

Nutrition in the Early Years



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Children's early experiences of food plays an important part in shaping later eating habits. A poor diet is one of the main causes of ill health and premature death in Scotland.

Evidence suggests that a healthy diet, being physically active and maintaining a healthy weight may substantially reduce the risk of chronic diseases such as Cardiovascular Disease, Diabetes and some Cancers.

Although considered adult diseases there is growing evidence that the origin of these diseases are partly established in childhood.

Health Scotland 2014



Specialist
Dietetic Intervention

Targeted
Population Groups

Universal
General Public



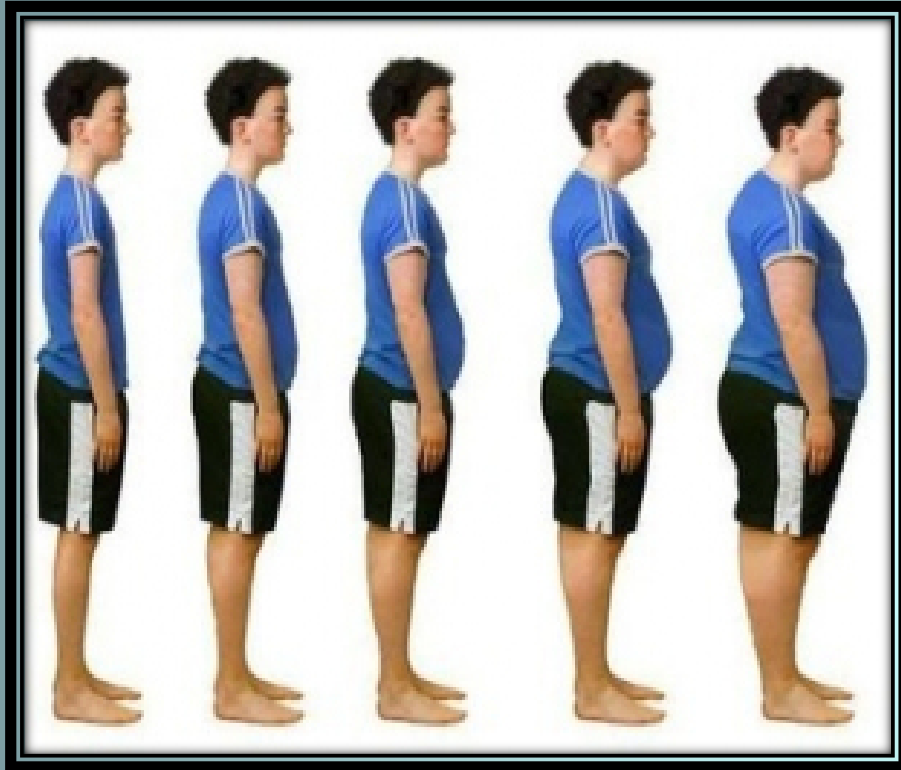
Only 26.2% -
28.3% Mothers
exclusively
breastfeed for
first 6-8 weeks
of life.

Information Services Division,
Scotland 2014/15

77% of infants
initiate weaning
before the
recommended
6 months.



Diet and Nutrition Survey of infants and
young children 2011, Scottish
Government 2013



31.6% of 2-15
year olds are
categorised as
overweight or
obese.

Information Services
Division Scotland

Our children
are consistently
consuming too
much refined
sugar in their
diets.

