



Healthy Outcomes Certificate

Bath and North East Somerset

Health Profile April 2013

The following pages provide a snap shot of the health of children and young people in Bath and North East Somerset and together they form a Health Profile of the area.

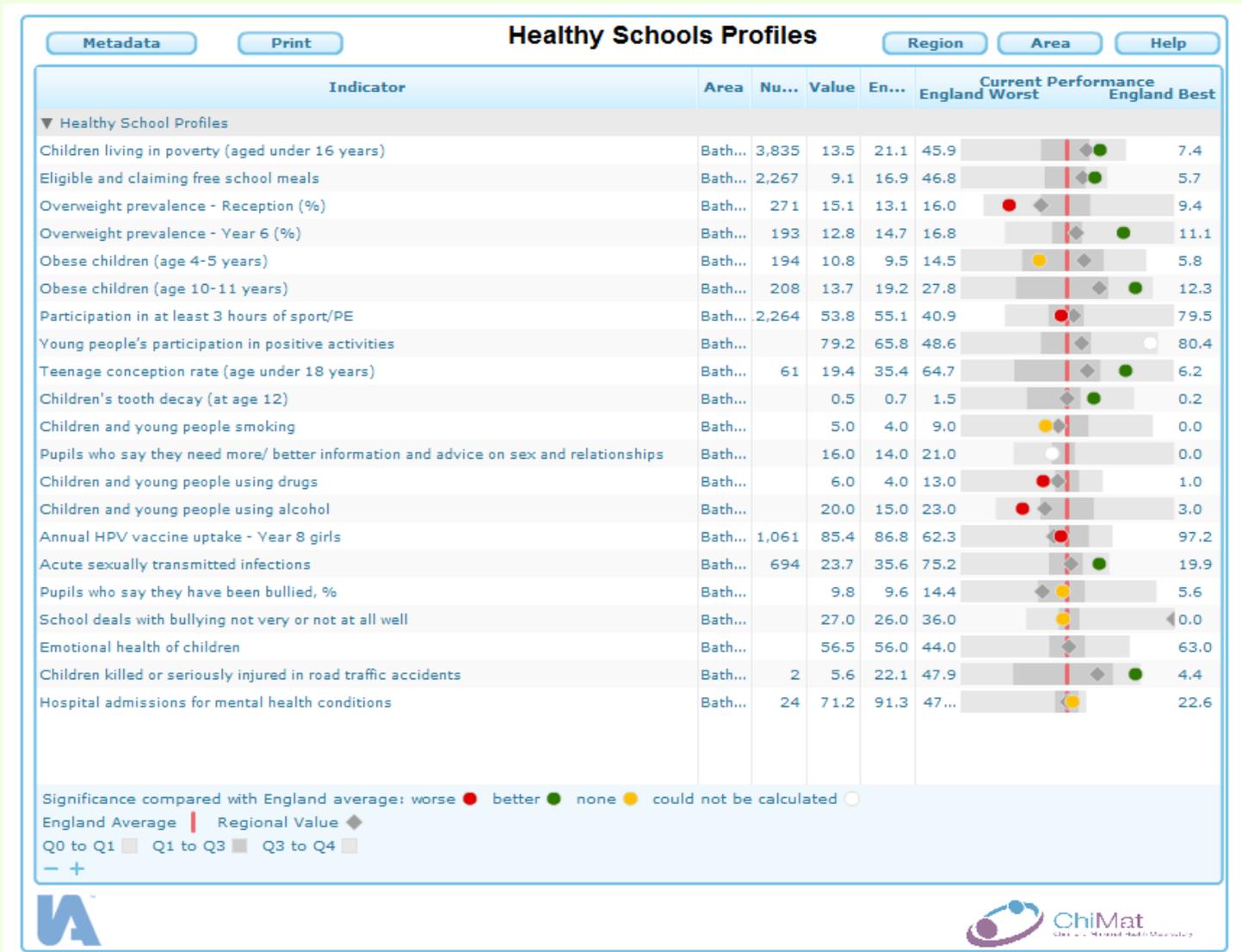
This document provides all educational settings wanting to improve the health and well-being of children and young people with the evidence they need in order to choose what areas they want to tackle.

When looking at the data it is wise to keep the quote “There are three kinds of lies: lies, damned lies, and statistics”, attributed to Benjamin Disraeli, in mind. For this reason you are recommended to view the source of the data so you are able to see how and when the statistics were collected. Links are provided for each data set. Nevertheless the data does provide evidence of what health issues are facing the children and young people in Bath and North East Somerset.

