

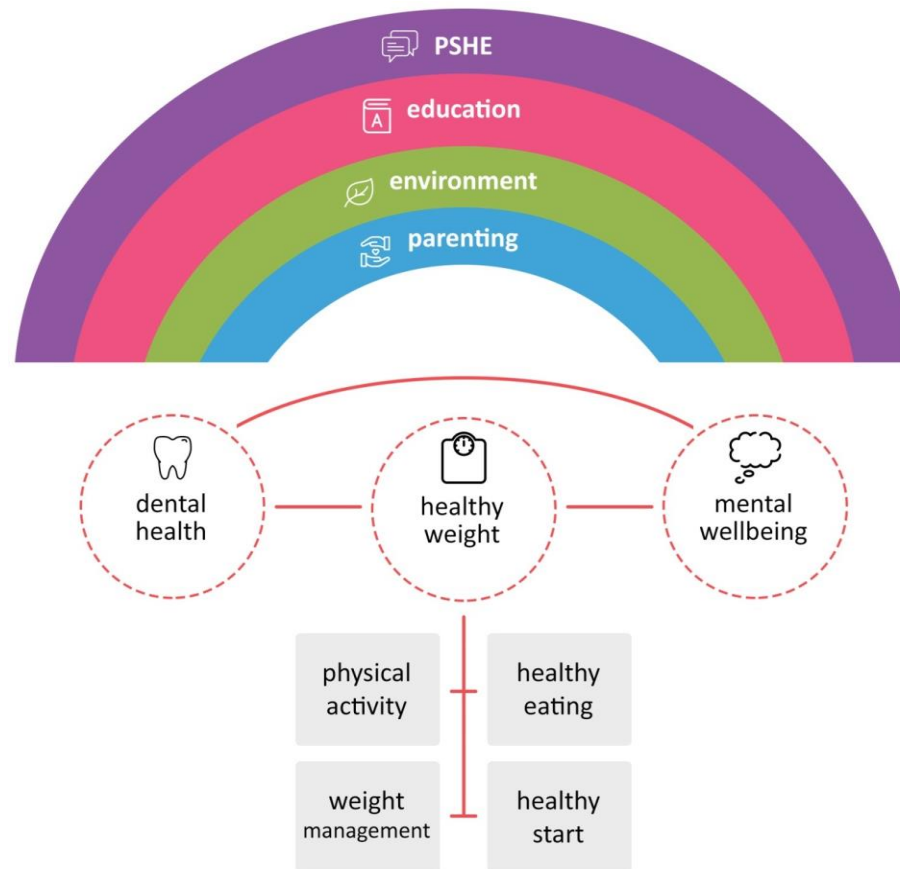


Over the Rainbow

Integrated Public Health and Wellbeing
Programme for Children and Young People

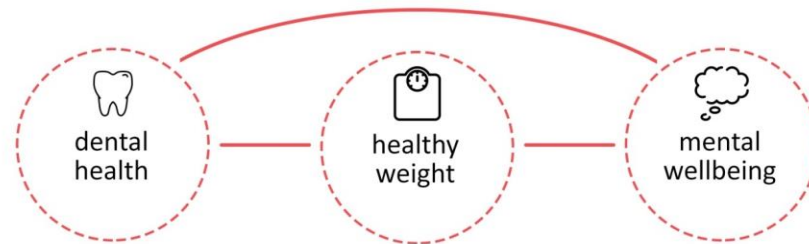
Herefordshire Public Health
April 2017

The programme model: Over the Rainbow



Making the links

Relationship/s between dental health, obesity and mental wellbeing:



- Sugars in food and drinks play a major role in the development of dental caries
- Excessive unhealthy, sugary food and sugar-sweetened soft drink consumption has been linked to weight gain
- Obesity and physical illness can lead to poor physical and mental health.
- Good mental health is a protective factor for good physical health and against physical illness and is essential for making healthy lifestyle choices and behaviour changes.
- Poor mental health can lead to unhealthy lifestyle choices and unhealthy weight management.

