



Northern Health  
and Social Care Trust

# Childhood Obesity Prevention: Evaluation of a School Nurse- Led Primary School Initiative

Public Health Nursing Service, January 2016

## Acknowledgement

Thank you to the pupils and parents of Phoenix Integrated Primary School, Cookstown; Leaney Primary School, Ballymoney; and Whitehead Primary School, Carrickfergus for taking part in this project. We are grateful to the school Principals for the time and support given and for the enthusiasm of their school staff.

We are also grateful to environmental health and Active Communities staff in legacy Ballymoney, Cookstown and Carrickfergus Councils who provided healthy eating and physical activity programmes in partner schools and communities. Thanks also to Hearty Lives in Carrickfergus for delivering the Cook it! Programme.

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The school children who were involved deserve a special mention for the wonderful artwork they produced for us. Their feedback offers a unique perspective on what being healthy means to them.



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# 1. Introduction

## *Background*

Healthy New You is a primary school service improvement initiative which was developed by school nursing in the Northern Health and Social Care Trust (NHSCT) in 2015. It was delivered as part of a broader framework of childhood obesity prevention in the public health nursing service (PHN), which includes the work of the Year 8 weight management pathway for school nursing. The overall aim was improvement of health outcomes to prevent and halt the progression of overweight and obesity in primary school children.

This evaluation report focuses on what was achieved on completion of delivery in three targeted schools between January and March 2015. The purpose is to provide information on the outcomes and present the results of the evaluation. It reflects the feedback that we received from children, parents and teachers about engagement and learning, knowledge and skills, and the value of a partnership approach in primary school settings.

From the outset, this was a *short-life* initiative to explore what might work in engaging young children and families in the primary school community. It should be viewed as part of a spectrum of public health nursing activity tackling childhood obesity rather than a short term intervention. This is in line with NICE obesity guidance for health professionals which states that one-off events are insufficient in achieving outcomes and should be part of a long-term integrated programme (NICE, 2006).

## *Context*

The upward trend in childhood obesity in Northern Ireland (NI) has major health and economic implications for the management of coronary heart disease, Type 2 diabetes, specific cancers and other conditions into adulthood. In NHSCT, the incidence of childhood obesity in Year 8 young people has increased to 14% (2014/15). The regional average in 2012 was 7%.

This represents a major challenge for the Trust's current population of children and future adult service users when considering the rise in obesity in adulthood. It also confirms the importance of taking a life-course approach to overweight in childhood at an earlier stage of intervention in the early years and in primary school.

The overarching public health strategy 'A Fitter Future for All' (DHSSPS, 2012) sets a regional target of 3% reduction of obesity and 2% reduction of overweight and obesity in children by 2022 (DHSSPS, 2012). On an annual basis, the DHSSPS sets priority targets which include a specific measurable outcome on a reduction in childhood obesity and overweight (DHSSPS, 2014).

### *Role of school nursing*

Universal detection of childhood overweight takes place at school health appraisals at primary and post-primary school entry in Year 1 and Year 8. However, there is no consistent approach to tackling the progression of overweight in primary schools following detection in Year 1 and there is limited provision of age and stage appropriate weight management services.

'Healthy Futures 2010-15' (DHSSPS, 2010) sets out the role of the school nurse in addressing public health priorities through universal service provision with measurable outcomes (*Healthy Child, Healthy Future: A Framework for the Universal Child Health Promotion Programme in Northern Ireland*). It requires public health nurses to take a pro-active response to identified need and recommends that school nurses take a leadership role within early intervention and prevention services using community development approaches.

This primary school initiative was developed in response to findings in the PHN report issued in January 2015: *Report on the Introduction of a Year 8 Weight Management Pathway for School Nursing*. This suggested that obesity intervention should be coordinated earlier on, with primary school children. The starting point was the recommendation: '*consideration should be given to the provision of universal school or family based healthy lifestyles programmes (e.g. physical activity programmes; Cook it! etc.)*'.

