

Healthy Children, Healthy Future

Annual Report of the Director of Public Health for Hackney and the City of London



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Introduction from Dr Penny Bevan, Director of Public Health

Healthy, happy children and young people are a sure sign that a community invests in its future. Giving every child the best start in life is crucial to reducing health inequalities and is one of the most important public health responsibilities for Hackney and the City of London.

The foundations for a healthy life are laid in the early years. Getting it right for children at this stage can improve every aspect of a child's physical, intellectual and emotional development and is much more effective than responding to problems later.

In October 2015, the responsibility for public health services for children from birth up to the age of five years old transferred from NHS England to local authorities, completing the transfer outlined in the Health and Social Care Act 2012. This means we now have responsibility for prevention and public health services for all children and young people - starting with the health of mothers before a child is born up until a young person's 19th birthday, and beyond for the most vulnerable. For that reason, this report focuses on the theme of children and young people, but we continue to work to improve health for people of all ages, and some of our key achievements in that area are outlined in the final chapter.

Our responsibility to our youngest residents is an exciting opportunity for us to carefully examine how the needs of children and their families change as the child develops, and provide comprehensive services that meet those changing needs. This report focuses on how we are responding to that challenge and focusing our resources on children and young people. It outlines the work we are doing with our partners to ensure that every child in Hackney and the City of London gets the best start in life and has the opportunity to fulfil their potential.

The City of London has also published a Children and Young People's Plan, which sets out a vision to ensure the City is a safe place for them to live, enjoy, work and learn. We worked and consulted with children and young people, families, and partner agencies to identify what is important and how to respond.

On a national level, there are many concrete steps that have been proven to work to improve children's health; we are delivering those interventions and expanding on them where we know our residents have greater needs. We deliver the government's Healthy Child Programme and are going beyond what is required by offering additional health visits at home to those who need them. We are working to make sure all new parents feel supported, by designing comprehensive information packs and offering the dedicated support of a Family Nurse for young, first-time parents.

Childhood obesity remains one of our biggest challenges. We are moving in the right direction, albeit slowly. The causes of obesity are extremely complex so we are tackling the problem on many levels, working with parents, schools, retailers and early years providers to encourage families to eat well and move more. Children and young people in Hackney live in a borough with lots of green space and lots of opportunities and activities provided through our excellent youth service, Young Hackney. I am confident that we will continue to make significant progress.

Adolescents in Hackney and the City of London face some challenging disadvantages that come with inner city life, but are benefitting from excellent education opportunities and dedicated schemes to help them find work. Adolescence is a time when young people can develop problems with alcohol, smoking, drugs or risky sexual behaviour. It is our job to provide young people at this time in their life with the skills and information they need to avoid these risks and establish life-long healthy behaviours. Our young people's health services provide prevention, health education and outreach alongside high quality clinical services in a way that young people have said works for them.

Looking after a young person's mental health is important at every age, and this is a theme that runs through every chapter of this report. We are working with our colleagues in the City of London and Hackney Clinical Commissioning Group (CCG), local hospitals, schools, the local mental health trust and many excellent voluntary sector organisations to ensure the right support is on offer at all ages for children, adolescents and their families.

Successful partnerships are vital if we are to deliver sensible and co-ordinated services for young people. There are so many influences on a young person's life from what they see on television and the internet, to what they are given for lunch at school; only by working together with other teams in the Council and with external organisations can we make the biggest impact. I'd like to thank all our partners, providers, advisers, service users and the members and Chairs of the Health and Wellbeing Boards for their continued support.

Public health is now settling down into its new home in local government. There have been significant challenges, and there are more on the horizon, but the teams in Hackney and the City of London have risen to them. The last year has seen the public health team focus on forging strong partnerships, expanding their expertise, setting new high standards of quality and professionalism and sharing best practice with the sector. I'd like to thank my team for working hard to deliver the ambitious projects set out in this report. I was proud to be able to showcase innovative work from both Hackney and the City of London at the Faculty of Public Health conference and the Public Health England conference.

Finally, I'd like to take this opportunity to acknowledge the contribution of all of public health's partners in Hackney and the City of London who are striving to make a difference to the health of our residents, and particularly those who are working to give our youngest residents the best start in life.

1. A profile of young people in Hackney and the City of London

Hackney is a relatively young borough, with one in four residents aged under 20 years old. There are 65,300 children and young people in this age group out of a total population of 265,300 residents. [1] The number of young people is forecast to rise by 6% over the next five years. Growth is predicted to be greatest in the north of the borough where fertility rates¹ are higher amongst Charedi families, with large numbers of young children. [1] The fertility rate in the north east of the borough is around twice the average in Hackney and in England. [2]

In contrast, while the City of London has a large working population of 360,000, its resident population is far smaller at only 8,200 people. [3] [1] Of these residents there is a high proportion of young adult men, but relatively few children, with only 1,100 aged under 20 years old. [1] The fertility rate is lower than the Hackney, London or England averages, yet the number of children and young people is still predicted to rise by 27% over the next five years. [2] [1]

Figure 1: Age structure of Hackney, the City of London and England (2015)



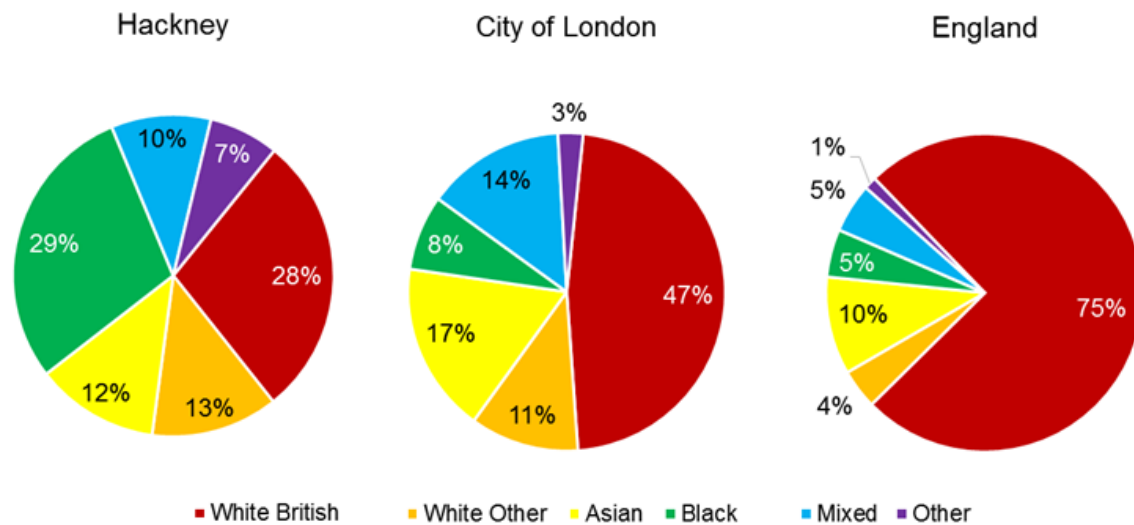
Source: 2015 mid-year population estimates, Office for National Statistics

Hackney is a densely populated and ethnically diverse inner London borough. Fewer than half of those aged under 20 years old identify as White. The most common ethnic group in Hackney's young people is White British (28%), followed by Black African (15%), Other White² (12% - of which the largest subgroup is Turkish) and Black Caribbean (8%). The City of London is less ethnically diverse than Hackney, but this is changing in the younger generation with 60% of children and young people identifying as White, compared to 80% of its whole population. [3]

¹ General fertility rate = number of live births per 1,000 women aged 15-44 years old

² 'Other White' includes those self-reporting as White but not White British, White Irish or Gypsy/Irish Traveller. Across Hackney's whole population, Turkish forms 15% of 'White Other' census responses

Figure 2: Ethnicity of 0-19 year olds of Hackney, the City of London and England (2011)



