

Internship in the Public Health Department of Wandsworth PCT



SS 2007
Mathias Dielacher
Claudia Fischer

Wandsworth **NHS**
Teaching Primary Care Trust

Food provision and staff training needs in Wandsworth nurseries.

Background

- **Obesity in England's children has increased dramatically during the last 20 years.**
- **A local survey of five year olds in 2005/06 found that around one in four children are already overweight or obese.**

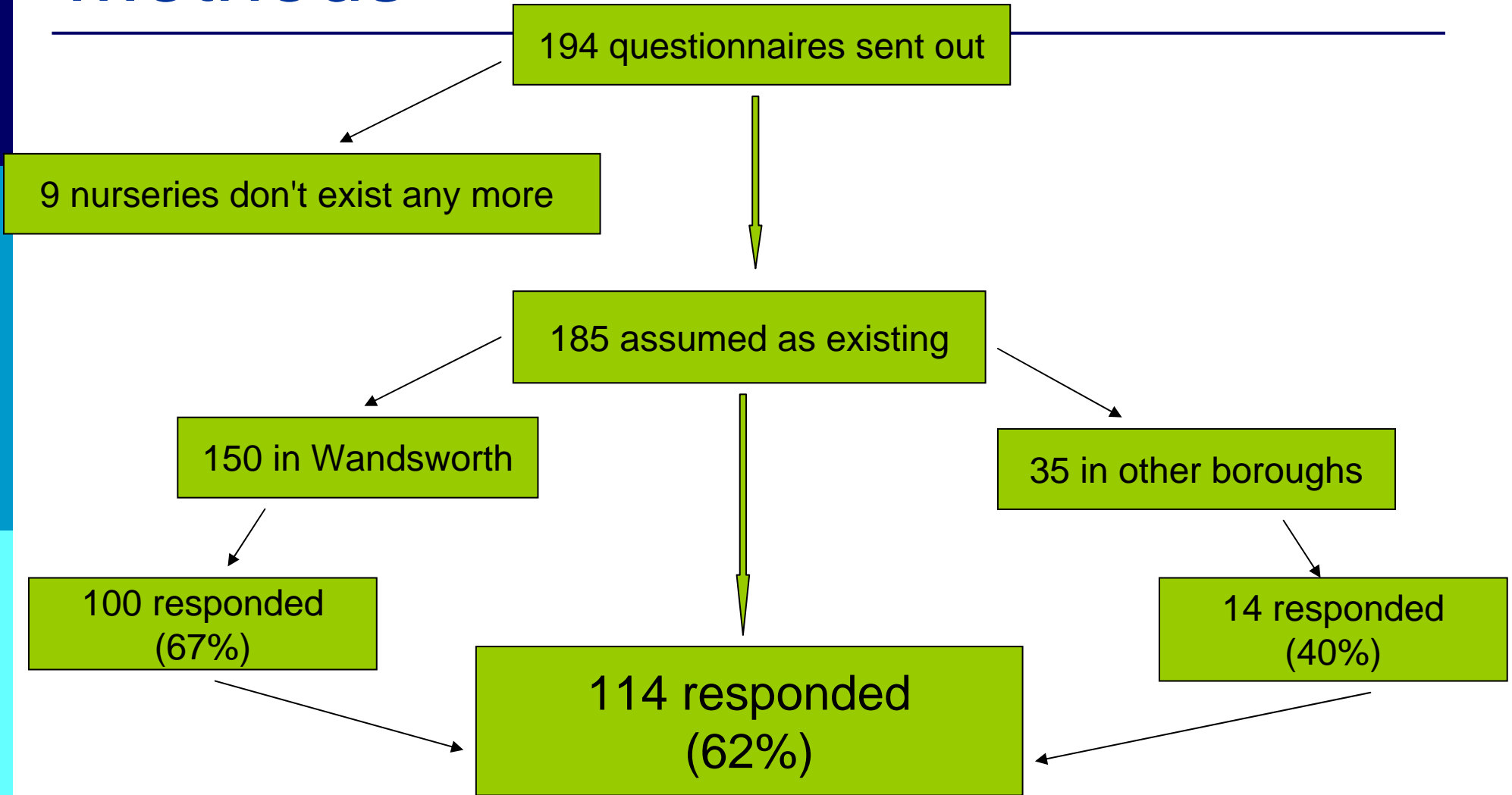
Methods

Questionnaire:

- Based on R&T PCT study
- multiple choice and open questions
- Piloted in one nursery
- Reminder letters and e-mails after 3 weeks

- Data collection :
 - MS Access
- Data analysis:
 - MS Excel
 - MS Word

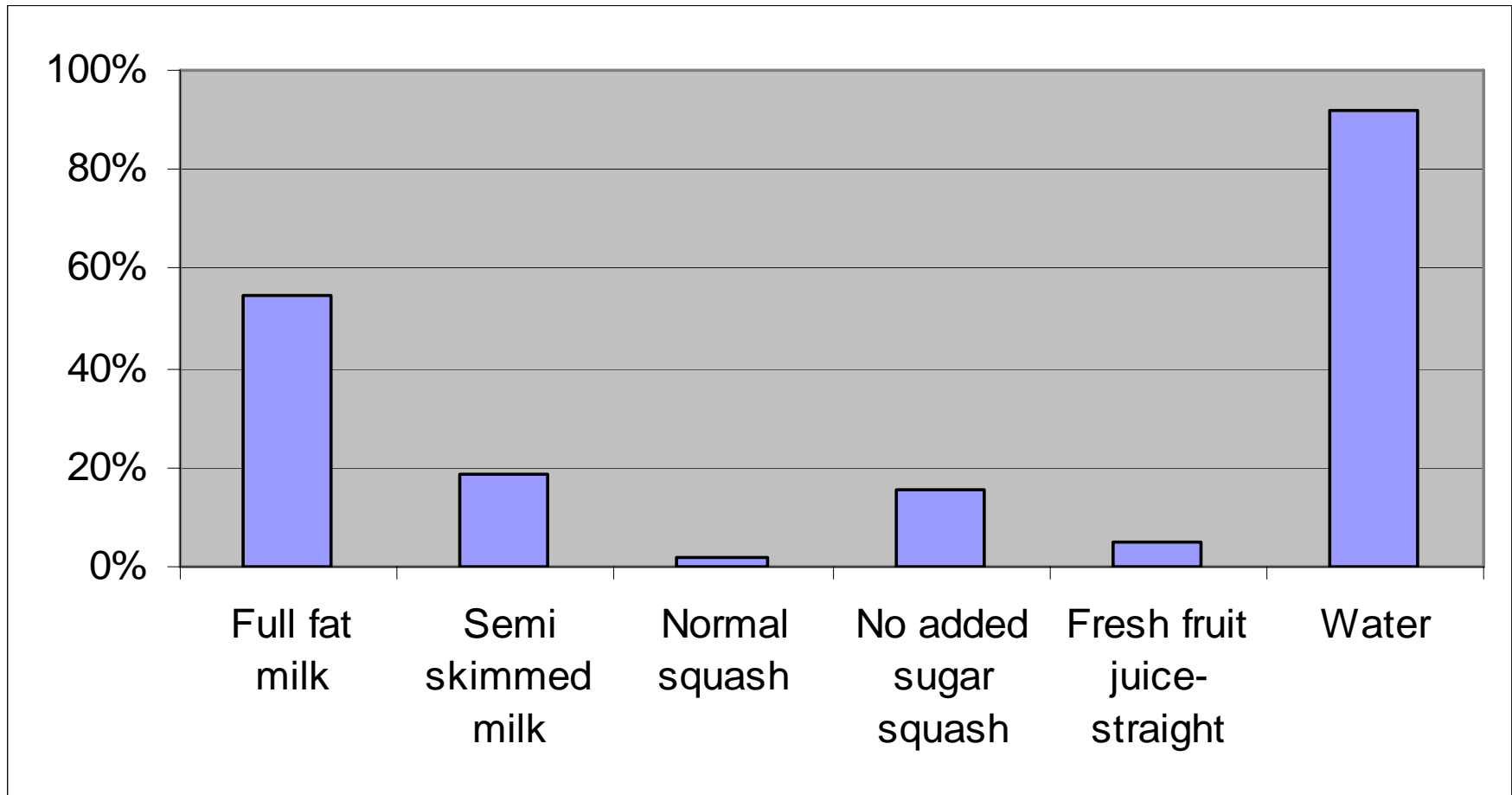
Methods



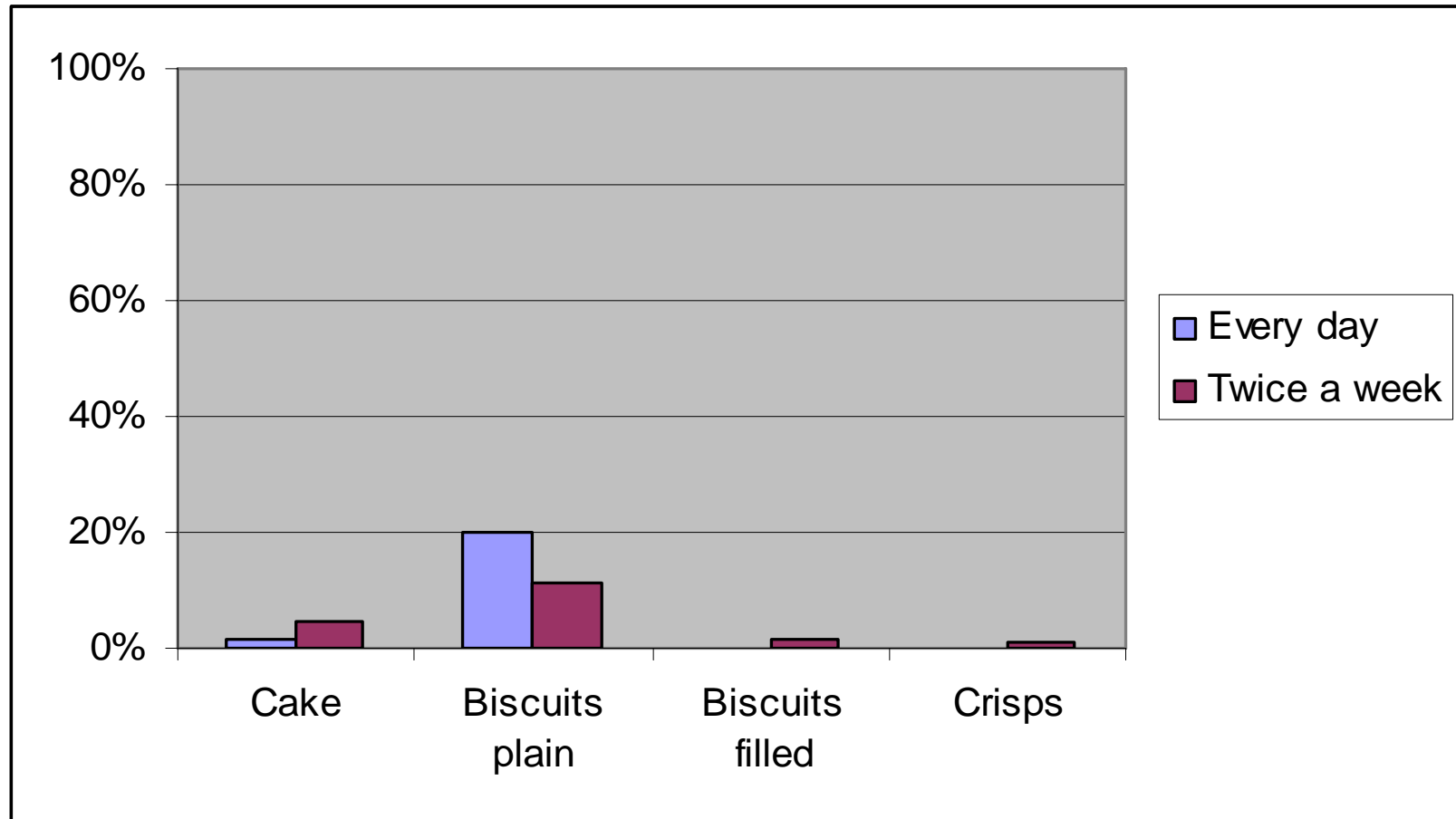
Food provision

- A large number of nurseries don't have a food policy. (38%)
- Guidelines for parents are existing in 66%
- Full fat milk is provided by 54%
- Fruits are given in almost every nursery although tinned fruits seem to have a negative image.
- Food is still used to reinforce good behaviour by 5,4% of the nurseries. (9% of the private)

