



State of Child Health

Scotland – Two Years On

State of Child Health: views from the RCPCH &Us network in Scotland

The RCPCH &Us Network delivers engagement, involvement and participation activities to support children, young people and families in sharing voices, views and solutions on child health topics. RCPCH &Us asked children and young people to share their experiences of working on projects tackling some of the child health issues covered in this scorecard. This is what they told us...

Children, young people and families across Scotland have been working with RCPCH &Us to make a difference to our health and the places that help us. 90 children from primary 7 took part in a challenge day thinking about what helps all of us to stay healthy, happy and well.

On that day we said that children need to have help in how we manage how long we are on things like our phones and computers - we've seen our older brothers and sisters use them to much and it can stop us from sleeping. We also talked about what help is needed for people that don't have enough money in their families to do things like sports or to eat well. One idea was having projects that could be created like "Sport Support" with free activities after school that don't need you to pay to come or to pay for sports clothes to wear. We had another idea call "PFA gives you YAAAAY" which helps to give parents food access (PFA) and tells you how to cook good food and do it on a budget. Finally we wanted to make sure that every child or young person had someone they trusted that they could talk to about worries and to help them to feel more happy. All these things and more are important so that we can all have the best lives.

The RCPCH &Us Network has produced a report that looks at some of these topics – please read it and find out what is important to children, young people and families and our ideas for making it better!

RCPCH &Us Network – children, young people and families (Scotland)

State of Child Health: Scotland – Two Years On

2018 was the year of the young person in Scotland, a year to celebrate all that children and young people are and what they do. We know that early years experiences of today's children are crucial in making tomorrow's adults, the type of parents they will be and the contribution they will make to society. So has life changed for children and young people in Scotland during 2018?

Addressing poverty, obesity and mental health were three key policies highlighted in our State of Child Health report in 2017. We were delighted with the Scottish Government commitment in summer 2018 to halve childhood obesity (currently affecting 14% of children) by 2030, this is a bold statement backed up by 'Scotland's diet and healthy weight delivery plan' and 'Scotland's physical activity delivery plan'. Both of these plans will help Scotland become a healthier nation for children and young people. We also welcomed 'Every child, every chance: tackling child poverty delivery' plan, which was published in May 2018 and outlines actions to reduce relative child poverty to less than 10% by 2030. Extra funding has been allocated to support breastfeeding activities, we have a commitment to develop services for community mental wellbeing and the formation of a Children and Young People's Mental Health Task Force, which has already announced welcome increased investment in the children's mental health workforce.

The above commitments signify intent from the Scottish Government to invest in early years. This investment comes at a time when the gap in health outcomes is widening between children and young people living in our richest and poorest communities. The proportion of children at risk of being overweight or obese surges ahead in the most deprived areas but is falling back in the least deprived areas. Child poverty rates are increasing and child mental health services are struggling to meet demand. The present situation is not acceptable.

Whilst we acknowledge the progress made towards the introduction of a Child Death Review Process for Scotland, there continue to be preventable deaths. Every year there are approximately 450 deaths of infants, children and young people in Scotland, and this number is unacceptable. Unlike England and Wales, we do not have a system to learn from these tragedies. Compared to Sweden, there will be at least 100 preventable deaths of young Scots in 2019. As a priority Scotland needs to identify why these deaths occur and take action.

The pressing challenge now is the conversion of policy into action, and improvement in health outcomes. The Scottish Government's target year of 2030 is not far away. The children of 2030 are being born today and we as the Royal College of Paediatrics and Child Health are ready and willing to work with all and any partners to improve the health and wellbeing of our children and young people in Scotland.

