

SURREY COUNTY COUNCIL

LOCAL COMMITTEE (RUNNYMEDE)

DATE: 28 NOVEMBER 2016



LEAD OFFICER: RACHAEL DAVIS, PUBLIC HEALTH LEAD

SUBJECT: The Independent Annual Report of the Director of Public Health 2015-2016: What does this mean for Runnymede?

DIVISION: ALL

PURPOSE OF REPORT:

To present the Director of Public Health's latest Annual Public Health Report (APHR), which focuses on children and young people, to the Local Committee and to highlight the main issues for Runnymede.

RECOMMENDATIONS:

- a) note the findings and recommendations of the report;
- b) consider actions to address the recommendations of the Annual Public Health Report and this report

1 INTRODUCTION AND BACKGROUND:

Independent Annual Report of the Director of Public Health 2015-2016

- 1.1 Available at: www.surreyi.gov.uk/Resource.aspx?ResourceID=1705
- 1.2 Ensuring the best outcomes for all of Surrey's children is one of the Surrey Health and Wellbeing Board's priorities. The Independent Annual Report of the Director of Public Health 2015-16 highlights some of the differences experienced by Surrey's children and young people, highlighting what needs to be addressed in order to ensure positive outcomes for all. Surrey has areas of great affluence sitting alongside pockets of deprivation, and these differences can feel more apparent.
- 1.3 We know that early life influences affect health and wellbeing outcomes in later years and that focusing on prevention and early intervention can improve both in the short and long term, as well as provide cost savings.
- 1.4 Reducing inequalities and improving the health and wellbeing of all our children will require combined efforts with all our local partners. As a county council, we are committed to prevention and are strengthening our early help offer and ensuring that our safeguarding approach, with partners, is robust to protect children and ensure a healthy start.
- 1.5 As requested by the Committee, this report will focus on three health areas that were highlighted as issues for Runnymede, due to higher than Surrey average rates, in the Annual Public Health Report:
- Teenage conceptions
 - A&E admissions
 - Childhood obesity

2. ANALYSIS:

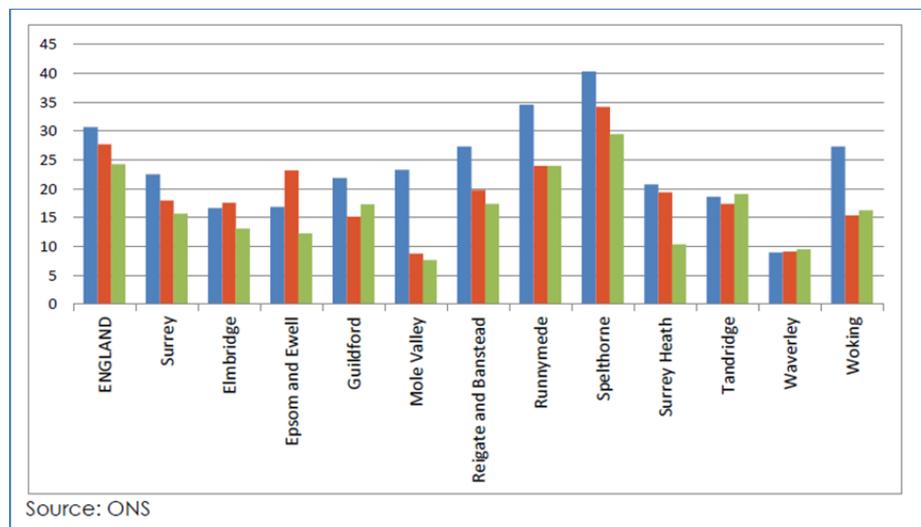
2.1 Teenage Conceptions

It is widely understood that teenage pregnancy and early motherhood can be associated with poor educational achievement, poor physical and mental health, social isolation, poverty and related factors. There is also a growing recognition that socio-economic disadvantage can be both a cause and a consequence of teenage motherhood.

2.2 Teenage pregnancy rates are a well-established and evidence-based indicator of deprivation and inequality, with 50% of all teenage conceptions occurring in the top 20% most deprived wards in England. Poor self-esteem, lack of aspiration and alcohol misuse increase the likelihood of a teenage girl falling pregnant (Sexual Health Needs Assessment 2015).

