

An update on children and young people's health and wellbeing in the context of Nottingham City's Children and Young People Plan 2016-20

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Summary of issues

- Nearly 48% of women in Nottingham City are breastfeeding at 6 weeks which is better than the England average of 43%. Nottingham has the best initiation and 6 week breastfeeding rate of all its statistical neighbours.
- 18.7% of mothers in Nottingham City were smokers at the time of delivery which is significantly higher than the England average (10.6%) and the third highest rate of our statistical neighbours. However, 70% of women who access stop smoking services during pregnancy quit.
- The percentage overweight or obese increases to 39% in Year 6 which is slightly lower than the statistical neighbour average but significantly higher than the England average. The proportion of children overweight and obese in Nottingham City has plateaued.

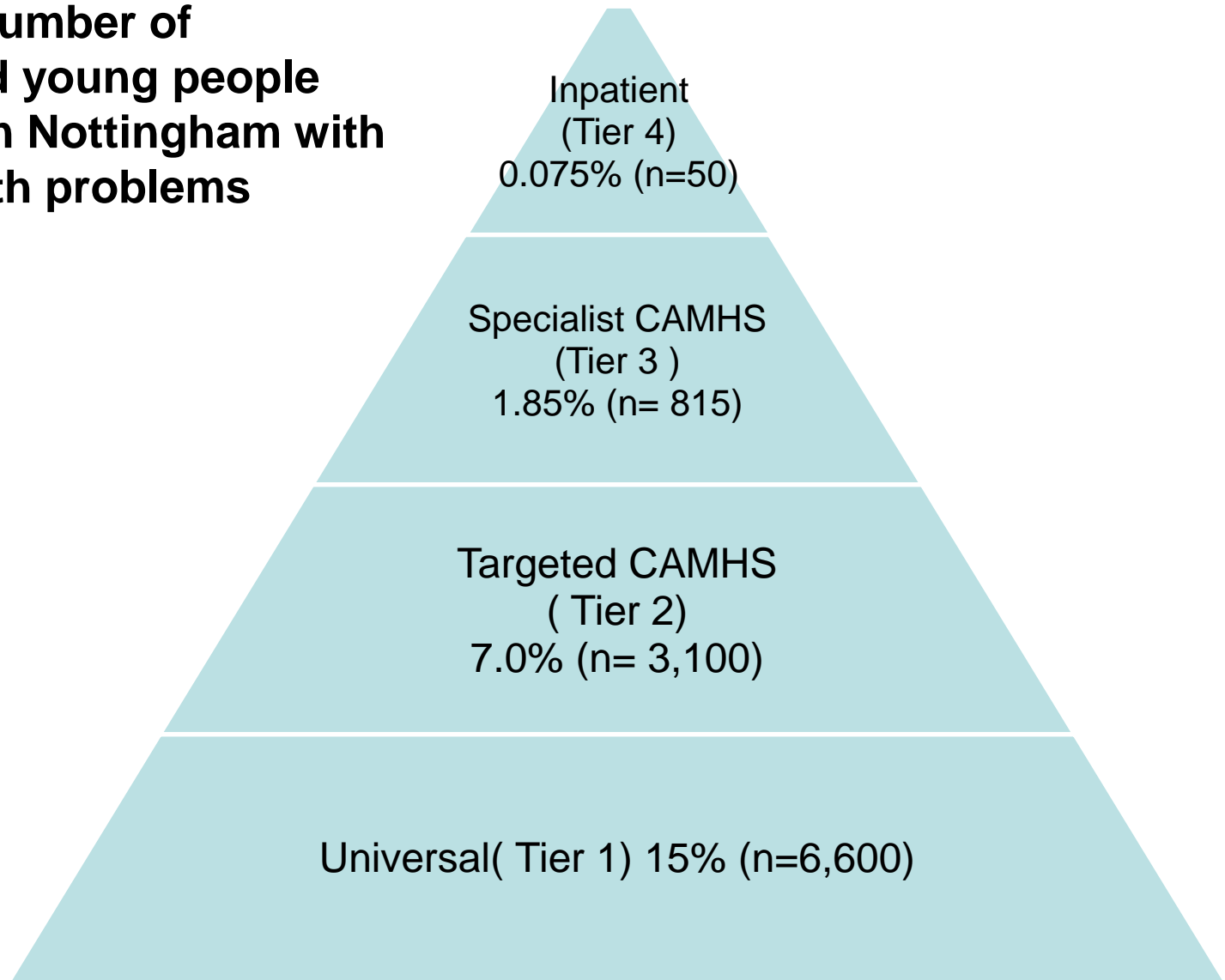
Emotional and mental health

Good mental and emotional health is essential to enable children and young people to fulfil their potential. Mental and emotional health problems are an important and common group of disorders affecting about 1 in 10 children and young people living in the UK.

Using these estimates nearly 4,000 children/young people aged 5-16 years in Nottingham have a mental health problem. National evidence suggests that half of all adult mental health problems start by the age of 14 years.



Estimated number of children and young people 5-17 years in Nottingham with mental health problems



A recent snapshot of 14 VCS organisations who are members of the Children and Young Peoples Provider Network identified the following issues:

- > Access to services delayed due to waiting times including when in crisis
- > Lack of understanding of mental health problems in schools
- > Academic stress and problems at school seen as contributing to mental health problems
- > Lack of services for young adults aged 18 – 25
- > Parents reported being told to come back when the problem is more severe
- > Challenges in dealing with bereavement and loss

Priorities for 2017/18

- Further enhance the community eating disorder service to meet children's needs early and effectively
- Increase capacity within CAMHS specifically in order to deliver evidence based interventions
- Develop a CAMHS liaison function as part of the CAMHS Crisis Resolution and Home Treatment model, so that young people can be assessed in a more timely way when attending QMC in mental health crisis, and so that paediatric admissions can be avoided where it is safe and in the young person's best interests to do so.
- Deliver the joint agency workforce plan to increase the capability of the children's workforce in the City to support children's emotional and mental health needs. This will include the delivery of Mental Health First Aid training to city staff working with children and young people.

Questions

