



SCOTTISH EXECUTIVE

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**Growing up in Scotland - early years  
longitudinal survey:  
publication of YEAR 1 RESULTS**

**Edinburgh**

**24th January 2007**

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### **GUS Finding : Drug use**

26% of parents said they had ever taken illicit drugs  
- the vast majority accounted for by cannabis use

### ***Health response***

- The NHS is working to identify and support mothers who use drugs and to ensure links to appropriate agencies etc.
- *Hidden Harm Action Plan* builds on NHS good practice to ensure that children's needs are central.

• Learning from *Starting Well*, national early years demonstration project, is being built on in Glasgow by Parents and Children Together (PACT) teams. They work with families of vulnerable young children, emphasising early intervention and parenting, including families with substance abusing parents where additional support is required for either the child and/or parents in the parenting role.



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### **GUS Finding : Smoking during pregnancy**

About a quarter of mothers said that they smoked when pregnant - around half smoked 'most days' .

Four in ten mothers in the most deprived quintile (42%) smoked during pregnancy, compared with 9% in the least deprived.

### ***Health response***

Pregnant women are priority group for NHS smoking cessation services. *Towards a Healthier Scotland* set health improvement targets to reduce the proportion of women who smoke in pregnancy from 29% to 23% between 1995 and 2005 and to 20% by 2010. NHS staff working with women in deprived communities take a public health approach and provide support to anyone who wishes to give up smoking.

Nicotine Replacement Therapy (NRT) was recently licensed for use by pregnant women. NHS Health Scotland will issue guidance shortly and it is hoped that changes in NRT licensing will accelerate progress towards this target.

(In 2004 23.8% of pregnant women smoked during pregnancy.)



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### **GUS Finding : Attendance at ante-natal classes**

There was marked variation by socio-economic group and by maternal age at birth.

Around two-thirds of those aged under 20 did not attend any classes – three-quarters of those aged 30 to 39 went to most or all.

### ***Health response***

Health visitors identify and work with the most vulnerable families to get the support they need through the Hall 4 scheme including linking them to all relevant services.

There are some targeted ante-natal and post-natal support groups in West Lothian, which are very successful. There are also dads groups in this area.

Via Starting Well, the Triple P parenting programme was offered to, and taken up by, large numbers of families in Glasgow with new born babies.



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**GUS Finding : Younger mothers and those from less affluent areas are more likely to find it difficult to know who to ask for help and to then ask for it. Younger mothers appear more suspicious of professional help.**

### *Health response*

Younger mothers are increasing in numbers and need appropriate and sensitive support from the NHS and all agencies.

A national event ‘Starting Out: Family Resilience in the Early Years in Glasgow’ in March 2007 organised by NHS Health Scotland will focus on using skills and expertise to engage positively with parents and families. There will be an opportunity to visit local Parents and Children Together (PACT) teams in Glasgow before the conference.

The integrated PACT teams work with families of vulnerable young children emphasising early intervention and parenting, building on learning from Starting Well.