In order to inform the provision of children's weight management in PHN in 2013/14, school nurses asked 783 parents of overweight and obese pupils for their views on the provision of services. This was undertaken during telephone discussions which were initiated with parents as part of the pathway process (*PHN, Report on the Introduction of a Year 8 Weight Management Pathway for School Nursing, January, 2015*) .

Parents who indicated that they would avail of a structured group based activity for their child (e.g. school, community or leisure based programme), stipulated that they would not want their child to be singled out as overweight. They said that any programme should include all children. This information formed the basis for the planning of Healthy New You.

#### *Aim*

To develop an initiative in three targeted primary schools to prevent and halt the progression of overweight and obesity in school aged children.

#### *Objectives*

- To develop a multi-component programme of activities aimed at promoting behaviour change: improving diet, increasing physical activity levels, preventing excess weight gain in children.
- To strengthen individual/group knowledge and skills by providing activities in school and community settings.
- To actively involve parents and carers in behaviour change.
- To take a whole school planning approach involving school staff, parents/carers and pupils and community.

#### *Selection process*

We selected localities which had been identified with high rates of obesity (Ballymoney, Carrickfergus) and overweight (Cookstown) following Year 8 health appraisals in 2013/14 (Table 1).

	% Obesity 2013/14	Regional average % 2012	NHSCT average % 2013/14
Ballymoney	14	7.5	11
Carrickfergus	10.5	7.5	11

	% Overweight 2013/14	Regional average % 2012	NHSCT average % 2013/14
Cookstown	26	22	17

Table 1: Comparative rates of obesity and overweight in target localities

### *Inclusion criteria*

One primary school was identified by the local school nurse in each of the following target areas: Ballymoney, Cookstown, and Carrickfergus. Year 1-3 pupils and their parents/carers were invited to participate in Ballymoney and Cookstown. Year 1 -2 pupils and their parents were invited to participate in Carrickfergus.

### *Partnership*

We established links with partner services and organisations and formed a steering group to lead the pilot (Appendix 1). This consisted of public health nursing representatives, paediatric dietetics and the British Heart Foundation. Planning meetings were then held with local stakeholders. This included school principals and teachers; school nurses; dieticians, council environmental health and sports officers. In Carrickfergus, there was additional support from the 'Hearty Lives' dietician to deliver Cook-It!.

The Public Health Agency (PHA) supported the initiative, which was time-limited for completion during 2014/15. This meant that the design and delivery had to be practical and achievable; and relied on engagement and the goodwill contribution of the partners who we have acknowledged in Appendix 1.

### *Approach*

NICE (2013) recommends a whole-school approach to develop life-long healthy eating and physical activity practices. We applied a holistic, whole-school approach to engage pupils, parents and schools in primary prevention of childhood overweight and obesity. This meant strengthening basic knowledge and skills related to healthy

eating and physical activity. Age and stage-appropriate information along with focused activities was provided for primary school pupils and parents.

## 2. Findings of evaluation

### Objective 1

To provide a programme of activities targeting childhood obesity in three schools for Years 1, 2 and 3 pupils and their parents/carers

### *Uptake*

In a two month period, between January 2015 and March 2015, a total of 307 pupils availed of Healthy New You in the school setting. 121 parents participated overall in a mixture of activities and interventions (Figure 1 and Table 2).

This means that all Foundation and Key Stage 1 pupils where offered school nurse-led healthy eating information and activities and had the opportunity to participate in a programme of physical activity led by sports coaches from the 'Active Communities' initiative. Active Communities is a Sport NI course that aims to 'increase participation in sport and physical recreation in a variety of settings including schools' ([www.sportni.net/get-active/active-communities](http://www.sportni.net/get-active/active-communities)).

