Welcome to the February e-bulletin which this month focuses on Nutrition in Early Years.

Our first seminar of 2019 entitled ‘A Recipe for Life: Nutrition in Early Years’, took place on 6 February 2019 at Cardiff Metropolitan University. The event was very well attended by colleagues across Wales working within a variety of disciplines specific to Early Years. Presentations and workshops during the day focused on current policy, research and best practice. Videos of the presentations and an evaluation report will be available on our Past Events page of the website in the coming weeks.

This chosen seminar topic was very timely in light of the recent strategy consultation launch of Healthy Weight: Healthy Wales by Welsh Government which will aim to support positive dietary behaviour within the crucial early years. The consultation ends on 12 April 2019 and further details of this can be found in this month’s ebulletin along with the newly published Welsh Government Food and Nutrition for Childcare Settings, Best Practice Guidance (2018).

Upcoming events include the ‘Shaping Our Future Conference’ which will take place at the All Nations Centre in Cardiff on the 26 March 2019 and the Annual Research in Wales Showcase Event will be held at Hadyn Ellis Building on 13 March 2019.

We are always looking for information and events which we can include in the e-bulletin as well as on the website so please get in touch with us at publichealth.network@wales.nhs.uk
The early years is defined by Welsh Government as the period of life from pre-birth to the end of Foundation Phase or 0 to 7 years of age. These years are a crucial time for children. Children grow rapidly and both their physical and mental development is affected by the environment in which they find themselves in.

Recent results from the 2016/2017 Child Measurement Programme for Wales by Public Health Wales continue to highlight the concerns that reception-age children (4-5 year olds) are significantly more likely than the Welsh average to be obese if they live in areas of higher deprivation. Just over seven in every ten children in Wales have a healthy weight and that 27.1% of children in Wales are overweight or obese, compared to 22.6% in England in this age group. (Public Health Wales, 2018)
New video guides help families develop healthy habits

Four videos which encourage new parents to adopt healthy habits and access local support for themselves and their families have been produced. The Abertawe Bro Morgannwg University Health Board’s Children and Young People Obesity Prevention group developed the videos to support the Ten Steps to a Healthy Weight Campaign, which highlights 10 activities that support parents to bring up happy, healthy kids.

http://everychildwales.co.uk/parents/

New mums and dads are being offered support to make lifestyle changes that will help their children maintain a healthy weight for life.

Advice for parents includes being a healthy weight before starting a family, avoiding gaining too much weight during pregnancy and breastfeeding their baby.

Parents can also help their children by waiting six months before introducing solid foods, giving young children the chance to play outside and limiting screen time. Other tips include offering fruit and vegetables every day, making sure their children sleep well and only offering milk and water as drinks.

Lead Health Visitor for Swansea and Public Health Paula Davies said:
“Becoming a parent can be a key time to think about healthy lifestyles. It is important to help parents to become good role models for their children. The ABM children and young people’s obesity prevention group are involved in helping parents to make healthy choices the easy choice.”

Health Visitors play a key role in offering a support and guidance to parents regarding healthy lifestyles. Recently, Health Visitors across ABMU have attended Making Every Contact Count Training with a focus on Healthy Weight as part of the work of the Children and young people obesity prevention group. This training aimed to enhance effective behaviour change conversations with families through regular visits.

Judith Tomlinson, Public Health Consultant with ABMU Public Health Team, highlighted the benefits of adopting a healthy lifestyle. She said:
“Obesity is a major public health concern. There are many benefits to being a healthy weight, which include reducing your risk of coronary heart disease, stroke, diabetes and some cancers.”

The videos are available in English and Welsh and introduce local support available to parents.

They are titled: Aqua Fit (swimming and other exercises in water for pregnant women), Buggy Fit (walking and talking groups for parents), Breastfeeding (tips and tools to encourage mums to keep breastfeeding) and Weaning (ideas for introducing solid foods). The videos will be available shortly via ABMU Health Boards TV Youtube https://www.youtube.com/user/ABMULHB

Aqua Fit promotes the benefits of regular exercise during pregnancy, particularly water based activity. Supported sessions for mums to be are available at the Wales National Pool in Swansea as well as other venues.

Swimming instructor Mike Dalling, who is featured in the video, said: “We’ve got a brand new aqua natal class starting here at the Welsh National Pool. We make it a fun and friendly session, and you’re welcome to bring a friend or a family member for support.”
Socialising, making new friends and sharing ideas to stay healthy post-pregnancy are featured in the Buggy Fit video.