If you are a member of staff or a professional working in Early Years, School or Further Education settings please keep in mind that you may be able to provide evidence of health needs from information you have collected in your setting. It is perfectly valid to use such data. For schools this document should therefore be used in conjunction with the **School Profile**.

Table One

Child Health Profile for Bath and North East



ChiMat (Child and Maternal Health) are a part of **Public Health England**

ChiMat has produced Healthy School Profiles for the country. Opposite is the page for Bath and North East Somerset

The Full data set can be obtained from <http://www.chimat.org.uk/>

Table Two

The health issues that are significantly worse than the England average are...

Overweight children (4 – 5) →

Participation in sport/PE →

Using drugs →
Using alcohol →
HPV vaccine uptake →

....but remember that it is worthwhile to compare the figures for B&NES against the 'England Best' figures as that is a level to aspire to

ChiMat have also produced Child Health Profiles which you might find useful. They are found at <http://www.chimat.org.uk/profiles>

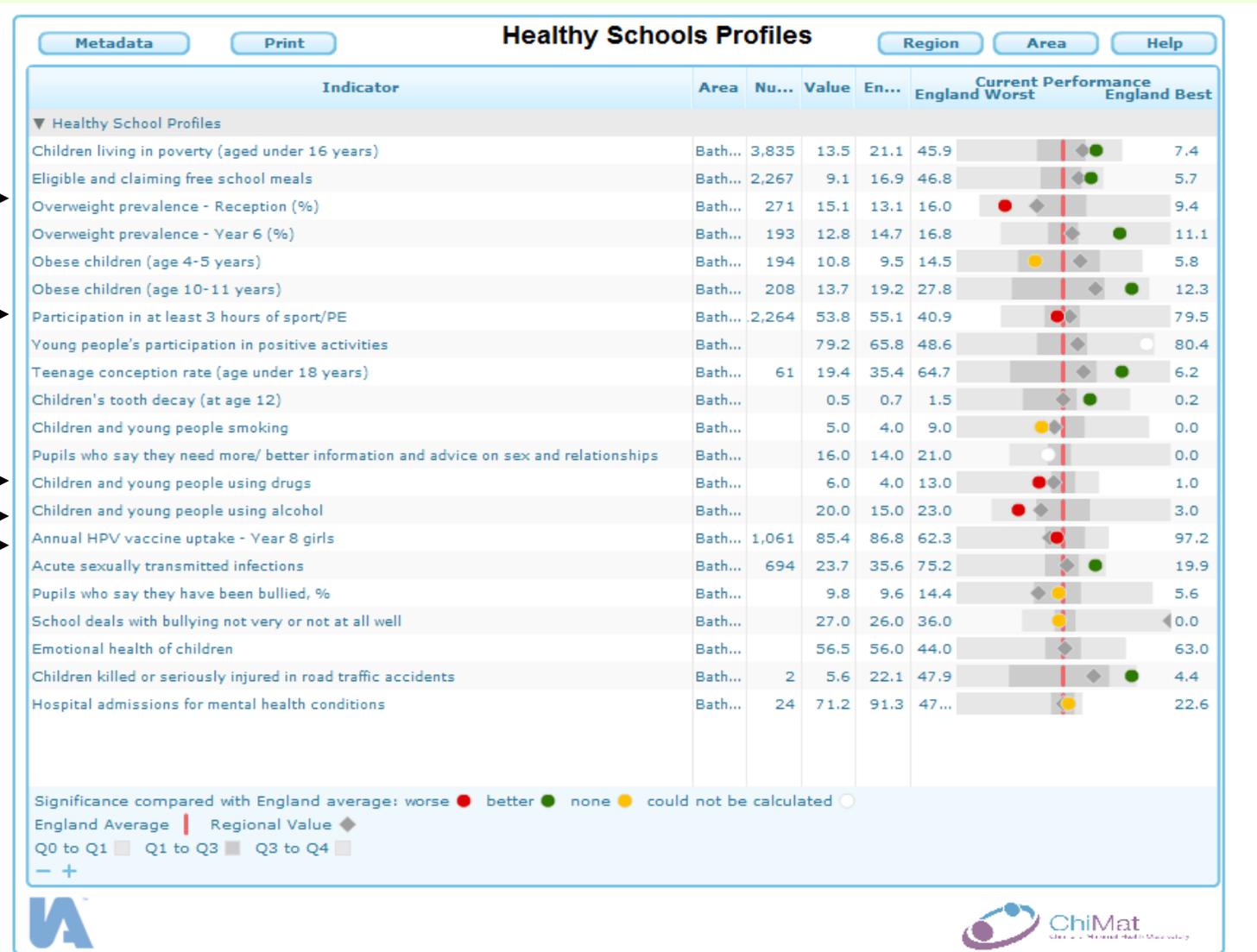


Table Three

Healthy Weight

Prevalence of Underweight, healthy weight, overweight and obese children, 2011-2012

