



Public Health
England

Protecting and improving the nation's health

Best start in life and beyond: Improving public health outcomes for children, young people and families

Guidance to support the commissioning of the Healthy Child Programme 0-19: Health visiting and school nursing services

Commissioning guide 4: Reference guide to evidence and outcomes

Revised March 2018

About Public Health England

Public Health England exists to protect and improve the nation's health and wellbeing, and reduce health inequalities. We do this through world-leading science, knowledge and intelligence, advocacy, partnerships and the delivery of specialist public health services. We are an executive agency of the Department of Health and Social Care, and a distinct delivery organisation with operational autonomy to advise and support government, local authorities and the NHS in a professionally independent manner.

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Key partners

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Introduction

This document forms part of a series of 4 supporting guides, to assist local authorities in the commissioning of health visiting and school nursing services to lead and co-ordinate delivery of public health for children aged 0-19.

Evidence and impact: Improving outcomes and reducing inequalities

This document outlines the evidence and guidance available to support effective local delivery of services for children and young people aged 0-19.

1.1 National policy

- Achieving equity and excellence for children. How liberating the NHS will help us meet the needs of children and young people (DH, 2010)
www.gov.uk/government/publications/achieving-equity-and-excellence-for-children
- Allen, G. (2011b) Early Intervention: Smart Investment, Massive Savings. HM Government: London
www.gov.uk/government/publications/early-intervention-smart-investment-massive-savings
- Allen, G. (2011a) Early Intervention: The Next Steps. HM Government: London
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- Annual Report of the Chief Medical Officer 2012. Our Children Deserve Better: Prevention Pays. Department of Health, 2013
www.gov.uk/government/publications/chief-medical-officers-annual-report-2012-our-children-deserve-better-prevention-pays
- Better health outcomes for children and young people (Pledge)
www.gov.uk/government/uploads/system/uploads/attachment_data/file/207391/better_health_outcomes_children_young_people_pledge.pdf
- Conception to Age 2: The Age of Opportunity. WAVE Trust and DfE
www.wavetrust.org/our-work/publications/reports/conception-age-2-age-opportunity
Dame Clare Tickell (2011) The Early Years: Foundations for life, health and learning – An Independent Report on the Early Years Foundation Stage to Her Majesty's Government
www.education.gov.uk/tickellreview

- Equity and excellence: Liberating the NHS (DH, 2010)
www.gov.uk/government/uploads/system/uploads/attachment_data/file/213823/dh_117794.pdf
- Field, F. (2010) The Foundation Years: preventing poor children becoming poor adults. HM Government: London
webarchive.nationalarchives.gov.uk/20110120090128/http://povertyreview.independent.gov.uk/media/20254/poverty-report.pdf
- Getting it right for children and young people: Overcoming cultural barriers in the NHS so as to meet their needs (DH, 2010)
www.gov.uk/government/publications/getting-it-right-for-children-and-young-people-overcoming-cultural-barriers-in-the-nhs-so-as-to-meet-their-needs
- Hall D and Elliman D (2006) Health for All Children (revised 4th edition). Oxford: Oxford University Press
oxfordmedicine.com/view/10.1093/med/9780198570844.001.0001/med-9780198570844 (Please note: this link opens to the bookstore for purchase of copies of this edition)
- Health visitor implementation plan 2011-15: A call to action (DH, 2011)
www.gov.uk/government/uploads/system/uploads/attachment_data/file/213110/Health-visitor-implementation-plan.pdf
- Healthy Child Programme – Pregnancy and the first five years of life (DH, 2009 – amended August 2010)
gov.uk/government/publications/healthy-child-Programme-pregnancy-and-the-first-5-years-of-life
- Healthy lives, healthy people: a call to action on obesity in England (DH, 2011)
www.gov.uk/government/publications/healthy-lives-healthy-people-a-call-to-action-on-obesity-in-england
- Healthy lives, healthy people: our strategy for public health in England (DH, 2010) and Healthy lives, healthy people: update and way forward (DH, 2011)
www.gov.uk/government/publications/healthy-lives-healthy-people-our-strategy-for-public-health-in-england
- Liberating the NHS: Legislative framework and next steps DH, 2011)
www.gov.uk/government/publications/publication-of-liberating-the-nhs-legislative-framework-and-next-steps-and-the-2011-12-operating-framework
- NHS Outcomes Framework 2014 to 2015 (DH, 2013)
www.gov.uk/government/publications/nhs-outcomes-framework-2014-to-2015
- Public Health Outcomes Framework 2013 to 2016 (DH, 2014)
www.gov.uk/government/publications/healthy-lives-healthy-people-improving-outcomes-and-supporting-transparency

