

# The best start to life... via new science-based education opportunities

- In July 2013, based on the strength of DOHaD evidence, Gravida: National Centre for Growth & Development was awarded a contract with the MOH for a national workforce development programme, under the maternal contracts umbrella
- Gravida has partnered with the National Heart Foundation, Plunket, the NZ College of Midwives and Tipu Ora to develop the programme.
- Key stakeholders also include Pacific Heartbeat, Toi Tangata, the Health Promotion Agency (HPA), Agencies for Nutrition Action (ANA), Women's Health Action and other primary care, public health, Asian and Māori health representatives

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- The programme's Project Advisory Group (PAG) aims to foster widespread engagement and provide advice to the project; in particular in relation to the development of culturally appropriate education.. It is important to target the workforce who work with people who have high needs.
- We are currently forming links with Asian community groups via networking meetings (TANI); have appointed a Dietitian/Health Promotion expert who specialises in working with Asian families to the PAG; intend to collaborate with the other maternal contracts providers who are working with Asian families.
- The Gravida project is one of seven contracts in similar areas. All of the contract holders have a brief to work collaboratively.

# The programme and process

- The programme will translate the latest scientific evidence and research in maternal and child nutrition and physical activity into practical, accessible information and tools for front-line health care staff
- The programme will include a blended-learning education curriculum focused on DOHaD principles. The curriculum will include , face to face, broadcast and recorded web based sessions and traditional e-learning packages.
- A resource file of programme materials will also be developed.
- It will also include an adaptation of the “Healthy Conversations” skills training programme from the UK (MRC and Southampton University). This training has been shown to equip health care workers with sustainable skills they are able to use in routine contact with families
- The programme aims to pass on key principles that can then be tailored by health care providers to individual, family/whanau and community needs.

# The programme process

- Development of programme framework and engagement with national and regional midwifery , Plunket and Well Child/Tamariki Ora people is currently in progress.
- Engagement with the other six contract holders to identify collaborative interfaces is in progress.
- A Critical Literature Review in early 2014 by our Research Fellow – pulling together research in both DOHaD and public health
- Content will be developed by the Education Team ( Gravida, Plunket; College of Midwives; Tipu Ora) links to other sources including culturally appropriate recipes (help with appropriate resources for Asian families appreciated here)
- The programme is surrounded by a robust evaluation project to determine success or otherwise, of the education

# Who can participate?

- In stage one the programme will be available to all midwives, Well Child Tamariki Ora providers, and the other MOH maternal contract providers
- In stage two it will be made available to GPs, nurses, public health and health promotion workforces
- We are very aware that while Asian families overwhelmingly choose midwives as their LMC, a significant portion also choose obstetricians. We have flagged the opportunity to support obstetricians too in stage two. Gravida has long standing associations with RANZCOG, Neonatal/Perinatal Societies.

Find out more about our programme or get in touch at [www.gravida.org.nz/pregnancy-and-child-health](http://www.gravida.org.nz/pregnancy-and-child-health)