

## Be Healthy

### 1.1 Strategy for LDD

- Improve services and provision through :
  - the short break pathfinder project
  - implementing the SEN and Behaviour Review
  - developing coordinated positive activities and extended services for children and young people with LDD
  - developing an agreed rationale for accessing residential services including social care and educational settings
  - a range of other ongoing key activities as described in the individual outcome areas
- Examine and bring together more integrated approaches to accessing information and advice, assessment , service provision, policies and procedures
- A continuous needs analysis process to ensure that work on service developments and integration has a sound evidence base and takes account of the views of children and young people with LDD and their parents/carer

### 1.2 Ensure children and young people have a healthy weight and active lives

- All partners committed to tackling childhood obesity.
- More families, children and young people will be making healthy food choices.
- Improved participation of children and young people in a wide range of physical activity opportunities within their daily lives.
- Families, children and young people have easy access to information and advice on health eating and being active.
- Individuals who are obese or overweight will be able to access appropriate community based interventions/services.
- Frontline workers are fully informed and able to signpost individuals and
- All schools are healthy schools.
- Improvements in the provision and accessibility of high quality environments for children's play.

### 1.3 Ensure good maternal health and support to new parents

- Establish an effective Local Commissioning Framework that has the responsibility to ensure high quality and safe services are provided
- Ensure maternity services are closely linked with Children's Centres to improve accessibility and promote early integration with other services.
- Deliver a 1% point reduction per year in the proportion of women continuing to smoke through pregnancy, focusing especially on women from disadvantaged groups
- Deliver an increase in breastfeeding initiation rate, focusing especially on women from disadvantaged groups.
- Provide tailored support for vulnerable groups to improve the health outcomes for themselves and their children, including pregnant teenagers and teenage parents

#### **1.4 Support and promote positive mental and emotional health**

- Rollout the National Healthy Schools Programme emotional health and well being toolkit to North Yorkshire schools in conjunction with SEAL
- Provide training through the Healthy Schools Programme for non teaching staff to support emotional health and well being
- Improve the contribution of child and adolescent mental health services to Integrated Service Delivery and early intervention.
- Improve child and adolescent mental health services to children with a learning disability
- Improve child and adolescent mental health services to children in placements, including adoption placements
- Improve consistency of approach to child health with attentional disorders and conduct disorders

#### **1.5 Improve the sexual health of young people**

- Implement the Teenage Pregnancy Strategy in order to reduce the gap between the teenage pregnancy rate in Scarborough and the rest of North Yorkshire
- Roll out the chlamydia screening programme
- Implement the sexual health strategy
- Support multi agency teams delivering the sexual health model to ensure vulnerable groups and localities are targeted
- Ensure the teenage pregnancy and sexual health strategies reflect joint priorities
- Improve the quality of sex and relationships education in schools

#### **1.6 Reduce substance and alcohol misuse**

- Provide training to schools to ensure drug and alcohol education programmes are delivered by teachers trained to use normative, life-skills based approaches
- Support the use of FRANK campaign
- Contribute, as part of the Parenting Strategy to ensure that parents are supported in educating their children about drugs and to know what action to take if their child gets involved in drugs
- Provide early, targeted prevention to young people
- Preventing Harm to children, young people and families affected by drug misuse by providing specialist treatment and support
- Reduce Drug and Drink related risk taking behaviour and related offending
- Ensure local delivery on the Youth Alcohol Action Plan

#### **1.7 Ensure children who require specialist care have timely access to appropriate advice and effective services**

- Identify priorities through the establishment of a county wide children's and Maternity service network groups
- Ensure that services enable all Children and Young People to access equally and offer choice in access to services and treatment equitably
- Ensure the views of Children, young people, their families and carers are sought and taken into account in designing, planning, delivering and improving health care services.