

REPORT TO:	HEALTH AND WELLBEING BOARD 22 January 2020
SUBJECT:	The first 1000 days from conception to the age of 2. An update on the recommendations of the 2018 Annual Public Health Report for Croydon
BOARD SPONSOR:	Rachel Flowers, Director of Public Health
PUBLIC/EXEMPT:	Public

SUMMARY OF REPORT:

The Director of Public Health presented her 2018 annual public health report to the Health and Wellbeing Board report in February 2019. The report focused on the first 1000 days from conception to the age of 2. At that meeting, the board agreed to take responsibility for the oversight of the 34 recommendations and the monitoring of their implementation and impact.

This report provides an update for the board on progress in implementing the recommendations. Progress and achievements are grouped into 4 themes:

- Adverse Childhood Experiences (ACES) - Developing a Trauma Informed Approach across the borough
- Perinatal mental health
- Pre-pregnancy health and planning pregnancy
- Healthy Behaviours

Ownership of recommendations sits within several cross borough, multiagency partnerships.

BOARD PRIORITY/POLICY CONTEXT:

This report describes activities that help to deliver two of the eight priority areas in Croydon's joint Health and Wellbeing strategy 2018-2023:

- Giving children and young people a better start in life is one of eight
- A stronger focus on prevention

FINANCIAL IMPACT:

There are no direct financial implications arising from this report. The majority of the recommendations within the 2018 Annual Public Health Report for Croydon do not require funding because they recommend changes in the way the system works so that it is more integrated and focused on prevention and upstream activities. Where funding is required, external funding is being sought through grants and bids.

RECOMMENDATIONS:

This report recommends that the health and wellbeing board notes progress in implementing the recommendations made in the Director of Public Health's Annual report 2018.

1. DETAIL OF YOUR REPORT

- 1.1 The Director of Public Health 2018 Annual Report for Croydon focused on the first 1000 days from conception to the age of 2. The report highlighted that working together to ensure that children experience the best possible first 1000 days is a vital prevention activity that will enable us to change the future health of Croydon residents. It can be downloaded here:
<https://www.croydon.gov.uk/healthsocial/phealth/publichealth>
- 1.2 The report focused on five areas:
 - The role of the wider environment in shaping early experiences
 - Preparing for pregnancy
 - Pregnancy
 - Infancy
 - Adverse Childhood Experiences (ACEs)
- 1.3 It made 34 recommendations for action including 4 key recommendations:
 - Review, revise and join up the maternal mental health pathways from the community, and primary care, through midwifery and health visiting and other partners.
 - All (100%) of midwives and health visitors in Croydon to receive training around recognising and supporting families with risk of multiple Adverse Childhood Experiences.
 - 1000 front line staff in the council, NHS, police and voluntary sector to have training around Adverse Childhood Experiences, their causes and impact.
 - Develop and Implement a plan of action for increasing the levels of awareness about pre pregnancy health and the importance of preparing for pregnancy
- 1.4 The recommendations have been grouped into 4 themes:
 - Adverse Childhood Experiences (ACES) - Developing a Trauma Informed Approach across the borough
 - Perinatal mental health
 - Pre-pregnancy health and planning pregnancy
 - Healthy behaviours
- 1.5 Progress in each theme is summarised in the next sections and includes key achievements and next steps.
- 1.6 **Theme 1: Adverse Childhood Experiences (ACES) - Developing a Trauma Informed Approach across the borough**
 - 1.6.1 The Director of Public Health convened a cross-borough multi-agency group which is meeting regularly to develop a trauma informed approach across the borough. Its work supports not only the implementation of recommendations from the 2018 Annual Public Health Report, but also recommendations from

the borough framework “A Public Health Approach to Reducing Violence” and the Croydon Safeguarding Children’s Board review “Vulnerable Adolescent Thematic Review”.

