Nottinghamshire Health & Wellbeing Board

Joint Strategic Needs Assessment: Best Start - 1001 Days from conception to age 2

Available online:
https://www.nottinghamshireinsight.org.uk/research-areas/jsna/children-and-young-people/best-start-1001-days-from-conception-to-age-2-2025/

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Nottinghamshire Health & Wellbeing Board

Why 0-2 years is important for supporting children's development?

What are the health and wellbeing needs of children aged 0-2 in Nottinghamshire?

What can the health and care system and partners do to improve the health and wellbeing needs of children aged 0-2 years?

Why 0-2 years is important for supporting children's development?

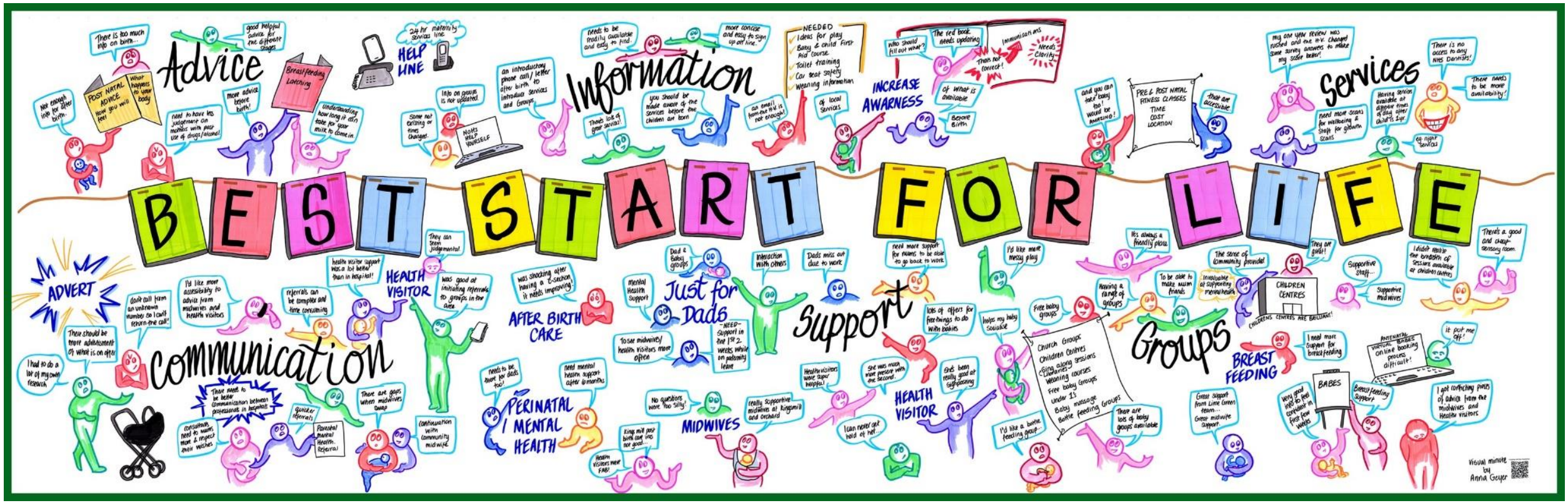
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Shaping
Us

Parent consultation

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Question 1
How many babies were born in Nottinghamshire in 2023?

A) 6,952
B) 7,466
C) 8,208

Question 2
What percentage of women in Nottinghamshire had their first booking appointment for maternity care by 10 weeks of pregnancy in 2023-24?

A) 60.7%
B) 63.5%
C) 69.8%

Question 3
Evidence shows fathers support to mothers has a positive impact on which of these?

A) Maternal mental health
B) Smoking cessation
C) Breastfeeding
D) All 3

Question 4
What percentage of women in Nottinghamshire smoked at the time of delivery in 2023-24?

A) 7.4%
B) 9.5%
C) 11.8%

Question 5
What percentage of babies in Nottinghamshire were totally or partially breastfed at 6 to 8 weeks of age in 2023-24?

