



State of Child Health

Wales – Two Years On

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

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 and young people have been working with RCPCH &Us in Wales to make a difference to our health and the places that help us. Having access to good quality mental health services continues to be important to us, as is having the chance to help get involved in making services better.

In 2018, young people working with the College thought about what they need to stay healthy, happy and well as they transition into adult health services and also into becoming young adults. The project looked at things like having positive and rewarding opportunities in their life that builds life skills, resilience and contributes to positive mental health. Being able to access and cook good quality healthy food on a budget was also important along with living in a safe place with local youth friendly health services. As a group we have developed a “How2Adult” guide with information for young people, due to launch in March 2019.

The RCPCH &Us Network has produced a report that looks at some of these topics and more – 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 (Wales)

State of Child Health: Wales – Two Years On

Two years ago, we published the State of Child Health in Wales and across the UK. Drawing upon the data in that ground-breaking snapshot of children and young people's health, we drew up a series of recommendations for policy and decision makers in Wales. Last year we noted some real progress, including new legislation on public health, a group set up to review breastfeeding policy and a Parliamentary Review to propose a roadmap for the future of health and social care in Wales.

This year, we're greatly encouraged to note further progress. The Minister for Health and Social Services has accepted recommendations on breastfeeding. We expect publication of a healthy weight strategy this year. The Assembly has passed legislation to introduce a Minimum Unit Price (MUP) for alcohol. A Ministerial group has been established to improve mental health support for young people and deliver the 'step change' called for by the Children, Young People and Education Committee. The Parliamentary Review has informed A Healthier Wales, the Welsh Government's plan for health and social care, which places an emphasis on preventing illness as well as treating it and identifies "pre-birth and the first 1000 days as the most critical time to influence healthy outcomes".

The urgent challenge now is in delivery and implementation. We need action to ensure that new rules on smoking in hospital grounds and children's play areas are enforced; that a new framework on breastfeeding takes on the challenge of bringing about cultural change as well as change within services; that the healthy weight strategy delivers major interventions to prevent children from becoming obese and to support those children and families who need access to services; that the Ministerial group delivers real change in children's mental health; that the Welsh Government's ambitions for early years services are achieved; and that the vision set out in A Healthier Wales becomes reality. As a College and a paediatric and child health community we reiterate our call for relentless Government action to deliver all of this and offer again our full support.

Our new First Minister Mark Drakeford has come into post at a crucial time, as the necessary strategies and commitments are agreed at the highest levels. 2019 will be a year of change. It could and should be a transformational year for children's health in Wales. We must now see action to deliver all of this in full, urgently.

Professor Russell Viner, RCPCH President

Dr David Tuthill, RCPCH Officer for Wales

- Key:**
-  Significant progress made
 -  Some progress made
 -  No change

1. Implement a strategic set of actions to improve children’s health in Wales		
<i>Recommendations</i>	<i>Progress</i>	<i>Evidence</i>
<p>The Welsh Government should develop an evidence-based child health and wellbeing strategy covering the whole of childhood. 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>	 <i>Significant progress made</i>	<p>In October 2018 the Welsh Government published A Healthier Wales, which sets out its vision for health and social care. This draws on the evidence and recommendations produced by the 2017 Parliamentary Review of Health and Social Care, which identified children as a priority area and contains a focus on prevention. A Healthier Wales identifies pre-birth and the first 1000 days as the most critical time to influence healthy outcomes.</p> <p>In addition, the Welsh Government continues to develop the cross-portfolio Early Years Programme. Its ambition is to develop joined up and responsive early years’ services to ensure every child has the best start in life. Children should be at the centre of excellent, integrated services that put their needs first, regardless of traditional organisational and professional structures. Officials from across Welsh Government have been developing a programme of work to make this ambition a reality. A key component of this programme is its co-construction project with Cwm Taf to explore options to reconfigure the system for the early years at a local level. Welsh Government is satisfied that the Cwm Taf project has made good progress in mapping its current services, defining its approach and scoping out key areas which need to be tested further.</p>
<p>The Welsh Government should adopt a ‘child health in all policies’ approach to decision making, policy development and service design. This is based on the recognition that challenges facing child health are highly complex and often linked through the social determinants of health. No single government sector will have all the tools, knowledge, capacity or the budget to address this complexity alone.</p>	 <i>Significant progress made</i>	<p>In his introduction to A Healthier Wales, Director General for Health and Social Services and Chief Executive of NHS Wales Andrew Goodall writes that “The Welsh Government has set out in Prosperity for All, the national strategy for the 5-years of this National Assembly term, its commitment to “health in all policies”, to make a difference to wider social and economic influences such as housing, parenting, education and employability”. This is very welcome and we would like now to see ‘child health in all policies’ formalised and officially adopted.</p> <p>Health Boards and Local Authorities are required under the Social Services and Well-being Act to work together to produce Population Needs Assessments which will take into account children’s needs when determining local service provision. The Well-being of Future Generations Act, which is designed to make the public bodies listed in the Act think more about the long-term, also lists health as a goal.</p>

