



# Iechyd Plant a Phobl Ifanc Health of Children and Young People

## Supporting Healthy Schools in the Abertawe Bro Morgannwg area

by

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### Setting / background

*Healthy Schools* is a Welsh Government initiative that aims to help the whole school community to live healthier lives. The school community includes all children, staff (teaching and non-teaching), parents and governors. *Healthy Schools* isn't just about physical health; it also includes social and emotional well-being.



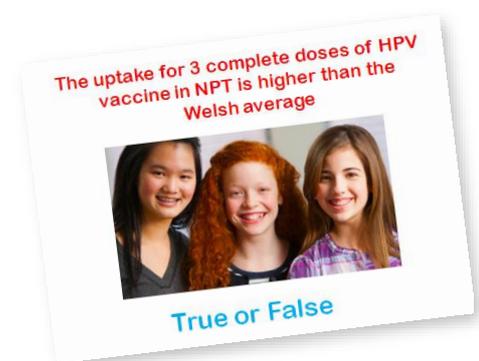
### Issue to be addressed

In the past it has been difficult to help some teachers understand why the work of *Healthy Schools* is so important, which in turn has made some less likely to engage with and actively support the initiative.

### What we did

The publication of the [Health of Children and Young People](#) provided a great opportunity for us to work with schools to help them get a better understanding as to why action in schools, to address health issues, needs to be a priority.

We used the [local authority reports](#) to create a quiz 'How healthy is my area?'. The quiz was presented interactively, with participants having their own hand-held pad to answer each of the questions. This made the session more enjoyable and kept the participants engaged.



### Outcomes and learning

The statistics presented in the quiz were hard hitting. They helped those that attended the training understand topics such as obesity, poverty and asthma are issues that need to be addressed by all, with schools in particular having a big part to play. The training also helped schools appreciate that unhealthy children will result in more school absences.

There were requests from attendees to take the presentation back to their schools to present to all staff. Some schools also requested the training be delivered to the pupils to help the young people understand why it is important for them to live healthy lives.

The schools now have a far greater understanding of the health of children and young people within their area and they are working with us to help bring about positive health outcomes for their pupils both now and in the future.