

Report to:	Overview and Scrutiny Committee (Children's Services and Safeguarding)	Date of Meeting:	10 July 2018
Subject:	Public Health Annual Report 2017		
Report of:	Head of Health and Wellbeing	Wards Affected:	(All Wards);
Portfolio:	Cabinet Member -Health and Wellbeing		
Is this a Key Decision:	No	Included in Forward Plan:	No
Exempt / Confidential Report:	No		

Summary:

To present the Annual Report of the Director of Public Health 2017.

Recommendation(s):

Overview and Scrutiny Committee (Children's Services and Safeguarding) is asked to receive the annual report of the Director of Public Health and note its contents.

Reasons for the Recommendation(s):

The report is a statutory independent report of the Director of Public Health and identifies key issues affecting health in the Sefton population.

Alternative Options Considered and Rejected: (including any Risk Implications)

N/A

What will it cost and how will it be financed?

(A) Revenue Costs

No direct costs associated with the report.

(B) Capital Costs

No direct costs associated with the report.

Implications of the Proposals:

Resource Implications (Financial, IT, Staffing and Assets): No implications
Legal Implications: Legal Section 73B (5) and (6) of the National Health Service 2006 Act, inserted by section 31 of the Health and Social Care Act 2012, provides that the Director of Public

Health must produce an annual report and the local authority must publish the report.

Equality Implications:

There are no equality implications

Contribution to the Council's Core Purpose:

Protect the most vulnerable: *Raises the profile and the issue of mental health and well-being within the context of children and young people.*

Facilitate confident and resilient communities: *Shows partnership working to tackle the issue of poor mental health and well-being, showing what is being done to tackle it.*

Commission, broker and provide core services: n/a

Place – leadership and influencer: *Highlights the work of professionals and the community and voluntary sector as leader of change regarding mental health and well-being within Sefton.*

Drivers of change and reform: *Highlight works taking place within Sefton, as a catalyst for change.*

Facilitate sustainable economic prosperity: n/a

Greater income for social investment: *Showcases work with the community and voluntary sector to strengthen a collaborative approach to the issue.*

Cleaner Greener: n/a

What consultations have taken place on the proposals and when?

(A) Internal Consultations

The Head of Corporate Resources (FD.5191/18.) and Head of Regulation and Compliance (LD.4415/18) have been consulted and any comments have been incorporated into the report.

(B) External Consultations

Engaged with partners, schools, community, voluntary and faith sector, Sefton pupils and community volunteers regarding the subject matter.

Implementation Date for the Decision

Immediately following the Committee meeting.

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Appendices: There are no appendices to this report

Background Papers: There are no background papers available for inspection.

1. Introduction/Background

1.1 The Director of Public Health (DPH) is required to produce an independent annual report on the health and wellbeing of their population highlighting key issues.

1.2 It is an important vehicle by which the DPH can identify key issues, celebrate success, flag up problems, report progress and, thereby, serve their local populations. It will also be a key resource to inform local inter-agency action.

1.3 Aims of the Report

- Contribute to improving the health and wellbeing of local populations.
- Reduce health inequalities.
- Promote action for better health, through measuring progress towards health targets.
- Assist with the planning and monitoring of local programmes and services that impact on health over time.
- Be relevant to the health of local populations with information analysed at the most appropriate population level.
- Must be integral to planning across all sectors and needs to promote action.
- Should include a clear set of recommendations that are targeted, realistic and achievable (SMART).

2. Key findings

2.1 This year's annual report, which been produced as a short film to explore the emotional wellbeing and mental health of children and young people and the services and resources which are available to support them. The film recognises the importance of building resilience, promoting good mental health and wellbeing, and enabling children and young people to live healthier, happier lives long into adulthood.

2.2 There is no single reason why children and young people experience problems with their mental health. Growing up in challenging home environments such as living in poor quality and overcrowded housing or living in a chaotic home environment can all have a negative impact on mental health and wellbeing. Some other risk factors include; having a disability, being a looked after child or a young carer, not being in education, employment or training, being exposed to domestic abuse or having a parent with mental health problems.

2.3 In Sefton, there are more people from most of these vulnerable groups, when compared to the national averages. We know that experiencing mental health problems before the age of 14 can affect educational attainment, physical health and impact on social relationships; therefore, leading to poorer outcomes in later life. Investing in early intervention programmes to develop emotional resilience will enable children and young people to be able to cope better with difficult circumstances and do well in school and in life. This could help to reduce and

prevent potential problems from developing to crisis point and lead to less use of health and social care services in the future.

- 2.4 We are working in partnership with others to create the right conditions and environments to promote and improve the mental health and wellbeing of children and young people. As featured in the film, leisure and cultural activities (which encourage children and young people to talk about their feelings and emotions in a safe place) are delivered by schools, Council and community based organisations such as Big Love Sista, Litherland Moss Primary School, Merseyside Youth Association SPACE, Well Young Person Team and Y-Kids. In addition to this community and voluntary groups such as sports and dance groups, Scouts and Girl Guiding groups also play an important role in supporting the mental health of children and young people.
- 2.5 However, to make a *real* difference, it needs to continue to be everybody's responsibility. If you are a local business, a service provider, policy maker, teacher, carer, friend or a family member; we all have a role to play to create a caring, supportive system that will make children and young people feel safe, happy and improve their lives.
- 2.6 The Council and partner agencies have established a steering group to drive forward improvement of the emotional health and wellbeing of children and young people in Sefton. The group has been tasked by the Sefton Health and Wellbeing Board with developing strategic approaches to transform systems and services to improve outcomes. It has been recognised as being innovative and effective by OFSTED because of the input from schools into the partnership.
- 2.7 The full film can be seen at www.sefton.gov.uk/PHAR

3 Conclusions

- 3.1 Sefton Public Health has committed to developing a local programme to support the emotional health and wellbeing of children and young people (particularly those at highest risk) over the next two years.by:
- 1 Working with partners and interested stakeholders to extend and promote good mental wellbeing in schools and communities, making sure that activities to help children and young people to develop mental resilience skills are available and used to their full potential.
 - 2 Taking a collaborative approach to deal with Adverse Childhood Experiences (ACEs) and reduce their impact on young people and their families/carers.
 - 3 Further develop and widen the availability of suicide prevention training to specifically cover children and young people, making sure that it is available throughout Sefton.