

COMMITTEE: Health Scrutiny Committee

DATE:

7th September 2010

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REPORT TITLE: Teenage Pregnancy Strategy – Progress towards the 2010 target

1.0 Purpose

The Children and Young People Scrutiny Committee received a report “The Teenage Pregnancy Strategy – progress towards achieving the 2010 target” in January 2009; this report is to brief the Health Scrutiny Committee on current progress.

Rationale

- Early pregnancy can have a huge impact on prospects for both mother and baby. There is significant variation across the country in the rate of under-18 conception and, despite overall national progress; in many local areas it is still high. Local Authorities and their partners, such as health services and the third sector, must work together to ensure that young people can access high quality services – including sexual and reproductive health – and make positive choices. Where this happens already, rates are declining. This indicator has a national target for 2010. Improving outcomes for teenage parents and their children is also part of the long-term effort to reduce future teenage pregnancies, narrow inequalities and tackle child poverty.
- Teenage pregnancy is a significant public health issue in England and reducing rates is one of the key targets for the local service partnership.
- Teenage parents are prone to poor antenatal health, lower birth weight babies and higher infant mortality rates. Teenage mothers are less likely to finish their education, less likely to find a good job, and more likely to be single parents or bringing up their children in poverty.
- Children born to teenage mothers run a much greater risk of poor health and have a much higher chance of becoming teenage mothers themselves.

2.0 Stockport’s Progress towards 2010 under 18s conception target

2.1 Baseline 1998

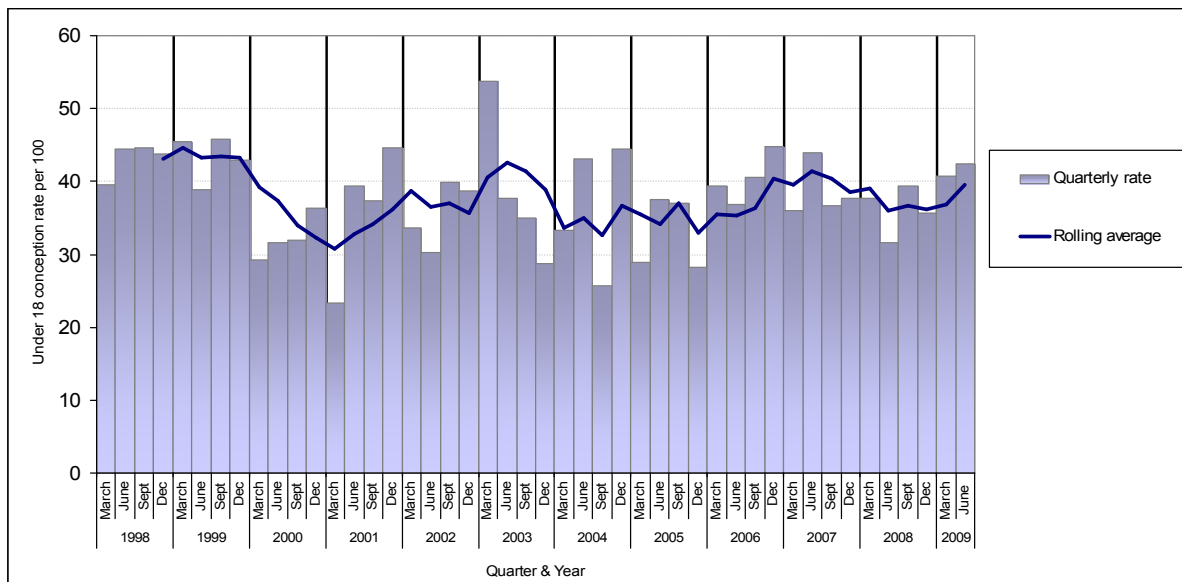
Stockport’s target is to reduce the under 18 conception rate by 45% by 2010 to achieve a rate of 23.8/1000 of the female population 15-17. The conception rate for Stockport in 1998 was 43.2/1000 with 230 conceptions and the percentage of terminations was 53%