Professor Russell Viner, RCPCH President

Professor Steve Turner, RCPCH Officer for Scotland

Key:  Significant progress made
 Some progress made
 No change

1. Publish and implement the Child and Adolescent Health and Wellbeing Strategy		
Recommendations	Progress	Evidence
<p>The Scottish Government should publish and implement the Child and Adolescent Health and Wellbeing Strategy. The Strategy should include a clear accountability framework setting out responsibilities for professionals, the public and civil society as well as details about resources and funding to implement it.</p>	<p> Some progress made</p>	<p>The Scottish Government committed to publishing a Child and Adolescent Health and Wellbeing Action Plan in 2018, during the “Year of the Young Person”.</p> <p>The Action Plan was not published in 2018 and is scheduled for Spring 2019. The Action Plan will be accompanied by a framework setting out the ethos and direction.</p>
<p>The Scottish Government should adopt a ‘child health in all policies’ approach to decision making, policy development and service design.</p>	<p> Significant progress made</p>	<p>The Children and Young People (Scotland) Act 2014 places a duty on specified public authorities, including Health Boards, to report every 3 years on the steps they have taken over that period to further the requirements of the United Nations Convention on the Rights of the Child (UNCRC). The first reports under these provisions are due in 2020. The guidance encourages a child-rights based approach, which places children and young people at the centre of policy development, delivery and evaluation.</p> <p>In addition to duties on public authorities, Part 1 of the 2014 Act places specific duties on Scottish Ministers to keep under consideration steps which would or might secure better or further effect in Scotland of the UNCRC and to promote public awareness and understanding of children’s rights, reporting to the Scottish Parliament every 3 years on relevant progress. The first report will include progress made by the Scottish Government since 2015 and a separate Action Plan of activities until 2021. A Child Rights and Wellbeing Impact Assessment was developed to make sure new policy and legislation assessed as the Action Plan is being developed, for the possible impact on children’s rights and wellbeing and for mitigating actions to be taken as appropriate.</p> <p>As part of the Public Health Reform programme, NHS Scotland and the Integration Joint Board (IJB) are co-leading the Improving Health Commission, with the aim of strengthening health improvement within Public Health Scotland. The overall vision of reform is for ‘A Scotland where everybody thrives’, which includes a need for a ‘Health in All Policies approach’. The Commission undertook a consultation exercise in November 2018 and results will inform the development of a proposal about the future of health improvement Scotland.</p>

2. Reduce the number of child deaths		
Recommendations	Progress	Evidence
The Scottish Government should implement a robust, consistent child death review system for Scotland by 2018.	 <p>Some progress made</p>	<p>Within the publication 'Delivering for today, investing for tomorrow: the Government's programme for Scotland 2018-2019', the Scottish Government have committed to the establishment of a new national approach for effective, sensitive child death reviews by 2020.</p> <p>Healthcare Improvement Scotland (HIS) and the Care Inspectorate will develop a National Hub for the prevention of child deaths by April 2019.</p> <p>Pilot sites have been established, with the aim of recognising current child death review practice and sharing learning. The initial phase is expected to report by March 2019.</p>
The Scottish Government should urge the UK Government to introduce graduated licensing schemes for novice drivers.	 <p>Some progress made</p>	<p>The Scottish Government are supportive of introducing a graduated drivers licence and have requested the Westminster Government to devolve power to enable them to implement this.</p> <p>In April 2018, the Minister of State for Transport wrote to David Stewart MSP and stated that the introduction of Graduated Driving Licences in Northern Ireland would be used as a pilot to gather evidence on effectiveness and to inform a potential roll out across Great Britain. Officials from the Department of Transport are in discussion with Northern Ireland to progress this. The Northern Ireland Graduated Driving Licences scheme includes: mandatory six month learning period, allowing lessons on motorways, 'new driver' period lasting 24 months, and passenger carrying restrictions.</p>
Local authorities and health boards should prioritise children's safety and, through utilising resources such as health visitors, the family nurse partnership and home safety equipment schemes, educate and equip parents and carers to keep their children safe, with a focus on water safety, blind cord safety and safe sleeping.	 <p>Significant progress made</p>	<p>The Scottish Government committed to an extension of the Family Nurse Partnership for every eligible teenage mother by the end of 2018. This has now been achieved and the programme is available across every mainland Health Board area in Scotland.</p> <p>The universal health visitor pathway has been expanded to offer eleven home visits for all families, from pre-birth to pre-school, with opportunity to discuss home safety at every contact. An implementation date for this of 1 Jan 2020 has been agreed.</p> <p>The Scottish Government have committed to reduce unintentional harm within the publication 'Delivering for today, investing for tomorrow: the Government's programme for Scotland 2018-2019'. The Government plan to develop an online hub to be used by local level practitioners working with communities to deliver targeted safety messages and initiatives to prevent accidental injuries. Home Safety Scotland and The Royal Society for the Prevention of Accidents (RoSPA) published statistics on the prevalence of unintentional injuries in Scotland to inform the Scottish Government's Building Safer Communities Phase 2 programme.</p> <p>Safer streets (Scotland) Bill was introduced in September 2018. The Bill will revert all streets to 20mph speed limits, with Councils having to apply to increase the speed limit to 30mph where they feel appropriate. The Rural Economy and Connectivity Committee have launched a consultation to gather evidence, which will close in January 2019.</p> <p>Children Equal Protection from Assault (Scotland) Bill was introduced in September 2018. The Bill will end the physical punishment of children by parents or those with caring responsibility for a child and remove the defence of "reasonable chastisement" which can be used to justify using physical force on a child. The Equalities and Human Rights Committee have launched a consultation to gather evidence, which will close in January 2019.</p> <p>The Scottish Patient Safety programme has introduced a nationwide Paediatric Early Warning System (PEWS) chart, which allows for early detection of signs of deterioration in children in hospital. Vital signs include: heart rate, respiratory rate, blood pressure, oxygen and temperature.</p>

