

Publication withdrawn

This guidance is out of date and was withdrawn in August 2025.



Department
of Health



Public Health
England

Evidence based public health nursing and midwifery

**A summary of NICE guidance to underpin
practice**

**Public Health Outcome Domain Two – Health
improvement**

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Evidence based public health nursing and midwifery

A summary of NICE guidance to underpin nursing and midwifery practice to improve population health and wellbeing

The challenges we face in terms of population health and well-being are huge. We know the impact of lifestyle factors on health, we understand increasingly the 'causes of the causes' and we are learning more about how to support people to make decisions and choices which are positive for their health. We need to now practice in ways which use this knowledge and our nursing and midwifery skills to make a personal and professional impact to improve health and well-being.



Why use evidence based practice?

**Best practice, value for money, high
quality care**



About this summary guide

Nurses and midwives have told us that they are keen to increase their range and reach in improving health and wellbeing and to do so need to have access to the evidence of what works.

This is a professional nursing and midwifery practice summary guide based on original work by the National Institute for Health and Clinical Excellence (NICE) guidance on public health. Information about NICE work on public health is shown on page 9.

We have worked with NICE to review and summarise the relevant guidance to support nurses and midwives in delivering evidence based interventions to improve health. This guide sets out this work for Public Health Outcome Domain Two – Health improvement.

Over the coming months we will work with the professions to develop the evidence base including web interface to access this summary guidance and support learning and development for 'health promoting practice'.

What is evidence?

Evidence is one part of a process in demonstrating that interventions have been robustly tested and therefore that public health practice is supported by research or tested pathways.

A discussion of use of evidence for practice and validated sources of evidence is set out in our publication “The evidence base of the public health contribution of nurses and midwives”.

Public Health Outcome Domain Two – Health improvement

This document shows the summarised NICE guidance for improvements against wider factors that affect health and wellbeing, and health inequalities. It includes:

Smoking Cessation

PH1 Brief interventions and referral for smoking cessation

PH5 Workplace interventions to promote smoking cessation

PH10 Smoking cessation services

PH26 Quitting smoking in pregnancy and following childbirth

PH39 Smokeless tobacco cessation: South Asian communities

Alcohol and Drugs Interventions

PH4 Interventions to reduce substance misuse among vulnerable young people

PH7 School based interventions on alcohol

PH24 Alcohol use disorders

Physical Activity

PH2 Commonly used methods to increase physical activity

PH13 Promoting physical activity in the workplace

PH17 Promoting physical activity for children and young people

Nutrition/Weight Management

PH11 Maternal and child nutrition

PH27 Weight management before during and after pregnancy

Health Improvement through smoking cessation strategies

Relevance

NICE guidance in relation to smoking cessation strategies has some relevance to all nurses whatever their role.

Implications for Leadership & Practice

- Encouraging nurses and midwives to make every contact count in offering brief advice on smoking cessation
- Ensuring nurses and midwives receive appropriate training
- Working across professional/organisational boundaries

Summary of recommendations related to public health nursing and midwifery

- Nurses and midwives should have information on smoking status of patients whatever the setting
- Everyone who smokes should be advised to stop
- Ensuring training is available for more who provide support and advice
- Understanding referral pathways to specialist stop smoking services
- Those working with South Asian communities need to understand the specific issues related to smokeless tobacco

Guidance relevant to this summary

PH1 Brief interventions and referral for smoking cessation

PH5 Workplace interventions to promote smoking cessation

PH10 Smoking cessation services

PH26 Quitting smoking in pregnancy and following childbirth

PH39 Smokeless tobacco cessation: South Asian communities

Health Improvement through Alcohol and Drugs Interventions

Relevance

NICE guidance related to alcohol and drugs interventions is relevant to all nurses however these are particularly relevant to those working with young people.

Implications for Leadership and Practice

- Encouraging staff to work across organisational and professional boundaries

Summary of recommendations

- Use existing screening and assessment tools to identify those at risk from alcohol and/or substance misuse
- Work in partnership with school, parents etc.
- Ensure those delivering interventions are appropriately trained
- Adherence to best practice guidelines on consent and confidentiality
- Develop a 'whole school' approach to alcohol

Guidance relevant to this summary

PH4 Interventions to reduce substance misuse among vulnerable young people

PH7 School based interventions on alcohol

PH24 Alcohol use disorders

Health Improvement through Physical Activity interventions

Relevance

NICE guidance related to physical activity intervention is relevant to all nurses and particularly for those working in community/primary care of those working with vulnerable groups.

Implications for Leadership and Practice

- Promoting partnership working across professional/organisational boundaries
- Encouraging nurses to make every contact count

Summary of recommendations

- Encourage adults to take 30 minutes and children 60 minutes of physical activity per day
- Address psychological, social and environmental barriers to physical activity
- Work in partnership to deliver interventions
- Help employees to be physically active throughout the working day

Guidance relevant to this summary

PH2 Commonly used methods to increase physical activity

PH13 Promoting physical activity in the workplace

PH17 Promoting physical activity for children and young people

Health Improvement through Maternal and Child nutrition and weight management guidance

Relevance

These areas have a particular relevance to midwives, practice nurses and health visitors.

Implications for Leadership and Practice

- Promoting partnership working
- Ensuring staff are appropriately trained
- Encouraging staff to make every contact count

Summary of recommendations

- Train midwives and health visitors to support breastfeeding
- Provide information on a healthy diet and exercise
- Use evidence based behaviour change techniques
- Ensure knowledge and skills of nurses to help dispel common myths

Guidance relevance to this summary

PH11 Maternal and child nutrition

PH27 Weight management before during and after pregnancy

National Institute for Health and Clinical Excellence (NICE)

NICE's role is to improve outcomes for people using the NHS and other public health and social care services by:

- Producing evidence-based guidance and advice for health, public health and social care practitioners
- Developing quality standards and performance metrics for those providing and commissioning health, public health and social care services
- Providing a range of information services for commissioners, practitioners and managers across the spectrum of health and social care

Public Health Guidance

Public health guidance makes recommendations for populations and individuals on activities, policies and strategies that can help prevent disease or improve health. The guidance may focus on a particular topic (such as smoking), a particular population (such as schoolchildren) or a particular setting (such as the workplace). The NICE website www.nice.org.uk includes the following information:

- [Update on public health topics in development](#)
- [Published public health guidance](#)
- [Public health guidance in development](#)
- [How we develop NICE public health guidance](#)
- [Healthcare-associated infections quality improvement guide](#)
- [Full list of NICE guidance that makes public health recommendations.](#)