

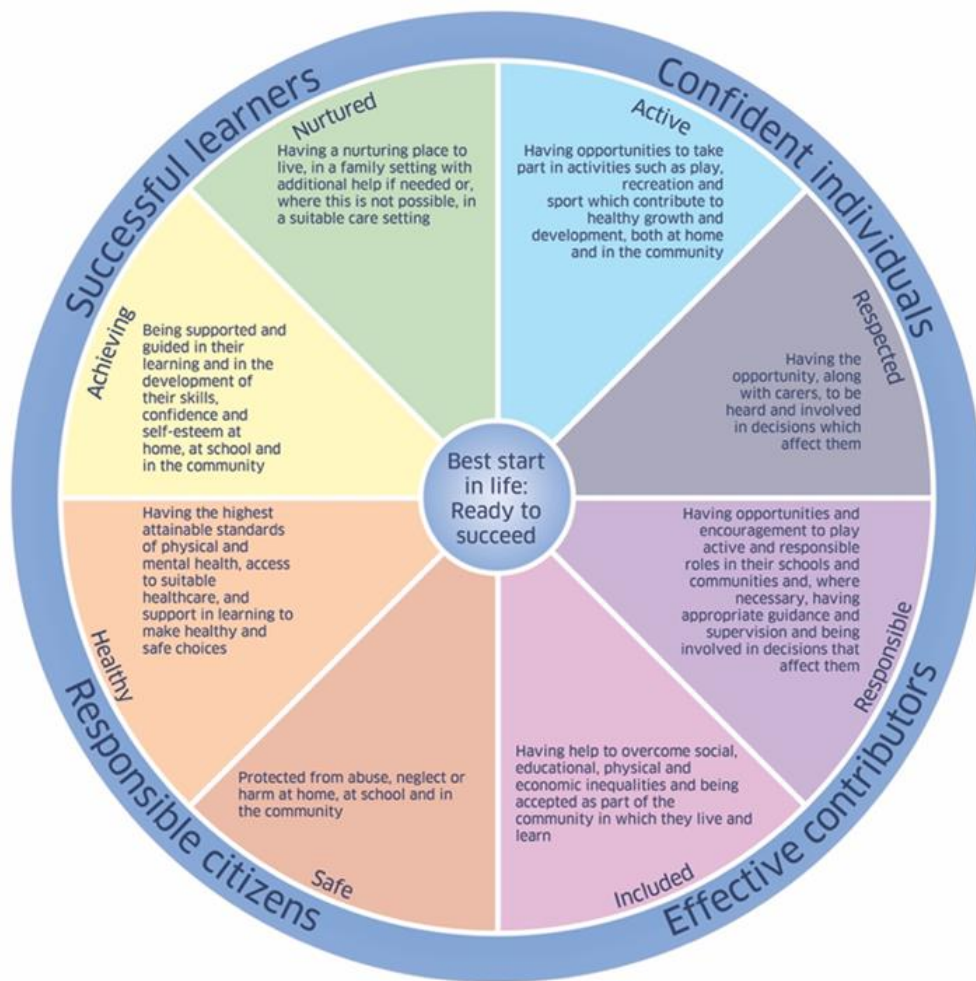
Evidencing Child Health and Wellbeing

**Franca Macleod,
Children and Families
Analysis
Scottish Government**

Improving Outcomes
for Children and
Young People in Scotland

Overview

- What is wellbeing?
- The evidence review
- Areas of success
- Areas for further action
- Next steps



Safe
Healthy
Active
Nurtured
Achieving
Respected
Responsible
Included

2018 evidence review

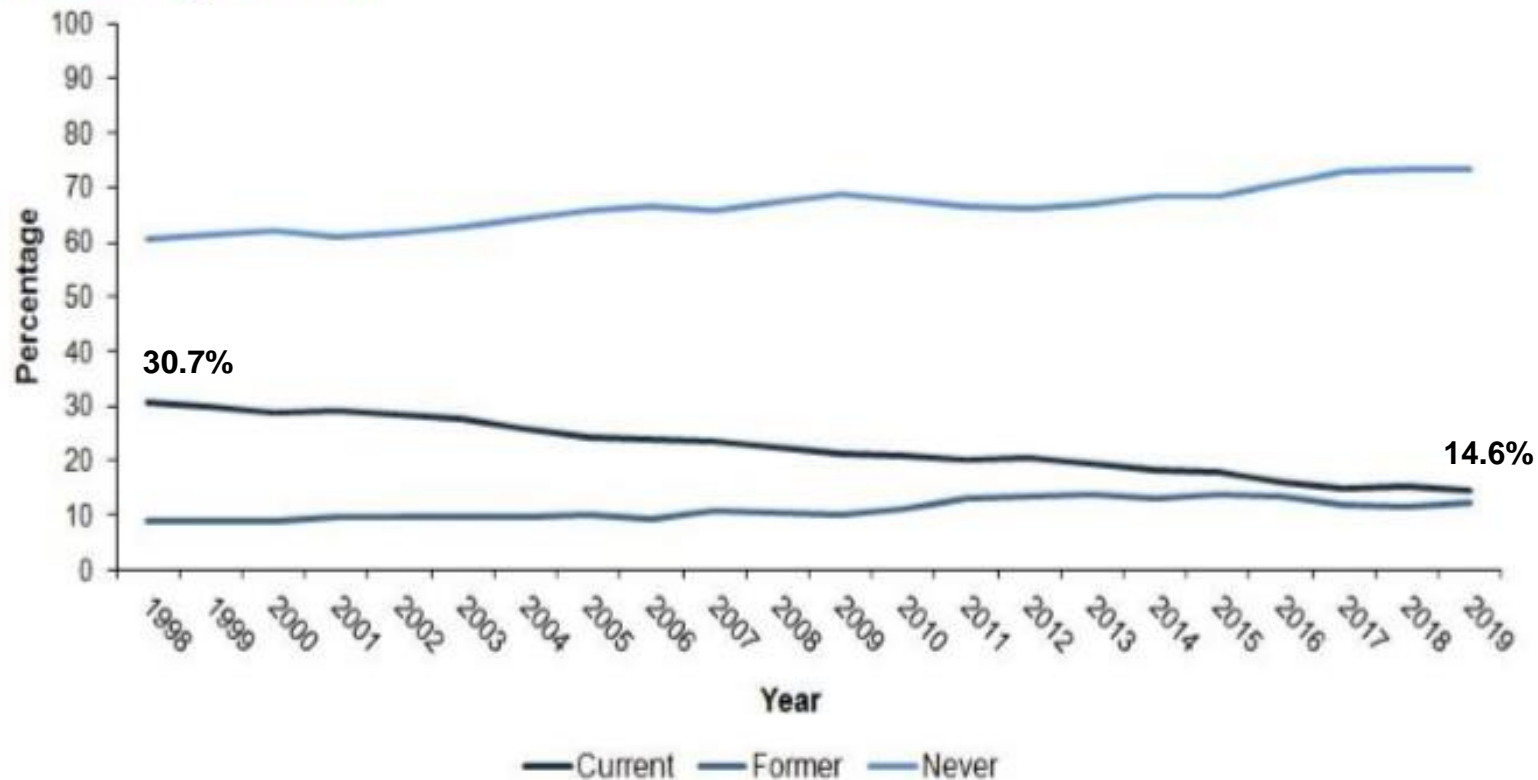
- Scotland-level cross-sectional data
- Near comprehensive
- Survey and admin data
- Structured around SHANARRI
- Headline stats, time trends, key socio-demographics & international comparisons
- Currently being updated