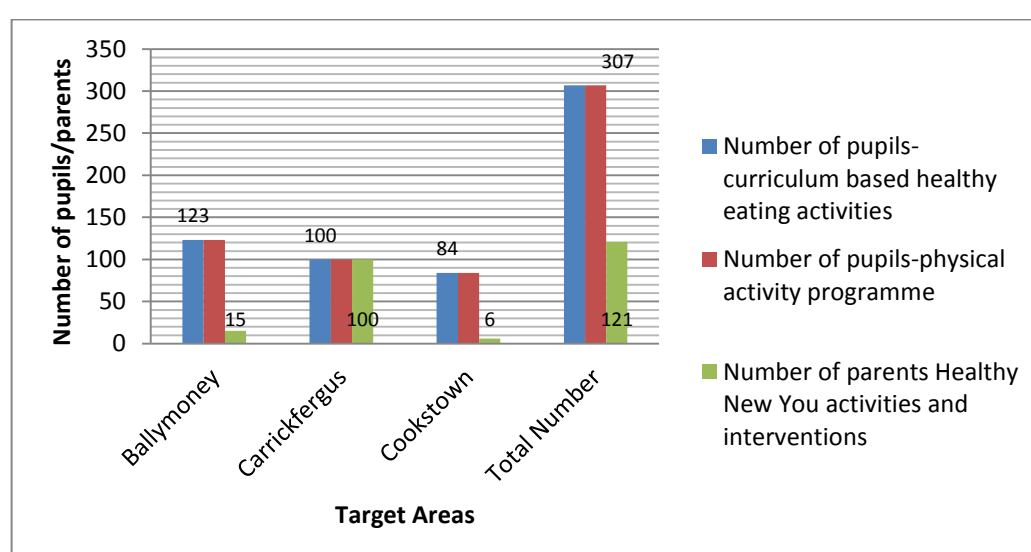


Figure 1: Uptake of Healthy New You by local area and overall.



Over the same period, all parents were offered healthy lifestyles information and practical sessions through participation in a 'Cook it!' programme. An outline of the activities that subsequently took place is shown in Table 2.

Locality	School	Healthy Eating Parent Engagement	Physical Activity-Pupil Engagement	Curriculum Activity Pupil / Pupil-Parent Engagement	Key Partners
<b>Ballymoney</b>	Leaney PS	Parent workshop	Active Communities	SN led with Dietician - class based activities with pupils	School Nurse Dietician Council Principal
<b>Carrickfergus</b>	Whitehead PS	Cook It!	Active Communities	SN led class based activities with pupils Additional joint parent-pupil activity at home	School Nurse Council Leisure Hearty Lives Principal
<b>Cookstown</b>	Phoenix IPS	Cook It!	Active Communities	SN led class based activities with pupils	School Nurse Council Environmental Health Dietetics Principal

Table 2: Outline of programme

#### *Provision of Cook it! programme*

'Cook it!' is a community nutrition education programme which currently operates in Northern Ireland. The aim of the Cook it! programme is to enhance knowledge of healthy eating and practical cooking skills. It is usually completed over six sessions which cover nutritional knowledge of food groups, healthy recipes and cooking demonstration and practice. ([www.publichealth.hscni.net/publications/cook-it-fun-fast-food-less-community-nutrition-education-programme](http://www.publichealth.hscni.net/publications/cook-it-fun-fast-food-less-community-nutrition-education-programme))

The Cook it! programme was delivered in the school setting in Carrickfergus by a paediatric dietician from the area's 'Hearty Lives' initiative. In Cookstown, a health support officer from Mid-Ulster District Council delivered the programme in a community venue (Table 3).

Cook it! was also offered to Ballymoney parents; however, there was poor uptake and the programme was withdrawn. In response, the school nurse and dietician

designed a healthy eating workshop in conjunction with the school's parent association.

	No of parents registered interest	No of parents participated
Cookstown	7	6
Carrickfergus	5	3
Ballymoney	0	N/A
<b>Total</b>	<b>12</b>	<b>9</b>

*Table 3: Uptake of Cook it! in each area*

The number of parents who registered interest and attended Cook it! was low overall. In addition, in Carrickfergus there were a number of logistical and planning challenges which included a short timeframe for delivery, unexpected staff sickness and availability of publicity materials to promote the Cook it! programme with parents. There was also a number logistical issues within the school setting relating to access to the building and availability of school staff.