Area	Underweight		Healthy weight		Overweight		Obese		Number Children measured		Participation Rate	
	P	P	P	P	P	P	P	P	R	Y6	R	Y6
P = Prevalence												
R = Reception	R	Y6	R	Y6	R	Y6	R	Y6	R	Y6	R	Y6
Y6 = Year 6												
England	0.9%	1.3%	76.5%	64.9%	13.1%	14.7%	9.5%	19.2%	565,662	491,118	94.2%	92.4%
South West	0.5%	0.9%	76.8%	68.1%	14.0%	14.4%	8.7%	16.6%	50,999	44,621	92.5%	89.1%
Bath and North East Somerset	0.7%	0.8%	73.2%	72.4%	15.6%	12.8%	10.6%	14.0%	1,818	1,551	98.9%	97.0%
North Somerset	0.3%	0.8%	77.1%	70.0%	14.6%	13.8%	8.0%	15.4%	2,089	1,829	90.2%	90.8%
Somerset	0.5%	0.8%	76.1%	67.3%	14.3%	14.9%	9.1%	17.0%	5,007	4,483	91.3%	88.0%
S Gloucestershire	1.0%	0.9%	80.0%	69.9%	11.8%	13.9%	7.2%	15.3%	2,809	2,537	90.6%	91.6%
Wiltshire	0.6%	0.8%	79.0%	69.6%	13.0%	13.7%	7.4%	15.9%	4,832	4,309	95.5%	93.6%

The table above shows that the percentage of our Reception children who have a healthy weight is slightly less than for England as a whole whilst for our Year Six children is more. Compared to our neighbours some figures are better and some worse but not too much should be read into these micro fluctuations as they can change year to year. The Participation Rate for Bath and North East Somerset is high which is something we should congratulate ourselves for.

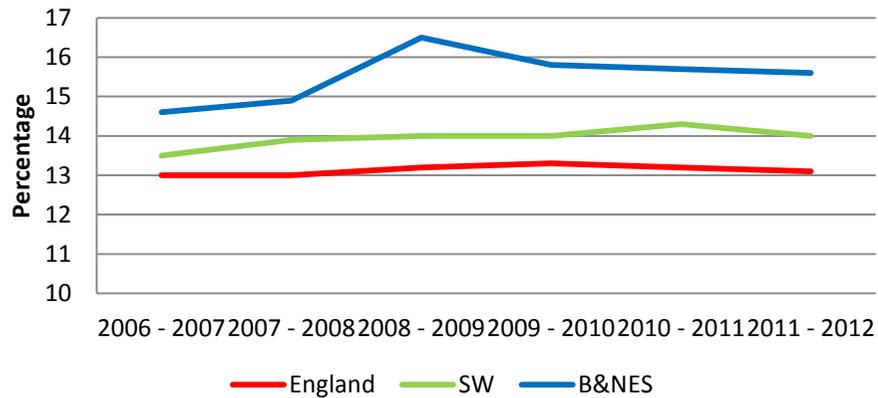
The key point is that the percentage of overweight and obese children for England, the South West and Bath and North East Somerset is far too high and especially so for our Reception children. This issue needs to be tackled if children are to avoid developing debilitating and life threatening diseases in later life.