2.2 Progress as at Quarter 4 2008

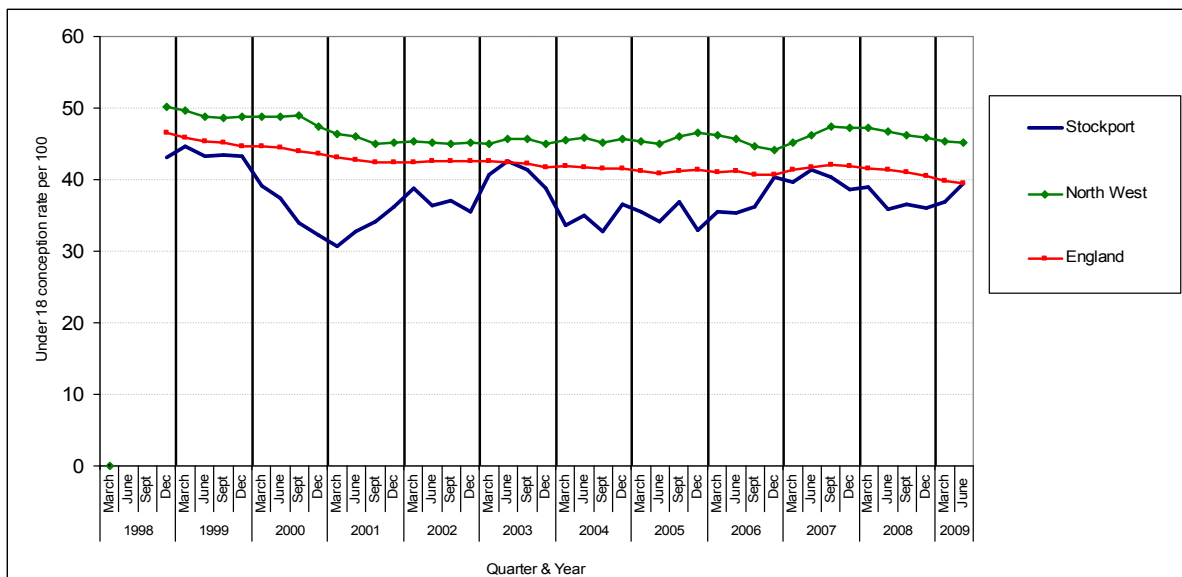
1. The Q4 2008 under 18s conception rate was 36.1/1000 for Stockport (the target was 33.8).

2. The rate shows an overall reduction of 16.5% since the 1998 baseline year
3. There were 201 conceptions in 2008 (in 2007 there were 221 conceptions) which is a significant reduction in one year.
4. The 16.5% reduction was the second highest reduction of all the Greater Manchester authorities.
5. The Stockport rate of 36.1 is below the England average which is 40.7 and is well below the North West average of 46.0.
6. The abortion rate in 2008 was 53%.

2.3 Progress as at Quarter 2 2009 reported on 24.8.10



2.4 Comparative trajectory with England and the North West



1. The Stockport trajectory target for 2009 is 29.9/1000.
2. To achieve this reduction there will need to be a reduction of a further 69 conceptions (from the 201 in 2008) which would be a target of 132 conceptions in total.
3. The rolling quarter average for quarter 2 in 2009 was 39.5

4. There were 110 conceptions in quarters 1&2 in 2009.
5. The last 11 year average for Q2 is 52.2, for Q3 is 52.2, and Q4 is 54.0. The quarters are very unpredictable with large variations so not an ideal predictor.
6. Abortion data in 2009 for under 18s shows 101 terminations fewer than 2008 when there were 106.
7. If this is similar in 2009 then we could expect a continued reduction in the last 2 quarters unless there is an increase in live births.
8. Midwives report seeing 84 under 18s April 09- March 10.
9. If we add 101 abortions and 84 live births (both have slightly different registration dates and time periods) then we would arrive at a 195 projection for 2009.

