaries, sets out bold options for reform.”

Nurse ‘graduate guarantee’: supply solution or short-term fix?

Health Foundation, 1st October 2025

“The Department of Health and Social Care (DHSC’s) initiative is aimed at fixing an immediate problem – that these new graduates can struggle to find a job. But it also raises a much bigger question: what are the roles and limitations of government and the NHS in securing the future supply of nurses?”

Reusable medical products in the NHS: adoption, barriers, and enablers

Centre for Sustainable Healthcare, September 2025

“The NHS produces 156,000 tonnes of clinical waste per year in England alone, a figure that is significantly heightened by single-use medical products. The Design for Life Roadmap is a plan to create a “circular economy for medical technology,” through which products are reused, remanufactured, or recycled, in turn realising financial and carbon savings.”

Caring About Health

RSPH,

“RSPH has published a new report looking at the health outcomes of adults using social care services and how the system can have a more active role in health improvement.”

Health Inequalities

How to talk about supported housing

Joseph Rowntree Foundation, 8th October 2025

“We all need a decent, affordable home that supports our wellbeing. It’s the foundation for our lives. And for those of us who need some assistance in order to live well, supported housing is vital.”

Community Food Matters: What stakeholders told us and why it counts

Public Health Scotland, 22nd October 2025

“Community food initiatives are uniquely placed to support multiple health outcomes and reach marginalised groups across Scotland. Alison Owens, Health Improvement Manager, discusses Public Health Scotland’s (PHS) engagement with the community food sector and the opportunities involving them in local decision-making brings – in particular in the development of Good Food Nation plans.”

Roadmap to Reducing Food Insecurity in the UK

The Food Foundation, 22nd October 2025

“This report aims to understand the scale of the problem, the extent to which people are struggling, and identify who is at most at risk so the government and local authorities can most effectively target support.”

Which children experience severe and acute poverty?

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“The Government’s forthcoming child poverty strategy is a crucial moment where it can set out how it will make progress against manifesto commitments to lower child poverty and end the ‘moral scar’ of people needing emergency food parcels.”

Health Protection

Whooping cough vaccine successful in reducing hospitalisations

Public Health Scotland, 3rd October 2025

Findings from a paper published in the medical journal, Eurosurveillance, show that fully vaccinated children aged 8 weeks to 17 years were 69% less likely to be hospitalised with whooping cough (pertussis).

Preparing for Scotland’s winter respiratory season

Public Health Scotland, 9th October 2025

“This year, the Viral Respiratory Team at PHS is working closely with NHS colleagues to strengthen how we track and respond to respiratory infections. The aim is simple: to help people stay well, get the right care when they need it, and ease pressure on busy clinical services over the winter.”

Medical Conditions

BREAKING THE STIGMA: WHAT HR TEAMS NEED TO KNOW ABOUT ENDOMETRIOSIS AND MENSTRUAL HEALTH

Endometriosis UK, 30th September 2025

“A new survey of 121 HR professionals and leaders by Endometriosis UK and HR software provider Ciphre provides insights into challenges and opportunities for those with endometriosis in the workplace.”

Rethinking Pain: Can a ‘do with’ approach prevent complex multiple conditions

King’s Fund, 10th October 2025

“So, what might be an alternative approach that not only gives people the support they need but also uses the red flag raised by pain as an opportunity to do some serious preventive work?”

Mental Wellbeing

How 20 minutes of nature can boost your health

BBC News, 10th October 2025

“You don't have to hike for hours to feel these benefits as maximum impact happens after just 20 minutes, so even a lunchtime walk to the park and a sandwich on a bench a few times a week can benefit your body and mind.”

For the first time, scientists pinpoint brain cells linked to depression

Science Daily, 11th October 2025

“Scientists identified two types of brain cells, neurons and microglia, that are altered in people with depression. Through genomic mapping of post-mortem brain tissue, they found major differences in gene activity affecting mood and inflammation. The findings reinforce that depression has a clear biological foundation and open new doors for treatment development.”

The Big Mental Health Report 2025

Mind, 2025

“The Big Mental Health Report is for anyone looking for trusted information on how mental health problems affect people in England and Wales.”

Reports of OCD among under-25s triple in 10 years

BBC News, 24th October 2025

“The number of 16-24 year olds in England reporting symptoms of obsessive compulsive disorder, or OCD, has more than tripled in a decade, BBC analysis of NHS data has found. The condition is now the second-most widespread mental health disorder for young adults, according to statistics from a major NHS England survey.”

Obesity & Healthy Eating

'Buy one, get one free' deals for unhealthy food banned

BBC News, 1st October 2025

“Price or multi buy promotions on unhealthy food and drink, such as "buy one, get one free" deals, are to be banned in England from Wednesday. The restrictions will apply to supermarkets, larger high street shops and online retailers.”

