

action

The Health Improvement Department Newsletter for people in the community, voluntary and statutory sectors • Summer 2012

Healthy Lifestyle Programme for Young People



FRESH (food, relaxation, exercise, self-esteem and health) is a 12 week healthy lifestyle programme developed in the Eastern area. It was piloted between October 2011 and March 2012 with 12 Year 9 pupils from the Omagh area who were identified as overweight or obese through the Regional Child Measurement Programme in Year 8.

FRESH was co-ordinated by the Western Health and Social Care Trust (WHST)

Delivering on the Health Improvement Agenda in 2011/12.

- Delivered training to 1,700 participants.
- Organised over 70 health fairs and awareness sessions targeting 3,300 individuals.
- 10,000 people participated in health improvement initiatives across Neighbourhood Renewal Areas
- 199,768 leaflets were distributed throughout the western area.



Pictured above are Year 9 pupils who participated in the FRESH pilot in Omagh Youth Centre pictured with delivery partners.

Community Nutrition and Dietetic Service and delivered in partnership with the WHST School Nursing Service, Child and Adolescent Mental Health Service, Health Improvement Department and Omagh District Council Active Communities coaches with funding from the Public Health Agency.

The programme ran twice a week in Omagh Youth Centre and used physical activity

classes and information sessions to give participants the opportunity to learn about the importance of a healthy lifestyle, including being more active, eating a healthy, balanced diet and promoting self-esteem. With 1 in 4 young people in the WHST overweight or obese, FRESH encouraged young people who are at risk to make positive changes to promote both their physical and mental health.

Share a Solid Start

Networking Sessions on Weaning in the West

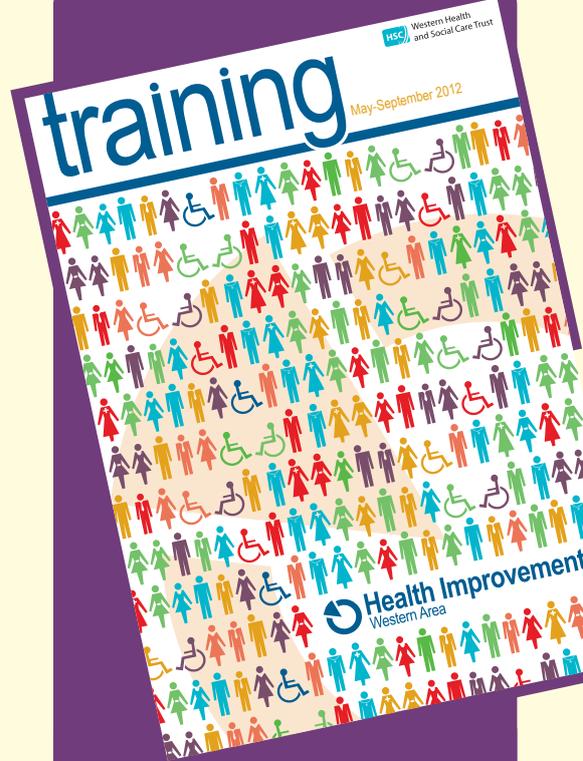


Pictured are participants who took part in the Community Food and Nutrition Team's Weaning Workshops.

The WHSCT Community Food and Nutrition Team has been delivering workshops on weaning to parents of babies throughout the Trust area for over 5 years. The workshops are interactive in design and cover practical issues such as suitable weaning foods, adjusting textures, introducing a cup and recommendations on vitamin supplements. Organised through local organisations working with families of young children, the workshops have been very popular and are much in demand.

A recent survey among parents who have taken part in the workshops has shown that more needs to be done. The survey, carried out by Claire Robinson, nutrition placement student with the Community Food and Nutrition Team seeks to establish how useful parents found the workshops in successfully weaning their babies and assess whether further information, advice or intervention is needed. The results of this survey will be shared at two 'Sharing a Solid Start' events taking place in June. These events will be attended by health professionals and staff from family organisations that have an interest in promoting good nutrition among young children. The workshops provide an opportunity to develop further initiatives to ensure that when it comes to weaning, the children from the West get a 'solid start'.

For further information, contact Claire Holmes, Community Food and Nutrition Team on 028 7188 0221.