These issues were outlined in a reflective evaluation undertaken by the course providers in Carrickfergus (BHF, 2015) as well as the Cook It! programme participant evaluation forms. However, despite a disappointing uptake, participants were very positive about the knowledge, learning and skills gained. When asked what they had learned during Cook it!, some of the participants from Cookstown and Carrickfergus made the following comments:

*Comments from Cook it! participant evaluations: Carrickfergus and Cookstown parents*

- *'Opened my eyes to being willing to taste and enjoy new food'.*
- *'It made me more aware of the sugar and fat content of foods'.*
- *'Increased food knowledge'.*
- *'I get the kids to help me cook now so they know what they are eating'.*
- *'Knowing more about which foods are healthy and which are not'.*
- *'Ability to cook healthier meals for the family'.*
- *'Learnt that some food we thought is healthy is not; and vice-versa'.*

- *‘Different options – for example fresh is better, but there is no need to buy the more expensive branded options; tinned fruit in juice can be healthy, and kept in the cupboard’.*

Objective 2: To strengthen individual and group knowledge and skills by providing activities in school and community settings.

307 children participated in a combination of nurse-led curriculum-based healthy eating sessions. Structured physical activity programmes were delivered in parallel by council based Active Communities sport coaches.

**Case study:** *Phoenix Integrated Primary School, Cookstown- School nurse led initiative (School Nurse, Gillian Alcorn)*

The school nurse delivered classroom activities to 84 pupils Years 1-3 and provided fruit and vegetable tasting during the sessions. This included the use of age-appropriate quizzes and activities using classroom resources provided by the British Heart Foundation (BHF).

Council based Active Communities sport coaches provided the physical activity programme for pupils in the school. The class teacher said *“The in-school sporting coaching was very helpful and the children really enjoyed it”* and *“The food for foundation stage children to sample was good”*.

**Case study:** *Whitehead Primary School, Carrickfergus -School nurse led initiative (School Nurse, Ruth Bamford)*

In Whitehead, 100 Year 1 and Year 2 pupils participated in nurse-led classroom sessions which focused on the sugars, soft drinks and general healthy eating. On evaluation, all pupils ‘strongly agreed’ or ‘agreed’ that they knew more about the effect of sugary drinks on their health as well as the importance of staying happy and healthy.

The school nurse used a joint parent-child activity in her area. She developed an activity sheet which was sent home for parents to participate and complete with their child and prizes were supplied by a local greengrocer. In their evaluations, parents rated this activity highly. One parent said *“It’s a very good idea to educate children in school and at home. It’s nice that the school support a healthy eating approach too”*.

This school nurse-led element worked very well and the school nurse reported that 100 parents successfully completed this activity with their child at home. All pupils rated their enjoyment of the session highly. A six-week physical activity programme was led by the legacy Carrickfergus Borough Council. The school teacher said *“The children were engaged and the use of props and visual aids kept their attention”*.

#### *Results of evaluation by pupils*

We designed a child friendly evaluation form with seven statements which related to basic knowledge, learning and enjoyment (Table 4; Appendix 3). We also asked children to describe their experience in words or pictures.

<b>Pupil evaluation</b>	<b>% Strongly agreed/agreed</b>
<b>I know more about different ways to keep healthy</b>	<b>83</b>
<b>I enjoyed learning about healthy eating from my school nurse</b>	<b>87</b>
<b>I know more about different foods like milk and butter and bread and eating fruit and vegetables</b>	<b>67</b>
<b>Taking part in exercise was fun and it made me feel healthy</b>	<b>91</b>
<b>I know more about how sugary fizzy drinks can affect my healthy body</b>	<b>78</b>
<b>I learned about eating a lot of snacks like sweets, chocolate and crisps</b>	<b>79</b>
<b>I know more about ways to try and be healthy and happy</b>	<b>85</b>

Table 4: % of children ‘strongly agreed’ or ‘agreed’ with questionnaire statements

#### *Pupil comments:*

- *“Now I am trying to go outside every day to play for 60 minutes and eat healthily.”*

- *“I am vegetarian, I will eat less snacks.”*
- *“I liked tasting fruit and playing the fruit game, it was really fun. I love fruit, it is really nice. I tried fruit I didn’t like.”*
- *“I eat fruit and I exercise and I jog and I walk my dog nearly every day.”*
- *“After school I love to go and play.” and “I enjoyed the game.”*

Objective 3: Engagement and behaviour change: to actively involve parents and carers in behavioural change.

