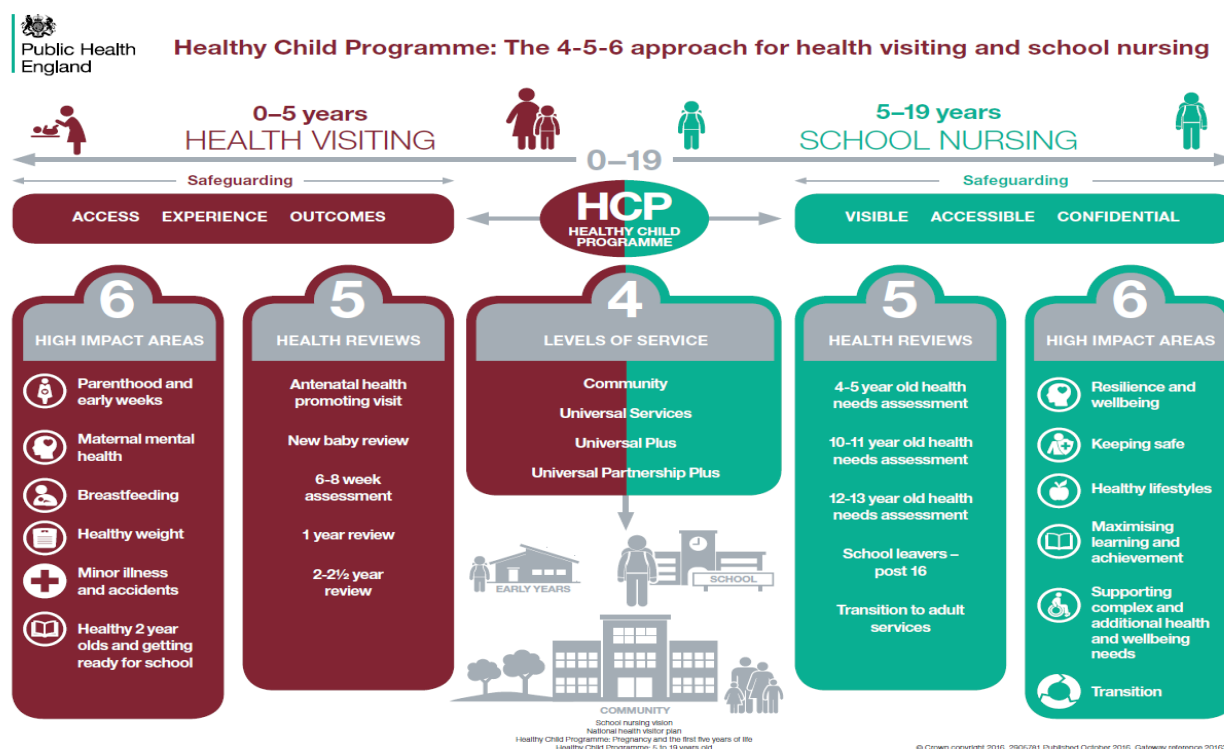


The Healthy Child Programme

The Healthy Child Programme for the early life stages focuses on a universal preventative service, providing families with a programme of screening, immunisation, health and development reviews, supplemented by advice around health, wellbeing and parenting.

The programme will be based on the model shown below with four levels of service, five health reviews and six high impact areas.

Figure 1: 4-5-6 Model



NHS England remains responsible for commissioning the Child Health Information Service (CHIS) (to be reviewed in 2020), antenatal and new-born screening, including the 6-8-week infant physical examination, childhood and adolescent immunisations.

There are 4 levels of service and 6 high impact areas for each of the service areas that include:

The 4 Levels of Service for 0-5

These levels set out what all families can expect from their local health visitor service:

- **Community:** health visitors have a broad knowledge of community needs and resources available e.g. Children's Centres and self-help groups and work to develop these and make sure families know about them.
- **Universal (the 5 key visits):** health visitor teams ensure that every new mother and child have access to a health visitor, receive development checks and receive good information about healthy start issues such as parenting and immunisation.
- **Universal Plus:** families can access timely, expert advice from a health visitor when they need it on specific issues such as postnatal depression, weaning or sleepless children.
- **Universal Partnership Plus:** health visitors provide ongoing support, playing a key role in bringing together relevant local services, to help families with continuing complex needs, for example where a child has a long-term condition.

The 5 universal health reviews

The 5 key visits are those that all families can expect under the universal level of service.

- Antenatal
- New baby review
- 6 – 8 weeks check
- 9 – 12 months
- 2 – 2 ½ years

The 6 high impact areas

The purpose of the High Impact Areas is to articulate the contribution of health visitors and describe areas where health visitors have a significant impact on health and wellbeing and improving outcomes for children, families and communities, namely. Currently the high impact areas are:

- Transition to parenthood
- Maternal mental health
- Breastfeeding
- Healthy weight
- Managing minor illness and accident prevention
- Healthy 2-year olds and school readiness

The national review has added to the high impact areas to make them more targeted and clearer to strengthen the support received by families:

- supporting the transition to parenthood
- supporting maternal and family mental health
- supporting breastfeeding
- supporting healthy weight, healthy nutrition
- improving health literacy; reducing accidents and minor illnesses
- supporting health, wellbeing and development: Ready to learn, narrowing the 'word gap'

The commissioning guidance adds the following to the mandatory elements of health visiting service.

- continuity of family public healthcare from maternity to health visiting services
- contributing to safeguarding
- identifying and supporting vulnerable children and families
- addressing inequalities and contributing to the Family Nurse Partnership, Troubled Families Programme or local equivalent

For 5-19 this is:

The 4 Levels of Service

These levels set out what all families can expect from their local school nursing service:

- Community: school nurses have a broad knowledge of community needs and resources available
- Universal: all school will have access to a named school nurse and use of texting and virtual clinics will enable wide access to all areas of the County
- Universal Plus: children can access timely, expert advice from a school nurse when they need it on specific issues such as emotional health, sexual health and substance misuse
- Universal Partnership Plus: school nurses provide ongoing support, playing a key role in bringing together relevant local services, to help children and families with continuing complex needs, for example where a child has a long-term condition

The 5 universal health reviews

The 5 key reviews are those that all children can expect under the universal level of service.

- 4-5 year old health needs assessment
- 10-11 year old health needs assessment
- 12 -13 year old health needs assessment
- School leavers post 16 via digital offer
- Transition to adult services via digital offer

The 6 high impact areas

The purpose of the High Impact Areas is to articulate areas where school nurses can have a significant impact on health and wellbeing and improving outcomes for children, families and communities.

These are as follows:

- Building resilience and supporting emotional wellbeing
- Keeping safe – managing risk and reducing harm
- Improving lifestyles
- Maximising learning and achievement
- Supporting additional health and wellbeing needs
- Seamless transition and preparing for adulthood

The 6 high impact areas have been reviewed to incorporate:

- supporting resilience and wellbeing
- improving health behaviours and reducing risk taking
- supporting healthy lifestyles
- supporting vulnerable young people and improving health inequalities
- supporting complex and additional health and wellbeing needs
- promoting self-care and improving health literacy

National Child Measurement Programme

The National Child Measurement Programme (NCMP) is a mandated annual programme, which measures the height and weight of children in Reception class (aged 4 to 5) and year 6 (aged 10 to 11), to assess overweight and obesity levels in children within primary schools.

Delivering the NCMP provides vital information that enables local authorities and their partners to plan for and invest in key services to tackle obesity and its wider determinants. It also provides the opportunity to raise parents' awareness of overweight and obesity, its consequences and healthy lifestyle choices.

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