Buggy Fit groups are open to everyone - mums, dads, grandparents and childminders are all welcome. They are held in various locations. Health visitors can give details on groups in their area.

Jo Edwards, a Flying Start Health Visitor, said:
“We are here sun, wind and rain, we go on regardless, plus it is free of charge!”

One mother who enjoyed the group said:
“The best thing about coming to this group is meeting new friends, coming down the beach and getting fit.”

A parent’s perspective of weaning is also looked at in one video, along with support and advice from ABMU’s health visiting team.

Information is given on what cues to look out for when babies are ready to try their first solid food, what food to try and other sources of information and support.

In the video Clare Shears, Infant Feeding Coordinator, said:
“Parents find introducing solid foods a really exciting time and a big step in a child’s growth, but it can also be challenging and confusing too.
“Health visitors in your area can help to check if your child is ready and to decide what foods might be good to try first.”

The breastfeeding video highlights the role of friends, family and the community in helping to support breastfeeding.

It also provides the links to the ABMU infant feeding coordinator, who can offer more support.

New dad Darios, pictured with his family in a scene from the video, said: “Dads can help support breastfeeding by cuddling, bathing and walking baby. I was breastfed as a baby and it is something I would like to continue for my family.”

ABMU Infant Feeding Co-ordinator Rebecca Smith said: “ABMU recognises that breast feeding is the best way to feed your baby. There are benefits for mum and baby. The close and loving relationship reduces mum’s risk of cancers and lowers baby’s risk of lots of different types of infection.”

For further enquires about the work in this article please contact Beth Preece Beth.Preece2@wales.nhs.uk or Asha Boyce Asha.boyce@wales.nhs.uk
Children are the most important asset for our future generations, and we want to support our wide range of childcare providers to help young children have the best start in life. A key part of this is making sure they have good quality, nutritious food to maximise healthy growth and development.

Children receive a wide range of food intake in a childcare setting, from snacks and drink to meals across the day. This is why it is so important to encourage and support them to develop positive attitudes to food and healthy eating habits. It’s equally important if providing just snacks and drinks that they also follow healthy eating recommendations, as if these are high in sugar it can result in extra unnecessary calories, with little nutritional value and are harmful to teeth.

The new best practice guidance was launched in November 2018 and is available to support childcare settings to provide healthy food and drinks for the children in their care. The guidance, menus and recipes are published on the Welsh Government website for you to use freely, on the following links:

https://llyw.cymru/maethgofalplant

https://gov.wales/childcarefood

The link takes you to the practical resource: Food and Nutrition for childcare providers Menus and recipes which has 3 week example menus for Spring/Summer and Autumn/Winter with all the recipes for breakfast, snacks, lunch and tea. The recipes provided serve 5 or 20 portions. The example menus have been planned to meet current government dietary recommendations of infants and children aged six months to four years (up to their fifth birthday). Typical portion sizes utilised in the menus provide appropriate amounts of energy and nutrients. Further menu ideas are provided for older children in out of school care.

The ‘best practice guidance’ is accessed by the ‘learn more’ tab and is in sections and therefore relevant parts can be downloaded as required.

This has all you need to know about what good nutrition, what portion sizes children need is, how to plan menus and how to ensure a balance and variety of foods from the essential food groups.

It also has tips and ideas on encouraging children to eat well, food hygiene and safety, examples of how to develop a healthy food policy and check what how food provision meets the recommendations.

The guidance supports the following aims:

For children it will help to:

- establish good eating habits
- ensure they get the right balance and range of nutrients
- develop and maintain a healthy weight
- prevent tooth decay, iron deficiency and constipation
- ensure they get consistent messages about food and drink
For settings it will:
• ensure provision of the right balance of nutritious food in the correct portions
• encourage children to eat well and learn about food
• promote settings as a healthy environment to parents

For parents & carers it will:
• make them feel confident that their child is receiving good nutrition
• inform them about the settings’ approach to food and drink
• help them to continue good habits with their children at home

The guidance will contribute to the ‘Healthy Settings’ theme in the Welsh Government’s Healthy Weight: Healthy Wales strategy currently being consulted on, which aims to create healthy settings which provide opportunities for people to access healthy meals, snacks and drinks and be physically active.
Pregnancy and infancy are life stages where good nutrition can make all the difference. So, where do red meats, such as beef, pork and lamb, fit into this?

