Healthy children (0-19)

Why is this issue important for Cornwall and the Isles of Scilly?

Whole community

25.3% of 5 year olds are overweight or obese

30.9% of 11 year olds are overweight or obese

One quarter of children aged 5 have one or more decayed, missing or filled teeth

885 hospital admissions occurred as a result of injuries in children aged 0-14 years

Personal costs

In 2011-13

80 children died under the age of 1 year

20% pupils 12-15 years drank alcohol during the last 7 days

40% of secondary pupils are ‘fairly sure’ or ‘certain’ that they know someone who takes drugs

10% of pupils said that they have taken drugs

11.7% 15 year olds smoke

At any one time we will have approximately 4,400 children aged 5 to 17 years with a conduct disorder and 2,900 with an emotional disorder

Inequalities

21% of all 16-18 year old females who are not in education, training or employment are pregnant or mums

46% of year 8 girls and 54% of year 10 girls would like to lose weight

16.9% of children under 16 years old live in poverty

Children living in poverty are susceptible to poor mental health outcomes

Breast feeding peer support

A peer supporter spent 5 hours on the post-natal ward at RCHT to support 5 mums. Midwives reported that the peer supporter was sensitive, patient and caring, just what this tired and tearful mum needed, and they enabled her with a practical plan which she and baby J were happy to follow overnight.

The ReSET programme (a case study for H5 Plus in a small primary school)

Following a Resilience and Self Esteem Toolkit workshop we identified a need for some work on improving self-esteem and confidence with a group of children. In the repeat assessment following the programme all of the answers were more positive. One child performed in front of the class the other day which previously they have refused to do and when sent on an errand they had a go whereas a few weeks ago this child would have cried and refused. Overall, I believe that I have helped these children to begin a journey of believing in themselves and feeling more able to work independently and solve problems and also contribute more fully within a group situation.

Edited extract from full detailed case study

What is being done locally to address this issue?

Mental health and emotional wellbeing

Perinatal mental health pathway available for pregnant women

0-19 Healthy Child Programme allowing early intervention and prevention

Parenting support offered by Health Visitors

Partnerships

Children and Young people’s Mental Health and Emotional Wellbeing improved through a partnership plan

Strong emphasis on supporting vulnerable children and young people through ‘Together for Families’ and Young Carers

Head Start Kernow extended to improve resilience and mental health in 10 to 16 year olds

Training the wider workforce for child development and mental health

Whole school approach to mental health

Reduction of self-harm through guidance and training

Starting Well

Maternity

Access to ‘Great Expectations’

157 active Breastfeeding peer supporters

0-4 years

Health Visiting and Family Nurse Partnership- improving outcomes for children

Oral health improvement programme for 3-5 year olds in areas where outcomes are poor

Improved access to Early Years education Combined 2 year review

5-19 years

School nursing- improving access to public health and early intervention including helping to reduce obesity, smoking, alcohol and drug misuse in school aged children

Peer mentoring and Youth Health Champions

Healthy Schools - supporting schools to develop a whole school approach to wellbeing to help equip children with the skills and strengths they need to embrace the challenges and opportunities of life

What are the local outcomes?

14% of babies are exposed to the products from smoking cigarettes before they are born

79% babies start their life being breast fed

81% of pupils have been to the dentist in the past 6 months

This is lower than the 90% of pupils saying this in SHEU 2014 reference sample

70% Pupils 12-15 years report never being afraid of bullying

This is lower than the 79% of pupils saying this in SHEU 2014 reference sample

Local advice and support

Kernow Savvy https://www.savvykernow.org.uk/

Cornwall Healthy Schools http://www.cornwallhealthyschools.org/

Youth Kernow http://www.supportincornwall.org.uk/

The Health Promotion Service https://www.healthpromcornwall.org/

Promoting Health Information Line (PHIL) 01209 313419

Why invest?

A study in the USA has shown that every $1 spent on quality care and education saves taxpayers $13 in future costs

Notes

1. PHOF Excess weight indicator 2.06i

2. PHOF Excess weight indicator 2.06ii


5. Count of infant deaths from 2011-13, associated with PHOF Infant mortality indicator 4.01

6. SHEU (2014)

7. PHE (2015) Cornwall and Isles of Scilly Child Health Profile, June 2015


9. Cornwall and Isles of Scilly Health Improvement Plan

10. Data from Real Baby Milk contract

11. PHOF Smoking status at time of delivery indicator 2.03

12. PHOF Breast feeding initiation indicator 2.02i

13. Data from Real Baby Milk contract

14. Data from Real Baby Milk contract

15. Data from Real Baby Milk contract

16. Cornwall Council and Council for the Isles of Scilly conference sponsored by Legal Momentum’s Family Initiative and the MIT Workplace Center

© Cornwall Council and Council for the Isles of Scilly