3. Develop integrated health and care statistics		
Recommendations	Progress	Evidence
The Scottish Government should develop standards to ensure child health data are of high quality, captured to pre-specified definitions, and can be analysed consistently with England, Northern Ireland and Wales.	 Significant progress made	<p>Standards are applied to all national data sets and there is an on-going process through the Information Services Division to monitor the quality of all data collected within national systems. The Public Health Observatory has an updated Children and Young People's Profile which captures health indicators.</p> <p>There has been no commitment from the Scottish Government on implementation of SNOMED-CT (implementation has been mandated for April 2020 in England). However, a new standards body for Scotland is in development.</p> <p>The Scottish Government have committed to provide £1.5 million over three years to support the establishment of a 'UNICEF Data for Children Hub in Scotland' in partnership with UNICEF, The Data Lab and the University of Edinburgh. The Hub will bring together participants in the exchange and use of data, data science expertise, and resources to develop data-driven collaborative solutions to improve children's wellbeing. The Hub's Data Collaboratives Platform will aim to join up data around the child from a number of sectors, including shopper data, TV adverts, online gaming, use of green spaces and school lunch suppliers.</p>
The Scottish Government should commit to funding the longitudinal study Growing Up in Scotland for at least another five years and ensure that its findings are used to develop policies and services for children and their families.	 Significant progress made	The Scottish Government have contractually committed to this study until 2021.

4. Develop research capacity to drive improvements in children's health		
Recommendations	Progress	Evidence
NHS Scotland and local health boards must ensure protected time in job plans for NHS clinicians to contribute to and support child health research.	 Some progress made	Although NHS Scotland is committed to allocating time for activities relating to undergraduate education, educational supervision of trainees, and research, data from the Royal College of Physicians of Edinburgh External Advisors Appointment Panel indicates that of the 31 paediatric consultant appointments in 2017, 20 were appointed on a 9:1 contract. This means that paediatric consultants have very little time to do any activities other than their clinical duties.
NHS Scotland should place the 20% ring fenced time for young clinicians participating in the Scottish Clinical Research Excellence Development Scheme into dedicated three to four month "research only" blocks.	 No change	No change.
The Scottish Government should encourage increased investment in research relating to child health, across the pharmaceutical, medical, social sciences, youth justice and education domains.	 No change	The UK's upcoming exit from the European Union (EU) raises concerns about on-going access to EU funding for child health research. We encourage both the UK and the Scottish Government to make commitments now to ensure investment in research is prioritised.

<p>Higher educational institutions should ensure that faculty structures and career opportunities support careers and capacity development in child health research.</p>	 <p><i>Some progress made</i></p>	<p>ScotCRN (Scottish Children’s Research Network) is funded by the Chief Scientist Office (CSO) in the Scottish Government and is tasked with supporting clinical research to improve the safety and efficacy of children’s medicines and healthcare. They provide the infrastructure in the form of Clinical Research Facilities at each children’s hospital staffed by experienced paediatric research nurses and providing support in the set up, research governance and conduct of trials.</p> <p>We are aware of activity to support child health research across a number of higher educational institutions in Scotland, only some of which is listed here. This includes The University of Glasgow, who have a number of academic paediatrics and child health opportunities in their Child Health Faculty, as well as hosting a Paediatric Research Day in November 2018 to encourage showcasing of paediatric research and networking with other paediatric researchers. Children and Young Peoples Hospital Edinburgh host the Paediatric Clinical Research Facility (PCRf), a specialist department within the Edinburgh Clinical Research Facility (ECRF).</p> <p>A digital directory to help life sciences companies work with the NHS, Scottish Health Research and Innovation Ecosystem, was launched in November 2018. This helps companies to engage directly with NHS Scotland to develop collaborative working projects.</p>
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5. Reduce child poverty and inequality

