

## Health & Wellbeing Board Sub Group Pro-forma

11<sup>th</sup> January 2019

<b>Name of Sub Group:</b>	Start Well Board	<b>Chair of Sub Group:</b>	Cllr Jane Baugh Executive Member for Children and Young People	<b>Responsible Officer:</b>	Helen Gollins Public Health Consultant Trafford Council
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	Strategic Priority	Actions for delivery	Expected Outcome	Timeline for delivery
<b>1</b>	<b>Healthy Weight</b> <ul style="list-style-type: none"> <li>Provide strategic leadership to ensure that Trafford is a place that creates an environment that supports healthy choices.</li> <li>Ensure that children, young people and their families receive appropriate support and interventions to achieve and maintain a healthy weight.</li> <li>Completion of the National Child Measurement Programme with above average uptake</li> <li>Documented service offer for children and families as being overweight, obese or underweight identified through the NCMP</li> </ul>	Develop and implement a Healthy Weight Strategy for Trafford, which includes policy developments and impacts on the wider determinants of health, i.e. education, licensing and environment.	<ul style="list-style-type: none"> <li>Prevalence of overweight and obese as measured by NCMP</li> <li>Reduction in levels of obesity and overweight children in reception and Year 6</li> </ul>	Meeting to discuss development of strategy and related policies to be arranged.
<b>2</b>	<b>Physical Activity</b> <ul style="list-style-type: none"> <li>Provide strategic leadership to secure system change for physical activity and sport for children and young people.</li> <li>Ensure that children aged 0-4 have the best active start in life with physical literacy prioritised as a central feature of Start Well.</li> <li>Make Trafford the best place in England for children, young people and young adults aged 5-19 to grow up, developing their life chances through a more active lifestyle, with a focus on reducing inequalities.</li> </ul>	Engage with Sports and Physical Activity Partnership to determine current activity and where the board could influence.	<ul style="list-style-type: none"> <li>% of children aged 5-15 meeting national physical activity guidelines (At least 60 minutes (1 hour) of moderate to vigorous intensity physical activity (MVPA) on all seven days in the last week)</li> <li>% of Trafford children aged 2-15 who are active or fairly active</li> </ul>	Sports and Physical Activity Officer has joined Board. January meeting received presentation from Trafford Leisure. Ongoing engagement from the Board.
<b>3</b>	<b>Improving mental wellbeing and resilience (including Adverse Childhood Experiences)</b> <ul style="list-style-type: none"> <li>Provide strategic leadership to support good mental health and improved resilience amongst our 0-19 year's population.</li> <li>Improve child mental health, and ensure parity of esteem with</li> </ul>	Engage with Trafford's Mental Health Partnership to: <ul style="list-style-type: none"> <li>review current practice</li> </ul>	<ul style="list-style-type: none"> <li>% of schools and college in the borough participating in recognised whole</li> </ul>	Ongoing

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	<p>physical health.</p> <ul style="list-style-type: none"> <li>• Shift the focus of care to prevention, early intervention and resilience and deliver a sustainable mental health system for children and young people.</li> <li>• Support a whole systems approach that includes involvement from the independent and third sector, to improve the mental health and wellbeing of individuals and their families.</li> <li>• Support the most vulnerable children and young people to help reduce the risk of developing poor mental health, and those with existing mental health conditions from deteriorating further. The Start Well Board with strengthen the existing approach to supporting people with complex needs with a particular focus on inequalities.</li> </ul>	<ul style="list-style-type: none"> <li>• identify gaps in the evidence</li> <li>• Develop actions to address these gaps and provide evidence and feed into the development of local transformation plans</li> </ul>	<p>school / college programme</p> <ul style="list-style-type: none"> <li>• Hospital admissions as a result of self-harm (10-24 years)</li> <li>• % of children and young people screened for Childhood Experiences in education, health and social care assessments.</li> </ul>	
<b>4</b>	<p><b>School Readiness</b></p> <ul style="list-style-type: none"> <li>• Provide strategic leadership to secure system change for improving rates of school readiness across Trafford.</li> <li>• To increase the number of children who are ready for school and to reduce the gap between all children and children who receive free school meals.</li> <li>• To meet or exceed the national average for the proportion of children reaching a 'good level of development' by the end of reception</li> </ul>	<p>Develop and monitor a Trafford Readiness to School Action Plan and place based focus locality plans.</p>	<ul style="list-style-type: none"> <li>• increase the number of children who are ready for school</li> <li>• reduce the gap between all children and children who receive free school meals</li> </ul>	<p>A robust, multiagency, School Readiness plan for Trafford Borough and specific place based plans for North Locality and Partington are being implemented and monitored. Objective is to improve the proportion of children who are school ready and reduce the inequalities by 2023.</p>
<b>5</b>	<b>Contribution to HWB Priorities</b>	To work with the Alcohol		

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	<ul style="list-style-type: none"> <li>To reduce alcohol related harm</li> <li>Substance misuse</li> </ul>	<p>Steering Group to review alcohol related admissions for young men aged under 18 years in Trafford and develop an action plan to halt and reduce this trend.</p> <p>The board to receive information about substance misuse in Trafford.</p>	<ul style="list-style-type: none"> <li>Alcohol related admissions for males aged under 18 years reduces.</li> </ul> <p>Board assurance about prevalence and service offer/response.</p>	<p>Delayed until March meeting</p> <p>Board receive presentation from Public Health Intelligence and Commissioning and were assured.</p>