2.3 The babies of teenage mothers can face more health problems such as premature birth or low birth weight and higher rates of infant mortality; than those of older mothers. Teenage mothers themselves may also have experience health problems. For example, post-natal depression is three times more common in teenage mothers; smoking in pregnancy is also three times more common in teenage mothers than older mothers and teenage mothers are one third less likely to breast feed (Sexual Health Needs Assessment 2015).

2.4 Figure 1: Teenage Pregnancy Data for Surrey. Rates per 1,000 females under 18 conception by local authority 2011-13



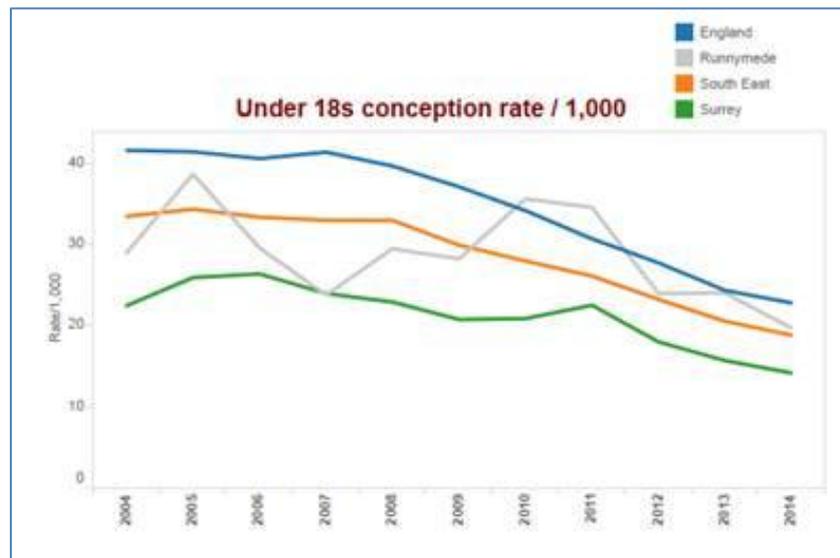
2.5 Figure 2: Numbers of under 18 conceptions 2011-2013

	Number of Conceptions		
	2011	2012	2013
England	29,166	26,157	22,830
Surrey	460	363	315
Elmbridge	40	41	31
Epsom and Ewell	25	35	18
Guildford	50	34	39
Mole Valley	38	14	12
Reigate and Banstead	67	49	42
Runnymede	43	30	30
Spelthorne	65	54	46
Surrey Heath	34	31	16
Tandridge	31	29	32
Waverley	21	21	22
Woking	46	25	27

Source: ONS

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2.6 Figure 3: Under 18 conception rate per 1,000, 2004-2014



2.7 Figure 3 shows the conception rate per 1,000 of the population for under 18 year olds from 2004 to 2014.

The graph shows that from 2010 the rate (36 per 1,000) has been falling, despite a plateau from 2012-13 (24 per 1,000), to the lowest recorded rate in 2014 (20 per 1,000). This is consistent with the decrease seen in the average rates for Surrey, the South East and England, however Runnymede remains the borough with the second highest rates for under 18 conceptions in Surrey (Spelthorne has the highest rate).

2.8 What is happening to tackle this?

A newly commissioned sexual health service will be in place from April 2017. The provider of the new contract is Central and North West London NHS Trust (CNWL). The emphasis of this new service is prevention and behaviour change. Young people are one of four target populations within the new service specification. Public Health will facilitate a partnership approach to this, working with education, community based youth workers and the youth support service.

2.9 Public Health are leading a piece of work looking at Young Parents and the support they need. This will form part of a county wide Parenting Strategy.

