

Annex 3

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# Summary for Children and Young People

## What is the Chief Medical Officer's Annual Report?

Professor Dame Sally Davies is the Chief Medical Officer. She advises the Government on health issues.

Every year, Professor Davies chooses an important topic to look at closely. She writes a report for the Government and suggests how to improve things. This year, she decided to look at how healthy children and young people are and whether they can get help easily if they need it.



## What does the report say?

- Spending money to help people early isn't just a good thing to do, it's sensible too. Sometimes a little help early on can make a huge difference to a person's life. It's a really good idea to make sure that children and young people can get help and information as soon as they need it.
- England should hold a National Children's Week every year. During the week, people can ask if things have changed, plan together to make improvements and celebrate just how great our children and young people are.
- People who work with children and young people should be trained to listen and behave in a way that makes sense to you. They shouldn't use complicated or confusing words.
- Schools and local councils should try to find a way to make sports facilities and swimming pools easier for everyone to use. This will encourage us to use them, and exercise helps to keep us healthy.

## Who helped the Chief Medical Officer?

Professor Davies asked lots of experts to collect information and to put the pieces together. She wanted to hear the voices of families and kids so she held workshops to talk about things like food and exercise. Professor Davies thanks all the children and young people who helped to make the report with their stories, quotes and art.



*Sally*

The full report can be found at [www.gov.uk](http://www.gov.uk)

(Annual Report of the Chief Medical Officer 2012, Our Children Deserve Better: Prevention Pays)

### You told us what you wanted from a better healthcare system:

- personalised, child-friendly care from people who treat you with respect
- to be informed and have a greater involvement in decisions about your care
- access to age-appropriate services where and when you need them
- greater support through the transition to adult health and social care services
- to understand your rights and responsibilities regarding healthcare
- for schools to play a greater role in your health and wellbeing
- for mental health to be taken as seriously as physical health