



Health and wellbeing in our schools

Robert Pears, Public Health Consultant
Julie Amies, Sport Hampshire & IOW



Content

- Sport
- Obesity
- Dental
- Hearing and vision
- Conclusions



Primary PE & School Sport Premium in Hampshire & IOW

Julie Amies



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- Regular communication
- Sharing best practice
- Continuing Professional Development
- Bespoke help and support to targeted schools
- Support to Coaches working in Schools
- Celebrating Success

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Family Funs –Early Intervention



- 14 Pilot Schools, target Yr R
- Early intervention programme engaging families in regular, positive active play in learning & home environment

Outcomes:

- Family physical activity & play
- Childrens fundamental movement skills
- Childrens confidence, resilience, social creative & thinking skills
- Knowledge & confidence of parents/carers to play & interact with their children

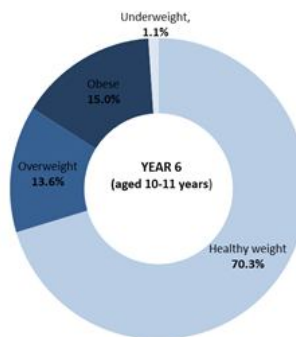
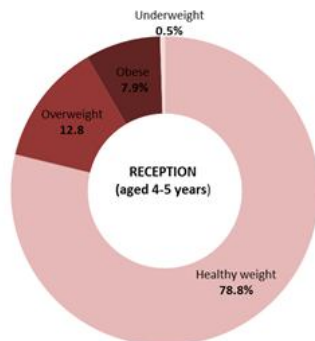
Sporting Future: New Government Strategy for an Active Nation: Headlines for children and young people

- A new and joined-up approach to delivery
- Councils have an important leadership role
- Integration of physical activity into public health policy
- Outcomes focus
- Outdoor recreation
- Children to be able to swim 25m
- Continued investment into Primary PE and Sport Premium
- Childhood obesity strategy and Cycling and Walking Strategy to follow
- Opportunities through devolution



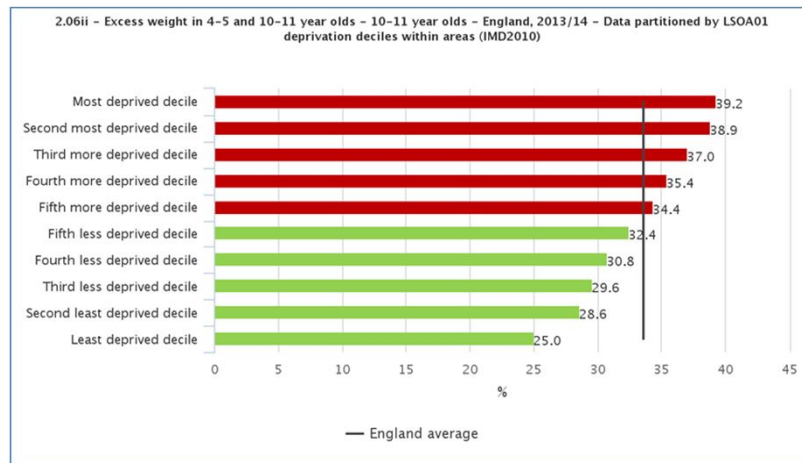
Weight and obesity

HAMPSHIRE RECEPTION AND YEAR 6 PUPILS BMI STATUS
National Child measurement programme, 2011/12 to 2013/14



Obesity and deprivation

10 – 11 year olds England 2013/14



Hampshire Healthy Schools

- Whole school approach
- Quality assured whole school review – 91 schools
 - A further 85 schools have trained and engaged
- Four themes:
 - PSHE, Healthy Eating, Physical Activity and Emotional Health and Well Being
- Healthy Schools coordinator funded by HC3S



School Meals in Hampshire Healthy Schools and HC3S working together

- Free School Meals offer to all children in Year R, Year 1 and 2.
- Meal “routinely be hot” and satisfy the strict nutritional guidelines.
- Ofsted Inspectors will be looking to see how schools promote healthy eating and physical activity across the school.