All parents of pupils in Years 1-3 in Ballymoney and Cookstown schools were contacted to seek consent for their child’s participation in Healthy New You activities and interventions in the school. Parents were also invited to take part or register their interest in local activities planned for parents. In Carrickfergus, only Year 1 and Year 2 parents were contacted (Appendix 2).

Overall, 121 parents from all three schools participated in Healthy New You. This figure includes: 9 parents who completed Cook It! in Carrickfergus and Cookstown (Table 3); 15 parents who participated in the workshop in Ballymoney; and 100 parents in Carrickfergus who completed the parent-child healthy eating activity at home.

The following is an example of successful partnership working between health, education and community; and the commitment of the principal, teachers and parent association to support the work of the school nurse and dietician.

**Case study:** *Leaney PS, Ballymoney parent workshop- School nurse led initiative (School Nurse, Veronica Kelly)*

#### *Process*

The school nurse identified Leaney Primary School as the main feeder school to a local post primary in which nearly one third all year 8 pupils were overweight and

obese on assessment. Leaney PS has a population of 320 pupils, 40% of whom are entitled to free school meals. A positive working relationship was developed with the principal who noted issues related to childhood obesity.

#### *Healthy eating with pupils*

The school nurse and paediatric dietitian facilitated five classroom sessions with pupils. This consisted of fun interactive activities which aimed to increase knowledge of fruit and vegetables, healthy eating and healthy lifestyle choices. The school nurse said *"The sessions were very enjoyable and so many children had never seen a blueberry. Surprisingly a few had never tasted apples. The teachers enjoyed the sessions and I provided them with the (British Heart Foundation) resources to continue as a classroom activity"*.

#### *Physical activity with pupils*

Council based Active Communities coaches provided a six-week 'Fundamentals' physical activity programme to consolidate the class-based healthy eating sessions. This focused on 'fuelling bodies' to promote activity and fun. The sport development officer commented that he was very impressed by the whole school approach and was positive about the benefits of a multidisciplinary approach.

#### *Parent workshop*

Fifteen parents of pupils from Years 1-3 participated in a workshop which was co-facilitated by the school nurse and paediatric dietitian. Timing was planned to take place at the end of the school day when parents were collecting their children. Child care supervision was provided by the school to accommodate parents. The session included interactive group work addressing portion size; healthy lunch boxes; the 'Eat Well Plate'; food groups; food labelling and content.

#### *Outcomes*

The school and parents gave a very positive response to Healthy New You and reported *'children often requested fruit as a treat instead of sweets'*. Positive partnership relationships have been developed and there is enthusiasm across

disciplines and sectors to address issues locally. As a result of Healthy New You, a local supermarket's Community Champion made links with Leaney PS regarding the "Farm to Fork" programme for primary school children and Leaney has joined the *Farm to Fork* programme.

*(Adapted from project evaluation by School Nurse, Veronica Kelly, June 2015)*

### *Results of evaluation by parents*

A total of 42 parents responded to a questionnaire and rated their knowledge and confidence based on basic value statements which are outlined below in Table 5 (Appendix 3). Although we asked all 121 parents who had participated to complete an evaluation, the return rate in Carrickfergus was low compared to other areas. As a point of clarification, this was reflected in the calculation of percentages shown in Table 5.

93% of parents who responded either strongly agreed or agreed that they understood more about how small changes to diet and physical activity can make a difference to health. 85% of parents felt more confident in trying new recipes at home. 88% said they would replace sugary drinks, while 78% used the information they had learned to make changes to family meals.

