

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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Children and young people's health and wellbeing

This presentation, and associated report, focuses on partnership efforts in Nottingham to reduce the:

- Proportion of women smoking in pregnancy.
- Number of babies that die in the first year of life.
- Percentage of children aged 5 years with tooth decay.
- Proportion of year 6 children who are obese.



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Reducing the proportion of women smoking in pregnancy

In 2016/17:

17.6% of mothers in Nottingham City were **smokers at the time of delivery**. The England average was 10.7%.

3rd highest rate amongst our statistical neighbours



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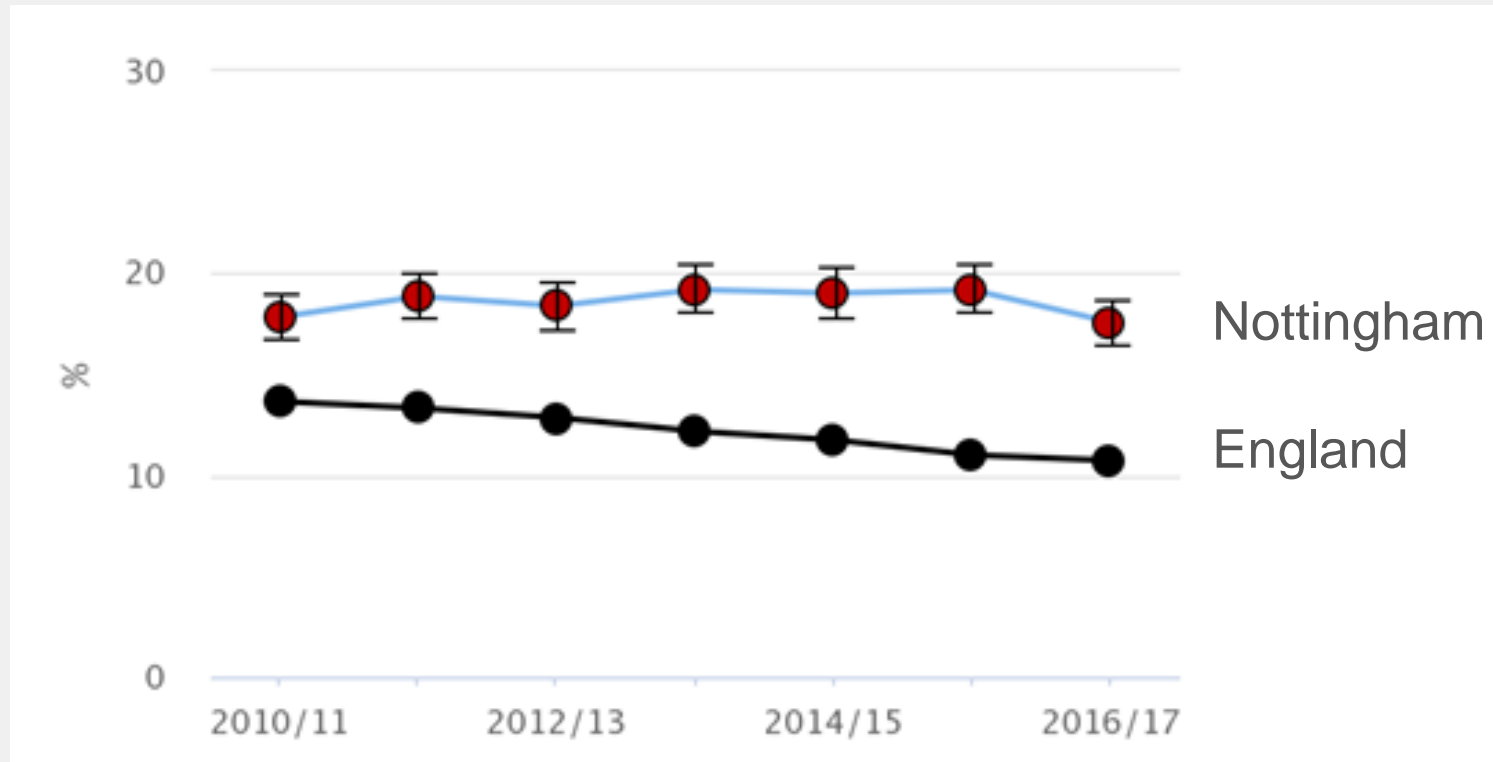
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Reducing the proportion of women smoking in pregnancy