<i>Recommendations</i>	<i>Progress</i>	<i>Evidence</i>
<p>The Scottish Government should continue recording income-based measures of poverty so that trends and impacts of service provision can be meaningfully assessed, with a focus on achieving a target of less than 10 percent of children experiencing relative low income poverty.</p>	 <p><i>Significant progress made</i></p>	<p>The Child Poverty (Scotland) Act 2017 was passed by the Scottish Parliament in November 2017, setting ambitious targets to significantly reduce levels of child poverty in Scotland by 2030. The Act requires regular action plans to be published, alongside annual progress reports outlining national and local action to progress towards the targets set. The first progress reports will be published by June 2019.</p> <p>In March 2018, the Scottish Government published ‘Every Child, Every Chance’; the first Delivery Plan due under the Act covering the period 2018-22. This outlines the first set of actions to make progress against the 2030 targets set. The actions are focused on the three key drivers of child poverty reduction: increasing income from employment and earnings, reducing household costs, and maximising income from social security and benefits in kind.</p> <p>The Plan commits to a range of support for local partners to help them meet their local planning and reporting duty, including providing funding for analytical support and a new National Child Poverty Coordinator. A Local Child Poverty Coordination Group has been established by NHS Health Scotland, the Improvement Service and the Scottish Government to support this and financial support has been provided to Health Boards.</p> <p>Although these proposals are ambitious, RCPCH are concerned that results published in ‘Poverty and income inequality in Scotland 2014-2017’ (March 2018), show that child poverty rates are increasing despite the introduction of targets and actions. Figures estimate that 19% (180,000) children each year were in relative poverty before housing costs in 2014-17, compared to 17% in 2013-16. After housing costs, it is estimated that 24% (230,000) of children each year were in relative poverty in 2014-17.</p>

<p>The Scottish Government should support parents and families through targeted programmes such as the Family Nurse Partnership and financial inclusion services.</p>	 <p><i>Significant progress made</i></p>	<p>Best Start Grant Pregnancy and Baby Payment Scotland, implemented from December 2018 will provide lower-income families with financial support during the child’s early years of life. Eligible families will be provided with £600 on the birth of their first child and £300 on the birth of subsequent children. There will be no limit on the number of children that are supported.</p> <p>The Scottish Government has committed to implementing Best Start Foods by Summer 2019, which are digital smartcard vouchers to encourage low income families to eat healthily. Families’ allowances will rise from £3.10 to £4.25 per week and there will be increased availability of foods that families can access. The Welfare Foods consultation informed the decision to implement.</p> <p>In March 2018, the Scottish Government published ‘Every child, every chance: tackling child poverty delivery plan 2018-2022’. The delivery plan commits the Government to introduce a minimum payment for the School Clothing Grant, invest £1million on support for children experiencing food insecurity during school holidays and invest £2million to test the Children’s Neighbourhoods Scotland programme. The report also committed to work towards introducing a new Income Supplement by 2022, to support low income families, investing £12million in intensive employment support for parents, and launching a new Financial Health Check service for low income families (with £3.3million funding (2018-2020) to help maximise family incomes and reduce costs for essential goods and services. Actions are backed by the £50million Tackling Child Poverty Fund.</p> <p>In March 2018, the Scottish Government and The Hunter Foundation (THF) announced the creation of a £7.5million Innovation Fund aimed at delivering systematic change in child poverty – Scottish Government will contribute £5million and THF will contribute £2.5million.</p>
<p>The Scottish Government should ensure universal early years public health services, such as health visitors, are prioritised, supported and properly funded, with targeted help for children and families experiencing poverty.</p>	 <p><i>Significant progress made</i></p>	<p>In 2014, the Scottish Government committed to expand the number of health visitors by an additional 500 and ensure that those requiring extra support receive this by the end of 2018 through the full roll-out of the Family Nurse Partnership programme. Since the commitment was made in 2014, ISD September 2018 data shows an additional 414.3 whole time equivalent Health Visitors are in post (compared to baseline figures from March 2015), and the Government is on track to have 500 additional health visitors in place by end of 2018. However, RCPCH are concerned that the UK’s withdrawal from the European Union may pose a risk to recruiting these additional health visiting staff members.</p> <p>In June 2018, the Scottish Government and COSLA, the voice of Local Government in Scotland, published a set of Public Health Priorities for Scotland as part of the wider Public Health Reform Programme. The aim of reform is to improve the public’s health through a whole system approach, focused on prevention and early intervention, and creating the conditions for wellbeing in our communities. One of the six priorities is: “A Scotland where we flourish in our early years”. A Public Health Priorities Team has been established to work across Government with the purpose of providing focused capacity to connect activity across Government and the wider system. The priorities have been widely endorsed and demonstrate a broad consensus across Scotland about the challenges we must focus on to improve the health of the population.</p> <p>The Poverty and Equalities Commission will become a public body in July 2019 if approved.</p>