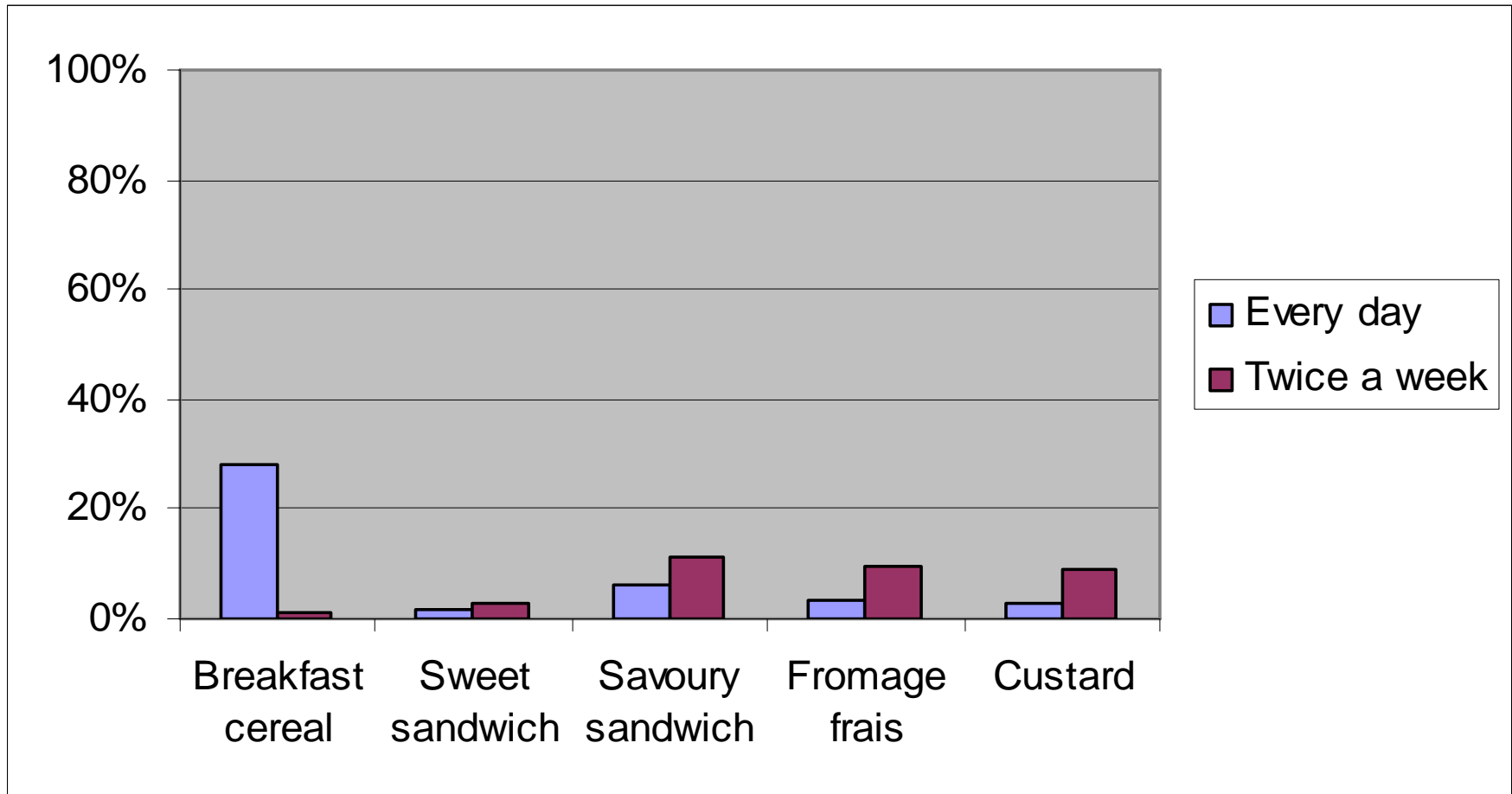
Drinks provided every day



Unhealthy snacks



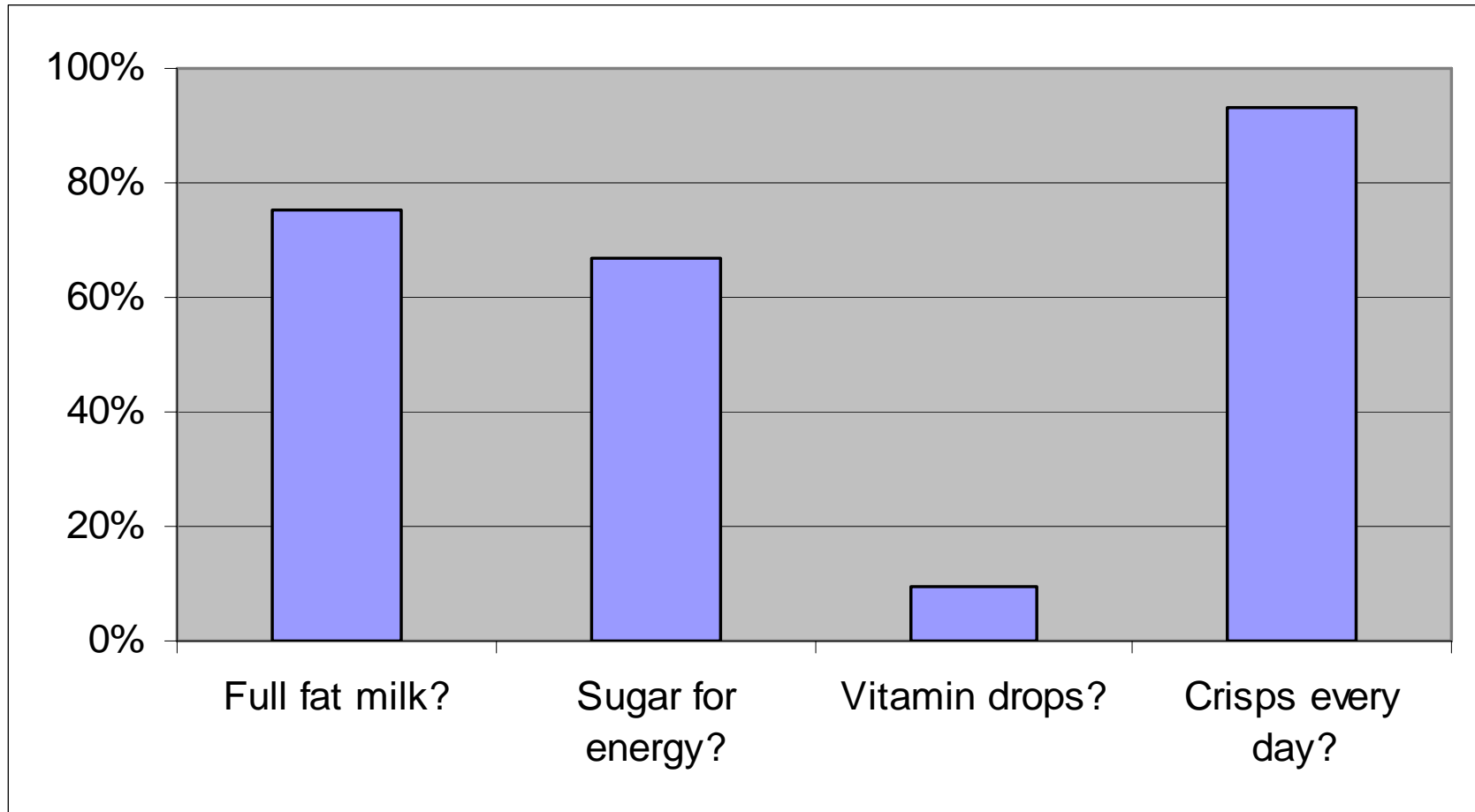
Possible unhealthy food



General knowledge about child nutrition

- Only one out of 113 nurseries was able to answer the five questions correctly.
- Vitamin drops for children are officially recommended, but only 9% of the nurseries knew that.
- The knowledge about the recommended 5 fruits/ vegetables a day varies, but the “bad image” of tinned fruits can be seen here as well

Do children under five need...



Training needs

- Only 34% of the nurseries have staff trained in child nutrition.
- 62% want further training, especially for catering staff, nursery staff and centre managers.
