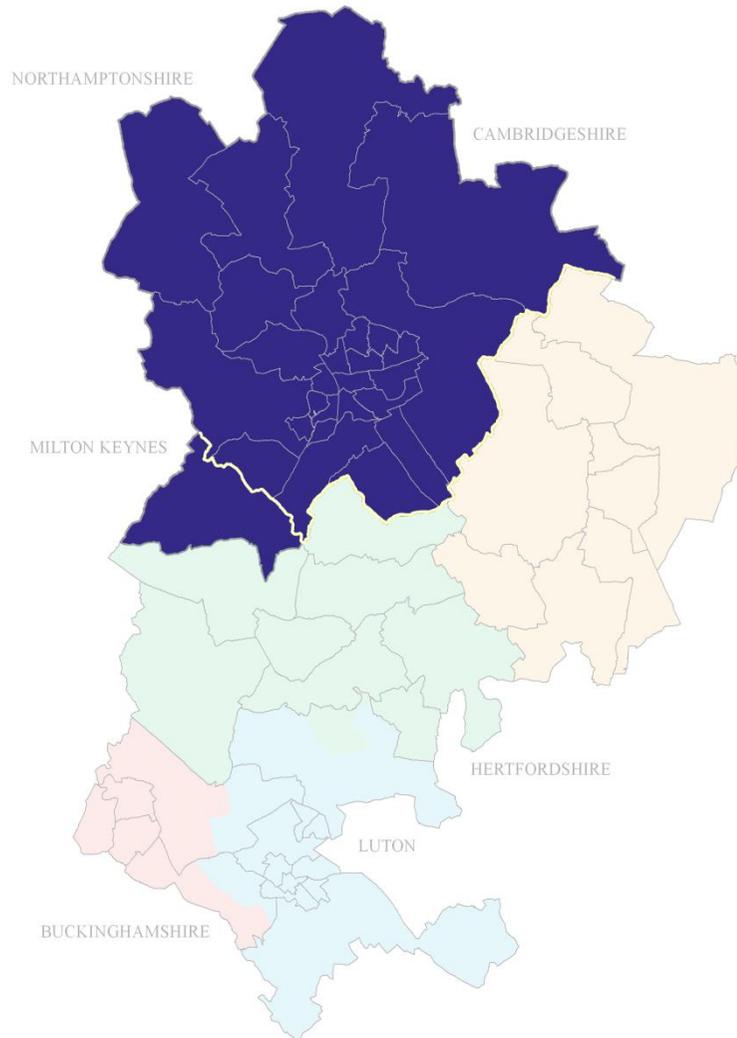




Bedford Borough Council and  
Central Bedfordshire Council  
working together

## Bedford



## Children, Young People & Families

### Executive Summary *PROFILE FOR* Bedford Locality 2014

Population Health & Public Health  
Intelligence  
Directorate of Public Health  
Locality Profile 2014  
Version 2.0

# 1 Foreword

I am delighted to present the first Children and Young People's Locality Profile. It has been designed to support the locality GP commissioners develop their priorities and the Local Authority commissioners assess practice by practice variations, identify inequalities and compliment the JSNA. It brings together GP practice level information about the health needs of our population. The report has been compiled by the Core Public Health team at Bedford Borough and Central Bedfordshire Councils with support from our Local Authority colleagues.

Over the past few years we have seen significant reforms to the health system following the enactment of the Health and Social Care Act 2012. Undertaking these reforms during a period of austerity has presented a particular challenge. However, it has provided an opportunity to take a life course approach to improve the health of our population and improving the health and wellbeing of children and young people is central to this. If we get services right for children and young people, in terms of prevention, early intervention, and better health outcomes, then this has not only the potential to improve their opportunity for a long healthy and fulfilled life but also reduce their future reliance on health and social care services.

One of the Director of Public Health's responsibilities is to reduce health inequalities by ensuring that disadvantaged groups receive the attention they need. Presenting information at GP practice level can unmask important variations in health needs and outcomes that can be addressed.

It is our intention to refresh the Children and Young People's Locality Profile on an annual basis. We welcome your feedback on what you find useful and what other information would help you to improve services and outcomes for your local community.



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## 2 Key findings

- 14 of the Bedford Locality GP practices had a higher proportion of children 0-4 years olds than England (6.0%) with Shortstown Medical Centre (12.3%) and Ashburnham Road Surgery (10.0%) having the highest proportion. A similar picture was found for children under 18 with the highest proportion at Ashburnham Road Surgery (29.3%) and Shortstown Medical Centre (29.1%). In the three years 2010 to 2013 Bedford Locality has seen a marked increase of the number of 0-9 years olds from 20,400 to 22,150 (8.6%). If the proportion change remains the same then by 2016 there will be approximately 24,000 children of age 0-9 years old, an increase of about 1,870
- Wide variations are seen for the proportion of children who were deprived between GP practices. High child deprivation is associated with high proportion of low birthweight or high proportion of children living with a smoker
- Bedford Foodbank has 130 referral agencies including three GP surgeries. In 2013/14, 1,856 children (32%) seen are children. The reasons clients give for needing the foodbank include benefit delays, unemployment, low income and debt
- 191 families in Bedford Borough (2.8 per 1,000) were statutory homeless households with dependent children or pregnant women, 2012/13. This was statistically worse than the England average and it is slightly worse than 2011/12 figures
- A report from the Clinical Outcome Review Programme has explored the national epilepsy care of 162 children and how a child's epilepsy can affect or be affected by another condition. It found that over 85% of the children with epilepsy who had been taken to intensive care or who had died were living with developmental problems
- In Bedford Locality, 4.1% of households are overcrowded compared to 4.6% in England. Overcrowding is much more prevalent in social rented (8.8%), private rented (7.7%) housing and lone parent families (10%)
- 9% of 12-15 year old school children said they had had one or more cigarettes within the last seven days in Bedford Borough. In 2012/13, 22.3% of new born babies lived with a smoker in Bedford Locality and Ashburnham Road Surgery, Clapham Road Surgery, Lansdowne Road Surgery, London Road Health Centre, Queens Park Health Centre, Shakespeare Road Surgery and Victoria Road Medical Practice are significantly higher than the Bedfordshire Clinical Commissioning Group (BCCG) average

