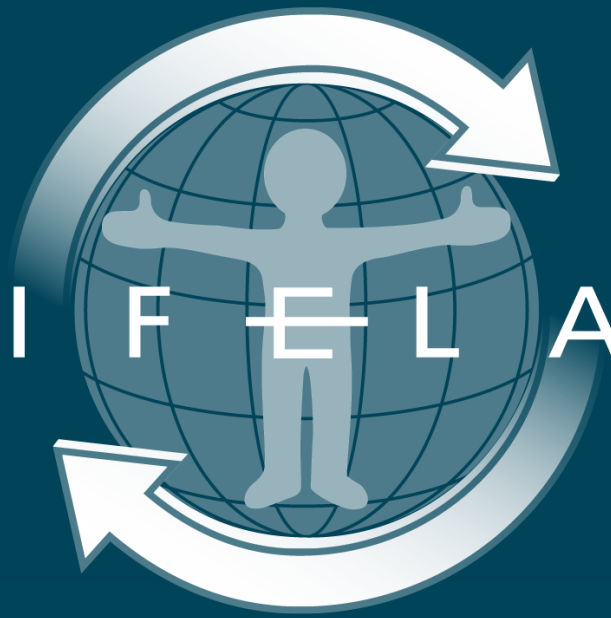

LIFELAB

Change the beginning and you change the whole story

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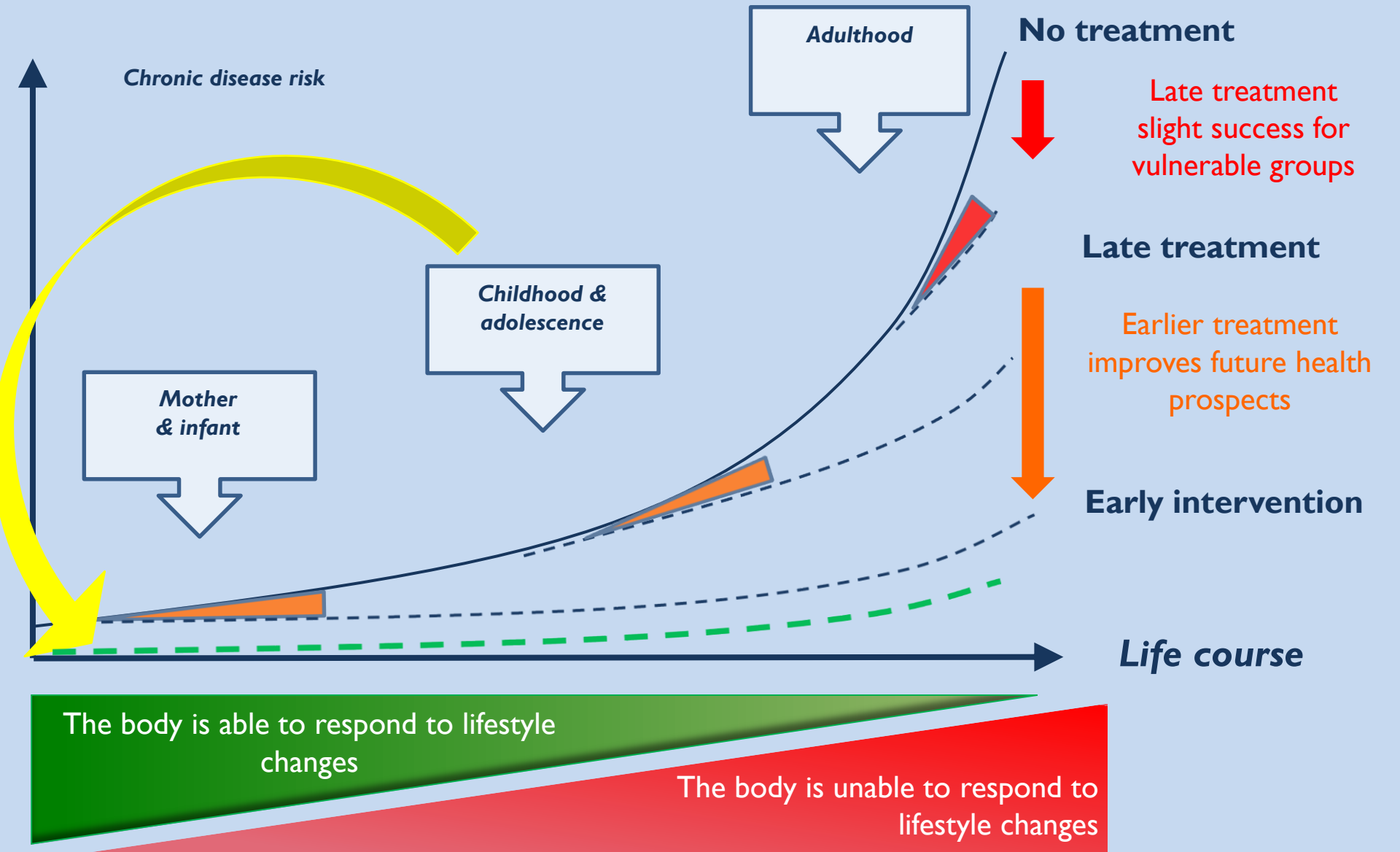
University of Southampton | University Hospital Southampton NHS Foundation Trust

