

# 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<sup>1</sup>**



**30.9% of 11 year olds are overweight or obese<sup>2</sup>**



**One quarter of children aged 5 have one or more decayed, missing or filled teeth<sup>3</sup>**

**885 hospital admissions occurred as a result of injuries in children aged 0-14 years<sup>4</sup>**

### 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 HS 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<sup>12</sup>

### 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

## Personal costs

In 2011-13 **80** children died under the age of 1 year<sup>5</sup>

**20%** pupils 12-15 years drank alcohol during the last 7 days<sup>6</sup>

**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<sup>6</sup>

**11.7%** 15 year olds smoke<sup>7</sup>

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<sup>8</sup>

## Inequalities



**21%** of all 16-18 year old females who are not in education, training or employment are pregnant or mums<sup>9</sup>



**16.9%** of children under 16 years old live in poverty<sup>10</sup>

**46%** of year 8 girls and **54%** of year 10 girls would like to lose weight<sup>6</sup>

Children living in poverty are susceptible to poor mental health outcomes<sup>11</sup>

## What are the local outcomes?

**14%** of babies are exposed to the products from smoking cigarettes before they are born<sup>13</sup>



**79%** babies start their life being breast fed<sup>14</sup>



**81%** of pupils have been to the dentist in the past 6 months<sup>15</sup>  
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<sup>15</sup>

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<sup>16</sup>

Notes 1.PHOF Excess weight indicator 2.06i 2.PHOF Excess weight indicator 2.06ii 3.PHE (2013) National Dental Epidemiology Programme for England: oral health survey of five-year-old children 2012. A report on the prevalence and severity of dental decay 4.PHE (2015) Cornwall and Isles of Scilly Child Health Profile, June 2015 5.Count of infant deaths from 2011-13, associated with PHOF Infant mortality indicator 4.01 6. SHEU (2014) Supporting the Health and Well-being of Young People in Cornwall 2014. A summary report of the Health Related Behaviour Survey 7. HSCIC (2015) Health and Wellbeing of 15 years olds in England: Smoking Prevalence - Findings from the What About YOUTH? Survey 2014 - Tables [xlsx] 8. Brigham, P. and Perry, S. (2013) Cornwall & Isles of Scilly Comprehensive Child and Adolescent Mental Health Needs Assessment, 2013 9.Hadley, A. (2014) Presentation on Supporting teenage mothers and young fathers. London: 10 December 2014 10.PHE (2015) Cornwall Health Profile, June 2015 11.The Centre for Social Justice (2011) Mental Health: Poverty, Ethnicity and Family Breakdown, Interim Policy Briefing, February 2011

Notes 12. Data from Real Baby Milk contract 13.PHOF Smoking status at time of delivery indicator 2.03 14. PHOF Breast feeding initiation indicator 2.02i 15.SHEU (2014) Supporting the Health and Well-being of Young People in Cornwall 2014 16. Calman, L. and Tarr-Whelan, L. (2005) Early Childhood Education for All A Wise Investment. Recommendations arising from "The Economic Impacts of Child Care and Early Education: Financing Solutions for the Future" a conference sponsored by Legal Momentum's Family Initiative and the MIT Workplace Center

© Cornwall Council and Council for the Isles of Scilly