Source: 2011 Census, Office for National Statistics

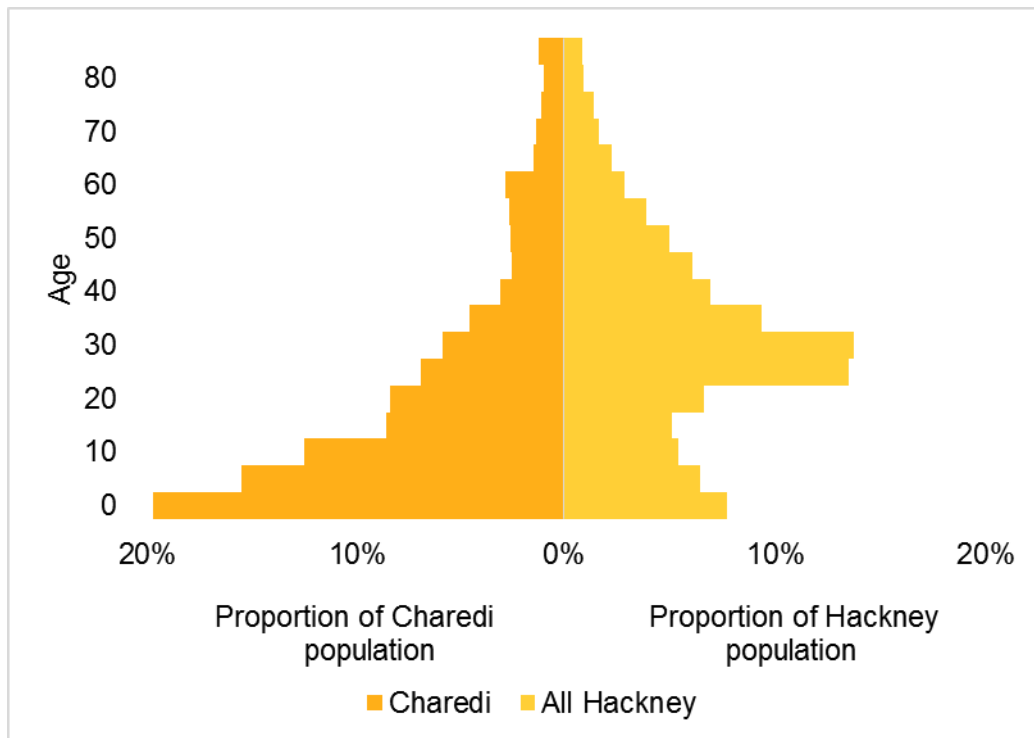
International migration into Hackney, the City of London and the whole London region is similar with almost 40% of residents having been born outside of the UK. This is almost three times the national average. [3] One in five of Hackney’s children and young people (aged 3-15 years old) report that English is an additional language to them, and Turkish is the most common first language after English. [3] However, three quarters of children who have English as an additional language speak English well or very well. One in 10 children and young people in the City of London do not count English as their first language, and this falls to one in 20 nationally.

According to the 2011 census, the most common religious beliefs in young people in Hackney are Christianity, Islam, Atheism and Judaism; in young people in the City of London, they are Christianity, Atheism and Islam. These are also the most common religious beliefs reported in the Census across England, with the exception of Judaism, with only 0.5% of respondents nationally identifying their religion as Jewish. [3] A high proportion of Hackney’s young people are Jewish and, in particular, belong to the Charedi Orthodox Jewish community³ which is centred in Stamford Hill, covering the north east of the borough. Local calculations suggest that around one fifth of under 19 year olds in Hackney belong to the Charedi community. [4] Both Hackney and the City of London also have a higher proportion of young people identifying as Muslim than is seen nationally. [3]

Surveys have shown that the vast majority of Hackney residents (90%) say it is a place where people from different backgrounds get on well together, which is higher than national surveys. [5] Overall, residents’ satisfaction with Hackney as a place to live is now higher than most other local authorities in England. Similarly, over 90% of residents, workers, executives and businesses reported being satisfied with the City of London as a place to live, work and run a business in a survey conducted in 2013. [6]

³ The term ‘Charedi’ has come to be used to describe strictly Orthodox Jews as it does not imply any criticism of other religious statuses

Figure 3: Age structure of the Stamford Hill Charedi community in comparison to the total Hackney population (2011 estimate)



Source: Counting Hackney’s Population Using Administrative Data: An analysis of change between 2007 and 2011. Mayhew, L, Harper, G, Waples, S. 2011

Inequality and deprivation moving in the right direction

Of all the local authorities in England, Hackney has seen the largest decrease in the proportion of its neighbourhoods classified as highly deprived, falling from 42% in 2010 to 17% in 2015. Hackney is now the 11th most deprived local authority district out of 326 in England⁴. [7] Furthermore, while the proportion of children living in low-income families has remained relatively constant across England, there has been a fall across London and a marked reduction in Hackney where the rate has fallen from 49% in 2007 to 28% in 2013. [8] Despite these trends, social inequality persists and creates health inequality and significant challenges for the mental and physical health and wellbeing of Hackney residents. [9]

Conversely, the City of London was ranked as the 96th most affluent local authority district out of 326 in England. [7] The proportion of children living in low-income families halved from 22% to 10% between 2007 and 2013, meaning the City now outperforms the London and national averages. However child poverty still exists in the City of London. The rate varies widely from 38% of children living in low income families in Portsoken ward to 3% in Farringdon ward in 2013. [10]

Across England, life expectancy is lower in areas of greater deprivation. [9] While men in Hackney still have a lower life expectancy than the national average, life expectancy for women in Hackney has

⁴ Rank of average score in the Index of Multiple Deprivation

increased to close the gap with the England average. The City of London has experienced a higher life expectancy for both males and females than across London and across England for many years. [8]

Hackney has seen its child mortality rate decrease from 27 per 100,000 in 2008-10 to 15.8 per 100,000 in 2012-14⁵. [11] There have been fewer than five child deaths in the City of London in the last five years⁶. Hackney had 5.6 infant deaths per 1,000 live births in 2012-14, while the City of London had

BOX: Child Death Overview Panel

The City and Hackney Child Death Overview Panel (CDOP) was set up to identify issues and trends, and make sure that every possible action is taken to prevent child deaths and improve the health and safety of children. Since its launch in 2008, the multidisciplinary panel has reviewed the deaths of 235 children and young people.

In 2016 the City and Hackney Safeguarding Children Board (which includes the work of the CDOP) became the first and only Local Safeguarding Children Board to receive an Outstanding Ofsted rating. The report stated: 'Arrangements for the review of child deaths are highly effective. The Child Death Overview Panel is well attended by the right professionals and has clear terms of reference.'

In 2015/16, the CDOP reviewed 22 deaths; half of these occurred within the first 28 days of life and 86% occurred within the first year of life (up from 66% in 2014/15). Eleven cases were defined as unexpected deaths.

The CDOP intervenes when it identifies broader trends. During 2015/16 its actions included:

- highlighting the need for additional safety nets in GP and Outpatient correspondence to advise school nurses of children who may need unexpected emergency care in the school setting
- sending leaflets with choking safety messages to nurseries, play groups and childminders
- continuing to refer parents and siblings to genetic screening and counselling where relevant
- continuing to provide universal vitamin D supplementation for pregnant women and children aged under four years old through the 'A Healthy Start for All' programme

none. [12]

[Hackney's children are ready for school](#)

The 27-month review is a national scheme to assess seven different areas of children's development to indicate how ready they are for school. Children's outcomes in the review are usually correlated with parental income but Hackney's children performed as well as, or better than average in all seven areas, despite its level of deprivation. [9] In 2015/16, 69% of child reviews in Hackney achieved a good level of development, in line with the London and England averages. [8] In the City of London in

⁵ The rate is calculated over a three year average due to the small numbers involved

⁶ Exact number suppressed due to the small numbers involved to prevent patient identification

2015/16, 79% of children achieved a good level of development, statistically in line with the London and England averages (due to the small number of pupils). [8]

Since 2009/10, Hackney's performance has improved faster than the England average in terms of the percentage of pupils achieving five A*- C grades including mathematics and English. From being statistically similar to England five years ago, Hackney now outperforms the England average by almost seven percentage points. The proportion of pupils achieving five A*- C grades including Mathematics and English in Hackney has increased from 55% in 2009/10 to 60% in 2014/15. [13] In national comparisons of education, skills and training outcomes, Hackney is in the top half of local authorities in the country, outperforming 197 local authorities. [7] On the same ranking, The City of London comes third.⁷

As young people move on from school, the majority go on to further education or find employment. In 2015, Hackney had significantly fewer 16-18 year olds not in education, employment or training (NEET) than the national average (3% versus 4%) and there were no 16-18 year olds in the City of London classed as NEET. [8]

⁷ However, given the very few schools in the City of London and that most children will attend some of their schooling outside of the borough, this data must be viewed with caution

2. Early intervention for a healthy start

Early Years health service for Hackney and the City of London

Getting it right for children in their early years is crucial to reducing health inequalities throughout a person's life. The foundations for many aspects of human development are laid in early childhood. Because of this, Hackney and the City of London have a strong focus on the early years, working with mothers-to-be and families to ensure the best and healthiest start for babies.

In October 2015, the responsibility for public health services for children from birth up to five years transferred from NHS England to local authorities. We are now able to design joined-up public health services for children from birth right up to the age of 19 years old (and up to the age of 25 years old for young people with Special Educational Needs, a Disability or those with additional vulnerabilities).