This data set can be accessed from the National Child Measurement Programme. Run by Public Health England
<http://www.noo.org.uk/NCMP>

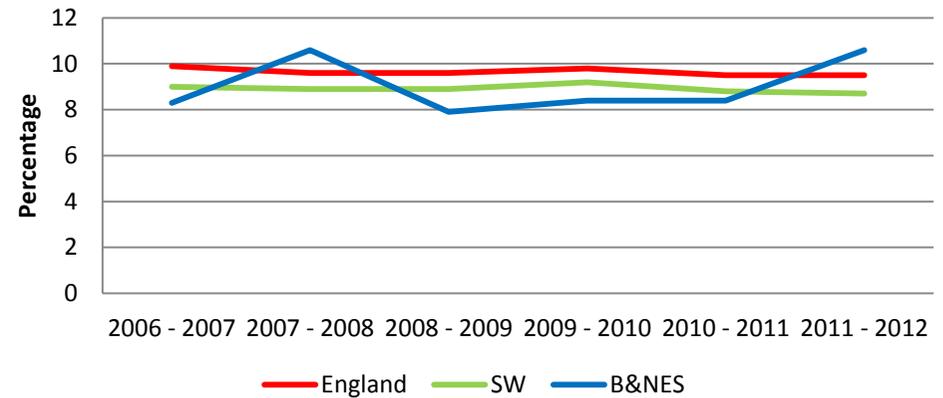
Table Four

Trend in weight for Reception and Year Six Overweight and Obese children from 2006 to 2012

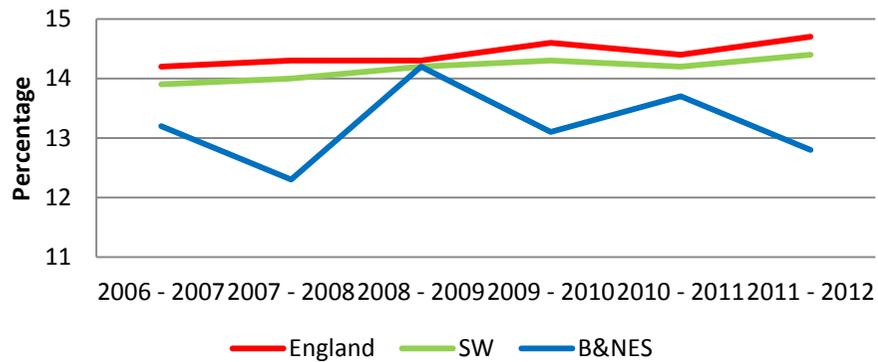
Reception - Overweight Children



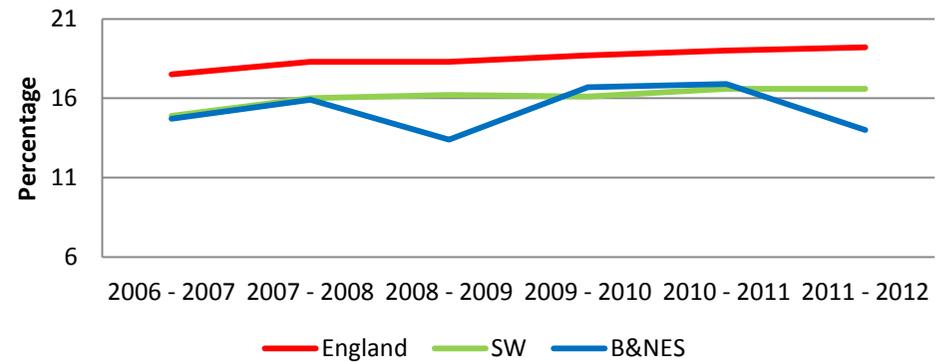
Reception - Obese Children



Year 6 - Overweight Children



Year 6 - Obese Children



These series of graphs show that the number of Overweight and Obese Children in the Reception Class is particularly high and therefore anything Early Years and Schools can do to help these children attain a healthy weight is worthwhile.

SHEU Primary Health Related Behaviour Survey 2011

In 2011, 1359 pupils in years 4 and 6 took part in this survey. There were many interesting findings which might be useful when deciding what health issues are worthwhile tackling. Below are a few of the findings:

