

CHILDREN AND YOUNG PEOPLE SCRUTINY COMMITTEE
5 September 2022

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, Children's Health Profile for Darlington and 0-19 Service.

Recommendation

3. It is recommended that Members note the contents of the report and presentation.

Penny Spring
Director of Public Health

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.
Carbon Impact and Climate Change	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 12 years with a total of up to 8,624 pupils across 33 primary and secondary schools completing the survey annually.
5. The survey of 2021 is the first full survey that has been completed following the pandemic and includes some specific topics and questions that have been developed and agreed by young people, schools, and other professionals to reflect the impact of the pandemic on young people.
6. Completion of the survey is only one part of the process. These results will be fed back to young people themselves so that they are aware and understand the lifestyle and behaviour choices of their peers and can use this to inform their own choices and decisions.
7. These results are also disseminated to schools, other professionals working with young people, elected members, parents and the public. This provides an objective picture of how young people are dealing with the pressures and issues of growing up in Darlington.
8. This feedback to adults provides schools, professionals, and elected members better understanding to commission services to support young people more effectively. It helps parents better understand and support their children growing up. These results also challenge myths and perceptions about certain health behaviours and attitudes in young people, reduces discrimination and stigma.
9. Delivery of the next Healthy Lifestyle survey begins again in the new term in September with the survey being sent out for collection of the responses for the academic year of 2022/23.

Child Health Profile for Darlington

10. The Child Health Profile are produced annually by Public Health England (now Office of Health Improvement and Disparities OHID) for every local authority area in England.
11. This profile provides a snapshot of child health in this area. It is designed to help the Authority; health services and other stakeholders improve the health and wellbeing of children and target Public Health interventions that can improve child health at a local level.
12. The same indicators are measured each year and are the same for every local authority. This enables changes or trends in outcomes to be shown as well as allowing Darlington to benchmark our progress and results against other local authorities in England.
13. The profile for Darlington this year when compared to the England averages shows that the health and wellbeing of children in Darlington is mixed with some key indicators such as breastfeeding, smoking in pregnancy and obesity being worse compared to England while others such as vaccination uptake, admission to hospital for common health conditions being better or similar when compared to England.

0-19 Service

14. The 0-19 Service provided by Harrogate and District NHS Foundation Trust continues to perform well, achieve well against the statutory and contract performance targets. The Service continues to receive positive feedback from parents/carers and other users of the service across the full age range, with high levels of satisfaction recorded with their staff being recognised as regularly making a difference to families in Darlington.
15. The Service have continued their innovative work in relation to infant feeding with the popular groups at the Dolphin Centre going from strength to strength. New work includes a parent led WhatsApp peer support group as well as an antenatal walking group for new mothers in South Park.
16. The Service has also introduced new interventions including new ante natal virtual sessions, training for staff and peer supporters and more collaborative working with Family Centres.
17. The Service is also working towards reaccreditation for the UNICEF Gold Baby Friendly award this year. There is work planned to improve and promote breastfeeding in local communities including celebration events in the Dolphin Centre and South Park; and engagement with local business and public venues in the town to make them breastfeeding friendly. A sustained yearlong campaign to promote and improve breastfeeding is planned for 2023.
18. Work with schools continues including a new 'drop in' offer to school's post pandemic as well as more close working and liaison with specialist mental health teams in Tees Esk and Wear Valley NHS Mental Health Trust to ensure young people have faster access to the right services when required. The Service has produced digital interactive presentation for sessions in schools and these were offered until the end of the summer term and included early years and puberty sessions.
19. The Service continues to enhance and improve the digital offer which proved to be very successful during the pandemic and lockdown. This now includes a 'Growing Healthy' app, a text service for information and appointment reminders and the continued development of virtual visits where appropriate.