

# Public Health Bulletin

## August 2026



### Public Health Reports Digest

August 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.

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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 – August 2026

### Alcohol

N/A

### Cancer

#### Cancer in the UK: Age, Report –

Cancer Research UK, July 2026

“Our 2026 report Cancer in the UK: Age aims to support a more nuanced understanding of how cancer prevention, diagnosis, treatment and outcomes vary by age. This will help inform future service planning, research and policy development, in order to improve cancer outcomes for people of all ages.”

#### Alive to do those things

Coppa Feel. Breast cancer awareness, 2026

“We understand the challenge. We’re already driving change. Since 2009, we’ve encouraged millions of young people to check their chests, understand how their bodies usually look and feel, and see their GPs for anything that’s not ‘normal’. “

### **NICE recommends new treatment option for people with blood and lymphatic cancers**

NICE, 6<sup>th</sup> August 2026

“Clinical evidence showed that adding acalabrutinib to bendamustine and rituximab significantly increased the time before the condition worsened to 72.5 months, compared with 47.8 months for standard treatment alone.”

### **Vaccine breakthrough stops cancer returning in trial**

BBC News, 19<sup>th</sup> August 2026

“A new personalised vaccine given in combination with a drug has stopped skin cancer returning in patients during a trial, representing a potentially watershed moment in cancer treatment.”

## **Children & Young People**

### **Children as young as nine hurt in growing number of e-scooter crashes**

BBC News, 12<sup>th</sup> August 2026

“Three trauma centres - Liverpool, Manchester and Sheffield - say they have treated 477 under-16s since 2019, with the number of cases per year rising from fewer than 10 in 2019 to nearly 150 in 2024.”

### **Alive to do those things**

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“We understand the challenge. We’re already driving change. Since 2009, we’ve encouraged millions of young people to check their chests, understand how their bodies usually look and feel, and see their GPs for anything that’s not ‘normal’. “

### **New report examines young people’s health-related economic inactivity in Scotland**

Public Health Scotland, 25<sup>th</sup> August

“Public Health Scotland (PHS) has published a new briefing exploring the rise of health-related economic inactivity among young people aged 16 to 24 in Scotland and the extent to which poor mental health may be negatively influencing sustained transitions from school into employment, education and training.”

## Environment

### **Protecting mental health from extreme heat**

United for global mental health, 2026

## Dental Health

N/A

## Drugs

N/A

## Health & Social Care

### **Focus on Frailty programme impact report 2025-26**

Health Improvement Scotland, 3<sup>rd</sup> August 2026

“The report demonstrates improvements made in frailty services from teams:

setting up hospital front door frailty pathways, and improving integrated care coordination in primary, community and acute care.”

### **How care inequities shape social care experiences**

SCIE, July 2026

“This report presents a rare, in-depth qualitative study of how people drawing on care and support, and unpaid carers, experience inequities in social care in England.”

## Health Inequalities

### **Adequate incomes are key to reducing child poverty in Scotland**

Joseph Rowntree Foundation, 31<sup>st</sup> August 2026

“As Scotland reviews its child poverty targets, Scottish Government must stay committed to meaningful progress, keeping income measures as the core part of the targets.”

## Health Protection

### **Public health management of measles**

Public Health Scotland, 7<sup>th</sup> August 2026

“This guidance will support professionals involved in the public health management of measles cases, contacts and outbreaks.”

### **Scottish Vaccine Update**

Public Health Scotland, 31<sup>st</sup> August 2026

“This edition focuses on the winter vaccination programmes, which includes: seasonal influenza (flu) vaccinations and COVID-19 vaccinations.”

## Medical Conditions

### **England set to be one of the first countries to eliminate hepatitis C**

BBC News, 11<sup>th</sup> August 2026

“The target of treating 80% of all known cases has already been met, and deaths from the virus have fallen by 36% in the last decade, just short of what is needed by 2030.”

### **Scottish stroke improvement programme Annual report 2026**

Public Health Scotland, 11<sup>th</sup> August 2026

“In Scotland in 2025, 11,048 people had a final diagnosis of stroke, compared with 11,341 in 2024. Of these, 9,443 (85.5%) had an ischaemic stroke, 1,468 (13.3%) had an intracerebral haemorrhage and 137 (1.2%) had no definite stroke type recorded.”

