

Resources from Health Promotion



24: RESOURCES FROM HEALTH PROMOTION

In addition to the topic boxes, there are a number of resources that fit in well with the topics discussed in this pack. The list given below includes resources to use in activities with the children as well as those that provide background information for staff and parents.

The main source of health promotion materials for the Great Yarmouth area is the Library and Information Service (LIS) of Eastern Support Services at St. Andrew's House in Norwich. This library provides a full lending service of books, videos, teaching packs, journals, reports, etc. on all aspects of health education and health promotion. If you would like to more information on the resources described or about other available resources, the LIS can be contacted on 01603 307258 or email rosemary.stark@norfolk.nhs.uk. In addition, the library houses a Health Information Team which offers a wide range of leaflets and posters on health related topics. Those leaflets and posters on topics relevant to this pack are listed below.

RESOURCES PACKS, VIDEO'S AND EQUIPMENT

Nutrition

- Balance of Good Health – Plate Model Mat & Food Dummies (LIS)

Oral Health

- Dentist Chair*
- Snappy Teeth Giant Crocodile*
- From Bottle to Cup: A guide to encourage healthier drinking practices in young children**.

Physical Activity

- The Toy Library has a variety of in- and outdoor play equipment available to borrow*.

* To borrow these items please contact Jason Brown 01493 743053 or mobile: 07796 067336

**To borrow this guide please contact Debora van Zee, Community Nutrition Project Facilitator at 01493 441759

LEAFLETS & POSTERS

Nearly all leaflets and posters mentioned below – except those produced by the Department of Nutrition and Dietetics of the James Paget Hospital (JPH) and the British Dietetic Association (BDA) – can be ordered free of charge from the Health Information Team who are based at Eastern Support Services, St. Andrews House, Norwich. The lead officer within the team is Julie Pretty, who can be contacted on 01603 307208 or email julie.pretty@norfolk.nhs.uk. To access the Health Information Leaflet Service catalogue and make an order online go to: www.heron.nhs.uk Click on 'patient information' in the top-right corner of the home page, then go to 'leaflet catalogue'.

The leaflets produced by JPH and the BDA can be ordered by contacting Debora van Zee, Community Nutrition Project Facilitator on 01493 441759/ 078 1806 3617 or email debora.vanzee@ukonline.co.uk

Maternal and Child Nutrition

- Thinking of Having a Baby (Food Standards Agency 2002)
- Folic Acid – What all women should know (Department of Health 2001)
- Folic Acid – What all Women Should Know A3 Poster (Department of Health)
- Trying for one of these? – Folic Acid (Department of Health)
- Eating while you are Pregnant (Food Standards Agency 2002)
- Breastfeeding (Department of Health 2003)
- Bottle-feeding (Department of Health 2003)
- Breastfeeding's World of Benefits A2 Poster (UNICEF baby friendly initiative)
- Eating For Breastfeeding (Food Standards Agency 2002)
- Bump to Baby – A five minute guide to eating well during pregnancy and breastfeeding (The Dairy Council 2001)
- After Milk – What's Next? (BDA– Paediatric Group)
- Weaning your Baby (Department of Health 2000)
- Baby Nosh – Introducing Your Baby to Food (The Dairy Council 2002)
- Feeding your Baby (Food Standards Agency 2002)
- Feeding your child from 1 to 3 (Department of Health 2000)
- Feeding Your Toddler (Food Standards Agency 2002)
- Food for the Growing Years – advice for feeding 1-5 year olds (BDA– Paediatric Group)
- Feeding Your Growing Child (Food Standards Agency 2002)
- Dietary Advice for Hyperactive Children (JPH Dept. of Nutrition & Dietetics)
- Help- My child Won't Eat! – a guide for families (BDA– Paediatric Group)

Oral health, Physical Activity and Behaviour Change

- Chomp! Let's See Them Knashers! (The Dairy Council 2002)
- Tiny Teeth – A five minute guide to healthy teeth for the under fives (The Dairy Council 2002)
- Let's get physical – pocket play pack (British Heart Foundation 2001)
- Get Kids on the Go! – Keep Kids Fit the Easy Way (British Heart Foundation 2000)
- Behave Yourself – A practical guide to encouraging better behaviour in children (English version from NSPCC, Portuguese version from the Health Information Team 2002)

