The importance of health visiting in supporting family nutritional health

Dr Cheryll Adams, Executive Director, iHV
Content of session

• Who are the iHV?
• Core purpose of health visiting
• Current structures underpinning health visiting and the opportunities to influence family nutrition
• Challenges and opportunities
• What is the Institute doing to help?
• It’s not all about what families eat – Ready Steady Mums programme
Institute of Health Visiting (iHV)

- iHV is a charity – launched in 2012
- Aim - To ensure quality and consistency in health visitor services for the benefit of all children and families and to reduce health inequalities
- Online Centre of Excellence providing high quality resources and information, as well as outreach work and training
- Work with many partners – statutory, professional, voluntary, consumers
- Membership recently extended to those working with health visitors or interested in their work – Friends
What is a health visitor?

To become a health visitor you need to:

• be a qualified nurse or midwife

• undertake a one year (52 weeks) degree level programme to qualify as a Specialist Community Public Health Nurse (Health Visitor).

Health visitors work with EVERY family with pre-school children in the UK to promote health and reduce the impact of illness and long term conditions – deliver the Healthy Child Programme.
Improving health outcomes for all children

Health visiting and the foundations of health

Stable, responsive relationships

Safe, supportive environments

Sound and appropriate nutrition

Wider community

Neighbourhood

Family

Parent

Child

1www.developingchild.harvard.edu
The “Transformed” Health Visiting service

4 Level Service Model
1. Your Community
2. Universal
3. Universal Plus
4. Universal Partnership Plus

5 Mandated Elements
1. Antenatal visits
2. New baby review
3. 6-8 week assessment
4. 1 year assessment
5. 2 to 2 ½ year review

6 High Impact Areas
1. Transition to parenthood and the early weeks
2. Maternal (perinatal) mental health
3. Breastfeeding
4. Healthy weight, healthy nutrition (and physical activity)
5. Managing minor illnesses & reducing accidents
6. Health, wellbeing & development at 2 years & support to be ‘ready for school’

Improved access
Improved experience
Improved outcomes
Reduced health inequalities
4 level service - family nutritional health

- Your Community
- Universal
- Universal Plus
- Universal Partnership Plus
5 universal reviews - family nutritional health

- Antenatal visit – 36 wks
- New birth visit – 10-14 days
- 6-8 week assessment
- By 1 year
- 2-2½ year assessment
6 High Impact Areas for Early Years

- Transition to parenthood
- Maternal mental health
- Breastfeeding (initiation & duration)
- Healthy weight, healthy nutrition (to include physical activity)
- Managing minor illness and reducing accidents
- 2 year review (and readiness for school)
Influencing public health

“Providing and developing intelligence about communities’ assets in partnership with communities to support the health and wellbeing of 0-5 year olds, to inform the Joint Strategic Needs Assessment (JSNA)” NHS England, 2014: p13

Data from the Public Health Outcomes Framework that are relevant to the Early Years

- Low birth weight of babies
- Breastfeeding prevalence
- Smoking status at time of delivery
- Under 18 conceptions
- Excess weight at age 4-5 years
- Vaccination coverage
- Infant mortality
- Tooth decay in children age 5
Integrated working at a local level

Types of Need

- Predicted Population level e.g. PREview
- Assessed by HV (or others involved with family)
- Expressed by the Family

Health Visitor

Service Response

- Provide sole service Or with partners incl. CC/ social services
- Refer/delegate to a another team member
- Engage family with e.g. CC &/or build community capacity
- Refer on to Specialist Services
Early Intervention Foundation survey – Who parents turn to for support? (EIF, 2015)

N=1,533 mothers with a child 0-5 years

- Health Visitor: 60%
- Family/friends: 55%
- Websites/apps: 50%
- Nursery or pre-school: 40%
- Children's centre: 30%
- Local GP: 20%
- Childcare provider: 10%
- Charity: 0%
- Local council: 0%
Conception to School – a child’s journey

Pregnancy
Midwife
Health Visitor

Early Development
Health Visitor

Preparing for School
Pre School
Health Visitor

School Ready
Teachers
School Nurse

High quality universal care required throughout
“the future health of millions of children, the sustainability of the NHS and the economic prosperity of Britain will depend on a radical upgrade in prevention and public health”
Local authorities know their communities and understand local need

Opportunities to link with wider systems, such as housing, early year’s education providers

Services built around the individual needs, paving the way to deliver across a wider range of public health issues

Joint training opportunities for staff, co-production opportunities with closer working together, and avoidance of duplication
Contributions of the Institute: For parents and HVs

• Online Centre of Excellence with many nutrition resources including short films – professionals and users interviewed
• Many specific Good Practice Points and Parent Tips (in Families section) on breast feeding and nutrition. Include:
  • Benefits of Breastfeeding, and FAQs
  • Expressing and Storing Breast Milk
  • Introducing Formula Milk
  • When your Baby cries during feeds or has colic
  • Feeding your Older Child
  • How can I encourage my Child to Eat Vegetables?
Supported by funding from Burdett Trust over the next two years we aim to create almost 500 Healthy Weight, Healthy Nutrition HV champions across the UK.

- Cascade training for local delivery to develop leadership in organisations for nutrition
- Designed to complement approaches such as HENRY
Ready Steady Mums (RSM) – increasing physical activity

Ready Steady Mums is a volunteer-led community exercise movement for mums, a programme run by the Institute of Health Visiting.

An example of Building Community Capacity - RSM encourages local mums to set up and lead a local group to go for a walk or engage in other physical activity.

http://readysteadymums.org/
Thank you for listening!

Cheryll.Adams@ihv.org.uk

Philippa.Bishop@ihv.org.uk

www.ihv.org.uk

Twitter: @iHealthVisiting
Facebook: Institute of Health Visiting