



Action Stations!

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Health and Care for All
**ARMAGH AND DUNGANNON
HEALTH & SOCIAL SERVICES TRUST**





Community Schools Dietitian

- 3 year BLF post
- 'Promoting healthy diets and food choices of young people through schools'



Current picture for NI

Overweight & Obesity

By the age of 12:

1 in 20 Ulster children is now obese

15% Boys and 21% Girls are overweight.

Estimation by 2020

- 1 in 5 boys

} obese

- 1 in 3 girls



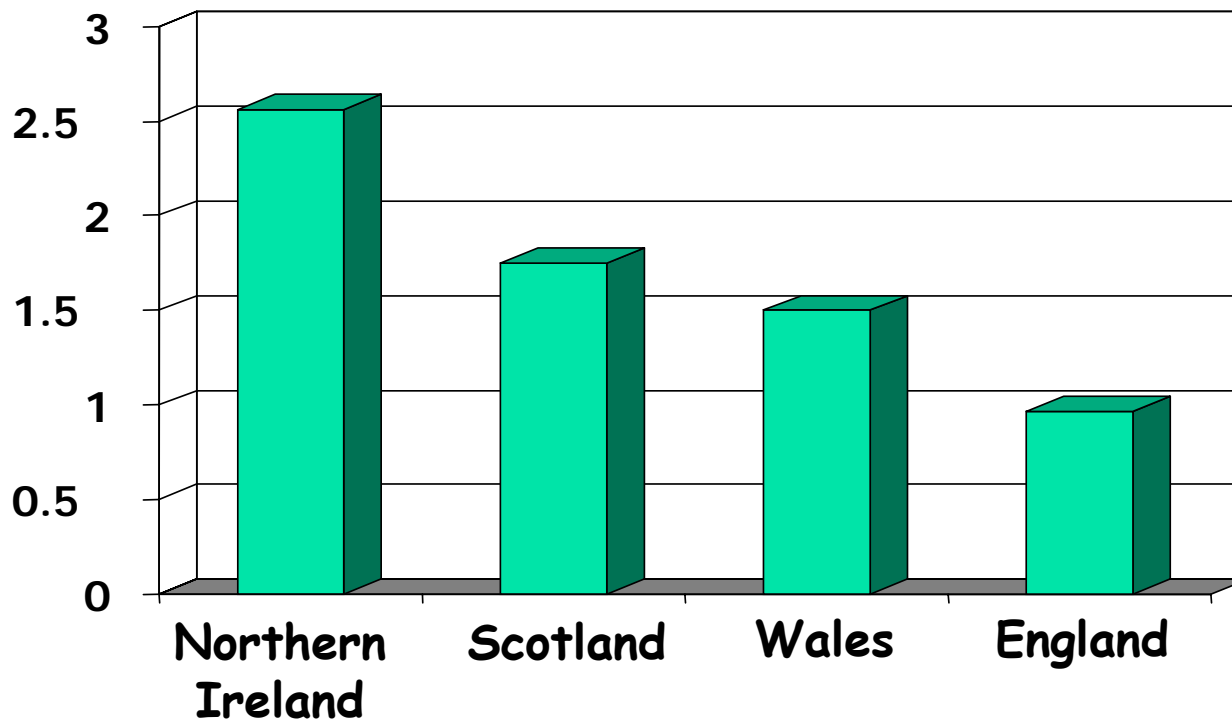
Current picture for NI

Dental disease

- NI oral health worst in UK
- Compared with UK, 12 year old children have more than double the level of decay

Children's oral health

The average number of teeth per 12-year-old-child affected by dental decay in the four UK countries



Source: BASCD 1996-97 UK Survey



Eating for Health?

Only **11%** children achieve the recommended 5 portions of F&V per day.

1 in 5 boys and **1 in 8 girls** do not eat F&V on a daily basis.



Snacks

73% children eat biscuits at least once every day

47% children have confectionery at least once every day

52% children have savoury snacks at least once every day



Fizzy Drinks and Squashes

38% children drink fizzy drinks or squashes containing sugar every day

26% children drink sugar free drinks rather than sugar-containing varieties on a daily basis



Community Schools Dietitian

- 10 School Nutrition Action Groups (SNAGS)
- 20 schools involved in other nutrition initiatives



School Nutrition Action Groups

- This is a school based alliance in which teaching staff, pupils and caterers, supported where appropriate, by health and education professionals, work together to review and expand the school food service provided.



Raising Awareness

- Myself and service available
- Concept of SNAGS



Raising Awareness

- Letter to principals of HPS (33)
 - Only 3 responded!
- Contact made with each:
 - 1 primary
 - 2 post-primary



Raising Awareness

- Through contact via other initiatives
- HPS Co-ordinator - Cluster groups
- Information pack to School Nurses



Currently...

- 5 post-primary schools
- All in early stages of developing SNAGs



Getting started...

- Met with teachers / HPS working group
- Met with student group:
either school council or interested students



Survey

- Discussed with both teacher and student group
- Amended, with student input to suit each individual school

- All 5 schools are currently at this stage



Ideas...

- Water in school
- Introduction of mid morning break
- Development of salad bar in the canteen
- Development of Breakfast Club facility
- Removal of fizzy drinks & sweets from the tuck-shop



Difficulties encountered

- Recruitment
- Sustaining direction / interest / focus within school
- School year



Suggestions for sustaining SNAGs

- Awareness & understanding of initiative
- Interested teachers and students
- Notice board / column in school magazine
- Provided suggestions
- Local models of best practice
- Ensure everyone involved in decision making
- Support