Introduction

- Behavioural risk factors are the largest contributor to the non-communicable disease burden

- Adolescence is a key timepoint to intervene*

*Barker *et al* Lancet 2018


Chronic disease risk
Adulthood
No treatment
Late treatment
slight success for
vulnerable groups
Childhood &
adolescence
Late treatment
Mother
& infant
Earlier treatment
improves future health
prospects
Early intervention
Life course
The body is able to respond to lifestyle
changes
The body is unable to respond to
lifestyle changes

#Tripledividend

Health now

Health in future

Health for future children

Secondary school programme

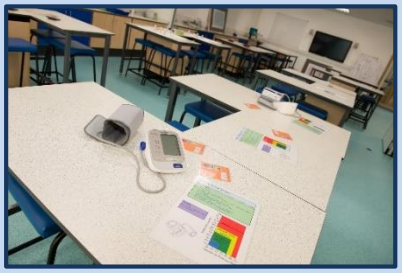
‘Me, my health and my children’s health’

Me, My Health & My Children's Health

LIFELAB

LifeLab developed as **a collaboration** by

- University of Southampton (Education and Medicine)
- NIHR Nutrition Biomedical Research Centre
- University Hospital Southampton
- Maths & Science Learning Centre South East
- MRC Lifecourse Epidemiology Unit



Supported by key stakeholders, particularly local authorities and schools

Located at University Hospital Southampton, comprising of a **seminar area** and a **laboratory** for hands-on experiments.

Programmes are tailored for students of **all abilities**, initially focusing on 12-14 year olds

Educational intervention based on research evidence:

- **Education:**

Students need to understand the science behind health issues to make informed judgements about their health