A) 46.9%
B) 50.3%
C) 52.7%

Question 6
What percentage of children in Nottinghamshire achieved the expected level of development across all five domains of ASQ:3 in 2023-24?

A) 79.6%
B) 80.4%
C) 80.2%

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Health Inequalities

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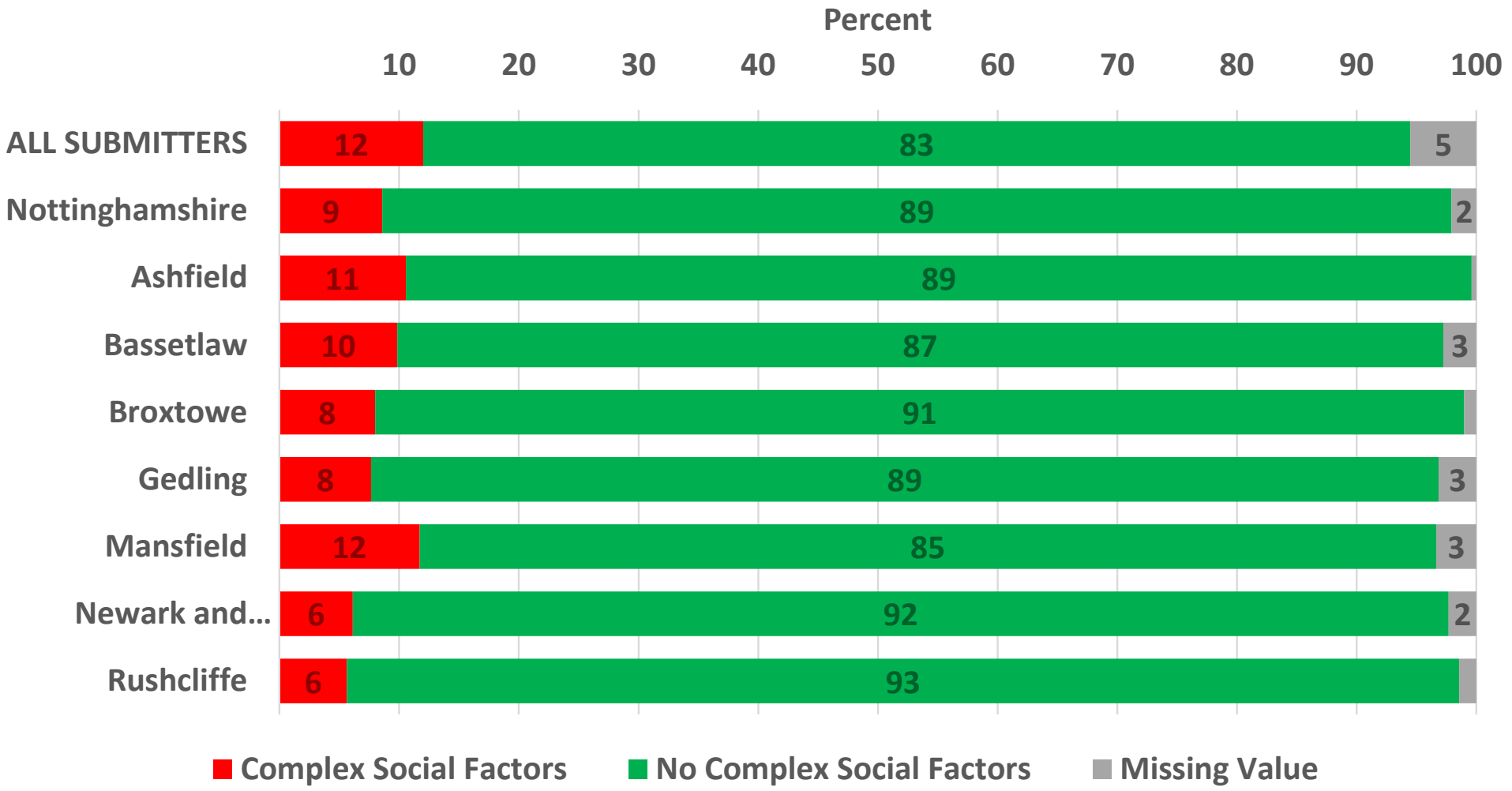
Deprivation: Children who live in more deprived areas are more likely to be exposed to avoidable risks before birth, get off to a less healthy start from birth and experience poor outcomes by the time they start school.(1)

