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Wales

14<sup>th</sup> May 2014

SCUOLE CHE PROMUOVONO SALUTE

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# Background

- 1995-1999 Involvement in ENHPS
- 1999 Welsh Network of Healthy School Schemes (WNHSS) launched as part of Welsh Government
- 2005 Schemes running in all 22 Local Authorities, and all accredited
- 2011 An extension of the WNHSS scheme; the National Healthy and Sustainable Pre School Scheme (HSPSS) launched

# The Challenges in Wales

- 1 in 5 children and young people live in poverty
- 97,500 lone parent households with dependent children
- 28,600 children and young people provide un paid care
- 5,700 children are in the care of local authorities
- In 2011/12 45% of homeless families in temporary accommodation had dependent children
- In 2011/12 19% of children eligible for free school meals

# The Challenges – Health of children and young people in Wales profile 2013

- Only 30% of ages 11-16 eat fruit and/or veg each day
- Only 36% of ages 5-14 participate in activity of 1 hour or more daily
- 3 in 10 children aged 4-5 are overweight or obese
- 26% of ages 16-24 smoke
- 46% of ages 16-24 drink above recommended limits

# Challenges -The Marmot Review 2010

- Give every child the best start in life
- Early years has life long effects on health and well being (obesity, CHD mental health) and educational and economic attainment
- Extend the role of schools in supporting families and communities taking a whole child approach to education
- Implement extended school approaches
- Address social and emotional development, physical and mental health and wellbeing

# Potential

- With all 1677 maintained schools, employing 24600 teachers and 22294 support staff and 451790 pupils actively engaged on the scheme, the potential of the school as a healthy setting in which to reach significant numbers of families and communities across Wales is unsurpassed

# Structure

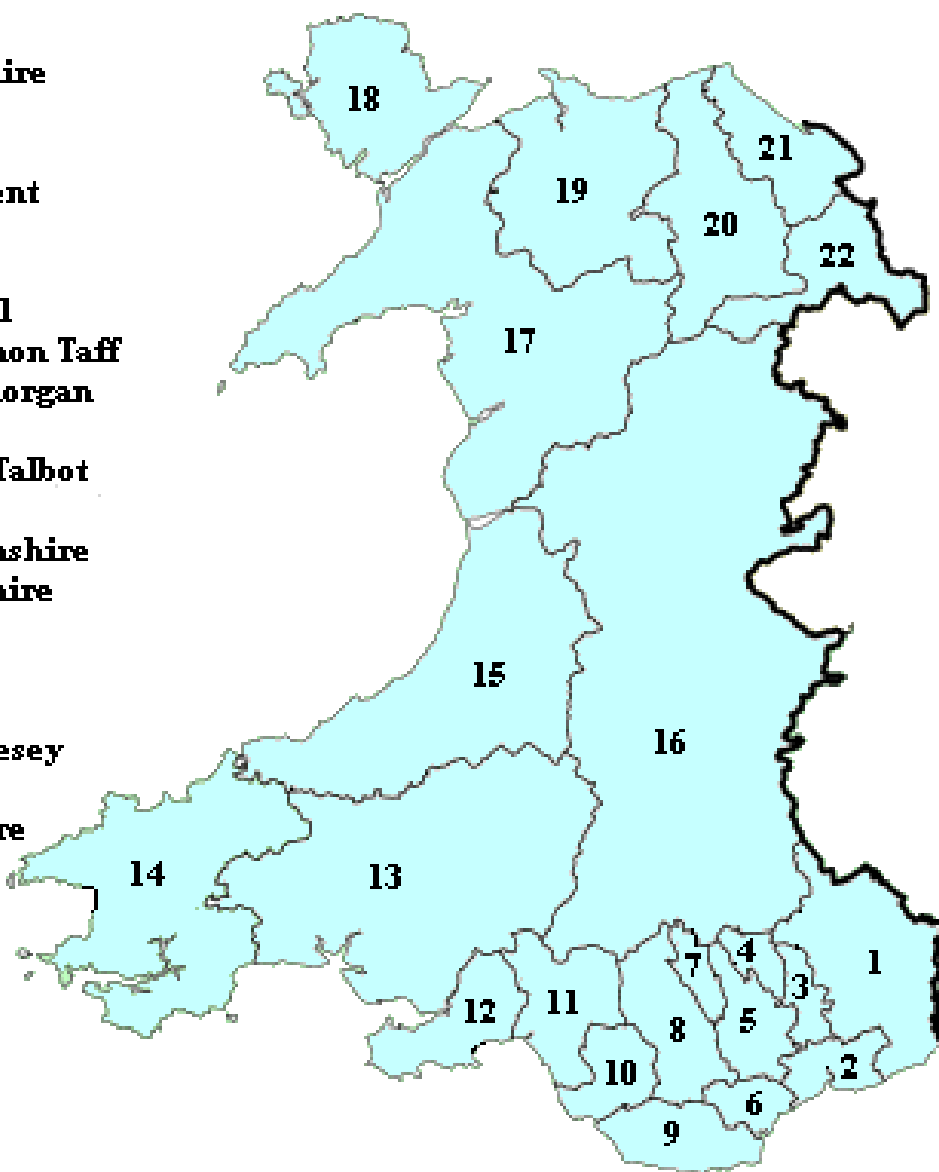
- The 22 WNHSS & HSPSS across Wales are playing a key role in the realisation of this potential
- There are 22 local coordinators across Wales with a further 37 support staff
- There are 525 settings actively engaged with the pre school scheme age range 0 – 5 years old with 30 part time staff
- Grants totalling £1,168,184 are paid annually to the 22 authorities to support schools and settings within the schemes