- Rapid Review to Update Evidence for the Healthy Child Programme 0–5 (Public Health England, 2015)
www.gov.uk/government/uploads/system/uploads/attachment_data/file/429740/150520RapidReviewHealthyChildProg_UPDATE_poisons_final.pdf
- Service vision for health visiting in England (CPHVA conference 20-22 October 2010)
www.gov.uk/government/publications/service-vision-for-health-visiting-in-england-cphva-conference-20-22-october-2010
- Strategic and Operational Planning 2014 to 2019 (NHS England 2014)
www.england.nhs.uk/deliver-forward-view
- The 1001 Critical Days: The importance of the conception to age 2 period
www.1001criticaldays.co.uk
- The Children and Young People’s Health Outcomes Strategy (DH, 2013)
www.gov.uk/government/publications/independent-experts-set-out-recommendations-to-improve-children-and-young-people-s-health-results
- The Marmot Review (2010) Strategic Review of Health Inequalities in England, post-2010
www.instituteofhealthequity.org/projects/fair-society-healthy-lives-the-marmot-review/fair-society-healthy-lives-full-report
The National Health Visitor Plan: progress to date and implementation 2013 onwards (DH, 2013)
www.gov.uk/government/uploads/system/uploads/attachment_data/file/208960/Implementing_the_Health_Visitor_Vision.pdf
- The Operating Framework for the NHS in England 2012/13 (DH, 2011)
www.gov.uk/government/publications/the-operating-framework-for-the-nhs-in-england-2012-13
- UK physical activity guidelines (DH, 2011)
www.gov.uk/government/publications/uk-physical-activity-guidelines
- UNICEF UK Baby Friendly Initiative
www.unicef.org.uk/babyfriendly
- Working Together to Safeguard Children: A guide to interagency working to safeguard and promote the welfare of children (HM Government 2013)
www.workingtogetheronline.co.uk/chapters/contents.html

1.2 National guidance

- A health visiting career
www.gov.uk/government/publications/a-health-visiting-career
- All Our Health: Personalised care and population health (PHE, 2015)
www.gov.uk/government/collections/all-our-health-personalised-care-and-population-health
- Becoming an School Nurse Champion, British Youth Council
www.byc.org.uk/awards/accredited-awards/school-nurses
- Building community capacity
www.e-lfh.org.uk/programmes/building-community-capacity
- Childhood obesity: a plan for action (DH, 2016)
www.gov.uk/government/publications/childhood-obesity-a-plan-for-action
- Children special educational needs and disabilities (SEND)
www.gov.uk/children-with-special-educational-needs
- Child vision screening (PHE, 2017)
www.gov.uk/government/publications/child-vision-screening
- Commissioning of public health services for children
www.gov.uk/government/publications/commissioning-of-public-health-services-for-children
- Developing strong relationships and supporting positive sexual health
www.gov.uk/government/uploads/system/uploads/attachment_data/file/299269/Sexual_Health_Pathway_Interactive_FINAL.pdf
- Domestic violence and abuse: Multi-agency working, NICE public health guideline [PH50], 2014
www.nice.org.uk/guidance/ph50
- Educating health visitors for a transformed service
www.gov.uk/government/news/educating-health-visitors-for-a-transformed-service
- Emotional and Health and wellbeing pathway
www.gov.uk/government/uploads/system/uploads/attachment_data/file/299268/Emotional_Health_and_Wellbeing_pathway_Interactive_FINAL.pdf
- Evaluation of behaviour change interventions: school nurse toolkit (PHE, 2017)
www.gov.uk/government/publications/evaluation-of-behaviour-change-interventions-school-nurse-toolkit
- Families with complex and multiple needs including ‘troubled families’:
www.gov.uk/government/publications/troubled-families-supporting-health-needs
- Family Nurse Partnership
fnp.nhs.uk
- Framework for health visitor teaching
www.gov.uk/government/publications/framework-for-health-visitor-teaching

