

Appendix 4 Early Years (Pillar 3)

Overview of progress

There are 12 action points and action has been taken forward and is continuing on all. The action points are of a continuous nature, so that the only completed milestones are those on the launch of a policy, pledge or guidance. Local Health Boards provide annual reports to SG on infant feeding which is also monitored nationally through maternity care and the Child Health Surveillance programme. Resource information has only been provided on breastfeeding and evaluation has been completed on the play initiatives.

Description of progress:

The Maternal and Infant Nutrition Framework was launched in 2011 and an implementation group set up. Annual Reports from local NHS Boards are submitted to SG, some are made available, and an overview is shared with the Boards. Significant progress has been made to increase the uptake of Healthy Start and improving accessibility through community pharmacies has been piloted and extended.

The HEAT target for breastfeeding for 2011 was not met and currently the rates at 6- 8 weeks are showing a slight decline. Funding was allocated in 2011-14 to enable more sites to gain Baby Friendly accreditation. The appointment in 2014 of a Professional Lead for Scotland to follow through the implementation of the Baby Friendly Initiative should support this work further

Early uptake of antenatal services and the opportunity for antenatal education is supported by the current antenatal access HEAT target. A national parent antenatal education package to ensure consistency across Scotland has been developed and consistent information on weaning and early nutrition is provided through 'Setting the Table'. NHS Education for Scotland has developed professional training on early years nutrition and guidance on overweight in pregnancy has also been produced by NHS Health Scotland

GIRFEC has been further embedded with champions identified across the NHS.

Action has taken place on play through the Early Year Collaborative and the Go2play scheme, which has shown increased physical activity and health and well being through play. The programme are continuing and training has been developed for staff

Summary of progress on early years

The work on environments and play alongside the commitments to GIRFEC indicate a wide recognition of the importance of early years. The national data indicates a lack of effectiveness in infant feeding, with the strong possibility of an increasing inequalities gap and increasing prevalence of overweight and obesity both in pregnant women and the early years of life. Maternal overweight in pregnancy is an indicator of later overweight in the child and this should be an area of concern. There have been professional leads on maternal and infant nutrition or breastfeeding intermittently over recent years so the appointment of the professional lead on the Baby Friendly Initiative to work in SG is to be welcomed.

Please find below collated responses from various national organisations on their ORM activity against the ORM indicators (2010); key responsible agencies; a summary of 2011 position; and an update as at 2014/15. A summary of local authority activity is also provided. The information has not been updated since early 2015.

Action Point 3.1	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>Promoting positive environments for children and families through all our planning, regeneration and transport policies.</p> <p><i>Milestones: Monitored via regular meetings with planning authorities – agreeing and checking local development plans reflect national policy.</i></p>	SG Transport Scotland LAs	<p>Scottish Planning Policy and Planning Advice Notes address this in physical terms. Implementation is through development plans and development management decisions. Scottish Government liaises with planning authorities on the preparation of development plans to ensure national policy is reflected.</p>	<p>Local Authority Action</p> <p>A broad range of action is reported including:</p> <ul style="list-style-type: none"> • Development of standards and guidance for play space • Development of outdoor access strategies • Engagement of school children and local communities in planning open space and play spaces • Capital investment in parks and maintaining play space • Protection of the natural environment • Outdoor education • Development of Green space and pathways • Ensuring open space and access to facilities in new developments • Protection and maintenance of sports pitches • Prioritizing walking, and cycling • Increase in 20mph zones
Action point 3.2	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>Implementing the Maternal and Infant Nutrition Strategy.</p> <p><i>Milestones: Launch the framework on 18 January 2011.</i></p>	NHS LAs Community and Voluntary sector SG Higher and Further Education providers	<p>Improving Maternal and Infant Nutrition: A Framework for Action was officially launched by Shona Robison, Minister for Public Health and Sport on 18 January 2011. The framework is the first which looks at the nutrition of mothers before and during pregnancy, supports and promotes the benefits of breastfeeding and emphasises the importance of a healthy diet throughout early childhood. An outcomes framework identifying short, medium and long term outcomes has been developed together with a set of indicators for each outcome. These will be essential components in measuring success.</p> <p>The Framework has an action plan which details actions to be taken forward. SG will work with NHS Boards and local authorities in developing local implementation plans.</p>	<p>Scottish Government</p> <p>An implementation group was set up to support the implementation of the MIN Framework. Funding was supplied to support NHS Boards to implement this framework</p> <p>A monitoring framework is in place for NHS Boards to report on progress of implementation of the framework. Reports are submitted annually to SG</p> <p>The implementation group ceased in 2013 and national reports are available up to March 2012</p>

