

Public Health Bulletin

June 2026



Public Health Reports Digest

June 2026

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.

We make no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the links and information contained in these CABs. Any reliance you place on such information is therefore strictly at your own risk.

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 2026

Alcohol

N/A

Cancer

Advanced radiotherapy for prostate cancer to cut sessions from 20 to five

BBC News, 10th June 2026

“Thousands of men in England who have prostate cancer will be offered high-powered precision radiotherapy that will slash the number of treatment sessions they typically need from 20 to just five.”

Systemic Anti-Cancer Therapy activity

Public Health Scotland, 18th June 2018

“This release by Public Health Scotland (PHS) reports on systemic anti-cancer therapy (SACT) activity across NHS services in Scotland. Treatment activity includes the weekly number of appointments and the monthly and annual number of appointments and patients receiving treatment.”

Children & Young People

The Child Poverty (Scotland) Act – time to go further?

JRF, 1st June 2026

“Scottish Parliament set a high bar with the Child Poverty (Scotland) Act — but the Act's final delivery plan in March, by its own admission, doesn't go far enough.”

Young women now have 'close to zero' risk of cervical cancer death after HPV jab

BBC News, 18th June 2026

“Children vaccinated at age 12–13 against HPV (human papillomavirus) have close to zero risk of dying from cervical cancer before the age of 30, landmark new research reveals.”

Minimum age of 11 set for UK puberty blocker trial

BBC News, 19th June 2026

“The planned Pathways Trial, external was paused in February 2026 after the Medicines and Healthcare products Regulatory Agency (MHRA) raised safety concerns and suggested introducing a minimum age of 14, where none had been set previously.”

Environment

A Well-Adapted UK

Climate Change Committee, 20th May 2026

“It is now nearly 20 years since the Climate Change Act was passed. In many ways, it has been a huge success; in that time the UK has reduced greenhouse gas emissions by 42%. But there has been little progress on preparing ourselves for the changing climate.”

Dental Health

N/A

Drugs

Substance use services from a lived experience perspective - reviewing the evidence from 2024-25 around MAT Implementation

Public Health Scotland, 2nd June 2026

“This release summarises a qualitative secondary analysis of lived and living experience evidence about substance use services across Scotland, focusing on implementation of the 10 Medication Assisted Treatment (MAT) Standards during 2024-25.”

National naloxone programme Scotland - Quarterly monitoring bulletin

Public Health Scotland, 9th June 2026

“This release by Public Health Scotland (PHS) presents information on the number of take-home naloxone kits issued by the National Naloxone Programme (NNP) in Scotland (October to December 2025/26)”

Health & Social Care

BRIEFING: Investment in social care nursing

RCN, 21 May 2026

“This briefing sets out key findings from our research on adult social care nursing across the UK, highlighting workforce pressures, funding challenges, and their impact on care delivery. It outlines the implications for the nursing workforce and the need for sustained action to support safe, effective care.”

Supporting people with frailty outside hospitals

UK Parliament, 3rd June 2026

“Prevention can extend independence and support improving quality of life for millions at risk of frailty. It is regrettable that the Department of Health and Social Care (the Department) and NHS England (NHSE) are not demonstrating the necessary vision or effective action to prioritise prevention in efforts to help people with frailty.”

Safety, Equity and Expertise: A UK review of learning disability nursing

RCN, 17th June 2026

“The review sets out a series of high level recommendations to protect learning disability nursing as a safety critical profession and to address foreseeable system risks if current trends continue.”

Health Inequalities

The Child Poverty (Scotland) Act – time to go further?

JRF, 1st June 2026

“Scottish Parliament set a high bar with the Child Poverty (Scotland) Act — but the Act's final delivery plan in March, by its own admission, doesn't go far enough.”

Health Protection

PHS publishes Annual Vaccination and Immunisation report for 2025

Public Health Scotland, 9th June 2026

“Notably, childhood immunisations by 12 months have stabilised, and there have been improvements by aged five. The winter vaccine programme also recorded gains in uptake.”

MenB vaccine to be offered to eligible young people this summer

Public Health Scotland, 12th June 2026

“This time-limited programme will be offered to some older teenagers and some new college and university students who are at higher risk of exposure to meningococcal group B bacteria.”

Viral respiratory diseases in Scotland surveillance report

Public Health Scotland, 18th June 2026

“This weekly release by Public Health Scotland presents epidemiological information on respiratory infection activity, including COVID-19, across Scotland.”

Medical Conditions

Unlocking the door to dementia diagnosis and treatments

Alzheimer’s Society, May 2026

“Dementia symptoms are missed, diagnosis is delayed and support comes too late. We're launching our 'Unlocking the door' reports to show what needs to be done to 'unlock' these dementia issues.”

First disease-modifying therapy to delay the onset of type 1 diabetes recommended for NHS use

NICE, 23rd June 2026

“A first-of-its-kind therapy that can delay the onset of type 1 diabetes for up to 3 years is to be made available on the NHS.”

Mental Wellbeing

The Foundation Reports: The state of mental health inequality in the UK

Mental Health Foundation, June 2026

“Mental health inequalities are systematic, avoidable and unfair differences in mental health outcomes between groups. Disadvantage is not evenly distributed in UK society, but follows clear patterns across geography, age, gender and socio-economic position.”

Obesity & Healthy Eating

New drug to stop 'Ozempic butt' muscle loss side effect of obesity jabs

BBC News, 8th June 2026

“A new drug called apitegromab could help people on obesity jabs avoid unwanted muscle decline that's been linked to flat bums or "Ozempic butt", according to research in Nature Medicine journal.”