2.5 NHS Stockport Data

NB Please note this data is known to have some inaccuracies and is experimental at this stage

UNDER 18 CONCEPTIONS – ESTIMATED RATE OF CONCEPTIONS			
2004 Ward	2006	2007	2008
Bramhall North	16.9	20.4	6.8
Bramhall South	8.1	15.8	4.0
Bredbury & Woodley	40.8	45.4	22.2
Bredbury Green & Romiley	29.1	51.3	54.6
Brinnington & Central	91.5	107.8	83.6
Cheadle & Gatley	18.3	7.5	14.6
Cheadle Hulme North	31.0	36.7	38.7
Cheadle Hulme South	18.7	6.7	29.9
Davenport & Cale Green	80.3	60.9	33.4
Edgeley & Cheadle Heath	80.1	69.6	40.0
Hazel Grove	47.0	41.0	43.4
Heald Green	19.3	24.0	34.7
Heatons North	11.8	11.2	23.7
Heatons South	28.3	29.7	10.6
Manor	54.4	65.8	39.9
Marple North	36.7	36.1	44.8
Marple South	22.7	24.3	51.0
Offerton	58.1	58.4	42.0
Reddish North	37.1	54.2	59.9
Reddish South	36.9	51.6	44.3
Stepping Hill	53.0	44.0	16.3

Source: NHS Stockport

1. NHS Stockport data indicates a reduction of conceptions in Brinnington, Davenport and Cale Green, Edgeley and Cheadle Heath, and Offerton.
2. There is a rise in rates in Reddish North, Bredbury Green and Romiley and Marple South.

3. There has been a rise in the number of conceptions leading to termination in the Brinnington and Central Ward area from 18% in 2004 to 38% in 2008.
4. NHS Stockport data also shows a rise in the number of conceptions leading to termination in Davenport and Cale Green from 18% in 2004 to 46% in 2008.

3.0 Stockport Teenage Pregnancy Strategy Programme in August 2010

The Teenage Pregnancy Strategy target has been confirmed as a Children's Trust 'We Will' with current and future activities based on recommendations from the Teenage Pregnancy Unit and the Government consultation on 'Teenage Pregnancy: Beyond 2010'.

The strategy is coordinated by the multi agency Stockport Teenage Pregnancy Strategy Advisory Board which meets six times a year to oversee the implementation of local teenage pregnancy programme. The strategy is coordinated through three tactical multi agency task groups which include the Central Youth Strategic Managers Group, the Sex and Relationships Education Forum and the Supporting Teenage Parents Task Group.

There are six core strategy activities which are integral to a strong local strategy

1. Effective use of data and clear performance management
2. Young People focused contraception and sexual health service
3. Strong delivery of Sex and Relationships Education by schools and with parents
4. Targeted work with at risk groups including raising aspirations
5. Workforce training on SRE
6. Supporting Teenage Parents to achieve better outcomes

3.1 Effective use of data and clear performance management

The Stockport Strategy uses Office of National Statistics (ONS) under 18s conception data and NHS Stockport local data to identify trends in ward areas across Stockport to ensure that services are targeted effectively and are designed to meet the changing needs of the young people in each area over time. The local data shows clearly how these needs change over time although there are some wards with much higher rates than others. Commissioning of new services is targeted using this data and interventions are performance managed to assess the difference that they make.

3.2 Young people focused contraception and sexual health services

Central Youth offers a confidential young people focused contraception and sexual health services and outreach generic health clinics across Stockport in schools and colleges. Central Youth is nationally recognised as an example of good practice by the Teenage Pregnancy Unit and as an example of strong multi agency partnership following an inspection of Targeted Youth Support in 2010. Central Youth is one of very few centres nationally accredited to the Department of Health "You're Welcome" standard.

Uptake of clinical services at Central Youth have shown year on year increases with a projected 10470 young people accessing the clinic in 2009/10. There were also 121 young people who have attended clinical services at the outreach clinics. There has been a steady rise in attendance each year from 1998/99 when there were 7373 young people attending. It is planned to continue to increase the uptake of clinical services take up at Central Youth in 2010/11.