2.10 How can Runnymede Borough Council and Surrey County Council support this?

- CNWL will be holding stakeholder consultations as we move through the mobilisation phase of the contract. Runnymede's feedback and intelligence will be valuable in shaping how the service develops in your local area. Once the service is live it will

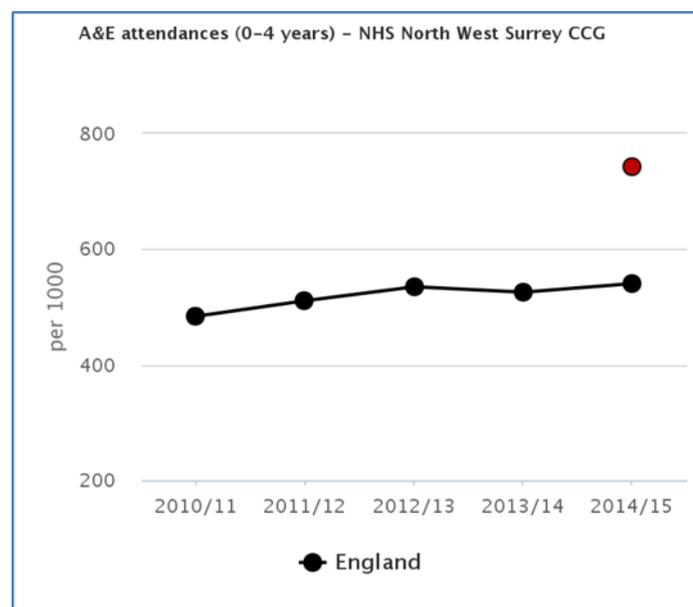
require promotion and Public Health welcomes the support of Runnymede's communications team and other relevant colleagues.

2.11 A&E attendances

Children are often taken to Accident and Emergency, by their parents, with minor illness and injuries that sometimes could be managed at home, with support from community services such as GPs and pharmacies. Conditions such as gastroenteritis and respiratory infections and unintentional injuries are the leading causes of attendances at A&E and hospitalisation amongst the under 5 age group.

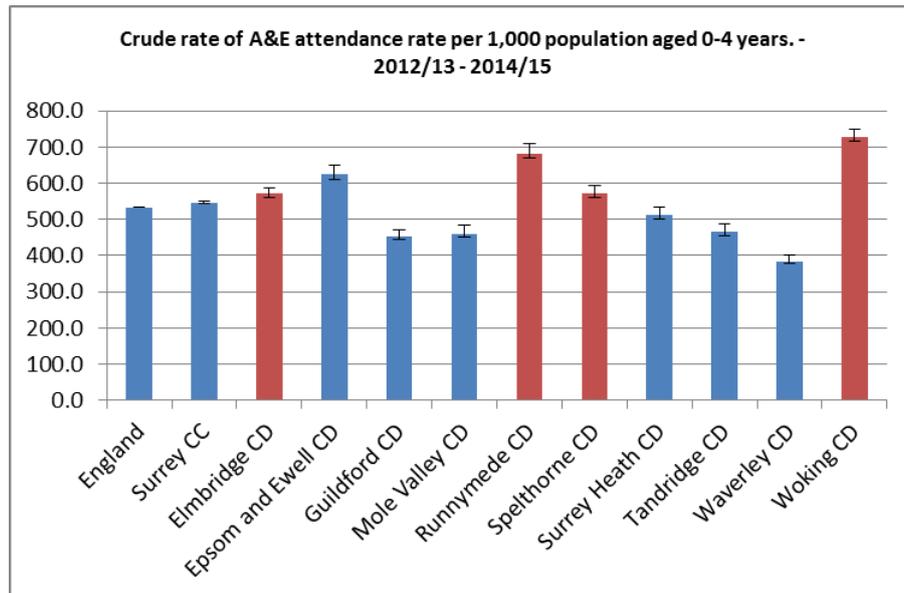
2.12 In Surrey, on average, 578 per 1000 of 0-4 year olds attend A&E each year, and there is considerable variation between Clinical Commissioning Group (CCG) areas, with rates being higher in the North West of the county.

2.13 Figure 4: A&E attendances (0-4 years) - North West Surrey CCG (Public Health England data 2016)



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2.14 Figure 5: Crude rate of A&E attendance per 1,000 population 0-4 years – 2012/13 – 2014/15 (PHE 2016)



2.15 What is happening to tackle this?

Public Health have been working with North West Surrey Clinical Commissioning Group (CCG) to better understand the needs of these families and why they attend A&E. Intelligence to date indicates challenges around accessing primary care, the fact they are guaranteed to be seen within 24 hours at A&E, and anxiety for first time parents.

