

# Healthy Weight Pre Birth > 19yrs

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Project Lead - Healthy Settings &  
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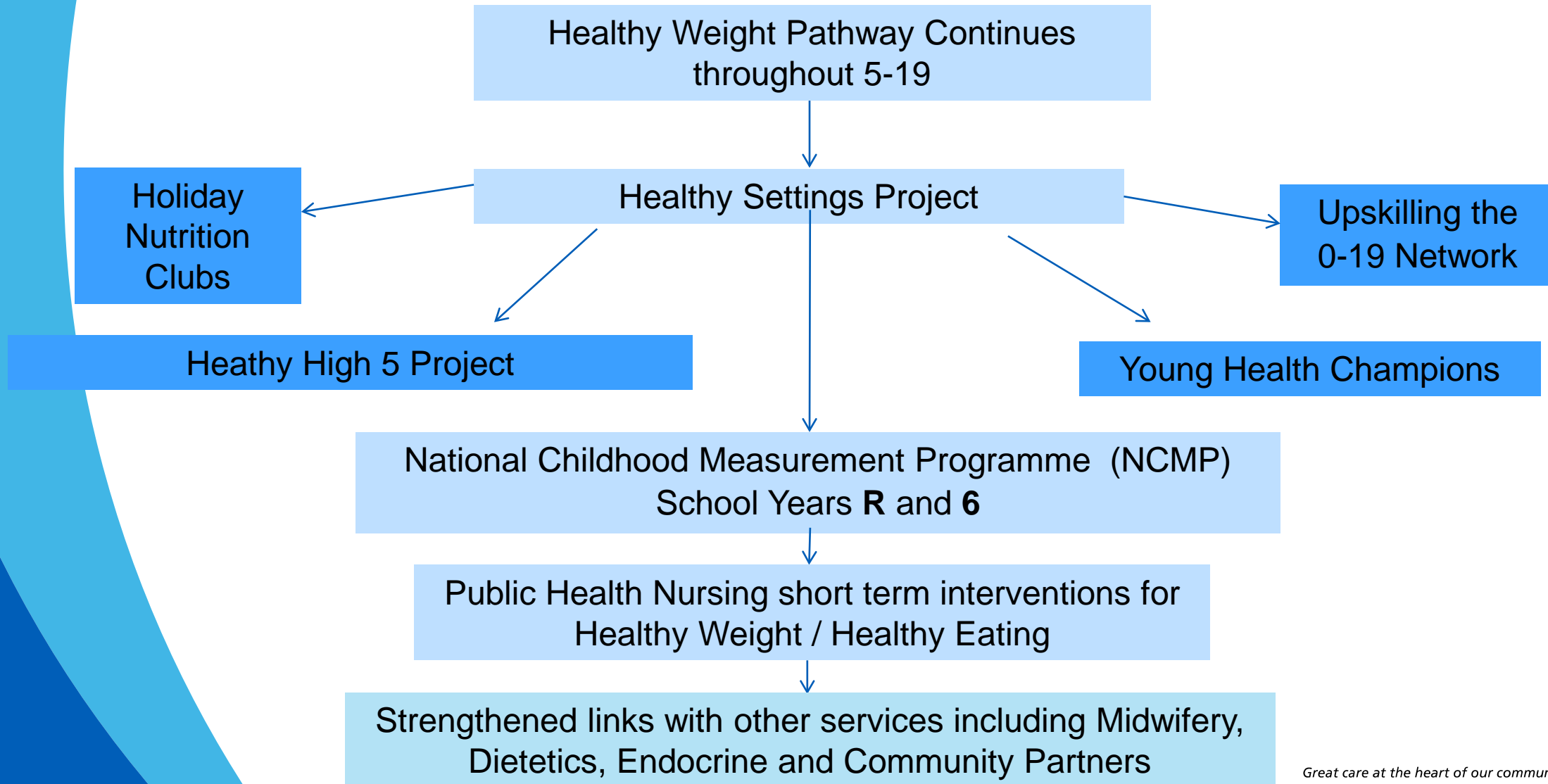
28<sup>th</sup> January 2020



