



Details of the 0-19HCP offer in Leicester City

Date of Commission meeting: 5th December 2019

Lead Director: Ivan Browne

Useful Information:

- Ward(s) affected: All
- Report author: Clare Mills, Children's Commissioner
- Author contact details clare.mills@leicester.gov.uk Tel 374617
- Date of Exec meeting TBC

1. Summary

The 0-19 Healthy Child Programme:

- Is commissioned by Public Health, on behalf of Leicester City Council.
- Is based on a national specification, shaped by local need.
- Is an early intervention and prevention programme that is offered to every family with children and young people aged between 0-19 years living in Leicester city.
- Offers evidence-based developmental reviews, information and interventions to support the healthy development of children and young people.
- Provides support to children and young people in a confidential, visible, engaging and accessible way.
- Identifies levels of need and those who need more help will be provided with additional, evidence-based support, appropriate to their needs.

0-19HCP is the recommended framework of universal and progressive services for children and young people to promote optimal health and wellbeing. The specification for the service commissioned in Leicester is developed from a combination of the national specification, national and local data, and an understanding of local need.

The 0-19 Healthy Child Programme (0-19HCP) is known locally as Healthy Together and is delivered by the Families, Young People's and Children's (FYPC) Division of Leicestershire Partnership NHS Trust (LPT), who also deliver across Leicestershire and Rutland.

Healthy Together is a high performing service with national performance data showing that the service delivers above the England average for Health Visiting metrics.

This paper provides an overview of what the service offers.

2. Recommendation(s) to scrutiny

Scrutiny are asked to note the information contained within this paper.

3. Supporting Information

Context

Giving every child the best start in life is crucial to improving health outcomes and reducing health inequalities across the life course and is recognised as a fundamental action in helping our population live healthy, happy lives and supporting individuals to fulfil their potential. It is a key theme of the Leicester City Health and Wellbeing strategy.

The foundations for virtually every aspect of human development – physical, intellectual and emotional – are set in place during pregnancy and in early childhood. Early years have a lifelong effect on health and wellbeing, educational achievement and economic status. 0-19HCP is the recommended framework of universal and progressive services for children and young people to promote optimal health and wellbeing. In Leicester, comprises of mandated, and non-mandated, contacts, a digital offer, evidence-based interventions for children and young people and safeguarding.

Leicester Context

Leicester City has a young population and a higher birth rate than the national average. Children's health is improving in a number of areas but remains significantly worse than the national average in a large number of areas. The links between deprivation and short and long term health outcomes for children are well documented and 41% of Leicester's population aged 0-15 years live within the 20% most deprived areas nationally.

Numbers of children who are overweight and obese is a significant concern in the city with too many children being at risk of the health consequences associated with excess weight and too many children becoming at increased risk as they move through childhood. One in ten 5 year olds in the city is overweight or obese with this rising to almost one in four by the age of 11. Oral health is an area where targeted efforts have led to real improvements but still remains a topic of real concern with high rates of poor oral health across the city. Emotional and mental good health is recognised by children and young people as a health priority across Leicester. Whilst rates of hospital admissions for a mental health issue are similar to the national average it is recognised that there is a need to increase the emphasis on intervening early and promoting resilience and timely action.

Healthy Together Leicester City Offer

Healthy Together has been provided by FYPC since 1st July 2017. Despite a backdrop of reducing budgets, FYPC are considered an Excellent Provider by LCC contracts team as they have been able to successfully deliver against all mandated bar one (an aspirational target that they missed by 1%) and rank high against national comparators and above the England average (ONS).

The High Impact Areas that Healthy Together prioritise across 0-19 are:

- Emotional health and wellbeing and building resilience, self-esteem and confidence
- Transition to parenthood
- Maternal mental health
- Breastfeeding

- Healthy weight, healthy nutrition and oral health
- Managing minor illness and accident prevention
- Health, wellbeing and development of child age 2
- Support to be ready for school
- Addressing risky behaviour
- Supporting vulnerable families
- Maximising learning and achievement

Healthy Together includes:

- **Public Health Nurses** delivering the universal **Health Visiting** service, including 5 mandated contracts, evidence-based packages of care, CONI (care of next infant), a digital offer and safeguarding. Caseloads in the City are currently higher than the recommended 250 per Public Health Nurse and the number of Public Health Nurses (Health Visitors) is back to almost per call to action levels. Each Health Visitor sees about 20 Children a week. About 80% of their caseloads is universal (meaning they are only seen at the 5 mandated contacts) and 20% require more targeted interventions, including safeguarding. Healthy Together consistently deliver above the national average on the national metrics.
- **Public Health Nurses** delivering the universal **School Nursing** offer, including evidence-based packages of care, a free confidential text service, a universal digital health contact in year 9, administration and delivery of the mandated National Child Measurement Programme (NCMP) and safeguarding. The School Nursing service is universally available to all children, but not all children need to use the service (unlike Health visiting with its 5 mandated contacts). School Nurses are Public Health Nurses who deliver baseline health assessments to all children they see, and from this they develop an appropriate package of evidence based care following protocols laid out in the Standard operating guidance (SOG). School Nurses do not run the sick bay, are not responsible to giving out sanitary products and are not nit nurses. Each Secondary School, and its feeder Primary Schools have Public Health Nurse (School Nurse) responsible for delivering the service in their Schools. Public Health Nurses (School Nurses) have a case load of about 500 children across the whole service, many of these cases are complex and involve safeguarding. About 20% of contacts are about Mental health and Wellbeing. Each Public Health Nurse has contact with about 20 Children per day.
- Public Health Nurses delivering **Early Start**, an intensive, evidence-based service supporting first time pregnant women with a range of additional vulnerabilities including current or childhood trauma and loss, being a young mum, mental or physical health problems, substance misuse, learning difficulties and complex social situations. Support is offered from early pregnancy to the child's 2nd birthday. Evidence based practice is used to support bonding and attachment, promote healthier relationships, support child development, and increase parental knowledge and skills and increase safer choices. Due to the complex nature of this work, caseloads are small – about 25 families per Public Health Nurse.
- The **Specialist Infant Feeding team** is made up of Public Health Nurses, who offer Breastfeeding specialist support for women struggling to feed

successfully. In addition there is **volunteer lead peer support** either in a group, one to one or via Whatsapp. The volunteer lead support is delivered by Leicester Mammias.

- **Oral health promotion** including brief interventions at all mandated contacts and the co-ordination and distribution of 'Healthy Teeth Happy Smiles' resources including toothpaste, tooth brushes, free-flow cups and supporting literature.
- Development and co-ordination of a **Healthy Settings Programme** for Early Years settings such as nursery's, with the aim of to imbed healthy eating into their core offer.
- Co-ordination and distribution of free **Healthy Start** vitamins for pregnant women and mothers and children up to the age of 4 who receive certain benefits, and promotion of the Healthy Start Vouchers to all eligible families.
- Child Weight Management Service (**FLiC**) offering physical activity and nutritional support and guidance to families to help them achieve and maintain a healthy weight. Places are mostly filled through automatic opt-in after NCMP but families can self-refer too. The whole family is invited to attend a six week course. The children will do a physical activity session with a trainer whilst the parents have a session with the dieticians. In the second half of the session the parents and children are together to focus on nutrition and usually have a go at making a healthy snack together.

Commissioning 0-19 HCP

School Nursing has been the responsibility of LCC since April 2013, and Health Visiting since October 2015. The current contract began on 1st July 2017 and is due to expire 30 June 2021, though LCC are seeking a contract extension till 31st March 2022.

Before coming into LCC, School Nursing and Health Visiting were commissioned separately at a combined cost of £10,367,500 p/a. The current budget is a 20% reduction, at £8,165,000.

4. Financial, legal and other implications

4.1 Financial implications

There are no direct financial implications arising from this report.

Rohit Rughani, Principal Accountant, Ext 37 4003

4.2 Legal implications

The report is to note the existing service provision with no forward action proposed within this report, therefore there are no direct legal implications arising. There is mention of a contract extension being sought for which legal advice is being sought.

4.3. Climate Change implications

There are no significant climate change implications associated with this report.

Aidan Davis, Sustainability Officer, Ext 37 2284

4.4 Equality Impact Assessment

Under the Equality Act 2010, public authorities have a Public Sector Equality Duty (PSED) which means that, in carrying out their functions, they have a statutory duty to pay due regard to the need to eliminate unlawful discrimination, harassment and victimisation, to advance equality of opportunity between people who share a protected characteristic and those who don't and to foster good relations between people who share a protected characteristic and those who don't.

The Healthy Child Programme is a universal programme that aims to ensure that every child gets the good start they need to lay the foundations of a healthy life by developing improvements in health and wellbeing. It is an early intervention and prevention programme that is offered to every family with children and young people aged between 0-19 years living in Leicester city.

There are likely to be positive effects for children from earlier identification of development needs, but the main benefits are likely to be over the lifetime of the child. Preventing and addressing problems in maternity and childhood lays the groundwork for a healthy and well life and can help stop poor health being passed down generations, reduce inequalities and improve infant, maternal and child health.

Surinder Singh Equalities Officer Tel 37 4148