2.16 There is ongoing promotion of Choose Well messages, including a booklet for first time parents. The booklet needs to be supported by health and social care professionals in contact with families.

2.17 How can Runnymede Borough Council and Surrey County Council support this?

- Promote the link to self-care pages for children on NWS CCG website and include the link on borough council website www.nwsurreyccg.nhs.uk/Your-health/self-care/children/Pages/default.aspx
- Promotion of Choose Well messages, especially via community pharmacies.
- Promotion of routine vaccination and immunisation.

2.18 Childhood obesity

Being an unhealthy weight can lead to health and psychological problems during childhood itself and increases the risk of developing type 2 diabetes, coronary heart disease, hypertension and some forms of cancer in the future.

2.19 The prevalence across Surrey of children aged 5 – 6 years who are either overweight or obese is 16.6% and in Runnymede, it is 15.4%. For Year 6 pupils (age 10 – 11) for Surrey as a whole the proportion remains level at 26.5%, however Runnymede has significantly higher rates at 30.5%. There is a slow downward trend for Runnymede (PHE data 2016).

2.20 Although Surrey has fewer children with excess weight than the England average, childhood obesity remains a priority for Surrey.

2.21 **What is happening to tackle this?**

Public Health Surrey have commissioned the HENRY programme for the last two years - providing training and support for those working with families with children aged 0 to 5 years. This programme is delivered in partnership with children centres and health visitors and may be contributing to the reduction in excess weight in this age group.

2.22 Data clearly demonstrates the need for more support for children and families of children aged 10 – 11 years.

2.23 The 'Alive n Kicking' programme was launched in September 2016 and will be available across Surrey, working directly with families as well as providing a class room based schools programme.

Alive n Kicking: www.ank.uk.com

Email: surrey.ank@nhs.net or surrey@ank.uk.com

2.24 In addition the Weight Management Centre will provide extensive weight management training to health and non-health professionals across Surrey.

2.25 School Nurses have completed weight management training and are providing weight management advice to families and young people.

2.26 Public Health Surrey are developing a "Whole Systems" Healthy Weight Strategy, which will be available early 2017.

2.27 **How can Runnymede Borough Council and Surrey County Council support this?**

- Encourage schools to engage with 'Alive n Kicking School' Time Obesity Programme (STOP)
- Promote Alive n Kicking Programme through Borough Council communications and partners
- Runnymede Borough Council are invited to sign up as a Change 4 Life partner and support the Change 4 Life January 2017 campaign (not released yet)
- Runnymede Borough Council could complete the Workplace Wellbeing Charter <http://www.healthysurrey.org.uk/your-health/workplace-wellbeing-charter/>

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- Continue to promote the Active 50+ programme using Borough Communication channels <http://www.activesurrey.com/over50s>
- Runnymede Borough Council estates that provide food to achieve 'Eatout Eatwell' Award <http://www.eatouteatwell.org/pages/index.cfm>
- District and Borough Councils should continue working with Surrey County Council to deliver Active Travel within their Local Plans.
- Continue to prioritise physical activity to deliver the Active Surrey Strategy to support 20,000 more children and young people to have an active start in life.

3. CONCLUSION AND RECOMMENDATIONS:

Further to the recommendation within the report members are asked to:

- a) Consider where they can align their borough responsibilities to help improve the outcomes of children and young people by implementing the recommendations in the report;
- b) Continue to input into the North West Surrey area prevention plan which will also include alignment to the emerging Sustainability and Transformation Plans from 2017.

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Sources/background papers:

Independent Annual Report of the Director of Public Health 2015-2016
Available at: www.surreyi.gov.uk/Resource.aspx?ResourceID=1705

Sexual Health Needs Assessment 2015. Available at:
www.surreyi.gov.uk/Resource.aspx?ResourceID=1678

Public Health England (2016) Child Health Profiles. Available at:
<http://fingertips.phe.org.uk/profile/child-health-profiles/data#page/0>