- Getting it right for children, young people and families
www.gov.uk/government/publications/getting-it-right-for-children-young-people-and-families
- Guidance for health professional on domestic violence
www.gov.uk/government/publications/guidance-for-health-professionals-on-domestic-violence
- Health visiting programme: Early implementer sites case studies
www.gov.uk/government/publications/health-visiting-programme-case-studies
- Health visitors and school nurses: Fact sheet for parents
www.gov.uk/government/publications/health-visitors-and-school-nurses-factsheet-for-parents
- Healthy Child Programme: E-learning to optimise health
www.e-lfh.org.uk/programmes/healthy-child-programme
- Healthy Child Programme: Pregnancy and the first five years of life
www.gov.uk/government/publications/healthy-child-programme-pregnancy-and-the-first-5-years-of-life
- Helping children to be safer, healthier and free of crime
www.gov.uk/government/publications/helping-children-to-be-safer-healthier-and-free-of-crime
- Helping School Nurses to tackle child sexual exploitation
www.gov.uk/government/publications/helping-school-nurses-to-tackle-child-sexual-exploitation
- Maternal mental health pathway aims to provide a structured approach
www.gov.uk/government/news/maternal-mental-health-pathway-aims-to-provide-a-structured-approach
- Midwifery services for improved health and wellbeing
www.gov.uk/government/publications/midwifery-services-for-improved-health-and-wellbeing
- National health visitor plan: progress and implementation
www.gov.uk/government/publications/health-visitor-vision
- NCSP: standards (PHE, 2014)
www.gov.uk/government/publications/ncsp-standards
- Nurse Prescribing guidance:
www.nmcuk.org/Documents/Circulars/2009circulars/NMC%20Circular%2002_2009%20Annexe%201.pdf
- Nutrition and healthy weight including failure to thrive (NCMP and PHE via www.noo.org.uk)
- Parental and infant perinatal mental health and early attachment - for best practice see Tameside and Glossop Early Attachment Service
www.tamesidehospital.nhs.uk/our-services/community-services/early-attachment-service.htm

- Parenting Programme Pathway (Social and Emotional Development) (Greater Manchester Public Service Reform Early Years Programme)
Breastfeeding
www.unicef.org.uk/BabyFriendly/Health-Professionals/going-baby-friendly
- Perinatal Mental Health for Health Visitors
www.e-lfh.org.uk/programmes/perinatal-mental-health
- Personal and professional attributes for consideration as part of the recruitment and selection process into health visiting programmes
www.gov.uk/government/publications/personal-and-professional-attributes-for-consideration-as-part-of-the-recruitment-and-selection-process-into-health-visiting-programmes
- Post-natal maternal mental health
www.nice.org.uk/nicemedia/pdf/CG37NICEguideline.pdf
- Public health contribution of nurses and midwives: guidance (PHE, 2013)
www.gov.uk/government/collections/developing-the-public-health-contribution-of-nurses-and-midwives-tools-and-models
- Safeguarding children and young people: enhancing professional practice-working with children and families
media.dh.gov.uk/network/387/files/2012/11/SAFEGUARDING_ENHANCING-PROFESSIONAL-GUIDANCE.pdf
- Safeguarding children including a focus on prevention, early help, targeted support, early intervention and sharing of information
www.education.gov.uk/aboutdfe/statutory/g00213160/working-together-to-safeguard-children
- SAFER communication between health visitors and social care teams
www.gov.uk/government/publications/safer-communications-between-health-visitors-and-social-care-teams
- School health service: Briefing for local council members
www.gov.uk/government/publications/school-health-service-briefing-for-local-council-members
- School nurse fact sheet: Head teachers and governors
media.dh.gov.uk/network/387/files/2012/11/Head-Teacher-Fact-Sheet.pdf
- School nurse, Health Careers
www.healthcareers.nhs.uk/explore-roles/public-health/roles-public-health/school-nurse
School nurse fact sheet: Health and social care professionals
media.dh.gov.uk/network/387/files/2012/11/SNDP-Fact-sheet-HSCP.pdf
- School nurse toolkit: improving young people's health literacy (AYPH, 2016)
www.youngpeopleshealth.org.uk/health-literacy