Areas of Success

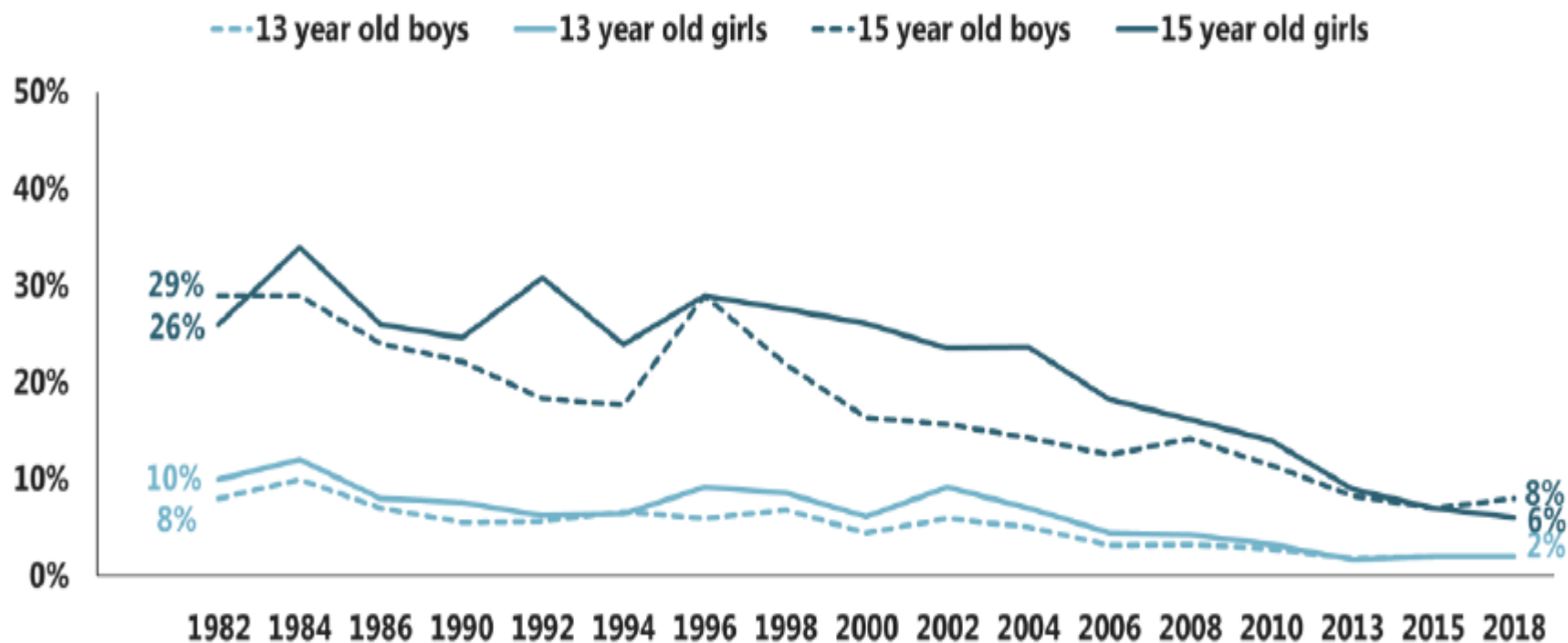
- Substance use
- Children's safety
- Attainment

Ante-natal and early years smoking

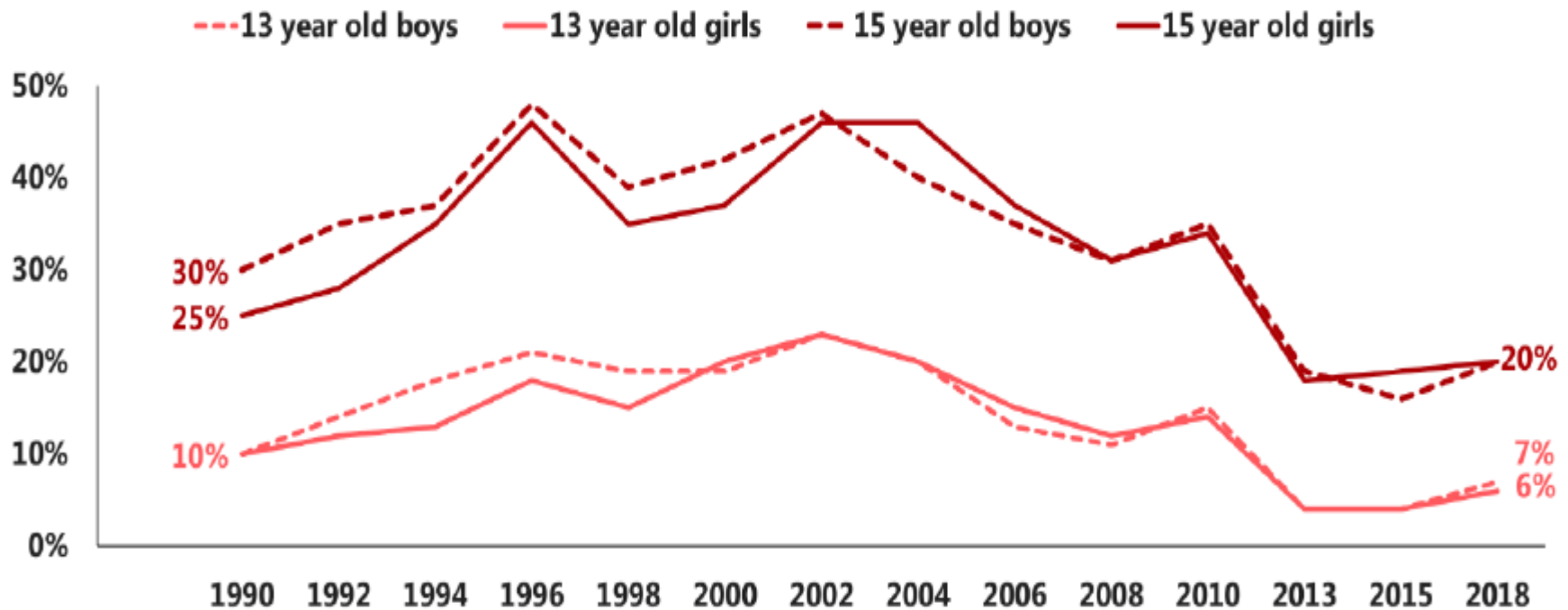
Figure 4: Maternities by maternal smoking status at booking, Year ending 31 March