Services for Young People saw 2556 young people at Central Youth in 2009/10 and 393 at outreach clinics from October 2008-09. It is planned to continue to increase the uptake of the Youth Service advice and information at Central Youth in 2010/11.

The uptake of Long acting reversible contraception (LARC) has continued to rise year on year with 1061 coils and Implanon projected to be fitted in 2009/10 which is twice the number fitted in 2005/06.

Pump prime funding from GONW has supported the development of Central Youth outreach health clinics at all Stockport College sites in 2010.

3.3 Sex and Relationships Education (SRE) in schools and SRE for parents

The curriculum resources to support teaching of SRE in primary and secondary schools are in place in schools beginning at Key stage 2 in primary school and continued with a spiral curriculum at key stage 3 and 4 in the secondary schools supported by the PSHE and Citizenship programme.

The SRE Peer Education Programme was delivered to secondary schools attended by young people from the priority one areas reaching in total 1791 young people in 2009/10 across Stockport Secondary schools.

The lead for PSHE has been specifically piloting the Sex and Relationship Education (SRE) Key Stage 3 curriculum resource for year's 7-9 as part of the offer to develop integrated teams around the child in schools and colleges (iTASC) at Reddish Vale, Werneth and Offerton.

The PSHE lead will continue to maintain support and advice with all schools around SRE curriculum & policy specifically linking to the 4 iTASC schools with the school nurses to enhance delivery and test out the assessment pieces. Links will be developed between schools which have Peer Education and those who want to set it up. Support will be offered around the use of 'Bodywise' a SRE curriculum resource developed for smaller groups by schools mentoring each other.

Speakeasy a nationally recognised sex and relationships education programme for parents to enable them to speak to their children about sex and relationships has been integrated in to the Parenting Strategy. Evidence shows that where there is open dialogue that young people will have their first sexual encounter later, feel less pressured into sex and are more likely to use contraception. The programme continues to be delivered to parents and young parents in Stockport with 36 parents trained in Speakeasy last year on six courses across the borough. The programme is very well received by parents who have attended the programme.

The strategy has worked ensure that there is local participation by children and young people in developing resources to support the teenage pregnancy strategy. This has been promoted to young people through the Lizards Lounge Programme (based on the Dragons Den where young people have put forward their ideas for development.) New resources have been developed by the young people.

- Two Blue Lines - Film to support SRE developed in Adswold
- Bodywise programme at Cloisters Reddish Vale School
- Cyces Together trust - Film about sexual bullying
- Stockport School - Film and resources for SRE

3.4 Targeted delivery to 'at risk' groups and to Priority One areas

It is planned to continue to deliver targeted work to high risk groups to increase resilience, raise self esteem and aspirations and reduce unplanned and second conceptions with a specific focus on young people in Priority One areas and Looked after young people.

a. Integrated Teams around Schools and Colleges (iTASC)

The "Girls Allowed" self esteem and attainment programme has been developed specifically for girls in Brinnington ward area using the best evidence of what works to reduce unplanned conceptions. The new programme has just finished the first pilot delivery of a 12 week course targeting girls in year 9 from the Brinnington area and will reach 60 girls from the Brinnington Priority One area each academic year. This development is delivered working closely with the Brinnington Education Attainment Programme which is working with the same four secondary schools.

Brinnington's conception rate is nearly twice as high as any other ward in Stockport and is one of the highest rates in the North West. Brinnington also has an extremely low termination rate compared to the Stockport average. The self esteem programme aims to accelerate the Local Area Agreement and Teenage Pregnancy Strategy target for conception reductions with an additional planned programme of work in Brinnington.

Lifestyle Survey information and social marketing have established young people in this ward have lower self esteem and more risky sexual health. The programme will evaluate the use of virtual babies as part of the programme.