Weight Management Interventions

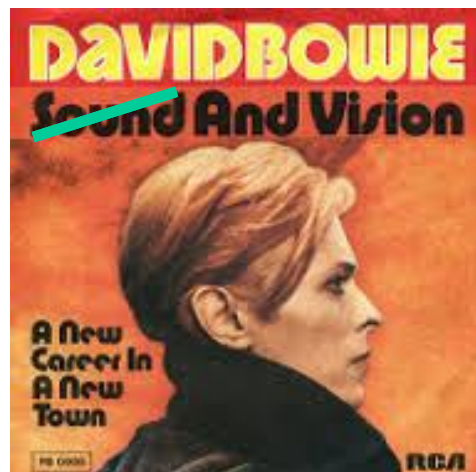
- Identify earlier
- Interventions should
 - Take a family approach
 - Use behavioural change and build self esteem
 - Address diet and inactivity
 - Be tailored to local and individual needs
- MEND Programmes (7-13 year olds)
- School Nurse Weight Management pilot



Key messages on children's weight

- Obesity increases with age
- Prevention is better than cure
- Environment as important as lifestyle
- Focus on early year
- Healthy weights 1 of 6 key areas for health visitors

Hearing



Vision and Hearing Screening

Healthy Child Programme 0-19 years

- Hearing
 - New Born Screening
 - Year R screening
 - Uptake 95%
 - Protocols and Pathways for referrals to Audiology departments
- Vision
 - Year R Screening
 - Uptake 95%
 - Protocols and pathways for referrals to Orthoptic departments



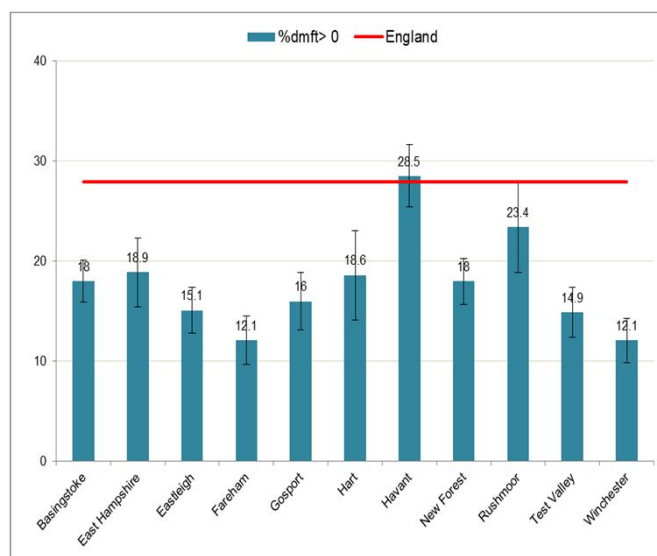
Dental health

Challenges

- Dental decay widespread
- Associated with deprivation
- Impact on speech and social development
- Negative attitudes to dentists can last a lifetime



Dental decay in 5 year-old children, 2012



Public Health Indicator 4.02 - Tooth decay in children aged 5
Hampshire and its CIPFA nearest neighbours

4.02 - Tooth decay in children aged 5 2011/12 Crude rate - mean dmft per child

Area	Rank	Count	Value	95% Lower CI	95% Upper CI
England	-	-	0.94	0.93	0.96
Oxfordshire	6	-	0.98	0.87	1.09
Leicestershire	9	-	0.95	0.86	1.04
Gloucestershire	4	-	0.87	0.76	0.98
Buckinghamshire	7	-	0.76	0.64	0.87
Hertfordshire	10	-	0.69	0.61	0.77
Devon	13	-	0.68	0.60	0.76
Worcestershire	8	-	0.64	0.58	0.70
Surrey	15	-	0.63	0.55	0.71
Kent	3	-	0.62	0.57	0.68
Staffordshire	11	-	0.59	0.52	0.67
Essex	1	-	0.57	0.51	0.64
Warwickshire	5	-	0.56	0.46	0.66
Suffolk	12	-	0.54	0.47	0.62
Cambridgeshire	14	-	0.51	0.42	0.60
Hampshire	-	-	0.50	0.47	0.54
West Sussex	2	-	0.42	0.26	0.57

Source: National Dental Epidemiology Programme for England, Oral Health Survey of five year old children, 2012

Oral Health Promotion

- Solent NHS Trust Community Dental Service
- Set up and support daily supervised tooth brushing schemes in 40 early years settings per year
- Support settings to achieve the Saving Smiles award (includes policies on healthy food/drinks)
- Provide oral health promotion training to practitioners working with young children
- Support registration & attendance at local dentists



For every £1 spent...

- Smoking prevention: £15 return
- Social and emotional learning: £50 return
- Free access to gyms, pools, exercise: £23 return
- Cycling provision: £4 return