# Pre Birth – 19 Healthy Weight Interventions & Opportunities



# Pre Birth – 19 Healthy Weight Interventions & Opportunities Continued



# Key Professionals within the Service

- **Annie Jenkins** (Professional Lead for 5-19 Healthy Child Programme / Clinical Lead for Targeted & Complex Pathways)
- **Carole Bralee** (Specialist Public Health Nurse)
- **Nick Higgins** (Clinical Team Co-ordinator Public Health Nursing)
- **Sophie Ruffles** (Health Visitor, Project Lead Healthy Weight 0-5 years)
- **Vicki Pennal** (Project Lead Healthy Settings & Clinical Team Coordinator 0-19)



# Breastfeeding

- **Full Baby Friendly Breastfeeding Accreditation**
- **Breastfeeding support and education given by midwife and at Health Visiting antenatal contact**
- **Support with feeding & effective signposting at HV New Birth Contact (10-14 days)**
- **Breastfeeding support team available via simple referral process & offer home contacts**
- **NCT commissioned by SCC to provide 2 breastfeeding cafes, 8 hours home visiting alongside Breastfeeding support team**



# Breastfeeding Continued

- Peer support service at groups & in maternity unit PAH
- NCT commissioned to manage 'Breastfeeding Welcome' scheme in Southampton
- Breastfeeding Babes open daily for babies 14 / 28 days (PAH)
- Breastfeeding champion in each HV team and each Sure Start cluster.
- Steady gradual increase in breastfeeding rates



# Healthy Weight Discussion Key Contacts & Targeted Intervention Health Visiting

- Antenatal Contact
- New birth Visit (10-14 days after babies birth)
- 6-8 week Health Visitor Review
- Introduction to solid foods sessions
- Health Review 1 (HR1) 9-12 months
- Health Review 2 (HR2) 2years-2.5 years
  
- Invited to clinic to attend once a month for first 6 months
- 6-12 Months Weigh Every 2 Months
- 1yr on wards Weigh Every 3 months



# Useful Resources & Trusted Websites

- First Steps Nutrition <https://www.firststepsnutrition.org/>
- Infant & Toddler Forum <https://infantandtoddlerforum.org/>
- Baby Buddy <https://www.bestbeginnings.org.uk/baby-buddy>
- Institute of Health Visiting <https://ihv.org.uk/>
- HENRY <https://www.henry.org.uk/>
- Change for Life <https://www.nhs.uk/change4life>
- Wessex Healthier Together <https://what0-18.nhs.uk/>
- HEYA [www.sid.southampton.gov.uk](http://www.sid.southampton.gov.uk)
- HH5 [www.southampton.gov.uk/healthyhigh5](http://www.southampton.gov.uk/healthyhigh5)





# Healthy Weight Pathway



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## Southampton Healthy Weight Pathway 0-19 Integrated Service

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*Solent NHS Trust policies can only be considered to be valid and up-to-date if viewed on the intranet. Please visit the intranet for the latest version.*



Purpose of Agreement	Identify clear parameters where intervention and referral should be offered for children within and outside of the healthy weight range.
Document Type	Standard operating procedure (SOP)
Reference Number	-
Version	1
Name of Approving Committees/Groups	0-19 Integrated Services Manager / Clinical Voice and Locality Governance
Operational Date	December 2018
Document Review Date	January 2020
Document Sponsor (Name & Job Title)	Mia Wren Head of Service Southampton 0-19 Integrated Early Help and Prevention, Solent NHS Trust
Document Manager (Name & Job Title)	Vicki Pennal Project Lead 0-19, Solent NHS Trust
Document developed in consultation with	Health Visiting (Solent), Public Health Nursing (Solent), Dieticians (University Hospital Southampton), Consultant Paediatrician (UHS) Special Care Dentist Service (Solent), Midwifery (UHS) Jigsaw Services.