- There is a need for information material for parents.
- Training regarding cultural or religious food issues is wanted by 47%.
- Previous programmes like “Heartbeat award” and “smiling for life” were mentioned in 6 questionnaires.

Final recommendations

- Nurseries should be given assistance in developing food policies and guidelines
- Training should be offered to catering staff, nursery staff and centre managers.
- Information material for parents should be provided.
- A “system” to keep nurseries knowledge about nutrition up to date would be useful. (e.g. newsletter)
- Existing programmes should be promoted widely e.g. ‘The Heartbeat award’ and ‘Smiling for Life award’.

Food availability and cost mapping in Wandsworth



Project aim

Local survey of availability and physical access to „healthy diet“



Objectives

- Identify/ survey shops
- Record the availability of the foods of basic food groups
- and healthier options
 - Dairy
 - Skimmed milk/ semi skimmed milk
 - Fat/ sugar
 - Reduced fat margarine
 - Artificial sweeteners
- Record costs
- Create generated maps
- Find correlation between poor physical access to healthy food, poverty and illnesses

Food availability and cost mapping

- **Background**
 - „food deserts“ expected
 - Evidence needed
- **My goals at this project**
 - Create design for questionnaires
 - Survey SW12, SW17
 - Create data base design
 - Analyse SW17

How much do people pay for this items?