Substance use – percentage who smoke at least one cigarette every week



Percentage who drank in the last week



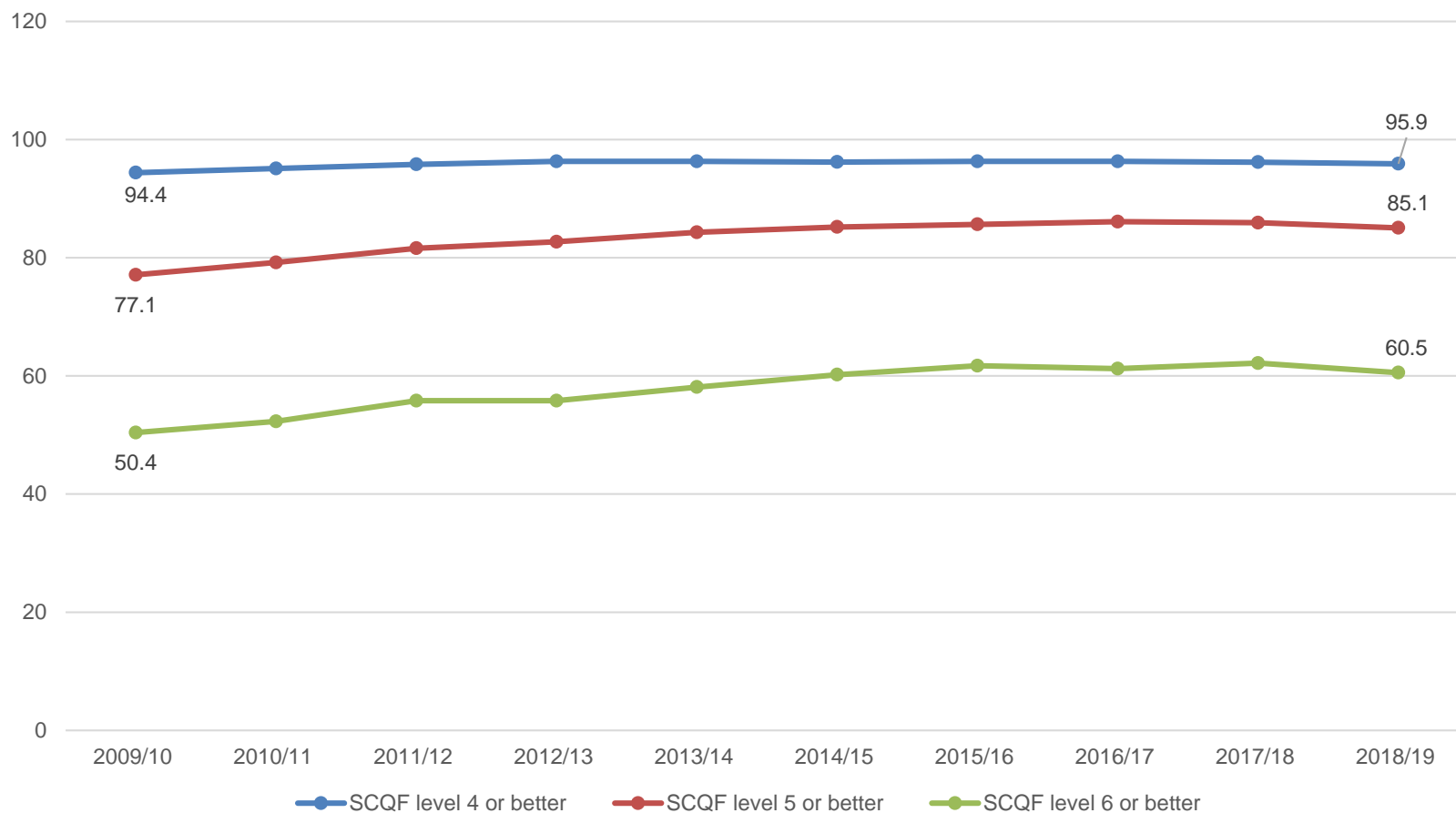
Children's safety

Reduction in

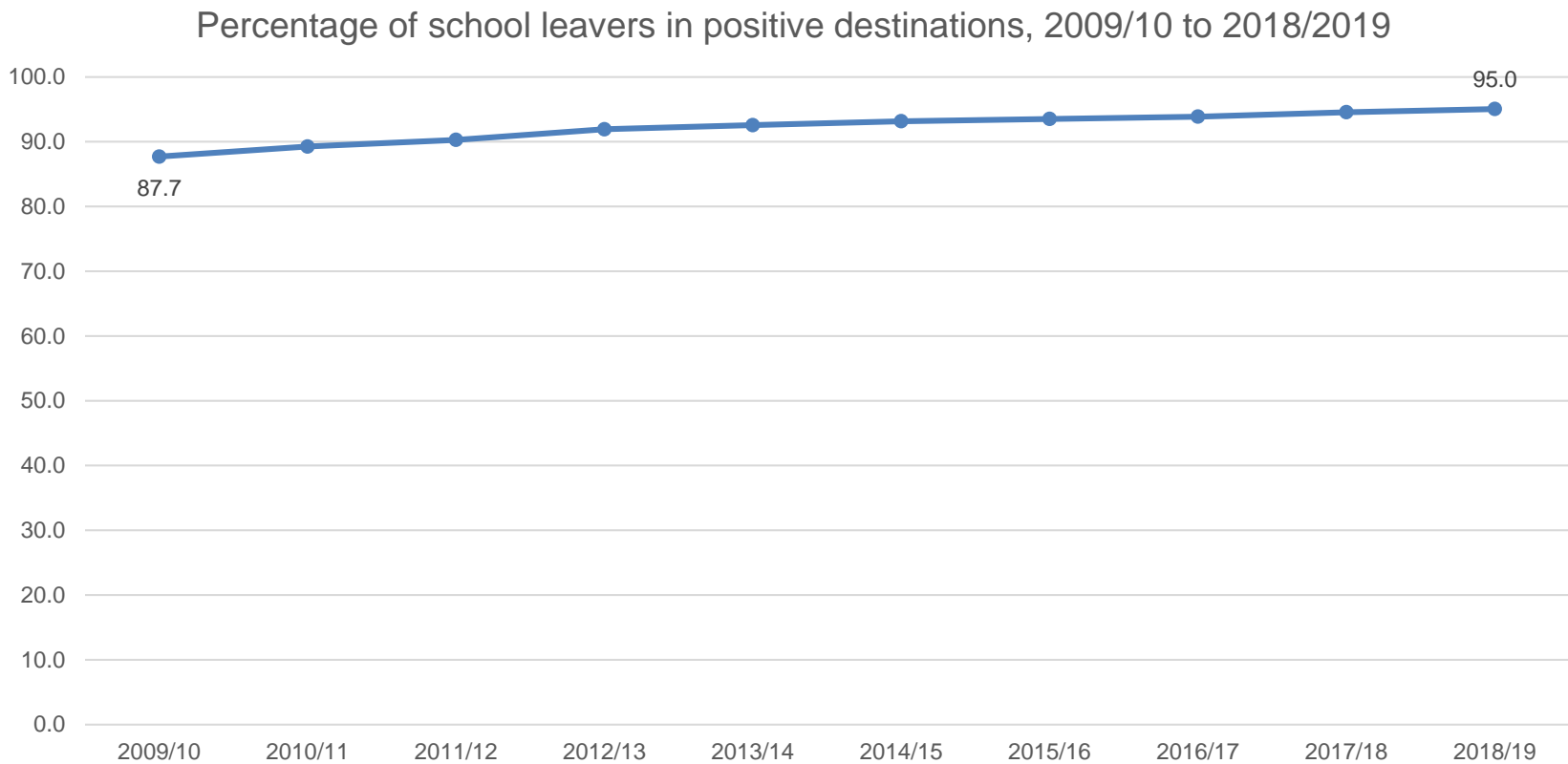
- hospital admissions for under 15s, both due to accidental injury and assault
- children involved in a fight
- SCRA referrals for offence grounds
- Child deaths in all age groups, particularly under 1s

Educational qualifications

Attainment for school leavers, 2009/10 to 2018/9



Positive destinations



Areas where further action is needed

- Maternal and child health outcomes/behaviours
- Mental health
- Economic inequalities

