

Derbyshire Children and Young People's Plan – A Briefing Sheet for Staff

A new Children and Young People's Plan has been prepared by Derbyshire Children and Young People's Trust for the period 2009 -12. The Children and Young People's Plan is the over-arching plan about how outcomes for children and young people in Derbyshire will be improved.

This briefing sheet highlights how "be healthy" outcomes for children and young people will improve.

KEY PRIORITIES AND SELECTED ACTIONS

The four key priorities agreed with central government and local partners are:

1. Reduce obesity by promoting healthy eating and physical activity

- Improve prevention of obesity through consistent messages in all settings to promote the benefits of a healthy lifestyle through recognising the importance of healthy family meals, good nutrition, and an active lifestyle
- Introduce healthy lifestyle change programmes such as the Henry programme for the parents of young children and the Family lifestyle Implementation Programme to support the morbidly obese.
- Increase access to sport and physical activity for young people to five hours per week

2. Reduce the number of teenage pregnancies

- Focus resources on 'hot spot' areas
- Promote good partnership development by all agencies, including schools
- Improve the support for teenage parents and increase the number of young mothers in Education, Employment or Training (EET)

3. Increase the amount of breast feeding

- Commission a social enterprise to provide paid peer support to mothers and use social marketing techniques to promote breastfeeding at a community level
- Introduce a 24/7 breastfeeding helpline
- Ensure 'Baby Friendly' standards are developed in all settings including libraries and children's centres

4. Provide help to stop excess drinking

- Continue to tackle underage sales by spot checks, the promotion of proof of age identity checking and publicity campaigns
- Provide increased numbers of positive activities for young people targeted at key times
- Appoint specialist social workers to work with families where the parent or carer has significant difficulties arising out of alcohol or drugs misuse

Secondary Priorities

The Children and Young People's Plan also sets out action on the following secondary priorities:

- (1) Improving support for children suffering from emotional or mental health problems
- (2) Developing parenting skills programmes in order to improve emotional well-being and life chances
- (3) Maintaining high levels of vaccination and immunisation
- (4) Addressing health inequalities including infant mortality and low birth weight
- (5) Providing improved health advice and support to young people within schools and local settings
- (6) Continuing to tackle problematic drug use

MORE INFORMATION:

Separate briefing sheets are available on Be Healthy, Stay Safe, Enjoy and Achieve, Making a Positive Contribution, Achieving Economic Well-being and disabled children. You will be briefed on the outcome most relevant to your service area.

All the briefing sheets and the full Children and Young People's Plan are available on Dnet and at www.derbyshire.gov.uk/childrenstrust