Ethnicity: The MBRRACE-UK report 2024 shows worse outcomes in pregnancy for women from Black, Asian and Mixed ethnic groups.(2)

Maternal and Paternal mental health: Nationally up to 1 in 5 women have mental health problems during pregnancy or in the first year after childbirth. Low mood, anxiety and depression are common.(3) As many as 1 in 10 fathers in the UK are thought to experience postnatal depression.(4)

Teenage pregnancy: Teenage mothers and young fathers want to do the best for their children but for some their health, education and economic outcomes remain disproportionately poor which affects the life chances for them and their child.(5)

Complex Social Factors (percentage of women at time of booking) (Dec. 2023 to Nov. 2024)



Source: Maternity Services Monthly Statistics (MSMS) (12 months Dec 2023 to Nov 2024)
Note: 'All Submitters' is the England total based on the NHS acute trusts submitting data in the time period

Health and wellbeing

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Health weight: Between 26%-33% of pregnant women in Nottinghamshire have a BMI higher than 30 at 15 weeks of pregnancy.

Low birth weight: In 2022, 2.4% of term babies born in Nottinghamshire had a low birth weight which is significantly better than England (2.9%).

Infant mortality: The rate per 1,000 live births in 2021-23 was 4.1 the same as England.

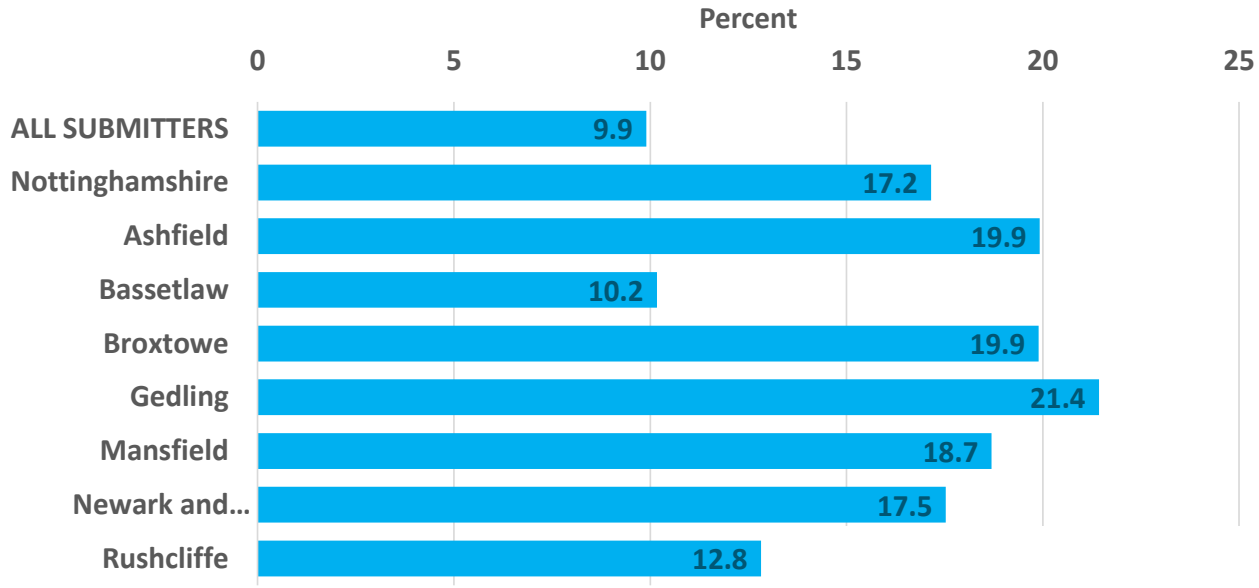
Screening and vaccinations: For childhood immunisation between 0-2 years, there is a general decrease in vaccination coverage over time.