## Mental Wellbeing

### **Protecting mental health from extreme heat**

United for global mental health, 2026

## Obesity & Healthy Eating

### **New weight-loss pill approved for use in UK**

BBC News, 10<sup>th</sup> August 2026

“A daily weight-loss pill made by the drug firm behind the Mounjaro jab has been approved for use in the UK - the first country in Europe to do so. Foundayo, made by Eli Lilly, is for treating obesity and type 2 diabetes.”

Dowd A. **Obesity numbers in England double in 30 years despite 14 government strategies**

BMJ 2026; 394 :e100531 doi:10.1136/bmj-2026-100531

## Older People

### **The Longest wait to leave: Tackling the delayed discharges that help to drive corridor care**

Age UK, July 2026

“In this report, we explore how discharge delays are also driving this phenomenon, impeding the flow of patients through hospital and causing ripple effects throughout the system.”

### **Focus on Frailty programme impact report 2025-26**

Health Improvement Scotland, 3<sup>rd</sup> August 2026

“The report demonstrates improvements made in frailty services from teams:

setting up hospital front door frailty pathways, and improving integrated care coordination in primary, community and acute care.”

## Pharmacy

### **Wasted medicines could fill up 75 swimming pools a year - NPA analysis**

National Pharmacy Association, 8<sup>th</sup> August 2026

“Freedom of Information requests from local NHS Integrated Care Bords revealed the NHS disposed of an estimated 3,400 tonnes of medicines last year, the same weight as 560 female African Forest elephants or 3000 2015 Ford Fiestas.”

## Physical Activity

### **Phase 1 evaluation of a systems-based approach to physical activity**

Public Health Scotland, 25<sup>th</sup> August 2026

“This report presents the first phase evaluation of Public Health Scotland’s systems-based approach to physical activity across three local authority areas: Glasgow City, Dumfries and Galloway, and Orkney.”

## Population Statistics

### **Public opinions and social trends, Great Britain: July 2026**

ONS, 14<sup>th</sup> August 2026

“Social insights on daily life, including experiences of the cost of living and water use and restrictions, from the Opinions and Lifestyle Survey (OPN).”

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## Public Health

### **Research contract: Citizens’ Jury on addressing gambling harm in Scotland**

Public Health Scotland, 12<sup>th</sup> August 2026

“Documents supporting open research contract bid - Project Reference PHS2026-27C014 Citizens’ Jury on addressing gambling harm in Scotland.”

Paterlini M. Anti-sunscreen movement: **Doctor claiming sun exposure “doesn’t cause cancer” gets almost a million Facebook views** BMJ 2026; 394 :e100546 doi:10.1136/bmj-2026-100546

## Sexual Health

N/A

## Smoking

### **Vapes could lead to health harms in children, doctors warn**

BBC News, 20<sup>th</sup> August 2026

“The Royal College of Paediatrics and Child Health (RCPCH) has reviewed about 81 studies into vaping and said it is linked to higher rates of breathing problems and evidence of harm in babies whose mothers used vapes while pregnant.”

Lindson N, Livingstone-Banks J, Butler AR, McRobbie H, Bullen CR, Hajek P, Wu AD, Begh R, Theodoulou A, Ma C, Notley C, Rigotti NA, Turner T, Fanshawe T, Hartmann-Boyce J.

**Electronic cigarettes for smoking cessation. Cochrane Database of Systematic Reviews**

**2026**, Issue 8. Art. No.: CD010216. DOI: 10.1002/14651858.CD010216.pub11. Accessed 31 August 2026.

## Suicide & Self Harm

N/A

## Women's & Infant Health

### **Vapes could lead to health harms in children, doctors warn**

BBC News, 20<sup>th</sup> August 2026

“The Royal College of Paediatrics and Child Health (RCPCH) has reviewed about 81 studies into vaping and said it is linked to higher rates of breathing problems and evidence of harm in babies whose mothers used vapes while pregnant.”