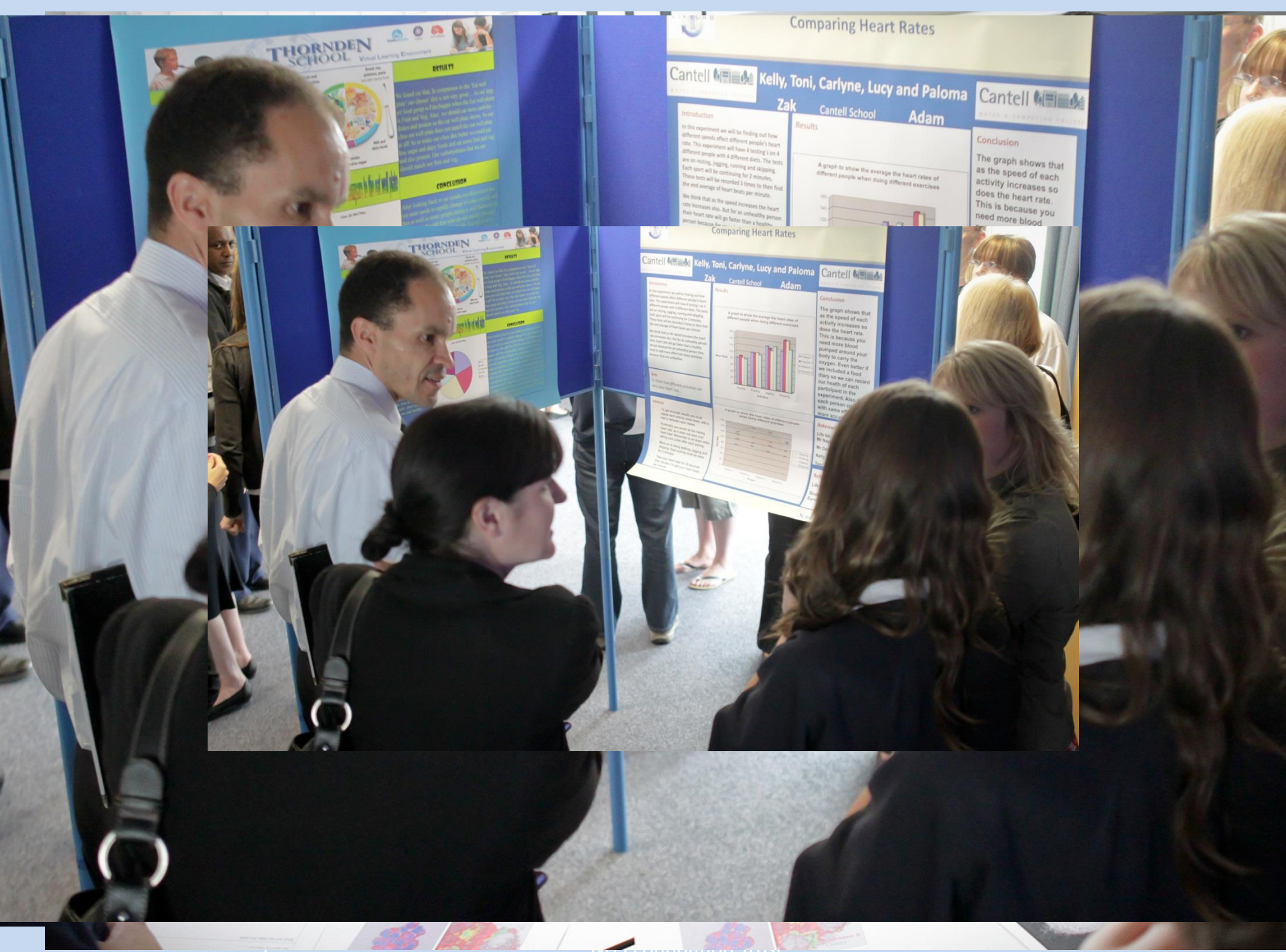
- **Medical:**

A healthy lifestyle in early life = Better health in later life and for future generations

LifeLab aims to provide school students with opportunities to:

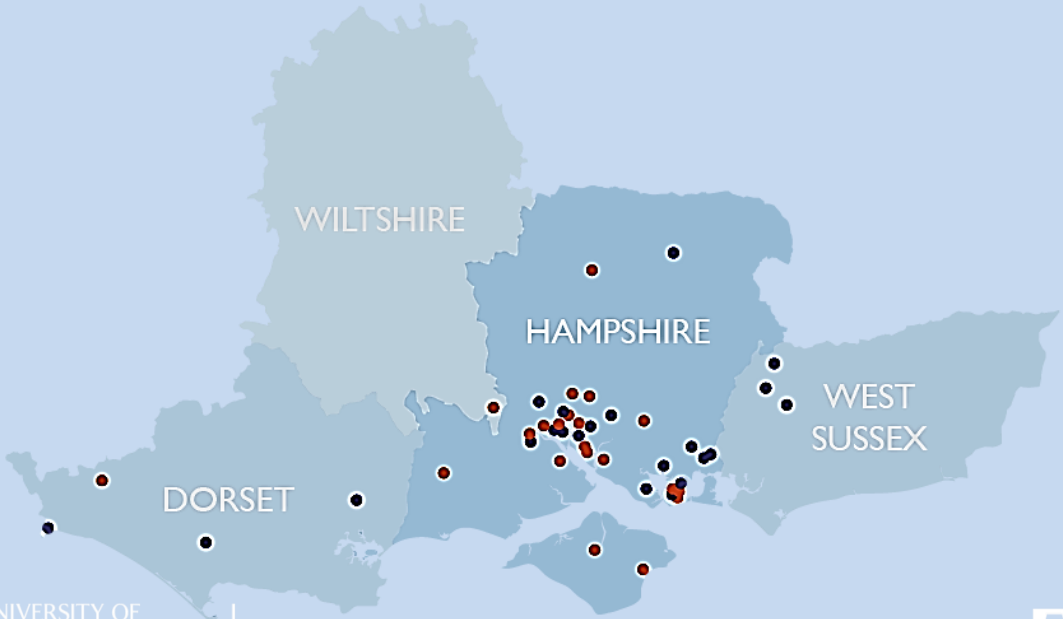
Learn how they can improve their health and the health of their future children through increased health & science literacy

