

Cochrane Clinical Answers

[How effective and safe are electronic cigarettes \(ECs\) for smoking cessation?](#)

Based on high- to moderate-certainty evidence, more people quit smoking using nicotine ECs compared with nicotine replacement therapy (NRT) or nicotine-free ECs, with no concomitant increase in medium-term adverse events; however, the proportion of people quitting was very low (on average, 156 and 58 per 1000 people with nicotine ECs vs 99 and 40 per 1000 people with NRT and nicotine-free ECs, respectively). Evidence comparing nicotine-containing ECs versus behavioral support is very uncertain.

Reports

[Not in school](#)

Rates of school absence have risen significantly since the pandemic. One in five children is persistently absent from school, and 150,000 children missed over half of their school sessions last year. Though improving attendance has become a key government objective, its approach to doing so tends to overlook the issues which are driving this increase in absenteeism.

Consultations

[NHS Constitution: 10 year review](#)

Consultation seeking views on proposed changes to the NHS Constitution.

[Changes to regulations relating to the Care Quality Commission](#)

The government seeks views on proposals to amend regulations relating to the Care Quality Commission (CQC).

Podcasts

[Podcast: What's driving the backlash against mental health awareness?](#)

Has mental health culture gone too far? Thea Joshi welcomes Andy Bell to unpack recent comments from government ministers and proposed plans to reduce access to benefits for people taking time off work for their mental health. They discuss what's driving this backlash, and explore where we're actually at on our journey from mental health awareness to mental health literacy.

Blogs

['Saviours': how community health and wellbeing workers are helping to tackle health inequalities in England](#)

Across the country, there is a growing army of dedicated community health and wellbeing workers (CHWWs) who are playing a pivotal role in helping people who live in some of the country's most deprived and under-served communities access vital health and care support. Complementing other important programmes across local systems, the CHWWs initiative is paying real dividends, helping to improve the lives of many who are sometimes at risk of falling through the cracks.

News

[The severity of food insecurity among people with a mental illness](#)

Not being able to afford to buy the food you need to live healthily is one of most stark inequalities and injustices people face today in Britain. In one of the world's wealthiest economies, it is bad enough that 18% of the population is living with food insecurity today. So when a study conducted by Teesside University and Tees, Esk and Wear Valleys NHS Foundation Trust, in partnership with Equally Well UK found that half of people with a severe mental illness diagnosis in the north of England were facing food insecurity, the extent of the injustice and how it intersects with mental health inequality was laid bare.



[The police's rushed withdrawal from mental healthcare is creating serious risks](#)

Challenges in implementing the Right Care Right Person policy reveal concerns over resource allocation, local coordination, and potential risks to vulnerable individuals, writes Sean Duggan.

[Poor mental health and long waits for support are fuelling school absence, say charities](#)

Growing levels of school absence are being exacerbated by poor mental health among young people, made worse by poverty and long waits for support, according to a new report.

[Detailed response to The Cass Review's Final Report](#)

The Royal College of Psychiatrists has published its more detailed response to the independent review of gender identity services for children and young people, commissioned by NHS England and chaired by Dr Hilary Cass OBE.

[Up to 1,200 new mums suffer from psychosis each year](#)

"Every year, hundreds of mothers suffer from postpartum psychosis which puts both their health and the health of their baby at great risk. It also robs women of precious moments with their newborn, and this can be deeply traumatic if they don't receive compassionate and personalised care quickly," says Dr Cressida Manning, Chair of the Faculty of Perinatal Psychiatry at the Royal College of Psychiatrists.

[What do worsening health inequalities mean for the NHS?](#)

This month, we published the second major report in our health in 2040 series. Based on current trends, our research shows that the 10-year difference in major illness-free life expectancy between the 10% most and least deprived areas of England will persist.

[NHS Constitution plans to strengthen privacy, dignity and safety](#)

Proposed updates to NHS Constitution for England will reflect biological needs of patients and empower people to request same-sex wards and care.

[How to deprescribe in primary care](#)

1 in 3 people aged 65 and older take 5 or more medicines every day (polypharmacy). Some of these drugs may no longer be appropriate. They could increase the risk of falls, hospital admission, or even death, especially among people who are frail (and less able to recover from injury and illness).

[Alarming decline in children's health and wellbeing predated pandemic, research reveals](#)

The COVID pandemic affected several aspects of children's health and wellbeing. The number of children referred to specialist mental health teams in England has soared by more than 50% in just three years, for example. But recent research from my colleagues and I reveals that problems such as these were increasing even before the pandemic.

[AHA call on government to tackle 'shameful failure' in public health policy as deaths from alcohol reach all-time high](#)

Health leaders have criticised the government for failing to tackle the rising levels of alcohol harm as new ONS figures reveal there were 10,048 deaths from alcohol-specific causes registered in the UK in 2022, an increase of 32.8% since 2019.

[UK smoking ban would have many benefits for public health – but only if it's effectively implemented](#)

MPs have recently voted to ban anyone in England born after 2009 from buying cigarettes, as part of the government's plan to achieve a smoke-free generation. Smoking is the single most important preventable cause of ill health and death globally. In England alone, around 64,000 people in England die each year from a smoking-related disease such as lung cancer, stroke and heart attacks.



[Vaping now more common than smoking among young people – and the risks go beyond lung and brain damage](#)

Vaping is now more common than cigarette smoking among young people, according to a new report coordinated by the University of Glasgow and commissioned by the World Health Organization.

[Record numbers of women accessing perinatal mental health support](#)

More than 57,000 new and expectant mums have received specialist support for mental health problems over the last year, up a third on 2022, NHS figures show.

[PIF members respond to Prime Minister's fit note speech](#)

Royal College of Psychiatrists and mental health charities express disappointment over Rishi Sunak's "sick note culture" comments.

[NHS online weight loss programme highlighted as a success in new study](#)

The NHS Digital Weight Management Programme is helping patients referred to the service to lose over 8 pounds, new research shows today. A new peer reviewed paper, published today in The Obesity Journal, shows that 63,937 people were referred to the scheme in its first year with 50% taking up the offer and enrolling onto the service.

[MMR catch-up campaign significantly boosts uptake across country](#)

A campaign encouraging young people to get up-to-date with their measles, mumps, and rubella (MMR) vaccinations has led to a significant boost across the country, with one region delivering more than seven times the number of jabs in the first 12 weeks of this year to those aged five to 25.