Obesity during pregnancy

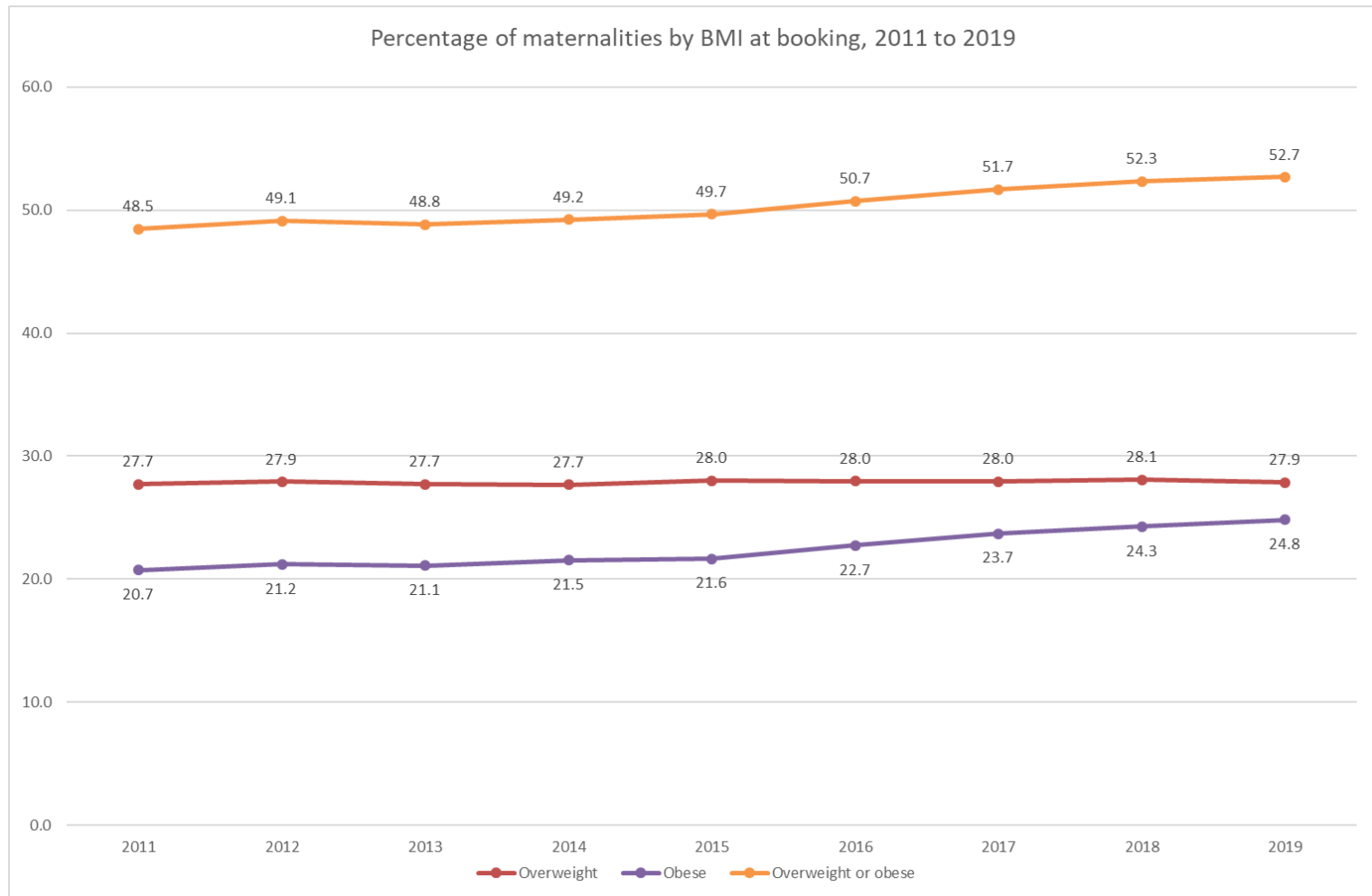
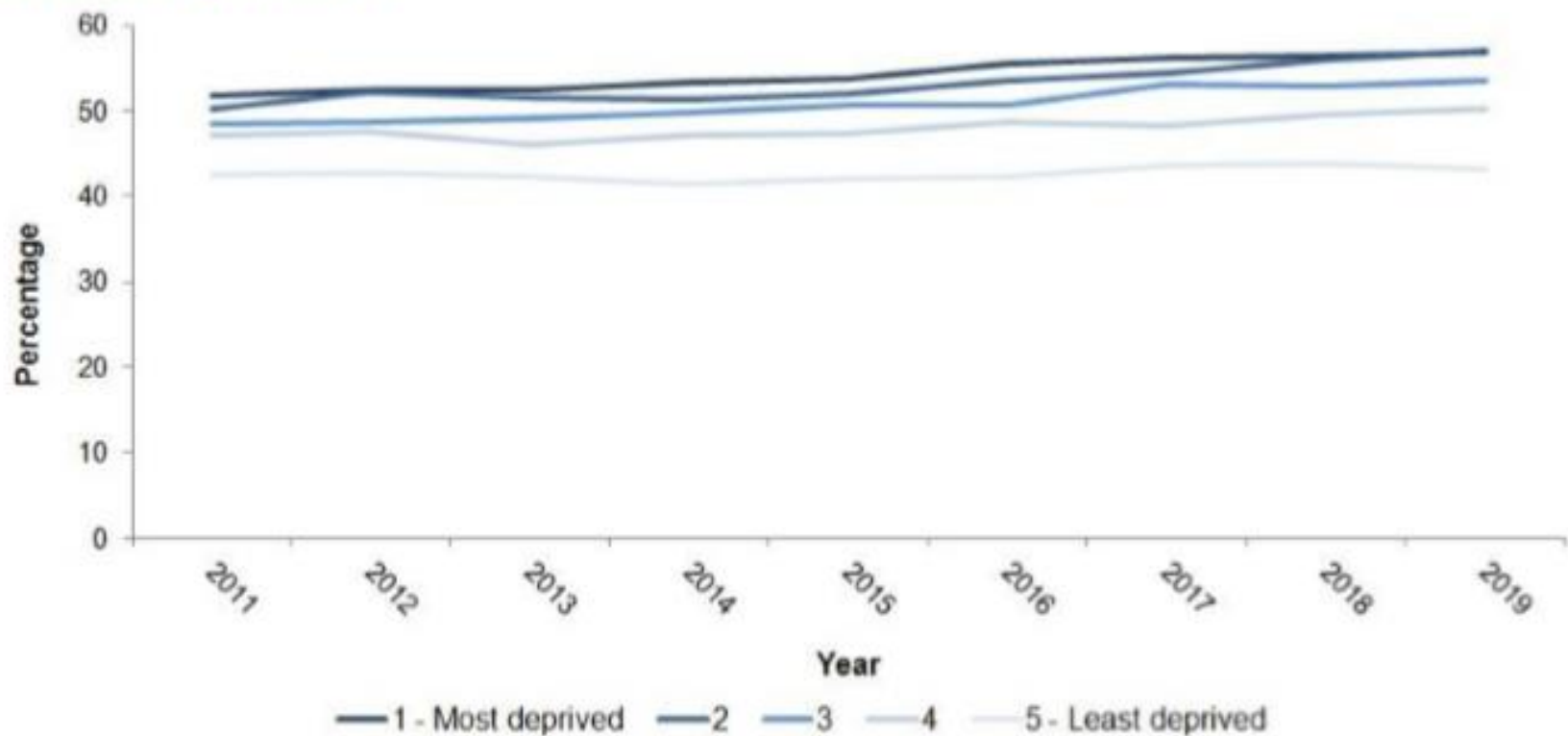


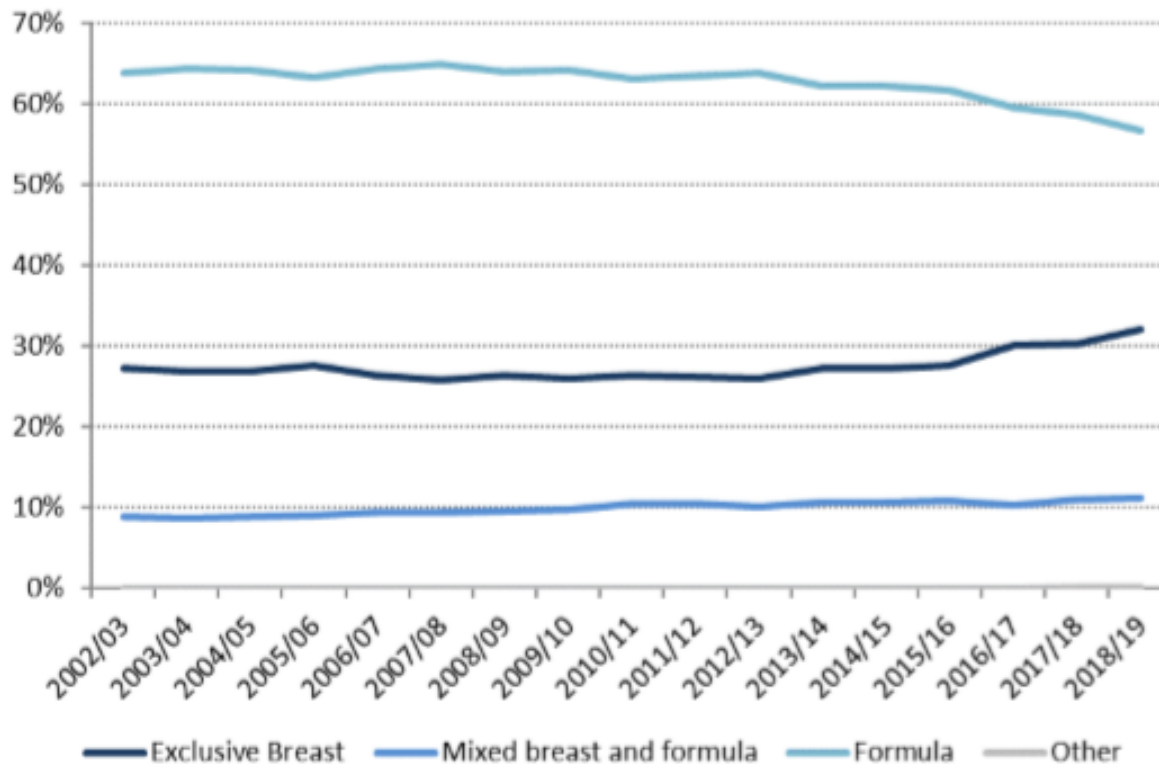
Figure 8: Overweight and obese maternities at booking by deprivation¹,
Year ending 31 March