Parent-Infant relationships: Healthy Parent-Infant relationships enable babies and toddlers to feel safe and secure, ready to play, explore and learn. Children who have had good early relationships start early education and school best equipped to be able to make friends and learn. (6)

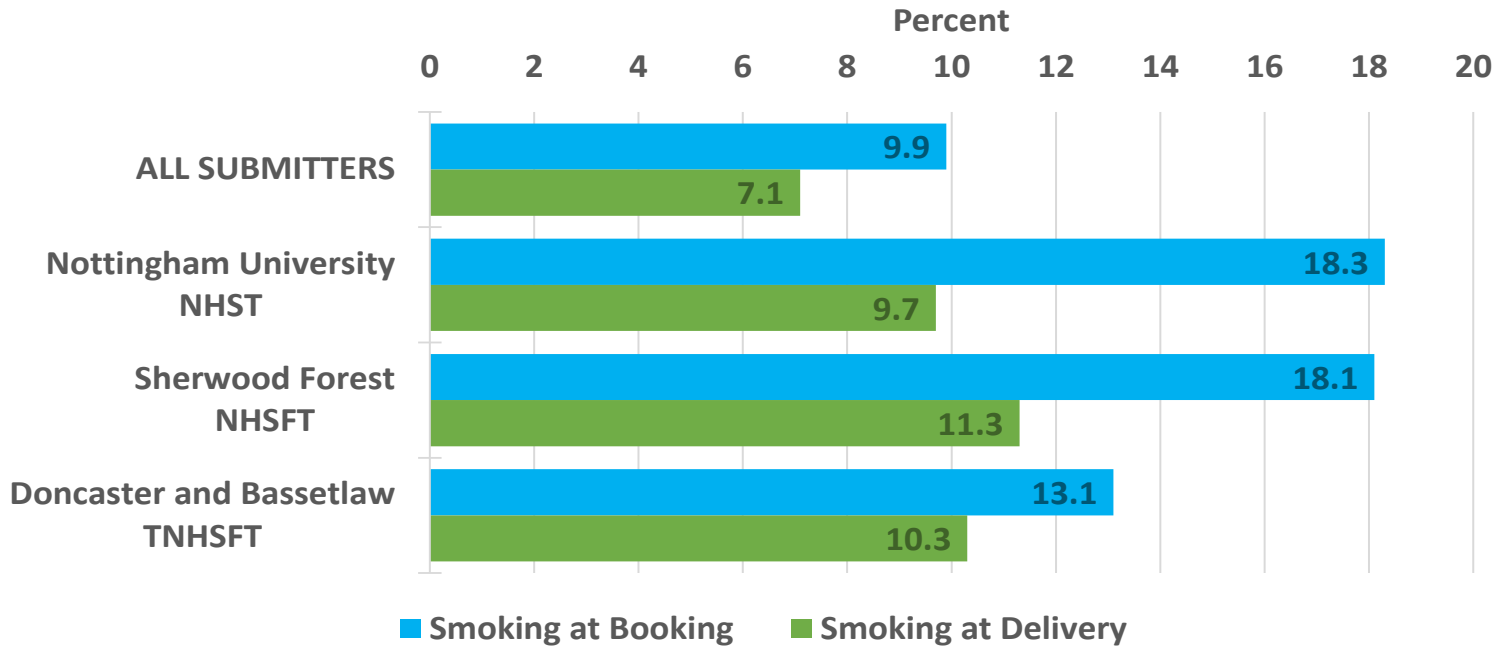
Safer sleep practices: Sadly, in Nottinghamshire and Nottingham City 5-6 babies die each year in an unsafe sleep environment.

