

# Healthy Schools Plus in the South West, UK

**Case Study:  
Bath and North East Somerset**



## Context

- **The South West region is split into 15 local areas, each running Healthy Schools Plus**
- **There are 2350 schools in the region and 1058 are engaged with Healthy Schools Plus (45%)**
- **Target is to engage 50% of schools over a 3 year period**

## Context

- The programme is targeted to tackle the biggest local health issues
- 4 main health priorities:
  - Childhood obesity
  - Emotional health and well-being
  - Drug misuse
  - Teenage pregnancy

## Context

- **Priorities will vary depending on the programme. For example:**
  - **Priority in Torbay is Teenage pregnancy**
  - **Priorities in Bath and North East Somerset are:**
    - **Childhood obesity and**
    - **Emotional health and well-being of children and young people**



## Context

- Each school uses health data to decide on their own priority areas of work based on local needs
- This makes the programme very individual
- Schools work towards three health behaviour outcomes based on:
  - Local priority
  - School priority
  - Children in challenging circumstances

## Context

- Each school therefore will do slightly different work based on their own health profiles.
- All schools *measure* the impact of the work they do – quantitatively and qualitatively



## **Bath and North East Somerset**

- **Priority areas for work are generated by local health data and plans.**
- **Two key priorities have been identified:**
  - **Childhood Obesity**
  - **Emotional health and well-being of children and young people**

## **Bath and North East Somerset**

- **78 schools**
- **10 in first cohort of Healthy Schools Plus:**
  - **1 Secondary school (11 – 18 years)**
  - **2 Infant schools (4 – 7 years)**
  - **2 Junior schools (7 – 11 years)**
  - **5 Primary schools (4 – 11 years)**



## Ralph Allen Secondary School Priority areas of work:

<b>Priority</b>	<b>Target Outcome</b>
Childhood obesity	Increase school meal uptake
Childhood obesity	Increase physical activity across the school
<b>Emotional health and well-being</b>	<b>Increase reported self esteem amongst 12 girls</b>

## Ralph Allen School Emotional health and well-being

- Their ‘children in challenging circumstances’ were a group of 12 girls identified as having low self-esteem and reduced attendance at school
- Chosen intervention was arts-based. The girls were taken off normal lessons for a day and took part in art activities designed to boost their self esteem.



## Results

- All of the girls that took part reported an improvement in their self esteem
- 8 out of 12 increased their attendance at school
- 6 came to the celebration event to explain to over 130 people the value of what they had done!



## St Michael's Junior School Priority areas of work:

Priority	Target Outcome
Childhood obesity	Increase school meal uptake
Childhood obesity	Increase physical activity across the school
Emotional health and well-being	Increase reported self esteem amongst 12 girls

## St Michael's Junior Childhood Obesity

- To increase uptake of school meals, the school introduced 'The Food Factor'
- 18 children became the 'Dinner Designers'
- They led the rest of the school in developing healthy hot lunches one day of the week.



- Altogether the children developed nine new healthy dishes.
- They chose a name for each one and the school cook added it to the Tuesday menu.
- Parents were given a recipe book and an opportunity to see the dishes being made in school



## Results

- There has been a 3.3% increase in uptake of school meals since June 2009 and with 46% of the children now eating them, this is 4.6% above the National average.
- Children eligible for free school meals that previously did not eat them, are now coming in for a meal.