1. Scottish Index of Multiple Deprivation (SIMD). The appropriate SIMD for each year has been used.

Breastfeeding

Figure 3 – Current feeding at 6-8 week review, 2002/03 to 2018/19



Inequalities in breastfeeding

Figure 6 – Infant Feeding at 6-8 week review by mother's age, 2018/19

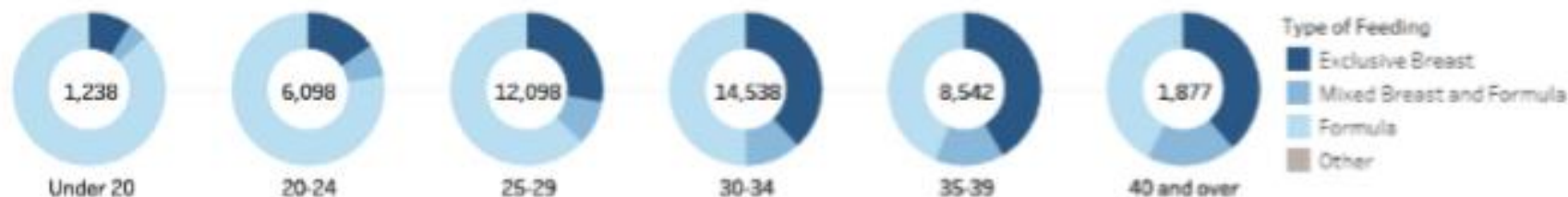
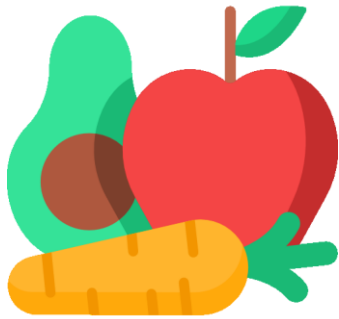


Figure 7 – Infant Feeding at 6-8 week review by mother's deprivation level, 2018/19



Child health behaviours



15% consumed 5 fruit and vegetables
(age 2-15)

35% consumed fruit daily (age 11,13,15)

36% consumed vegetables daily (age
11,13,15)

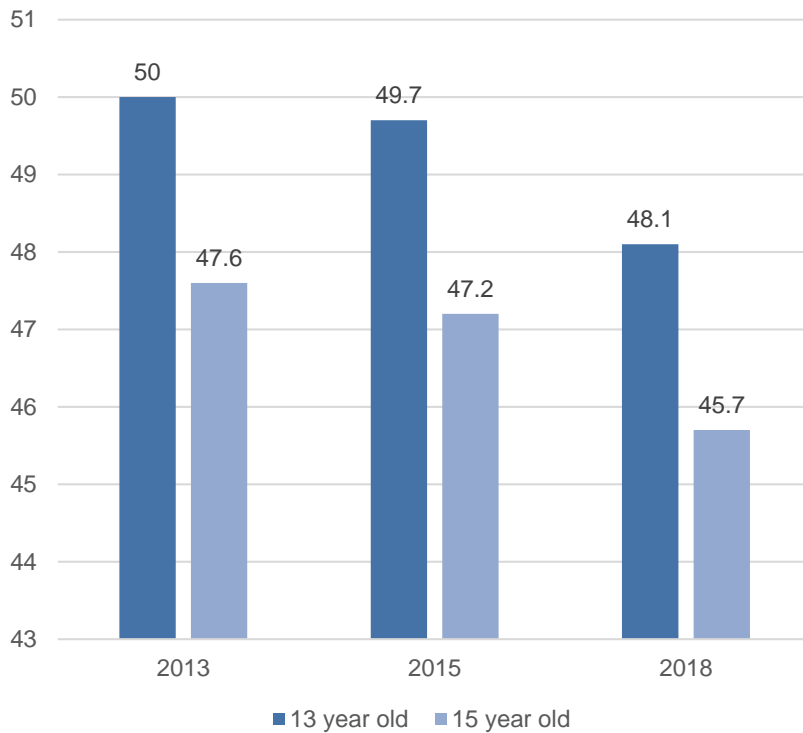
39% met physical activity
guidelines (age 2-15)



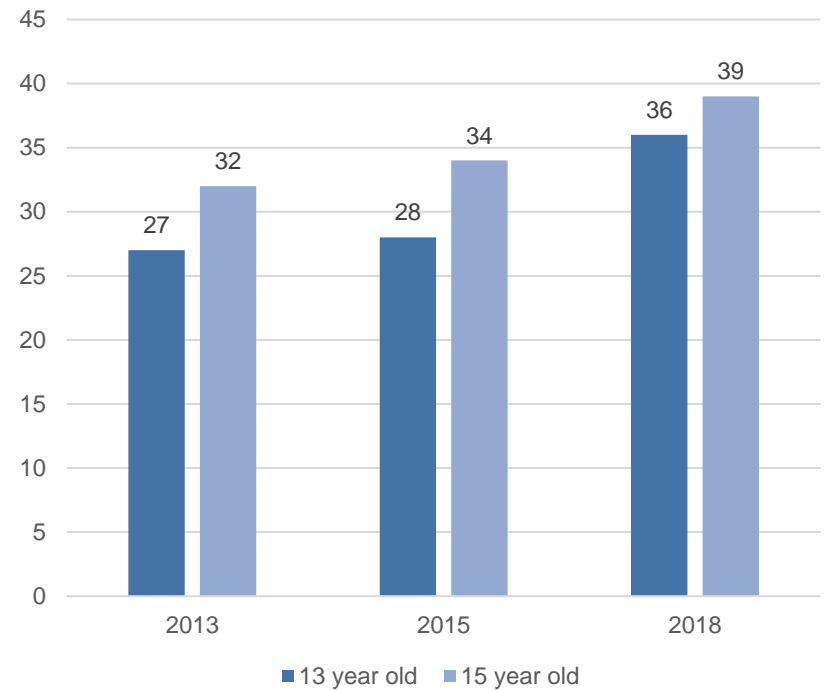
22.4% of P1s and 29% ages 2-15 at
list of overweight or obesity