The Broken Plate 2026

The Food Foundation, 10th June 2026

“Our flagship Broken Plate report documents the health of the UK food system, how it impacts our lives, and what must change to ensure healthy and sustainable diets are available and affordable to everyone.”

Obesity cases rising fastest in young adults

BBC News, 25th June 2026

New cases of obesity are rising fastest in younger adults in England, a study suggests.

“Rates of new diagnoses for people in their 30s were nearly 20% higher in 2024-25 than they were in 2019-20, according to the study published in The Lancet.”

Older People

Unlocking the door to dementia diagnosis and treatments

Alzheimer’s Society, May 2026

“Dementia symptoms are missed, diagnosis is delayed and support comes too late. We're launching our 'Unlocking the door' reports to show what needs to be done to 'unlock' these dementia issues.”

Healthy Ageing: physical activity in an ageing society

UK Parliament, 22nd May 2026

“This report addresses the essential role of physical activity in preventing illness among older people. We are living longer, yet too many people are spending those extra years in poor health, with low levels of physical activity being a major driver of ill health in later life.”

Supporting people with frailty outside hospitals

UK Parliament, 3rd June 2026

“Prevention can extend independence and support improving quality of life for millions at risk of frailty. It is regrettable that the Department of Health and Social Care (the Department) and NHS England (NHSE) are not demonstrating the necessary vision or effective action to prioritise prevention in efforts to help people with frailty.”

Health aging: What can England learn from Japan and Sweeden about meeting the challenge of an aging society?

King’s Fund, 8th June 2026

“Demographic ageing is one of the most important challenges facing developed countries in the 21st century. How England can respond to these challenges, particularly in terms of its health and care system, is the focus of this report.”

Pharmacy

Electronic prescribing and medicines administration: procurement and safety learning in acute hospitals

Health Services Safety Investigation Body, 28th May 2026

“The report is intended for healthcare organisations, policymakers and the public to help improve patient safety in relation to the procurement of, and safety learning from, ePMA functionality in acute NHS hospitals.”

Prescribing practice and dispensing pharmacy open data, January to March 2026

Public Health Scotland, 9th June 2026

“This quarterly release by Public Health Scotland (PHS) contains data on prescribing activity in the community in an open data format. The latest quarter available is for 1 January to 31 March 2026.”

Physical Activity

Healthy Ageing: physical activity in an ageing society

UK Parliament, 22nd May 2026

“This report addresses the essential role of physical activity in preventing illness among older people. We are living longer, yet too many people are spending those extra years in poor health, with low levels of physical activity being a major driver of ill health in later life.”

Can two hours of strength training a week reduce the risk of dying early?

BBC News, 3rd June 2026

“Data gathered from decades-long studies suggested that carrying out regular resistance or weight training over an extended period can significantly lower the chance of death from heart disease and stroke.”

What football can teach us about health

Public Health Scotland, 11th June 2026

“Imagine a football game, with the ball representing our health. At one end of the pitch stands the goalkeeper. In health terms, this is our urgent and emergency care system - the hospitals, ambulance services and clinical teams. Their work is vital, often lifesaving, and we will always need them.”

Population Statistics

Delayed discharges in NHS Scotland monthly, Figures for April 2026

Public Health Scotland, 2nd June 2026

“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.”

Accident and emergency

Public Health Scotland, June 2026

“This section focuses on statistics on accident and emergency (A&E) departments across Scotland.”

Public Health

Scottish Social Attitudes 2025

National Centre for Social Research

“Since 1999, Scottish Social Attitudes (SSA) has been tracking the views and opinions of people’s social, political and moral attitudes in Scotland.”

Diaz KM, Murdock ME, Serafini MA, et al. **Evaluating movement breaks as a public health strategy to mitigate the harms of prolonged sitting: a large-scale pragmatic intervention.**

British Journal of Sports Medicine Published Online First: 23 June 2026. doi:

10.1136/bjsports-2025-111221

Sexual Health

Genital herpes rising in England, despite overall drop in STIs

BBC News, 2nd June 2026

“New cases of genital herpes are increasing in England, bucking an overall fall in sexually transmitted infections (STIs), the latest data shows. Nearly 29,000 people were diagnosed with genital herpes in 2025 – a 3% rise on the previous year, according to the UK Health Security Agency (UKHSA).”

Smoking

NHS stop smoking services quarterly

Public Health Scotland, 9th June 2026

“At the end of December 2025, NHS Scotland has achieved 54% of the number of quits required to meet the annual LDP standard (3,779 quits out of 7,026).”

Suicide & Self Harm

N/A

Women's & Infant Health

One in four births in England is now emergency caesarean, BBC analysis shows

BBC News, 5th June 2026

“A quarter of all babies in England are now delivered by emergency caesarean operations, BBC analysis shows - marking a significant rise over the last five years.”

Cox C, Neave L, Hunt BJ. [New approaches in the haemostatic management of postpartum haemorrhage](https://doi.org/10.1136/bmjmed-2025-002256). *BMJ Medicine*. 2026;5:e002256. <https://doi.org/10.1136/bmjmed-2025-002256>

[Young women now have 'close to zero' risk of cervical cancer death after HPV jab](#)

BBC News, 18th June 2026

“Children vaccinated at age 12–13 against HPV (human papillomavirus) have close to zero risk of dying from cervical cancer before the age of 30, landmark new research reveals.”