2. Reduce the number of child deaths		
Recommendations	Progress	Evidence
<p>The Welsh Government should call on the UK Government to implement graduated licensing schemes for novice drivers.</p>	 <p><i>Some progress made</i></p>	<p>The Welsh Government has previously called on the UK Government to enable them to implement this scheme but so far, there remains no graduated driving licence scheme in Wales.</p> <p>In April 2018, the Minister of State for Transport 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>
<p>The Healthy Child Wales Programme should ensure local authorities and health boards prioritise children’s safety, and through utilising resources such as health visitors 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>	 <p><i>Significant progress made</i></p>	<p>The Healthy Child Wales Programme (HCWP) sets out what planned contacts children and their families can expect from their Health Boards, from maternity service handover to the first years of schooling. These universal contacts focus on three main themes: screening; immunisation; and monitoring and supporting child development. The HCWP provides a structured, national programme for children and their families to improve health and includes a consistent range of evidence based preventative and early intervention measures. Its universal components include prevention of Sudden Infant Death Syndrome and baby safety.</p> <p>Statistics covering the period October 2016 – June 2018, indicate that around 73% of all intended contacts actually happened. This demonstrates the value of having a consistent set of contacts for all children across Wales, and indicates a general steady increase in the percentage of children receiving contacts at each contact point since the start of the programme in 2016. The evaluation shows that “consistency of approach within and across Health Boards that has been brought in by the HCWP is embraced and welcomed by practitioners working with families in Wales”. We hope that the evidence provided by the evaluation will ensure that the programme continuously improves and makes progress to give children the best start in life.</p> <p>Other Welsh Government work on injury prevention includes producing guidance to raise awareness of the potential dangers of concussion sustained during school and community sport and raising awareness of the dangers of strangulation from blind cords. It has also published a booklet designed to reduce the risk of cot death.</p>