Mental wellbeing

Positive Mental wellbeing - WEMWBS

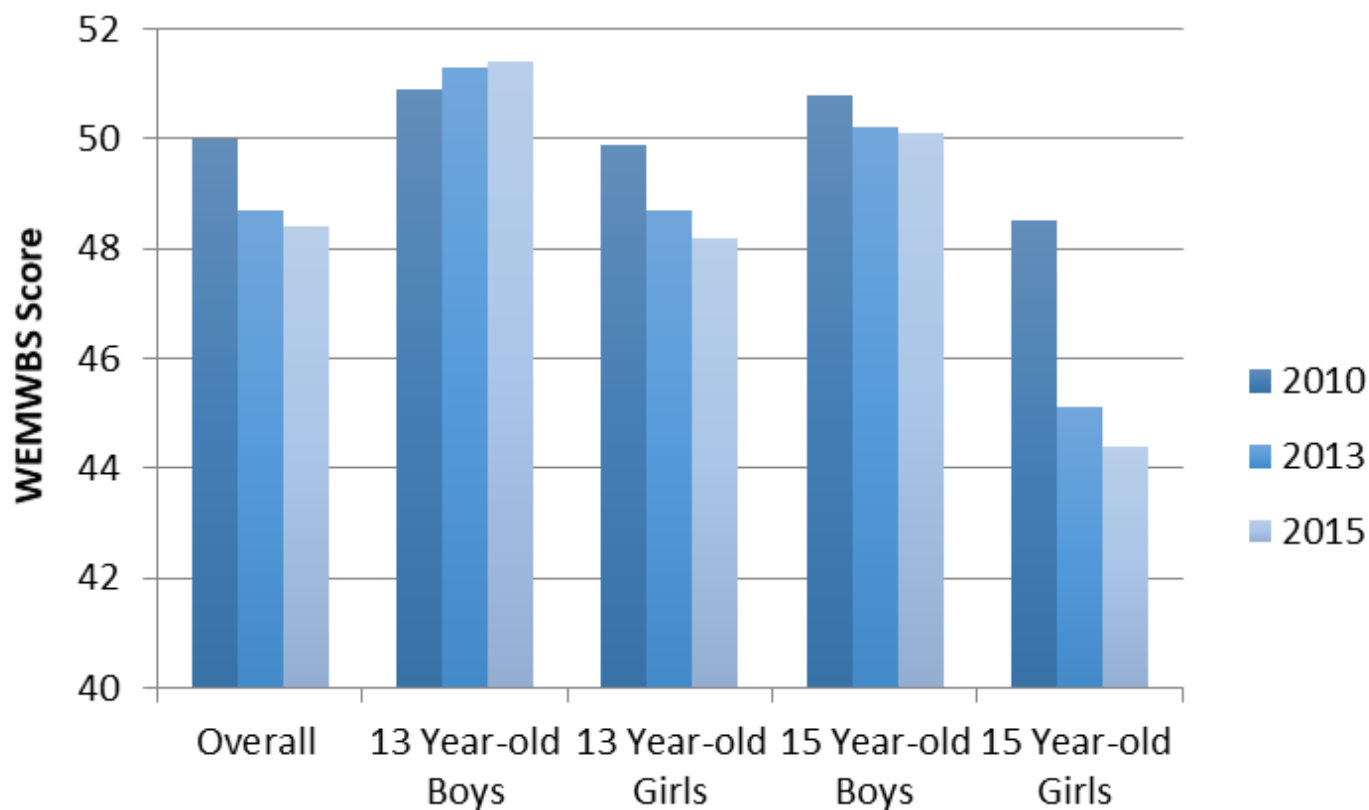


Emotional and behavioural problems - SDQ

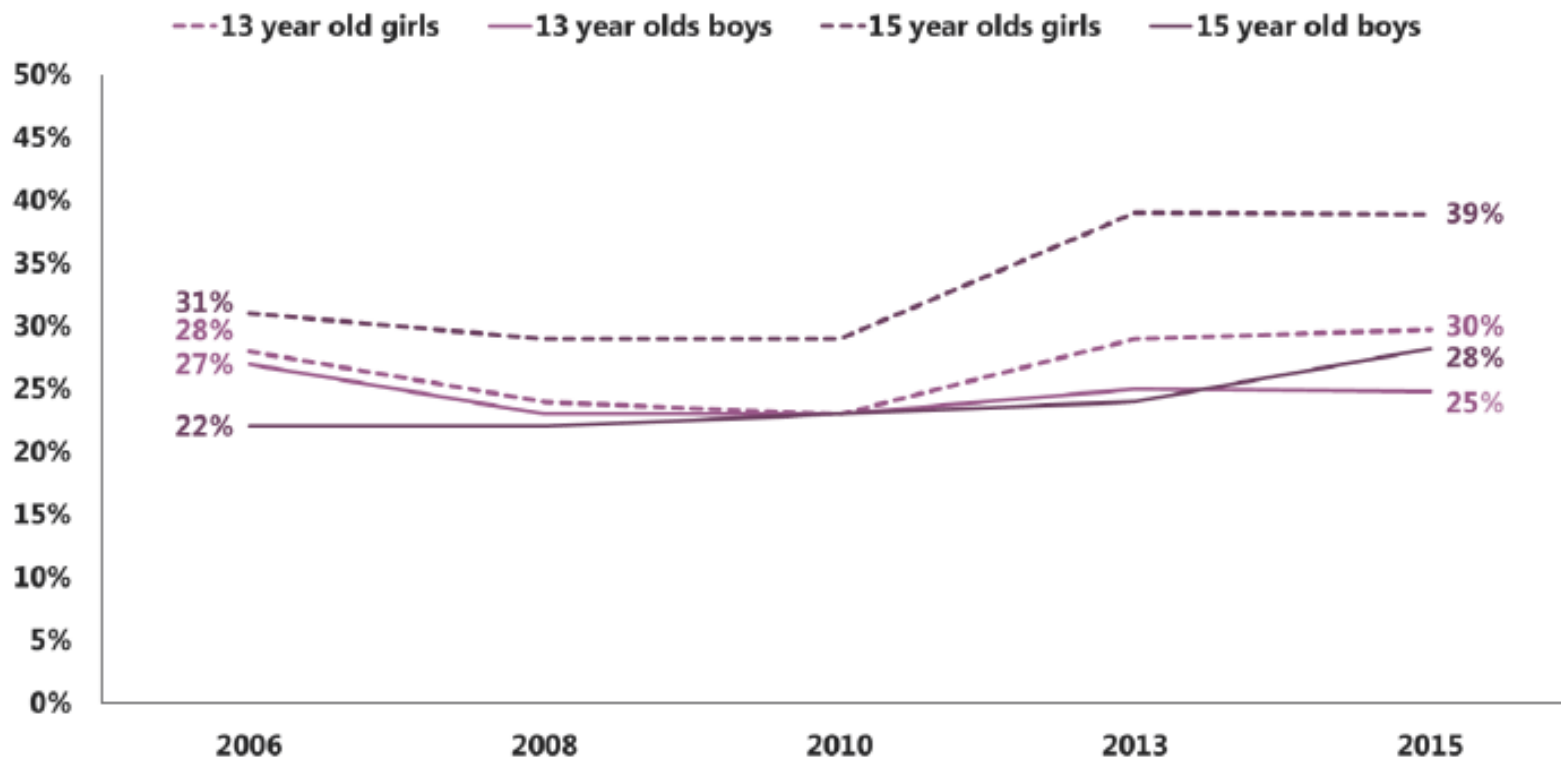


WEMWBS by age and gender

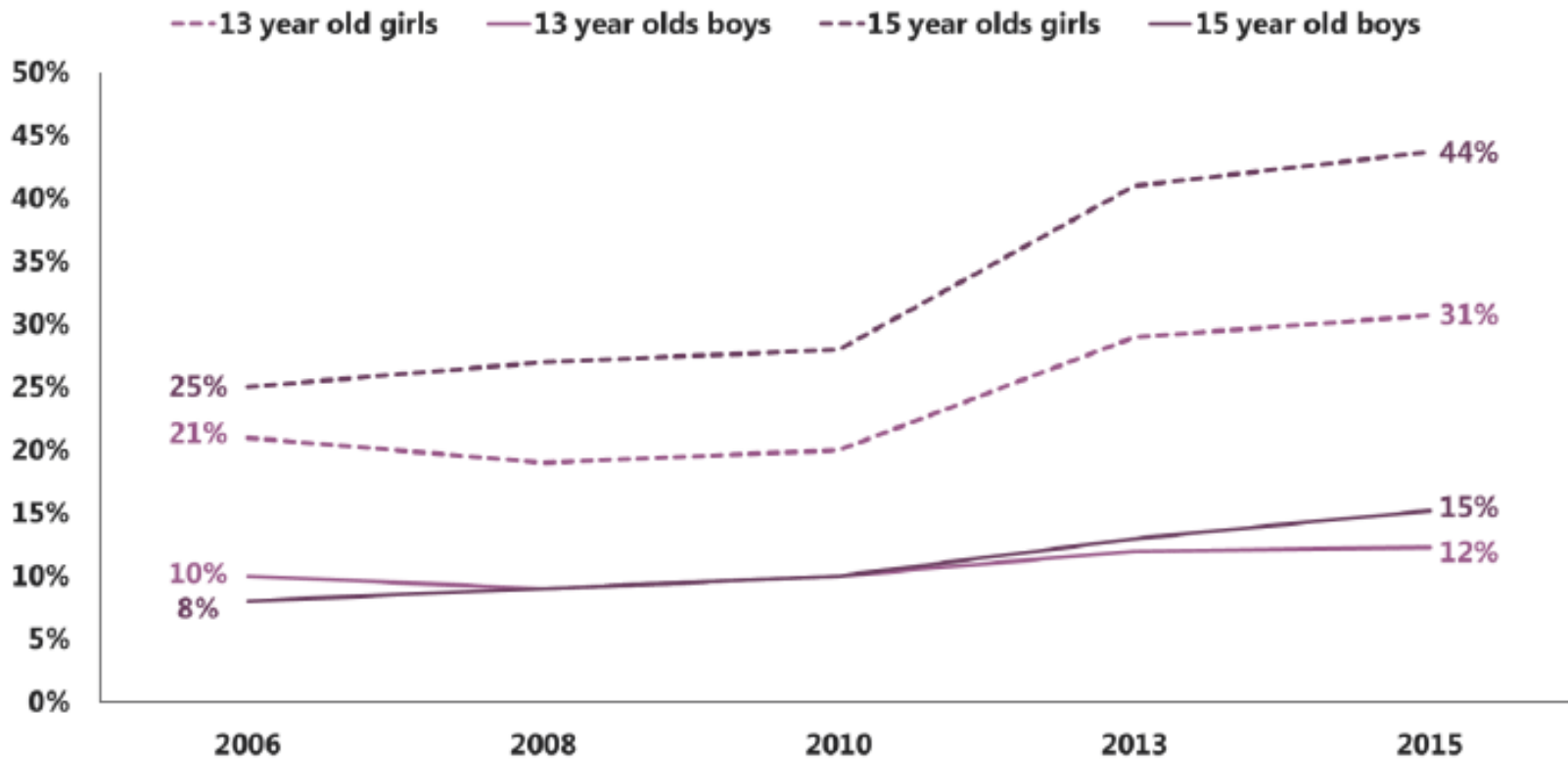
Mental Wellbeing in Young People in Scotland