Action Point 3.3	Scottish Government Policy Lead and Lead	Summary of Position 2011	Update 2014-15
<p>Continuing to develop and roll out the Getting it right for every child change management programme for services affecting children and young people, founded on well-being indicators including healthy and active that encourage attention to diet and activity.</p> <p><i>Milestones: Publication of the Implementation Guide and signing of the "Pledge" which secures support for it's delivery(June 2010)</i></p> <p><i>NHS engagement (June 2010).</i></p> <p><i>Further milestones yet to be developed</i></p>	<p>SG LAs NHS</p>	<ul style="list-style-type: none"> • January 2010: Getting it right for every child (GIRFEC) message and national practice model integral to the new National Child Health Record or 'Red Book', launched January 2010. • June 2010: Publication of Implementation Guide for strategic and operational managers and practitioners. • June 2010: Recognition at the Children's Summit from Ministers, Cabinet Secretaries and senior children's services executives that GIRFEC is the delivery mechanism for all children's services. Signing of 'pledge' to work together. • July 2010: Director of Children, Young People and Social Care Directorate writes to Chief Officers responsible for community planning, local government, health and policy to offer the Scottish Government's support in multi-agency working to implement GIRFEC in their areas. • August 2010: CEL 29 issued to NHS Chief Executives to embed the GIRFEC approach across health. • August 2010: GIRFEC team present information at NHS CEOs' meeting. CEOs agree in principle to implement GIRFEC. 	<p><u>Scottish Government</u> Wellbeing, as defined by the 8 wellbeing indicators, has been enshrined within Part 18 of the Children and Young People Act (Scotland) 2014. Parts 4 and 5 of the Act are also relevant to GIRFEC, through the universal requirement for a named person and requirement for a Children's Plan if that child has a wellbeing need that cannot be addressed other than through a targeted intervention. The GIRFEC board has now disbanded and overarching national implementation support is provided by the National Support Implementation Group. The CEL 29 group continues to meet to support roll-out in the NHS. Consultation on draft statutory guidance to support these parts of the Act has concluded.</p>

Action Point 3.4	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>Investing to ensure that all pregnant women, and women with children aged under 4 who are eligible for Healthy Start are aware of, and apply for the Healthy Start vouchers.</p> <p><i>Milestones/indicators for monitoring progress will be agreed by the implementation group following the publication of the Framework</i></p>	NHS SG LAs Community and voluntary sector	<p>NHS Boards funded through CEL 36 (2008) to increase uptake of Healthy Start. Work underway with Health Boards on the use of management information available to assess reach and target specific populations with low intake.</p> <p>Action point within improving Maternal and Infant Nutrition: A Framework for Action (Activity 5.7) to widely promote scheme in order to increase uptake. Work is ongoing with NHS Board to ensure effective distribution methods for Healthy Start vitamins.</p>	<p>Scottish Government Healthy Start (HS) Leads identified in all NHS Boards. Meetings held with HS Leads to seek ways to increase uptake of HS vitamins and drops. In May 2013 implementation of HS vitamin community pharmacy (one year) pilot to improve accessibility and distribution to those eligible. Community pharmacies and dispensing practices across Scotland are involved. Trial has been extended to May 2015. Review of trial currently underway to ascertain efficacy of the HS scheme. Production and distribution of HS leaflet to health boards to raise awareness.</p> <p>Management Information data are from a range of sources including Dept of Health and Health Boards.</p> <p>Recent reports indicate the value of the use of improvement methodology to increase uptake.</p>
Action Point 3.5	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>Investing to ensure that more babies are breastfed, and for longer.</p> <p><i>Milestones: NHS Boards are working towards HEAT 7 target to increase the proportion of new-born children exclusively breastfed at six to eight weeks from 26.6 per cent in 2006/7 to 33.3 per cent in 2010/11.</i></p>	NHS Health Scotland FSAS NHS SG	<p>NHS Boards are currently working towards the HEAT 7 target for 2010/11. This work will carry on as part of the implementation of Maternal and Infant Nutrition: A Framework for Action.</p> <p>NHSScotland has committed to delivering a 25 per cent increase on baseline performance across all Boards by 2010/11.</p>	<p>Scottish Government Funding provided to assist with the implementation of the Maternal & Infant Nutrition Framework: £40k allocated in 2011-2014 to reduce the financial barriers in seeking and achieving Baby Friendly accreditation, specifically, the costs of assessments in maternity unit and community health partnerships. In August 2014 £40,000 in funding was allocated to reduce the financial barriers in seeking and achieving Baby Friendly accreditation in neonatal units. We have provided further funding (£38K) for the post of UNICEF UK Baby Friendly Initiative Professional Lead for Scotland (PLS) for 2014 – 2016. The PLS will therefore continue to provide expertise, guidance and support to maternity units and community facilities approaching accreditation and to those already accredited with a particular focus on the implementation of the new BFI standards. The PLS will continue to provide guidance and contribute to the work of the Scottish Government in all matters relating to breastfeeding.</p> <p>From a range of sources including Health Boards / ISD. ISD statistics show that in 2011/12, 36.7% of babies were breastfed at the 6-8 week review (a slight decrease from 37.1% in 2010/11). The overall breastfeeding rate comprises 26.2% of babies who were exclusively breastfed (a decrease from 26.5% in 2010/11) and 10.5% who were mixed fed both breast milk and formula milk (similar to 10.6% in 2010/11).</p>