3. Develop integrated health and care statistics		
Recommendations	Progress	Evidence
<p>The Welsh Government should work with its counterparts in England, Northern Ireland and Scotland to identify gaps in data collection and ensure existing sources are comparable with other UK nations.</p>	 <p><i>Some progress made</i></p>	<p>Welsh Government works with the Office for National Statistics (ONS) and devolved administrations to better understand different user requirements and develop data collections so they are consistent across nations where appropriate and possible. However, they point out that the needs of devolution mean that there are instances where different data are required to monitor each nations own policies.</p> <p>More broadly, there has been progress in gathering child health data in Wales. Welsh Government is taking part in the Becoming Breastfeeding Friendly Programme, working with other UK nations to, among other things, improve breastfeeding data collections and comparability. A new maternity vision strategy will be published in 2019 and comparability with UK nations has been considered when developing performance indicators.</p> <p>We hope that the obesity strategy will include work to increase and improve data on children’s height and weight at key points during school years. The Welsh Government should make sure this data collection is robust and comparable with other UK nations.</p>
<p>The Welsh Government should ensure data systems across all age groups in health, social care, youth justice and education are connected.</p>	 <p><i>Significant progress made</i></p>	<p>Welsh Local Authorities and NHS Wales organisations are working in partnership towards an electronic solution, the Welsh Community Care Information System (WCCIS), which will enable safe sharing of information and help to deliver improved care and support for people across Wales. The WCCIS will be available to a range of services which include Community Nursing, Health Visiting, Mental Health, Learning Disabilities, Substance Misuse, Complex Care, Social Care Therapies and Therapies. We recommend that the Welsh Government ensures this data collection is connected to data collected on youth justice and education where possible.</p> <p>It is hoped that the system will interface with other community systems and become a source of secondary use data which can be used for statistical analysis. WCCIS is starting to be rolled out across Welsh Health Boards and feedback will be used to further develop the system.</p>
<p>The Welsh Government should fund a longitudinal study to track outcomes of infants, children and young people growing up in Wales to create data that will directly inform policy and services.</p>	 <p><i>Significant progress made</i></p>	<p>A newly established Administrative Data Research Unit in Welsh Government is currently designing a research programme which will include work looking at early years. This will facilitate linking of existing data sets to create more longitudinal data and analyses.</p> <p>Wales has contributed to the UK-wide longitudinal Millennium Cohort Study (MCS) since its inception. The study tracks the lives of 19,000 young people born in UK in 2000/01, around 1,600 of whom are in Wales.</p> <p>Data from many national health and care datasets are stored in an anonymous linked form on the Swansea University SAIL database which provides an additional opportunity to analyse outcomes for children.</p> <p>Data from the Healthy Child Wales Programme is also collected in a way that allows Welsh Government to track a child’s progress through the programme over time.</p>

4. Develop research capacity to drive improvements in children's health		
Recommendations	Progress	Evidence
The Welsh Government should encourage increased investment in research relating to child health across the pharmaceutical, medical, social sciences, youth justice and education domains.	 <i>Some progress made</i>	<p>We acknowledge there has been a strong commitment across the UK to strengthen research over the last two years, with the publication of the UK Life Science strategy in October 2017, launch of UK Research and Innovation in April 2018 and the establishment of Health Data Research UK. Whilst these initiatives are welcomed, a specific focus on child health research is urgently needed, to progress the science of paediatrics.</p> <p>During 2018, there was some encouraging activity relating to research in Wales. UK Research and Innovation (UKRI) confirmed its support for investment in research and innovation in Wales. The Children and Young Adults' Research Unit is encouraging an increase in the amount of pharmaceutical and medical research in child health, and has raised concerns about the current funding model for paediatric research. For the first time, a cross-party group on medical research has been established and we hope that this will create a platform for exploring these issues, leading to tangible changes.</p> <p>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 Welsh and UK Governments to make commitments now to ensure investment in research is prioritised.</p>
Health Education Wales and Health Boards should ensure protected time for clinicians to contribute to and support child health research.	 <i>No change</i>	<p>Health Education and Improvement Wales has now been formally established. It brings together key organisations with a joint role in leading the education, training development and shaping of the healthcare workforce in Wales. To date there has been no evidence of change with regards to this recommendation.</p> <p>This recommendation has been raised with the cross-party group on clinical research by a number of organisations including RCPCH and Cancer Research UK. This highlights the need for progress here, but also creates a new opportunity for collective working to do so.</p>
Higher educational institutions should ensure that faculty structures and career opportunities support careers and capacity development in child health research.	 <i>No change</i>	No change.
The Welsh Government should extend the Healthwise population survey to take responses directly from under 16s.	 <i>No change</i>	No change.

