

Healthy Eating Initiative Supporting Healthy School Gold Award

Royal Free Hospital Children's School

April 2018

Introduction

In December 2017, after looking at results from the day in the life survey, it was clear to see that the students were skipping breakfast. Because of these results, Health Improvement Practitioners (HIPs) ran a one off Healthy Eating session with parents with particular focus on why their children were not having breakfast and what the barriers towards eating breakfast were.

The Change4life scheme was also promoted to parents and they were encouraged to sign up and look at the recipes for new foods to make.

This one off session helped to shape the content of the Healthy Eating Initiative for the students.

Then, in January 2018, two HIPs delivered a 4-part Healthy Eating initiative to eight students at the Royal Free Hospital Children's School.

The sessions covered topics including; The Eatwell Guide, Breakfast, Label Reading and Healthy Snacks.

As part of these sessions, students, staff and the HIPs also prepared and ate healthy snacks together.

The Healthy Eating Loyalty scheme, which allowed student to get points for choosing a healthy meal, was re vamped, so it focused more on students getting points for having a fruit or vegetable, instead of a healthy meal, to stay in line with the Healthy Schools Target. The target is:

- To increase number of students making healthy choices at breakfast and lunchtime

Evaluation

To evaluate the impact of the second Health Champions programme (January 2018), data was used from the Day in The Life Surveys done in November 2017 and the Day in The Life Surveys done in March 2018.

7 students completed the surveys in November 2017 and 9 students completed the surveys in March 2018.

Due to the nature of the Royal Free Hospital Children's School, the students who took part in the surveys and sessions may have differed.

Results

Table 1: Percentage of students who consumed each food group at *break time*

	Pre	Post 1
Fruit	57%	78%
Vegetables	14%	33%
Cake or chocolate	14%	11%
Biscuits or sweets	14%	22%
Crisps or salty snacks	29%	22%

Graph 1: Percentage of students who consumed each food group at break time

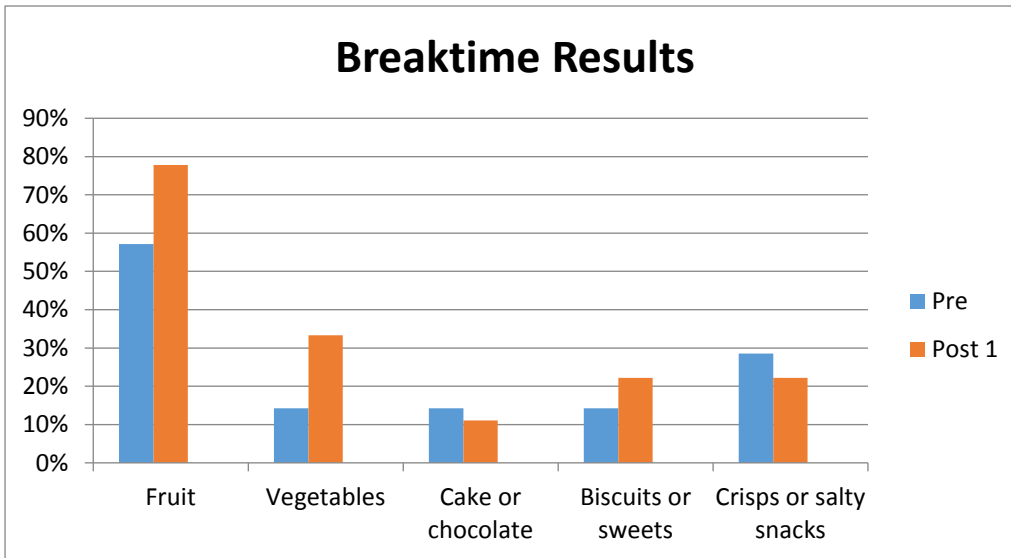


Table 2: Percentage of students who consumed each food group at *lunch time*

	Pre	Post 1
Fruit	43%	89%
Vegetables	43%	100%
Cake or chocolate	0%	11%
Biscuits or sweets	14%	0%
Crisps or salty snacks	14%	11%