## Unitary Authorities of Wales

# Structure

1. Monmouthshire
2. Newport
3. Torfaen
4. Blaenau Gwent
5. Caerphilly
6. Cardiff
7. Merthyr Tydil
8. Rhondda Cynon Taff
9. Vale of Glamorgan
10. Bridgend
11. Neath Port Talbot
12. Swansea
13. Carmarthenshire
14. Pembrokeshire
15. Ceredigion
16. Powys
17. Gwynedd
18. Isle of Anglesey
19. Conwy
20. Denbighshire
21. Flintshire
22. Wrexham



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# Process

- All schools work towards seven health aspects;
- - Food & Fitness
  - Environment
  - Personal Development & Relationships
  - Safety
  - Mental & Emotional Health & Well Being
  - Hygiene
  - Substance Use & Misuse
- Each aspect has indicators under 4 headings:
  - Leadership and Communication,
  - Curriculum,
  - Ethos and Environment,
  - Family and Community Involvement.

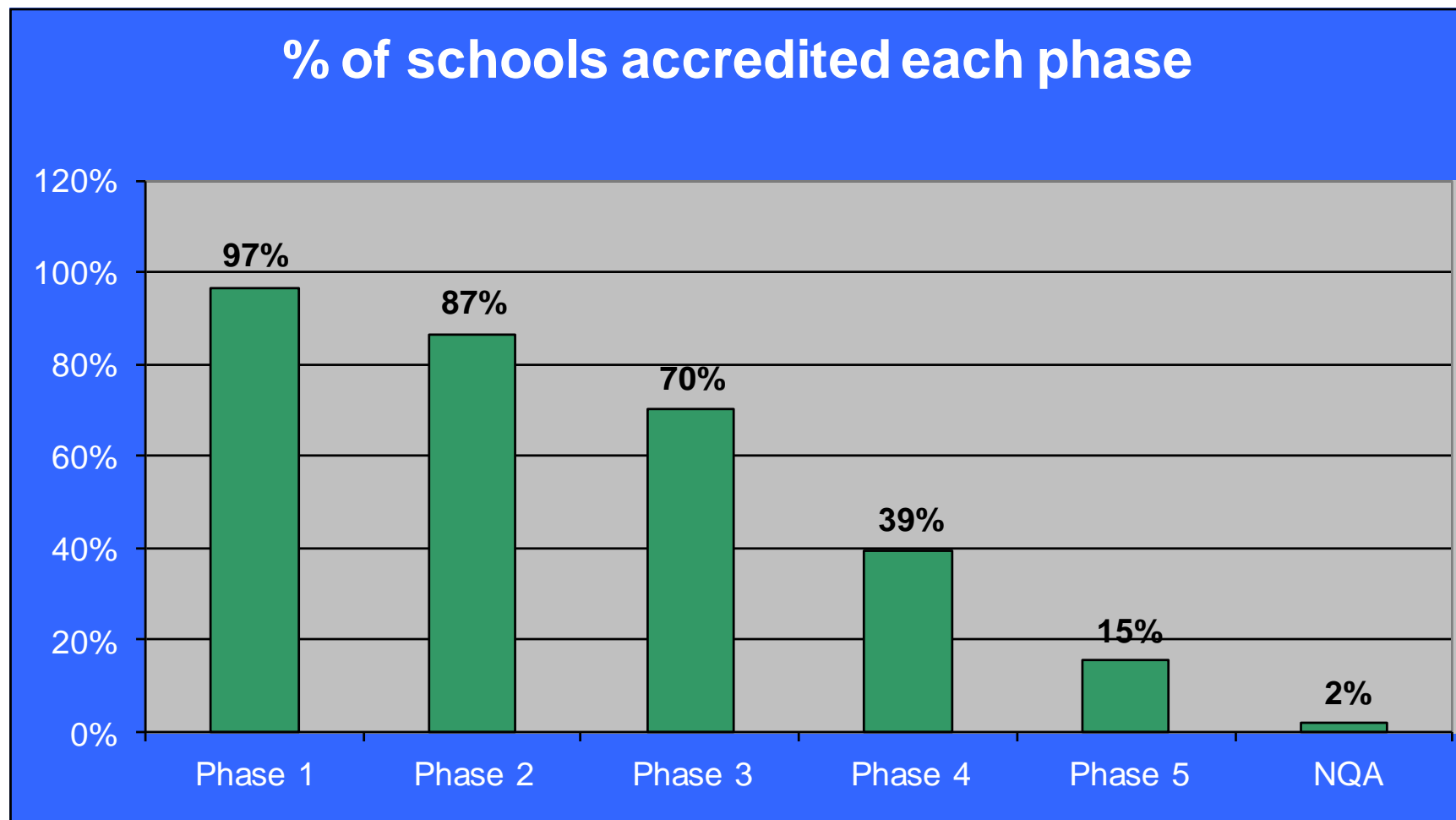
# Process

- There are six phases the schools work through;
- Phase 1,2 & 3 indentify and undertake actions agreed locally which take a minimum of one year each
- Phase 4 & 5 minimum 2 years each– embed previous actions and undertake new actions
- Phase 1-5 are assessed locally
- Phase 6 minimum 2 years is the National Quality Award
- NQA is assessed independently to ensure quality assurance