High or v high SDQ Total difficulties score by age and gender



High or v high SDQ emotional problems score by age and gender

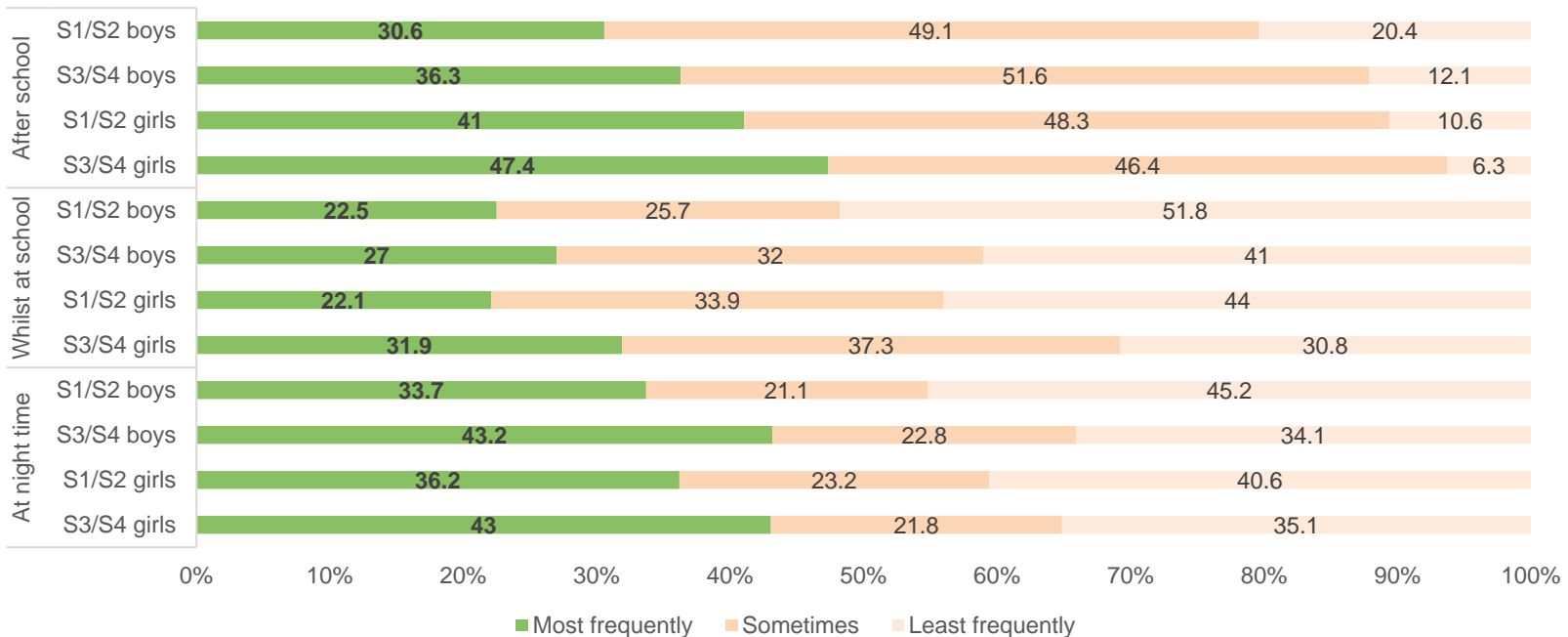


Possible drivers - relationships

- Scotland performs worse than average of western countries
- Lower levels of peer support
- Higher levels of bullying
- Ease of talking to parents at age 15

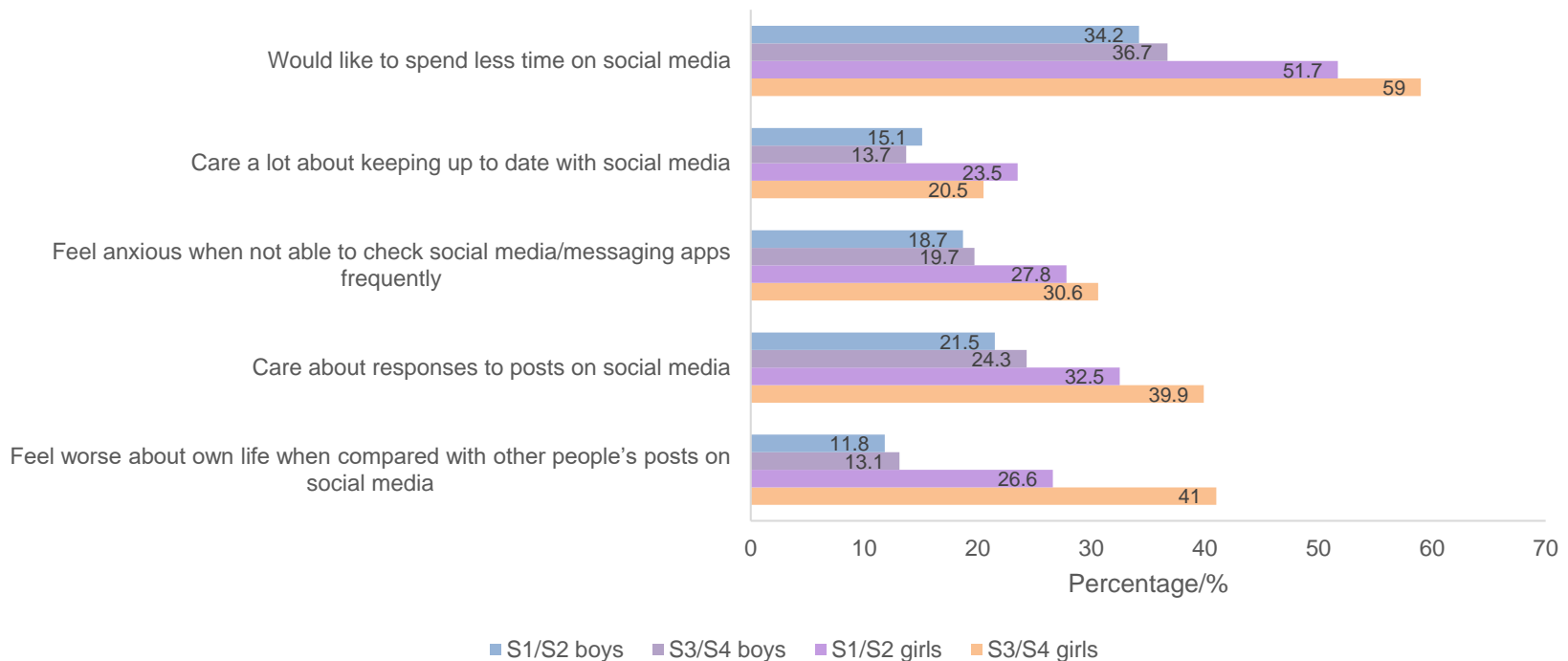
Possible drivers – social media

Proportion of secondary school pupils who check their social media/messaging apps most frequently, sometimes, and least frequently after school, whilst at school, and at night time by school year and gender