- School nursing and health visiting partnership - pathways for supporting children and their families
www.gov.uk/government/uploads/system/uploads/attachment_data/file/216466/dh_133020.pdf
- School nursing development Programme: maximizing the support for children with complex and or additional health needs
www.middlesbrough.gov.uk/CHttpHandler.ashx?id=6797&p=0
- School nursing: Public health services
www.gov.uk/government/publications/school-nursing-public-health-services
- Seldom heard communities including families with young children from traveller, asylum seeker and refugee communities and homeless families
www.scie.org.uk/publications/guides/guide37-good-practice-in-social-care-with-refugees-and-asylum-seekers
- Students starting secondary school urged to get to know their school nurse
www.gov.uk/government/publications/students-starting-secondary-school-urged-to-get-to-know-their-school-nurse
- Substance and alcohol misuse
pathways.nice.org.uk/pathways/reducing-substance-misuse-among-vulnerable-children-and-young-people
- Supporting public health: children, young people and families (PHE, 2016)
www.gov.uk/government/publications/commissioning-of-public-health-services-for-children
- Supporting the health and wellbeing of military families
www.gov.uk/government/publications/supporting-the-health-and-wellbeing-of-military-families
- Teenage pregnancy, Public Health England, 2018
- The midwifery public health contribution
www.gov.uk/government/publications/the-midwifery-public-health-contribution
- Transition from health visiting to school nursing (DH)
www.gov.uk/government/uploads/system/uploads/attachment_data/file/216466/dh_133020.pdf
- Transitions between midwifery, FNP and health visiting (DH)
www.gov.uk/government/uploads/system/uploads/attachment_data/file/465344/2903819_PHE_Midwifery_accessible.pdf

1.3 NICE guidance

Key NICE public health guidance includes:

- **CG37:** Postnatal care up to 8 weeks after birth (July 2006)
- **Evidence update 29:** Strategies to prevent unintentional injury among children and young people aged under 15 (March 2013)
- **NG30:** Oral health promotion: general dental practice, (NICE, 2015)
- **NG75:** Faltering growth: recognition and management of faltering growth in children (September 2017)
- **PH3:** Prevention of sexually transmitted infections and under 18 conceptions (February 2007)
- **PH4:** Interventions to reduce substance misuse amongst vulnerable young people (March 2007)
- **PH6:** Behaviour change at population, community and individual level (October 2007)
- **PH7:** School based interventions on alcohol (November 2007)
- **PH8:** Physical activity and the environment (January 2008)
- **PH9:** Community engagement (July 2010)
- **PH11:** Maternal and child nutrition (March 2008)
- **PH12:** Social and emotional wellbeing in primary education (March 2008)
- **PH14:** Preventing the uptake of smoking by children and young people (July 2008)
- **PH17:** Promoting physical activity for children and young people (January 2009)
- **PH20:** Social and emotional wellbeing in secondary education (September 2009)
- **PH21:** Differences in uptake in immunisations (September 2009)
- **PH23:** School based interventions to prevent smoking (February 2010)
- **PH27:** Weight management before, during and after pregnancy
- **PH28:** Looked-after children and young people: Promoting the quality of life of looked-after children and young people (October 2010)
- **PH29:** Strategies to prevent unintentional injuries among children and young people aged under 15 (November 2010)
- **PH30:** Preventing unintentional injuries among under-15s in the home (November 2012)
- **PH31:** Preventing unintentional road injuries among under-15s: road design (November 2010)
- **PH40:** Social and emotional wellbeing: early years
- **PH41:** Walking and cycling (November 2012)
- **PH42:** Obesity – working with local communities (November 2012)
- **PH47:** Managing overweight and obesity among children and young people (October 2013)
- **PH51:** Contraceptive services with a focus on young people up to 25

