

# Southampton Healthy Early Years Award

- Funded by public health and delivered FREE of charge to settings
- HEYA was originally developed in 2009
- Revamp in spring 2017
- Well received by pilot settings
- Finalised and rolled out from Summer 2018

## Healthy Early Years Award (HEYA)

[VIEW ALL SERVICES IN  
HEALTHY EARLY YEARS AWARD  
\(HEYA\)](#)

[HEYA - Healthy Eating](#)

[HEYA - Healthy Mouth](#)

[HEYA - Physical  
Activity](#)

[Print](#)

### Featured Images



### Downloads

Thank you for your interest in the Southampton Healthy Early Years Award (HEYA). Undertaking the award offers a unique opportunity for settings to work towards a quality assured programme, helping to improve the health and wellbeing for under 5s'. Helping families to make healthier choices remains a national focus. In Southampton, obesity rates are similar to the England average, but these levels are still unacceptably high. Therefore, addressing obesity, through healthier nutrition and physical activity choices in addition to improving oral health is a priority for the city. Participating in the award will help you to provide a healthier environment for children in your care. It will help families to make positive choices and provides practical support (and CPD) for early year's practitioners.

You can find out more about the award and the views of some Southampton settings by watching the Southampton Healthy Early Years Award video under the 'Video' heading on the left hand side of this webpage.



# Southampton's Healthy Early Years Award video 2019



## HEYA aims to improve outcomes for children by:-

- Creating a healthier setting environment by meeting standards on good quality nutrition, oral health and physical activity.
- Providing a clear structure to meet best practice guidance and advice
- Supporting practitioners to increase their own knowledge and awareness to role model healthy behaviours and good practice
- Provide clear, consistent messages to parents /carers and children
- Build on a whole healthy setting approach.



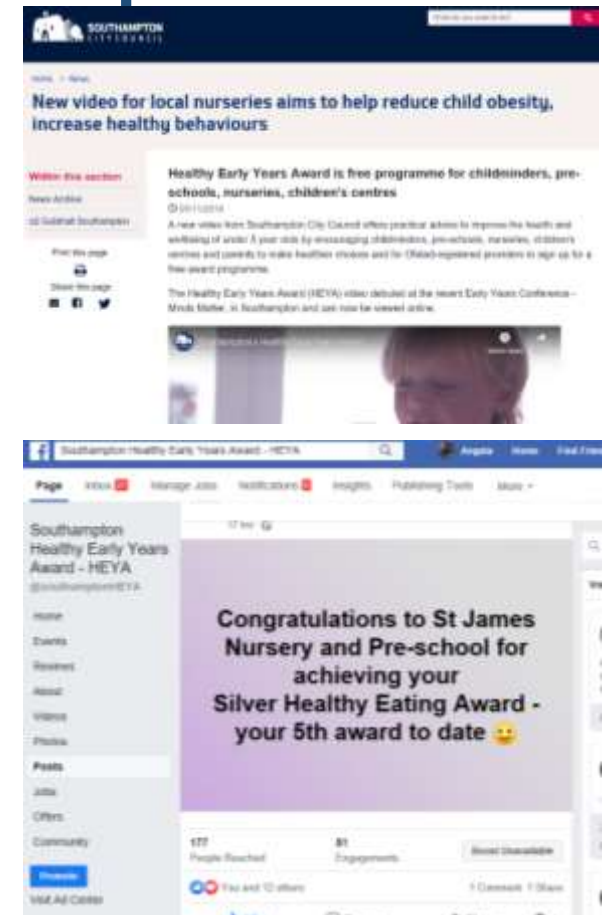
People in Southampton  
live safe, healthy,  
independent lives



Children and young  
people get a good start  
in life

# Building awareness and raising HEYA profile

- Webpage <http://www.southampton.gov.uk/heya>
- Facebook page <https://www.facebook.com/southamptonHEYA/>
- Video
- Monthly bulletins
- Termly Briefings
- Celebration events
- Press media publicity



## Awards to date

- 16 **Bronze Physical Activity**
  - 26 **Bronze Healthy Eating**
  - 5 Silver Physical Activity
  - 4 Silver Healthy Eating
  - 8 Silver Healthy Mouth
  - 1 **Gold Award**
  - *Total of 60 awards which have impacted on approximately **1430** children and their families*
- Citywide:-
  - 24 groups have achieved 47 awards
  - 6 childminders have achieved 13 awards
  - 3 further pending awards
  - 62 settings are engaged

# Moving forward ....

- Challenges include:-
  - Keeping settings engaged / motivated
  - Recruiting further settings
  - Linking with other health initiatives and activities – joined up approach