

Bath & North East Somerset Council

MEETING	Wellbeing Policy Development & Scrutiny Panel Committee	
MEETING/ DECISION DATE:	16 January 2015	
TITLE:	Healthwatch Bath and North East Somerset update	
WARD:	All	
AN OPEN PUBLIC ITEM		
List of attachments to this report: Young Healthwatch Event report		

1 THE ISSUE

- 1.1 Update report from Healthwatch Bath and North East Somerset

2 RECOMMENDATION

- 2.1 To note the report.

3 THE REPORT

Report to the Wellbeing Policy Development and Scrutiny Panel 16 January 2015

Young Healthwatch Event

Extract from the report:

On Tuesday 28 October 2014, young people from across Bath and North East Somerset, Bristol, South Gloucestershire and Somerset came together to explore:

What is healthy?

What is happy?

What is it like being you?

What needs to happen to help you be happy and healthy?

In the morning, we learnt circus skills with Circomedia and cooked our own delicious, healthy, quick, cheap and easy lunches with Steen the chef. We blended copious amounts of fruit in smoothies with Juicy Blitz and thought outside the box to generate ideas for tackling unhealthy habits with REACH, SHINE and A'n'K.

After tucking into our yummy lunches and washing them down with just another smoothie, we all had our say about what healthy, happy, self esteem, wellbeing and mental health mean to us and what support needs to be available to young people to help them to be happy and healthy. We put our ideas onto blogs with Rife magazine and contributed to a You Tube being made by First Born Creatives about young people's health and wellbeing.

We had lots of fun, but also discussed some really important issues.

Feedback from the event:

Mental Health: Young people want commissioners and service providers to know that health and social care services, schools and society need to focus more on supporting young people to build resilience, self esteem and good mental health.

Pressure from peers and the media, anxiety about education and employment and stigma lower young people's emotional wellbeing.

Physical health and mental health are closely linked

Wellbeing support needs to be available before someone becomes mentally ill

From the discussion groups:

REACH, SHINE and A'n'K work with young people across Bath and North East Somerset, Bristol and South Gloucestershire to educate them about healthy eating and help them to develop a healthy lifestyle. The teams asked young people attending the event to come up with project plans for how to encourage people to eat and live healthily. Here's what they came up with:

Group 1 More Education Awareness

- Breakfast clubs at school and sessions in youth clubs to help pupils achieve and maintain a healthy weight
- Websites with games about healthy living
- Healthier food in schools and free fruit for everyone
- Swap food in vending machines for healthier options
- Afterschool activities offering fun and different forms of exercise
- Encouraging families to cook more of their own food by providing recipe cards
- Putting less pressure on girls to be skinny
- Teaching people about how missing a main meal can lead to snacking

Group 2 Sugar Tax and Better Food Labelling!

- Make healthy food cheaper and introduce a sugar tax on unhealthy food
- Show sugar content of food on the packaging with images of how many tea spoons of sugar are in the food as having the number of grams is meaningless to many people

Group 3 The Health Takeaway shop!

- Price: cheap so people will buy it (£2 - £2.50)
- Location: near schools
- Suggested names: Freshers (something to do with being healthy and fresh)
- Food: sweet potato chips, falafel, burger, (brown bread, veggie burgers) stews, sushi, noodles and stir fry. Meals would all release long lasting energy (eg. using brown bread and brown rice)
- Puddings: ice lollies, frozen yoghurt
- Drinks: Soothies
- Offers: student discounts, meal deals, 10th purchase free
- Apps: link an app to the shop. App would have the recipes and information about nutrition

Group 4 Get Healthy to meet your idol!

- Video footage of famous people / celebrities learning or trying out new sports for fun (saying it's about obesity might put people off so focus should be on enjoyment)
- Monthly challenge: each month one person wins a local or national competition to meet their idol based on how they have started eating more healthily or started a new form of exercise
- 'Healthy 4 A Day' or 'Step Up Today' challenges
- Link promotion of the above with websites with information on local sports centres or clubs
- Public workshops for everyone to try new sports or foods
- Promote all the above on social media, in schools and in communities

Group 5 Lobby Supermarkets!

- Work with supermarkets to make healthy food more convenient and affordable
- Change the way nutritional information is written on packaging to make it clearer

- Provide information on the links between emotion and food

Group 6 Fitness Finder – Free App!

- The app / website would provide the following information about sports groups or health related groups in the person's area: cost, location, who can attend (eg.age), what the activity is, times, price ranges
- App would have details of personal trainers
- People / organisations would pay to advertise their classes
- App would be promoted in schools, social media, leaflets in lots of places
- People could pay so much a month for unlimited classes

Some of the groups also discussed the reasons why people may become unhealthy. These are the things they came up with:

Not enough exercise

Unbalanced diet

Medical issues

Emotional / comfort eating

Prices of food

Low calorie and fat foods actually contain more calories or other ingredients that are unhealthy

Motivation

What do you think of our ideas? Could you make them a reality?

During the afternoon the group worked with Rife magazine and journalist Jessica Barrett to begin to get everyone thinking about blog writing.

You can read some of the blogs on the Young Healthwatch Blog at www.healthwatchbristol.co.uk/young-healthwatch

The reports also addresses what young people had to say using word clouds, the more times a word was said the larger the work in the word cloud.

Healthy is – happy, fruit, sports, running, cooking, exercise, gym, green

Happy is – friends, sunshine, Music, Chocolate, Smiling, Cats

Self esteem is – How you feel about yourself, Happy – with myself, Linked with happy and healthy

Wellbeing is- Healthy, How's your life, Mentally stable

One young person fed back “ I thought it would be a bit like school but it wasn’t there were things to do like circus tricks and cooking, I liked making smoothies and have made some at home since then”.

For copies in another format, or to find out more, please contact us using the details below.

4 RISK MANAGEMENT

4.1 A risk assessment related to the issue and recommendations has been undertaken, in compliance with the Council's decision making risk management guidance.

Contact person	Pat Foster – General Manager The Care Forum Tel: 0117 9589344 Email: patfoster@thecareforum.org.uk
Background papers	<i>List here any background papers not included with this report because they are already in the public domain, and where/how they are available for inspection.</i>
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