5. Reduce child poverty and inequality		
Recommendations	Progress	Evidence
<p>The Welsh Government should continue to extend the Flying Start project so all children living in poverty have access to the enhanced services and support it provides.</p>	<p> <i>Significant progress made</i></p>	<p>The Children, Young People and Education Committee at the National Assembly for Wales produced their report on Flying Start in February 2018. In particular, it noted the “limited extent to which outreach services were benefiting children in many local authorities in terms of number of participants” and that it “remains to be convinced that retention of the postcode allocation of resources is the most appropriate”.</p> <p>The Welsh Government responded to this, accepting or accepting in principle a number of recommendations and announcing extension of the outreach funding flexibility allocation from 5% to 10%. This flexibility will depend on whether the Local Authority is under the target number of children set for them by the Welsh Government (the CAP). Any Local Authority working at or beyond their CAP number is unlikely to have sufficient revenue available to support an extensive outreach service. This being the case, families can be assessed for other suitable services, including the Families First programme that provides support for parents, young people and families affected by disability.</p> <p>Although there has been substantial progress with action to extend the Flying Start project, there is widespread acknowledgement that there is still much more to be done to support children living in poverty. A review of the Flying Start programme is currently taking place. Learning from what works in Flying Start is helping to inform the Early Years Integration programme which is a priority action within the early years theme in Prosperity for All. Welsh Government is working to ensure the continued success of the Flying Start programme and to ensure it meets the changing needs of families across Wales.</p>
<p>NHS Wales and Public Health Wales should provide good quality, safe and effective prevention and care throughout the public health and healthcare services for children of all ages, with a particular focus on primary care in order to mediate the adverse health effects of poverty.</p>	<p> <i>Some progress made</i></p>	<p>In October 2018 the Welsh Government published A Healthier Wales, which sets out its vision for health and social care. We are pleased to see that A Healthier Wales contains a focus on prevention and public health. It also identifies children and young people as a priority, with pre-birth and the first 1000 days identified as the most critical time to influence healthy outcomes.</p> <p>We have reported elsewhere in this report on substantial action at the strategic level on early years, breastfeeding, mental health and obesity – with the emphasis on prevention in keeping with A Healthier Wales – which are key issues in the adverse health effects of poverty.</p>

6. Maximise women’s health before, during and after pregnancy		
Recommendations	Progress	Evidence
<p>The Welsh Government should develop a national strategy on infant feeding.</p>	 <p><i>Significant progress made</i></p>	<p>The Welsh Government created a task and finish group to review the issue of breastfeeding in Wales, which produced recommendations, including a recommendation for a national strategy. These were accepted in full by the Health Minister.</p> <p>RCPCH is part of an action group set up to implement the recommendations, which will take a two-phase approach, with phase one looking at service and phase two looking at population wide interventions. Public Health Wales are designing the objectives for the strategy. Although the strategy is not yet complete, we are seeing substantial progress here.</p> <p>We are also pleased to see Wales take part in the international becoming Breastfeeding Friendly Process during 2018. The programme aims to create an evidence based toolbox to help policy makers and guide development of national breastfeeding promotion programmes, as well as support scaling up breastfeeding programmes that are shown to be effective. Key recommendations have been made across eight gears of breastfeeding and will be reported in 2019. We anticipate that the evidence from this will inform the Welsh Government strategy.</p>
<p>The Welsh Government should mandate that all maternity services achieve and maintain UNICEF UK Baby Friendly Initiative Accreditation by January 2019.</p>	 <p><i>Some progress made</i></p>	<p>Previously, the Welsh Government set goals for Health Boards in Wales to achieve accreditation through the Unicef UK Baby Friendly Initiative (BFI) for hospital, community and neonatal services. We understand that not all Health Boards have achieved this.</p> <p>The recent Welsh Government task and finish group concluded that a quality assurance model is required to set and monitor standards, including an options appraisal with a cost benefit analysis. We are encouraged that this topic remains one of priority but further action is required to deliver this aspiration in full. We would express caution at the current risk of abandoning BFI with no certainty of an evidence-based replacement. RCPCH support a ‘Once for Wales’ approach and would encourage direct funding for BFI provided by the Welsh Government. We believe this is most aligned with the principles and objectives set out in A Healthier Wales.</p>