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Current activity

- Due to unprecedented budget pressures, local stop smoking services (New Leaf) have been decommissioned. New, innovative ways of supporting women to stop smoking during pregnancy are being discussed with maternity colleagues.
- This year we have created resources to help midwives initiate healthy conversations about smoking.
- We will be running a campaign in 2018 to promote the benefits of stopping smoking for both mother and child based on the *Love Your Bump* campaign by Erewash CCG <https://lovebump.org.uk/>



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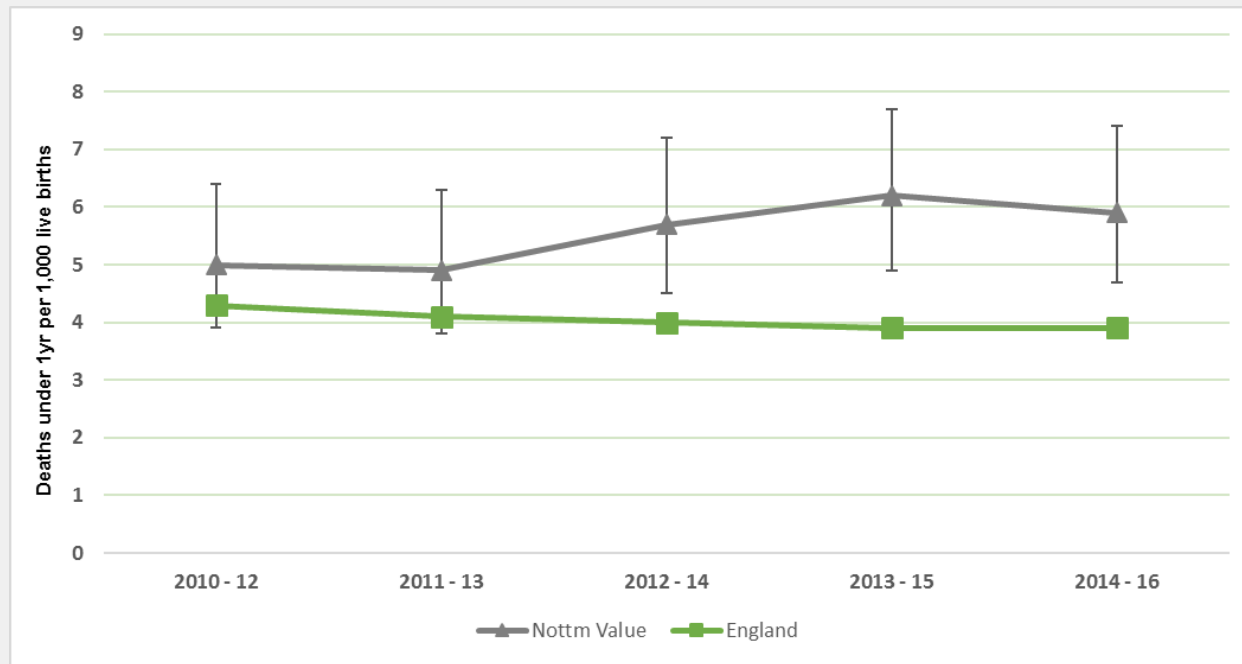
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Reducing the number of babies who die in the first year of life

- Infant mortality is statistically **higher** in Nottingham than England
- **Third highest** of our statistical neighbours.
- There has been no statistically significant reduction in the rate of deaths between 2010-12 and 2014-16.