Become enthusiastic about science, and consider further study and careers in scientific disciplines


THORNDEN SCHOOL
Virtual Learning Environment
RESULTS
CONCLUSION
Comparing Heart Rates
Cantell
Kelly, Toni, Carlyne, Lucy and Paloma
Zak
Cantell School
Adam
Introduction
Results
Conclusion
The graph shows that as the speed of each activity increases so does the heart rate. This is because you need more blood

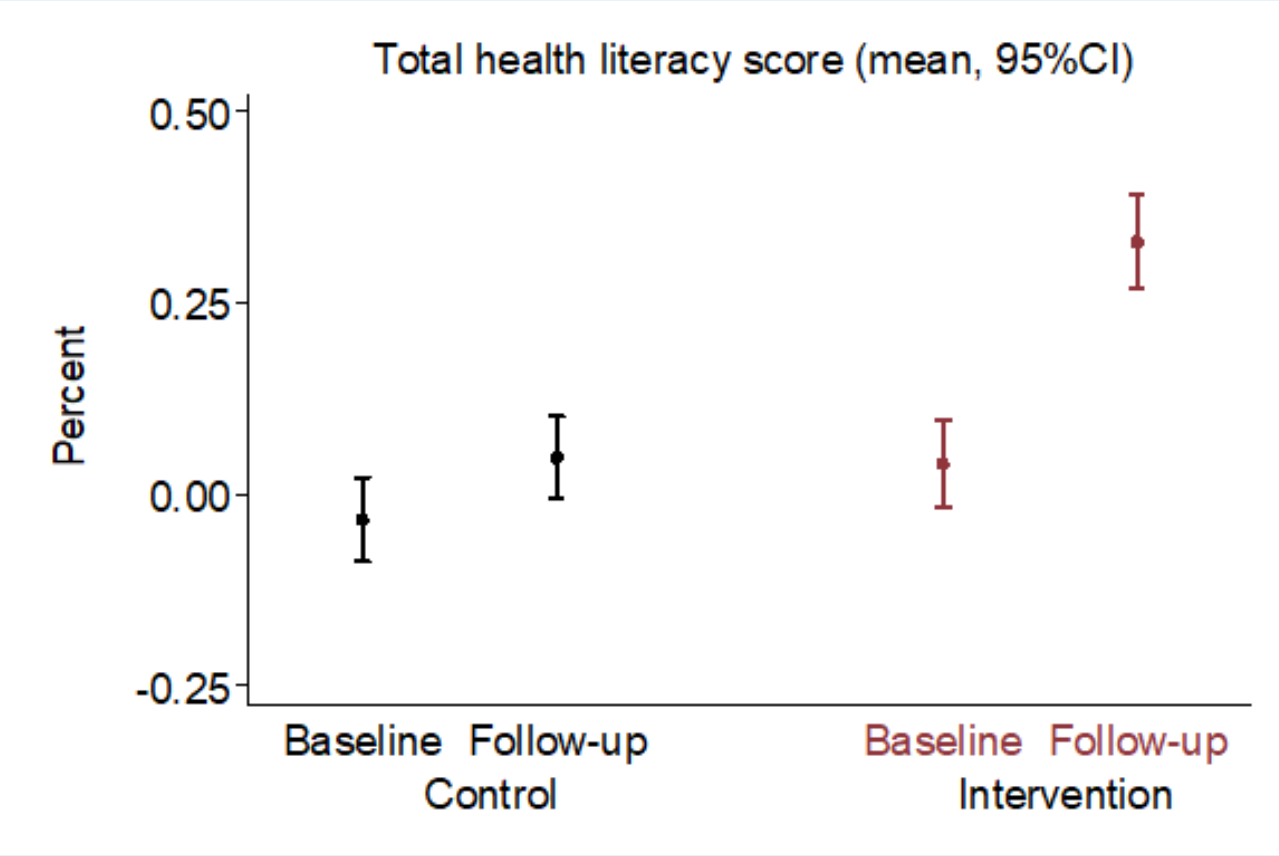
LifeLab Research:

