

A healthy start to life starts with all of us



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

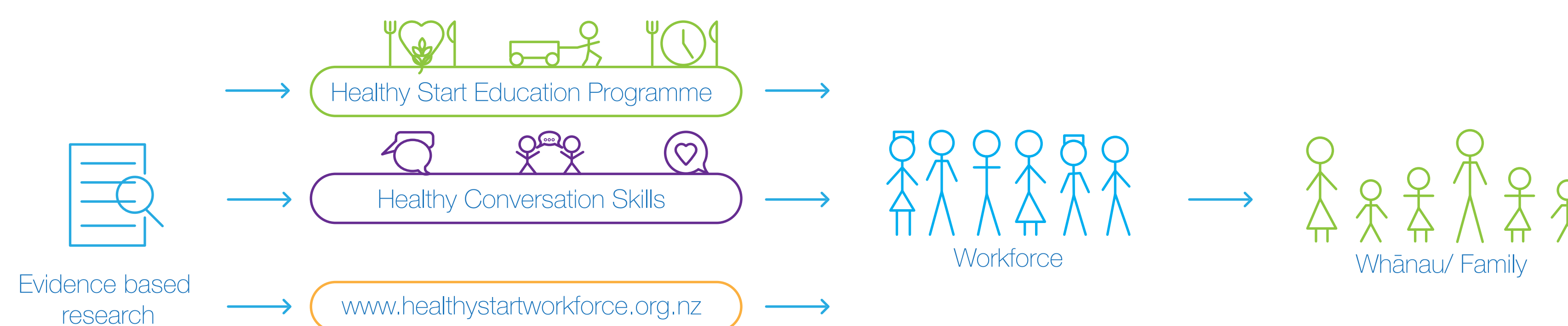
Health practitioners as agents of change

The Healthy Start Workforce Project supports health practitioners as agents of change via two complementary professional development programmes exploring how and why to support lifestyle change for long-term health.

We highlight the importance of pregnancy and early life as a critical window for intervention to support long-term health and enhance practitioners' confidence to have empowering conversations to support lifestyle behaviour change.

The programmes are enhanced by a website and Facebook page as sources of news and emerging evidence in the field.

This project is funded by the New Zealand Ministry of Health.



Healthy Start Education Programme

Online course



Comprises 8 online learning modules that explore the science around why good nutrition and physical activity during pregnancy and early life are so important for lifelong health.

Modules 1-3



Explores the Developmental Origins of Health and Disease, non-communicable diseases, epigenetics, and the role of fetal and maternal nutrition in life course health.

Modules 4-7



Explores the evidence supporting guidelines for nutrition and physical activity during pregnancy, breastfeeding and first foods for infants.

Module 8



This module supports reflection on practice and planning for changes based on knowledge gained from early years research.

Healthy Start Education Programme evaluation highlights include:

81%

Valued

81% of participants rated the modules as either valuable or very valuable for their practice.

68%

Changed

68% of participants report that they intend to make changes to their practice based on their learning from the modules.

70%

Confident

70% of participants are more or much more confident about supporting behaviour change based on their learning from the modules.

Recent participants say:

"I thought eating well in pregnancy was a 'nice to have', now I realise it can make a massive difference".

Briony, Midwife

"[I can now] articulate ideas more clearly about why nutrition is so important in the early days. It's not just about 'getting through the night', the decisions you make affect a baby's health as an adult."

Tracy, Midwife

Healthy Conversation Skills

Workshop



This workshop develops practitioners' skills to more effectively support clients to plan for and make lasting lifestyle behaviour changes for long-term health.



Telling people what to do has limited impact. Healthy Conversation Skills provides an alternative approach - using Open Discovery Questions and SMARTER planning to support clients to identify for themselves what they want to achieve and how they can make that happen.



At any stage of readiness for change, Healthy Conversation Skills can help practitioners make every contact count.

Healthy Conversation Skills evaluation highlights include:

93%

Valued

93% of participants rated the training as either valuable or very valuable to their practice; 88% after a three-month follow-up.

91%

Changed

91% of participants report that they think they will make or have made changes to their practice; 95% after a three-month follow-up.

68%

Confident

68% of participants are more or much more confident about supporting behaviour change; 64% after a three-month follow-up.

Recent participants say:

"I've found that this approach definitely gets a response from clients. That's why I've continued with it - I've found it to be a very powerful."

Deirdre, Dietitian

"I really enjoyed the training. The tools are fantastic and will be implemented in our workplace."

Asleigh, Green Prescription Programme

"The course was really practical and made me made me examine what I'm doing and how I could do it differently and more effectively. Since doing the course, I think I have been more effective."

Tracy, Midwife

www.healthystartworkforce.org.nz