The problem in Herefordshire

Area	Problem
Overweight and obesity	In 2015/16: <ul style="list-style-type: none">• 1 in 5 children in reception year aged 4/5 were overweight or obese• 1 in 3 children in year 6 aged 10/11 were overweight or obese
Healthy Start	Healthy start vitamin uptake is very low and is inequitable
Oral health	During July – November 2016: <ul style="list-style-type: none">• 81 children (under 16) had 433 teeth extracted under General Anaesthetic• An average of 5.3 teeth extracted per patient visit

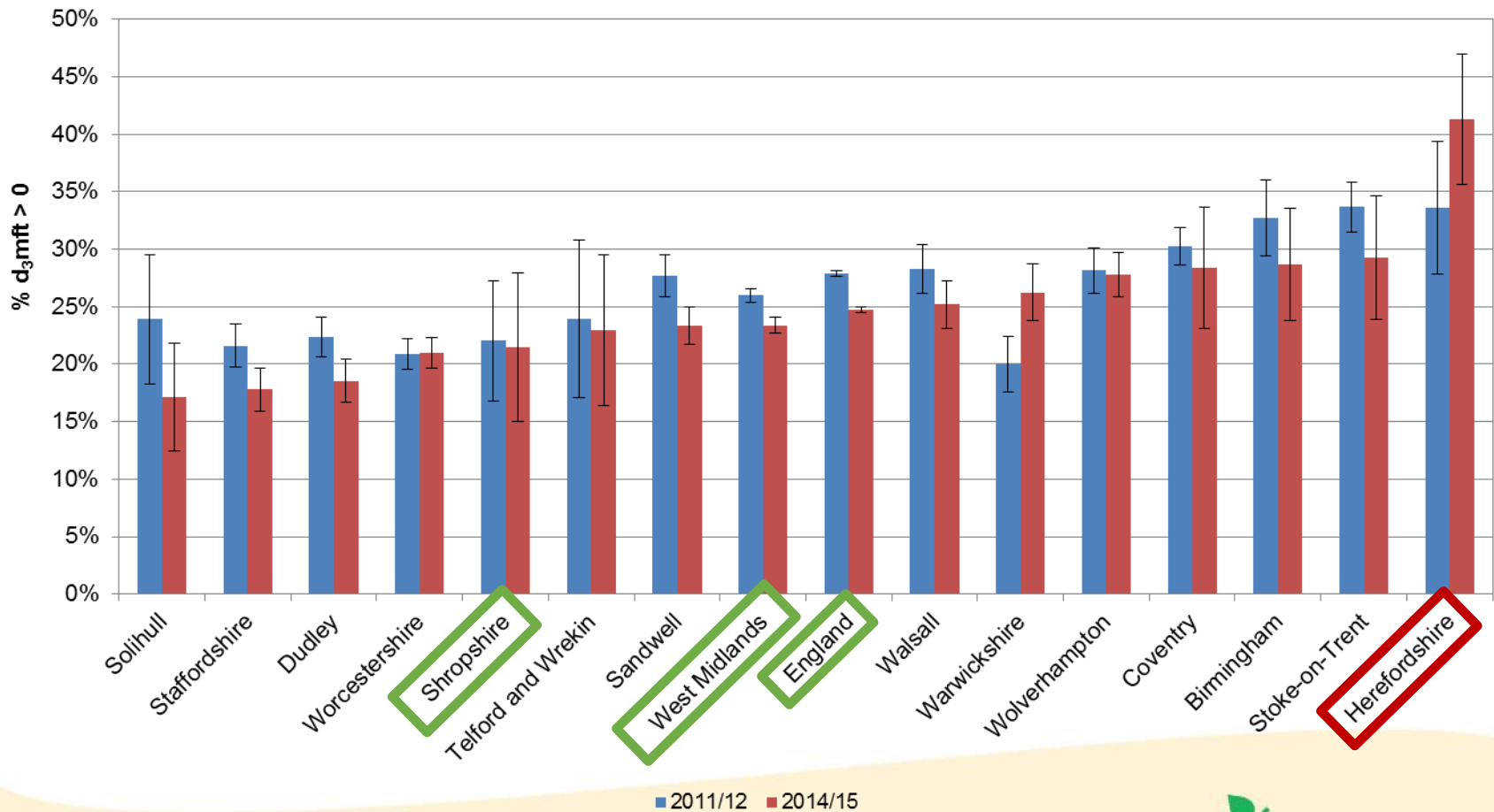
Dental health: under 16 yr olds in Herefordshire

General Anaesthetics for dental extractions (CDS Herefordshire)

