

PERSONAL DEVELOPMENT PROFESSIONALS NETWORK

We aim to start at 2.25pm.

Please:

Grab a cuppa
Visit our stands
Get comfy

Agenda – Thursday 20th November

- **Mental Health**
 - PH intro and updates
 - Young Devon – My Way
 - MHST
- **Sexual Health**
 - Eddystone Trust
- **Healthy Eating**
 - PH intro and updates
 - Chefs in Schools
- **Public Health AMR week and handwashing**
 - Demo
- **RSHE**
 - Updates and support

What is the Personal Development Professionals Network (PDPN)

An opportunity for education and other agencies to work together to maximise opportunities for Personal Development

A place to share expertise and make recommendations to one another

A supportive space to network

A place to ensure we all have the compulsory and contextual information

Public Health
Updates...

Mental Health



Baton of Hope



MHST



Lumi Nova



New services

The Eddystone trust



Samantha Hill – Community Outreach and Young Peoples Worker

Public Health
Updates...

Healthy Eating



Free School Meals Auto-enrolment



Lunchbox support leaflets



School Food Standards are being revised



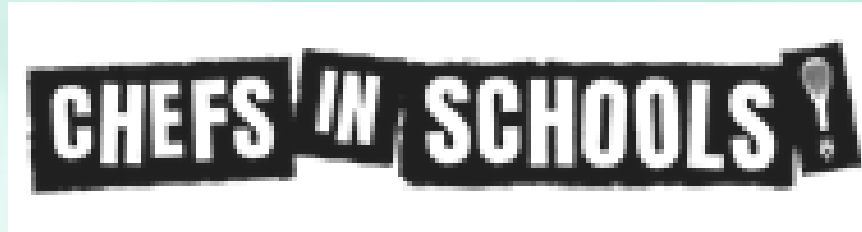
School dinners are being reformed

How poor nutrition affects children's health



- **Poor nutrition and development impacts on children's health and their readiness to learn**
- In England children in the most deprived fifth of households are four times as likely to have severe obesity than the least deprived fifth
- There is a marked variation across ethnic groups
- Research has found that socio-economic, demographic, and family-related factors influence decisions to bottle-feed from birth and discontinue breastfeeding early
- High consumption of sugar leads to dental decay which is highly prevalent and completely preventable in children. It is the leading cause of hospital admissions in 5-9 year olds
- **The UK performs poorly compared to similar countries on height suggesting sub-optimal development and growth**
- Poor nutrition in early years is linked to poverty and food insecurity and the prevalence of children aged under 5 living in poverty has increased more rapidly over the past decade than for other children.
- Food insecurity in pregnant women is associated with increased risk of low birth weight and birth defects as well as gestational diabetes and maternal depression which impact on the health of the child
- **Children's brains and bodies need to develop correctly to allow them to grow up to be adults at low risk of disease**
- **Lack of sufficient nutrition during critical periods in early life may cause irreversible changes to development and increase risk of chronic disease in later life (nutritional programming)**
- **Children's earliest experiences of food can shape lifelong habits and establish their long-term relationship with food**

Chefs in Schools



- Lee Mitchell

Public Health – AMR week and handwashing



Lu Wills and Mandy Guy

RSHE – updates and future support

Kim Mason



What can you
take away from
today?

- Raise awareness of the issues
- Talk about and share the resources you've heard today
- Look at THL for advice, resources and support for schools and signpost families
- Be in touch for more information or with specific support you might require
- Do you have good practice to share?



Please give your
feedback

- <https://forms.office.com/e/FiZmajSNm0>