<p>NHS Scotland should provide good quality, safe and effective prevention and care throughout the healthcare service with a particular focus on primary care in order to mediate the adverse health effects of poverty.</p>	 <p><i>Significant progress made</i></p>	<p>The General Medical Services Contract in Scotland was agreed by the Scottish Government and the British Medical Association (BMA) in April 2018. Ringfenced resources and funding have been agreed to enable changes outlined within the Contract, including a commitment to £30million investment from 2018-2021. The Contract includes a focus on 'Better health in communities', with a specific aim for GPs' to be 'more involved in influencing the wider system to improve local population health in their communities'.</p> <p>The Scottish Government 2018 Public Health Priorities also include commitment to drive a strong focus on effective partnerships of national and local government, the NHS and wider public services, the third and private sectors and communities themselves in order to deliver the priorities.</p> <p>One example is the Scottish Government, NHS Health Scotland and COSLA have jointly endorsed 'Good Mental Health for All' as a framework which community planning partnerships, integration authorities, local authorities, NHS boards, the third sector and other partners can use to plan collaborative action to tackle the determinants of mental health and the causes of inequalities in mental health. The Scottish Government is also working closely with NHS Scotland and other partners to raise awareness of Adverse Childhood Experiences (ACEs) and their impacts across various sectors.</p>
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6. Maximise women's health before, during and after pregnancy		
Recommendations	Progress	Evidence
<p>The Scottish Government should raise awareness of the benefits of breastfeeding, particularly in areas where rates are low by increasing the visibility of national public health campaigns that promote good nutrition and exercise before and during pregnancy.</p>	 <p><i>Significant progress made</i></p>	<p>Results from the Scottish Government maternal and infant nutrition survey were published in February 2018. 76% of respondents stated that they had given their baby breastmilk 'at some stage' and 43% at six months of age. The survey also outlined challenges women face in initiating breastfeeding and where they sought support.</p> <p>In August 2018, the Scottish Government announced a funding commitment of more than £2million for breastfeeding support activities and interventions, in addition to the £2.3million provided annually to Health Boards.</p>
<p>The Scottish Government should develop targets to improve rates of mothers exclusively breastfeeding after six to eight weeks. These should be regularly monitored to assess improvements.</p>	 <p><i>Significant progress made</i></p>	<p>Promoting, supporting and protecting breastfeeding are part of the outcomes framework targets for which NHS Health Boards are accountable.</p> <p>The Scottish Government published 'A healthier future: Scotland's diet and healthy weight delivery plan' in July 2018, which includes a commitment to reduce the drop off in breastfeeding rates at 6-8 weeks by 10% by 2025. The £2million additional funding will enable Health Boards and third sector partners to improve the quality of breastfeeding support and breastfeeding experiences of mothers.</p> <p>The Scottish Government captures data on breastfeeding initiation and exclusive and any breastfeeding at first visit (10 days) and 6-8 weeks. An Information Services Division (ISD) publication on breastfeeding is published each year. ISD statistics from October 2018 show that breastfeeding rates in Scotland are increasing. 51% of babies were breastfed at first visit in 2017/18, compared to 44% in 2001/02. The proportion of babies being breastfed at 6-8 weeks has increased from 36% in 2001/02 to 42% in 2017/18.</p>

<p>The Scottish Government should ensure neonatal services recruit staff or train existing staff to deliver specialist breastfeeding advice and support.</p>	 <p><i>Significant progress made</i></p>	<p>The Scottish Government is working with the Scottish Improvement Science Collaborating Centre to improve staff support and training to embed kangaroo mother care and breastfeeding in all neonatal units in Scotland.</p> <p>NHS Health Boards are being supported to recruit and train staff to implement the UNICEF best practice standards in neonatal units. Staff can also provide specialist breastfeeding support according to the needs of the local Health Board's population. Scotland has 100% of its maternity units and community health and social care partnerships meeting the UNICEF Baby Friendly standards.</p>
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7. Introduce statutory sex and relationships education in all schools

<i>Recommendations</i>	<i>Progress</i>	<i>Evidence</i>
<p>The Scottish Government should introduce a statutory requirement for all schools to deliver comprehensive, evidence based, sex and relationships education across all primary and secondary schools.</p>	 <p><i>Some progress made</i></p>	<p>Relationships, sexual health and parenthood (RSHP) education is an integral part of the health and wellbeing area of the school curriculum in Scotland. The curriculum is not statutory and it is for local authorities and schools to decide how to deliver the curriculum based on local needs and circumstances. We encourage the Scottish Government to introduce a statutory requirement for schools to deliver this curriculum – as is being done in England.</p> <p>In November 2018, the Scottish Government accepted the recommendations contained in the LGBTI (Lesbian, Gay, Bisexual, Transgender and Intersex) Inclusive Education Working Group report, which seeks to embed LGBTI issues within the curriculum. All schools will be given the tools to teach about issues, such as the history of LGBTI equalities and movements and LGBTI identity, to help in tackling homophobia, biphobia and transphobia. The Scottish Government has committed to implementing these recommendations by May 2021.</p>
<p>The Scottish Government should ensure that compulsory evidence based health and wellbeing programmes are embedded in all primary and secondary schools which foster social and emotional health and wellbeing, through building resilience, and specifically tackling issues around social inclusion, bullying, drug and alcohol use and mental health.</p>	 <p><i>Significant progress made</i></p>	<p>Through Curriculum for Excellence, health and wellbeing is spread right across the curriculum and is one of the three core areas that are the responsibility of all staff in the school.</p> <p>The Scottish Government are currently reviewing Personal and Social Education (PSE), including pastoral care and guidance and school counselling services, as part of the Mental Health Review Strategy 2017-2027.</p> <p>Currently in PSE there are six areas which provide a holistic view of health and wellbeing:</p> <ul style="list-style-type: none"> • Mental, Emotional, Social and Physical Wellbeing; • Planning for Choices and Changes; • Physical Education, Physical Activity and Sport; • Food and Health; • Substance Misuse; and, • Relationships, Sexual Health and Parenthood (RSHP). <p>A detailed thematic review was published in August 2018. This looked at delivery of PSE in schools and early learning and childcare settings across Scotland, carried out by Education Scotland. Phase 3 will include further engagement with key stakeholders and the consideration of a suite of final recommendations.</p>

