

Year 8 pupils take a lead in promoting healthy lifestyles

Year 8 pupils from Our Lady of Lourdes School in Ballymoney recently had the opportunity to help design a programme to promote healthier lifestyles and reduce incidences of obesity.



A healthy lifestyle engagement event held 27 October 2016 brought together 41 Year 8 pupils from Our Lady of Lourdes School to get active with physical activities including dance, learn about healthy food and lifestyle choices and taste new fruit and vegetables. Young people had the opportunity to complete a health survey to share their ideas on what they would like to see in a health and wellbeing programme in their school.

The programme hopes to improve good nutrition, physical activity and health and wellbeing amongst year 8 pupils by getting the children involved in the planning and design of initiatives which will be implemented at their schools.

Sabrina Lynn, Senior Health Improvement Specialist, Northern Health and Social Care Trust has stated, 'In Northern Ireland almost 30% of children and young people are overweight or obese. In tackling obesity there is no one solution, it is important to take a holistic approach to encourage good nutrition, increase physical activity, reduce sedentary behaviour and promote positive emotional health and wellbeing. Today has been all about promoting those holistic themes and asking young people to be a part of that solution by having a say in what really works for them'.

The event was organised by the Children and Young People's Strategic Partnership (CYPSP) Ballymoney Locality Planning Group, in partnership with Northern Health and Social Care Trust, Northern Obesity Partnership, Public Health Nursing, Causeway Coast and Glens Council.



The Children and Young People's Strategic Partnership (CYPSP), led by the Health and Social Care Board, is a multi-agency partnership that includes the leadership of key statutory agencies and community and voluntary organisations that have a responsibility for improving the lives of children and young people in Northern Ireland.

For further information please contact us:

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Or keep up to date with the CYPSP Ballymoney Locality Planning Group at <http://www.cypsp.org/locality-planning-groups/ballymoney-locality-planning-group/>