

Creatively building healthy lifestyles early in life



Family Health Initiative *'Healthier Choices, Healthier Families'*

Diane Glasgow

Early Years – the organisation for young children

Our Vision

Children are:

- *Strong, competent & visible in their communities*
- *Physically & emotionally healthy*
- *Eager & able to learn*
- *Respectful of difference*





Programmes

- **Healthy lifestyle** – Prevention programme for families with children under 5yrs
- **Making a Difference** – Healthy lifestyle programme for families with children aged 8-11yrs

- **3 Key Areas:**

Healthy Eating
Physical Activity
Emotional Wellbeing

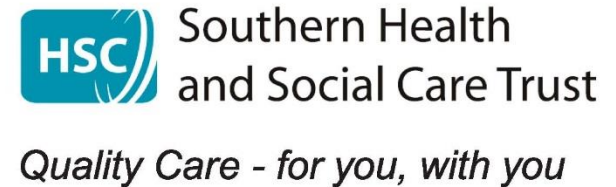
- Whole Family Focused Approach



early years
the organisation for young children

Partnership

- Funded by the Public Health Agency
- Multi component community based partnership steering group:



Overall Aims

Empower families to:

- Understand importance of balanced diet & make healthier food choices
- Understand importance of exercise & increase physical activity levels
- Understand physical & emotional consequences connected to obesity
- Build skills & confidence of parents to model healthy lifestyle choices for children

Healthy Lifestyle Programme

- 8 week Programme - Each session 1 ½ hrs
- Follow up at week 16

Consists of:

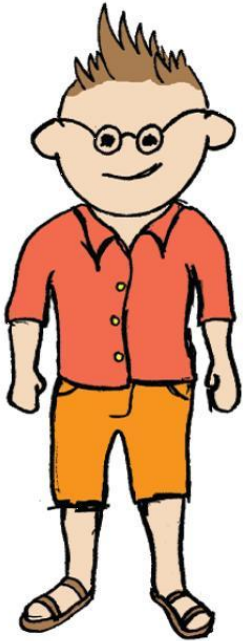
Discussion/Play Time (45 mins) – Discussion/ play

Food Time (15 mins) – Families try new foods

Family Time (30 mins) – Engage in activities together



Persona Dolls



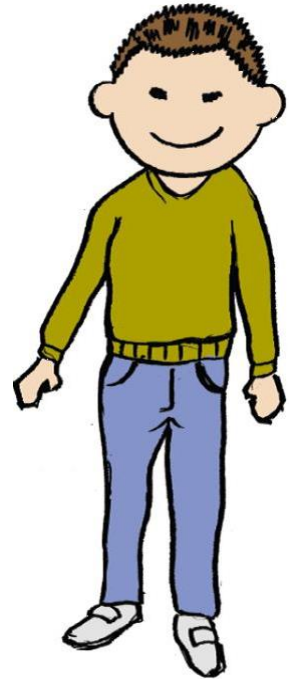
BEN



MEGAN



ORLA



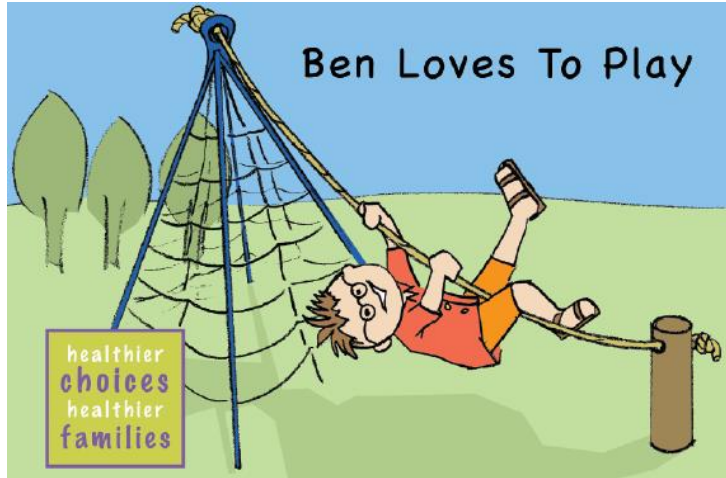
STEFAN

Meet the healthy living gang!

Children identify well with persona dolls:

- Gain knowledge of healthy lifestyles
- Help express feelings & emotions

Storybooks



Each family taking part receives a copy of each book

Evaluation

- Prevention Programme: Dr Katrina Collins

- Methods:
 - Pre & Post Surveys
 - Goal Sheets
 - Post it Feedback
 - Facilitator Journal
 - Tracking Interviews
 - Attendance Sheet
 - Community Map



Prevention Programme

- 124 families engaged: 81 completed (65% completion rate)
- **11 programmes:** Day Care, Playgroup, Parent & Toddler, Childminders, Travellers

Adult	Number
Mothers	97
Fathers	0
Grandmothers	12
Child-minders	21
Other Family member	1

Pre & Post Surveys

Pre programme expectations:

“I want to better myself and my kids”

“I want to eat healthier so my family eat better”

Post programme impact:

“We now eat healthy and try lots of new foods”

“I feel like a much better parent”

“We now do a lot more exercise as a family”

Goal Setting



- Eat more fruit & vegetables
- Eat less fatty & sugary foods
- Turn off TV for a certain amount of time
- Do things together as a family
- Go for walks together
- Find out what on in local community
- Cook healthy meals from scratch

‘Trackers’

- 2 participants from each group
- Every 6-8 weeks - semi structured interview
- Journey of change tracked across 1 year period

Changes in family life were embedded in daily events - meal times, shopping trips, food purchases & physical activity.

“I cannot believe how much I have learnt and the difference it has made in how we eat”

Learning....

Evidence Based: Multi-component
Family Focused
Follow up sessions
Goal Orientated

Partnership: Share expertise, learning & resources
Added value

Community: Build upon existing
Local delivery and identity
Future Support



If you would like more information:

Diane Glasgow (Community Health Co-ordinator)

dianeg@early-years.org

www.early-years.org