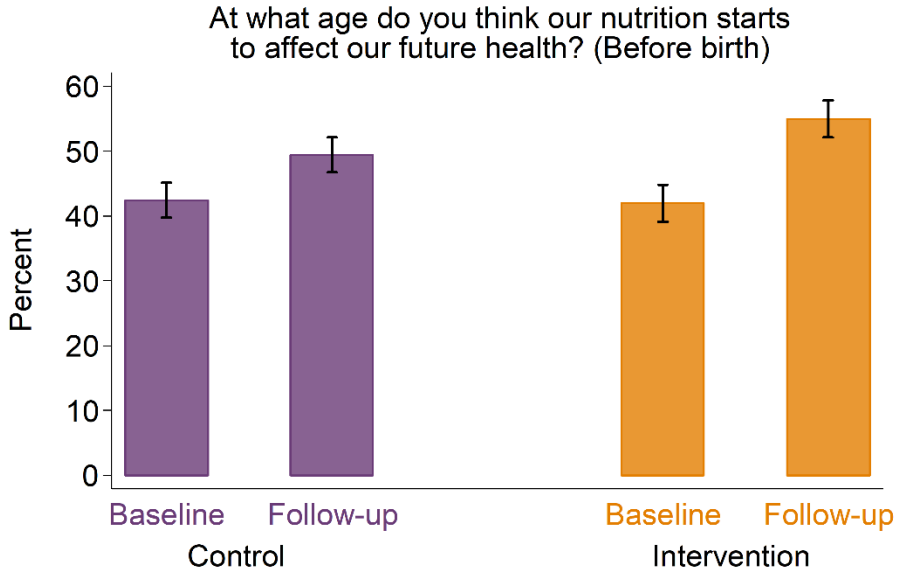
- 42 schools recruited and randomised to our randomised controlled trials (RCTs) (funded by the BUPA foundation and the British Heart Foundation)
- Currently recruiting for new NIHR funded RCT – 'Engaging Adolescents with Changing Behaviour' (EACH-B)
- To date, over 11,00 school students have attended
  - Primarily years 8/9, but also 11-18 yrs