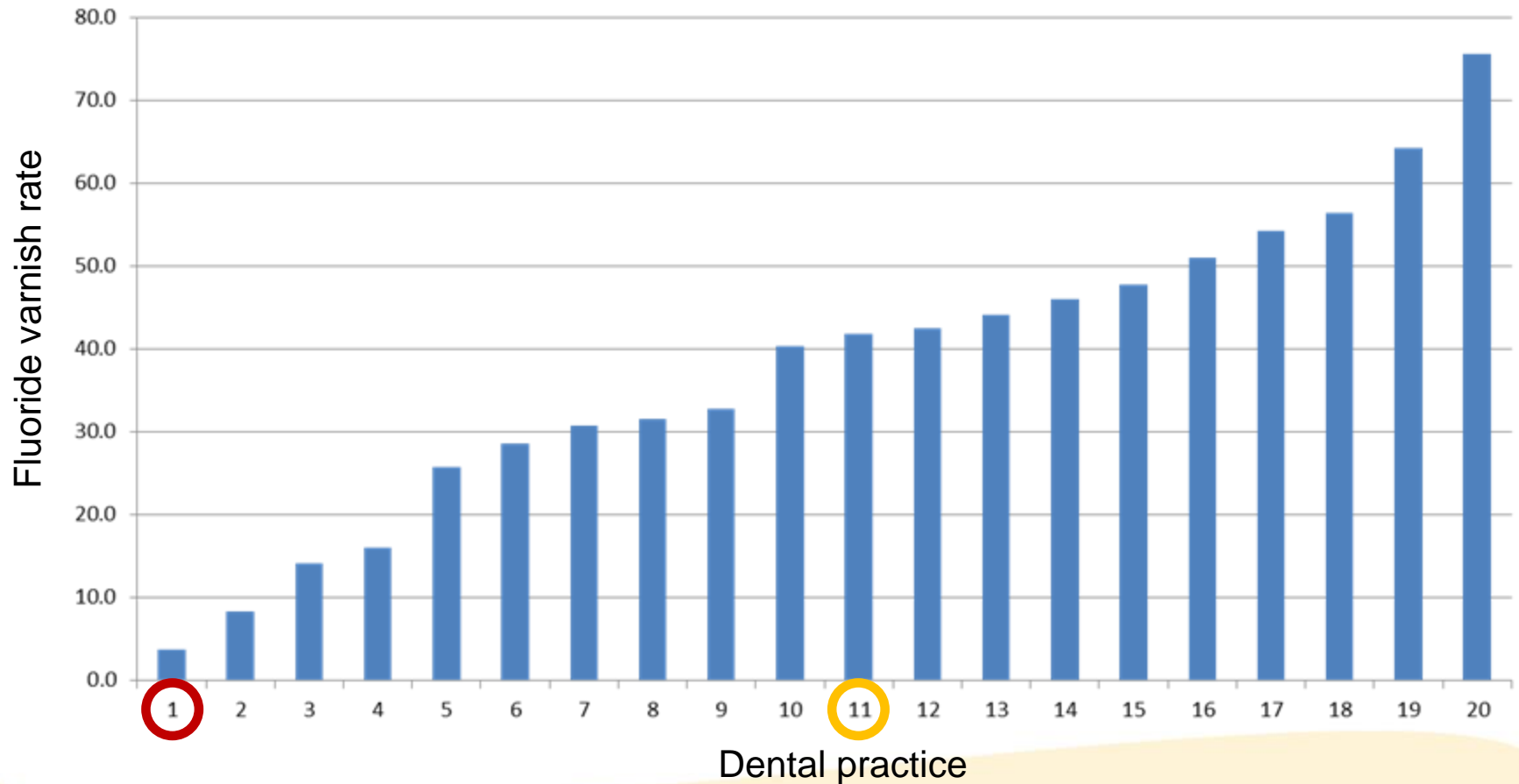
<u>Year</u>	<u>Number</u>
2014/15	157
2015/16	197
2016/17	286 (projected)

Oral Health 5 year olds

% experienced decay (%dmft >0)