<b>Parent evaluations</b>	<b>% Strongly agree or agree</b>
<b>I understand more about how small changes to my child's diet and physical activity can make a difference to their health</b>	<b>93</b>
<b>I learned more about the importance of a balanced diet</b>	<b>80</b>
<b>I understand more about the importance of giving child sized portions</b>	<b>88</b>
<b>I feel more confident that I will try healthier recipes at home</b>	<b>85</b>
<b>I intend to replace sugary fizzy drinks with healthier drinks for my child</b>	<b>88</b>
<b>I have used the information about health eating to make changes to family meals</b>	<b>78</b>
<b>I have shared the messages that I learned with other friends and family</b>	<b>73</b>

*Table 5: % Parents 'strongly agreed'/'agreed' with questionnaire statements*

*Parent Comments:*

- *“We do eat healthily at home. However, the importance of teaching children this cannot be overestimated. I fully support the programme and am very thankful that my child had this opportunity.”*
- *“I really enjoyed this course and found it really useful.”*
- *“He was able to tell his mum, dad and grandparents about eating healthily and not drinking fizzy drinks. He did enjoy this.”*
- *“The programme is definitely worthwhile.”*
- *“Most of this information I got from TV ads, general knowledge, decisions, previous education and career. I am trying to eat more raw and unprocessed foods.”*
- *“He asked me to write that he remembered ‘milk makes his teeth and bones white’.”*

Objective 4: To take a whole school planning approach involving school staff, parents/carers and pupils (Years 1-3) and community.

*School evaluation*

We asked teachers and principals who had been involved with Healthy New You for their views on what aspects worked best for the school. One Principal said it *“fitted well into the curriculum’s food topic”* and that the partnership *“had helped form closer links with the school nursing service”*. Another said *“It is good to have the connection with the school nurse. The information sent home was brilliant”*.

We believe that there is added value to the role of the school nurse in engaging, motivating, and supporting families who take a universal settings approaches to prevention and early intervention in schools and communities. Following completion, one teacher said *“something similar to this should be run all year in primary schools”* and *“closer links with the school nursing service is the way forward”*.



### *Engagement with parents*

A common theme from the school evaluations was the view that the parents who might benefit most, are traditionally less likely to engage or participate: *“Although the Cook It! programme was very good, I found that the parents who were willing to take part already had a good knowledge of healthy diets”*. This is a challenge which is widely acknowledged across public health work with families. Principals and teachers felt that parents needed to be more involved. An example of parent engagement which we believed worked well was the home-based parent-pupil worksheet activity undertaken in Carrickfergus.

### *Engagement and enjoyment*

A stronger identity for school nurses in local schools may contribute to a more sustainable approach in the future through supportive partnership working. One teacher commented that this *“worked very well. It highlighted the importance of exercise and healthy eating habits*. Another teacher said *“The school nurse was very supportive and made a great effort to engage with the school”*.

### *Outcomes*

We are realistic when we talk about measurable outcomes from short-life non-recurrent project work. However, there is value in the opportunity to develop strong partnerships with schools and families and be innovative in tackling childhood obesity. The results from the parent/pupil questionnaires indicate that behaviour change has taken place in relation to healthy eating and physical activity within families as a result of this initiative. This is a key public health priority which the school nurse is uniquely placed to deliver on.

Our experience in delivering Healthy New You in primary schools highlighted key factors which we believe are important for successful delivery and outcomes:

- The importance of leadership with school nurses championing issues of childhood overweight and obesity in local schools as a key dimension of their public health role.

- The importance of an integrated approach across health and education sectors to ensure consistency of message and opportunities to further support children and families.
- The importance of partnership working with local schools and communities.
- The importance of visibility and identity of the school nurse within each school to strengthen relationships with school principals, teachers, pupils and their families.
- The impact that motivated and knowledgeable health practitioners can make in engaging children, families and schools and contributing to improved outcomes.
- The benefit and opportunity that universal approaches can provide in engaging school-age families with practical, fun and age-appropriate information and advice that is relevant to family life and reflects local communities.
- The importance of raising awareness of issues relating to childhood obesity in a healthy lifestyles context in school and community settings.
- The significance of parental engagement, involvement and support on issues relating to children's weight and healthier lifestyles choices in families.
- The school nurse is a conduit between school and home and offers an effective way of increasing parental engagement as part of universal health services.
- The challenges associated with promoting, engaging and enrolling school parents in sessional programmes.