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Current activity

The Secretary of State announced a national ambition to halve rates of stillbirths, neonatal and maternal deaths and intrapartum brain injuries by 2030, with a 20% reduction seen by 2020.

In Nottingham we are:

- Working together to increasing the number of women who have a healthy pregnancy including choosing not to smoke.
- Reviewing all infant and child deaths through the Child Death Overview Panel (CDOP) processes.
- Implementing learning from CDOP, such as running training on Safe Sleeping.



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Reducing the percentage of children aged 5 years with tooth decay



Poor oral health can affect Children and Young People's ability to sleep, eat, speak, play and socialise with other children.



Tooth decay remains the most common reason for hospital admissions in children aged five to nine years old.



Data on oral health of 5-year olds due out later this year



3.05 teeth and 3.4 teeth affected respectively for 3 and 5 year olds (children have 20 'baby' teeth).



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Reducing the percentage of children aged 5 years with tooth decay

Oral Health of Five Year Old Children 2014/15

	Nottingham City	Nottinghamshire County	East Midlands	England
Percentage with decay experience	35.6%	21%	27.5%	24.7%
Percentage with active decay	33.4%	18.6%	24.3%	21.5%
Percentage with one or more fillings	13.8%	11.3%	11.9%	12.0%



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Reducing the percentage of children aged 5 years with tooth decay

Activity this year

Oral Health Promotion

- **Supervised Tooth brushing**
Tooth Fairy's worked in 25 schools focussing on the most deprived areas
- **Health Visitor Training**
- **Safeguarding pathway**
Outlining the safeguarding process for long-term poor oral health in children
- **Joint Strategic Needs Assessment**

Future

Financial Challenge

- **Oral Health Promotion**
Contract expiring end March 2018 and not being renewed.
- **Health Visitors**
 - Remain a key point of access for brief intervention (within 0-19 contract)
 - Caries risk assessment toolkit
- **Health Needs Assessment**
Working with PHE and NHSE to review available data on oral health
- **Exploring new opportunities**
incl. partnership working



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Reducing the proportion of year 6 children who are obese

Emotional & Behavioural



- Stigma
- Bullying
- Self-esteem

Education

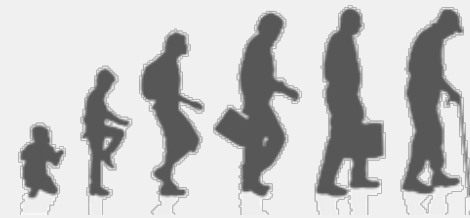


- School absence

Physical health



Long-term



- Risk into adulthood
- Morbidity & mortality



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Reducing the proportion of year 6 children who are obese

In 2016/17...