Healthy Eating General

- Preventing Food Poisoning – Good Hygiene at Home (Food Standards Agency 2002)
- The Balance of Good Health (Food Standards Agency 2001)
- The Balance of Good Health A3 Poster (Food Standards Agency 2001)
- Getting the Balance Right A3 Poster (British Meat Nutrition Education Service)
- Healthy Eating – Fats (Food Standards Agency 2002)
- Healthy Eating – Sugars (Food Standards Agency 2002)
- Healthy Eating – Salt (Food Standards Agency 2002)
- Five a day – Just Eat More Brochure (Department of Health 2003)
- Five a Day – Just Eat More Leaflet (Department of Health 2003)
- Five a Day – Just Eat More A3 Poster (Department of Health 2003)
- Guide to Food Labelling (British Heart Foundation 2002)

OTHER USEFUL CONTACTS FOR RESOURCES

For resources related to healthy eating especially developed for kids (including posters, badges, stickers, wristbands and balloons) visit the website of the Comic Company: www.comiccompany.co.uk.



25: **USEFUL CONTACTS & FURTHER READING**

Local & Regional Contacts:

Debora van Zee
Community Nutrition Project Facilitator
119-120 Gordon Road
Great Yarmouth NR31 0EW
Tel: 01493 441759 / 078 1806 3617
Email: debora.vanzee@ukonline.co.uk

Department of Nutrition and Dietetics
James Paget Healthcare NHS Trust
Lowestoft Road
Gorleston
Great Yarmouth NR31 6LA
Tel: 01493 452381

Great Yarmouth Childminding Network
119-120 Gordon Road
Great Yarmouth NR31 0EW
Tel / Fax: 01493 445556

Mandy Loades, Dental Health Educator
James Paget Healthcare NHS Trust
Greyfriars Clinic
Greyfriars Way
Great Yarmouth NR30 2QE
Tel: 01493 858325 / 850505

Nicola Lovett
Sure Start Midwife, Breastfeeding Support
Great Yarmouth
Tel: 01493 852253

Lisa Page
Local B.N.C.T Breastfeeding Counsellor
Tel: 01493 667728

Anne Dobson, Norfolk Early Years Development and Childcare
Partnership
Education Dept. Norfolk County Council
County Hall
Martineau Lane
Norwich NR1 2DL
Tel: 01603 222146
Fax: 01603 223833
Email: anne.dobson@norfolk.gov.uk

National Contacts:

Food Standards Agency (FSA),
Scotland 6th Floor
St Magnus House
25 Guild Street
Aberdeen AB11 6NJ
Tel: (01224) 285100
www.foodstandards.gov.uk

For FSA publications contact:
Food Standards Agency Publications
Tel: (0845) 6060667
Fax: (020) 8867 3225
E-mail:
foodstandards@eclogistics.co.uk;
www.foodstandards.gov.uk/aboutus/publications

Food link, Food and Drink
Federation
6 Catherine Street
London WC2B 5JJ
Tel: (020) 7836 2460
Fax: (020) 7379 0481
www.foodlink.org.uk

British Heart Foundation
14 Fitzhardinge Street
London W1H 6DH
Tel: (020) 7935 0185
Fax: (020) 7486 5820
www.bhf.org.uk

British Dietetic Association
5th Floor Charles House
148/9 Great Charles Street
Queensway
Birmingham B3 3HT
Tel: (0121) 200 8080
www.bda.uk.com

Sarah Watts
Caroline Walker Trust
PO Box 61
St Austell PL26 6YL
Tel: (01726) 844107
www.cwt.org.uk

The Dairy Council
5-7 John Princes Street
London W1G 0JN
Tel: (020) 7499 7822
Fax: (020) 7408 1353
www.milk.co.uk

National Childbirth Trust
Helpline: 0870 448708
7 days/ week, 8am – 10pm

British Nutrition Foundation
High Holborn House 52-54
High Holborn
London WC1V 6RQ
Tel: (020) 7404 6504
Fax: (020) 7404 6747
www.nutrition.org.uk

Diabetes UK
10 Parkway
London NW1 7 AA
Tel: (020) 7424 1000
Fax: (020) 7424 1001
www.diabetes.org.uk

Coeliac UK
PO Box 220
High Wycombe
Buckinghamshire HP11 2HY
Tel: (01494) 437278
Fax: (01494) 474349
www.coeliac.co.uk

The Vegetarian Society Parkdale
Dunham Road Altrincham
Cheshire WA14 70G
Tel: (0161) 925 2000
Fax: (0161) 926 9182
www.vegsoc.org

British Dental Health Foundation
Smile House
2 East Union Street Rugby
Warwickshire CV22 6AJ
Tel: (0870) 770 4000
Fax: (0870) 770 4010
www.dentalhealth.org.uk