- **PH55:** Oral health: approaches for local authorities and their partners to improve the oral health of their communities (October 2014)
- **CG89:** When to Suspect Child Maltreatment (July 2009)
- **QS31:** Health and wellbeing of looked-after children and young people: NICE support for commissioning (April 2013)
- **QS94:** Obesity in children and young people: prevention and lifestyle weight management programmes
- **QS128:** Early years: promoting health and wellbeing in under 5s (August 2016)

1.4 Evidence and research

- A quick guide to a healthy mouth in children (PHE, 2017)
www.gov.uk/government/uploads/system/uploads/attachment_data/file/601834/healthy_mouth_children_quick_guide.pdf
- A rapid review of the evidence of cost effectiveness of interventions to improve the oral health of 0-5 year olds (PHE, 2017)
www.gov.uk/government/publications/improving-the-oral-health-of-children-cost-effective-commissioning
- Building resilience and character in young people: alcohol and drug prevention briefing paper
mentor-adepis.org/building-resilience-and-character-in-young-people
- Children's Act 2004
www.legislation.gov.uk/ukpga/2014/6/contents/enacted
- Delivering better oral health: An evidence based toolkit for prevention (PHE 2014)
www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention
- Department for Education (2014) Supporting pupils at school with medical conditions. Statutory guidance for governing bodies of maintained schools and proprietors of academies in England
www.gov.uk/government/uploads/system/uploads/attachment_data/file/306952/Statutory_guidance_on_supporting_pupils_at_school_with_medical_conditions.pdf
- Department for Education Department of Health (2014) Guidance on the special educational needs and disability (SEND) system for Children and Young People age 0 to 25, from 1 September 2014
www.gov.uk/government/publications/send-code-of-practice-0-to-25
- Department of Health (2009) Healthy Child Programme – 5-19 years (amended August 2010)
webarchive.nationalarchives.gov.uk/20130107105354/http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_108866.pdf
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www.gov.uk/government/uploads/system/uploads/attachment_data/file/216652/dh_119490.pdf
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www.gov.uk/government/uploads/system/uploads/attachment_data/file/216350/dh_127632.pdf
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www.gov.uk/government/uploads/system/uploads/attachment_data/file/263658/2901502_PHOF_Improving_Outcomes_PT1A_v1_1.pdf
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www.gov.uk/government/uploads/system/uploads/attachment_data/file/377902/NCMP_operational_guidance.pdf
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www.gov.uk/government/uploads/system/uploads/attachment_data/file/382115/PHOF_Part_2_Technical_Specifications_Autumn_2014_refresh_02.12.2014_FINAL.pdf
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 - Guidance on preparing to teach about mental health and emotional wellbeing, PSHE Association, 2018 www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-preparing-teach-about-mental-health-and
 - Health Matters – child dental health (PHE, 2017) www.gov.uk/government/publications/health-matters-child-dental-health/health-matters-child-dental-health
 - Helping school nurses to tackle child sexual exploitation www.gov.uk/government/publications/helping-school-nurses-to-tackle-child-sexual-exploitation
 - Improving oral health: community water fluoridation toolkit (PHE, 2016) www.gov.uk/government/publications/improving-oral-health-community-water-fluoridation-toolkit
 - Improving oral health: supervised tooth brushing toolkit (PHE, 2016) www.gov.uk/government/publications/improving-oral-health-supervised-tooth-brushing-programme-toolkit
 - Local authorities improving oral health: commissioning better oral health for children and young people: An evidence-informed toolkit for local authorities (PHE, 2014) www.gov.uk/government/uploads/system/uploads/attachment_data/file/321503/CBO_HMaindocumentJUNE2014.pdf
 - Local Health and Care Planning: Menu of preventative interventions (PHE, 2016) www.gov.uk/government/uploads/system/uploads/attachment_data/file/565944/Local_health_and_care_planning_menu_of_preventative_interventions.pdf
 - Managing complex health needs in schools and early years settings (DfES, 2005) www.amazon.co.uk/Including-Me-Managing-Complex-Settings/dp/1904787606 (Please note: this link opens to the bookstore for purchase of copies of this edition)
 - Mental health and behaviour in schools: Departmental advice for school staff, Department for Education, 2016 www.gov.uk/government/uploads/system/uploads/attachment_data/file/508847/Mental_Health_and_Behaviour_-_advice_for_Schools_160316.pdf

