

CHILD AND ADOLESCENT HEALTH AND WELLBEING ACTION PLAN

Directorate for Children and Families Scottish Government



Ambitions

Health and wellbeing
as a right not just
'right thing to do'

Equalities

Voices of children,
young people,
families and
communities

Break down silos –
build on existing
work

10 years -
transformative

Child and family
centred approach –
embedding GIRFEC

Prevention in the
broad sense

Whole life approach



Safe:
Unintentional injuries
in under five-year-olds

For every **100** children
1 under 5 years,
will have an emergency
admission for an
unintentional injury

Rates are 50%
higher in the
most deprived
areas than the
least deprived



Healthy:
Child obesity in primary 1

1 in
10 children
in primary 1 are at
risk of obesity

Children in the
most deprived
areas are at twice
the risk of obesity
as those in the
least deprived



Included:
Children in low-income families

18% of children
in Scotland live in
low-income families

This varies from
1 in 3 in
Glasgow City to
1 in 14 in the
Shetland Islands



Healthy:
Infant deaths

For every
1,000 babies born,
nearly 4
die before their
first birthday

Rates are 50%
higher in the
most deprived
areas than the
least deprived



Nurtured:
Babies exclusively
breastfed at 6–8 weeks

28% of babies
are exclusively
breastfed at 6–8 weeks

Rates are nearly
3X higher in the
least deprived
areas compared
with the most
deprived



Healthy:
Women smoking
during pregnancy

Around **1**
in **6 women**
reports smoking
during pregnancy

This varies from
1 in 3 in the most
deprived areas
to 1 in 22 in the
least deprived



Active:
Active travel to school

Half of children
travel to school in
an active way

This varies from
68% in the City
of Edinburgh to
17% in Eilean Siar



Achieving:
School leaver attainment

3 of every
5 young people
leave school with at least
one level 6 qualification

In the most
deprived areas
this falls to 2
out of every 5



Responsible:
Young people in prison

3 in every **1,000**
young people
aged 16–25
are in prison at any given time

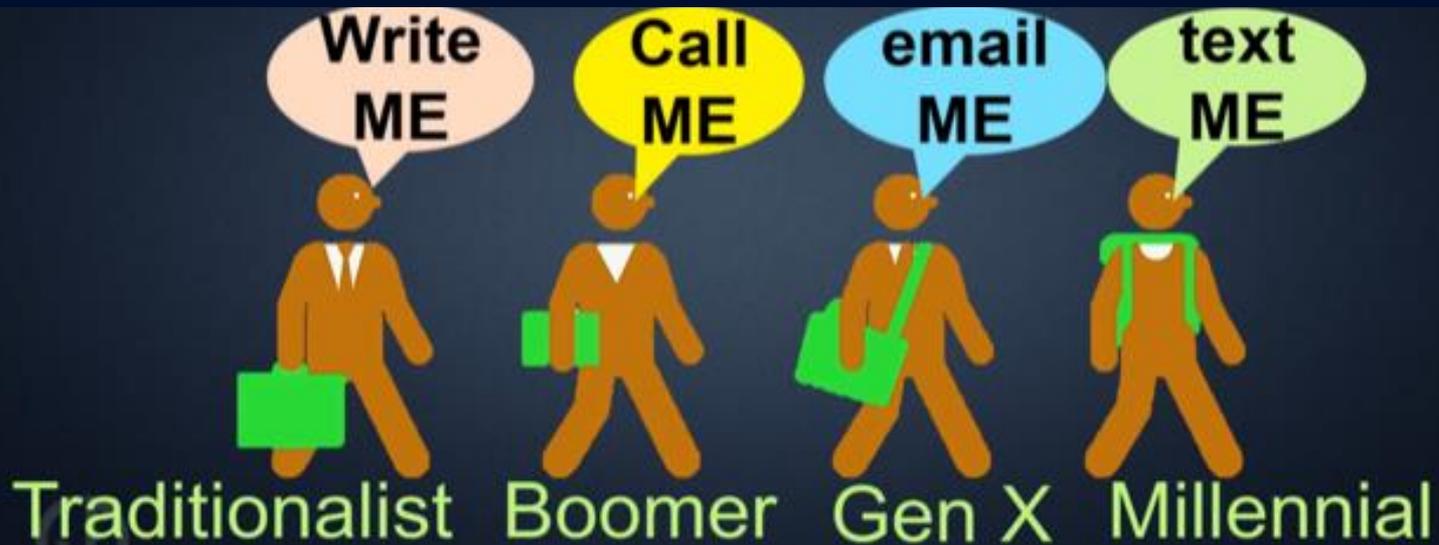
Rates are 17X
higher in the
most deprived
areas than the
least deprived



Children and Young People's Profile

Vast Changes are happening

FOUR GENERATIONS WORKING ALONGSIDE WHO ARE ALL VERY DIFFERENT IN THE WAY THEY GREW UP COMMUNICATION



From mesjms 'Did you know?' youtube video

Strong evidence of
Need – what will make
the biggest difference

Voices of children,
young people, families
and communities

Priorities for
Actions

Tackling inequalities –
social determinants

Opportunities for
change

Measuring progress – strategic and individual actions.
Informs Future Actions

Aim of the Action Plan

What is the aim of the Action Plan?

To develop a series of actions, focussed on health and wellbeing, over 10 years that will lead to improvements in outcomes for children and young people.

It will have the following core principles:

- Rights based approach
- Equalities
- Prevention is paramount
- GIRFEC means not putting people in boxes.
- Voices of communities and families

How does the Action Plan add value to the current landscape of policies, services, Action Plan and Strategies? What is different?

By providing a focus, by making links to make sense of a the landscape. To provide further emphasis on the importance of cross cutting, collaborative work.

DRAFT: Actions – Our Themes

Parents/carers and the wider environment

Guide me - during times of change in my life

- Children and young people's health and wellbeing is supported through periods of change: service to service, age group to age group

Connect me – help me form relationships that support my health and wellbeing

- Enabling children and young people to build personal and professional relationships which support their health and wellbeing

Empower me – help me to care for my mental and physical health

- Giving children and young people the tools and opportunities to support their own mental and physical health equally

Support me – provide the right help, at the right time, in the right place

- Removing barriers to each service to get it right for every child

Involve me – Listen to my voice and demonstrate its impact

- Children and young people are part of the processes and the decisions that affect them at every level



Included

Safe

Respected

Healthy

Responsible

Active

Achieving

Nurtured

Involve me

Guide me

Connect me

Support me

Empower me

Taking into Account the Wider Context

Feedback on our themes –

- Child centred focus is positive but need to take into account the wider context
- This includes the child/young person's family and immediate environment but also includes structural determinants such as inequality and poverty

Discussion

- What are the potential barriers/challenges?
- What do we need to do to ensure this is a success?
- What opportunities does it give us to help provide a focus to move towards a more cohesive approach?
- How can it help align current policies, where are the gaps, what would be the most significant action?

Contact Us

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