Action Point 3.6	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>Investing to support pregnant women and new mothers to develop healthy lifestyle behaviours for example through the key elements of parenting programmes and community capacity building in the Early Years Framework.</p> <p><i>Milestones: Milestones/indicators for monitoring progress will be agreed by the implementation group following the publication of the Framework.</i></p>	<p>NHS Health Scotland FSAS LAs Community and voluntary sector NHS</p>	<p>Action point within Improving Maternal and Infant Nutrition: A Framework for Action (Activity 5.5).</p>	<p>Health Scotland Production of evidence based information for pregnant women, new parents and their families – Ready Steady Baby (given to all pregnant women: printed copy, website and App); Ready Steady Toddler; Off to a Good Start: All you need to know about breastfeeding”; Bump to Breastfeeding DVD; Fun First Foods; Folic acid before and during pregnancy; Vitamin D and You. Facilitating engagement opportunities to promote uptake of Healthy Start within local communities. Healthy lifestyles are included in the Scottish Antenatal Parent Education Package which was introduced nationally in 2013, supported by training.</p> <p>Reach – NHS, Local Authority and voluntary sector organisations.</p>
Action Point 3.7	Scottish Government Policy Lead and Lead	Summary of Position 2011	Update 2014-15
<p>Investing to support parents’ knowledge about how they feed themselves and their babies particularly when babies make the transition onto solid foods.</p> <p><i>Milestones/indicators for monitoring progress will be agreed by the implementation group following the publication of the Framework.</i></p>	<p>NHS Health Scotland FSAS LAs Community and voluntary sector NHS</p>	<p>Action point within Improving Maternal and Infant Nutrition: A Framework for Action (Activity 5.8).</p>	<p>Health Scotland Update and distribution of “Fun First Foods: An easy guide to introducing solid foods”. Reach – parents across Scotland through distribution by Health Visitors. ‘Setting the Table’ an information resource for parents was produced by NHS Health Scotland in 2014.</p>