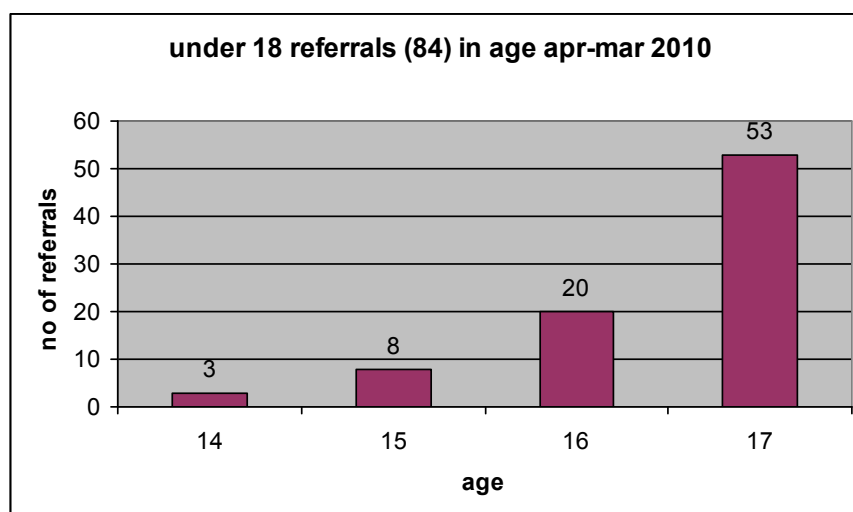
As part of an integrated approach we are developing through the Integrated Team around the Child in Schools and Colleges (iTASC) a new health offer to support the Healthy Child Programme 11-16. Service Pathways are being developed to support the development of a health offer in the four Secondary Schools attended by the majority of young people from the Brinnington Priority One area i.e. Reddish Vale, Werneth, Harrytown and Offerton schools. The programme is funding additional School Nurse time at each site a Drugs and Alcohol Awareness Project Officer to work across all school sites in Stockport and is supported by Beacon Counselling. There will be a 3 year research evaluation of this new programme undertaken by Chester University.

b. To reduce unplanned second conceptions

The Teenage Pregnancy Midwives continue to work to reduce second unplanned conceptions for teenage parents through development of contraception pathway plans for all young parents. The Teenage Pregnancy Midwives continue to work to ensure that all young parents receive a contraception plan and have ensured that 60% of all young parents have a plan in place. The majority 71% of this cohort opt for long acting reversible contraception. Midwifery data 2009/10 shows that nearly 20% of conceptions to young mothers under 18 are repeat conceptions and of these only 6% have a baby.

The Teenage Pregnancy Midwives continue to offer clinics at Central Youth for young parents attended by 52 young parents in 2009/10 and offer very successful antenatal programmes for young parents which are attended by both parents.

The Stockport Teenage Pregnancy Midwives were the Award winners in 2009 for the All Party Parliamentary Group on Maternity Award for providing maternity services for disadvantaged groups and communities. They were also Nursing Times Award Finalist for improving maternity services 2009 and Health Service Journal Award finalist for reducing health inequalities.



- c. Deliver targeted work to Looked after young people to reduce the number of unplanned pregnancies

The Looked after Children's SRE project is working with young people in or leaving care and those who have been in care, up to the age of 25. The project delivered SRE to 105 Looked after young people over the last year. These young people have very high rates of teenage pregnancy (up to 50% becoming pregnant within 2 years of leaving care) and high incidence of their own children being taken in to care. They are generally a very vulnerable group of young people who are often living independently at a young age with little or no real support networks and a difficult life history.

The project targets work with these young people, and many of the young people who have left care and are living independently, live in the priority one areas of Stockport.

