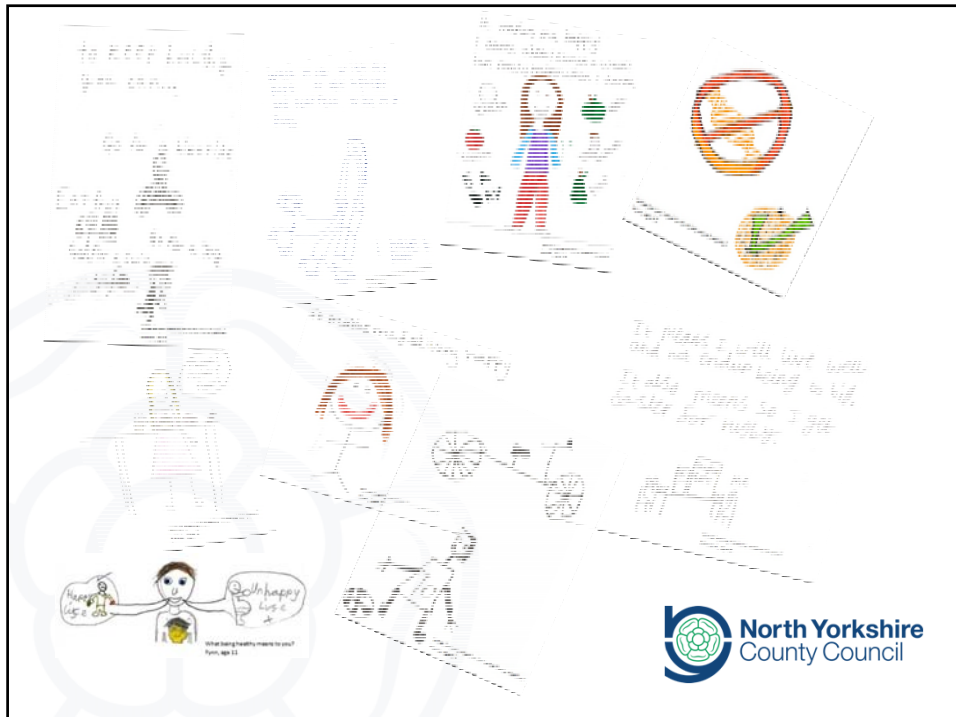


Annual Report of the Director of Public Health 2015

The Health of our children: Growing up healthy in North Yorkshire

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Pregnancy and Birth

Key facts:

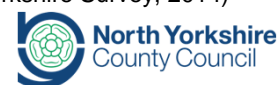
- 6,000 babies born in North Yorkshire:
 - 85 born to teenage parents (1.4%)
 - 774 born to mothers who smoke during pregnancy (12.9%)
 - 660 are born in poverty (11.0%)
 - 126 are of low birth weight (2.1%)
 - 1,380 are not breastfed (23%)
- 1,087 mothers in North Yorkshire develop a mental health problem during pregnancy or within one year of giving birth
- There is a wide variation between localities – 19.3% of children living in poverty in Scarborough, 8.6% in Craven (2012)



Early Years

Key facts:

- Hospital admission rates for unintentional and deliberate injuries in 0-4 year olds (and 0-14yrs and 15-24year olds) is higher in North Yorkshire than the national average, particularly in Richmondshire
- 61% of school children starting school in North Yorkshire are classed as “school ready” (60% nationally)
- Nationally as many as 50% of children start school with some delayed language skills and 7% will have a speech, language or communication need (SLCN)
- At 11 years old there will be 13 months difference in the development of children who were read to everyday by both parents compared to children never read to in the home. 26% of Year 2 pupils said someone usually reads them a bedtime story (Growing up in North Yorkshire Survey, 2014)

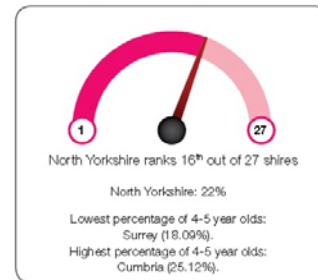


Primary School Years

Overweight and obesity

- 1,258 children in Reception are overweight or obese (22%)
- 1,636 children in Year 6 are overweight or obese (31%)
- Obese children are more likely to be ill, absent from school, experience health-related limitations, have lower self-esteem and require more medical care than healthy weight children
- Prevalence of overweight and obesity in North Yorkshire tends to be lower than the England average at age 10-11 with Selby just above the England average
- 4-5 year olds in Hambleton, Scarborough and Selby exceed the England average
- Boys are more likely to be overweight than girls

Excess Weight in 4-5 year olds shire comparison (NCMP 2013/14)



Primary School Years

Oral Health

- Dental caries – the number one reason why children aged 5-9 years are admitted to hospital in England
- North Yorkshire has a lower prevalence of tooth decay in 3-5 year-olds compared to England average, except Richmondshire