- 3% had nothing for breakfast.
- 6% of boys and 4% of girls said they didn't drink any water on the day before the survey.
- 32% of pupils said they ate at least 5 portions of fruit and vegetables on the day before the survey.
- 25% of boys and 34% of girls would like to lose weight. 66% of pupils are happy with their weight as it is.
- 10% of boys and 7% of girls said they 'never' try anything to avoid sunburn.
- 13% of pupils reported that they have asthma.
- 74% of boys and 66% of girls described themselves as 'fit' or 'very fit'.
- 41% of pupils travelled to school by car / van on the day of the survey.
- 50% of pupils walked to school on the day of the survey.
- 7% of pupils responded that they had had an alcoholic drink (not just a sip) in the last 7 days.
- 2% said their parents 'never' or only 'sometimes' know if they drink alcohol.
- 1% in the survey smoked in the last 7 days.
- 15% reported they are 'fairly sure' or 'certain' that they know someone who uses drugs (not as medicines).
- 10% of pupils said that they do not feel like they know enough about how their body changes as they get older. 13% of pupils worry 'quite a lot' or 'a lot' about body changes as they grow up.
- 78% wash their hands 'whenever possible' after visiting the toilet.
- 16% of pupils reported having a filling last time they visited the dentist.
- 29% of boys and 44% of girls reported they feel afraid of going to school because of bullying at least 'sometimes'.
- 7% said they 'often' or 'very often' feel afraid of going to school because of bullying.
- 29% said they wear a cycle helmet 'never or almost never' when cycling.
- 37% of boys and 29% of girls said they have seen pictures online that were for adults-only.
- 34% of pupils responded that they use internet chat rooms or social networking site 'often' or 'very often / every day'.
- 26% of pupils had a medium-low self-esteem score. 38% of pupils had a high self-esteem score.
- 53% of pupils said that they feel their views and opinions are asked for in their school. 12% feel they are not asked for.

To get more detail, including whether these figures are better or worse than other areas, please see the report **Primary Health Related Behaviour Survey**. If you took part in the survey you will have your own results.

The report was produced by the School Health Education Unit who have produced a great deal of information about children and young people. Please visit <http://sheu.org.uk/>

SHEU Secondary Health Related Behaviour Survey 2011

In 2011, 3438 pupils in years 8 and 10 took part in this survey. There were many interesting findings which might be useful when deciding what health issues are worthwhile tackling. Below are a few of the findings:

- 8% had nothing for breakfast.
- 7% of boys and 11% of girls said they didn't drink any water on the day before the survey.
- 21% said they had at least 5 portions of fruit and vegetables to eat on the day before the survey.
- 26% of boys and 52% of girls would like to lose weight. 57% of pupils are happy with their weight as it is.
- 14% of boys and 7% of girls said they 'never' try anything to avoid sunburn.
- 42% said they are 'fit' or 'very fit'.
- 35% of pupils walked to school on the day of the survey, while 37% travelled by car.
- 30% had an alcoholic drink in the last week.
- 10% of pupils got drunk in the last week, 3% got drunk on more than one day in the last week.
- 8% of pupils said they smoke 'regularly' or 'occasionally'. 45% of regular smokers would like to give up smoking.
- 9% said they have taken some form of illegal drug themselves.
- 4% have not been to the dentist for over a year.
- 22% of pupils reported they feel afraid of going to school because of bullying at least 'sometimes'.
- 16% of pupils reported they had been bullied at or near school in the last 12 months.
- 22% of pupils said they don't cycle. 16% of pupils don't have a safety helmet, while 38% wear a helmet at least 'sometimes'.
- 66% of boys and 34% of girls said they have seen pictures online that were for adults-only.
- 72% of pupils responded that they use internet chat rooms or social networking site 'often' or 'very often / every day'.
- 19% of pupils responded that they have met someone in real life whom they first met online.
- 16% of pupils had a self-esteem score of 9 or less (medium-low), 46% of pupils had a self-esteem score of 15 or more (high).
- 25% of pupils said there is a special contraception and advice service for young people available locally. 68% said they 'don't know'.
- 19% of pupils said they think that none of the contraceptive methods listed are reliable to stop infections.
- 38% of pupils said that their views and opinions are asked for in school. 24% said they aren't asked for.

To get more detail, including whether these figures are better or worse than other areas, please see the report **Secondary Health Related Behaviour Survey**. If you took part in the survey you will have your own results.

