

Meeting of
Lanarkshire NHS Board
Date 28 April 2010

Lanarkshire NHS Board
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**SUBJECT: IMPROVING THE NUTRITION OF WOMEN OF CHILDBEARING AGE,
PREGNANT WOMEN AND CHILDREN UNDER FIVE IN DISADVANTAGED
AREAS**

1. PURPOSE

To provide the Board with:

- Information on breastfeeding rates for the period ending September 2009.
- Information on current actions to improve breastfeeding rates.
- Information on current and future actions to improve the nutrition of women of childbearing age, pregnant women and children less than 5 years of age in deprived communities.

2. CONTENT/SUMMARY OF KEY ISSUES

Background

The Board last received a report at its meeting in December 2009. This provided details of a programme of work to improve maternal and infant nutrition in Lanarkshire (CEL36, £1.995m additional Scottish Government funding).

Performance against HEAT target for the period ending September 2009

Actual rates and arithmetic trajectory to meet the HEAT target are as follows:

% of babies recorded as exclusively breastfed at 6-8 weeks		
12 month Period up to:	Actual	Trajectory
March 2008	18.9	18.9
September 2008	17.9	20.6
December 2008	18.5	20.9
March 2009	18.4	21.2
September 2009	18.5	21.8
March 2010		22.4
September 2010		23.0
March 2011(required target)		23.5

Table 1: breastfeeding rates at 6-8 weeks (ISD Scotland rolling annual rate)

Table 1 shows that breastfeeding rates have remained fairly static between March 2009 and September 2009, and is still falling short of the arithmetic trajectory by 3.3%. It should however, be noted that the data above is a 12 month rolling average. Therefore, September 2009 covers the period from October 2008 to September 2009 which is six months before improvements were made in supporting women to breastfeed such as the introduction of support workers in the maternity unit.

Local breastfeeding data for the period ending March 2010

Table 2 shows exclusive breastfeeding rates at birth, discharge, 10 days and 6-8 weeks. Encouragingly, this demonstrates that breastfeeding rates are rising at birth by 9.4% and discharge by 11.2% (between July 2009 and March 2010). Breastfeeding at 10 days increased by 4.9% between July 2009 and February 2010. The rate at 10 days for March 2010 is 21.0%, however, March rates are provisional until all completed forms have been returned. It is therefore expected that the breastfeeding rate at 10 days will increase. Local 6-8 week data available to December 2009 shows that rates are gradually increasing; 1.6% between July and December 2009. Drop-off rates between discharge and 10 days, and 10 days and 6-8 weeks, are still of some concern and it is hoped that the community breastfeeding support team (which started in September 2009) will go some way to improving the breastfeeding rate at 10 days and subsequently to 6-8 weeks.

% of babies recorded as exclusively breastfed									
Stage	Jul-09	Aug-09	Sep-09	Oct-09	Nov-09	Dec-09	Jan-10	Feb-10	Mar-10 (provisional)
Birth	35.2	37.6	42.5	38.4	42.9	33.3	46.2	39.9	44.6
Discharge	24.9	29.9	34.5	31.3	31.8	23.5	38.2	32.5	36.1
10 days	21.2	23.5	27.4	25.2	27.2	18.6	23.9	26.1	21.0
6-8 weeks	18.1	16.3	17.1	17.7	19.2	19.7	*	*	*

Table 2: breastfeeding rates July 2009 – March 2010 (local data)

* Data not yet available

Improving maternal and infant nutrition

Full details of the programme to improve maternal and infant nutrition can be found in Annex A.

A number of additional projects have been funded for one year (2010/2011) from CEL36 funds. Details of these additional projects are provided in Annex B.

3. ACTIONS

Breastfeeding support teams are now in place in both the maternity unit (March 2009) and community (September 2009). Support teams are working with midwives and public health nursing teams to provide additional support to breastfeeding women. An interim evaluation of the hospital breastfeeding support team has been undertaken, with a sample of 44 women who were 24 hours post delivery and more and had chosen to breastfeed. Findings were extremely positive and show that 89% of women found the support they received from breastfeeding support workers helpful. Of the remaining 11% of women, some chose not to answer the question, some women required only initial support from their midwife, others were having a second baby and therefore required less support than first time mothers. 82% of women said that the support provided by the team had increased their confidence to breastfeed; whilst 93% stated that the information they received about breastfeeding was clear and easy to understand. Overall, 80% of women who initiated breastfeeding were still breastfeeding at discharge from hospital, demonstrating that the additional support provided by the breastfeeding support team is having an impact on the maintenance of breastfeeding rates to discharge.

An interim evaluation of the community breastfeeding support team will be undertaken later in the year.

Maternity services will undergo Stage 2 assessment for UNICEF Baby Friendly Initiative Accreditation in May 2010. Localities have developed their Stage 2 assessment action plan and are due to undergo assessment in September 2011.

A midwife and dietitian have been employed since November 2009 to support maternity services in the identification of pregnant women who are nutritionally vulnerable. A screening tool, resource pack and training are currently being developed and will be implemented over the coming months. Work is also being progressed to improve the uptake of Healthy Start vitamins in Lanarkshire, including raising awareness of the importance of vitamin supplementation during pregnancy generally.

A NES funded healthy lifestyles DVD has been produced for all antenatal women in Lanarkshire to encourage adoption of healthy behaviours during pregnancy and beyond. This will be launched in April 2010.

Additional measures are being put in place to improve the nutrition of women of childbearing age and children under 5, including, the appointment of two CEL36 Nutritionists in March 2010.

A CEL36 Clinical Governance Co-ordinator has been employed to support the monitoring and evaluation of the CEL36 programme and determine the impact of the portfolio of funded projects.