The Healthy Child Programme (HCP) is a national, universal programme to improve the health and wellbeing of children in England, through health and development reviews, health promotion, parenting support, and immunisations.⁸ In addition to the HCP, Hackney and the City of London deliver a number of other tailor-made projects, programmes and services for local children and families. These include supporting maternal mental health, providing opportunities for physical activity, and increasing healthy eating. These are delivered with partners from a range of organisations and in lots of different, accessible places so that it is easy for parents to benefit from services that their family needs.

Our responsibility for children in their earliest years has created the opportunity for us to design a new health service to provide regular health and development reviews. Health visitors review children at key stages in their lives to ensure that all babies and children are healthy and developing normally. The service covers becoming a parent, maternal mental health, breastfeeding, healthy weight, managing minor illness and accident prevention, and healthy two year olds and school readiness. Reviews can take place in the family home, children's centres and GP surgeries, and support children to be happy, healthy and ready to learn by the time they are of school age.

BOX: Doing what our mums told us

Feedback from mums who used services in the past was key to the new early years' health service design and delivery, along with a robust needs assessments of the community.

"[The service] is nice but it's too short, just two visits and then you have to take [your baby] to the centre or the clinic – [the health visitor] should stay longer with you, you are tired and funny in first few months, they should stay until four months before you get ready to go anywhere."

Young mother from Early Years Health Service focus group, February 2015

In response to this and similar feedback, the service will offer two additional home based visits to vulnerable families who need extra support at one month, and at 3-4 months. This will focus on maternal mental health, maintaining infant health, promoting development, and keeping safe.

⁸ Commissioning responsibility for immunisations for 0-5 year olds lies with NHS England and is provided locally by primary care

Supporting young parents

There is strong evidence to suggest that infants of young parents have poorer health and wellbeing outcomes overall. [14] The Family Nurse Partnership (FNP) is a preventative programme that aims to reduce this health inequality by working with first-time parents under the age of 20. It is an intensive, structured home visiting programme where a specially trained family nurse visits the mother regularly from early pregnancy until the baby is two years old and builds a close, supportive relationship with the family.

The programme aims to achieve life-long changes, giving young parents the support and tools to help their babies develop healthily so that they are ready for school. It works with young parents to improve their health by helping them give up smoking, as well as aiming to achieve longer term outcomes such as returning to education, training or employment. The FNP programme has been delivered in Hackney and the City of London since May 2014 and worked with 32 clients in 2015/16.

BOX: M's Story

M was 18 and leaving care when her midwife referred her to FNP. M had a difficult relationship with her mother and had gone to spend some time with her father who lived abroad. She fell pregnant to an older man and the relationship involved a high level of domestic abuse. M returned to England and joined the FNP when she was 25 weeks pregnant. Children's Services conducted an assessment because of concerns around the safety of the unborn child.

The family nurse visited M at home, at children's centres and had a joint visit with M's midwife to ensure she felt supported. The family nurse forged a therapeutic relationship to ensure M felt safe and encouraged her to discuss positive aspects of her relationship with her mother to use as building blocks for her own transition to parenthood. The family nurse helped M to draw upon friends and family for support, provided resources and advice for parenting, and liaised with her social worker.

Several months after the birth of her baby, M remains fully engaged with the FNP programme. She has attended all health appointments and is providing a warm and loving environment for her baby. M is no longer being assessed by Children's Services and plans to attend college next year.

Maternal mental health

There is a strong link between the mental health of parents, particularly mothers' mental health and that of their children. Maternal depression before, during or after birth, along with anxiety and psychosis, carry a long-term cost to society of about £8.1 billion for each one year cohort of births in the UK. Nearly three quarters of this cost relates to adverse impacts on the child rather than the mother. [15]

Enhancing existing maternal, perinatal, early years health services, and parenting programmes strengthens attachment between parent and child, helps avoid early trauma, builds resilience and improves behaviour by ensuring parents can get support. [16]

Maternal mental health is a priority for the early years' health service. Health Visitors assess and identify early maternal mental health concerns, offer appropriate support, and help families to access mental health services. Early identification of poor maternal mental health is key to the re-designed service; this will be done at all antenatal and post-birth visits so that Health Visitors make every

contact count. Identifying any issues as soon as they emerge means that mothers can be referred to mental health services early enough to get the support that they need, meaning better long term outcomes for them and their baby. Health visitors also play a role in developing and coordinating therapeutic groups in partnership with the perinatal mental health service and children's centres. [17]

BOX: Maternal mental health in the City and Hackney

Between 2013 and 2015 almost 100% of Hackney and the City of London mothers who gave birth at the Homerton University Hospital had their mental health status assessed at delivery, with 5% recorded as having 'poor' mental health. Two thirds of these went on to become perinatal mental health service clients.

In the perinatal service, women aged 40-44 years old were more likely to be recorded as having poor mental health than those aged 25-29 years old. Mixed heritage women were more likely to have poor mental health recorded.

Mental health and substance misuse are interconnected. Within the perinatal mental health service, of those with poor mental health, 6.2% also had substance misuse recorded (versus 0.5% of those with no mental health problems). Similarly, of those with substance misuse recorded, 42% also had poor mental health (versus 5% of those without substance misuse recorded). [18]

[Get Hackney Healthy: Obesity prevention programme](#)

Working with parents in the pre-natal period and until their child is five years old can help to reduce obesity. [19] Establishing healthy eating and lifestyle patterns early in a child's life is crucial. Evidence has shown that family and social factors are linked to childhood obesity. [20]

'Get Hackney Healthy' is a prevention programme aimed at 0-5 year olds and their families, placing the objective of increasing healthy eating and physical activity among children, young people and families at the heart of the Council's work. [21] It has developed a framework to guide service delivery across the Council to improve the health of children and young people by tackling childhood obesity and working with pregnant mothers and children aged under five years old, and offers a range of interventions for the early years:

- Eat Better Start Better in Hackney

The Eat Better Start Better project works with childminders, nurseries and children's centres to implement the Children's Food Trust Voluntary Food and Drink Guidelines to help children to eat more healthily by providing training and support from an early years nutrition expert. [22] It is delivered by Hackney Learning Trust (HLT) and Homerton University Hospital Foundation Trust (HUHFT). Self-assessment packs are completed by early years settings and childminders. Feedback is then provided and settings submit a good practice portfolio. In 2014/15 the programme worked with 47 settings and 15 childminders, reaching approximately 2200 Hackney children.

- HENRY

The HENRY programme works on the principle that physical activity and eating habits are shaped early in life. It is an eight week programme for small groups of parents and carers of children aged up to five years old that has proven to have great results. It provides information and skills to create a healthy family lifestyle, covering topics such as healthy eating, portion sizes, reading food labels, activity ideas, and parenting skills. In 2015/16, 15 HENRY groups were delivered across Hackney supporting 130

families to lead healthier and more active lives, including specific HENRY groups run for the Turkish and deaf communities.

- Healthy Lifestyles Grants to children’s centres

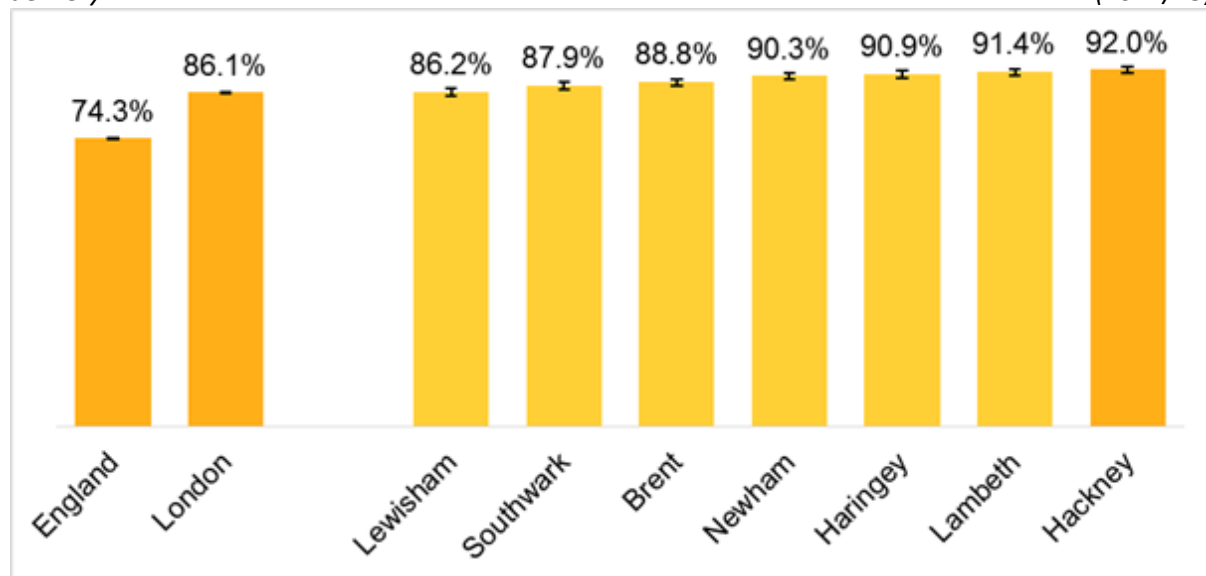
The Get Hackney Healthy grant funds projects to promote healthy eating and increase physical activity in children’s centres. Guidance has been produced to help children’s centres ensure best use of resources including details of evidence-based interventions and information on best practice that they could seek to deliver.⁹

Further details on obesity and interventions for older children are outlined in the following chapter.