L Hemming Visual Aids -
Healthcare (for oral
health promotion materials)
Hemming VA Ltd
120 Bailiff Street
Northampton NN1 3EA
Tel: (01604) 634289
www.hemmingva.com

The Hyperactive Children's
Support Group (HACSG)
Sally Bunday (Founder/ Director)
71 Whyke Lane
Chichester
West Sussex
PO19 7PD

UNICEF UK
Africa House
64 -78 Kingsway
London WC2B 6NB
Tel: 020 73127652
www.babyfriendly.org.uk

FURTHER READING:

- Caroline Walker Trust (1998) Eating well for under 5's in child care: practical and nutritional guidelines: report of an expert working group. The Caroline Walker Trust (*Acc. No. 4236, WS 115)
- Gregory J, Lowe S, Bradnock G et al (2000) National Diet and Nutrition Survey: young people aged 4 to 18 years: volume 1: report of the diet and nutrition survey. The Stationery Office (Acc. No. 6219, WS115)
- Hamlyn B, Brooker S, Oleinikov K et al (2002) Infant feeding 2000: A survey conducted on behalf of the Department of Health, The Scottish Executive, the National Assembly for Wales and the Department of Health, Social Services and Public Safety in Northern Ireland. The Stationery Office (Acc. No. 7652, WS803)
- Reid M & Adamson H (1997) 'Opportunities for and barriers to good nutritional health in women of childbearing age, pregnant women, infants under 1 and children aged 1 to 5.' In: Murphy Dr. E (ed.) Series: Opportunities for and barriers to good nutritional health. Health Education Authority
- Healthy Start Team (2002) Healthy Start: Proposals for reform of the Welfare Food Scheme. Department of Health (Acc. No. 8111, Ws115)
- Norfolk Health Authority (2002) Norfolk Food and Nutrition Strategy: Increasing real choice for the balance of good health. Norfolk Health Authority (Acc. No. 7713/7714, WD22)
- Underdown A. (2000) When feeding fails: Parents' experiences of faltering growth. The Children's Society.
- Walker A, Gregory J, Bradnock G et al (2000) National diet and Nutrition Survey: young people aged 4 to 18 years: volume 2: Report of the oral health survey. The Stationery Office (Acc. No. 6220, WS 115).

* *Acc. No. refers to the account number for Norfolk Health Promotion Library.*

26: REFERENCES

- British Heart Foundation (2000) Couch Kids - the growing epidemic.
- Caroline Walker Trust (1998) Eating well for under 5's in child care: practical and nutritional guidelines: report of an expert working group, The Caroline Walker Trust
- Department of Health (1994) Weaning and the Weaning Diet, London: HMSO.
- Department of Health (2000c) The NHS Plan: a plan for investment, a plan for reform. London: The Stationery Office.
- Department of Health (2003) Tackling Health Inequalities: a programme for action. London: The Stationery Office.
- Food Standards Agency and Scottish Executive Health Department (2002) Catering for Health.
- Gregory, JR. et al (1995) National Diet and Nutrition Survey: Children aged 1½ to 4½ years. Volume 1: Report of the diet and nutrition survey, London, HMSO.
- Health Education Board for Scotland & Edinburgh Community Food Initiative (1999) Just for Starters.
- Health Education Board for Scotland (1993) Hassle Free Food.
- Karmel A. (2001) Super foods for Babies and Children, Ebury Press, London.
- Norfolk Health Authority (2001) Inequalities in Health & Social Care, The Annual Report of the Directorate of Public Health. Norwich: Norfolk Health Authority
- Norfolk Public Health Observatory (2002) Regional Health & Deprivation Statistics. Retrieved from the WWW: www.norfolkpho.nhs.uk
- Qualifications and Curriculum Authority (2000) Curriculum Guidance for the Foundation Stage. London
- Reilly JJ, Dorosty AR, Emnett PM. (1999) Prevalence of overweight and obesity in British children: cohort study British medical Journal, 319: p1039
- The Scottish Office (1996) Eating for Health - A Diet Action Plan for Scotland. The Scottish Office (1999) Towards A Healthier Scotland.
- Timperley C. (1997) Baby & Child Vegetarian Recipes, Ebury Press, London.
- UNICEF UK (1997) Breastfeeding Management Course: UNICEF UK Baby Friendly Initiative. UNICEF/ WHO
- Wilson A. et al (1998) Relation of infant diet to childhood health: seven year follow up of cohort of children in Dundee infant feeding study British Medical Journal, 316: p21