Junk food can scramble memory in just 4 days

Science Daily, 29th September 2025

“Scientists discovered that high-fat junk food disrupts memory circuits in the brain almost immediately. Within just four days, neurons in the hippocampus became overactive, impairing memory. Restoring glucose calmed the neurons, showing that interventions like

fasting or dietary shifts can restore brain health. This could help prevent obesity-related dementia and Alzheimer's."

Scale of obesity challenge in Scotland highlighted by new research

Public Health Scotland, 13th October 2025

"New research from Public Health Scotland (PHS), conducted in collaboration with Sciensano* and recently published in Public Health, the journal of the Royal Society of Public Health, projects a surge in the number of adult cases of excess weight in Scotland by 2040. The findings highlight the scale of the challenge for both population health and future care services."

Roadmap to Reducing Food Insecurity in the UK

The Food Foundation, 22nd October 2025

"This report aims to understand the scale of the problem, the extent to which people are struggling, and identify who is at most at risk so the government and local authorities can most effectively target support."

Older People

Chloe Reeves, Dr Aisha Islam, Tom Gentry. [The State of Health and Care of Older People in England 2025](#). *Age UK*, September 2025

Pharmacy

N/A

Physical Activity

How 20 minutes of nature can boost your health

BBC News, 10th October 2025

“You don't have to hike for hours to feel these benefits as maximum impact happens after just 20 minutes, so even a lunchtime walk to the park and a sandwich on a bench a few times a week can benefit your body and mind.”

Skip short strolls – a longer daily walk is better for your heart, says study

BBC News, 27th October 2025

“Walking for at least 15 minutes without stopping is ideal, it says. That's about 1,500 steps in a row, which gives your heart a good workout.”

Population Statistics

Delayed discharges in NHSScotland monthly Figures for August 2025

Public Health Scotland, 7th October 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.”

Percentage of end of life spent at home or in a community setting

Public Health Scotland, 7th October 2025

“This annual release by Public Health Scotland (PHS) provides estimated information on the percentage of time spent at home or in a community setting by individuals who were in their last six months of life.”

Unintentional injuries 2024-25

Public Health Scotland, 28th October 2025

Heat impacts on health in Scotland: Deaths 2005-2024

Public Health Scotland, 28th October 2025

“This report by Public Health Scotland provides the first comprehensive analysis of heat impacts on health in Scotland and is specifically focussed on the impact of heat on mortality.”

Public Health

30th September 2025 - Quarterly website update

ScotPho, 30th September 2025

“The following topics on the ScotPHO website have been reviewed and/or updated as part of the September 2025 quarterly website update.”

The village we need to build: Reflections on the Prevention 25 conference

Public Health Scotland, Rishma Miani, 2nd October 2025

“In our latest blog, Rishma Maini, Consultant in Public Health and Co-lead of Clinical Health Intelligence and Research Division at PHS, reflects on her recent attendance at the Scottish Prevention Hub’s conference in Edinburgh, which brought researchers, policy makers and community leaders together to discuss how we turn evidence into practice.”

Improving health literacy in the NHS

NHS Providers, 1st October 2025

“This guide explores what is meant by health literacy, the benefits of applying health literacy interventions, recommendations for trust board members, and case studies from five trusts that have effectively embedded interventions.”

Sexual Health

HPV vaccination statistics for men who have sex with men, Scotland. 8 year period ending 30th June 2025

Public Health Scotland, 28th October 2025

“This annual release by Public Health Scotland (PHS) provides a summary of human papillomavirus (HPV) vaccination uptake among gay, bisexual and other men who have sex with men (GBMSM) since implementation of the national programme in July 2017.”

Smoking

Alarming number of people now vape, says WHO

BBC News, 6th October 2025

“More than 100 million people, including at least 15 million children, use e-cigarettes, fuelling a new wave of nicotine addiction, the World Health Organization, external (WHO) is warning.”

NHS Stop Smoking Services Scotland, April 2024 to March 2025

Public Health Scotland, 21st October 2025

“In 2024/25 the number of attempts to stop smoking made with the help of NHS smoking cessation services increased to 31,095, a 2.6% increase from 2023/24 (30,317). While there

was an increase in 2024/25, the overall trend for Scotland shows a reduction in the number of quit attempts since 2015/16 of 52% from 64,721.”

Suicide & Self Harm

N/A

Women’s & Infant Health

Watchdog vows Botox crackdown after BBC exposé

BBC News, 13th October 2025

“The pharmacists' watchdog has promised to investigate and "take action" after the BBC exposed illegal and potentially harmful practices in the aesthetic Botox industry.”

Fun first foods: An easy guide to introducing solid foods

Public Health Scotland, 15th October 2025

“This booklet gives information on the different stages of weaning with tips, advice and recipes.”

Congenital conditions in Scotland 2021 to 2023

Public Health Scotland, 28th October 2025

This release by Public Health Scotland is focused on congenital conditions. Congenital conditions are variations of body structure or function which are present from birth. They are the result of a variation in the process of development of a baby in the womb.