26% of reception age children in Nottingham City were Obese or Overweight

39.7% of Year 6 children in Nottingham City were Obese or Overweight



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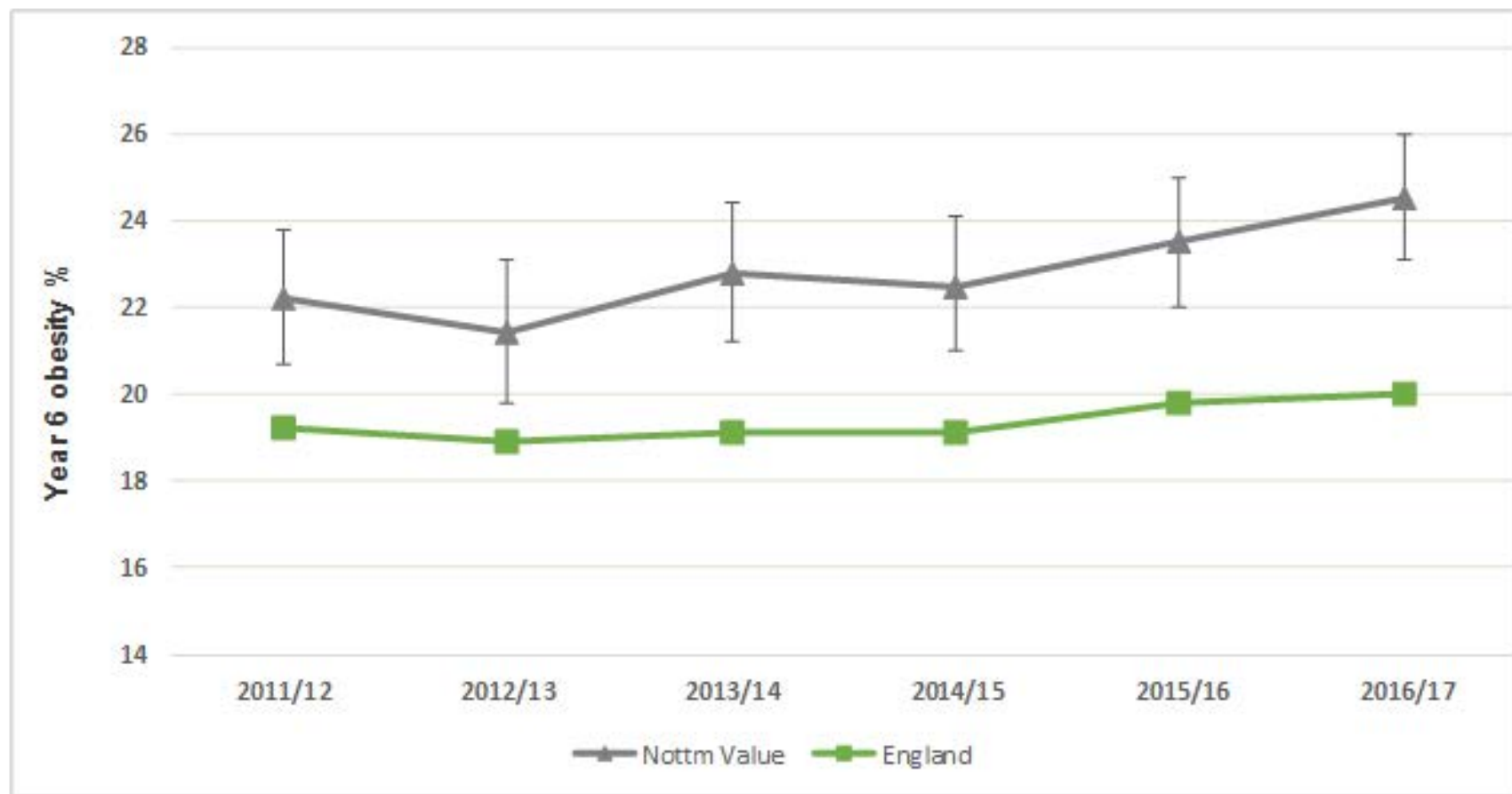
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Reducing the proportion of year 6 children who are obese



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Reducing the proportion of year 6 children who are obese

Local Action

Embedded within 0-19 service

- **Healthy Child Programme**

Brief advice from Health Visitors, Family Nurse Practitioners, GPs, Practice Nurses

- **Healthy Weight Support Programme**

Targeted weight management provided by Public Health Nursing to up to 80 children/families per year.

- **Targeted interventions**

Breastfeeding peer support, Healthy Start Vouchers, Healthy weaning programme, Cook & Eat sessions

National Action

Change4Life

Healthier snacks, Sugar swaps etc.

Childhood Obesity Plan (2016)

Aim: 'significantly reduce England's rate of childhood obesity within the next ten years'.

- Soft drinks levy (April 2018)
- Sugar reduction programme: 20% by 2020
- A re-design of food labels (TBC)

Advertising/Marketing nationally (and locally)

Price promotions

Integration into school education

Whole systems approaches



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Questions and comments