

An overview of how the County Council and others are supporting families in providing good diet for their children.

The following is a summary based on a review of some of our key partnership plans, information provided from County Council Service websites and brief communications with Public Health colleagues.

There are more examples of activity which could be considered. Further work would have to be undertaken to bring this together to provide evidence of impact across all Partners. This could be provided working with Public Health who may be better placed to respond in the context of the commissioning arrangements for elements of the Healthy Child Programme.

How this links to our priorities

The [Children and Young People's Plan 2011-2014](#) which is the focus for the Lancashire Children and Young People's Trust partnerships includes the following priority: *Children and young people's health and wellbeing is improved through healthy lifestyle choices.*

The Children and Young People's Plan included the following actions:

Taking a multi-agency approach we will work with the Early Intervention team to develop projects which promote children and young people being of a healthy weight and;

Ensuring a multi-agency approach to:

- improve the route through services where there is high spend and high use so that services are integrated, more efficient and of better quality with improved outcomes.*
- commissioning and delivery of the healthy child programme with services working together more effectively to improve health and wellbeing outcomes of children young people and their families.*

The specific performance indicator included within the plan was to *reduce the prevalence of obesity in children aged 4 to 5 years old (reception class) and 10 to 11 years old (year 6) over each of the next three years.*

The developing priorities for the [Health and Wellbeing Board](#) in respect of "Starting Well" includes material obesity and the need to explore the development of healthy settings approaches within early years settings (eg Childrens Centres and nurseries)

Information on the health and wellbeing of children and young people in Lancashire can be found on the [Lancashire Joint Strategic Needs Assessment \(JSNA\) website](#)

The Healthy Child Programme

The overarching programme to support the Children and Young Peoples Plan priority is the Healthy Child Programme.

The Healthy Child Programme is a universal, preventive public health programme for all children and families, delivered through integrated partnership working, with targeted support where required. It delivers a coordinated & holistic programme to address all aspects of a child's health & development from 0-19 years.

The programme:

- Incorporates a schedule of screening tests, immunisations and developmental reviews
- Provides support, health promotion, information and guidance
- Is evidence based and follows NICE guidance
- Is universal for all children and families with targeted support
- The Healthy Child Programme is the early intervention and prevention public health programme at the heart of universal services for children & families
- Integrated services and partnership working are key to its success

The programme splits into 2 components. 0-5 years (including pregnancy) is led by Health Visitors. 5-19 years is led by School Nurses.

As part of the transfer of Public health responsibilities to the County Council, the Healthy Child Programme for 5-19 years is commissioned by Lancashire County Council from April 2013.

The Healthy Child Programme for 0-5 will be commissioned by Lancashire County Council from April 2015. Public health services for children aged 0-5 years (including health visiting, family nurse partnerships and much of the healthy child programme) are currently commissioned by [NHS England](#).

Further information on the Healthy Child Programme and the School Health Service is detailed on the embedded attachments.



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HCP 0-5 years.pdf



HCP 5-19 years.pdf

Examples of Activity

Lancashire Healthy Schools Programme

2012 saw the launch of a new Lancashire Healthy Schools Programme which built on the very successful original LHSP. The new programme offers a locally determined framework, as a traded service to schools, to guide practice in schools to enable self-improvement through a needs led and outcome based model to improve children and young people's health and wellbeing.

Be Active Eat Healthy

This is an overarching initiative developed by a multi-agency team aimed at Early Years settings, which aims to embed Healthy lifestyle choices within the settings and their community. It also features the Be Active Eat Healthy Award that settings can achieve if they can demonstrate that they are meeting certain standards with regards to healthy lifestyle choices.

Early Years Healthy Heroes is a childhood obesity prevention initiative aimed at 2-5 year olds and their families and this is one aspect of Be Active Eat Healthy. It builds on the original work of the school-age programme which was a multi agency initiative led by Lancashire County Council. Early Years Healthy Heroes has now been enhanced and adapted following input from colleagues within NHS including the Health Improvement Service within East Lancashire Primary Care Trust to be used with pre-school children and families.

Early Years Healthy Heroes been delivered to a minimum of 1,500 children with 250 additional families receiving the programme through informal groups and activities, and many more receiving the programme at home as part of outreach family support plans delivered by children's centres.

27 children's centre settings have now been trained by the Health Improvement Service who have also, provided the centres with resources to and continued mentorship and support.

LCCG Catering Services

LCCG Catering Services state that menus are planned to meet the rigorous standards for food in schools and are checked using a recognised programme to analyse nutrition. Catering Services also work with Lancashire Healthy Schools and support the Change 4 Life campaign.

LCCG support the Healthy Heroes programme for Early Years and primary schools. Within secondary schools, the *Express Café* offers students a 'Fresher, Fitter and Faster' eating experience at secondary school.

LCCG Catering Services are offered as a traded service to schools.

Improving the take-up of free school meals

We have undertaken a data matching exercise with District Councils which resulted in 900 more pupils receiving the free school meal they are entitled to. This work also brought more than £800,000 of additional funding into our schools, specifically aimed at improving their attainment.

Recipe for Health

Lancashire Trading Standards have developed the Recipe for Health Awards, aimed at catering businesses with a focus on healthy eating, the environment, and social responsibility.

Recipe 4 Health awards businesses at three levels - Bronze, Silver and Gold. At each level, businesses have to show they are compliant with food safety, food standards, licensing and age restricted sales legislation and have an awareness of healthy eating, environmental issues, allergens and alcohol issues.

CYPP Performance indicator

The 2012/13 annual review of the Lancashire Children and Young People's Plan reported that obesity amongst Lancashire pupils in reception class reduced, whilst there was a slight increase amongst year 6 pupils.

Measure	Good is	2009/ 2010	2010/ 2011	2011/2012 12	Target 2011/12	National Ave
Reduce the prevalence of obesity in children aged 4 to 5 years old (reception class)	Low	9.0% (08/09)	9.7% (09/10)	9.2% (10/11)	8.4%	9.4%
Reduce the prevalence of obesity in children aged 10 to 11 years old (year 6)	Low	17.0% (08/09)	17.6% (09/10)	17.7% (10/11)	15.8%	19%

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