

Reports

[Older northerners struggle with “alarming” inequalities compared to people from the South](#)

In a new report from the Northern Health Science Alliance entitled “Ageing in the North”, researchers have catalogued an “alarming” range of disadvantages faced by older people living in the North, in areas such as health, life expectancy, housing, nutrition, employment, and social isolation.

[Understanding drivers of recent trends in young people’s mental health](#)

The report examines the drivers of the growth in poor mental health among 14 to 24-year-olds in England.

[David Fuller inquiry: phase 2 report](#)

The independent inquiry’s concluding report on whether procedures and practices in hospitals and other settings safeguard the security and dignity of deceased people.

Statistics

[Healthy life expectancy by national area deprivation, England and Wales: between 2013 to 2015 and 2020 to 2022](#)

Life expectancy and years expected to live in “good” health using national indices of deprivation to measure socioeconomic inequalities in England and Wales. Includes estimates of life expectancy between 2011 to 2013 and 2020 to 2022.

Publications

[British Sign Language 5-year plan: Department of Health and Social Care](#)

This plan sets out how the Department of Health and Social Care (DHSC) plans to improve the use of British Sign Language (BSL) in its communications in the next 5 years.

[The safer management of controlled drugs: Annual update 2024](#)

CQC is responsible for making sure that health and care service providers, and other regulators, maintain a safe environment for the management and use of controlled drugs in England.

[Flu vaccines 2026 to 2027: JCVI advice, 16 July 2025](#)

Statement from the Joint Committee on Vaccination and Immunisation (JCVI) about vaccines for the 2026 to 2027 influenza season.

[COVID-19 vaccination in autumn 2026 and spring 2027: JCVI advice, 16 July 2025](#)

Statement setting out advice from the Joint Committee on Vaccination and Immunisation (JCVI) on the COVID-19 vaccination programmes for autumn 2026 and spring 2027.

Blogs

[Taking action on obesity: what do the public think?](#)

We ran a series of focus groups alongside online surveys to reveal public attitudes on taking action to reduce obesity rates.

[Why you can’t judge health by weight alone](#)

How much does your weight really say about your health? Probably less than you think. You could eat your five-a-day, hit the gym regularly, have textbook blood pressure and cholesterol levels – and still be dismissed as “unhealthy” based on the number on the scale. Meanwhile, someone with a so-called “healthy” weight might be skipping meals, running on stress and caffeine, and rarely moving their body.

[Sweet spot for daily steps is lower than often thought, new study finds](#)

Your fitness tracker might be lying to you. That 10,000-step target flashing on your wrist? It didn't come from decades of careful research. It came from a Japanese walking club and a marketing campaign in the 1960s.

[Are you ageing well? Take the five-part quiz that could help change your future](#)

Most of us want to enjoy later life feeling strong, connected, and mentally sharp. But how often do we stop to think about whether the things we're doing right now are helping us get there?

News

[Invest in better mental health support for people in the criminal justice system, say charities](#)

Investing in community mental health services would help to ease the pressure on the prison system by diverting more people from custody, two charities have said today.

[Postnatal depression harming up to 85,000 new mums in England, warns RCPsych](#)

New and expectant mothers are at risk of postnatal depression and other mental illnesses from conception to a year after birth, which could be prevented or treated with the right support.

[First NHS round-the-clock mental health unit opens under 10 Year Health Plan](#)

Hundreds of patients in East London are set to benefit as the NHS opened its first 24/7 neighbourhood mental health centre today – a key commitment under the 10 Year Health Plan – offering walk-in support for people with mental illness.

[First 24/7 neighbourhood mental health unit welcomed by RCPsych](#)

Today, NHS England has opened the first neighbourhood mental health centre to offer round-the-clock support for people with mental illness.

[BPS supports new report's findings on children's mental health](#)

The Youth Futures Foundation's report examines the drivers of the growth in poor mental health among 14 to 24-year-olds in England.

[Time to engage in the reality of youth mental health – Mind](#)

Speaking in response to the release of Youth Futures Foundation's report into the drivers of declining mental health among young people in England (financial insecurity, deteriorating sleep quality, social media use and cuts to children's and youth services) Minesh Patel, Associate Director of Policy and Campaigns at Mind.