<p>The Welsh Government should set and monitor targets for increasing breastfeeding and reducing smoking in pregnancy and early childhood.</p>	 <p><i>Significant progress made</i></p>	<p>In the Tobacco Control Delivery Plan for Wales 2017-2020, the Welsh Government stated the percentage of pregnant women who are smokers at 36 weeks gestation as a key outcome with a baseline to be established for 2017/18, enabling data to be collected to provide an indicator. It also commits to greater support for pregnant women and their partners who want to quit. Welsh Government has also published Experimental Statistics: Maternity Statistics, Wales 2017-18 and we hope to see continuing progress over the coming year.</p> <p>The Welsh Government task and finish group looking at breastfeeding in Wales has now provided recommendations to the Health Minister. This included a recommendation for each strategic infant feeding lead to develop implement and monitor a local action plan informed by the All Wales action plan to meet local needs. Each Health Board will provide assurance of progress against the key performance indicators at annual performance boards.</p> <p>Health Boards are required to attend annual maternity performance boards, in which they report to the Welsh Government against a set of maternity indicators, including percentage of women breastfeeding and percentage of women who quit smoking during pregnancy. Health Boards are responsible for implementing initiatives to increase the number of women who breastfeed. Health Boards are also responsible for raising awareness of the dangers of smoking during pregnancy, working in partnership with Public Health Wales to (through the use of carbon monoxide monitors) identify those who are smoking during pregnancy and refer them to joint initiatives such as ‘Help me quit’.</p> <p>As maternity performance boards annual data is compared to previous years to identify where initiatives are working, Health Boards who need to improve their smoking and / or breastfeeding rates implement a local action plan to improve their rates for the upcoming year. The Chief Nursing Officer for Wales also writes to Chief Executives in each Health Board highlighting where they are exceeding expectation and areas in need of improvement.</p>
<p>Public Health Wales and Health Boards should provide local breastfeeding support that is planned and delivered to mothers in the form of evaluated, structured programmes.</p>	 <p><i>Some progress made</i></p>	<p>Health Boards currently have local initiatives in place to provide breastfeeding support. Each Health Board also has a peer support service in place, and a representative from this service attends the annual maternity performance board to report back on their progress.</p> <p>The Welsh Government task and finish group looking at breastfeeding in Wales has now provided recommendations to the Health Minister. This included a recommendation for each strategic infant feeding lead to develop implement and monitor a local action plan informed by the All Wales action plan to meet local needs. Each Health Board will provide assurance of progress against the key performance indicators at annual performance boards. The Health Minister accepted all of this and work is now underway via an action group to deliver on these recommendations.</p> <p>Wales is part of Becoming Breastfeeding Friendly (BBF) and some of the gears look at various elements of breastfeeding support. We look forward to seeing its full report in 2019 and expect the evidence from this international review project will inform delivery of services and a new breastfeeding strategy.</p>

<p>Public Health Wales should undertake a targeted awareness campaign promoting smoking cessation, breastfeeding, healthy weight in women of childbearing age and safe sleeping practices for babies.</p>	 <p><i>Significant progress made</i></p>	<p>The Healthy Child Wales programme includes an objective to ‘deliver key public health messages from conception to 7 years, so that families are supported to make long term health enhancing choices.’ Its universal components include key public health messages; smoking and substance misuse; prevention of sudden infant death syndrome; breastfeeding and healthy weaning; nutrition; obesity and physical activity; and baby safety. Smoking cessation targets during pregnancy are being established; an infant feeding task and finish group has been established; and an obesity strategy is being developed. Welsh Government has also launched the ‘Help Me Quit’ brand to pull together all resources and support for smoking cessation.</p> <p>It is important that delivery of these strategies and subsequent awareness campaigns continues to be prioritised to enable meaningful improvements in breastfeeding, smoking cessation and healthy weight during pregnancy.</p>
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7. Provide statutory comprehensive personal, social and health education, including sex and relationships education in all schools