Promoting breastfeeding in Hackney and the City of London

Breastfeeding is the optimal form of nutrition for infants to ensure a good start in life. In Hackney, initiation rates are high, with 92% of babies being breastfed at birth in 2014/15, compared to 86% for London. No data is available for breastfeeding initiation for the City of London. [8] At six to eight weeks, 82% of mothers in Hackney and the City still breastfeed or mixed feed¹⁰ (data from 2014/15) which is significantly higher than the England average of 44% (London average not available for data quality reasons). [8] Both Hackney and the City of London are supporting schemes to keep these numbers up.

Figure 4: Breastfeeding initiation: Proportion of all who breastfed their babies in the first 48 hours after delivery (2014/15)



Source: NHS England Breastfeeding Data, 2014/15. Accessed through Public Health England Children and Young People’s Health Benchmarking Tool

The UNICEF Baby Friendly Initiative (BFI) is a global accreditation programme which provides a proven best practice framework for public services to support breastfeeding. Local partners have set up a strategic breastfeeding steering group to work towards achieving UNICEF Baby Friendly standards for maternity units, neonatal units and in the community. The steering group brings together midwifery, health visiting, Hackney Council and the City and Hackney CCG, to increase the incidence and duration

⁹ Available at <https://hackney.gov.uk/healthy-hackney>

¹⁰ This figure is very similar to the figure calculated from local GP data of 83%

of breastfeeding of babies. HUHFT maternity services achieved Stage 1 accreditation in 2015/16, with work continuing to achieve Stages 2 and 3.

To support mothers after they have left the hospital, Homerton University Hospital and the Breastfeeding Network deliver nine drop-in breastfeeding support groups every week from children's centres and other easy to reach locations.

A breastfeeding peer support project delivered by the Breastfeeding Network has also been introduced in Hackney and the City of London. The project recruits and trains 'peer support' volunteers to work alongside health professionals providing additional support to breastfeeding mothers in hospital and community settings.

The National Childbirth Trust's Breastfeeding Welcome Scheme helps public venues to become more welcoming to breastfeeding mothers. After a concerted local effort there are approximately 100 accredited breastfeeding welcome venues in Hackney and the City.

Nutrition for a healthy start

Good nutrition is a vital element of giving children the best start in life. The UK-wide, government Healthy Start scheme provides vitamins and food vouchers to pregnant women, new mothers and children aged under four years old. This scheme is offered to families who receive certain benefits or tax credits, or if the pregnant woman is under 18 years old. Hackney and the City of London extended the national scheme and provide free vitamins to every pregnant woman, every new mum and every child aged under four years old. Despite the challenges posed in the current financial climate, we are committed to continuing to deliver this initiative to ensure as many mothers and children in Hackney and the City of London experience the benefits of better nutrition.

A pilot project to welcome Hackney babies

Hackney Council has been testing a new approach to support new parents by giving them a 'Welcome Hackney Babies' pack. The pilot, two-part pack contained a binder of leaflets promoting health guidelines and local services, and a set of products designed to support healthy behaviours supplied in a baby changing bag. For the pilot, the binder was distributed by health visitors and included a voucher for parents to collect the product pack from Daubeney Children's Centre.

The project was well received, with parents saying they appreciated the new approach to sharing key health messages at a busy time in their lives. We will carry out a full evaluation to shape the rollout of the project, working in close partnership with local stakeholders to ensure that the pack is available to all families in Hackney.



3. Growing up healthily

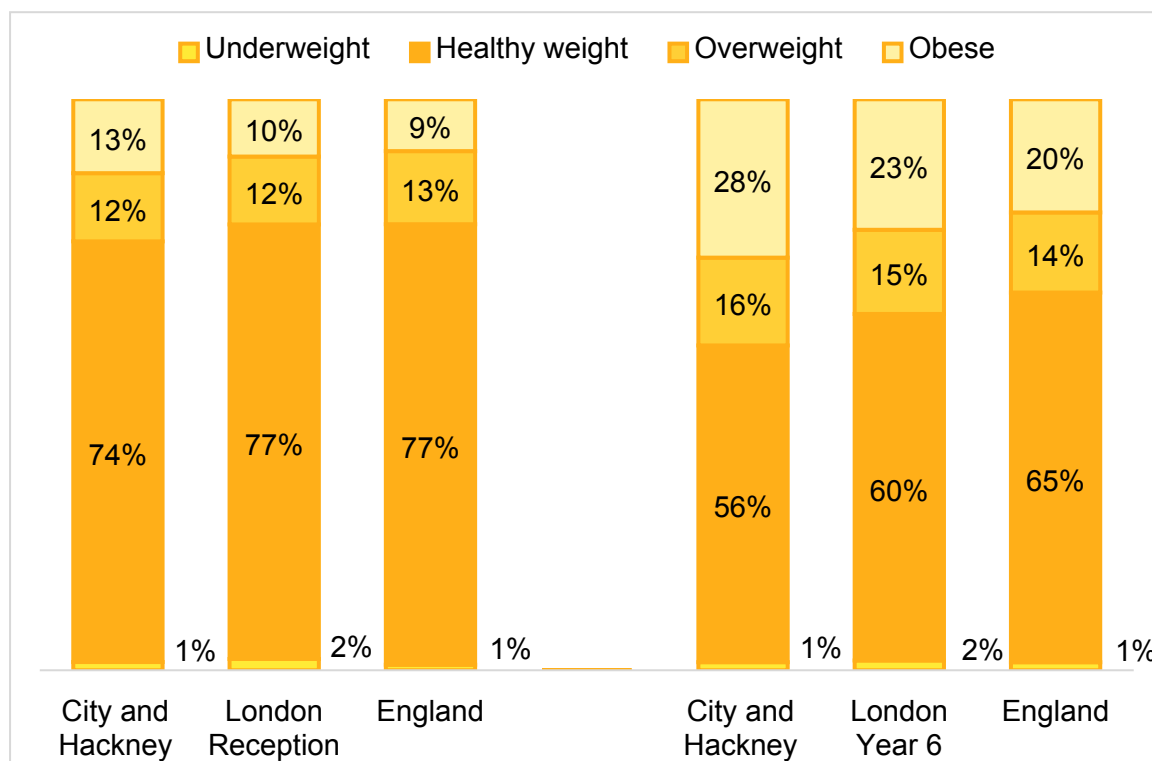
As children start formal education aged four or five years old, school becomes an environment that can hinder or help their health. Hackney and the City of London have invested in programmes to harness the power of schools to promote health, particularly around the priority areas of childhood obesity, early emotional health and wellbeing, and oral health.

Childhood obesity

Childhood obesity is one of the most pressing public health issues of our time. [23] It is also a top priority in Hackney and the City of London. Obesity can cause a host of health conditions, both physical and mental, and costs to the NHS are estimated at £5 billion every year. [24]

In 2015/16, in Hackney and the City of London, 25% of 4-5 year old state school children were above a healthy weight, compared to 22% in London and England. In 10 to 11 year olds, 43% of state school Hackney and the City of London children were above a healthy weight, compared to 38% in London, and 34% in England. [8]

Figure 5: Distribution across weight categories (YR and Y6) for state school children in City and Hackney, London and England (2015/16)



Source: National Child Measurement Programme, 2015/16

Children living in poverty are more likely to be overweight or obese and Hackney is consistently ranked amongst the (mainly London) local authorities with the highest rates of childhood overweight and obesity prevalence in England. [25] Within Hackney, more children from the most deprived areas are obese.

We have responded to the scale of the challenge with a range of initiatives designed to tackle the underlying causes. Our Health Heroes programme works with primary schools to embed a whole school approach to healthy lifestyles. It works with pupils, teachers and parents to increase options for physical activity, improve access to healthy food and support opportunities for activities such as gardening and cooking initiatives. Health Heroes seeks to influence school culture in a sustainable way; it incorporates a PE ‘train the trainer’ model as well as catering reviews to ensure school lunches are as nutritious as possible.

