Friday, 28 August 2015

A quick overview of the latest guidance and evidence on current issues such as smoking, sexual health, health inequalities, mental health, obesity, substance abuse, women’s health – in fact anything that you ask for!

If you have a topic suggestion, please email it to Rachel Posaner. Previous searches can be found at: http://bit.ly/1H6Q00k

Department of Health

Healthy Child Programme: Pregnancy and the First 5 Years of Life [framework document]

Healthy Start scheme [project website can be found here]

Public Health England

Healthy child programme: rapid review to update evidence

NHS Health Education England

Healthy Child Programme [e-learning programme]

NHS England

Start4Life: healthy babies

NHS Health Scotland

Evidence Summary: Public health interventions to promote maternal and child nutrition

Scottish Government

Framework for action which can be taken by NHS Boards, local authorities and others to improve the nutrition of pregnant women, babies and young

NHS Evidence

Food Dudes: early years programme

Promoting physical activity for children and young people: Evidence Update March 2015

Preschoolers in the Playground: a pilot cluster randomised controlled trial of a physical activity intervention for children aged 18 months to 4 years

Interventions with parents in the early years for improved health outcomes: a focus on behaviour and cognitive development/school readiness

HMIC

HEY! A practical example of promoting healthy lifestyles in the early years.
(Baker, Helen. : Perspectives in Public Health, Vol. 133, no. 6, Nov 2013, p 299-300)

The 'Eat Better, Start Better' programme and opportunities for health visitors.
(Mucavele, Patricia. : Journal of Health Visiting, vol 1, no 1, Jan 2013, p 14, 16-19)
children in Scotland.

**BHF National Centre: Physical Activity and Health**

*Physical activity guidelines for the early years*
[resource collection]

*Early movers resource pack*

**Evaluation reports for specific programs**
*Leicester City early years project: evaluation report*

*Move More in Shropshire: evaluating the impact of early years physical activity training for professionals and practitioners*

**Scottish Physical Activity and Health Alliance**

*Mini Mover Programme* [Case Study: PAHA Award Winner 2014]

**First Steps Nutrition Trust**

*Making the most of Healthy Start: a practical guide*

**Children's Food Trust**

*Eat Better, Start Better programme*

*Eat Better, Start Better programme in Gloucestershire* (= evaluation report by Gloucester County Council)

**Early Intervention Foundation**

*Getting it right for families*

*The best start at home: what works to improve the quality of parent-child interactions from conception to age 5 years? A rapid review of interventions*
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