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Smoking at Booking (Dec. 2023 to Nov. 2024)



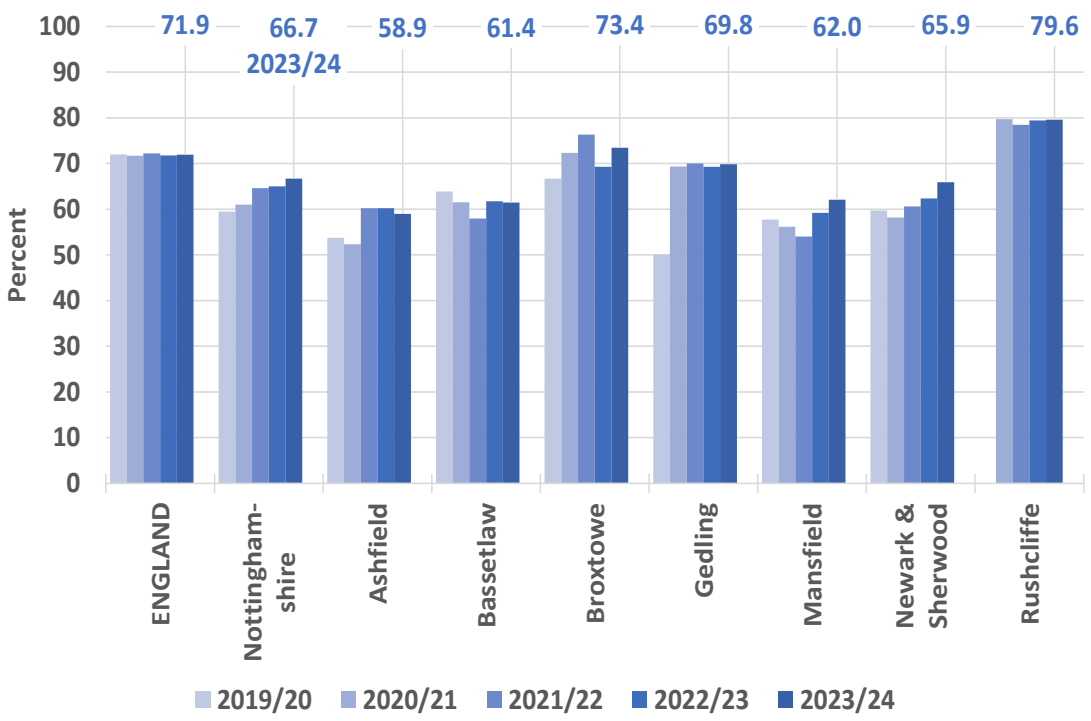
Smoking at Booking and at Delivery (Dec. 2023 to Nov. 2024)



Source: NHS England Maternity Services Monthly Statistics (MSMS) dataset
Note: 'All Submitters' is the England total based on the NHS acute trusts submitting data in the time period