The work includes an holistic approach to sexual health and reduction of under 18s conceptions through: one to one support and information; targeted group work in a range of settings including in joint youth work projects, residential units and schools consultancy, information, training and support for workers in this field

The aim is to enable the young people through all this work, to increase their knowledge and awareness of sexual health and sexual health services, to build self-esteem to enable them to improve their life chances, negotiate safer sex, access sexual health services etc and to improve their skills around relationships and parenting.

d. Support for young parents in priority one areas

The Children's Centres Child and Family Worker (CFW) Team provide skilled support to targeted families with children aged 0-5 years. Currently, 22% of the caseload of the CFW team are living in Priority 1 areas and 28% of those are teenage parents. The Parenting Service, in conjunction with the Psychology service, has recently piloted the Incredible Years Webster Stratton Parenting programme which focuses on parents with babies 0- 6 months. Referrals were taken from Moat House, from Social Care and the Parenting team and initial evaluation indicates that it was well received by the young parents (5 parents attended). The Incredible Years Baby programme is also being piloted on a one to one basis with teenage parents referred to the CFW team. A Speakeasy course was delivered specifically for young parents earlier this year (January to March 2010) at Stopford Open Learning Centre.

3.5 Workforce development

The Sex and Relationships Education Forum continues to support and build the SRE capacity across all services in Stockport. The Teenage Pregnancy and Sexual Health Training Group plans workforce training to support the strategy and facilitated a very successful conference focussing on supporting teenage parents in March 2010.

The PSHE lead has continued the Continuing Professional Development SRE Training programme for all school PSHE leads in Stockport.

A new Residential Workers SRE network has just established for Residential workers in Stockport working with Looked after young people. This brings together all independent providers supporting looked after young people.

3.6 Supporting Teenage Parents to achieve better outcomes

The Teenage Pregnancy Partnership continues to work together to ensure that teenage parents achieve better outcomes through the Supporting Teenage Parents Task group which is integrated with the Parenting Strategy. The group work to a business plan based on best practice to ensure an integrated targeted youth support approach for all young parents.

- Care pathway: In Stockport there is a well established systematic care pathway starting from antenatal booking that includes: an assessment of each teenage parent's needs. There is a systematic process for handover of lead professional role between services. The Family Nurse Partnership is

well integrated into the planning for all teenage parents. The FNP has now reached its target number of young parents for support.

- Monitoring and evaluation: Arrangements for coordinated support are monitored consistently and evaluated regularly through a partnership operational group for teenage parents.

3.6.1 Improving child health outcomes

- a. Early booking: All Stockport services proactively and positively encourage teenage mothers-to-be to book early.
- b. Lead Midwives: Teenage Pregnancy midwives are well established and lead on capacity building the midwifery service.
- c. Information: Appropriate information about what to expect during antenatal appointments and classes, what happens during pregnancy and what to do to prepare for the arrival of the baby is provided through ante natal birth workshops for teenage parents.
- d. Stop smoking services: Stop smoking services take into account the needs of pregnant teenagers
- e. Support for breastfeeding: Commissioned services to improve breastfeeding rates include a specific focus on teenage mothers.

3.6.2 Improving teenage mothers emotional health and well-being

All services use the teenage parents ante natal and post natal care pathway to ensure support for all teenage parents. The TP Midwives have built capacity in the midwifery service to highlight the specific needs of the young parents.

3.6.3 Helping teenage mothers and young fathers to achieve economic well-being

a. Childcare

Stockport had highest percentage uptake of Care to Learn in the England in January 2010 with 89 (34.5%) of young parents below the age of 20 taking up of child care funding from Care to learn. The Care to Learn programme helps provide the financial support that young mothers need and has been very successful in re-engaging teenage parents to Education Training and Employment in Stockport. Care to learn is promoted at every children's centre, at Moat House and through the Young Parents Project which provides tailored packages of support, and leads on coordination of Care to learn applications. This is supported locally with an assessment of local childcare service provision to ensure that it meets the need of the teenage parents. The Young Parents Project takes referrals from teenage parents and provides comprehensive information about childcare options in the area.