Action Point 3.8	Scottish Government Policy Lead and Lead	Summary of Position 2011	Update 2014-15
<p>Investing in a programme of education and support on maternal and infant nutrition for all those working with parents and families to provide the best quality information and support to all parents about how they feed themselves and their babies.</p> <p><i>Milestones/indicators for monitoring progress will be agreed by the implementation group following the publication of the Framework.</i></p>	NHS Health Scotland FSAS SG LAs Higher and Further education providers	Action point within Improving Maternal and Infant Nutrition: A Framework for Action (Activities 1.1 - 1.10).	<p>NHS Education Scotland has worked to standardize the content of under and post graduate curricula. A minimum of 5 local Health Boards have specialist training.</p> <p>Health Scotland Continued promotion of e-learning module “Raising the Issue of Maternal and Infant Nutrition”.</p> <p>Reach – NHS, Local Authority and voluntary sector organisations. Monitoring of use shows low uptake. No evaluation of impact has been undertaken.</p>
Action point 3.9	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>Investing in communications aimed at women of childbearing age pre- conception about the relationship between maternal obesity and adverse outcomes in pregnancy.</p> <p><i>Milestones/indicators for monitoring progress will be agreed by the implementation group following the publication of the Framework.</i></p>	NHS Health Scotland	Action point within Improving Maternal and Infant Nutrition: A Framework for Action (Activities 4.1 - 4.2).	<p>Health Scotland A national working group was facilitated to develop guidance for the Scottish Government on a post-natal intervention. “Recommendations of an expert working group on a maternal nutrition intervention”</p> <p>Report for Government produced in November 2013.</p>

Action point 3.10	Scottish Government Policy Lead and Lead	Summary of Position 2011	Update 2014-15
<p>Ensuring that the guidance set out in Nutritional Guidance for Early Years is implemented across all services for children between 1 and 5 years, regardless of the providers of those services.</p> <p><i>The service is inspected by the Care Commission.</i></p>	Care Commission	<p>Care Commission and HMIE inspections of early years settings are founded on the National Care Standards - Early Education and Childcare.</p> <p>The relevant National Care Standard is 3:</p> <ul style="list-style-type: none"> • Each child or young person will be nurtured by staff who will promote his or her general wellbeing, health, nutrition and safety. • Each service has to give consideration to the nutritional needs of the children in their care. <p>To support them in this we have produced the 'Nutritional Guidance for Early Years' 2006 (covers ages 1-5).</p>	The Nutritional Guidance for Early Years and Adventures in Foodland has been updated.
Action Point 3.11	Scottish Government Policy Lead and Lead Agency	Summary of Position 2011	Update 2014-15
<p>Supporting the third sector to increase opportunities for play through our investment in Inspiring Scotland's Go Play programme.</p> <p><i>Milestones: Monitoring progress via regular meetings with local programmes.</i></p>	Care Commission	<p>Programme meeting its objectives and awards have been made to a large number of voluntary bodies. Inspiring Scotland is working closely with these bodies to monitor progress and to help evaluate the programme as a whole. We are looking at how best to build on this work but the extent of future activity is closely tied into the Spending Review.</p>	<p>2 main projects Go2play and Active play have been implemented and evaluated Go2play evaluation report proves that the activity is improving children's health and wellbeing and physical activity levels are increasing as a result of free play Active Play pilot: http://www.inspiringscotland.org.uk/media/13746/Active-Play-evaluation-Final-May-2014.pdf</p> <p>Through this activity we developed a training module which educates play workers about the fundamental movement skills in children and how to increase them through play provision. http://www.inspiringscotland.org.uk/media/27671/Physical-Literacy-Handbook-A5.pdf</p> <p>Monitoring is on-going and the programme will continue into the next financial year.</p>

Action Point 3.12	Scottish Government Policy Lead and Lead	Summary of Position 2011	Update 2014-15
<p>Ensuring that nurseries and other childcare facilities minimise sedentary activities during playtime and provide regular opportunities for enjoyable active play and structured physical activity sessions.</p> <p><i>Milestones: Inspectors will take up any shortcomings with service providers and this will be reflected in the inspection reports and grading for the service</i></p>	<p>Care Commission</p>	<p>The Care Commission and HMle inspections of early years settings are founded on the National Care Standards - Early Education and Childcare. The relevant National Care Standards are:</p> <ul style="list-style-type: none"> • 3: Each child or young person will be nurtured by staff who will promote his or her general wellbeing, health, nutrition and safety. <p>Within that standard is:</p> <ul style="list-style-type: none"> • 3.6: Children and young people have the opportunity to sleep or rest and have regular access to fresh air and energetic physical play. Staff will monitor sleeping children regularly and effectively. • 5: Each child or young person can experience and choose from a balanced range of activities and within that standard is: • 5.3: You know that the activities provided by staff will allow the children and young people to enjoy both organised and free play and leisure and recreation, including quiet times. 	