- National Child Measurement Programme for excess weight found five wards were significantly above Year R and six for Year 6 compared with BCCG average in Bedford Locality. Child obesity increases the risk of a range of diseases commonly found in adulthood including signs of glucose intolerance and type 2 diabetes, contributes to lower educational attainment and are significantly more likely to be victims of bullying, which is likely to have a negative impact for a period of years, lasting even after childhood and adolescence
- Across Bedfordshire approximately 80 to 100 young people access treatment services for emerging drug and alcohol issues (Tier 2) and about 50 young people access Tier 3 services each year
- It is estimated that each year 920 children aged 5-10 and 1,465 aged 11-16 in Bedford Locality have a mental illness. Mental illness is more prevalent in boys than girls. Risk factors for mental ill health in children and young people include:
  - substance misuse and maternal stress during pregnancy
  - poor parental mental health
  - parental unemployment
  - social deprivation
  - low birth weight
  - child abuse
  - being a looked after child
- During pregnancy and in the post-natal period women are at increased risk of developing mental illness or experiencing exacerbation or relapses of pre-existing mental illness. In Bedford Locality an estimated 1,600 (80%) women each year have 'Baby Blues' and 200 (10%) have major postnatal depression
- The under 16 and 18 conception rates in Bedford Borough, 2012, were increasing which is in contrast to the national picture. Kingsbrook, Goldington, Cauldwell and Kempston South were four hotspot wards for under 18 conception rates in Bedford Locality with a rate of over 50 per 1,000 women, 2009-2011
- Rates of breastfeeding in Bedford Borough have increased but there remains significant 'drop-off' between the number of women who start to breastfeed and are still breastfeeding 6-8 weeks later. The proportion of mothers from Lansdowne Road Surgery and London Road Surgery sustaining breastfeeding was significantly lower than the BCCG average
- Bedford Locality did not achieve most of the targets of the 2 and 5 year childhood vaccinations and in some practices for 1 year
- 6.2% of the 16-18 year-olds are not in education, employment or training as a proportion of the total age group, 2013. This is significantly above England's average of 5.3%. Young people who are NEET are more likely to be involved in delinquency and crime. Being out of work can lead to poor mental health, for example depression

- The Looked After Children (LAC) rate is 73.7 per 10,000 in Bedford Borough, March 2014. The major wards where the children were originally resident were Cauldwell (33), Queens Park (32), Goldington (29) and Kingsbrook (28) out of 264 children and young people. There was an increase for those with three or more placements to 10.9% of all LAC over six months and 45.0% were in a long term stable placement
- With those subject to a Child Protection Plan, there tended to be a preponderance towards males, aged 0-11, be neglected or have emotional abuse. The time of the plans tends to be less than two years
- Bedford Borough turned around the lives of 198 families of which 71% have health problems

### 3 Recommendations

- Focus on working with deprived families as there is a correlation between deprivation and low birthweight and children living with a smoker
- Bedford Locality should recommend an 'epilepsy passport'. This would be a document that clearly identifies which health professional is responsible for the overall coordination of a child's care and it would also name each professional involved in that child's care. The passport would serve as a starting point for better communication not only between medical professionals but also between them and the child's family
- Bedford Locality antenatal clinics should ensure pregnant smokers are referred to the 'Smoke Free Baby and Me' programme or the Stop Smoking service
- Bedford Locality schools should work with the Kick Ash peer led programme which encourages children to 'be proud to be smokefree' and where necessary supports them to quit. Local GPs, Health Visitors and Children's Centres should engage with the Smokefree Homes and Cars programme that was re-launched in June 2014
- BeeZee Bodies is a Bedfordshire programme designed to help overweight children and Change 4 Life contains life-style changes which schools may include in their curriculum. Support children in accessing these programmes, particularly from Brickhill, Cauldwell, Eastcotts, Goldington and Kingsbrook wards (Year R) and Cauldwell, Clapham, Eastcotts, Goldington, Kempston South and Queen's Park (Year 6) which had significantly higher proportion than BCCG averages
- When local health, social care and education professionals recognise drug and alcohol problems they should refer children, young people and their families to the CAN YP Bedfordshire service which can offer support, information and advice to young people aged between 5 and 18 affected by drug and alcohol misuse
- Health, social care and education professionals in Kingsbrook, Goldington, Cauldwell and Kempston South wards, Bedford Locality, should work with teenage pregnancy prevention programmes including Brook and THT Contraceptive and Sexual Health Services and the Free Condom Card Scheme to reduce under 18 conceptions. Furthermore schools throughout Bedford Locality should be supported to develop high quality Personal Social and Health Education and Sex and Relationships Education
- Whilst breastfeeding support needs to be available to all women antenatally and postnatally, additional support is required for the mothers least likely to breastfeed including those from more deprived areas and teenage mothers. In particular community midwives, health visitors and GPs need to support mothers from Lansdowne Road Surgery and London Road Surgery GP practices to sustain breastfeeding
- De Parys Medical Centre (1, 2 and 5 year), Lansdowne Road Surgery (1,2 and 5 year) and Linden Road Surgery (2 and 5 year) should work with the local public health team, Public Health England and NHS England to improve uptake of childhood immunisations