4. CONCLUSIONS

NHS Lanarkshire Board are asked to note the content of this report. A further report on progress will be brought to the Board in September 2010.

5. FURTHER INFORMATION

If Board members wish further information or clarification on any issues please contact Geraldine Queen; Programme Director and Associate Director of Nursing (Primary Care) on Telephone 01698 245074 or Ashley Goodfellow; Programme Manager for Maternal and Infant Nutrition on Telephone 01698 245134.

Paul Wilson
Executive Director for Nurses, Midwives and Allied Health Professions
06 April 2010

ANNEX A: ACTION TO IMPROVE MATERNAL AND INFANT NUTRITION

Key Action Area	Commentary
Experience mapping of women, relevant others and staff	2008/09 surveys complete. A secondary analysis of data is currently being undertaken in order to determine future research.
Improved antenatal encouragement for breastfeeding	UNICEF Stage 2 assessment will take place in May 2010. 1.0 WTE breastfeeding support worker (Band 2) employed (January 2010) to provide breastfeeding information and advice to women in antenatal clinics.
Postnatal breastfeeding support in hospital	7.48 WTE breastfeeding support workers employed and providing breastfeeding support to women in the maternity unit. Interim evaluation (March 2010) shows that 80% women who initiate breastfeeding are still breastfeeding at discharge from hospital.
Nutritional status of women – screening, training and vitamin supplementation	0.6 WTE midwife and dietitian employed to develop nutrition screening tool, resource pack and training materials for midwives, and carry a small caseload of pregnant women who are identified as nutritionally vulnerable. The importance of vitamin supplementation and Healthy Start to be included in above.
Physical activity programme	Aquanatal training for midwives complete; an audit of uptake and women's views of Aquanatal to be undertaken in 2010.
Training and UNICEF accreditation	Hospital UNICEF Stage 2 assessment will take place in May 2010. Localities have passed Stage 1 accreditation. A Stage 2 action plan has been developed; Stage 2 assessment scheduled for September 2011. Breastfeeding Management Training ongoing.
Community breastfeeding support workers pilot	4.0 WTE breastfeeding support workers employed from September 2009. Data collection tool introduced in April 2010. Interim evaluation is scheduled for September 2010.
Breastfeeding support groups	Breastfeeding support group model of best practice developed and will be launched during Breastfeeding Awareness Week, June 2010. Annual programme of audit to be established.
Community Mothers	Programme Manager employed from September 2009. Programme Manager will co-ordinate project developments, volunteer recruitment, training, database management and evaluation. A community mothers model for Clydesdale locality has been developed.
Social marketing	Three social marketing campaigns to be developed and implemented between April 2010 and March 2012. Expertise from external agencies will be sought; campaigns will be co-ordinated through the Population Health Group.
CHP nutritionists	Two Nutritionists employed from March 2010 to provide support to localities and develop and deliver a range of resources, tools, activity and training.

Breastfeeding Information System	System launched in February 2010. Locality staff to be granted access in April 2010. A suite of reports will be available thereafter.
Programme support	Programme Manager and Programme Secretary employed from August 2009 and December 2009 respectively. CEL36 project implementation, finance and evaluation managed by the CEL36 Team. Regular reports provided to NHSL Board, CMT, Child & Maternity SIB, and Health Improvement/Health Protection SIB.
Monitoring and evaluation	Clinical Governance Co-ordinator employed from February 2010. CEL36 Monitoring and Evaluation subgroup established to co-ordinate and oversee CEL36 project and overall evaluations.
Healthy Start	Working group established and action plan developed, aiming to increase uptake of the Healthy Start scheme in Lanarkshire, particularly the uptake of free vitamin supplements.
NES: Antenatal DVD for women	Healthy lifestyles DVD for all pregnant women, due to be launched in April 2010.
NES: Breastfeeding training review	Napier University commissioned to undertake this piece of work. Focus groups with staff and trainers undertaken from December 2009 to February 2010. Final report due end March 2010.

ANNEX B: ADDITIONAL PROJECTS (2010/2011)

Key Action Area	Commentary
Improving physical activity in the extreme obese group of women	Physiotherapist (Band 6) to be appointed to work with nutrition midwife and dietitian on resource pack and training for midwives.
Monitoring and evaluation	Clinical Governance Assistant (Band 3) to be appointed to support the Clinical Governance Co-ordinator in the monitoring and evaluation of CEL36 programmes.
Community breastfeeding support workers pilot	1.0 WTE additional breastfeeding support workers to ensure all localities across Lanarkshire have access to this resource.
Promoting breastfeeding in schools	Development of a suitable model to roll out the breastfeeding curriculum pack in schools across Lanarkshire.
Teenage pregnancy service	Development of a teenage pregnancy service for Lanarkshire.
Healthy Start Plus	Pilot scheme offering incentives to encourage women to exchange Healthy Start vouchers at Clydesdale Community Food Markets.
Lanarkshire Weaning Initiative	Evaluation of weaning initiatives across Lanarkshire to determine impact and future sustainability.
High Five for Fruit	Extension of the High Five for Fruit programme to parents of children 0-3 years (Lanarkshire Community Food and Health Partnership).
Grassroots – The next stage	Extension of the Grassroots programme (Healthy Valleys) to include Healthy Start, weaning, and cooking skills courses.
Healthy Start	Qualitative research with women planned for 2010 to determine the reason/s for low uptake of Healthy Start vitamins.
Health Promoting Nursery	Appointment of a Health Promoting Nursery officer in North Lanarkshire.
Breastfeeding Information System – phase 2	Link the input and reporting of the Infant Feeding Pathways and Breastfeeding Support Worker Evaluation Tool to the Breastfeeding Information System.
Antenatal public health assessment and pathway	Appoint Project Manager to review public health assessment of women and transfer of information between midwifery and public health nursing teams.