Food Standards Agency
2012

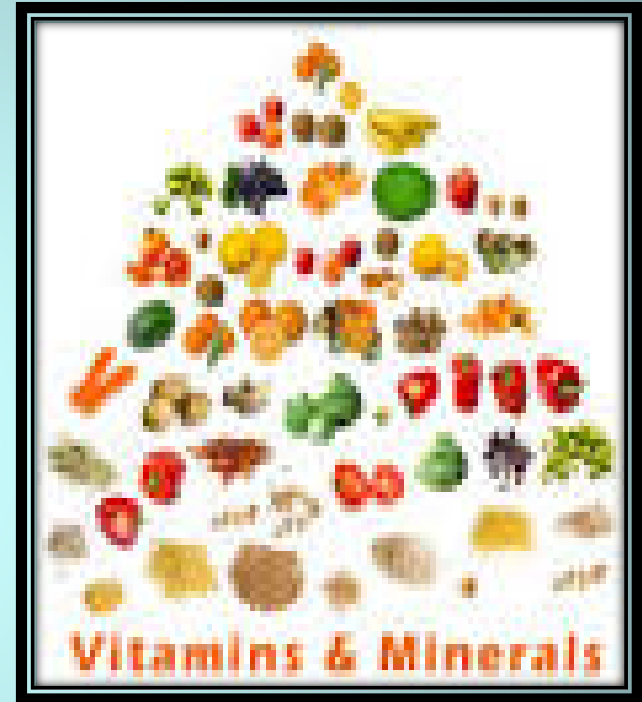




On average
children 2-15
years consume
only 2.7
portions of fruit
and vegetables
per day.

Scottish Health Survey
2011

Diets contain less vital nutrients like Iron, Zinc and Vitamin A and have more saturated fat and salt than is recommended.



Low Income Diet and Nutrition Survey 2007

So What?

- Preventable nutritional conditions
 - Restricted eating
 - Obesity
 - Anaemia
 - Constipation
- Personal
 - Physical impact
 - QOL
 - Stress
 - Social
 - Time/absence



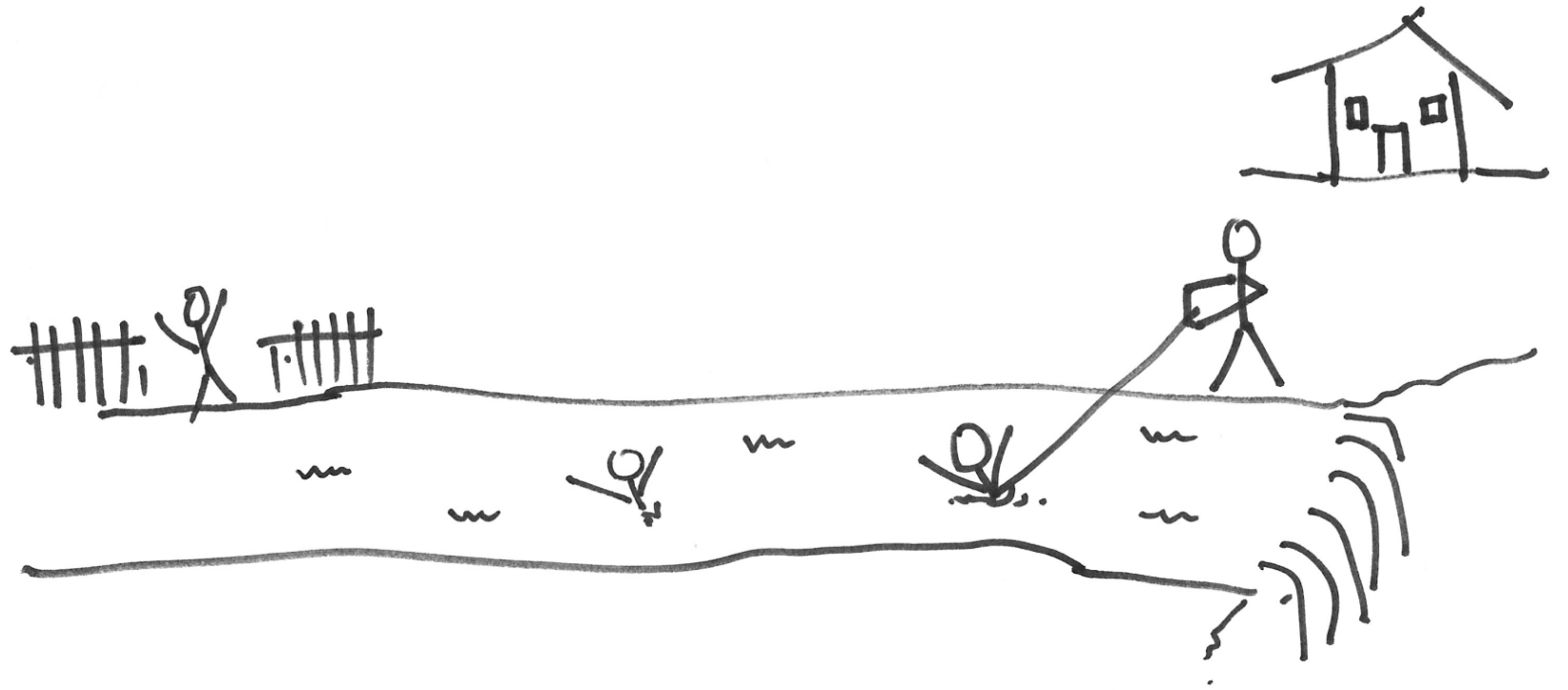
- Service impact
 - Waiting times
 - Finite resources
- Economic
 - Clinical services
 - Long term health