<i>Recommendations</i>	<i>Progress</i>	<i>Evidence</i>
<p>The Welsh Government should take immediate steps to embed statutory and comprehensive personal, social and health education programmes (including sex and relationships education) across all primary and secondary schools. The new curriculum for Wales should use the Health and Wellbeing Area of Learning Experience to continue that approach.</p>	 <p><i>Significant progress made</i></p>	<p>A new curriculum is being developed for settings and schools in Wales, which will be available by April 2019 for feedback. A final version will be available in January 2020, and will be used throughout Wales by 2022.</p> <p>In May, Welsh Government published an update on the Areas of Learning and Experience (AoLE), setting out what matters. For health and wellbeing, this will include: influences on health and wellbeing, including healthy eating, physical activity and misuse of substances; how to make the right decisions; the importance of resilience, self-regulation, seeking support and developing positive relationships; how to manage conflict; how to recognise unhealthy relationships; and when and how to seek support.</p> <p>The recommendations of the Sex and Relationships Education (SRE) Panel chaired by Professor Emma Renold were accepted and SRE will be a statutory part of the new curriculum.</p>
<p>Estyn should inspect the provision of personal, social and health education programme within a robust framework.</p>	 <p><i>Some progress made</i></p>	<p>Estyn are currently working with the Organisation for Economic Cooperation and Development (OECD) to develop a new Self Evaluation for Improvement tool that schools will use and on which inspections will be based. This is the framework under which PSHE will be inspected in the future. We understand that wellbeing is a key strand of this development.</p>

<p>The Welsh 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>The National Assembly for Wales' Children Young People and Education (CYPE) Committee published its Mind Over Matter report in April 2018. The report recommended that emotional and mental health is fully embedded in the new curriculum, which was accepted by the Welsh Government earlier this year.</p> <p>One of the four purposes of the new curriculum is to support children and young people to become healthy and confident individuals. The four purposes will be at the heart of the new curriculum and are a starting point for all decisions on the development of the new curriculum and assessment arrangements. The mental and emotional wellbeing of learners is therefore being considered across all the Areas of Learning and Experience.</p> <p>In May 2018, the Welsh Government published an update on the Areas of Learning and Experience, setting out 'what matters'. There is no specific reference to bullying here and we look forward to seeing how mental health and wellbeing will be delivered in the new curriculum. The Ministerial Task and Finish group has met to support delivering the Mind Over Matter recommendations and the 'whole school approach' on mental health. We very much support this approach and expect to see substantial progress over 2019. A national youth stakeholder group is being established as part of this process.</p>
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8. Strengthen tobacco and alcohol control

Recommendations	Progress	Evidence
<p>The Welsh Government should pursue responsibility to implement minimum unit pricing on alcohol.</p>	 <p><i>Significant progress made</i></p>	<p>The Public Health Minimum Price for Alcohol for Wales Bill has received Royal Assent. The new minimum pricing regime is currently expected to come into force in spring 2019.</p>
<p>The Welsh Government should pass the Public Health (Wales) Bill and extend bans on smoking in public places to school grounds, playgrounds and NHS grounds.</p>	 <p><i>Significant progress made</i></p>	<p>This has been passed and the Public Health Wales Act is now law.</p>
<p>Public Health Wales should undertake sustained public health campaigns about the dangers of second hand smoke.</p>	 <p><i>Some progress made</i></p>	<p>Action area 4 of the Welsh Government's Tobacco Control Delivery Plan for Wales 2017-2020 is reducing exposure to second-hand smoke which includes action to de-normalise smoking, particularly around children and young people. The Help Me Quit brand has been launched to pull together information and resources on smoking cessation services in Wales.</p> <p>The new First Minister Mark Drakeford published a personal manifesto as part of his leadership campaign in which he proposed to substantially extend the types of outdoor areas where smoking would be made illegal.</p>
<p>Public Health Wales should protect services that help pregnant women stop smoking and ensure they are accessible to all.</p>	 <p><i>Some progress made</i></p>	<p>The Welsh Government has committed to greater support for pregnant women and their partners who want to quit in the Tobacco Control Delivery Plan for Wales 2017-2020.</p> <p>A steering group has been set up including Public Health Wales and local cessation services, looking at how the auto-referral is affecting quit numbers within the Health Board. The working group is looking at ways to encourage more women to access the service as many are still not accepting the offer of cessation once contacted. We would like to see evaluation from this and learning scaled up to all Health Boards.</p>

