

## AGE FRIENDLY

### **Older people from ethnic minorities hard hit by pandemic and lockdown**

A new briefing highlights how the pandemic has impacted older people from ethnic minority groups. Older ethnic minority people were more likely to rely on community and voluntary groups to provide support and advice, and lessen the impact of the digital divide and language barriers. But restrictions on social contact meant that often these lifelines were removed.

[Link](#)

## MENTAL HEALTH

### **The Mental Health and Well-being of LGBTQ Youth who are Intersex**

Much of the current research on intersex communities focuses on medical treatment — and groups all intersex youth with other gender variant youth — leaving findings specific to intersex young people, and their mental health, largely unknown. This report grows our understanding of the mental health and well-being of this often overlooked group.

[Link](#)

## HOMELESSNESS

### **Ending rough sleeping through a public health approach**

Rick Henderson from Homeless Link, the national membership charity for frontline homelessness organisations, outlines why we must put the lessons of the pandemic into practice in the years to come.

[Link](#)

## GREEN PRESCRIBING

### **A dose of nature: addressing chronic health conditions by using the environment**

Medical research from around the world demonstrates that a Green Prescription physiological and psychological benefits for patients, even if the exact mechanisms by which these accrue are not yet fully understood. The evidence also shows that doctors are ready and willing to give Green Prescriptions, and that an effective partnership with other providers is required.

[Link](#)

## TOBACCO

### **Heated tobacco: a new review looks at the risks and benefits**

Heated tobacco products are designed to heat tobacco without burning it or producing smoke. They are now available in many countries, but questions remain about their effect on cigarette smoking and health.

[Link](#)

## NUTRITION

### **Diets: how scientists discovered that one size doesn't fit all**

Many diets originate in a system for rating foods according to the effect they have on blood sugar level. Generally, we are advised to avoid foods that cause blood sugar levels to spike. New research shows that different people's blood sugar increases different amounts when eating the same food.

[Link](#)