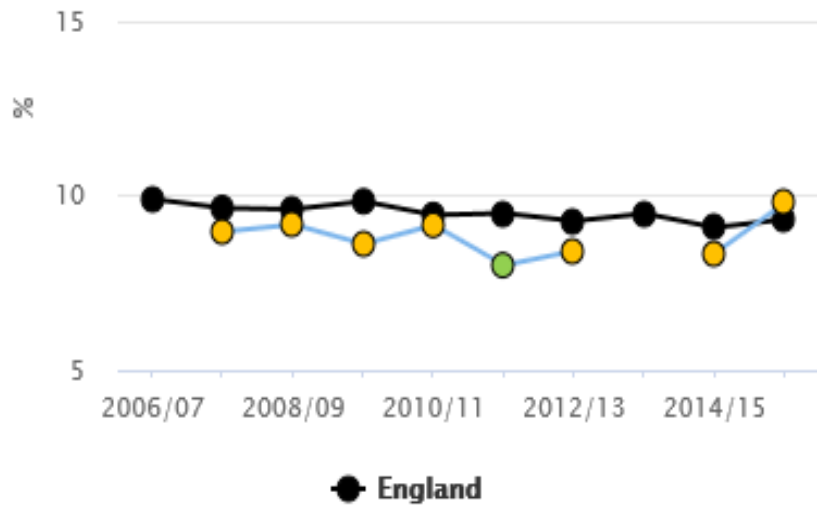


Herefordshire Fluoride Varnish (FP17s/Total FP17) rate for 3-16 year olds

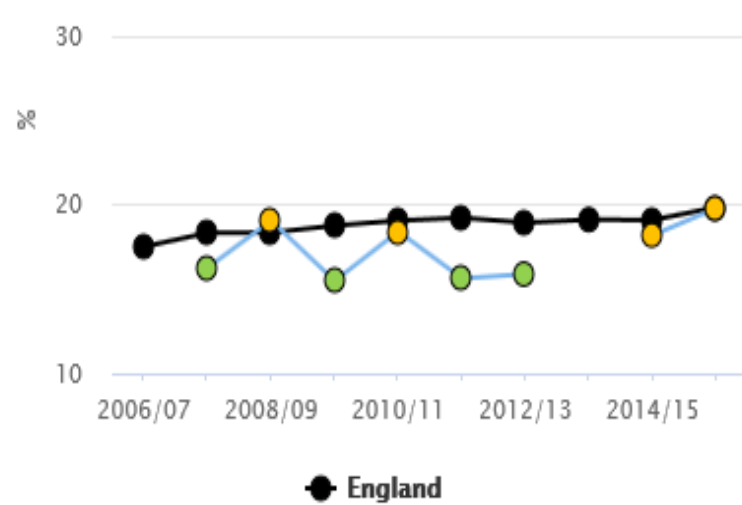


2015/16 NCMP data trends

Reception children (aged 4/5 years):



Year 6 children (aged 10/11 years):



2015/16 National Child Measurement Programme (NCMP) data

Period 2015/16	No. eligible children	Participation (number / %)	No. underweight children	No. / % overweight children	No. / % very overweight children	Total (overweight + very overweight)
Reception children (5/6 year olds)	2007	1920 (95.7%)	17	184 (12.8%)	105 (9.8%)	289 22.6%
Year 6 children (10/11 year olds)	1873	1648 (88%)	25	227 (14%)	190 (19.8%)	417 33.8%

Links to other programmes

School readiness

In 2015/16:

- 71.7% of children achieved a good level of development at the end of reception
- 50% of children with free school meal status achieving a good level of development at the end of reception

Gap: 21.1 %



The economic costs of obesity

Obesity costs the wider society
£27 billion



The NHS in England spent an estimated
£6.1 billion on overweight and obesity-related ill-health in 2014/15

We spend **more** each year on the **treatment** of obesity and diabetes **than** we do on the **police, fire service and judicial system combined**



Evidence to back up programme development

The School Food Plan Economics **ONE YOU**

Upstream prevention Training & Education Tackling inequalities

Public Health Annual report 2016

Herefordshire Public Health Plan 2017-2020

Law and Policy

Change4Life

OFSTED

Technology

Sugar tax

Return on Investment

Cycling and walking strategy

Public health Outcomes

NHS Health check

Start4Life

Statutory duties

NICE

Fair Society Healthy Lives

Childrens Food Trust

Incentives

Department of Health

Health & Wellbeing Board

Public Health England

Childhood Obesity plan

Peer support NHS England

Evidence

Easy meals app

Equity

Food labelling

JSNA

Get Active To Get Healthy

Outcomes

NHS



Developing a comprehensive/integrated approach

- We have a major issue in relation to our children and their dental health
- We have a major issue in relation to our children and very overweight (obesity) levels
- We have an issue in relation to our children and mental health & emotional wellbeing issues
- Sexual health, smoking, drugs and alcohol are also issues that need to be addressed/are being addressed but the programme needs to focus in the first instance on the areas of major concern, ie in relation to **dental health, obesity & weight management and mental health & wellbeing**

What has been done in 2016/17?