9. Tackle childhood obesity effectively

<i>Recommendations</i>	<i>Progress</i>	<i>Evidence</i>
The Welsh Government should develop and implement an evidenced-based childhood obesity strategy for tackling the current crisis and preventing further escalation.	 <i>Significant progress made</i>	The Public Health Wales Act compels the Welsh Government to design and deliver an obesity strategy. This had been expected in 2018, but there is now a launch date for a consultation in 2019. Conversations with Welsh Government have been positive and we have high hopes for a robust series of proposals to make a real difference on the obesogenic environment in which children live, on enabling healthy choices, on physical activity, data gathering and delivery of services for those children and families who really need them.
The Welsh Government should audit 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.	 <i>Some progress made</i>	Public Health Wales undertook an evidence review on this area to inform the upcoming Welsh Government obesity strategy. It has also been discussed at length at the Welsh Government obesity board, and we anticipate a further conversation on this issue as part of the consultation on the Welsh Government's healthy weight strategy.
Local authorities should carry out a public health impact assessment in all planning decisions and introduce 20 mph speed limits in built up areas, to create safe places for children to walk, cycle and play.	 <i>Significant progress made</i>	<p>Health Impact Assessments are now required of local authorities and other bodies in line with provisions in the Public Health Wales Act.</p> <p>We are pleased that Welsh Government now have welcome devolved power to legislate on 20mph speed limits as a default, and support for implementing this has been discussed at a roundtable event in the Senedd. A number of local authorities have increased 20 mph areas, including substantial rollout of the scheme in Cardiff, with further development planned.</p> <p>There is more to be done to secure 20 mph speed limits in all built up areas. RCPCH urges local authorities to take this opportunity to introduce 20mph speed limits to create safe places for children to walk, cycle and play and Welsh Government to introduce new rules to make this the default in built up areas across Wales.</p>
Public Health Wales should expand the Child Measurement Plan for Wales to measure children after birth, before school and in adolescence.	 <i>Some progress made</i>	We have discussed this at length with Welsh Government officials, and anticipate further discussion through the consultation on the Welsh Government's healthy weight strategy, with timely delivery to follow swiftly.
NHS Wales should ensure that all health care professionals can make every contact count by having difficult conversations with their patients (whatever their age) who are overweight or obese.	 <i>Some progress made</i>	We have discussed this at length with Welsh Government officials, and anticipate further discussion through the consultation on the Welsh Government's healthy weight strategy, with timely delivery to follow swiftly.

10. Maximise mental health and wellbeing throughout childhood		
Recommendations	Progress	Evidence
<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>The National Assembly for Wales' Children Young People and Education (CYPE) Committee published its Mind Over Matter report in April 2018, presenting the results of its inquiry into the emotional and mental health of children and young people.</p> <p>The report made a recommendation to ensure that everyone who cares, volunteers or works with children and young people is trained in emotional and mental health awareness, to tackle issues of stigma, promote good mental health, and enable signposting to support services where necessary. This should include working with professional bodies to embed training in initial qualifications and continuous professional development.</p> <p>The Welsh Government have accepted this in principle but stated that it is unrealistic to ensure that everyone who cares, works or volunteers with children and young people are trained. They signposted the Together for Children and Young People Programme which has developed a workforce framework (T4CYPGoodwork) which describes an indicative competency framework. The CYPE Committee rejected this response and a Ministerial Group has been set up to deliver a revised response, offering an opportunity to make significant progress on this recommendation.</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>

<p>The Department for Education and Skills should ensure that all schools make mental health support available to their pupils.</p>	 <p><i>Some progress made</i></p>	<p>The National Assembly for Wales' Children Young People and Education (CYPE) Committee published its Mind Over Matter report in April 2018, presenting the results of its inquiry into the emotional and mental health of children and young people. The report made a recommendation that Welsh Government undertake a review of the numerous emotional and mental wellbeing initiatives underway in Welsh schools, with a view to recommending a national approach for schools to adopt, based on best practice.</p> <p>The Welsh Government have accepted this in principle and indicated that there are numerous, varied interventions for schools to support emotional health and wellbeing, and schools are best placed to determine the needs of their school population, reflecting their different contexts, learner populations and needs. The Early Intervention Foundation (EIF) has rated the evidence for various programmes' impact and Together for Children and Young People has also collated a list of evidence based education interventions. A Ministerial Group has been set up to deliver a response, offering an opportunity to make significant progress on this recommendation.</p> <p>Welsh Government is piloting new In-Reach work in three Health Board areas, with Child and Adolescent Mental Health (CAMHS) practitioners working directly with school staff to help staff look after their own wellbeing and giving them tools to better support pupils.</p>
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11. Tailor the health system to meet the needs of children, young people, their parents and carers