1.6.2 The cross-borough group is now led by Croydon’s Violence Reduction Network. It has already:

- Undertaken a rapid review of trauma informed training that has either already been delivered or is planned over the coming months,
- Produced a guide to Croydon’s trauma informed approach and training framework. Based on the Scottish model it proposes four levels of training so that the workforce have the appropriate level of training and awareness in line with their role. It provides principles and guidance for those commissioning training.
- Bids have been made to external funding sources to fund this programme. Different approaches are proposed, including group briefings, face to face training and e-learning modules. Several potential delivery options are being explored.

1.7 Theme 2: – Perinatal mental health

1.7.1 Significant work has been undertaken in this area to take forward the perinatal mental health recommendations from the 2018 Annual Public Health Report. The recommendations also develop the findings from the Best Start conference in September 2018.

1.7.2 Ownership for taking forward the key maternal mental recommendation now rests with Croydon’s Perinatal Mental Health Steering Group with multi-agency membership from across the borough including maternity, health visiting, mental health providers, commissioners, parent representatives and partnership board chairs.

1.7.2 Following publication of the report on the first 1000 days, a multi-agency group carried out a review of the pathway of support for women and their families with mental health problems within the perinatal period, that is, during pregnancy and in the first year after birth. The review mapped current services, spoke to stakeholders, including those who use the services or may have need of them, to identify strengths and weakness. It also reviewed the need and the evidence base of what works.

1.7.3 In July 2019, a workshop was held with approximately 100 delegates from across the borough to review the findings and develop the recommendations. A multi-agency steering group, with representation from maternity, health visiting, primary care, mental health services, public health, adult and child mental health commissioners and users with lived experience are now leading the delivery of actions.

- 1.7.4 Funding has been secured from NHS England to recruit a perinatal educator post for Croydon who will work with professional staff groups to improve understanding of perinatal mental health and signposting/referral pathways.
- 1.7.5 Public health specialists and CCG commissioners are working with South London and Maudsley, the borough's statutory provider of mental health services, to review, develop and implement the perinatal mental health service specification, ensuring that findings from the mapping work conducted in Summer 2019 informs these discussions.

1.8 Theme 3: Pre-pregnancy health and planning pregnancy

- 1.8.1 National awareness of the importance of improving pre-pregnancy health is growing. Public Health England (PHE), the national agency that aims to protect and improve the nation's health and wellbeing, and reduce health inequalities is taking a lead in this area. It published pre-conception health recommendations in 2018, and, in 2019, building on these recommendations, PHE set up a national programme to develop a resource that describes "what good looks like" in pre-conception care.
- 1.8.2 PHE London and PHE at a national level have approached Croydon and the South West London Maternity and Children's programme to develop this work.
- 1.8.3 This emerging partnership of Croydon with PHE and South West London is a positive outcome for Croydon as it provides an opportunity to take forward the report recommendations on preconception health. It is an exciting opportunity to influence this work at a sector wide / national level through an innovative pilot.
- 1.8.4 Alongside this, preconception health and pregnancy planning is being built into other action plans such as the new systems wide all ages healthy weight action plan, the teenage pregnancy action plan and the implementation of the new national relationship and sex education (RSE) guidance.
- 1.8.5 The Croydon relationship and sex education (RSE) forum was developed to maximise the opportunities provided by the new RSE legislation to cover planning for pregnancy and pre-pregnancy health when schools start to teach the new programme from September 2020.
- 1.8.6 The Young Person's Sexual Health Outreach team deliver RSE programmes to the majority of Croydon secondary schools and clinics and interventions within three colleges in the borough. Training will be given to schools to enable them to deliver the materials themselves when the outreach team is at capacity.