Children & Young People

- Weights and heights of children in YR & Y6 measured during academic year 2016/17 (data due Dec 2017)
- Dissertation research project - food provided in early years settings and opportunities/barriers for provision of healthy food
- Bi-annual oral health survey of children aged 5yrs (currently being undertaken)
- Tooth-brushing packs distributed to YR children
- Development of a local standardised childhood dental health information leaflet
- Promotion of local and national campaigns eg. Change4life, Sugar Smart and mental wellbeing
- Electronic health information booklet distributed to all schools in Herefordshire
- School Nurse drop-in sessions in all secondary schools across the county once a week
- Early-bird participation and support for 3-year national rollout of free training in Youth Mental Health First Aid to local secondary schools (to be completed by December 2017)
- Launch of Healthy Living Pharmacy Scheme in Herefordshire
- The Voice of the Child pilot project – to promote resilience and emotional wellbeing (secondary schools). Outcomes due July 2017.
- But we want to do more.....

“Over the Rainbow”: plans for 2017/18

Dental/Oral Health

- High profile local dental health campaign to improve oral health across the county (using twitter, facebook etc)
- Targeted tooth-brushing packs to early years setting
- Action on fluoride varnishing for 0-16 yr olds
- Targeted work linking overweight with dental decay

“Over the Rainbow”: plans for 2017/18

Overweight & Obesity (incorporating healthy eating and physical activity)

- Commission an evidence-based, targeted child & family weight management programme
- Provide advice to parents and carers of children identified as being Underweight, Overweight and Very overweight from the National Child Measurement Programme
- Pilot project with 3 secondary schools to weigh and measure heights of Yr9 children
- Increased physical activity support for early years settings and primary schools
- Guidance to primary schools re healthy eating policies and Change4Life resources
- Commission an equitable and sustainable model for Healthy Start vitamin distribution in the county

“Over the Rainbow”: plans for 2017/18

Mental Health & Emotional Wellbeing

- Provide Youth Mental Health First Aid training for all School Nurses and an offer to other appropriate staff (eg social workers, youth workers etc)
- Support and advise the delivery of PSHE in schools and explore the development of a dedicated PSHE resource (eg Respect Yourself; Eat Better, Move More)
- Embed the learning from the Voice of the Child programme through peer mentors and PSHE coordinators across secondary schools in Herefordshire
- Develop a Herefordshire School Nurse texting service

“Over the Rainbow”: plans for 2017/18

- Local communications and promotion of child/youth/family local and national campaigns (eg. Teen Health podcasts)
- Collaborative working with in-house colleagues (transport, planning, trading standards, local dental committee, children’s centres, libraries) to deliver public health messages on dental health, obesity, healthy eating, physical activity and mental health & emotional wellbeing
- Collaborative commissioning/partnership opportunities agreed with external agencies to support the development of family health and wellbeing

Public Health Programmes linked to Family-related Health Conditions

We know that some health-related issues run in families, due to a variety of reasons.

The following adult programmes are linked to the proposed “OTR” childhood programme:

- Solihull parenting & trainer-training (ante-natal, post-natal and throughout childhood)
- Delivery of the Diabetes Prevention programme
- Smoking cessation programme
- Health Checks programme
- Sexual health and substance misuse service
- Level 2: Understanding Health Improvement training delivered to 100 persons
- Stronger links and closer working with teams across the Council eg. transport, planning
- Making Every Contact Count (MECC) lifestyle leaflets, covering healthy eating, physical activity, smoking, drinking alcohol and mental and emotional health and wellbeing
- Close links are also maintained/continually developed across the Council and in particular with Children’s Wellbeing Directorate

2017-19 “Over The Rainbow” programme : overview of impact