8. Strengthen tobacco control		
Recommendations	Progress	Evidence
The Scottish Government should extend bans on smoking in public places to school grounds and all sports fields and playgrounds.	 <i>Some progress made</i>	<p>The Scottish Government published 'Raising Scotland's tobacco-free generation: our tobacco control action plan 2018' which includes a commitment from the Scottish Government to implement a campaign to reduce the visibility and acceptability of smoking in school grounds, near school gates and in play parks.</p> <p>We encourage the Scottish Government to take this further by formally extending the ban on smoking public places to school grounds and all sports fields and playgrounds, as has been done in Wales.</p>
The Scottish Government should continue to implement actions set out in Creating a tobacco-free generation: a tobacco control strategy for Scotland focussing on tobacco control plans and implementing measures to reduce smoking uptake in children.	 <i>Significant progress made</i>	<p>In June 2018, the Scottish Government published 'Raising Scotland's tobacco-free generation: our tobacco control action plan 2018', which provides a 5-year Action Plan and interventions to reduce smoking prevalence to less than 5% by 2034. One target includes 'the proportion of reported regular smokers among 13-15 years old combined should be 3% or less' by 2022.</p> <p>The Scottish Government has committed to supporting ASH Scotland to raise awareness of buying cigarettes or tobacco for anyone under the age of 18 through the #notafavour campaign.</p> <p>ASH Scotland have reported that there has been a 29% decrease in second-hand smoke exposure for children within the most deprived communities from 2013 to 2017 – children living in these communities are five times more likely to be exposed to second-hand smoke in the home than those in wealthier communities.</p>
The Scottish Government and NHS Scotland through Workstream 1 of the Early Year Collaborative and through the Scottish Patient Safety Programme should continue to work towards achieving the aims set out to reduce the avoidable harm associated with smoking during pregnancy.	 <i>Some progress made</i>	<p>The provision of NHS smoking cessation services for pregnant women remains a priority and is offered by all Health Boards.</p> <p>The percentage of women who reported smoking at the time of their first antenatal booking has decreased from 20% in 2006/07 to 14% in 2017/18 according to the Information Services Division 'Births in Scottish Hospitals' report – this is a 1% decrease from 2016/17. However, it is noted that there has been a sharp increase in the percentage of women with an unknown smoking status in 2017/18.</p>

