

What we want:

NHS Lanarkshire is here to help you look after your health. We want to help infants, children, young people and families to be as healthy as possible.

The Children and Young People’s Health Plan shows how we can improve our health services for them.

The plan is to benefit all Lanarkshire residents at any point from:

- Before being born
- Infants
- Children
- Young people
- Families
- And our staff who work with them



The time from 2021 to 2023 is important as we keep working to end the coronavirus (COVID-19) pandemic. We need to recover from all the effects it has had.

Key Facts: Children & Young People in Lanarkshire

1 Population

28% of people in Lanarkshire are under the age of 25.



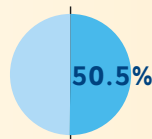
5 Child healthy weight



11% of Primary 1 children in Lanarkshire were at risk of obesity. Meaning these children were very overweight.

2 Breastfeeding rates

50.5% of babies were ever breastfed in Lanarkshire.



6 Smoking rates in pregnancy

15% of women told their midwife they were smokers.



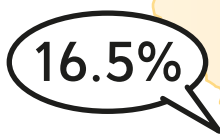
3 Child poverty – low income families

North Lanarkshire: 26.5% of children.
South Lanarkshire: 23.1% of children.
Meaning families don’t have enough money.



4 Child development (speech, emotional/physical development)

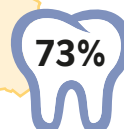
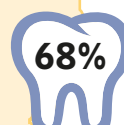
16.5% of children in Lanarkshire are behind in their development at 2½ years. Meaning they are not doing the things most children can do at that age.



7 Teeth without any tooth decay

North Lanarkshire: 68% of P1 children.

South Lanarkshire: 73% of P1 children.



Children and Young People Health Plan 2021–23



What do we want to do and how will we know we are getting better?



1 We will recognise, promote and respect the rights of all children and young people.

2 Services will ask patients if they have enough money – if not, they will direct them to places that can help.

3 We will train our staff to better understand hardship in childhood.

4 Some infants, children and young people are 'care experienced' – having been in the care of the Local Authority. We will work out health needs and improve outcomes for 'care experienced' people.

5 We will improve the health of parents to be, whilst women are pregnant and when their babies are born.

6 We will work to improve health and development of children under 5 years of age.

7 Services will support and improve children and young people's physical and mental health.

8 Healthcare services will keep improving to deliver high quality care.

9 We will work to improve the experience when young people go from child health services to adult health services.

10 We will keep children and young people's health information safe.