<i>Recommendations</i>	<i>Progress</i>	<i>Evidence</i>
<p>NHS Wales should involve children and young people in the development of services designed for them.</p>	 <p><i>Significant progress made</i></p>	<p>RCPCH has supported the NHS Wales Patient Reported Outcome Measures (PROMs), Patient Reported Experience Measures (PREMs) and Effectiveness Programme to find ways of engaging with children and young people to collect data from them to inform future service development.</p> <p>Following Welsh Government support of Abertawe Bro Morgannwg University Health Board and their pioneering Children's Rights Charter, RCPCH are pleased to see continued support for the foundation of similar groups across other Health Boards in Wales and a number of Health Boards now have Youth Boards.</p> <p>Other important activity here has included children and young people presenting at the Public Health Wales conference, and the election of members to a Youth Parliament for Wales, creating a forum for children and young people to feed in to decision making.</p> <p>RCPCH anticipates continued opportunity for children and young people to have a voice as a central part of delivering the vision set out in A Healthier Wales.</p>
<p>NHS Wales should ensure better transitions from child to adult services, involving children and young people in planning the change.</p>	 <p><i>Some progress made</i></p>	<p>Welsh Government will meet with the Children's Commissioner and other key stakeholders early in the new year to discuss how best to approach transition in healthcare.</p> <p>The Children's Commissioner has published the Don't Hold Back report on children with learning disabilities. It contained a recommendation for the Welsh Government to issue updated guidance on multi-agency transition planning for young people with learning disabilities that includes a requirement to ensure that young people play an active and central role in planning for their transition to adulthood.</p>

<p>NHS Wales should provide every child and young person with a long-term condition with a named doctor or health professional.</p>	 <i>Some progress made</i>	<p>The Welsh Government has a Primary Care Model of seeing the right professional at the right time, and all children should have a named GP, or hospital consultant for serious matters.</p>
<p>NHS Wales should support all Health Boards to ensure that clinical teams looking after children with known medical conditions make maximum use of tools to support improved communication and clarity around on-going management, for example the use of epilepsy passports or asthma management plans where appropriate.</p>	 <i>No change</i>	<p>No change.</p>
<p>Health Education Wales should fund mandatory child health training for all GP trainees.</p>	 <i>No change</i>	<p>Health Education and Improvement Wales (HEIW) brings together key organisations with a joint role in leading the education, training development and shaping of the healthcare workforce in Wales. To date there has been no evidence of change with regards to this recommendation.</p> <p>As HEIW become fully operational we anticipate progress on this recommendation as part of their function to identify needs in the medical workforce.</p>

12. Implementing guidance and standards

<i>Recommendations</i>	<i>Progress</i>	<i>Evidence</i>
<p>NHS Wales and Public Health Wales should work together to support Health Boards to provide quality health and care services and support them to implement guidelines and standards.</p>	 <i>Some progress made</i>	<p>In October 2018 the Welsh Government published A Healthier Wales, which sets out its vision for health and social care. This Plan includes a welcome commitment to develop a new workforce strategy for health and social care in Wales, which includes planning for new workforce models. There have also been welcome conversations with the Welsh Government with regard to implementing the RCPCH Facing the Future standards.</p> <p>RCPCH encourage NHS Wales to take this opportunity and make progress on this recommendation. Progress here would have full support of RCPCH through best practice examples and re-establishment of a remote and rural special interest group to consider models for delivering standards in non-urban areas.</p>

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