

**CHILDREN AND YOUNG PEOPLE SCRUTINY COMMITTEE
21 AUGUST 2023**

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 2023, Childhood Healthy Weight Plan, and the 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 Councils 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 14 years with a total of up to 8500 pupils across 33 schools completing the survey annually.
5. The survey has evolved greatly, moved into Public Health and now covers:
 - (a) EHWB
 - (b) PSHE
 - (c) Internet Safety and Modern Technology
 - (d) Food and Exercise
 - (e) Puberty, Relationships and Sexual Health
 - (f) Smoking and Vaping
 - (g) Alcohol
 - (h) ASB and Safety
 - (i) Transition and Aspirations
6. Work has been underway with partners to plan and undertake a pilot of the of the Healthy Lifestyle Survey in our FE settings and 6th Forms. This is the first time that this survey will have been undertaken by young people in these settings.
7. The combined findings for all primary and secondary schools are collated and produced in a report that the school again share with stakeholders. This report also supports our evidence base and work programme in Public Health
8. There are regular in-depth consultation events undertaken with all stakeholders over the time that the Healthy Lifestyle Survey has been delivered in the borough, to get their views on the Healthy Lifestyle Survey and how it is delivered. There is consultation planned to commence in November 2023.

Childhood Healthy Weight Plan

9. The scope and vision of the Darlington Childhood Healthy Weight Plan is to ensure that more children leave primary school aged 10-11 years with a healthy weight. It sets out a whole system approach recognising the complex relationship between the social, economic and physical environment coupled with individual factors that underpin the development of obesity.
10. In Darlington although childhood obesity in Darlington is statistically similar to the national average at both reception and year 6 age groups, the percentage of children at

year 6 who are categorised as obese in Darlington is 25.1%. with 38.7% of children in year 6 overweight and obese.

11. The overall objectives of the Healthy Weight Plan are to:

- (a) Transform the environment so that it supports healthy lifestyles by increasing and maintaining use of green space for play and recreation;
- (b) Transform the environment so that healthier choices are available in the provision of food consumed out of the home;
- (c) Transform the environment by supporting the public sector to lead by example with healthier options;
- (d) Make healthier choices easier by providing information and support on active travel
- (e) Deliver consistent messages to increase awareness around healthy lifestyles and maximise the use of Making Every Contact Count (MECC)
- (f) Support services needed to tackle excess weight by increasing breastfeeding rates

12. Since the launch of the Childhood Healthy Weight Plan there has been progress made against these objectives despite the impact of the COVID pandemic. Some examples of actions and initiatives delivered to support these objectives include:-

- (a) Refresh of the looked after young people and families nutritional toolkit, the children's home food policy and the nutrition education staff training programme.
- (b) Environmental Health Officers continue to promote and recruit local food outlets and restaurants to sign up to the Healthy Families Catering Award.
- (c) There continues to be interest in the Healthy Early Years award with several local nurseries and childminders now signed up.
- (d) Work has continued in exploiting the town centre, including the events programme to promote public health messages and promote healthy nutrition and physical activity. This has included the sponsoring of Darlington 10K with a focus on Infant Feeding supported by our Health Visiting team.
- (e) Darlington has achieved the Gold Award from the UNICED Baby Friendly accreditation. This work has included a 'Year of Infant Feeding' programme across the borough.
- (f) The Summer Outdoor Activity Programme has been recommissioned again this year with 15 green space sites across the borough being used to provide young people with a structured programme of physical activity and demonstrating how our green spaces in the borough can be used for play and recreation.

13. The Childhood Healthy Weight Plan is now in its final year and work has commenced to evaluate the learning from this plan and the approach and apply this to developing a

whole systems approach to population all age healthy weight plan for the borough, which aims to develop the conditions for people at every stage of life to aspire to and achieve a healthy weight.

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 has successfully achieved accreditation for the UNICEF Gold Baby Friendly award this year. There has been a programme of work and engagement to improve and promote breastfeeding in local communities including celebration events in the town centre, Dolphin Centre and South Park; and engagement with local business and public venues in the town to make them breastfeeding friendly. The Health Visiting team is currently delivering a sustained yearlong campaign to promote and improve infant feeding throughout 2023 and into 2024.
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.
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.

Child Health Profile for Darlington

20. The Child Health Profile are produced annually by the Office of Health Improvement and Disparities OHID for every local authority area in England.
21. 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.

22. 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.

23. 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.