[Joe Wicks and government join forces to get children moving](#)

New animated series for kids, known as Activate, will get more children across the country moving more and encouraging a healthier lifestyle.

[Still the Government's best-kept secret? Access to Work for people with mental health difficulties](#)

The Government's recent consultation on its plans to reform social security and employment support for disabled people included many controversial and some very worrying proposals. Among the areas being consulted on was the Access to Work scheme, by which the Government funds 'reasonable adjustments' to workplaces for disabled employees. We asked people who had experience of Access to Work, both as clients and as Individual Placement and Support (IPS) employment specialists, about their views and experiences of Access to Work. Here's what they told us.

[Largest ever social prescribing study shows positive impact on patients](#)

A study of more than four million patient records suggests that the rollout of Social Prescribing Link Workers has led to improved patient outcomes and experiences.

[Government launches "Good Food Cycle" to transform Britain's food system](#)

The government has served up its new "Good Food Cycle" today (15 July) – a recipe aimed at driving a generational change in the nation's relationship with food.

[Brand advertising exemption from advertising restrictions for less healthy food or drink](#)

This consultation seeks views on draft secondary legislation to provide an explicit exemption for brand advertising from the advertising restrictions for less healthy food or drink on TV and online.

[Patients with long-term conditions to receive help from charities](#)

Hundreds of thousands of patients with long-term conditions will be automatically referred to specialist charities at the point of diagnosis.

[PIF responds to launch of Diagnosis Connect service](#)

Signposting to specialist charities is a welcome first step but scheme should be extended to all PIF TICK certified organisations.

[Pharmacist time freed up to treat patients more](#)

Pharmacists will benefit from better access to pharmacy services as part of 10 Year Health Plan, under new proposals set out by the government today.

[NHS publishes waiting list breakdowns to tackle health inequalities](#)

Hospitals will be able to address unfair elective waits for working class and minority patients as new data published today shows those from deprived communities are more likely to wait longer.

[The King's Fund comments on new data from NHS England showing health inequalities on the waiting list](#)

Commenting on new data from NHS England that shows waiting list information broken down by sex, age, ethnicity and index of multiple deprivation, Siva Anandaciva, Director of Policy, Partnerships and Events at The King's Fund.

[Implementing the Ten-Year Health Plan: ensuring an effective approach to change](#)

Leaders from the NHS Confederation, NHS Providers, National Voices, King's Fund, National Improvement Board and Q describe what is needed to help leaders and their teams implement the changes envisaged in the ten-year plan.

[Palliative and end of life care for LGBTQ+ people](#)

Everyone living with a terminal illness should have access to high-quality palliative and end of life care. There are things you can do to provide a safe, accepting and inclusive environment. This is essential in ensuring LGBTQ+ people receive high quality, person-centred care.

[£75 million boost for hospices to transform end-of-life care](#)

Families will see further improvements in end-of-life care as the government releases £75 million for hospices to deliver major upgrades and enhancements to facilities.

[Reports of inaccuracies in self-testing kits, RCGP responds](#)

Responding to a study published in the BMJ analysing supermarket self-testing kits, finding a significant proportion had a high level of inaccuracy, Professor Kamila Hawthorne, Chair of the Royal College of GPs.

[Systematic review explores the range and effectiveness of interventions aiming to change vaping harm perceptions](#)

The review, published in *Addiction*, looked at what interventions have been effective in changing the perception of how harmful vaping is, and how that may affect vaping and smoking behaviours.

[Does loneliness really cause us to die earlier?](#)

Much has been written about the link between loneliness on health. It's an issue that has attracted increasing attention, including from the World Health Organisation which recently launched an international commission on the problem.

[Departmental minute on the COVID-19 autumn 2025 vaccination programme](#)

Departmental minute from the Department of Health and Social Care on the COVID-19 autumn 2025 vaccination programme.

[Hundreds of thousands of people urged to get lifesaving cancer vaccine](#)

The NHS is urging hundreds of thousands of people yet to have the lifesaving human papillomavirus (HPV) vaccine to get protected against cervical and other cancers.

[Huge biosecurity centre investment to boost pandemic protection](#)

A new world-leading biosecurity centre in Essex will protect the UK from emerging public health threats and boost economic growth.