# Case Study

## Sophie Ruffles Health Visitor

- Anna
- Health Review 1 completed July 2018
- September 2018 – November 2018 (Homeless Healthcare Health Visiting)
- Health Review 2 completed April 2019 as part of transfer-in visit
- Visit to family December 2019
- Session 1 January 2020
- Case study highlights



# National Childhood Measurement Programme (NCMP)

- **Height & Weight** measured in the term of their birthday in Reception & Year 6.
- Opt out available
- Children go home with a letter that day with information about their measurements
- If children are measured outside the healthy weight range parents are given information of digital support, invited to contact the PHN service for further support & some parents are contacted directly.
- Results form part of national data.
- Percentage of Yr R & Yr 6 children measured last year 96.8%
- NCMP Results 2018/19 YrR 22.3% (↓ 0.9) and Yr6 36.1% (↓ 1.7%)



# Healthy Settings Project

- Healthy High 5 Award
- Upskilling the Childrens Workforce
- Holiday Nutrition
- Young Health Champions



# Healthy High 5 Award



Southampton  
Healthy  
High 5

- Health & Wellbeing Award for Southampton <https://drive.google.com/file/d/1Vrm-IKascVIYB51bkSuU0UBkpYpWd5CO/view>
- Increased engagement from previous Healthy Schools Award
- Secondary schools x 3
- Primary (Inclusive Infant & Junior) x 26
- Special Schools x 2



## Healthy High 5 Continued

- Spring Day – Mount Pleasant School (March 2019)
- Chelsea Flower Show (CHECK THIS)
- Free entry to the Southampton Marathon Family Fun Run (April 2019)
- Half Marathon Challenge (May 2019)
- National Fitness Day - Mini Total Warrior (Oct2019)
- Saints Mascot & Under 23 Team Members - Hollybrook Junior School (Oct 2019)
- National Mental Health Day – Cantell School (Oct 2019)
- Marathon Medal design competition (Jan 2020)
- Marathon Distance (January 2020)
- Schools placed bids for ‘sugar tax’ money to spend on Health & Wellbeing
- Celebration Events each spring in the Mayors Parlour

**Peter Howard**  
**Head Teacher – Fairisle Junior School**

“We have been involved in the Healthy High 5 Award since early 2019. It has enabled us to increase our awareness of our children’s health and well being, through a number of strategies we have put in place.....”

# Upskilling the Childrens Workforce

- Providing health education across the 0-19 network
- Mental Health Awareness
- Mindfulness
- Smoking Cessation
- Sleep
- The Daily / Golden Mile
- Healthy Eating Work Shops (with Dietician) UHS
- Sexual Health
- Self Harm
- Healthy Weight Pathway & Obesity as Child Protection Issue (with Consultant Paediatric Endocrinologist)
- Making Every Contact Count (MECC)



# Holiday Nutrition

- Nutrition & quantity of foods can be reduced in school holidays for children who receive free school meals
- Higher levels of obesity associated with deprivation
- Physical activity is reduced for many children during school holidays
- The Good Grub Club (West Southampton in association with Radian Housing)
- Valentines School ( East Southampton in association with Make Lunch)
- Member of the 'Holiday Provision Steering Group'



# Young Health Champions

- Written into Healthy High 5 Senior Award Documentation
- Support with some of the teaching sessions at LifeLab with regards to emotional health & smoking cessation
- Encourage schools to sign up to the LifeLab when visiting as part of the HH5 recruitment

# Community Partners

- Childrens Services / MASH
- University Hospitals Southampton
- Sure Start
- General Practitioners
- Pre Schools
- Schools
- Radian Housing
- Make Lunch Project
- Wicketz Programme
- Rees Leisure / ABP Southampton Marathon
- Active Nation
- Saints Foundation



# Next Steps

- Regular liaison with Health Visitor Healthy Weight Project Lead & Midwifery
- Continue joint working with relevant partners
- Build on workforce expertise & prioritise support



# Opportunities for Intervention

- Year 3 Height & Weight
- Group Contacts / Presentations to Parents in Schools
- Designated Healthy Weight Team



# Questions Welcomed

## PANEL

- **Anne-Marie Paulin** (Specialist Community Public Health Nurse)
- **Annie Jenkins** (Professional Lead for 5-19 Healthy Child Programme / Clinical Lead for Targeted & Complex Pathways)
- **Carole Bralee** (Specialist Public Health Nurse)
- **Nick Higgins** (Clinical Team Co-ordinator Public Health Nursing)
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