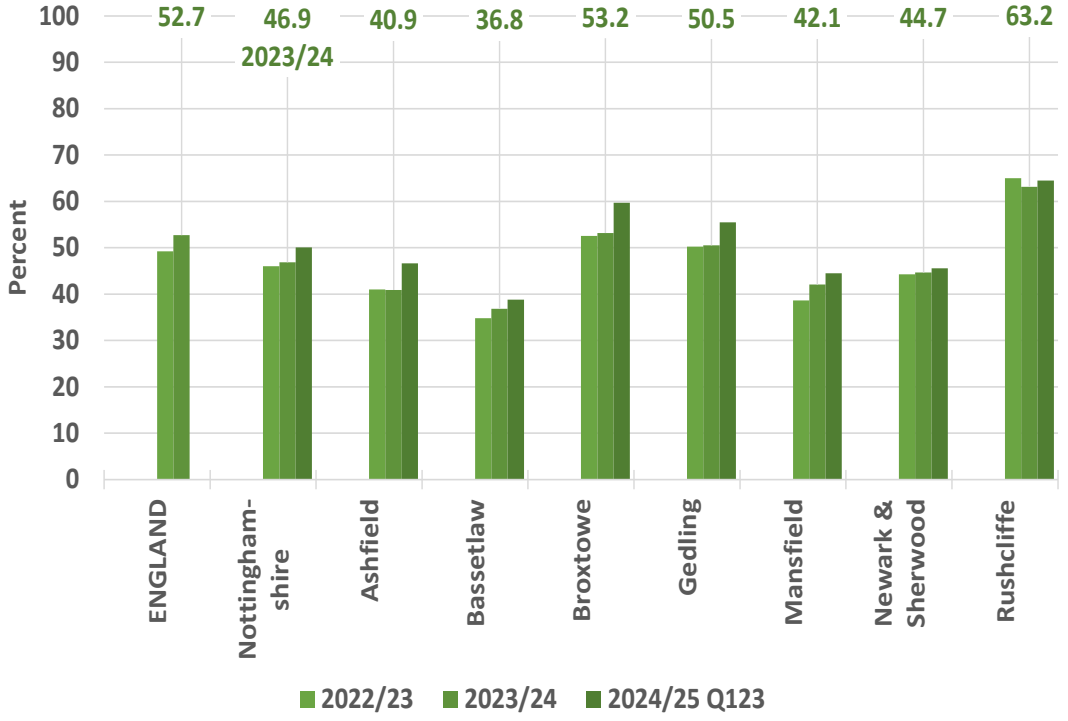
Breastfeeding

Breastfeeding - Baby's first feed breastmilk (2019/20 to 2023/24)



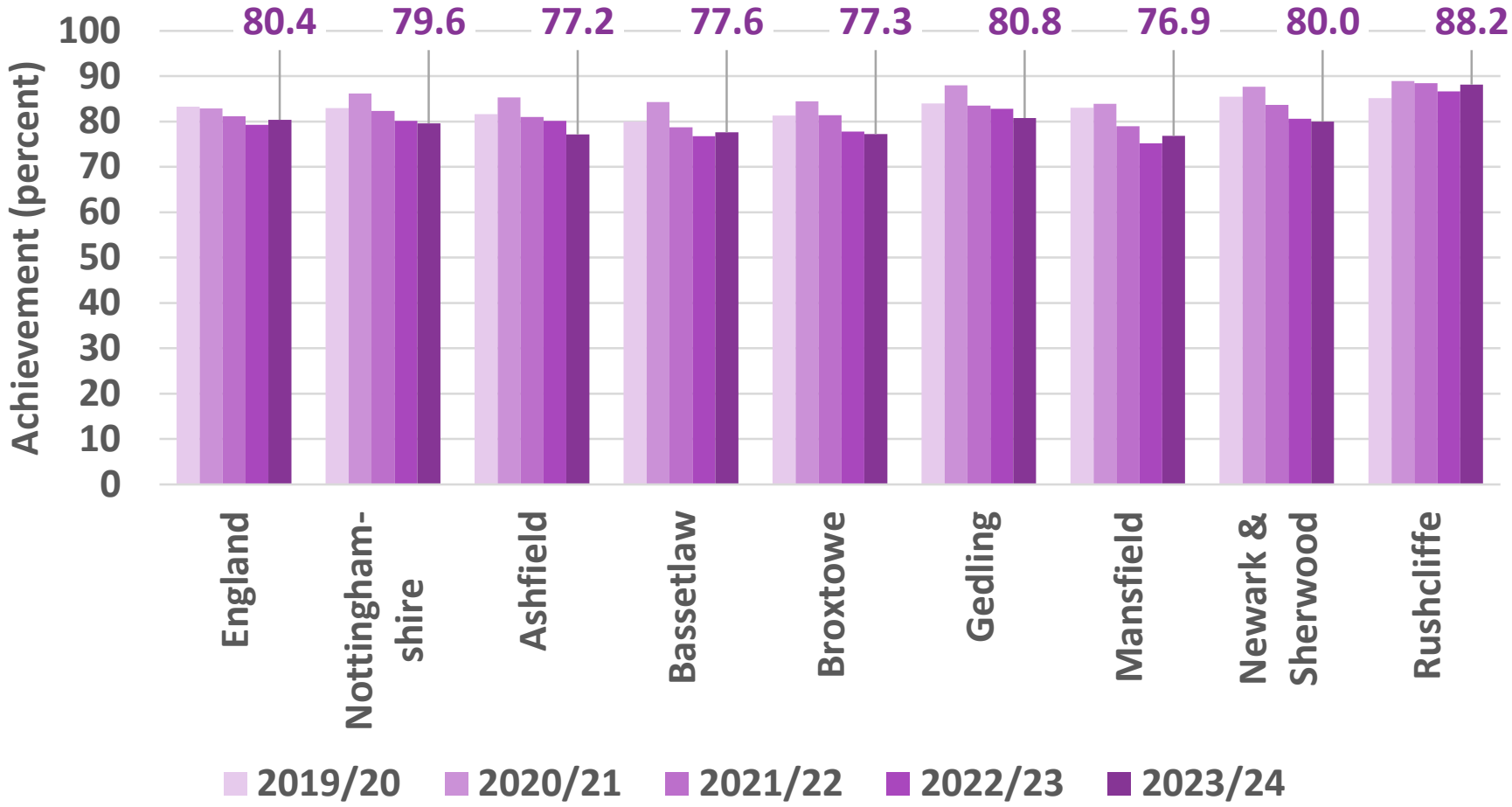
Source: Office for Health Improvement and Disparities (OHID) public health profiles. Last accessed via Fingertips March 2025