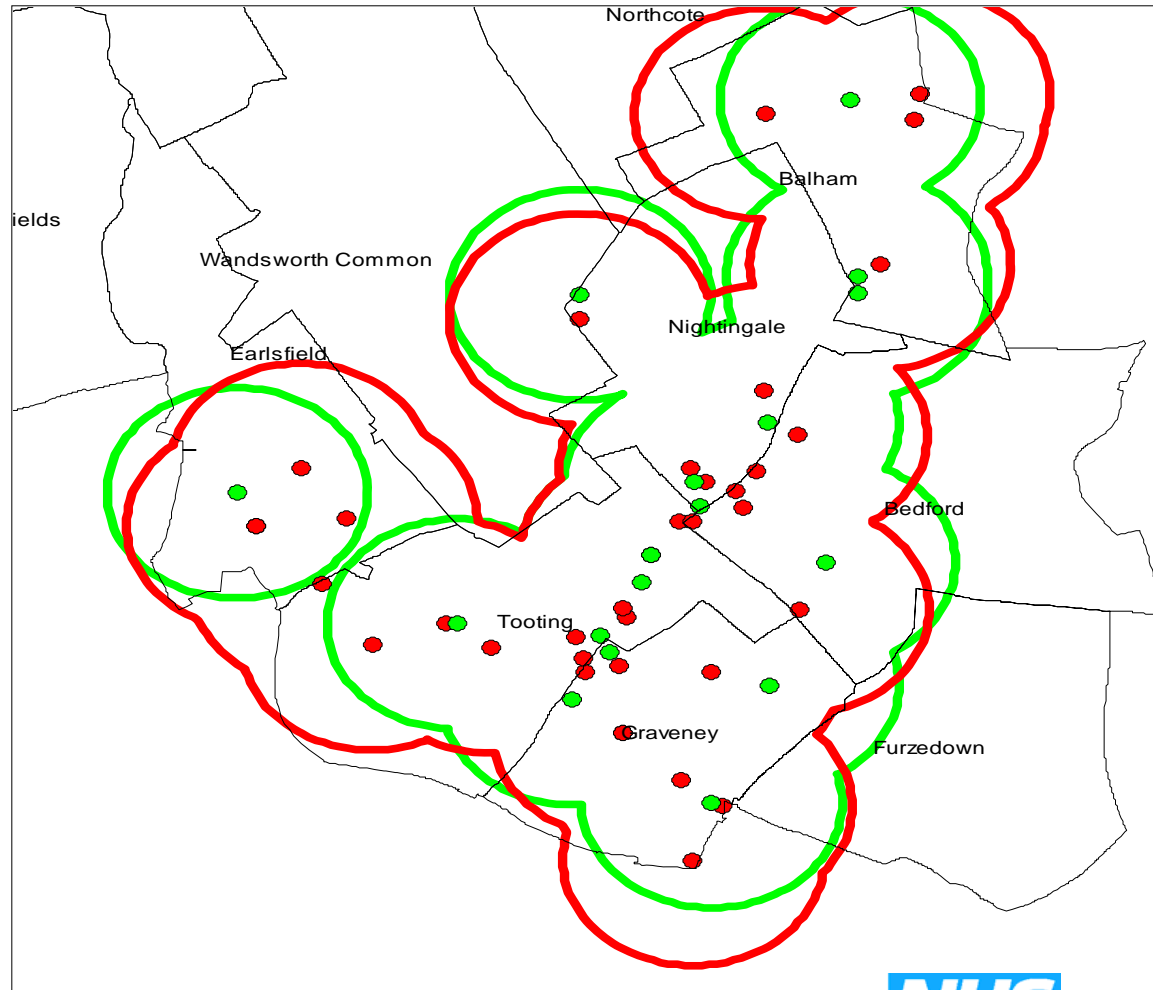
	Max	Min
800g whole meal bread	Bedford (1.39)	Graveney (0.54)
1Kg whole meal pasta	Tooting, Earlsfield, Graveney (1.89)	Graveney (0.54)
1Kg Rice	Graveney, Nightingale (3.38)	Graveney (0.75)

Average cost for a basket of fruits and vegetables

Bedford	13.57
Earlsfield	13.99
Graveney	15.04
Nightingale	15.14
Tooting	12.41



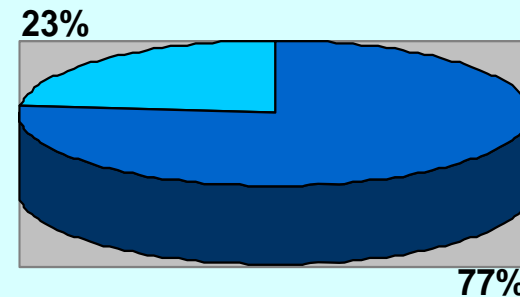
“Food deserts”



Health promotion part

- feedback, improvement possibilities
- Package of Information material + order form

Info material about healthy nutrition n= 64



■ more information wanted ■ not more information wanted

Food availability and cost mapping

- Next steps
 - Survey other postcodes

- Great experience

Internship in the Public Health Department of Wandsworth PCT



SS 2007
Mathias Dielacher
Claudia Fischer

Wandsworth **NHS**
Teaching Primary Care Trust