

For general release

REPORT TO:	Health and Social Care Sub-Committee 26 March 2019
SUBJECT:	Annual Public Health Report 2018 Early experiences last a lifetime The first 1000 days from conception to the age of two
LEAD OFFICER:	Rachel Flowers, Director of Public Health
CABINET MEMBER:	Councillor Jane Avis, Cabinet Member for Families, Health & Social Care
PERSON LEADING AT SCRUTINY COMMITTEE MEETING:	Rachel Flowers, Director of Public Health

CORPORATE PRIORITY/POLICY CONTEXT/AMBITIOUS FOR CROYDON:

The Annual Public Health Report has taken national and international evidence about the importance of the first 1000 days to life-long health and happiness to inform system wide recommendations to ensure that children in Croydon have the best start in life. Implementing these recommendations, such as training for staff about Adverse Childhood Experiences and improving mental health pathways will help ensure that issues are prevented before they become problems, and that Croydon becomes a more equal place.

[Corporate Plan for Croydon 2018-2022](#)

ORIGIN OF ITEM:	The Annual Public Health Report forms part of the Work Programme for the Health & Social Care Sub-Committee.
BRIEF FOR THE COMMITTEE:	The Sub-Committee is asked to review the report and considered whether it wishes to make any recommendations.

1. EXECUTIVE SUMMARY

- 1.1 It is a statutory requirement for the Director of Public Health to produce an Annual Report and for the Council to publish this as detailed by the Health and Social Care Act 2012.
- 1.2 The 2018 report focused on the first 1000 days of children's lives from conception to age 2 (See published report in appendix 1).
- 1.3 The report highlights 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.

1.4 The report focuses on five areas:

- The setting for the first 1000 days – the role of the wider environment
- Preparing for pregnancy
- Pregnancy
- Infancy
- Adverse Childhood Experiences (ACEs)

1.5 The report introduces the concept of Adverse Childhood Experiences (ACEs), such as neglect and abuse. Some ACEs may occur during the first 1000 days of life, and may have a long lasting impacts. Each additional ACE that a child is exposed to increases the risk of poorer health outcomes.

1.6 The report proposed three principles to guide our future actions:

- Know your role: we all have a role to play in helping children thrive during the first 1000 days - however we need to understand what this role is and how best we can contribute through a whole systems approach
- Health in all policies: we all should shift the focus from managing ill health to creating the right conditions for good health through a health in all policies approach
- Breaking the inequalities cycle: tackling the socio- economic determinants of health- (such as jobs, homes, social cohesion, education, income) is key in reducing inequalities in early years that, in turn, become inequalities across the life course. We all have a role to play in breaking this cycle

1.7 The report makes 34 recommendations for action including:

- Review, revise and join up the maternal mental health pathways from the community, and primary care, through midwifery and health visiting and other partners by 2019.
- All (100%) of midwives and health visitors in Croydon to receive training around recognising and supporting families with risk of multiple Adverse Childhood Experiences by the end of 2019.
- 1000 front line staff in the council, NHS, police and voluntary sector to have training around Adverse Childhood Experiences, their causes and impact, in 2019
- Develop and Implement a plan of action for increasing the levels of awareness about pre pregnancy health and the importance of preparing for pregnancy by the end of 2019

1.8 The information, principles and recommendations presented in the report are intended to focus our efforts to make the most of our collective resources across the Borough to ensure each child has the best possible first 1000 days.

1.9 The Health and Wellbeing Board (HWB) agreed at its February 2019 meeting to form a task and finish group to oversee the delivery of the recommendations contained in the report. The presentation in appendix 2 shows which existing or new work streams are implementing each of the recommendations.

2. Annual Public Health Report 2018

See Appendix 1 – Annual Public Health Report 2018

See Appendix 2 – Slide presentation

Appendices

Appendix 1- Annual Public Health Report 2018

Appendix 2 - Slide presentation

CONTACT OFFICER: *Rachel Flowers, Director of Public Health*