9. Tackle childhood obesity effectively		
Recommendations	Progress	Evidence
<p>The Scottish Government should set challenging targets to reduce the proportion of children who are overweight or obese.</p>	<p> <i>Significant progress made</i></p>	<p>In May 2018, the First Minister of Scotland committed to halving childhood obesity by 2030.</p> <p>'A healthier future: Scotland's diet and healthy weight delivery plan' was published in July 2018, following the consultation 'A Healthier Future: Action and Ambitions on Diet, Activity and Healthy Weight' in 2017. The delivery plan outlines key actions to meet the target of halving childhood obesity by 2030. The actions are set in the context of the UK Government's 'Childhood obesity: a plan for action Chapter 2' and are divided into five outcomes:</p> <ul style="list-style-type: none"> • Children have the best start in life – they eat well and have a healthy weight. • The food environment supports healthier choices. • People have access to effective weight management services. • Leaders across all sectors promote healthy weight and diet. • Diet-related health inequalities are reduced. <p>The Scottish Government are currently consulting on restricting the in-store promotion and marketing of food high in fat, sugar or salt, targeting so-called 'discretionary foods' that have little to no nutritional benefit, but which contributes calories or salt to our diet, including crisps, sweets and chocolate. Food Standards Scotland is also consulting on proposals for addressing portion sizes and information for consumers.</p>
<p>NHS Scotland should expand the national programme to measure children after birth, before school and in adolescence.</p>	<p> <i>Some progress made</i></p>	<p>The Scottish Government have introduced the Universal Health Visiting Pathway which is offered to all families as a minimum standard. The programme consists of eleven home visits to all families, eight within the first year of life and three Child Health Reviews at 13-15 months, 27-30 months and age 4-5 years. Ages & Stages Questionnaires are used at the three review points with access to validated development and assessment tools.</p> <p>We encourage NHS Scotland to build on 'A healthier future: Scotland's diet and healthy weight delivery plan', published in July 2018, and explore current practice, evidence and cost-effective options for improving tracking, support and data beyond Primary 1.</p>
<p>NHS Scotland and professional bodies should ensure that all health care professionals can make every contact count by having that difficult conversation with their patients (whatever their age) who are overweight.</p>	<p> <i>Significant progress made</i></p>	<p>Actions are included within 'A healthier future: Scotland's diet and healthy weight delivery plan' to support health professionals to refer children and families to appropriate and supportive diet and healthy weight interventions such as parenting support, cooking classes and child healthy weight programmes. NHS Scotland has committed to develop evidence-informed and cost-effective minimum standards, referral pathways and outcomes for Child Healthy Weight Interventions. The delivery plan also committed the Scottish Government to appoint a professional advisor in 2018 to support the development of consistent and systematic approaches to identification and referral support for overweight children.</p> <p>Along with the core home visits offered within the Universal Health Visiting Pathway, health visitors are required to be available and responsive to parents to promote, support and safeguard the wellbeing of children by providing information, advice, support and help to access other services.</p>

<p>The Scottish Government should undertake an audit of local authority licensing and catering arrangements with the intention of developing formal recommendations on reducing the proximity of fast food outlets to schools, colleges, leisure centres and other places where children gather.</p>	 <p><i>Some progress made</i></p>	<p>In June 2018, the Scottish Government released a consultation on ‘Amendments to the nutritional requirements for Food and Drink in Schools (Scotland) Regulations 2008’ and have since published a response.</p> <p>In November 2018, Food Standards Scotland (FSS) launched a consultation on ‘Proposals to improve the out of home environment in Scotland’, including children eating out of home and food provided in the vicinity of schools.</p> <p>Also in November 2018, the Scottish Government published the ‘Relationship between food environment and planning system’ research summary, which explored how food outlets in the vicinity of schools can be better controlled. The research identified that there is not a planning policy framework in Scotland against which to determine hot food takeaway applications on health grounds. Planning (Scotland) Bill is currently being considered by Scottish Parliament. When complete the Scottish Government will review Scottish Planning Policy, including the food environment.</p>
<p>The Scottish Government should encourage physical activity for all children and young people and support parents and families to adopt healthy lifestyles by improving social and physical environments. Local authorities should ensure planning decisions include a public health impact assessment and should introduce 20 mph speed limits in built up areas to create safe places for children to walk, cycle and play.</p>	 <p><i>Significant progress made</i></p>	<p>The percentage of schools meeting the Scottish Government physical education (PE) commitment of two hours or periods per week has risen from 10% in 2004/5 to 99% in 2018. The Active Schools Programme had 7.3 million participant sessions in 2017-18, an increase of 6% from 2016/17. The number of participants has risen from 270,691 in academic year 2013/14 to 309,000 in academic year 2017/18 – a rise of 8.7% in 4 years.</p> <p>The Active Scotland Delivery Plan, published in July 2018, aims to cut physical inactivity in adults and teenagers by 15% by 2030 using wide-ranging approaches including active travel funding, support for both formal sports and informal physical activity, and partnership working across the transport, education, health and planning sectors. The World Health Organisation has endorsed the Scottish Government efforts and recognised Scotland as one of the forerunner countries in responding to its Global Action Plan on Physical Activity.</p> <p>Physical activity is also captured as one of the key Public Health Priorities for Scotland: Priority 6 is “A Scotland where we eat well, have a healthy weight and are physically active.”</p> <p>Safer streets (Scotland) Bill was introduced in September 2018. The Bill will revert all streets to 20mph speed limits, with Councils having to apply to increase the speed limit to 30mph where they feel appropriate. The Bill will help create safe places for children, young people and their families to walk, cycle and play.</p>