Gardening



“Health Heroes has been the catalyst which enabled us to fully engage our parents in becoming part of the school community. The gardening project is now coordinated and maintained by our parents who are fully committed to keeping the garden looking amazing and packed with a huge variety of fruits, vegetables and flowers throughout the year, which are now being served to the children in school dinners” – Special Educational Needs Co-ordinator

Fruit and veg co-ops

“The fruit and veg stall is a fantastic way for all us parents to buy local food, it is on my doorstep so I will have no excuses” – Parent



Cook and eat



“We can now grow the vegetables then we get to cook and eat them, we know we’ve done it so it tastes even better” - Gardening Club participant

After school and lunch time physical activity

“I am now running a lot further and I can feel that I am improving, thank you for selecting me” – Pupil

“Winning is good but taking part makes you feel good about yourself” – Pupil



The City of London worked with Sir John Cass Foundation primary school to pilot a healthy schools programme, which included joint exercise classes for parents and children during the week, family walks throughout the City on Saturdays, healthy cooking classes, and fresh food stalls held in the school playground once a week. In January 2016 the City of London's Health and Wellbeing Board approved the continuation of the project and agreed to extend the food stall to other sites in the City.

The Play Streets programme is a ground-breaking scheme enabling residents to close residential streets for a few hours to through traffic, turning them into safe places to play. Benefits include allowing children to play near home, giving children the space to play energetically, and increasing a sense of community by bringing neighbours together. There are 40 active Play Streets in Hackney.

BOX: Oral health

Children and young people's oral health is an important element of the public health service in Hackney and the City of London. Programmes being delivered include the 'Happy Smiles' health promotion scheme at children's centres, primary and secondary schools, and fluoride varnishing in nurseries, primary schools and special schools.

Future priorities include:

- increasing children's registration with dentists in Hackney and the City of London
- expanding the fluoride varnishing scheme
- delivering more promotion sessions
- providing training for the children and young people's workforce around oral health
- expanding the supervised tooth brushing scheme
- supporting the development of healthy food and drink policies in settings

School based health services (School Nursing) and Health Services for Looked After Children

Our model for school based health is based on the key principles of:

- Getting the basics right (the mandated areas – safeguarding, universal health checks, ensuring immunisations are up to date, and NCMP)
- Increased services for the most vulnerable – dedicated full time nursing provision for our special schools, an entire service dedicated to children with safeguarding vulnerabilities, and training for Learning Support Assistants in schools to support delivery of care plans and support for those with complex and additional needs
- Increased contact time with children
- Integration with our high quality universal services

School based health services have increased the number of school nurses available, and we have redefined the roles to focus on key specialist areas of strength. The model ensures vulnerable children receive a full health offer and consistency of care. The Safeguarding School Health Service is co-located with children's social care, strengthening this relationship, and works with vulnerable children of school age in Hackney and the City of London (including those home tutored and in independent schools). We have specifically invested in a dedicated service to maximise the contribution of school nurses to safeguarding and promoting wellbeing, and will continue to provide additional earmarked resource.

Our Looked After Children continue to have a dedicated health service ensuring they receive a comprehensive offer that is closely aligned to (and co-located with) our Virtual School for Looked After Children.

Box: Reception School Health Check in the Charedi Community

School health checks, including weighing and measuring children, were previously only conducted in state maintained schools as part of the National Childhood Measurement Programme by the commissioned provider HUHFT. This meant children from the Charedi community were missing from the data, resulting in an incomplete picture. Hackney Public Health worked with the community to pilot a health check in independent Charedi schools. In 2014/15, community organisations worked in partnership with HUHFT to carry out health checks in 13 boys' schools and nine girls' schools with Reception Year pupils (aged 4-5 years old). This included height, weight, vision and hearing tests.

Results

- the prevalence of overweight/obese children in the Charedi community was significantly lower overall than the general population
- more boys than girls were overweight
- prevalence of underweight was similar to the general population
- in the vision test, 30% of boys did not pass the test against 7% of girls, showing a clear disparity
- a similar disparity was found with the hearing test: 22% of boys did not pass the test compared with 4% of girls.

These results have enabled us to gain a better picture of the challenges facing the Charedi community and will allow us to work with the community to better target health interventions. The programme will be expanded to include Year 6 pupils.

"It is so important for this health check to take place for early years detection as we have previously had older girls with late diagnosis of major hearing and vision problems which can now be avoided through the health check taking place" – Head Teacher

Early emotional health and wellbeing

Emotional health and wellbeing is just as important as physical health. Hackney and the City of London coordinates an Emotional Health and Wellbeing Partnership, pulling in the expertise of partners from a range of services such as statutory CAMHS (Child and Adolescent Mental Health Services) and education services, to provide a strategic overview and identify any gaps in services.

The Public Health offer for 5-19 year olds in Hackney and the City of London, outlined in the next chapter, has a strong preventative focus; services work closely with many other providers of children and young people's services, including schools and youth hubs. A core part of the offer is the development and delivery of preventative programmes around relationships and emotional wellbeing, with a focus on developing resilience.

4. Adolescent health: Establishing health habits for life

Promoting healthy practices during adolescence, is key to keeping young people healthy and preventing them from developing future health problems as they mature into adults.

Adolescents experience significant changes to their bodies and minds that affect their relationships, and all other aspects of their lives. For some, it is the time when they first start to experiment with risky or unhealthy behaviours. Misusing drugs, alcohol or tobacco, not getting enough physical activity, eating an unhealthy diet or having unprotected sex at this age can be the beginnings of life-long habits.

Most adolescents – increasingly taken to mean those aged between 10 and 25 years old – are seen as healthy, but many experience anxiety, stress, violence, illness and disease, which can stop them reaching their full potential and thriving.

Local authorities' role with young people of this age is to focus on prevention. We must equip young people with the knowledge and skills they need to make healthy decisions for themselves. We must provide youth friendly information and advice and help young people build resilience so that they can cope with pressures from peers, parents, the media and their day-to-day challenges. At the same time, the Council has a duty to provide high-quality treatment for young people, including services for substance misuse and sexual health.

Adolescents in Hackney and the City of London

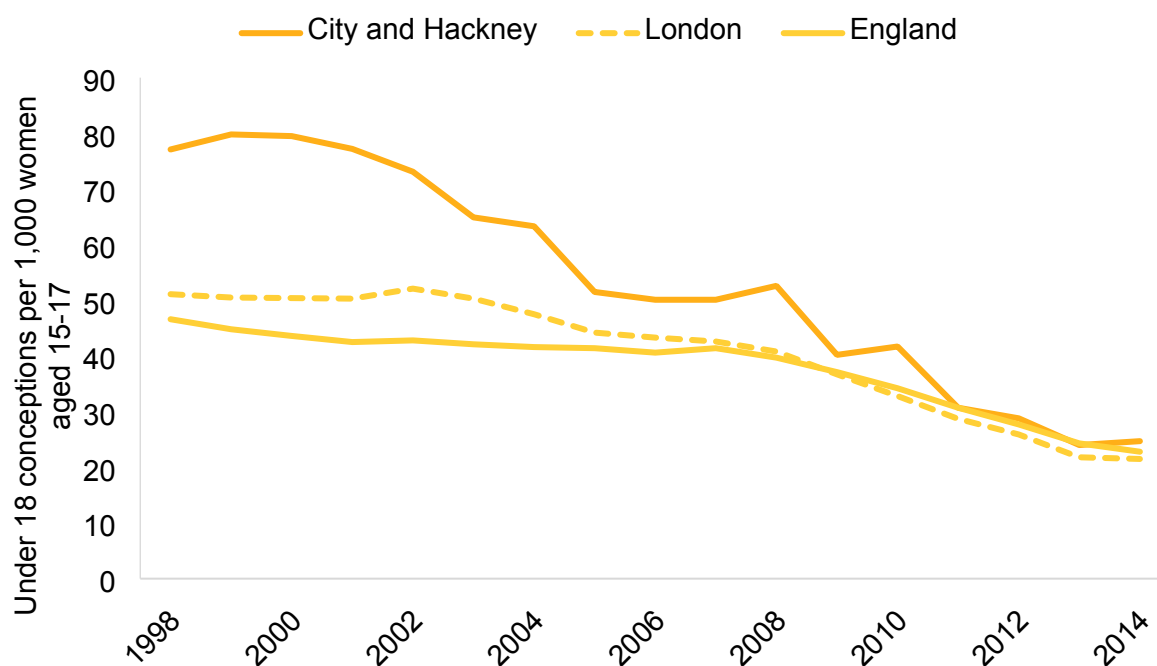
Growing up in Hackney or the City of London brings challenges and opportunities. Young people are more deprived than other local authorities and deprivation is strongly linked to worse health outcomes. Hackney is also working closely with the police and local residents to tackle serious youth crime and gang violence.

Our mental health needs assessment suggested that young people's mental health is a particular area of need, although this may be due, in part, to data recording issues. [26] Young people in families with a low household income with no parent working, or with a lone parent, are more likely to have a mental health disorder and parental mental health strongly impacts on children.