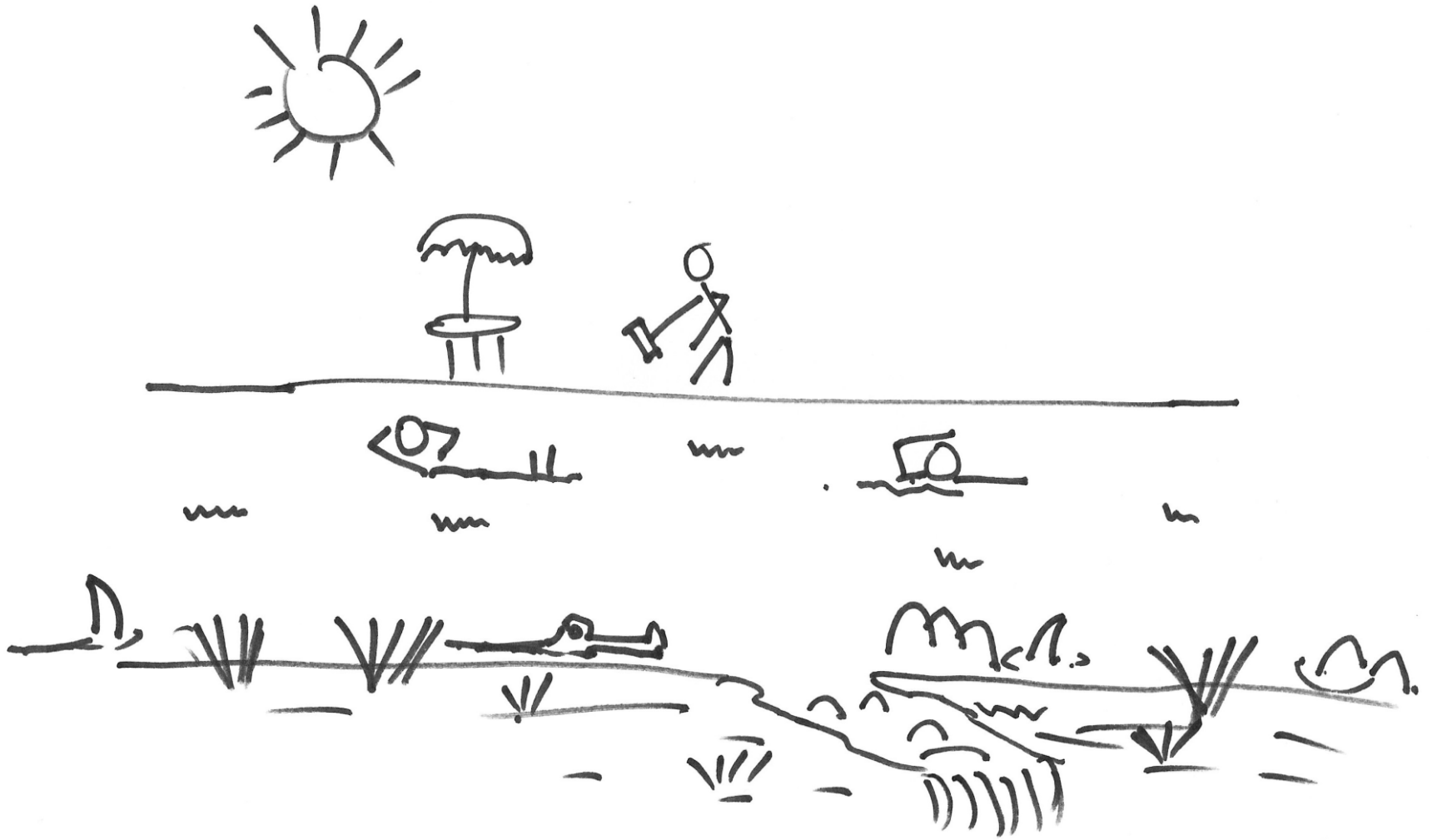
- Health service vision and general common sense suggests that our current specialist services are stretched, often to capacity, but could be improved if we could reduce the time spent on preventable conditions