**Good nutrition in pregnancy**

From conception to birth, a woman is responsible for her baby’s nutrition, which is why it’s important to have a balanced diet rich in vitamins and minerals. Several of the nutrients required for a healthy pregnancy are found in red meat e.g:

- Iodine supports normal foetal brain development, yet a worrying lack of this mineral has been found in over a third of pregnant women in the UK, as well as half of teenage girls.
- Iron supports normal cognitive function and contributes to a reduction of tiredness and fatigue. Around 9% of women have low haemoglobin levels indicating a risk of iron deficiency.
- Vitamin D is essential for normal bone development. However, UK surveys show that around a fifth of women and a quarter of teenage girls are vitamin D deficient.

**What about babies' diets?**

Experts recommend that babies are introduced to solids around the age of 6 months. If this advice is followed, there’s no need to delay offering red meat as it’s a valuable source of nutrients required for normal growth and development, e.g. iron, vitamin A, vitamin B12, zinc and iodine. The iron in red meat is highly available to the body so much more of it is absorbed compared with the iron found in plants or cereals.

Studies suggest that including meat in infants’ diets is associated with better health outcomes. In the Southampton Women’s Survey, infants with a higher intake of fruit, vegetables, cooked meat and fish had a significantly lower risk of obesity at age four years and a higher IQ and better memory performance. A Danish study evaluated iron status in 8-month old infants, finding that those who were given 27g a day of red meat a day had more stable blood iron levels than infants who only received 10g a day. A large UK survey reported better iron status in pre-schoolers who included red meat in their diets.
How much red meat?
It's recommended that adults should eat up to 500g of cooked red meat per week, which equates to five portions around the size of a deck of cards. Choose lean red meat and add plenty of vegetables, beans or pulses.

For infants, include 2-3 tablespoons of stewed minced beef, pork or lamb with main meals once or twice a day. Remember not to add salt. Portion sizes and textures can increase gradually with age.

http://www.independentnurse.co.uk/clinical-article/iodine-deficiency-britains-hidden-nutrition-crisis/174833/

The views expressed by our contributors are highly valued and entirely valid. However, they are not necessarily those of the network and may not be shared by all network members. The issue of the role of red meat is contentious and in the interests of balance we would just like to reference the recent paper by the EAT-Lancet Commission on healthy diets in sustainable food systems that suggests “Our universal healthy reference diet largely consists of vegetables, fruits, whole grains, legumes, nuts, and unsaturated oils, includes a low to moderate amount of seafood and poultry, and includes no or a low quantity of red meat, processed meat, added sugar, refined grains, and starchy vegetables.”
Unique to North Wales, Bolivia Bach/Tiny Tums was developed to recognise and reward best practice in food &
drink provision for 1-4 year olds within early childcare settings.

Our innovative scheme was first initiated in Conwy in 2008, and is now operational across North Wales, with some
counties having up to 80% of their nurseries having achieved the award.

Tiny Tums is proudly led by Public Health Dietitians, working in partnership with early childcare providers, the
Healthy and Sustainable Preschool scheme, Designed to Smile, and Care Inspectorate Wales. Staff working
within settings such as nurseries, playgroups and childminders are offered accredited food and nutrition skills
training through the Nutrition Skills for LifeTM programme, with the support of our local education provider
Adult Learning Wales. Staff who have a direct role in menu development, or who provide food for the children are
encouraged to attend for training. After which, the setting is invited to complete a checklist to self-assess their
menus and submit them, alongside their food and drink policy for the Tiny Tums award.

As Dietitians we follow a standardised process for checking the menus and policies, providing feedback and
support to the setting as required, and ahead of making the award. Successful settings are awarded with a
certificate which they can display for all staff, visitors and parents to see.

The checklist we created is comprehensively based on achieving compliance with the former Welsh
Government Food and Health Guidelines for Early Years and Childcare Settings (2009). The Public Health
Dietetic team are currently reviewing the checklist and award materials in light of the new Welsh Government

Andrea Basu, Network Lead for Public Health Dietetics in Betsi Cadwaladr University Health Board said:
“We are so pleased by the commitment we’ve had from all our settings. It’s fantastic to see the value they place on
providing the very best nutrition for children in their care and how innovative so many of them are in the activities
they do with the children to encourage healthy eating practices. We know the early years are crucial in laying a
foundation for future health and wellbeing, with good nutrition and hydration being a vitally important component
of that.”

Here are some quotes from staff, parents and children who are part of Tiny Tums:

“I feel strongly about children’s diets, it’s important for their growth and development. The new menu is full of
different colours and textures which the children enjoy eating and exploring”
Nursery Manager

“I went home today and told my Daddy that I had my favourite dinner today, it was special pasta”
Child attending Nursery

“I like how the children have a range of ‘adult meals’ to help them grow with a varied taste range”
Parent of child attending Nursery
Healthy and Sustainable Pre School Scheme makes healthy eating fun

How can we make healthy eating fun and attractive for parents and children?

