

Public Health Key Documents: April-May 2026

NIHR

[Effects of physical activity and diet in pregnancy to prevent gestational diabetes: an individual participant data \(IPD\) meta-analysis on the differential effects of interventions with economic evaluation](#)

Lifestyle interventions in pregnancy prevent gestational diabetes. The effects vary according to the definition of gestational diabetes. Physical activity-based interventions may be the most effective.

Systematic search: Yes

May 2026

The King's Fund

[What Makes Care Outstanding?](#)

Report commissioned by CQC. Based on a literature review and interviews, 5 principles for outstanding care are proposed: truly person-centred care; embedding a culture of compassionate and inclusive leadership; prioritising equity and inclusion; continuously integrating learning into practice; having a “purposeful approach to making a positive difference” for service users.

Systematic search: No

May 2026

SIGN

SIGN 155 [Pharmacological management of migraine](#) (2026 update)

The update adds new sections on CGRP receptor antagonists for people with acute migraine and for the prevention of migraine, revised advice on the use of ibuprofen during pregnancy and additional advice on combination therapies. The section on prevention of migraine has been restructured to reflect current prescribing practices and safety advice on sodium valproate and topiramate.

Systematic search: Limited

May 2026

Public Health Scotland

[Health and homelessness briefing](#)

The briefing outlines the current health and homelessness landscape in Scotland. It highlights the severe health inequalities faced by people experiencing or at risk of homelessness, and the wider systemic factors that increase vulnerability. It examines how public services and partners can work together to prevent homelessness and reduce related health inequalities.

Systematic search: No

May 2026

[Women's health in Scotland - an evidence briefing](#)

This briefing provides a summary of the key demographics and examines the most pressing health issues affecting women in Scotland.

Systematic search: Yes

May 2026

Scottish Government

Nil

NICE – Guidelines

Nil

UKHSA

[Hantavirus: human-to-human infection transmission parameters](#)

Systematic evidence summary covering incubation and infectious period, asymptomatic or presymptomatic transmission and transmission route in human-to-human transmission.

Systematic search: Limited

May 2026

[Human Animal Infections and Risk Surveillance group \(HAIRS\) risk assessment: Andes virus](#)

This assessment was commissioned to the HAIRS group to address the possibility that an animal could become infected with ANDV through contact in a UK household with an infected human, and that this animal then become a vehicle for further human infections.

Systematic search: No

May 2026

[IDPS programmes in the UK: effectiveness review](#)

This report reviews data from the infectious diseases in pregnancy screening (IDPS) programmes in England, Scotland, Wales and Northern Ireland. It assesses the effectiveness of the programmes in reducing vertical transmission of human immunodeficiency virus (HIV), hepatitis B and syphilis, as well as considering the wider impact and effectiveness of IDPS programmes.

Systematic search: No

May 2026

[Drug use in ethnic minority groups: a review and recommendations](#)

This report reviews drug use in these groups and outlines recommendations for further data collection.

Systematic search: No

May 2026

[Semi-synthetic cannabinoids related to tetrahydro-cannabinol and cannabidiol](#)

Independent review by the Advisory Council on the Misuse of Drugs into the use and harms of semi-synthetic cannabinoids (SSCs) and tetrahydro-cannabinol acid (THCA), with the aim of identifying specific compounds causing health and social harms that are not captured by the current generic definition for cannabinoids.

Systematic search: No

April 2026

[Rapid evidence summary on interventions to reduce gonorrhoea in young adults](#)

The summary identifies evidence on the effectiveness of interventions to reduce this disease in heterosexual adolescents and young adults (aged 15 to 25 years).

Systematic search: Limited

April 2026

Health and Care Research Wales Evidence Centre

Nil

EPPI Centre

Nil

AHRQ (Agency for Healthcare Research and Quality – USA)

[Mindfulness-based interventions for well-being and mental health in children and adolescents](#)

In general populations, MBIs show small, comparator-dependent, and mostly short-term benefits that are primarily observed versus inactive controls; effects versus active controls were generally similar. In children and adolescents with diagnosed anxiety or depression, MBIs modestly reduce depression at post-intervention, while anxiety outcomes were similar to controls; ACT shows small improvements in depression and quality of life versus inactive controls, but the results are uncertain compared to CBT. Effects in those with chronic physical conditions remain insufficient.

Systematic search: Yes

May 2026

Health Foundation

[Better homes, better health: insights from linking housing and health data](#)

This briefing presents new findings from the Networked Data Lab (NDL). Teams in Cheshire and Merseyside, North West London, West Yorkshire, **Grampian** and Wales accessed, linked and analysed local data to produce new evidence on the links between housing and health. Their analyses confirm poor-quality housing is a major driver of health inequalities. Linking patient-level health data with property-level housing data can improve the targeting of housing interventions, thus aligning investment with need. Providing local authorities with access to relevant health insights and streamlining local data access processes would allow them to prioritise housing improvements for those most in need.

Systematic search: No

May 2026

[Healthy life expectancy trends in the UK: a watershed moment](#)

Over the decade 2012–14 to 2022–24, healthy life expectancy in the UK fell by about 2 years, to 60.7 (males) and 60.9 (females). England, Scotland and Wales saw steep declines while the fall in Northern Ireland was more modest. This report analyses the figures, demonstrates that health in the UK is falling behind that of other comparable nations and concludes that action to target the drivers of poor health is required.