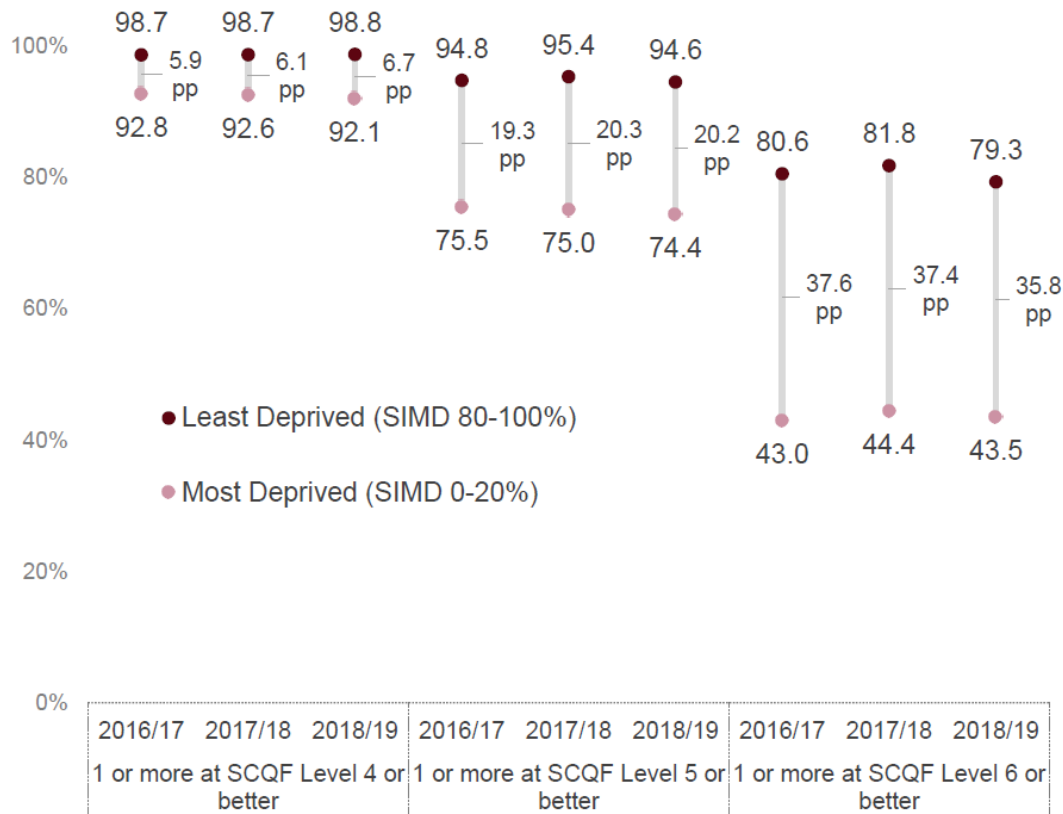
Feelings about social media

Proportion of secondary school pupils who agreed with the following statements by school year and gender

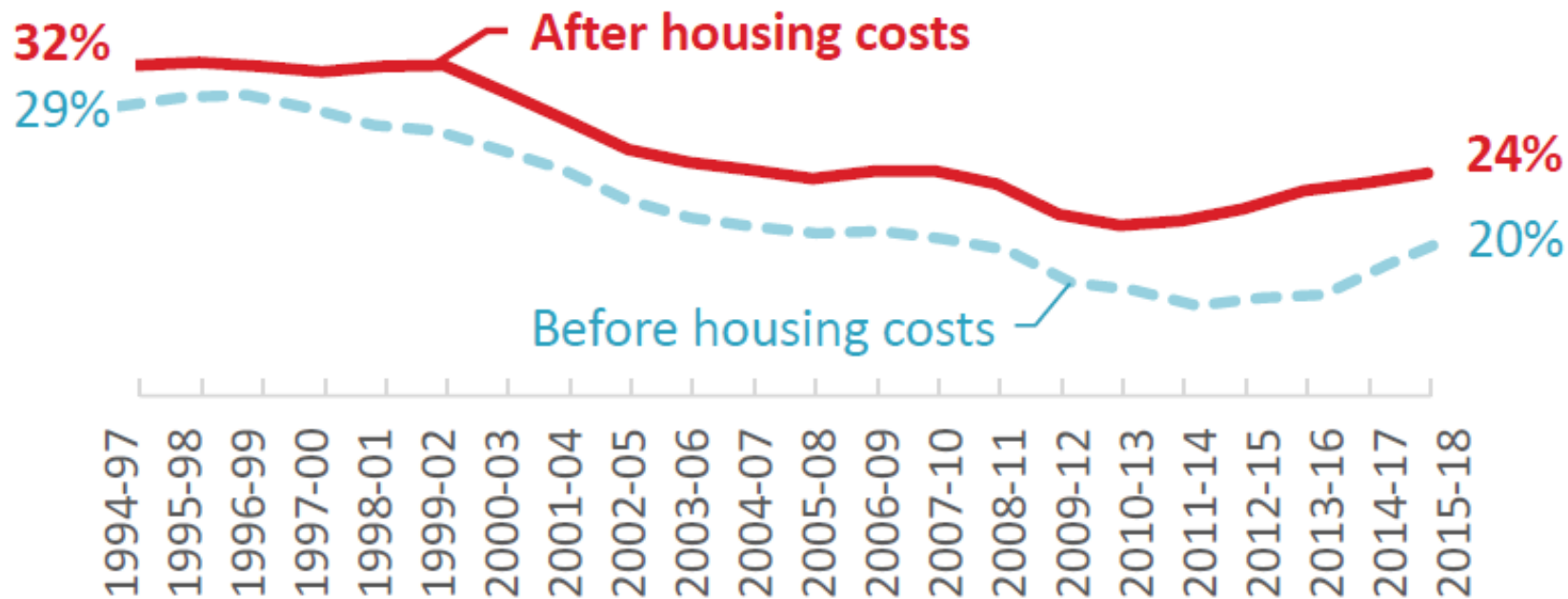


Deprivation gap in qualifications

Chart 4: Percentage of school leavers by attainment at SCQF Level 4 to 6, by SIMD¹ quintile, 2016/17 to 2018/19

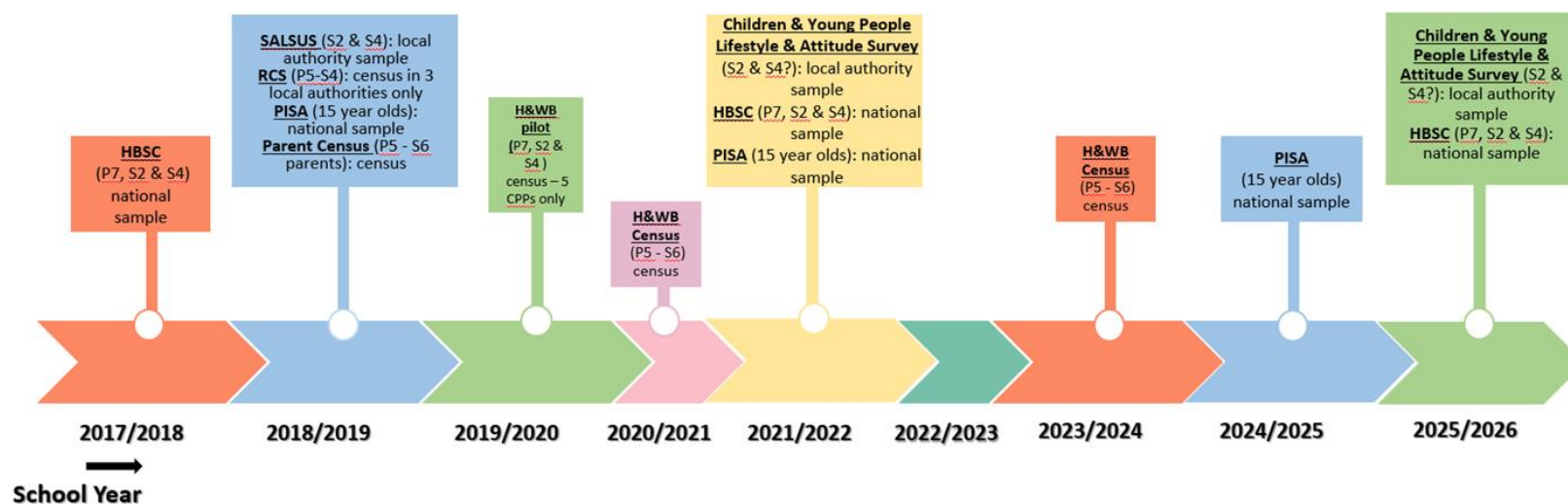


Child poverty



Next steps

- 2020 update spring/summer
- Repeat every three years in line with LA children's service plans



2018 Publication

<https://www.gov.scot/publications/child-adolescent-health-wellbeing-scotland-evidence-review/>

Thank you