- Realisation that up stream working and preventative healthcare is an essential transformation in healthcare for the future.









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WORKSTREAMS 1- 4 (Conception to end of Primary 4) Nutrition themed

Theory of what drives developmental milestones

Theory of what actions will ensure aim is achieved

Aim

1^o

2^o

Families have an understanding of what constitutes a balanced diet and how food contributes to health and that each child has the opportunity to eat a diet that meets their needs and keeps them healthy.

Detailed Aim:
To ensure that women experience positive pregnancies which result in the birth of more healthy babies, as evidenced by a reduction of 15% in the rates of still births and infant mortality.

85% of all children within each CPP have reached all the expected developmental milestones at the time of the child's 27-30 month child health review by end of 2016.

90% of all children within each CPP have reached all of the expected developmental milestones at the time the child starts primary school, by end-2017

90% of all children will have reached all of the expected developmental milestones & learning outcomes by the end of primary 4, by end -2021

Societal Issues

Post-birth actions

Child's physical & mental health and emotional development

Pre-birth actions

Carer's physical & mental health and skills

- Access to food and facilities
- Reduce misconceptions of 'children's food'
- improve parenting skills/ modelling behaviour
- Improved food knowledge and attitudes
- Improved food budgeting and cooking skills
- Improve child's dental health

- Increased breast feeding
- Timely uptake of HS vouchers and Vitamins
- Weight faltering screening and intervention
- Improved Infant and toddler feeding and acceptability
- Improved knowledge and attitude CHW, HE + PA
- Improved provision/access to healthy meals and snacks

- Improved preconception knowledge and attitude to HW, HE+PA, BF, Folate
- Improved access to appropriate maternal weight management interventions
- Healthy Start Vouchers and Vitamins
- Improved nutritional advice for healthy pregnancy

- SG policy/National PH programs
- Ensure sound nutrition content of parenting programs. Diet/PHN/3rd
- Targeted group ed. knowledge/cooking skills/budgeting. Diet/3rd sector
- Universal CHW/ HE+PA education in ELC and Schools
- CHW/HE+PA life skills messages reflected in provision/ access in ELC + Schools
- Universal positive parenting education in School incl. HW/BF/Folate
- Equitable access to professional/peer support infant feeding MW/HV/Peer
- Timely infant and toddler nutrition education /support Diet/HV
- Timely provision of healthy diet in pregnancy including food safety, life skills. Diet/MW
- Timely referral for HS scheme MW/HV/Health Improvement education and promotion
- Established maternal weight management pathways- MW/HV/Dietitian



Healthy Start Education



16 Week Nutritional Guidance



Weaning DVD and Checklist





NHS
Health
Scotland

Setting the Table

Nutritional guidance and food standards for
early years childcare providers in Scotland



12-15 month checklist



EYC.....and Beyond

- Self Referral

High-UHB.DietitiansDirect@nhs.net

- New Health Visitor Training
- Health Scotland resources for parents



An Ounce of prevention is
Worth a pound of Cure
- Benjamin Franklin -

Thank you for listening!

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