Yet there is a lot for young people to be optimistic about. Education has dramatically improved in Hackney. More than half of A-level students achieved A*- B grades in 2014/15, and the overall pass rate of 98.4% for achieving A*- E grades is above the national average, and up on 2013/2014. The overall number of pupils achieving five or more A*- C grades at GCSE in the same year rose one percentage point to 60%, bucking the national trend that saw grades flatline elsewhere. [13] Hackney Council is providing young people with new opportunities through Young Hackney, the Council's youth service that runs activities and offers advice and support on subjects like education, employment, housing and health. The Council is also increasing opportunities for young people to find meaningful work through the Hackney 100 apprenticeship scheme and Ways into Work. Connecting local people to local jobs in this way means the community can benefit from the thriving local economy and wider regeneration of the borough.

Great progress has been made in reducing the rate of teenage pregnancy, which has fallen at a much steeper rate than the overall national rate. In 2014, Hackney and the City's rate of under 18 conceptions was 24.7 per 1000 women aged 15-17, compared to the national rate of 22.8. [27] In 1998 the rates were 77.1 and 46.6 respectively. This is an overall reduction of 68% in Hackney compared with a national reduction of 51%.

Figure 6: Rate of conceptions in under-18 women over the period 1998 to 2014



Source: Conceptions in England and Wales, 2014, Office for National Statistics

City and Hackney's Young People's Service

City and Hackney Young People's Service (CHYPS Plus), delivered by Homerton University Hospital Foundation Trust, provides a range of health and wellbeing services for those aged between 11 to 19 years old. It provides:

- holistic health and wellbeing assessment for all young people seen utilising the HEADSS tool (assesses Home & Environment, Education & Employment, Activities, Drugs, Sexuality, and Suicide/Depression)
- prevention advice and information on smoking plus treatment for those who want to quit
- contraception and sexual health, including an open-access, specialist clinical sexual health service
- support for emotional health and wellbeing
- obesity and nutrition advice

CHYPS Plus operates from a number of locations including schools and alternative education providers, youth clubs, a dedicated clinic and from four Young Hackney youth hubs ensuring that services are young people friendly and taken to where young people are. The CHYPS Plus team works with health and other professionals to raise awareness of the particular health needs of adolescents and helps them work with young people more effectively. In 2015/16 the service saw a total of 1821 young people, 537 of those were new to the service.

For the financial year 2015/16 the service also delivered education and outreach activities such as Personal, Social, Health and Economic Education (PSHEe) workshops in schools, health promotion drop-in sessions and targeted group work to boost self-esteem and resilience. From 2016/17 these elements of the service will be delivered by Young Hackney, as described in the next chapter.

A new health service for young people

In 2015, Hackney and the City of London's Public Health team consulted with the community to identify needs and wants for the brand new, Young Hackney Health and Wellbeing Service, delivering from late 2016. The service will work with children and young people aged of 5 to 19 years old, and up to 25 years old for those with additional needs, as well as professionals and parents. The service will prioritise prevention by working intensively with schools to support their pupils to develop resilience and gain the knowledge and skills they need to make healthier choices. It will achieve this by supporting schools' to provide high-quality, evidence-based PSHEe through direct education work with pupils, and training and awareness for teachers and parents. Young people and community members said they wanted a stronger focus on mental health and resilience so the new service will strengthen provision in these areas.

BOX: The Public Health PSHEe Grants Scheme

All secondary schools in Hackney are eligible to apply for a PSHEe Grant to support the delivery of their existing PSHEe programmes. Schools are asked to develop an action plan that addresses public health priorities based on local need. The top priority for 2015/16 was mental health. Ten schools successfully applied and delivered a range of health promotion and prevention interventions around mental health including workshops with pupils, training for teaching staff and development of curriculum materials. School PSHEe leads consistently report the value of the scheme in supporting them to raise the profile of the subject in their school communities. The programme continues into 2016/17.

Promoting sexual health

Young people's sexuality develops during adolescence against a backdrop of bodily changes. These changes can lead to many positive experiences but can also make young people vulnerable to sexual ill health, coercion and exploitation, sexually transmitted infections (STIs) and unintended pregnancy.

Whilst Hackney and the City of London's success in reducing teenage conceptions is to be celebrated, 66% of conceptions to under 18 year olds in Hackney ended in termination in 2014. [28] This shows the need for continued investment in evidence-based interventions to reduce unwanted conceptions. The two measures with the strongest evidence of impact on teenage pregnancy rates are comprehensive information, advice and support – from parents, schools and other professionals – combined with accessible, young people friendly sexual health services. The new Young Hackney Health and Wellbeing Service will deliver support for schools to deliver age-appropriate Relationship and Sex Education as a priority, and CHYPS Plus will continue to provide an open access clinical sexual health offer from their young people friendly community sites.

Reducing the burden of STIs in young people in Hackney is also a priority. Nationally, we know that chlamydia is the most commonly diagnosed STI with young people under the age of 25 years old being one of the most affected groups. For this reason, the Government has set a target for the rate of detection of Chlamydia in 15-24 year olds of over 2,300 infections per 100,000 young people. In order to achieve this, a high proportion of all young people of this age must be screened; in 2015 Hackney screened 40.8% of all 15-24 year olds, compared to 27.4% for London and 22.5% for England. [28] This was the third highest proportion of young people screened compared to all other London local authorities. Partly for this reason, the chlamydia detection rate per 100,00 15-24 year

olds for the same period was 3,764 compared to 2,200 for London and 1,887 for England. [28] The significance of these figures is that continued investment in prevention through treatment, partner notification and opportunistic sexual health advice is critical if we are to reduce the number of young people who have the infection; this takes place through the commissioning of the CHYPS Plus service, the Young Hackney Health and Wellbeing Service and the Come Correct condom distribution scheme.

The Come Correct (or CCard) scheme provides free condoms for all young people under the age of 25 years old in locations across Hackney and the City of London. It is part of a pan-London scheme that also gives young people the opportunity to talk about their relationships and sexuality in a safe space with a trusted adult, such as a youth worker, teacher, pharmacist, housing officer and any other trained community worker. Workers trained to deliver Come Correct are alert to any safeguarding concerns and have knowledge of other wellbeing and resilience services so that they can direct young people to the right place for more help if they need it. Young people can get advice in the most appropriate way for them in a place where they feel comfortable. This approach encourages those who are less likely to access services, such as young men, to use the service. A wide range of trained professionals are involved in delivering the service, meaning that young people's sexual health really is everybody's business.

Ending violence, exploitation and harmful practices

Public Health continues to work with Council and community partners to address Child Sexual Exploitation (CSE) and violence against women and girls (VAWG). We have a seat at the table in the development of the CSE and Missing Children strategy and action plans, and the upcoming VAWG Strategy.

Estimated prevalence data suggest there are over 3,000 girls and women in Hackney and the City of London who are living with the consequences of Female Genital Mutilation (FGM), which can include psychological issues, physical pain and reproductive issues. [29] These figures also estimate that 124 girls (aged 0- 14 years old) living in Hackney have undergone this harmful practice. [29] Nationally, it is estimated that 70,000 girls in England and Wales are at risk of FGM. [30] It is difficult to estimate the number of girls at risk living in Hackney or the City of London. The school census data for 2015 showed that 3,165 girls in Hackney schools have parents who are from known FGM practising countries. This information alone does not automatically meet the risk threshold to refer to Children's Social Care, but highlights the need for greater awareness of FGM. Public Health, in conjunction with the City and Hackney Safeguarding Children's Board (CHSCB), led on the development of a high-level, strategic and multi-agency approach to address FGM. The document 'Tackling and Preventing FGM: City and Hackney Strategy 2016-2019' was published in January 2016 and its overarching aim is to promote the welfare of girls and women by preventing FGM and reducing the impact of the practice, by knowing and understanding the issue locally, providing strong leadership, prevention initiatives, protection and support to those who need it the most. The strategy focuses on the following three priorities:

- prevention and early intervention
- strong and effective leadership
- effective protection and provision

The strategy is monitored by the City and Hackney FGM Steering Group, which is chaired by the Director of Public Health and includes officers from the CHSCB, Hackney Learning Trust, VAWG specialist organisations, the CCG and HUHFT.

Young people's use of drugs and alcohol

Problematic use of drugs and alcohol can have a serious impact on an adolescent's health, education, family life, relationships and ultimately their ability to fulfil their long-term potential. That is why Hackney and the City of London are investing in services for young people that tackle substance misuse at every level, from prevention in schools to one-to-one specialist treatment.