Breastfeeding - infants recorded as being totally or partially breastfed at 6-8 weeks (2022/23 to 2024/25 Q123)



Source: Office for Health Improvement and Disparities (OHID) public health profiles. Last accessed via Fingertips March 2025 (England and County), Local Provider data (Districts)

ASQ-3: Children achieving a good level of development (2019/20 to 2023/24)



Source: Office for Health Improvement and Disparities (OHID) public health profiles. Last accessed via Fingertips March 2025

Recommendations

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Preconception

- ✓ There needs to be a focus on preconception health.

Reach

- ✓ Early access of services
- ✓ Build on national and local communication campaigns
- ✓ Father inclusive practice

Strategic approach

The refreshed Best Start Strategy needs to focus on

- ✓ Parental mental health
- ✓ Parent Infant Relationships
- ✓ Children's early development including speech, language and communication
- ✓ Home learning

Health inequalities

- ✓ Improve health and wellbeing across the perinatal period with a focus on
  - ✓ Black and brown skinned women
  - ✓ Lower social-economic groups
  - ✓ Teenage pregnancy
  - ✓ Those with higher BMI's
  - ✓ Those with multiple disadvantages
- ✓ Draw upon experience of community level working
- ✓ Develop a healthy weight in pregnancy pathway
- ✓ Drive forwards the Infant Feeding Framework for Action
- ✓ Gain a better understanding of vaccine hesitancy in parents
- ✓ Understand why children are not achieving expected levels of development at 2-2.5years
- ✓ Continue to reduce smoking in pregnancy in line with national and local initiatives

Data

- ✓ Develop a Best Start data dashboard.

Any Questions?

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(2) MBRRACE-UK, 2024. Saving Lives, Improving Mothers' Care 2024 - Lessons learned to inform maternity care from the UK and Ireland Confidential Enquiries into Maternal Deaths and Morbidity 2020-22. Available at Saving Lives, Improving Mothers' Care 2024 - Lessons learned to inform maternity care from the UK and Ireland Confidential Enquiries into Maternal Deaths and Morbidity 2020-22 | MBRRACE-UK | NPEU
(3) Tommy's the pregnancy and baby charity, 2024. I'm stressed about everything. Will this affect my baby? Available at Does Stress Affect Babies During Pregnancy? accessed 28.01.25
(4) National Institute of Health Research Applied Research Collaboration North East and North Cumbria, 2024. Fathers' mental health and wellbeing concerns within the transition to fatherhood, and support available. Available at Fathers' mental health and wellbeing concerns within the transition to fatherhood, and support available - ARC
(5) Public Health England, 2018. Teenage Pregnancy Prevention Framework. Supporting young people to prevent unplanned pregnancy and develop healthy relationships. Available at Teenage Pregnancy Prevention Framework
(6) Parent-Infant Foundation. Infant Mental Health and Specialised Parent-Infant Relationship Teams: A briefing. Available at Infant-Mental-Health-Briefing.pdf