Immunisation

- 93.8% of North Yorkshire children have received their first dose of immunisation by the age of two
- 89.6% of North Yorkshire children have received their second dose of MMR by the age of five (National uptake target 95%)



Secondary School

Key facts:

Positive reductions in the levels of risk-taking behaviour across North Yorkshire. Following results from the 2014 Growing Up in North Yorkshire survey of Year 8 and Year 10 pupils

- 23% tried smoking in the past or currently smoke (28% in 2012)
- 24% had at least one alcoholic drink in the past week (32% 2012)
- 19% have had sex (23% 2012)
- 17% have been offered cannabis (19% 2012)
- 22% consumed five portions of fruit or vegetables (19% 2012)
- 51% do five or more hours of physical activity per week (50% 2012)
- 20% had a high measure of resilience whilst 31% had a low measure (24% and 26% 2012)
- LGBT – only 7% had a high resilience measure

Having a heart disease can limit how active you are or make it difficult to breathe as your heart is one of the most important organs in the body because it keeps you alive and breathing... It is important to get this right before we're adults and stop bad habits and prevent these lethal diseases.

Henry, age 12



Late Adolescence

There are problems with access to sexual health support

There is not enough funding for homelessness

There is not enough LGBT support

Transport is expensive for both parents and children, this links to isolation which links to mental health due to being reliant on others



Late Adolescence

Key facts:

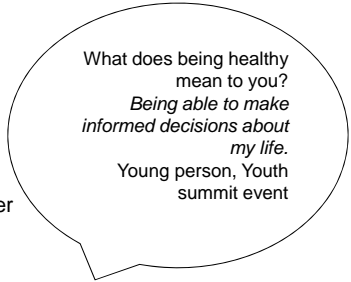
- Educational attainment in North Yorkshire - achieving five or more A*-C GCSEs and Level 3 qualification above regional and national averages, and statistical neighbours
- Approx. 2,000 pupils annually do not achieve five or more A*-C GCSEs and Level 3 qualification
- Young people (16-24 years) account for more than half of all newly diagnosed sexually transmitted infections (STIs)
- In 2014 there were 527 road traffic casualties in North Yorkshire aged 15-24; Nine killed, 82 seriously injured (significantly lower than the previous five year average)



Early Adulthood

Key facts:

- Access to transport, particularly in rural areas is important in gaining independence and has an impact on social isolation and employment
- Although young people drink less alcohol than other adults, they are more likely to binge drink, putting their health at risk
- Young people are more likely to be unemployed than other adults – this can have an impact on their physical and mental health



Recommendations 2015/16

- **Child Poverty**

Strategies and plans that affect the health and wellbeing of children and young people should be assessed for their impact on childhood poverty. Agencies and professionals working with pregnant women, children and families should include national objective measures of child poverty in their assessments to ensure that appropriate support is available to help overcome the wider social, economic and environmental factors that can adversely affect the health of these children.

- **0-5 Healthy Child Programme**

On transfer of the 0-5 health visiting programme, NYCC should review current provision with partner agencies to ensure the future service delivery model is embedded as part of wider range of prevention and early help services available. NYCC as lead commissioner should ensure there is a balance between targeted services for vulnerable groups and also universal services.

- **Parenting Programmes**

NYCC and partner agencies should ensure that there are a range of evidence-based parenting programmes on offer to all parents with a range of needs, which have the outcomes of building family resilience and reducing demands of services by enabling parents to self-help.



Recommendations 2015/16

- **Childhood Obesity**

Partner agencies should agree a comprehensive 'Healthy Weight, Active Lives' Strategy, providing a strategic approach to encouraging children and young people to do more physical exercise and improve their eating habits. This should include initiatives to improve access to opportunities for physical activity and reduce factors in the wider environment that may promote obesity such as fast food outlets near schools.

- **PSHE in Schools**

Schools should work in partnership with NYCC and other agencies to deliver high quality, consistent PSHE in line with the Department for Education guidance, and provide an age appropriate PSHE education for pupils.

Schools should explore different ways of tailoring and delivering lessons that is age appropriate, meets the needs of all pupils, and explores concepts that impact on risky behaviours such as healthy relationships and consent.



Recommendations 2015/16

- **Maximise opportunities for Future in Mind**

As highlighted in Future in Mind, although many schools support their pupils' mental health, more needs to be done to help schools develop knowledge about mental health, and also to develop a whole school approach to emotional health and wellbeing. There also needs to be better and easier access to specialist services for children and their families.

CCGs and Local Authorities need to maximise the opportunities provided by Future in Mind, and utilise available new investment to develop and deliver against their local transformation plans, with the aim of improving children and young people's physical and emotional resilience.