There is specialist support in Stockport to meet needs of teenage parents and their children from Midwives, Family Nurses, Health Visitors, the Young Parent's Project, Moat House and Child and Family workers. Young parents groups are located throughout the borough and are run by the Youth Service and Children's Centres.

b. Engagement in education, employment and training (school age mothers)

All pregnant schoolgirls and schoolgirl mothers from the Stockport area are referred to Moat House a Pupil Referral Unit which provides full-time education. Girls can be referred to Moat House at any stage of their pregnancy, and stay until the end of Year 11. If a girl wishes to return to her referring school the staff at Moat House can facilitate this. Whilst girls are being educated, their babies are being cared for in the excellent crèche which is staffed by three qualified nursery nurses.

The girls attending Moat House achieve excellent results with added value and attainment as a result of attending. Each year most of the girls move on to further education in local colleges. Moat House is assessed by Ofsted as outstanding.

c. Engagement in education, employment and training (post-16 learning)

The Young Parent Project is based at Moat House. All teenage parents or pregnant teenagers under 19 years of age are referred to the Young Parents Project and Connexions. After an initial home visit, the Young Parents Project works with all young parents who want to go to college/continue education. Hands on support is given in completing applications, attending interviews, locating childcare, applying for funding through Care to Learn etc. The project coordinator offers holistic, one to one support to all young parents in further education. The coordinator has a pivotal role in liaising with other agencies, ensuring that all teenage parents in Stockport are offered the support they need.

In the 2009/10 academic year, more than 100 young parents have engaged with the Young Parents Project and embarked in Further Education or learning. Of this number, 25 have achieved a Level 1 or equivalent qualification, 30 have achieved a Level 2 or equivalent qualification and 10 have completed a Level 3 qualification, with a further 10 currently one year into a two year Level 3 course.

3.6.4 Effective supported accommodation for teenage mothers

The Young Parents Resettlement Worker offers practical support and assistance to a range of Young Parents including young homeless parents, care leavers and young parents wanting to move into their first home, as many of the service users live with family or friends. Support is offered to any 16 and 17 year old mothers who require a place at Strathclyde, mother and baby unit. Support has been provided for 8 parents in the Brinnington area, 2 in Adswood and Bridge Hall, 7 in the combined area of Stockport Central, Lancashire Hill and Heaton Norris and 4 in Offerton.

4. Key Risks to the Strategy

1. The Teenage Pregnancy Strategy grant has been reduced by 24% this financial year with the effect of a reduction of £31,000 in 2010/11. This reduction has been managed within this financial year by very careful financial management and efficiency savings to ensure the full programme can continue until the end of March 2011.
2. The Comprehensive Spending Review on October 20th 2010 could potentially have a major impact on the strategy if there is no grant available in 2011.

3. Continued provision of the Contraception and Sexual Health service at Central Youth in 2011/12 is at very high risk. There are 4 key PCT posts funded by the Teenage Pregnancy Strategy at Central Youth to support an increase in capacity of the service. This increased capacity, including reception time, extended opening hours to ensure access, outreach provision to the schools and colleges and Doctor time to support LARC are all at risk. The PCT has been unable to support a tapered funding to mainstream this work over the last 3 years and loss of this provision could half PCT provision at Central Youth.
4. Funding from the PCT has been withdrawn in 2010/11 to support the provision of the Peer Education programme to support the SRE curriculum in 2010/11. The peer education programme is an informal education programme to ensure peer education by peers in each school. The continued loss of peer education will impact on the conception rates.
5. The Family Nurse Partnership programme is to close on the 28th February 2011. This programme is currently offering intensive support to 100 teenage parents and the programme has identified that a large number of these young parents are experiencing domestic abuse and suffering from depression.
6. It has recently been announced that the funding for the Personal Social Health & Economic Education Continuing Professional Development Programme is to be withdrawn this year which will have implications for training of teachers and School Nurses in schools and their ability to deliver SRE.
7. The new Government is exploring integration of Teenage Pregnancy into the Child Poverty Strategy. This will ensure an integrated approach which is welcomed although there is the potential to lose focus on the primary conception rate target which may change as part of this review.

5.0 Recommendation

To note the report and the potential risks to the Strategy particularly in 2011/12.

Further information

To discuss this report or for further information please contact

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