



Healthy Start Workforce Project:

supporting health practitioners as agents of change.

Mary Cavanagh

A healthy start to life starts with all of us

Māu, māku, mā tātou e ora ai

An initiative funded by the Ministry of Health

Healthy Start objectives

- Strengthen understanding of the role of good nutrition and physical activity in early life for life-long health.
- Deliver skills-based training to enhance the efficacy of practitioner conversations to support behaviour change.
- Act as a knowledge broker for new and emerging evidence in the field for health and ECE practitioners.



What we deliver

**Online
education
programme**

Why

nutrition and
physical activity
matter in early life

**Healthy
Conversation
Skills**

How

to effectively
support lifestyle
behaviour change

**Website /
Facebook**

More

news, emerging
evidence and
interaction

A healthy start to life starts with all of us

Māu, māku, mā tātou e ora ai

Healthy Start Online Education



8 modules exploring science around why good nutrition and physical activity in early life are so important.

Modules
1-3



Developmental origins of health and disease, epigenetics and how nutrition and physical activity in the early years can affect life long health.

Modules
4-7



Evidence supporting guidelines for nutrition and physical activity in pregnancy and infancy, breastfeeding and first foods for infants.

Module
8



Reflection on practice and planning possible changes based on learning.

A healthy start to life starts with all of us

Māu, māku, mā tātou e ora ai



Online education: interim results

81% report the modules are valuable for practice

68% intend to make changes to practice based on learning

70% more confident about supporting change based on learning

"I'm taking care not to promote rapid catch up growth now, a more steady increase is more beneficial."

Online learning: a user's view

Tracy Botica, Midwife:

"The education programme really enhanced my understanding so I was able to articulate ideas more clearly and talk to people about why nutrition is so important in the early days."

"What you do with a young baby is not just about 'getting through the night' – the decisions you make can affect that baby's health as an adult."



Online learning: a user's view

Briony Raven, Midwife

"The course was so relevant to what I was doing every day."

"It really stressed the importance of diet and exercise for me and how this is the root of so many problems that my women encounter later in life."

"In the past, I thought eating well in pregnancy was a 'nice to have', now I realise it can make a massive difference to the future health of the unborn baby."



Healthy Conversation Skills workshops



A healthy start to life starts with all of us

Māu, māku, mā tātou e ora ai

 Healthy Start
Workforce Project



LIGGINS
INSTITUTE



Healthy Conversation Skills: evaluation results

93% report the training is valuable for practice.

91% intend to make changes to practice.

68% more confident about supporting change.

"The course was so practical, made me examine what I'm doing and how I could do it more effectively."

"I'm phrasing in a more positive way and trying to empower the client to implement changes themselves."

"I've found that this approach definitely gets a response from clients and helps them identify what they want to change."

Healthy Conversation Skills: a GP's view

Dr Peter Bowden, Auckland



"More and more we're dealing with people wanting to pursue lifestyle change. Healthy Conversation Skills is useful for any condition which requires behaviour change. Having the confidence to help them move in the direction they want, using fairly simple techniques, is ideally suited to what we do."

A healthy start to life starts with all of us

Māu, māku, mā tātou e ora ai

 Healthy Start
Workforce Project



LIGGINS
INSTITUTE



2 x 2-minute conversations

A volunteer please!

Consider a health related lifestyle behaviour you would like to consider changing.

We will discuss for 2 minutes. Then repeat.

Observe the different effect of different approaches. How effective are suggestions and information-giving vs exploratory Open Discovery Questions?

Thank you!



Contributors

Ministry of Health
NZ Heart Foundation
MiCA Projects
University of Auckland
University of Southampton
Cogo Consulting

info@healthystartworkforce.org.nz
www.healthystartworkforce.org.nz



LIGGINS
INSTITUTE

 **Healthy Start
Workforce Project**

A healthy start to life starts with all of us

Māu, māku, mā tātou e ora ai

An initiative funded by the Ministry of Health