The Healthy and Sustainable Pre School Scheme offers a structured framework that pre-school settings (nurseries, playgroups and childminders) can use to progress their work around good nutrition. Childcare workers (and there are 23,000 of them in Wales) are fantastic at developing imaginative and enjoyable ways to engage young children in healthy food. By exploring not only the taste of different fruits and vegetables, but also their textures, colours and shapes, healthy food offers a wonderful variety of learning opportunities!

In the Vale of Glamorgan, childcare settings have produced some fantastic examples of creative learning, using healthy food as a focal point. Little Inspirations Day Nursery in Barry recently organised a charity 'coffee morning' but rather than have coffee and biscuits for visitors, the children made a 'cake' out of fruit!

Photo credit: Little Inspirations Day Nursery, Barry

At Teddy Bears Nursery in Llandough Hospital, Penarth children have been growing their own food. Getting outside and getting stuck in, children have been sowing seeds, nurturing plants as they grow, then learning about the delicious dishes that can be made from what they have grown.

The Healthy and Sustainable Pre School Scheme runs in every area of Wales. Catherine Perry co-ordinates the scheme in the Vale of Glamorgan, and commented: “Through a really effective partnership of organisations, we’ve been able to offer many opportunities to our childcare settings around promoting healthy food. We’ve also been able to involve parents in activities such as healthy cookery sessions, provide them with recipes, and offer books and other learning materials that promote fruit and vegetables. The work complements that of our colleagues offering programmes such as Designed to Smile, which promotes good oral hygiene, and the Gold Standard Healthy Snack Award which rewards good practice around healthy snacks. For further information, we make sure parents and childcare workers know all about the Every Child Wales website.
Welcome to our new PHNC Podcast Page of the Ebulletin. Here you can listen to the previously released Podcasts. Currently we have several podcasts in the pipeline on topics such as Health and Housing, Health Impact Assessments, Workplace Health and Cardiovascular Disease.

This month’s podcast covers Nutrition in Early Years and has been recorded with Andrea Basu, Network Lead for Public Health Dietetics, Betsi Cadwaladr University Health Board.

If you are interested in recording a podcast with us in the future, please contact us via email: publichealth.network@wales.nhs.uk
Welcome Press Play, here you can get the latest PHNC videos from youtube! Every month we will add new videos as they get uploaded.

We have a number of events planned over the next few months so keep your eyes peeled for the latest streams on our twitter feed or come back and visit Press Play after the event!

Old and Alone: Not an Isolated Incident
Workplace Mental Health and Wellbeing
Contribution of Allied Health Professionals to Public Health

Sustainability Showcase 2018
Sexual Health Conference 2018
Public Health Network Cymru Roadshow Video 2018

Check out the PHNC Sound and Vision Pages for more videos
The Venture receives Boliau Bach/Tiny Tums Best Practice Certificate for Early Years Settings

The Venture ‘Flying Start’ Early Years Centre, based at The Venture Integrated Children’s Centre in Caia Park, Wrecsam, were proud to have recently received the ‘Boliau Bach | Tiny Tums’ “Best Practice Certificate for Early Years Settings” for their snack and drinks provision. The certification is based on the Welsh Government Food & Health Guidelines for Early Years & Childcare Settings and certified by Public Health Dietitians.

An increase in fruit can also mean a higher risk of tooth decay due to the high levels of sugars. To combat this The Venture was also pleased to receive the Gold Award for ‘Cynllun Gwên | Designed to Smile’ tooth brushing programme promoting good oral health.

To try and promote a healthy and balanced diet the Early Years Centre have a monthly planner for their menu, and also display daily which snacks and drinks will be on offer as well as the staff team. Each child has their own placemat with their name and photo printed which also details any allergies or dietary requirements.
SHAPING OUR FUTURE IN WALES
FUTURES FOR DECISION-MAKERS IN THE PUBLIC SECTOR

26TH MARCH 2019
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ALL NATIONS CENTRE, CARDIFF

See how thinking and planning for the long-term is important and achievable

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The Headlines

- Invest to save: new guidance on priority areas for health and wellbeing action
- Young people to benefit from online Health and Wellbeing Resource
- Families should ban mobile phones from the dinner table and at bedtime, according to the UK’s top doctors.
- The number of women diagnosed with cervical cancer could be slashed thanks to smear test revolution
- Welsh Pupils now able to Benefit from UK’s Biggest Walk to School Programme
- Free trees for schools and communities
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Health and Social Care