It is estimated that 1,600 young people aged between 11 and 15 years old (12%) in Hackney and the City of London have taken drugs in the last year; 800 (6%) in the last month, and around 1,400 (10%) are estimated to have drunk alcohol in the last week. Among 16 to 24 year olds, around 5,100 (16.3%) are estimated to have taken drugs in the last year and 1,600 (5.1%) are classified as frequent users. Around 737 men (5%) and 332 women (2%) in this age group are estimated to have drunk on five or more days in the previous week. [31]

The most common substances used by young people in Hackney are alcohol and cannabis. A small number use stimulants, such as cocaine and amyl nitrate. [32] The way young people use drugs has changed dramatically in the last decade. Drugs workers are also seeing trends around new club drugs such as GHB and use of novel psychoactive substances, with Nitrous Oxide canisters an all too frequent sight around night-time hotspots.

Expanding the Young Hackney Substance Misuse Service

Specialist substance misuse interventions have been shown to improve health and educational achievement, and reduce risky behaviour, such as offending, smoking and unprotected sex. They have also proven to be value for money; every £1 invested will save £1.93 within two years and £8.38 in the long-term. [33] In October 2015 Hackney re-launched its young people's substance misuse service to expand the range of help, support and advice offered to young people and better integrate the service with Young Hackney.

The upper age limit of the service has been increased from 19 years old to 25 years old, to reach a group of young people who were previously at risk of falling through the gaps as they may not have felt comfortable accessing adult services.

The new service has increased the focus on prevention with a team of dedicated outreach workers who ensure that every young person and everyone that works with them has access to accurate, relevant, up to date and timely information about drugs and alcohol, and knowledge of where to refer young people. They work with schools to develop their policies on drugs and alcohol and raise awareness of the service with students, parents, teachers and professionals.

In 2015-16, 70% of those in local treatment services were referred from the criminal justice system for substance misuse related offending. [33] The service is seeking to expand referrals from other sources to improve prevention but will continue to work with the youth justice system, police and community safety to prevent substance misuse related crimes and to provide statutory interventions for those who are referred because of a drug related offence.

BOX: Chain Reaction theatre company

The Healthier Hackney Fund granted money to local organisations that had innovative ideas to prevent young people starting to smoke.

The Chain Reaction Theatre Company worked with six schools in Hackney in areas that have the worst levels of deprivation and the highest smoking prevalence. The project involved a performance by Chain Reaction on smoking, the development of a multimedia teachers' resource pack for a pre performance session and a post performance drama workshop.

The Challenge project worked with three cohorts of 13-14, 15-17 and 18-19 year olds in south Hackney to explore young people's perceptions of smoking, informing them of health implications and empowering them to deter peers from smoking. It was delivered at the YOH Centre which provides facilities and support for children and young people who are particularly marginalized, vulnerable and at-risk of social exclusion. As part of the project the young people designed and delivered an anti-smoking campaign aimed at other young people.

Two other projects have involved working with the Chinese community and boys from the Charedi community.



Mental health

The mental health of young people is everyone's business. Public health manages an Emotional Health and Wellbeing partnership across the two local areas working closely with the City and Hackney CCG, local mental health trust and voluntary sector organisations. The Council and the CCG prioritise spending on this area, investing more than £5.5 million into various mental health services for young people including specialist CAMHS, work with families, a targeted psychosis service and a centre for adolescent mental health that provides person and family centred care for 12-18 year olds with complex and severe mental illness.

Public Health and City and Hackney CCG were a pilot site for the Department of Health's CAMHS (Child and Adolescent Mental Health Services) Transformation Fund in 2015/16. This included delivering interventions across local CAMHS and strengthening perinatal mental health services. Delivery included training key health professionals such as health visitors, joining up existing perinatal services, making mental health support more visible and accessible for children and young people and improving public awareness and understanding of children and young people's mental health issues.

The City of London Corporation public health and children's social care teams have commissioned an enhanced CAMHS scheme for the looked after children under the care of the Corporation. Under this service all looked after children and care leavers receive a CAMHS assessment. These are undertaken in the placement and include the mental state of the child or young person. All relationships are assessed. All assessments include diagnosis of common conditions such as Attention Deficit Hyperactivity Disorder (ADHD), and Autistic Spectrum Conditions can be screened for and diagnosed if appropriate. Support is also given to foster parents and carers for crisis management on a case by case basis, as is teaching and training to foster parents and carers.

5. A healthy place for everyone

We want to ensure that Hackney and the City of London are healthy places for children to grow up, and for adults to live, work and bring up a family. We are striving to promote healthy lifestyles through reducing tobacco use, promoting physical activity and healthy eating from the heart of the community, reducing any negative health impact of our thriving nightlife, improving health and wellbeing in the workplace, and funding innovative new projects to tackle some of our priority health issues from within the community. This chapter highlights the key developments in these areas for 2015/16.

Working towards a smoke-free Hackney

Tobacco control, with an emphasis on stopping people from starting to smoke as well as helping them to quit, remains one of the four strategic priorities set out in Hackney's Joint Health and Wellbeing Strategy.

One key development for tobacco control in Hackney has been the formation of the Smoking in Pregnancy and After Childbirth Task and Finish Group. The implementation of carbon monoxide (CO) screening at booking by midwives for all pregnant women at the Homerton University Hospital is one of several pieces of work the group will do to reduce smoking from conception through to early years.



Outreach work for Stoptober by GP Confederation

In addition, joint work on reducing the availability of cheap, illegal tobacco, in collaboration with enforcement teams not only in Hackney but also across eight boroughs in North and East London, has continued and has had considerable coverage in the press. In Hackney, this has led to one premise losing its licence for three weeks, and reflects increasing collaboration with the Licensing team.

Hackney's stop smoking service (SSS) continues to perform well and has appeared to buck the national trend with increasing numbers accessing the service. In 2015/16, there were more than 3000 quit attempts with the SSS, with just under 1500 successfully quitting.



Shoreditch Trust Stop Smoking Team

[A brand new Substance Misuse Service](#)

Drug and alcohol services in Hackney were completely redesigned in 2015 with the launch of one, new integrated service. The Hackney Recovery Service has brought together innovative interventions, high quality, clinical treatment and reintegration activities into one client-focused service. The service is delivered by Westminster Drugs Project (WDP) in partnership with Central and North West London NHS Foundation Trust and St Mungo's Broadway.

The Hackney Recovery service is free and open to all Hackney residents aged 18 or over, as well as their families and carers. Service users can expect a safe, confidential and accessible place to discuss their needs and receive a wide range of support. They will be offered a range of interventions including key working, group work, counselling, substitute prescribing, tests and treatment for blood borne viruses and activities to help them reintegrate into the community including education and training. Clients have regular opportunities to get involved and contribute to the development of services through user groups and consultation.

The new service is focused on achieving the best possible outcomes for Hackney's residents and communities affected by substance misuse and is tailored to the needs of its diverse communities.

Unlocking community assets

In Hackney and the City of London residents are encouraged to live healthier lifestyles through the use of community assets such as estates, community centres, and local parks and green spaces for activities that promote healthy living. The following are examples of how this is working in practice:

Community based exercise programme

A highlight of 2015/16 was the hugely successful roll out of 'Our Parks' summer programme of free group fitness classes in parks across Hackney. The programme offered residents 29 classes including yoga, boot camp, pilates and hula fit. The programme was extended into the winter months through the use of community centres across Hackney. At its peak, around 485 residents a week were exercising for free with 24% of those not having done any exercise before.



Box Fit at Nye Bevan Community Centre

Community kitchens programme

The community kitchens programme was launched in April 2014 as a pilot on two estates and was rolled out to a further seven estates in September 2015. The programme is free for residents and is delivered by local social enterprises. Courses take place mainly in estate based community centre kitchens; they aim to improve residents' confidence and develop their knowledge of how to prepare healthy meals from scratch. As well as building understanding around the importance of a balanced diet, courses cover health issues around sugar, salt and fats, reading food labels and cooking on a budget. Surveys of service users show increased weekly consumption of fruit, vegetables and water and reduced weekly consumption of takeaways, as well as qualitative feedback around the benefits of cooking from scratch. One resident reports:

"Since I was a child, I was cooking at home. Today, I always cook for my children so it's important I cook healthy. I use less oil in curries and we've changed to eating more lentils and salads and less meat. For myself, I feel happy that I've lost weight cooking healthy."

In 2015/16, Public Health commissioned 72 free six-week cook and eat courses over nine estates with approximately 750 residents involved.



Cook and eat session in Hackney

Hackney Health Hubs

The launch of Hackney Health Hubs on four community estates in April 2015 marked another important development in promoting healthy lifestyles in the heart of the community. Hackney Health Hubs provided a professional health improvement service including stop smoking services, weight management, NHS Health Checks, sexual health advice and alcohol screening. Locally recruited health coaches also worked one-to-one with residents to help them lead healthier lifestyles.