### *Conclusion*

There is an upward trend in Year 8 obesity in NHSCT, identified in the 2014/15 results of Year 8 health appraisals (*PHN, 2014/15 Results: Weight Management Pathway for School Nursing, January 2016*). Given that it is likely that childhood overweight progresses along a continuum towards obesity in adolescence, PHN targeted this issue at an earlier stage of children's growth and development. This is part of a broader effort of prevention and early intervention in the school-aged

population. This is in line with the child health promotion programme for Northern Ireland, 'Healthy Child, Healthy Future' (DHSSPS, 2010).

'Healthy New You' is the name given to a time-limited project which focused on primary schools in three high prevalence localities in NHSCT. The delivery of a multi-component healthy eating and physical activity initiative was coordinated with the support and cooperation of three local schools and councils. Partnership working with dietetic and voluntary sector colleagues resulted in the successful participation of 307 Foundation and Key Stage 1 children and 121 of their parents.

School nurses have a clear public health remit in the delivery of the regional universal child health promotion programme (DHSSPS, 2010). 'Healthy Futures 2010-15' (DHSSPS, 2010) further requires public health nurses to actively respond to identified need and to take a leadership role in the development of early intervention and prevention initiatives with families, schools and communities.

We believe that this framework lends itself to the improvement of health outcomes for all primary school-aged children. It offers further potential, in the absence of growth monitoring between Year 1 and Year 8 children and young people, to halt the progression to overweight and obesity. However, this requires further exploration in terms of a partnership approach, resources and capacity issues.

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# Appendix 1

## Planning group

Susan Gault	Head of Service	Public Health Nursing
Pamela McBride	Lead Nurse	Public Health Nursing
Clare McKeown	Children's Health Coordinator	Public Health Nursing
Eilis Shields	Team Lead Paediatric Dietician	Dietetics
Alison McKee	Dietician	Dietetics
Veronica Kelly	School Nurse	PHN Ballymoney
Gillian Alcorn	School Nurse	PHN Cookstown
Stephanie Leckey	NI Director	British Heart Foundation NI
<i>Nominees unable to attend</i>	<i>Physical Activity Coordinator/Acting Coordinator</i>	<i>NHSCT Health Improvement Service</i>

## Local partnership representatives

<b>Veronica Kelly</b>	<b>School Nurse</b>	<b>Public Health Nursing</b>	<b>NHSCT</b>
Miss V Moorhouse	Principal	Leaney PS	Ballymoney
Mrs J Calderwood	Teacher	Leaney PS	Ballymoney
Michelle Graham-Steele	Cook It! Dietician	Dietetics	NHSCT
Mr John Fall	Sports Development Manager	Causeway Coast and Glens District Council	Ballymoney
<b>Ruth Bamford</b>	<b>School Nurse</b>	<b>Public Health Nursing</b>	<b>NHSCT</b>
Mr Jim Loughins	Principal	Whitehead PS	Carrickfergus
Mrs Parkes	Teacher	Whitehead PS	Carrickfergus
Mr Paul McWhinney	Sports Development and Social Wellness Officer	Mid and East Antrim District Council	Carrickfergus
Claire Ramsey	Dietician	Hearty Lives Project	BHF
<b>Gillian Alcorn</b>	<b>School Nurse</b>	<b>Public Health Nursing</b>	<b>NHSCT</b>
Mrs Heather Watson	Principal	Phoenix IPS	Cookstown
Mrs Fiona O'Doherty	Teacher	Phoenix IPS	Cookstown
Una O'Kane	Principal Environmental Health Officer	Mid Ulster District Council	Cookstown
Catherine McKenna	Health Support Officer	Mid Ulster District Council	Cookstown
Lynsey McVitty	Cook It! Instructor	Mid Ulster District Council	Cookstown
Emma Hamill	Dietician	Dietetics	NHSCT

We are very grateful for the support and contribution of the above members of local partnership groups.

## Appendix 2

### Parent Information and Consent Form



Healthy New You!





