



**Paper for information: Government Updates on Nutrition  
Related Activities  
Health Scotland**

**Agenda Item: 7**

Please see attached paper for information.

## **Update from NHS Health Scotland**

### **Weaning**

- 1) Following research carried out in 2003/4 Health Scotland have been developing a new weaning leaflet to replace the existing leaflet *From Milk to Family Meals*. The new leaflet is designed to be more practical than the existing one and includes improved information on oral health as well as recipe ideas for parents. It is planned to complete the development of this leaflet in this financial year and launch it late spring / early summer 2005.

### **Adventures in Foodland**

- 2) Adventures in Foodland, the nutrition pack for childcarers of 0-5s launched in 2003 continues by in demand. A number of Training for Trainers activities are currently being organised to take place in partnership with Childcare Partnerships.
- 3) Health Scotland have also been working with the Scottish Executive to develop Nutritional Guidance for Early Years and it is hoped that the SE will issue this Guidance for formal consultation in the next month. The Nutritional Guidance is strongly linked to Adventures in Foodland and it is hoped that we will be able to support the roll-out of the Guidance by raising awareness of Adventures in Foodland and making copies available to interested Early Years settings

### **Breastfeeding**

- 4) A new legislation in support of breastfeeding has been passed by the Scottish Parliament. Health Scotland developed a second advert to promote breastfeeding which was launched during Breastfeeding Awareness Week 2004. We hope to repeat this during BFAW 2005 in support of the new law.
- 5) Breastfeeding Education Resource (CD Rom) was developed during 2004 by Health Scotland in partnership with UNICEF/BFI and NHS Education for Scotland. The resource is designed to support Higher Education Institutions meet the UNICEF UK Baby Friendly Initiative Education Standards and achieve institutional accreditation.

### **Schools**

#### **Growing Through Adolescence**

- 6) Growing Through Adolescence is a training pack that contains materials trainers can use in designing training sessions for teachers of pupils in upper primary schools and lower secondary schools. The sessions aim to facilitate teachers to help young people cope with emotional and physical health issues as they grow and develop.

- 7) Growing Through Adolescence focuses on healthy eating and has five key components:

**Trainers' Notes** -concise information on how trainers can integrate the component parts of the training pack to develop coherent and engaging sessions for teacher participants.

**Pre-designed training sessions** - five training sessions of approximately three hours duration aimed at developing teachers' knowledge and awareness of the complex issues surrounding healthy eating for young people as they develop through adolescence.

**Training activities** - a 'menu' of activities from which trainers will be able to select the most appropriate options to design their own training sessions for particular groups of teachers.

**Background resource** - in-depth chapters on some of the key issues around healthy eating for trainers to use as background preparation for session design and facilitation. Themes of the chapters include nutrition, physical activity, puberty, food patterns, dieting, eating disorders, self-esteem, body image, the role of the media

**Factsheets** - information and statistics on key issues relating to healthy eating and growing through adolescence that trainers will be able to offer session participants.

### **Health Behaviour Of School Children (HBSC)**

- 8) Health Scotland supports CAHRU (Child and Adolescent Health Research Unit) at the University of Edinburgh in the cross national HBSC study. HBSC is a WHO cross-national study of school aged children in 36 countries & regions in Europe and North America. A data is collected from 11, 13 and 15 year olds (1500 in each age group) every 4 years. Included in the data collection are key questions on diet and eating behaviour.
- 9) A key aim of the Scottish HBSC study is to inform and to contribute to the development and delivery of health education and health promotion within the school setting and in other arenas. National dissemination of research findings has been conducted after each survey to a wide range of user groups including schools, Education Departments, Health Boards, policy makers and other key professionals with responsibility for health promotion targeted at young people.

### **European Network of Health Promoting Schools**

- 10) As a member of the European Network of Health Promoting Schools Health Scotland and with CAHRU, conducted a research study on healthy eating in schools using a health promoting school approach. Final report was completed in summer 2003.