

CHILDREN AND YOUNG PEOPLE SCRUTINY COMMITTEE
23 August 2021

CHILDREN AND YOUNG PEOPLE PUBLIC HEALTH OVERVIEW

Purpose of the Report

1. To provide Members with an update of the Children and Young People Public Health interventions and programs.

Summary

2. This report will brief members on the Healthy Lifestyles Survey 2021, Childhood Healthy Weight Plan, mental health in schools projects and 0-19 Service.

Recommendation

3. It is recommended that members note the contents of the report.

James Stroyan
Group Director of People

Background papers

Childhood Healthy Weight Plan 2019-2024

S17 Crime and Disorder	This report supports the Council's Crime and Disorder responsibilities
Health and Well Being	This report supports to health and wellbeing of children, young people and families in the borough.
Sustainability	This report supports the Council's sustainability responsibilities
Diversity	This report supports the promotion of diversity
Wards Affected	This report supports performance improvement across all Wards
Groups Affected	This report supports performance improvement which benefits all groups
Budget and Policy Framework	This report does not represent a change to the budget and policy framework
Key Decision	This is not a key decision
Urgent Decision	This is not an urgent decision
Council Plan	This report contributes to the Council Plan by involving Members in the scrutiny of performance relating to the delivery of key outcomes

Efficiency	There are no implications arising from this report.
Impact on Looked After Children and Care Leavers	This report impacts on all children across the borough.

MAIN REPORT

Healthy Lifestyles Survey

4. The Healthy Lifestyles Survey (HLS) has been delivered for 11 years with a total of up to 8500 pupils across 33 schools completing the survey annually.
5. Between April and June 2020, the Public Health team delivered virtual focus groups and online surveys with pupils from year 5 to year 10, parents and carers and school staff.
6. Responses were received from 167 pupils, 32 parents and carers and 41 school representatives.
 - (a) Pupils said they liked the survey; feel they can be honest, and it tells the schools what the issues are.
 - (b) Parents and carers said they mostly knew (86%) about the survey from their children's school, they receive information on the survey but would like to know more about the data collected.
 - (c) Schools said the project is helpful, fantastic evidence of pupil needs, helps them to plan, drives their curriculum, identifies issues to be addressed in a timely manner, they thanked us for our support and expertise.
7. This year the questions were reviewed by topic specific 'experts' to ensure they were fit for purpose to provide relevant and useful information, a total of nine professionals provided feedback and adapted questions.
8. All 33 schools have completed Service Level Agreements to participate in the HLS from September 2021.
9. Delivery will begin in September and be tracked weekly, to be completed by October half term. The final report should be completed by January.

Childhood Healthy Weight Plan

10. The Childhood Healthy Weight Plan (HWP), aims to increase a healthy weight in children and young people, the objectives are focused to increase fibre and fruit and vegetable uptake, reduce sugar by increasing healthy food and drink swaps and aim to achieve 60 minutes of physical activity for every child and young person in the borough.
11. Partnership work has resulted in the coproduction of a looked after young people and families toolkit, a children's home food policy and a nutrition education staff training programme.
12. Catering staff at Carmel College have completed a five module training award programme developed by Public Health (PH) and Environmental Health (EH) in collaboration with catering managers, to support staff in delivering innovative healthy food choices, the evaluation will be collated over summer 2021.
13. In June 2021 the Healthy Families Catering Award was launched which was a result of collaborative work with PH, EH and local restaurants to develop menus which meet government targets for calories, sugar and salt including behaviour change techniques to support children under 11 years to easily choose healthy options.
14. Opportunities to enable children and young people to move more and sharing of public health messages have been advertised across Darlington, including 'play on the way' hopscotch in the Cornmill, weaning and start4life, treasure hunts and free summer activities.
15. The Healthy early years task group supported all Early Years settings to take part in the national healthy eating week in June, sharing information with parents/carers and introducing activities to encourage familiarity of fruits and vegetables.
16. The group continue to work towards a Healthy Early Years (HEY) catering award and whole setting strategy.
17. PH are also working with a sample of primary schools to trial a 'whole school' approach to food to commence in September 2021, including the launch of a healthy eating for parents course developed with Darlington Learning and Skills team.
18. PH have also supported the Darlington Holiday Activity Food Program project in delivering nutrition content and ideas for signposting healthy lifestyle resources and links to parents.

Mental Health in Schools

19. The Children and Young Peoples (CYP) Mental Health Network has continued to meet, and this has enabled an overview of CYP Mental Health to be provided on a fortnightly basis. The group has highlighted that CYP are still being affected by

COVID-19 in terms of mental health and there are signs that children are inclined to be a little more disruptive as they struggle to get back into routine whilst having to isolate on a number of occasions.

20. CAMHS and other services are noticing increased referrals although some of this may be due to the backlog when services could only be provided face to face for some patients with more complex needs.
21. To support staff in schools a Suicide Prevention Grant programme for training in relation to suicide prevention and self-harm was launched in June and the two applications submitted were successful in getting £2000 each.
22. The two organisations were Queen Elizabeth Sixth Form College and St Aidans' Academy.

0-19 Service

23. The 0-19 Service has introduced an enhanced digital offer to children and families during the Covid-19 pandemic as restrictions are lifted the Service is introducing more face to face appointments, while continuing to build on the success of the virtual offer.
24. Digital working with schools continued until the end of the summer term with early years and puberty interactive presentations being offered.
25. The Service is in the process of launching a YouTube channel to allow schools to access content.
26. Face to face appointments for antenatal, new birth checks, 6-8 weeks, 3-4month and 9-12month visits are being reintroduced.
27. All vulnerable families always had the option of face to face appointment during the pandemic, with staff wearing full PPE and Covid-19 risk assessments in place prior to visits. Some virtual contacts will remain in place at the request of the individual families.
28. Bookable face to face clinic appointments are also beginning with appropriate risk assessments in place.
29. Breastfeeding support has continued throughout the Covid-19 pandemic virtually with a WhatsApp group of mums supporting each other. 'Attend Anywhere' appointments have been utilised by the Breastfeeding Co-ordinator to support new mums. As a result, at the end of quarter 4 (2020/21), breast feeding initiation has increased up to 58% and up to 47.5% at 10-14days.

30. The Service has introduced a Demand and Capacity tool with 0-19 teams and practitioners to be able to support staff with workload pressures, due to the increase in caseloads over the Covid-19 pandemic.