Our new training brochure is currently available offering a wide range of courses including Mental Health First Aid, ASIST, Safetalk and Walk Leaders. Please visit <http://www.westerntrust.hscni.net/HealthyLiving.htm> for a copy of the brochure and online booking form.



The Health Improvement Department has arranged a number of men's health events in support of Men's Health Week (11-17 June). Further information is available on www.westerntrust.hscni.net and clicking on the Men's Health Events 2012 icon.



New Mental Health First Aid Trainers

Pictured are Sonia Montgomery (second left) and Ann Linstrom (third right), WHSCT Health Improvement Department receiving their instructor certificate for Mental Health First Aid. Dates for upcoming Mental health First Aid courses are available via the Health Improvement Training brochure.

Walking for Health

The Walking for Health Initiative aims to promote the many health benefits associated with walking and motivate people to take up walking on a regular basis. The Health Improvement Department delivers one day Walk Leader training to enable adults to set up local walking for health programmes and lead safe and enjoyable health walks for people of all ages and abilities. A database of trained Walk Leaders and Walking Groups is now available by contacting Lesley Finlay on: Lesley.Finlay@westerntrust.hscni.net



Health Services Initiative

A regional workshop to consider catering provision for staff and visitors across the health service in NI took place in January as part of the World Health Organisation's Health Promoting Hospital and Health Services Initiative.

The workshop was attended by representatives from the Trust's Health Improvement Department, Support Services and Nutrition and Dietetics Departments and considered challenges in the provision for healthier food and beverage choices and the potential for a major public health improvement intervention with the HSC. Pictured above are WH&SCT Support Services staff, Lesley Finlay (far right) HID and Dr Eddie Rooney, Chief Executive, PHA.



Roots of Empathy

The Health Improvement Department is co-ordinating the implementation of the international Roots of Empathy programme. Roots of Empathy' is an evidence-based classroom programme that has been shown to reduce levels of aggression among school children by raising social and emotional competence to increase empathy.

Evaluation of the programme has demonstrated that participating children become more socially and emotionally aware and more likely to challenge cruelty and injustice. At the heart of the programme is a local baby and parent who visit the classroom every 3 weeks over the school year. Trained instructor coaches the pupils to observe the babies development over a complete school year and this involves 27 sessions lasting 40 minutes each.

For further information on this programme please contact Deborah Hunter or Annette Baxter, Health Improvement Department.



TOP ACTIVITY

TOP Activity is a resource package developed by the Youth Sport Trust which promotes alternative sport and physical activity opportunities for children aged 7-11. It is designed to engage young people who may not access sport or physical activity through more traditional routes and encourage them to be more physically active.

Two day TOP Activity Tutor Training was delivered to 18 participants from schools, youth clubs, community and voluntary sector groups in Irvinestown in February 2012. All participants were given a TOP Activity resource bag, training manual and activity cards and are now cascading training to school staff, youth workers, after school clubs and others working with children aged 7-11.



Tackling and promoting social inclusion for older people through health improvement

The Health Improvement Department has developed a Directory of Programmes for Older People across statutory, community and voluntary sectors throughout the Western area. This has been carried out as part of the Flexicare 2 Model that is led by the Primary Care and Older People's Directorate and funded by DARD. The Flexicare 2 Model is an innovative approach to tackling and promoting social inclusion for older people based on an extended Flexicare Health Improvement focussed Service model. It focuses on the needs of all older people in the general population and those with low to medium needs who are deemed to be socially excluded or at risk of being isolated.

Flexicare 2 Directory of Programmes for Older People in the Western Trust

New Physical Activity Guidelines & Obesity Prevention Framework

The four UK Chief Medical Officers published new physical activity guidelines in June 2011 placing a renewed focus on reducing sedentary behaviour and highlighting the recommended minimum levels of activity for children under 5, children and young people aged 5-18 years and adults (19-64 years) and older people (65+).

A Fitter Future For All: Framework for Preventing and Addressing Overweight and Obesity in Northern Ireland 2012-2022 was launched by the Department of

Health, Social Services and Public Safety for Northern Ireland in March 2012. The framework outlines a multiagency partnership approach to addressing overweight and obesity, identifying outcomes for three lifecourse stages: preconception, antenatal, maternal and early years; children and young people; and adults and the general population. The WHSCT will be represented on the implementation group and work with Councils, education, Sport NI, the Food Standards Agency, the community and voluntary sectors and others to address overweight and obesity.