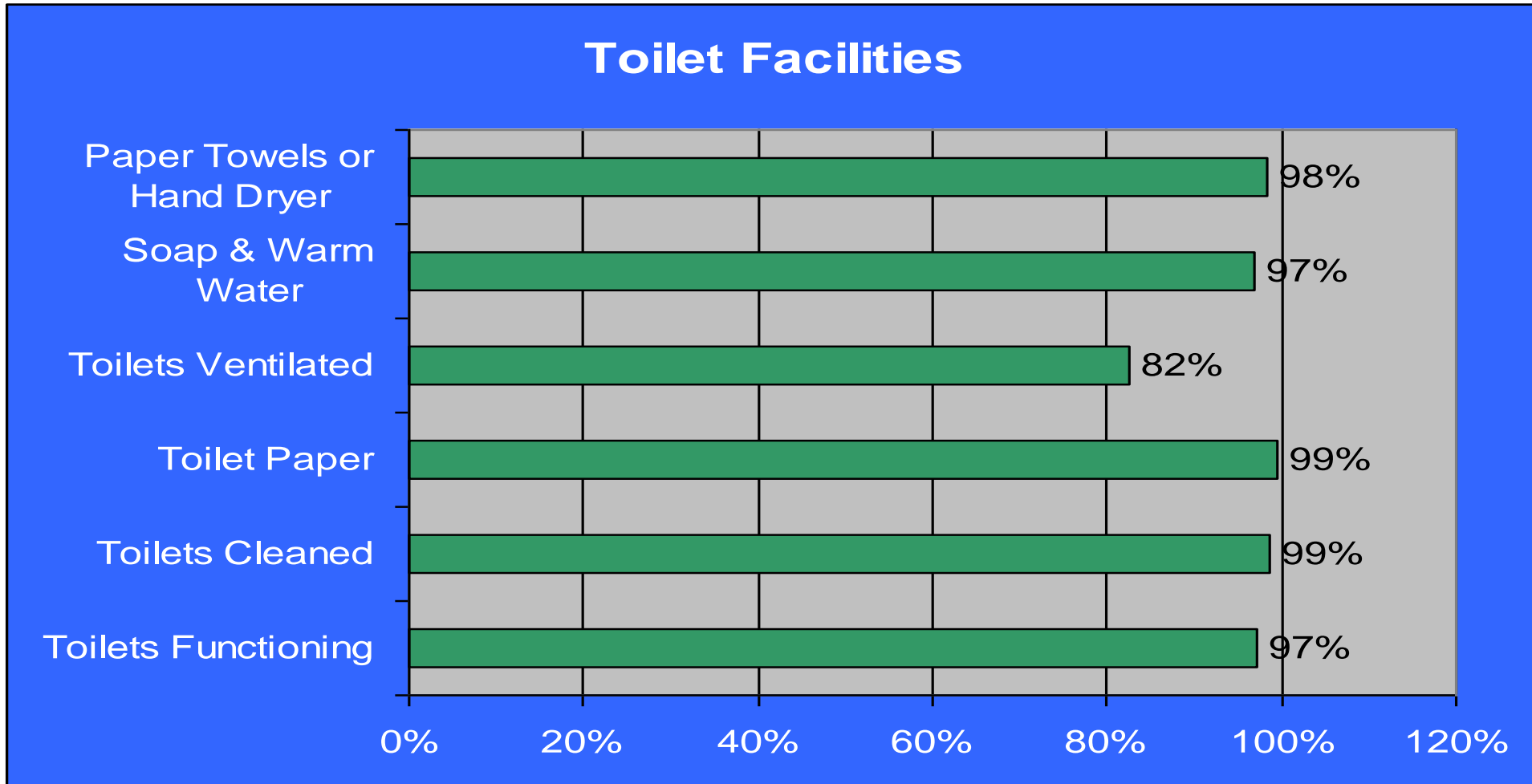
# Process- Evidence IUHPE guidance

- **Allow 3-4 years to complete specific goals**  
Establishing a HPS is not a time limited project. It is a process of change, development and evolution that builds a healthy school community
- There are a number of factors which have been demonstrated to be necessary for sustaining the efforts and achievements of the first few years over **the following 5-7 years**
- It takes between 8- 11 years to embed health behaviour change

# Quality Assurance — National Database



# QA — National Database



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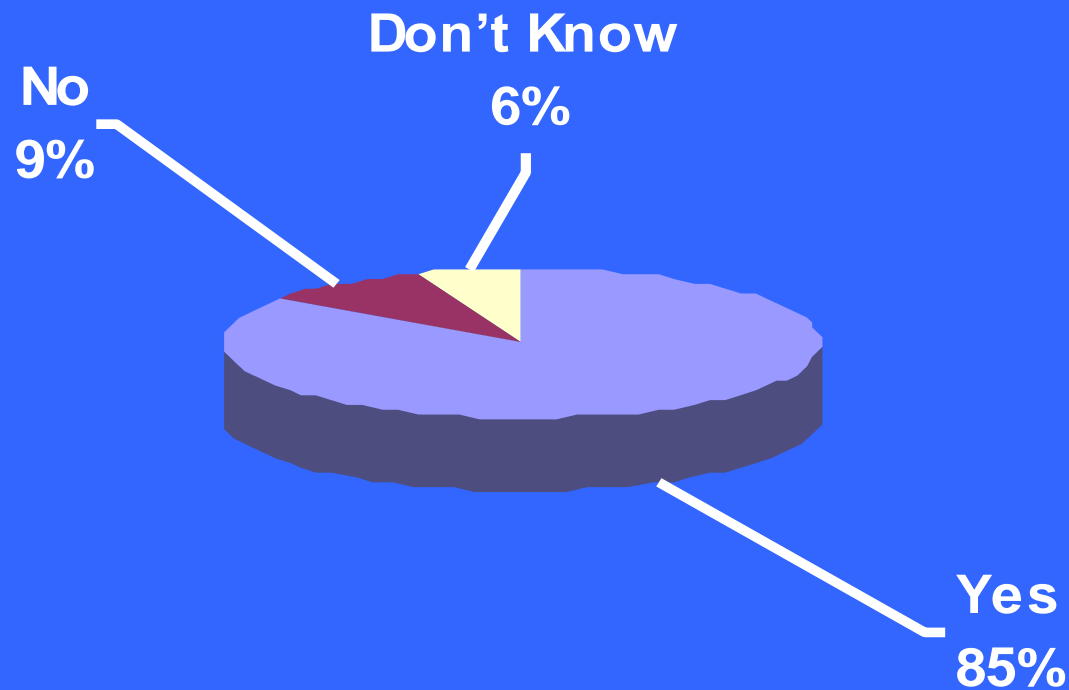


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# QA — National Database

Does the school allow water on desks?



# QA National Database

- It is entirely possible for schools to deliver services that meet a wide range of process targets, including health policies, healthy environments and high pupil participation levels, yet still not succeed in improving health outcomes
- Results based accountability pupil health outcome measures have been developed recently to supplement school outcome measures
- This means as well as knowing how many schools allow free access to drinking water we can record how many pupils are actually drinking water daily



# Success

- The WNHSS is now seen within Public Health Wales as the official driver and umbrella organisation for health improvement programmes within a pre/school educational setting at local and national levels
- The WNHSS has a coordinating force for strategic, whole school approaches to community health improvement
- “ The All Wales Scheme is now considered one of the most developed and comprehensive health promoting school programmes in Europe”

Ian Young World Health Organisation

# Grazie



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