10. Maximise mental health and wellbeing throughout childhood		
Recommendations	Progress	Evidence
<p>The Scottish Government should publish the new strategy Mental Health in Scotland – a 10 year vision and ensure that it focuses on prevention, early intervention and early years approaches and is properly resourced, funded and implemented. The new strategy should also contain a commitment to equal parity of esteem between physical and mental health needs.</p>	<p> <i>Significant progress made</i></p>	<p>The Scottish Government's Programme for Government 2018/19 commits an extra £250million a year to improve mental health services, including: commitment to develop services for community mental wellbeing for 5-24 year olds and their parents; direct and immediate access to counselling sessions, self-care advice, family support, peer-peer support and group work with links to other care settings; £60million investment in school counselling services and recruitment of an additional 250 school nurses by 2022. The Scottish Government also plan to create a Mental Health Directorate and have committed to expand the Distress Brief Intervention (DBI) programme pilots in 2019 to include people under the age of 18.</p> <p>The Children and Young People's Mental Health Task Force has been established, the first meeting took place in October 2018 and was jointly chaired with a Young Scot Youth Commissioner. The Task Force have made eight recommendations. In December 2018, the Task Force published its delivery plan for improving Child and Adolescent Mental Health Services (CAMHS) in Scotland. This will include recruitment of an additional 80 mental health professionals to work with children and young people, following a £4million investment.</p> <p>The first progress report for the Mental Health Strategy 2017-2027 was published in September 2018. Progress of the strategy included:</p> <ul style="list-style-type: none"> • The establishment of a managed clinical network for perinatal mental health which has completed a mapping exercise across Scotland. • The audit of rejected referrals for CAMHS was published in June 2018 with a number of recommendations. These have been accepted in full and will be implemented as one of the first actions by the CYP mental health taskforce. • Launched Transitional Care plans (TCPs) in August 2018 designed by young people and clinicians to allow for a smooth and straightforward move into adult services. • Launched a digital tool to support young people with eating disorders and their families. • In April 2018 Youth Commission mental health was established. This team of young people are aiming to improve mental health services by leading a study, commissioned by the Scottish Government, drawing on their own experiences.
<p>Professional bodies representing all those working with infants, children and young people in health, social care, education, criminal justice and community settings should equip their members with the necessary tools to identify mental health issues through the promotion of resources such as the MindEd portal.</p>	<p> <i>Some progress made</i></p>	<p>RCPCH have appointed an Assistant Officer for Health Promotion, focusing on Mental Health and Wellbeing to support members with identifying mental health issues in children and young people. We continue to promote mental health resources on our website, including MindEd and children and young people emoji cards. RCPCH have also hosted education courses for members on 'How to manage: child mental health in general paediatrics'.</p> <p>RCPCH have established a multi-professional working group to promote excellence in the mental health care of children and young people under the care of hospital paediatric teams. This includes the Paediatric Psychology Network, Royal College of Psychiatrists Paediatric Liaison Network, and the Paediatric Psychotherapy Network.</p>

11. Tailor the health system to meet the needs of children, young people, their parents and carers		
Recommendations	Progress	Evidence
The Scottish Government should include the views of children and young people in the patient surveys of GP services and inpatient settings. The Scottish Government should also extend the surveys to cover outpatient and community settings and include the views of children and young people.	 No change	The Scottish Government currently does not survey younger respondents within their suite of patient experience surveys at GP services as they feel the current content and language of these surveys would not be appropriate for children and young people. RCPCH welcomes the Scottish Government's commitment to have an annual meeting of Cabinet Ministers and children and young people, which supports the engagement of children and young people in policy making.
The Scottish Government should fund mandatory child health training for all general practice trainees.	 No change	No change.
NHS Scotland should ensure better transitions from child to adult services, involving children and young people in planning the transfer.	 Some progress made	Healthcare Improvement Scotland introduced Transitional Care Plans in August 2018, for young people receiving treatment from Child and Adolescent Mental Health Services (CAMHS) as they transition into adult services. Guidance is available for clinicians. RCPCH developed Facing the Future: Standards for ongoing health needs in March 2018. Standard 6 states 'service planners ensure there is a designated person with the child health service who is responsible for ensuring that developmentally appropriate transitional care is provided and coordinated by both child and adult services'. NHS Scotland should encourage service planners to ensure this is considered when commissioning services.
NHS Scotland should provide every child and young person with a long term condition with a named doctor or health professional.	 No change	No change.
Health Boards should ensure that clinical teams looking after children and young people with known medical conditions make maximum use of tools to support improved communication and clarity around ongoing management, for example, the use of epilepsy passports or asthma management plans where appropriate.	 No change	No change.

12. Implementing guidance and standards		
Recommendations	Progress	Evidence
The Scottish Government and NHS Scotland should identify the barriers to implementing guidelines and standards and then create an action plan to overcome them.	 No change	No change. In 2017-18, RCPCH undertook an audit of Facing the Future: Standards for acute general paediatric services and Facing the Future: Together for Child Health. Six units in Scotland participated in the audit, out of a possible 14, and their results can be viewed online. RCPCH hosted a Facing the Future event in November 2018 in Edinburgh, to support clinicians in Scotland to implement standards, which the Scottish Government Director of Workforce attended.

State of Child Health:
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