Graph 2: Percentage of students who consumed each food group at lunch time

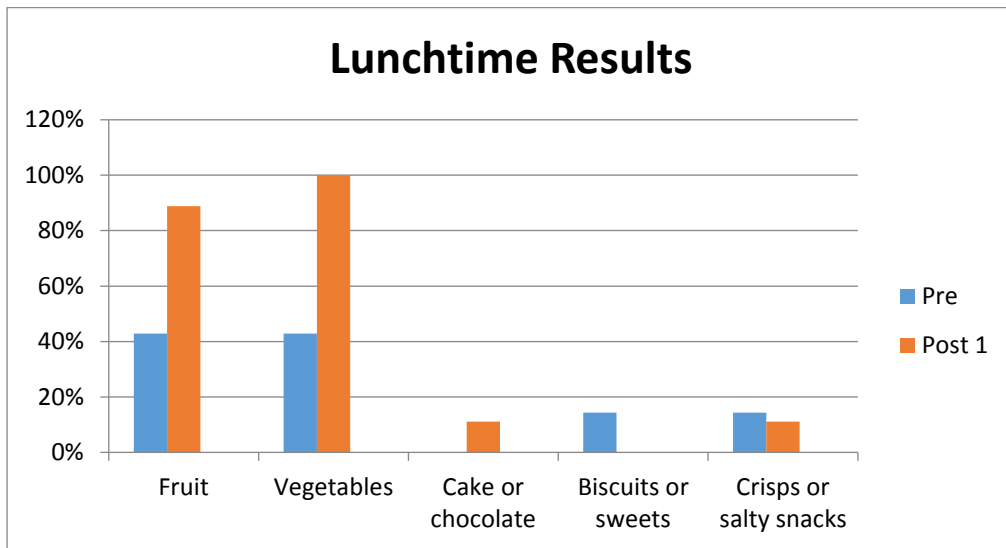
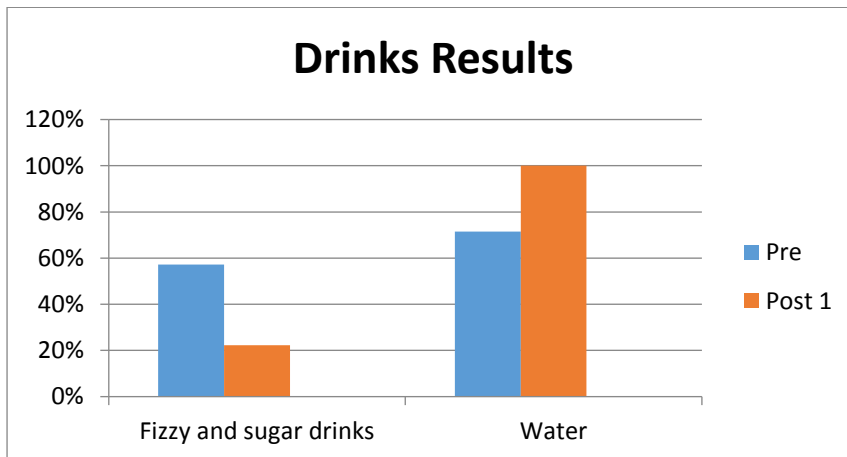


Table 3: Percentage of drinks consumed by students at lunch time

	Pre	Post 1
Fizzy and sugar drinks	57%	22%
Water	71%	100%

Graph 3: Percentage of drinks consumed by students at lunchtime



Before and After School Hours

Table 4: Percentage of students who had breakfast

	% of students that had a high sugar breakfast	% of students that had a low sugar breakfast	% of students that had nothing for breakfast
Pre	0	43%	57%
Post	0	100%	0