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- Public Health England: Chlamydia screening: evidence summary and briefing (2014)
www.gov.uk/government/publications/chlamydia-screening-evidence-summary-and-briefing
- Public mental health leadership and workforce development framework: confidence, competence, commitment
www.gov.uk/government/publications/public-mental-health-leadership-and-workforce-development-framework
- Reaching Out: Think Family Analysis and themes from the families at Risk review (Social Exclusion Task Force, 2007)
webarchive.nationalarchives.gov.uk/20081023153736/http://www.cabinetoffice.gov.uk/social_exclusion_task_force/families_at_risk/reaching_out_summary.aspx
- Reducing unintentional injuries in and around the home among children under five years (PHE, 2014)
www.gov.uk/government/uploads/system/uploads/attachment_data/file/322210/Reducing_unintentional_injuries_in_and_around_the_home_among_children_under_five_years.pdf
- Reducing unintentional injuries on the roads among children and young people under 25 years (PHE, 2014)
www.gov.uk/government/uploads/system/uploads/attachment_data/file/322212/Reducing_unintentional_injuries_on_the_roads_among_children_and_young_people_under_25_years.pdf
- Return on investment tool (PHE, 2017) includes interventions with high quality evidence of effectively reducing tooth decay in 5 year olds.
publichealthmatters.blog.gov.uk/2017/06/14/health-matters-child-dental-health
- Screening and Immunisation service specifications-
www.england.nhs.uk/commissioning/pub-hlth-res

Svanberg P O, Barlow J & Tigbe W The Parent–Infant Interaction Observation Scale: reliability and validity of a screening tool. *Journal of Reproductive and Infant Psychology*, 2013: Volume 31, Issue 1, 2013

- The FNP Information Pack
www.fnp.nhs.uk/fnp-information-pack
- The RCN's UK position on school nursing (February 2012)
www.rcn.org.uk/__data/assets/pdf_file/0004/433282/School_nursing_position_statement_V5FINAL.pdf
The School Health Service: briefing for local council members
www.gov.uk/government/publications/school-health-service-briefing-for-local-council-members
- The School Food Plan, Department for Education (2013)
www.gov.uk/government/publications/the-school-food-plan
- UK physical activity guidelines (DH, 2011)
www.gov.uk/government/publications/uk-physical-activity-guidelines
- Water fluoridation health monitoring report for England 2014 (PHE, 2014)
www.gov.uk/government/uploads/system/uploads/attachment_data/file/300202/Water_fluoridation_health_monitoring_for_england__full_report_1Apr2014.pdf

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Public Health England
Community Practitioners and Health Visitors Association
Institute of Health Visiting
Royal College of Nursing
School and Public Health Nurses Association
The Queen's Nursing Institute