Systematic search: No

April 2026

Canadian Agency for drugs and Technologies in Health (CADTH)

Nil

McGill University Health Centre (Canada)

Nil

Health Information & Quality Authority (Ireland) – Health Technology Assessments

[A scoping review of publicly-funded services for donor-assisted human reproduction in selected countries](#)

This report compares services in 10 countries - Australia, Denmark, England, France, Germany, Northern Ireland, Portugal, Scotland, Sweden and Wales.

Systematic search: Limited

May 2026

[Scoping review: the association between herpes zoster vaccination and the risk of dementia](#)

Based on current evidence, it is not possible to determine whether shingles vaccination by itself directly reduces the risk of dementia. Other factors, including vaccinated individuals having healthier lifestyles and or lower levels of underlying risk, are also potential explanations for the lower observed incidence of dementia. The evidence of a protective effect of vaccination generally against dementia suggests that staying up to date with vaccines “complements established lifestyle and vascular strategies for healthy cognitive ageing”.

Systematic search: Limited

May 2026

Campbell Collaboration

Nil

Glasgow Centre for Population Health

[Vulnerable burden or vital members of our society?](#)

This briefing examines public, political and media discourses on disability, noting that many current narratives do not encourage solidarity or support fair disability policy. It explores alternative, values-based ways of framing disability that emphasise shared humanity, the contributions of disabled people, and the benefits of a more inclusive Scotland. Includes recommendations.

Systematic search: No

May 2026

[Glasgow City neighbourhood profiles: comparing population and health trends over a decade](#)

This report describes differences across a range of population, health and socio-economic indicators for Glasgow City over a 10-year period.

Systematic search: No

May 2026

Selected other recent reports

Cancer Research UK (2026) [Cancer in the UK: overview](#)

Cancer Research UK (2026) [Cancer in the UK: Scotland overview](#)

Annual overviews summarising the current impact of cancer on people and health services in the UK and devolved nations. Among the topics covered are HPV vaccination, prevention and screening. Across the UK, the move to the faecal immunochemical test (FIT) has been the main driver of the increase in uptake of bowel cancer screening - but cervical screening coverage is declining.

Centre for Mental Health (2026) [Stability beyond care](#)

This briefing examines three partnerships between specialist welfare charities and NHS mental health organisations which demonstrate that embedding welfare advisers directly into inpatient wards and community mental health teams can contribute to preventing mental health and welfare crises before they escalate, and ensure that people receive the resources they need to recover.

Chief Medical Officer of England (2026) [The health of people in prison, on probation and in the secure NHS estate in England](#)

The report examines areas of good practice, highlights risks, and recommends actions to improve health outcomes for this population in England.

Friends, Families and Travellers (2026) [Improving Hepatitis awareness and access for gypsy, roma and traveller communities](#)

The report offers “findings and recommendations on healthcare access, blood-borne hepatitis awareness, stigma, and barriers to engaging with health services” among these communities. [The [Policy & Publications](#) section of the charity’s website also includes leaflets, resources and publications on other topics affecting these communities.]

Gov.UK. Department for Work and Pensions (2026) [Young people and work: interim report](#) (Alan Milburn report)

Chapter Five of the interim report notes “ill-health is now a primary driver of who becomes NEET [Young People Not in Education, Employment or Training] and who stays NEET”. Topics covered in this chapter include the social foundations of poor health, mental health and unequal access to interventions.

Reengage (2026) [Care on hold: why digital-first GP risks excluding older people](#)

The report “paints a bleak picture of older people’s experiences of accessing GP services in an increasingly digital world”. Respondents to the Reengage survey on GP access expressed a clear preference for telephone and in-person interactions and felt left behind by digital-first approaches. Many respondents felt a profound sense of rejection around losing face to face interaction and stress around trying to make appointments. 62% of respondents across the UK reported they had no one to help them make an appointment online; 63% agreed that digital GP services increase feelings of isolation and loneliness. Data from the charity’s 2025 annual survey of older people involved in Re-engage in Scotland shows that 67% have internet access - but just 16% are frequent users (the lowest figure among UK nations).

YouthLink Scotland (2026) [Young people missing from vaccine services research](#)

The report was commissioned by Public Health Scotland. Over “800 young people and 15 parents and guardians across Scotland shared their views ... through a national survey and focus groups across six youth work organisations including ... Aberdeenshire Council.” Among key findings are: young people are most aware of the flu vaccine; they are looking for trustworthy, relatable information and reassurance about vaccine benefits and safety; 69% trust NHS healthcare professionals to provide them with information and would like campaigns to be delivered by them; they believe campaigns in schools and on TikTok would work best; they want more information from trustworthy sources, do not want to be patronised and want to understand the benefits and risks of vaccines.

NICE FORWARD PLANNING – Publications due June 2026

Advanced breast cancer: diagnosis and management (Partial update)

Clinical Guideline - update (new clinical practice evidence)

Ectopic pregnancy and miscarriage: diagnosis and initial management (update)

Clinical Guideline - update (new clinical practice evidence)