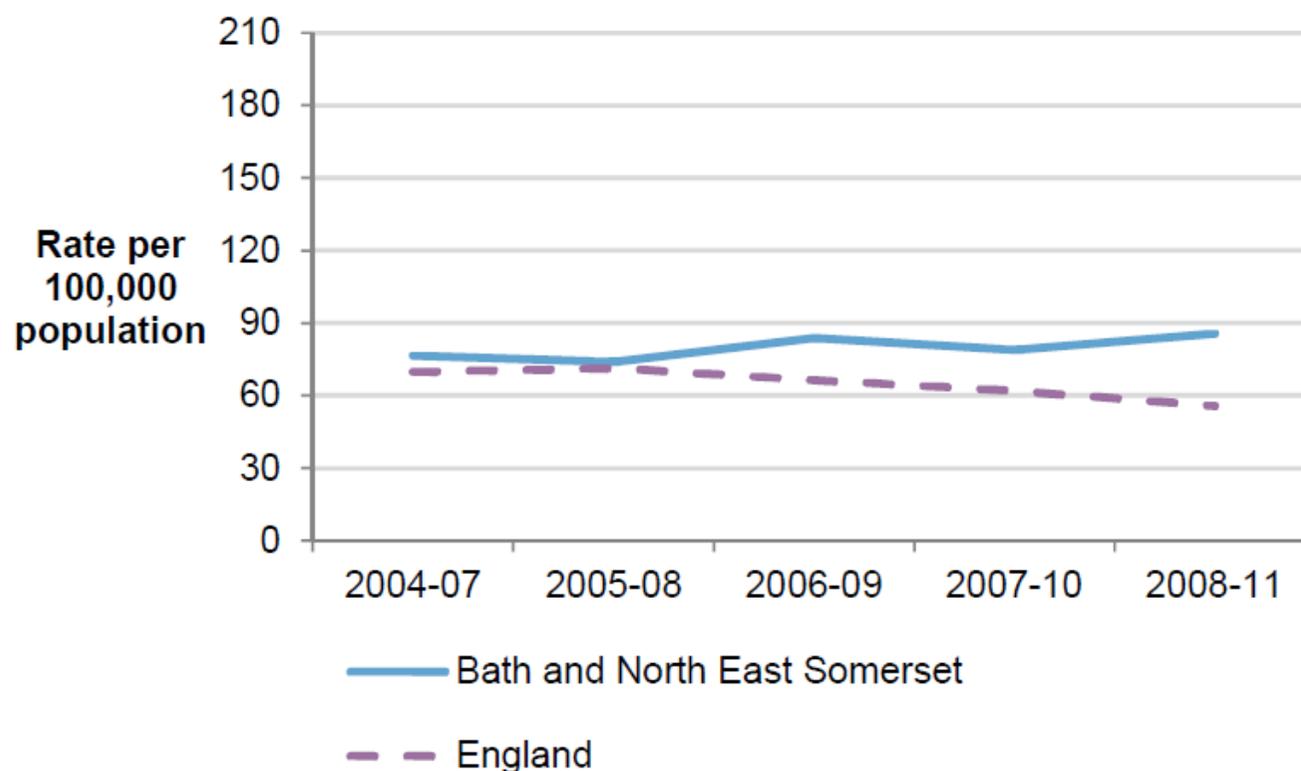
The report was produced by the School Health Education Unit who have produced a great deal of information about children and young people. Please visit <http://sheu.org.uk/>

Young People and Alcohol

Young people aged under 18 admitted to hospital with alcohol specific conditions (rate per 100,000 population aged 0-17 years)

In comparison with the 2004-07 period, the rate of young people under 18 who are admitted to hospital because they have a condition wholly related to alcohol such as alcohol overdose remains broadly similar in the 2008-11 period. Overall rates of admission in the 2008-11 period are higher than the England average.

ChiMat 2012



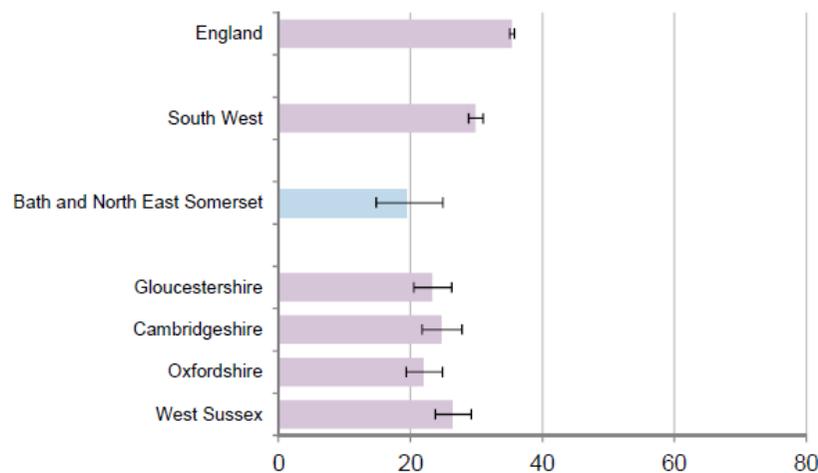
Data source: Local Alcohol Profiles for England, North West Public Health Observatory

Table Eight

Sexual Health

These charts compare Bath and North East Somerset with its statistical neighbours, the England and regional average and, where available, the European average.