1.9 Theme 4: Healthy Behaviours

- 1.9.1 This is one of the most wide ranging themes with several different strands that seek to improve health behaviours in the early years, in pregnancy and pre-conception.
- 1.9.2 In December 2019, a healthy weight workshop was held that brought together local stakeholders, The workshop was an opportunity to understand the complexity of the causes of overweight and obesity, celebrate successes and identify changes across the whole system so that we can influence the wider determinants of healthy weight, including green spaces, businesses, transport and education. One of the strands was the life course approach and the impact of early life experiences.
- 1.9.3 A multi-agency immunisation steering group has been set up. It meets quarterly, and has a wide membership from across the many agencies that seek to improve immunisation rates and reduce inequalities. It has produced an MMR (measles, mumps and rubella) action plan to improve the level of protection within the population, targeting those at higher risk.
- 1.9.4 The current Healthy Lifestyle service, “Live well” is under review and the findings will be available in February 2020. It provides an opportunity to ensure the newly redesigned service meets the needs of women and families who are planning pregnancy, pregnant or who have children up to the age of two as described in the 2018 Annual Public health report.
- 1.9.5 Following the 2018 Annual public health report, the eligibility criteria have been amended so that not only pregnant women but also those up to 1 year after giving birth who live in Croydon are now able to receive an offer of face to face support.
- 1.9.6 In terms of breastfeeding, the newly formed infant feeding partnership steering group (which meets monthly) involving key stakeholders has been set up and Terms of Reference agreed. It will focus on improving performance and reducing inequalities.

2. CONSULTATION

- 2.1 Feedback has been collated from a wide range of stakeholders across various partners including, Public Health England, Croydon CCG, Croydon Council, and other local stakeholders committed to delivering this annual report

3. SERVICE INTEGRATION

- 3.1 Most of the recommendations within the annual report require a continuation of close synergy between all partners involved, CCG, Croydon Council,

NHSE, Public Health England, and local stakeholders committed to delivering this work stream.

4. FINANCIAL AND RISK ASSESSMENT CONSIDERATIONS

- 4.1 There are no direct financial implications arising from this report. The majority of the recommendations within the 2018 Annual Public Health Report for Croydon do not require funding because they recommend changes in the way the system works so that it is more integrated and focused on prevention and upstream activities. Where funding is required, external funding is being sought through grants and bids

Approved by: Josephine Lyseight Head of Finance, Croydon Council

5. LEGAL CONSIDERATIONS

- 5.1 The Head of Litigation and Corporate Law comments on behalf of the Director of Law and Governance that there are no direct legal implications arising from the recommendations in the report.

Approved by: Sandra Herbert, Head of Litigation and Corporate Law on behalf of the Director of Law and Governance & Deputy Monitoring Officer

6. HUMAN RESOURCES IMPACT

- 6.1 There are no direct Human Resources implications arising from this report for Croydon Council employees.

Approved by: Debbie Calliste, Head of HR Health, Wellbeing and Adults on behalf of the Director of Human Resources

7. EQUALITIES IMPACT

- 7.1 This report updates the Board on progress against a number of recommendations that aim to improve the early life experience of babies and young children in Croydon. Maternity and pregnancy is one of the protected characteristics and this report is strongly focused on improving the circumstances of this group. However, the recommendations also actively address some of the inequalities associated with other protected characteristics. Evidence shows that many people with protected characteristics are more likely to have worse outcomes around pregnancy, maternity, and early life experiences. Some of this evidence is presented in the report (the 2018 Annual Public Health Report) Implementation of the recommendations will therefore provide more intense support to some groups

of people with protected characteristics and improve the outcomes for their babies and children.

Approved by: Yvonne Okiyo, Equalities Manager

8. DATA PROTECTION IMPLICATIONS

8.1 WILL THE SUBJECT OF THE REPORT INVOLVE THE PROCESSING OF 'PERSONAL DATA'?

NO

8.2 HAS A DATA PROTECTION IMPACT ASSESSMENT (DPIA) BEEN COMPLETED?

NO

8.3 No DPIA was undertaken because there is no processing of personal data directly relating to this report. Any subsequent requests or need for data arising from implementation of the recommendations would be reviewed and a Data Protection Impact Assessments undertaken as required.

Approved by: Rachel Flowers, Director of Public Health

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APPENDICES TO THIS REPORT

There are no appendices

BACKGROUND DOCUMENTS:

There are no background documents