

Guidance

[Smoking and vaping: guidance, policy and regulation](#)

Guidance, policy and regulation on tobacco, vaping and nicotine products, including the Tobacco and Vapes Act 2026.

[Educator development fundamentals: A guide to inform educator development across the NHS workforce](#)

The Educator development fundamentals framework sets out 9 core capability areas for healthcare educators. Together, they provide a consistent approach to developing educational practice, supporting learner success, improving educational quality, and strengthening the future NHS workforce.

Analysis

[Healthy childhoods: shared responsibility for growing up well](#)

The King's Fund is undertaking a dedicated programme of work on children's health. This work brings together research, events, engagement and analysis to examine how responsibility for children's health is shared across society, and what needs to change so all children can experience as healthy and fulfilling a childhood as possible.

[Key facts and figures about the NHS](#)

What's the NHS annual budget? How many doctors and nurses are there? What's the cost of an operation?

[Can you spot health misinformation?](#)

Did you know that 16% of UK adults age 16 and above regularly use AI tools for health information? And younger people are increasingly turning to social media for their health information – 40% of Generation Z get their health information from social media, compared to 22% of older generations, according to YouGov research.

Cochrane Clinical Answers

[What are the effects of multicomponent interventions for adolescents living with obesity, when delivered in either healthcare or community settings?](#)

Multicomponent programs (typically including dietary, physical activity, and behavioral components, such as motivational interviewing or problem-solving) delivered to adolescents living with obesity (often with their parents) may lead to small, short-term improvements in some anthropometric measures and some aspects of physical well-being compared with usual care or minimal interventions.

Resources

[Toilet Training](#)

Toilet training is an important step for families. Learning to use a potty or toilet independently takes time, practice and patience, and every child's toilet training journey will look different. Ahead of children starting school in September, this PR campaign supports parents of children preparing for Reception with practical advice to help build their child's toilet training independence.

Videos

[Fighting Misinformation in the AI SEO era](#)

Misinformation has been exacerbated with the growth of LLMs and AI, which increasingly cite piecemeal sources in ways that can mislead or endanger users. Sean and Jack share examples such as incorrect CPR guidance and confusing emergency and non-emergency phone numbers.

Blogs

[From afterthought to priority – what will it take to make real progress on children’s health?](#)

The school holidays may still be in full flow, but at The King’s Fund we’re setting out on a key programme of work focused on children’s health (covering babies, children and young people).

[Housing, homelessness and health: lessons from Birmingham’s joined-up approach](#)

I became homeless at 16 and later lived in hostel accommodation.

[What happens to strength, balance, stamina and reflexes as you age – and what you can do about it](#)

Here is a finding that surprises most people, including plenty of regular gym-goers.

[Eight in ten adults track their own health – new survey](#)

Before breakfast, you may already have checked your sleep score, resting heart rate or blood oxygen level. By bedtime, you might look at your step count, stress score or even an estimate of your biological age.

[Consuming and collecting to avoid the doom and gloom of adult life – A gateway to juvenilia?](#)

To mark National Collectors’ Day (20th August 2026), Professor Craig Jackson explores the psychological reasons why we collect.

[Group work as method: holding complexity in mental health research](#)

Group work has long been part of mental health research. Focus groups, workshops, and reflective sessions offer ways to gather insight, test ideas, and hear from those with lived experience. But too often, these formats are treated as neutral tools.

[NICE Listens: hearing the public’s views on AI in health and care](#)

Why should AI be the next topic for NICE Listens? This blog explains why AI should be the next topic for our public engagement programme, which explores the difficult questions that sit behind complex decisions.

News

[NHS urges those eligible to book a flu jab ahead of this winter season](#)

The NHS is urging millions of people to book their flu jab from today as the health service starts winter preparations earlier than ever.

[Vaccination reduced but did not eliminate mortality inequalities for people with severe mental illness](#)

Those with severe mental illness remained at significantly higher risk of death following COVID-19 infection throughout the pandemic, despite being prioritised for vaccination, according to a major new study published in The Lancet Psychiatry.

[Study examines how remote mental health care is working in practice](#)

A new study from researchers at King’s College London and South London and Maudsley NHS Foundation Trust suggests that remote psychiatric care is working well for many patients, but may not suit everyone.

[Broadband quality associated with mental health and digital-health equity in elderly people](#)

New research has found that older adults living in areas with lower-quality broadband connectivity experience a higher burden of depression, suggesting internet quality may play an important role in mental health and digital-health equity.

[The use of Ambient Voice Technology in hospitals](#)

We have launched an investigation exploring the use of Ambient Voice Technology in hospitals. Ambient Voice Technology (AVT) refers to a class of AI-enabled 'ambient scribing' tools used in healthcare to listen to clinical conversations and automatically generate documentation.

[Cultivating gratitude could benefit the health of many more people, new study finds](#)

People who are thankful or appreciative practise a wider range of health promoting behaviours than previously thought, new research published today signals.