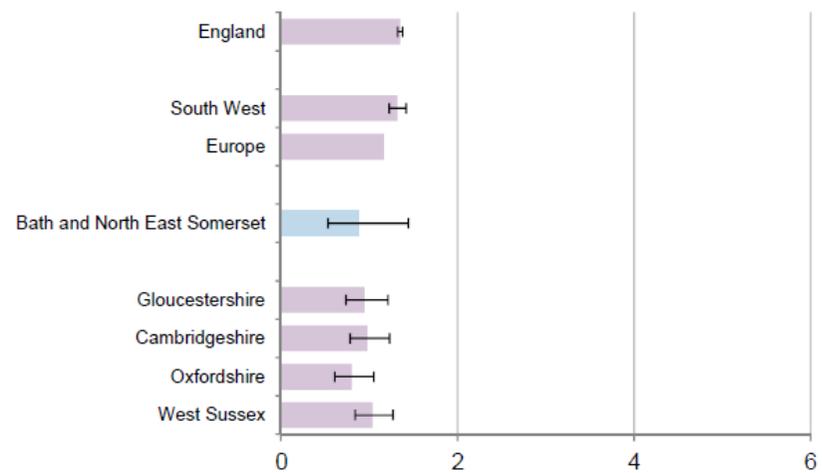
**Teenage conceptions in girls aged under 18 years, 2010
(rate per 1,000 female population aged 15-17 years)**



In 2010, approximately 19 girls aged under 18 conceived for every 1,000 of the female population aged 15-17 years in this area. This is lower than the regional average. The area has a lower teenage conception rate compared to the England average.

Data source: Department for Education

Teenage mothers aged under 18 years, 2011/12 (percentage of all deliveries)



In 2011/12, 0.9% of women giving birth in this area were aged under 18 years. This is similar to the regional average. This area has a similar percentage of births to teenage girls compared to the England average and a similar percentage compared to the European average of 1.2%*.

Data source: Hospital Episode Statistics, The Information Centre for health and social care
* European Union 27 average, 2009. Source: Eurostat

Skin cancer is a complex issue

- There are different types (the main ones being Basal cell carcinoma, Squamous cell carcinoma and Malignant melanoma).
- Treatments vary according to the nature, type and severity of the cancer.
- There are a number of causes ('risk' factors): sun exposure, age, gender, number of moles, skin type, family history and other factors.

For more information go to <http://www.sunsmart.org.uk/skin-cancer-facts/skin-cancer-facts>
This site also provides resources and guidance for schools.

Key Points

1. Skin cancer is increasing.
2. The majority of cases are caused by ultraviolet radiation from the sun or sun beds – (from April 2010 the commercial use of sun beds for under 18s is illegal).
3. The South West has a higher incidence of skin cancer than the national average. For example, new cases of malignant melanoma skin cancer in the South West are 17.7 new cases per 100,000 population compared to the England average of 12.6 per 100,000 population (NHS South West July 2010).
4. Schools need to have an appropriate policy/ practice which will help children and young people adopt sun safe practices.

South West Public Health Observatory Skin Cancer Hub

The Skin Cancer Hub provides information to support early diagnosis and prevention. It provides sources of information to deepen your knowledge on this issue. It also provides resources to use with children, advice on what school staff can do and school sun safety guidelines.

<http://www.swpho.nhs.uk/skincancerhub/default.aspx>

Table Ten

Mental Health

There is still a great deal of ignorance and fear surrounding the issue of mental health. Individuals and families affected worry that stigmatisation might occur. The result is that there remains a great deal of secrecy around the issue. Schools can play a major role in helping young people understand issues and can help to develop resilience. Tackling bullying effectively, for instance, can help reduce anxiety – one of the triggers for mental health issues for some children and young people.

- The Office for National Statistics (ONS) on the mental health of children and young people in Britain (ONS, 2005) found that 10% of children aged 5–16 had a clinically diagnosed mental disorder and the incidence of mental disorder was higher in areas of socioeconomic disadvantage.

There are different types of disorder:

Emotional disorders – include separation anxiety;

Conduct disorders – include unsocialised conduct;

Hyperkinetic disorders – children may be hyperactive, inattentive and impulsive;

Less common disorders – include eating disorders, tics, autistic spectrum disorders and selective mutism.