Graph 4: Percentage of students who had breakfast

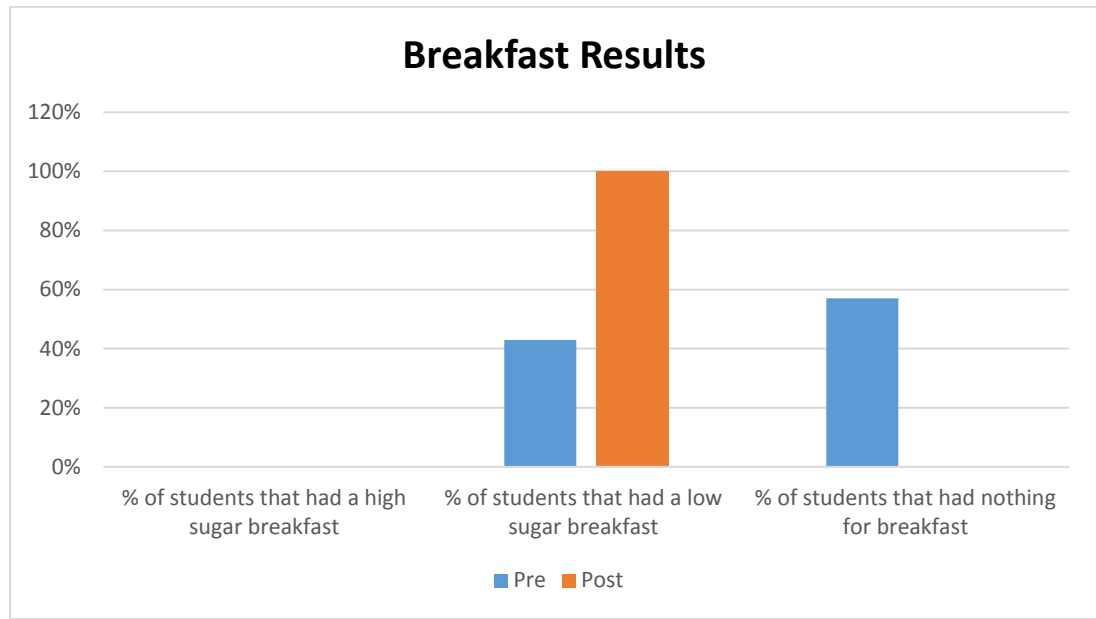
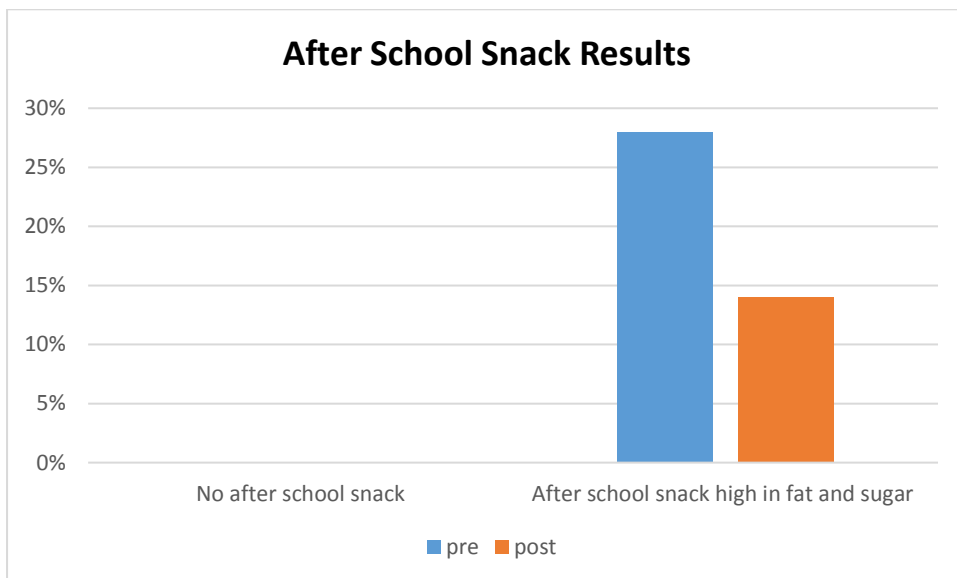


Table 5: Percentage of snacks consumed by students after school

	% of students that had no after school snack	% of students that had a snack high in salt/fat/sugar
Pre	0	28%
Post	0	14%

Graph 5: Percentage of snacks consumed by students after school



Conclusion and Recommendations:

The results show the students have made great improvement in their food choices at school and around outside of school time. There has been an overall increase in fruit and vegetable intake, reduction in snacks high in fat, salt and sugar and both break and lunch time and the students are now all choosing a low sugar breakfast option.

It is important that the school continues their hard work in supporting the students to maintain a healthy balanced diet and carries on using the loyalty card system to keep the children focused and motivated.

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