Launch event for the Hackney Health Hub at Stamford Hill Community Centre

[Working with the voluntary and community sector](#)

In April 2015, Hackney Council launched the Healthier Hackney Fund, a community grants programme that offers voluntary sector organisations the opportunity to design and deliver unique projects and services in the borough that impact on one or more of our priority health issues. This grants scheme was developed in recognition of the fact that sometimes, groups in the community are best placed to design services to reach key communities and address some of the significant health issues that affect many in the local population.

In 2015/16, 32 groups were funded across separate funding streams: one stream for the delivery of activities that prevent the onset of poor mental health or prevent residents starting to smoke, one for testing new ways of tackling sexual health or substance misuse, and another stream for neighbourhood groups to run discrete projects that address health inequity in their area.

Some of the most innovative projects included:

- A project to tackle mental ill health called 'Posh Club', a weekly entertainment and social club for elderly and older people, to reduce social isolation and thus prevent the onset of mental ill health. This project has been confirmed to run for a further two years in Hackney after the successful pilot.
- A project to tackle substance misuse relating specifically to alcohol abuse. The charity Alcohol Concern and 'start-up' Club Soda worked with local businesses and customers to make pubs and bars more welcoming to people who want to reduce or change their drinking. This project has been confirmed to run for another year in Hackney and has been separately funded to work in the City.
- The Sebright Family Forum, an example of a small neighbourhood project, which has used the funding to run health promotion events in the south of the borough; a mini Olympics and a health awareness day.

For the second year of funding in 2016/17, the application process has been improved with the addition of a 'pitch' phase which allows short presentations by the bidders to a panel of assessors, widening access and increasing the diversity of organisations applying.

[Working with local businesses for a healthier Hackney](#)

With the proliferation of fast food restaurants and takeaways in Hackney, and the availability of cheap food with low nutritional value, Hackney Council has been striving to make changes to the high street food offer to residents to ensure that healthier options are easily accessible.

Public Health is working in collaboration with Environmental Health teams in the Council to develop and deliver schemes to improve the food environment. These include working with takeaways, restaurants, wholesalers and retailers. A Healthier Catering Commitment award pilot was completed in 2014/15 and in 2015/16, options for scale up were developed. Alongside the Healthier Catering Commitment, in 2015/16, Hackney Council ran a Healthy Retailer pilot, which involved working with local convenience stores to see if they could provide a healthier offer to residents.

[Reducing harm through alcohol misuse](#)

In 2012, changes to the 2003 Licensing Act made Directors of Public Health a Responsible Authority and as such, Public Health took on the role of reviewing all new applications from premises to be granted a new premises licence, or to vary their current licence. Reducing harm to both individuals and the wider community as a result of the misuse of alcohol is a key aim for Hackney and the City of London and it is therefore important to add a consideration of health impacts to the licensing process.

In 2015/16, Public Health began taking steps to enhance its role in licensing and to develop understanding of the process, through strengthening relations with the other responsible authorities, such as the police and licensing teams, in addition to conducting occasional site visits. Through the use of London Ambulance Service data on alcohol related incidents, Public Health officers have submitted representations against applications for premises licenses, highlighting how the licensing objectives, including the protection of children and young people from harm, could be undermined. In addition, Public Health officers have supported police reviews of premises licenses, and are starting to negotiate

voluntary agreements with applicants on setting minimum unit prices of 50p per unit of alcohol, utilising public health principles and health sector data to show the possible health impacts of a prospective license.

Pause: Creating space for change

The Pause project was first developed in Hackney in 2013. The project adopts an innovative, creative and dynamic approach designed to address the needs of vulnerable women who have had children removed from their care. Pause supports women to take a 'pause' and reflect on their lives, to tackle destructive patterns of behaviour, and acknowledges and works with women's experiences of grief and loss. Pause offers women a bespoke programme of therapeutic, practical and behavioural support through an integrated model delivered around each woman's needs. Women are encouraged to identify and prioritise their own personal goals, such as securing stable housing or accessing education. The Pause model focuses on supporting women to develop stronger foundations within their lives upon which they can aspire and fulfil their potential. Women are further supported to exercise choice around their sexual health and are supported with the programme requirement to use contraception whilst on their Pause programme, to give them the space to think about and work towards their goals.

The first cohort of women on Pause were identified by having had two or more children removed from their care. Women in this cohort reported experiencing a number of adverse childhood events and were from families with histories of social service interventions. Evaluation of this cohort found that women would have liked to have been on Pause at an earlier stage in their lives, such as after their first child was removed from their care. In 2015 the Department for Education's Innovation Fund awarded Pause funds to pilot the programme for women who have had one child removed from their care, helping younger women to break the cycle of repeat pregnancies and repeat removals of children into care. Many of these women were also care leavers.

In 2016, Pause, as a national charity, delivered practices in Doncaster, Southwark, Greenwich, Islington, Hull and Newham, as well as in Hackney. A further award from the Department for Education's Innovation Fund has supported Pause to scale up and spread to include Pause in Newcastle, and to undertake a number of new scoping exercises across the UK. Findings from evaluations of the first pilots show that 137 women chose to be on Pause in Hull, Doncaster and in London, and that without Pause these women would have been likely to have a further 27 children taken into care. The women themselves were also found to have experienced significant improvements to their health and wellbeing.

Supporting health and wellbeing in the workplace

Health and wellbeing in the workplace covers many issues, from back and neck pain, sedentary behaviour, alcohol misuse to mental ill health. In order to address these issues, the City of London has developed Business Healthy, a scheme that local business leaders committed to improving the health and wellbeing of their workforce can sign up to. The programme works across the entire spectrum of workplace health by providing members with practical support and information through expert led workshops, access to a website with useful resources including regular articles from peers and experts and best practice case studies, as well as providing well targeted networking opportunities. Business Healthy made some strong achievements throughout 2015/16, with the scheme receiving the Royal Society for Public Health 'Health & Wellbeing Award', and membership increasing to 297 businesses.

The City of London's employee wellbeing strategy 'CityWell' was introduced to the organisation in April 2016. The programme's interventions have been based on evidence gathered from focus groups run at a variety of sites, and the employee survey, which represented all departments and received a response rate of 38% in May 2015. The strategy was inspired by the New Economics Foundation's 'Five Ways to Wellbeing', which outlines simple steps to enhance people's daily lives. The framework includes: Take Notice, Learn, Be Active, Connect and Give. CityWell is a campaigns-based programme, which is underpinned by policy, guidance and training. The initiatives are introduced in three phases: mental health, physical activity and social wellbeing.

Hackney is also taking steps to improve health and wellbeing in the workplace through the development of an employee health and wellbeing programme for Hackney Council staff. In 2015, the Public Health team surveyed staff to help inform the priorities of the programme. The survey received a response rate of 15%. The programme has since developed a 'health and wellbeing champion network' across the Council and champions are responsible for promoting positive workplace health in their departments. Healthy lifestyles competitions have been promoted across all departments, including challenges to regularly take the stairs instead of a lift, to eat more fruit and vegetables, and to have standing or walking meetings to reduce time spent sedentary whilst at work. The workplace health programme also involves health promotion events for staff.

[A new strategy for mental health](#)

The City of London, in partnership with the City and Hackney CCG, has commissioned the development of a Mental Health Strategy which sets out an overarching aim for more people in the City to have good mental health, and describes how it is aimed for this to be achieved. It provides a vision and priorities for mental health activities for 2015-2018.

The Strategy has been developed to reflect the national, regional and local policy context. This includes the Joint Health and Wellbeing Strategy which has identified mental health as a key priority for City residents, workers and rough sleepers. The Board has committed to ensuring that residents get better access to effective, joined-up support for mental health issues, reducing social isolation, improving the health and wellbeing of rough sleepers and addressing issues of stress, anxiety and depression for City workers.

The City of London is also developing a Suicide Prevention Action Plan which has highlighted a need to do more to reduce suicides from bridges in the City of London. Drowning in the Thames is the most common method of suicide in the City of London and this proportion is increasing (57% in 2014). Due to this spike in suicides in the Thames, 'The Bridge Pilot' has been developed as a joint initiative between the City of London Corporation, City of London Police, the Metropolitan Police, the Samaritans and the RNLI.

'The Bridge Pilot' will be a 12 month trial to monitor the effectiveness of placing preventative measures on London Bridge. The pilot will combine the recognised approach to reducing suicide at iconic sites by encouraging help-seeking behaviour by signposting to support with training frontline staff in how to recognise someone who might be at risk.

Six signs with the Samaritan's phone number were put up on London Bridge as part of the work and the Corporation have put together a training package to be rolled out to frontline staff and the general public. The Bridge pilot began in April 2016 and it will last 12 months to see if this has an impact on

the number of suicide attempts from London Bridge. The rate of suicide calls and incidents will be monitored and compared to baseline figures from 2014 and 2015.

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