Children’s and Young People’s Mental Health in the South West 2011 www.swpho.nhs.uk/

Percentage of children with mental disorders by age and sex in Great Britain, 2004

Type of disorder	5 – 10 yr olds		11 – 16 yr olds	
	Boys	Girls	Boys	Girls
	%	%	%	%
Emotional disorders	2.2	2.5	4.0	6.1
Conduct disorder	6.9	2.8	8.1	5.1
Hyperkinetic disorders	2.7	0.4	2.4	0.4
Less common disorders	2.2	0.4	1.6	1.1
Any disorder	10.2	5.1	12.6	10.3

Source: Office for National Statistics 2005

Estimate of numbers of children and young people under 18 years who may experience mental health problems appropriate to a response at each tier, 2009 (Selected from **Children’s and Young People’s Mental Health in the South West 2011** www.swpho.nhs.uk/)

		Tier 1	Tier 2	Tier 3	Tier 4
		Prevalence estimates Kurtz (1996)			
		15%	7%	1.85%	0.075%
Local Authority	Total population under 18 years	Children and young people who may experience mental health problems appropriate to a response from CAMHS			
Bath & North East Somerset	35,700	5,400	2,500	700	30

Definitions of Tiers: Problems and services in child and adolescent mental health are categorised as:-

Tier 1: Universally encountered and can be addressed in everyday settings; Tier 2 require consultation, targeted or individual support; Tier 3 require the involvement of specialist support; Tier 4 highly specialist/inpatient.

Note: this table is calculated by applying Kurtz (1996) estimates to population numbers. See Population Estimates: ChiMat; Prevalence estimates Kurtz (1996)

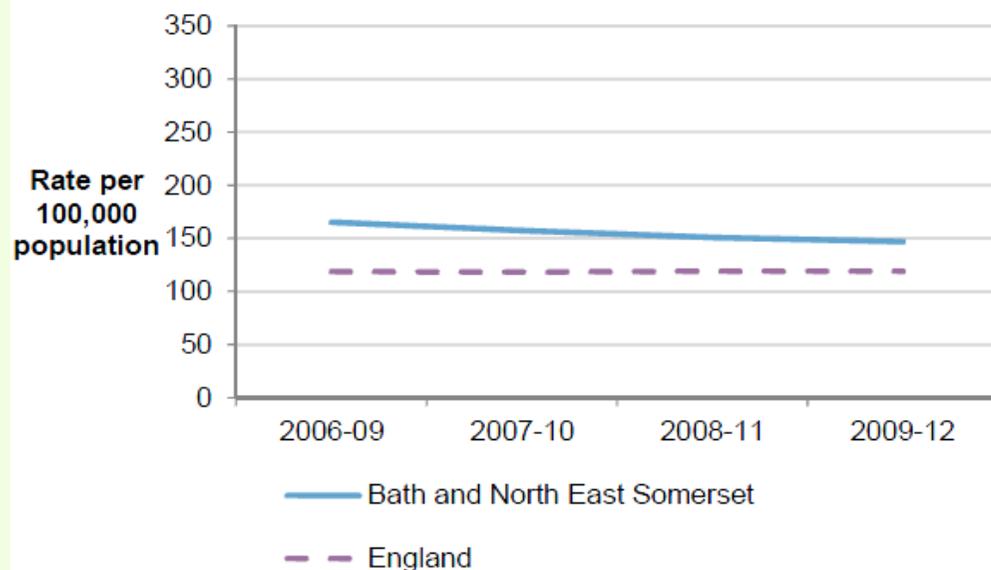
Table Eleven

Mental Health – Self Harm

Young people's mental health

Young people aged under 18 admitted to hospital as a result of self-harm (rate per 100,000 population aged 0-17 years)

In comparison with the 2006-09 period, the rate of young people under 18 who are admitted to hospital as a result of self-harm remains broadly similar in the 2009-12 period. Overall rates of admission in the 2009-12 period are higher than the England average*. Nationally, levels of self-harm are higher among young women than young men.



*Data source: Hospital Episode Statistics, The Information Centre for health and social care

Admittance to hospital due to self-harm is a crude measure. It almost certainly underestimates the extent of self-harm but to what extent is not known.

There are two main points to make
1. Whilst the trend for Bath and North East Somerset is declining it is significantly more than the England average

2. A figure of 150 per thousand is of a magnitude that should be a great cause for concern

ChiMat 2013