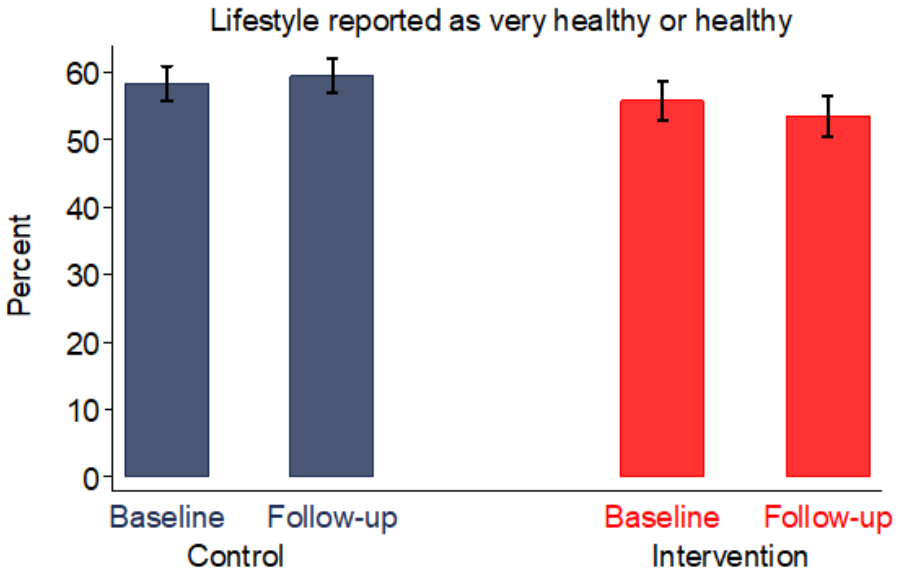


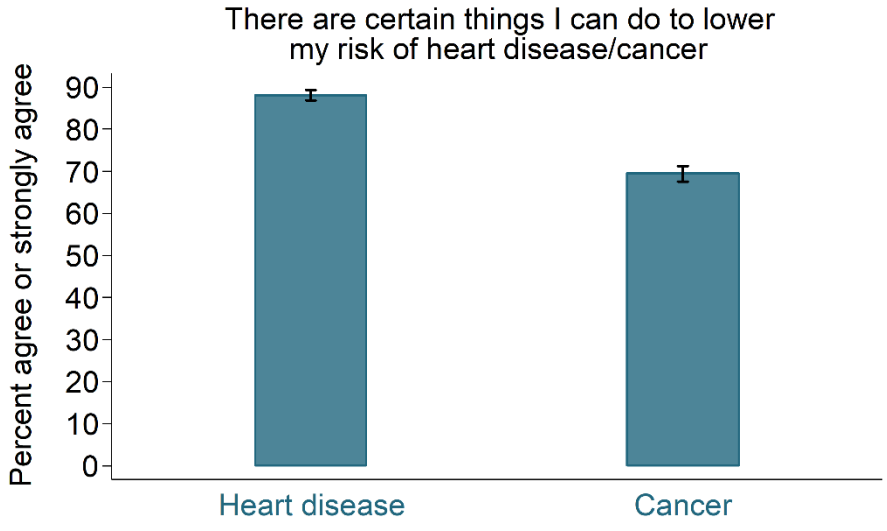
A lasting impression

Our pilot studies have demonstrated important statistical changes in the attitudes of children **12 months** after experiencing LifeLab.




At what age do you think our nutrition starts to affect our future health? (Before birth)
Percent
60
50
40
30
20
10
0
Baseline
Follow-up
Baseline
Follow-up
Control
Intervention


Lifestyle reported as very healthy or healthy
Percent
60
50
40
30
20
10
0
Baseline
Follow-up
Baseline
Follow-up
Control
Intervention


There are certain things I can do to lower my risk of heart disease/cancer
Percent agree or strongly agree
90
80
70
60
50
40
30
20
10
0
Heart disease
Cancer

"If I want to have a long healthy life I need to be more careful with my body and need to look after it more"

I think that the most important thing I had learnt was that I need to commit to keeping healthy because otherwise when I'm older it can really effect my health

LIFELAB

"I won't eat as many unhealthy foods because I don't want to have heart disease."

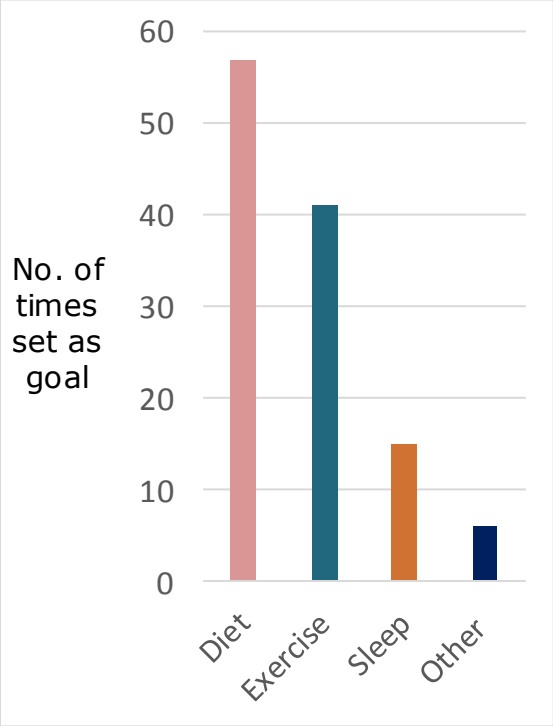
"When I went home and told my mum about the LifeLab programme she suggested that I start taking my German Shepherd out for a walk every day. So that's the change I've done"

"How unhealthy my lifestyle actually is and the small changes that need to be made just to make sure I'm at less off a risk."

Engaging Adolescents in Changing Behaviour (EACH-B)

LifeLab behaviour change goals

13-14 year olds, n = 111



+

+

Programme Grant £2.2m

Funded by NIHR

Grace et al, Health Educ 2012
Woods Townsend etl, Trials 2016
Rose et al, J Adol Health, 2017

Young Health Champions

Level 2 Qualification (GCSE level)

Accredited by the Royal Society of Public Health

4 Modules

- Module 1 - LifeLab module
- Module 2 - Signpost to Health Improvement Resources
- Module 3 - Deliver a health improvement message to a group of peers
- Module 4 - Optional

- Health aspects of science curriculum
- Cross-curricular opportunities
- Parent engagement

Conclusions

LifeLab programme engages adolescents leading to:

- sustained changes in health literacy
- more critical judgement of their health behaviour

Provides a route into schools for public health interventions

Future priorities

- Repeated exposure (primary, secondary, tertiary
- Additional support
  (Individual, school, family)

More Information:

- http://bit.ly/LifeLabSchoolsIntroduction
- http://bit.ly/dayatlifelab
- http://bit.ly/EarlyLifeLab
- http://bit.ly/EACH-B
- http://bit.ly/EACH-BGameTrailer

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FIRST AID