Life today is busy and it is not always easy to make healthy choices.

But it's never too late to learn healthy eating habits.

We are running a number of activities in your child's school

You and your child will have fun learning that healthy eating and exercise go hand in hand.

Have a look at the activity menu overleaf.

Dear Parent,

One of the most important roles we have as a school community is how we help our children grow healthy and strong.

Our school has been specially selected to take part in a whole school initiative called 'Healthy New You'. All parents and children at Foundation and Key Stage 1 are invited to participate.

We have teamed up with our School Nurse, Dietician and local Council to offer a fun, friendly programme to promote healthy eating and exercise with parents and children.

We hope you will join us for (*insert details*) weeks starting on (*insert date*) to support your child's healthy development.

Yours sincerely,

Principal



## Appendix 3

### Parent Evaluation Form



## Healthy New You! School and Family Evaluation





Dear Parent,

We are approaching the end of your time with the Healthy New You! Project and we hope that you have enjoyed your experience. We want to improve our School Nursing Service and would be grateful if you would take the time to complete this questionnaire.

We would like to know your views about whether you think Healthy New You! has made a difference to you, and to your child and family. We are interested to hear about what was good and what we could improve upon. Please share any ideas or suggestions that you think might help other parents in the sections provided.

Your views are important to us and any answers that you provide will remain anonymous and confidential. That means that we cannot identify who you are from your questionnaire unless you choose to give your name and contact details.

Thank you to you and your child for being part of Healthy New You!!

**If you would like to leave your contact details, please do so below**

Your name .....

Your child's name/ class .....

Your address/contact number .....

## Parents/Carers



Please read the following statements and place a tick in the column that most applies to your experience.	Strongly Disagree	Disagree	Don't know	Agree	Strongly agree
I understand more about how small changes to my child's diet and physical activity can make a difference to their health					
I learned more about the importance of a balanced diet e.g. portions of fruit and veg, starchy foods and dairy.					
I feel more confident that I will try healthier recipes and foods at home.					
I understand more about the importance of giving child sized portions.					
I intend to replace sugary and fizzy drinks with healthier drinks for my child					
I have used the information about healthy eating to make changes to family meals					
I have shared the messages that I learned with other friends and family					
Please add any other comments					

Pupil Evaluation Form

Name:

Age:

Class:

Hello boys and girls!



Can you tell us about some of the things you learned and how much fun you had joining in?

We really hope you enjoyed finding out more about healthy eating and exercise.



Turn over the page and tell us what you think.

			
	Yes	Not Sure	No
I know more about different ways to keep healthy.			
I enjoyed learning about healthy eating from my school nurse.			
I know more about different foods like milk and butter, bread and eating fruit and vegetables.			
Taking part in the exercise was fun and it made me feel healthy.			
I know more about how sugary, fizzy drinks can affect my healthy body.			
I learned about eating a lot of snacks like sweets, chocolate and crisps.			
I know more ways to try and be happy and healthy.			
<p>We have loved having fun with your class! Write a few words about Healthy New You! in this box or draw us a picture on the next page.</p>			

Do you want to draw a picture? (Don't forget to write your name on it)

Principal/Teacher Evaluation Form

Dear Principal/Teacher,

Name of School.....

Name of Principal.....

Name of Teacher/s.....

Year Group.....

We are approaching the end of your time with the Healthy New You! Project and would like to thank you for supporting our work. We want to improve our School Nursing Service and the links that we have with the schools in our area. We would be grateful if you would leave your comments in the boxes provided.

What do you think about Healthy New You!? What worked best for your school and what could we improve on?

Do you think Healthy New You has been of benefit to your school, pupils and families? Please explain the reasons for your answer

Do you think that Healthy New You! Has helped you form closer links with the school nursing service and understand their role in childhood obesity. Please explain the reason for your answer.

Please write any comments or suggestions about what type of childhood obesity programme or activity would work best in your school/area. Please state which year group/s or age your suggestion is for.

Thank you for your continued support of the NHSCT School Nursing Service.

Clare McKeown  
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Northern Health and Social Care Trust  
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