

Workshop 9 Early Years

DOH April 2006 CNG Conference

- Maternal + Infant Nutrition - Big focus for the future
(a lot of activity in schools but too late because patterns set)

Mary Flynn - today

- Pre school years left out of studies/ programmes
- Big gap
- Using parents as "Agents of change" before issues of stigma arise.

What are the aims of obesity interventions of this age group?

Make healthy eating the default option

Easy and accessible

Support breast feeding - in hospital, in community, everywhere

Increase initiation breastfeeding

Increase sustaining breastfeeding

Raise awareness of part of breastfeeding in prevention of obesity

Within these aims what is the role of the dietitian?

Encouraging Breastfeeding without putting people off - if they don't feel they can sustain 6 months - realistic, flexible

Influence /training in sure Start + Children's Centres

Raise awareness of link between early years nutrition in development of obesity.

Influence health visitors/ school nurses

Weaning

Training strategy + targets leading to monitoring/ audit

Develop + support Infant feeding Guidelines

Be strategic

What would the ideal service in relation to interventions look like?
(types of intervention/ who working with/ service structure etc)

Ofsted guidelines + monitoring

Health visitor + Nursery nurses

Training statutory structured

To link workers/volunteers

Guiding weaning with families

Early Years Nutrition Strategy

Cooking skills for everyone
(community / curriculum)

Breast feeding

Multidisciplinary

- peer supporters
- Training for professionals
- Baby friendly
- Monitoring

Multidisciplinary group

in every locality

ideally a breastfeeding coordinator

Weaning training for

people in constant

contact with the

families eg NN, HV

Foodworkers, creche

midwives

Identify barriers to providing this service

Health profile decreased in Sure start

Dept Health not making it a must do

Lack of knowledge at the top (Civil Service)

Brainstorm possible solutions/service needs for the future in order to overcome the barriers

Top down Framework

Recommendations for inspection (Ofsted)

Holistic Framework (not just breast feeding + Healthy Start)

Dietitians being consulted before policy decisions are made by Dept

Health etc