

Choose Healthy, Choose You

Sue Watts and Hilary Williams 0-19 Service





The Royal Wolverhampton
NHS Trust



This pilot programme was devised to enable young people to have increased knowledge around some of the modifiable risk factors contributing to infant mortality and empower them in their future decision making. The pilot was delivered to males and female in Year 12 in 4 secondary schools.



Key Messages

- Benefits of breastfeeding
- Risks of smoking in pregnancy
- Risks of alcohol in pregnancy
- Timing of a pregnancy (not too early)



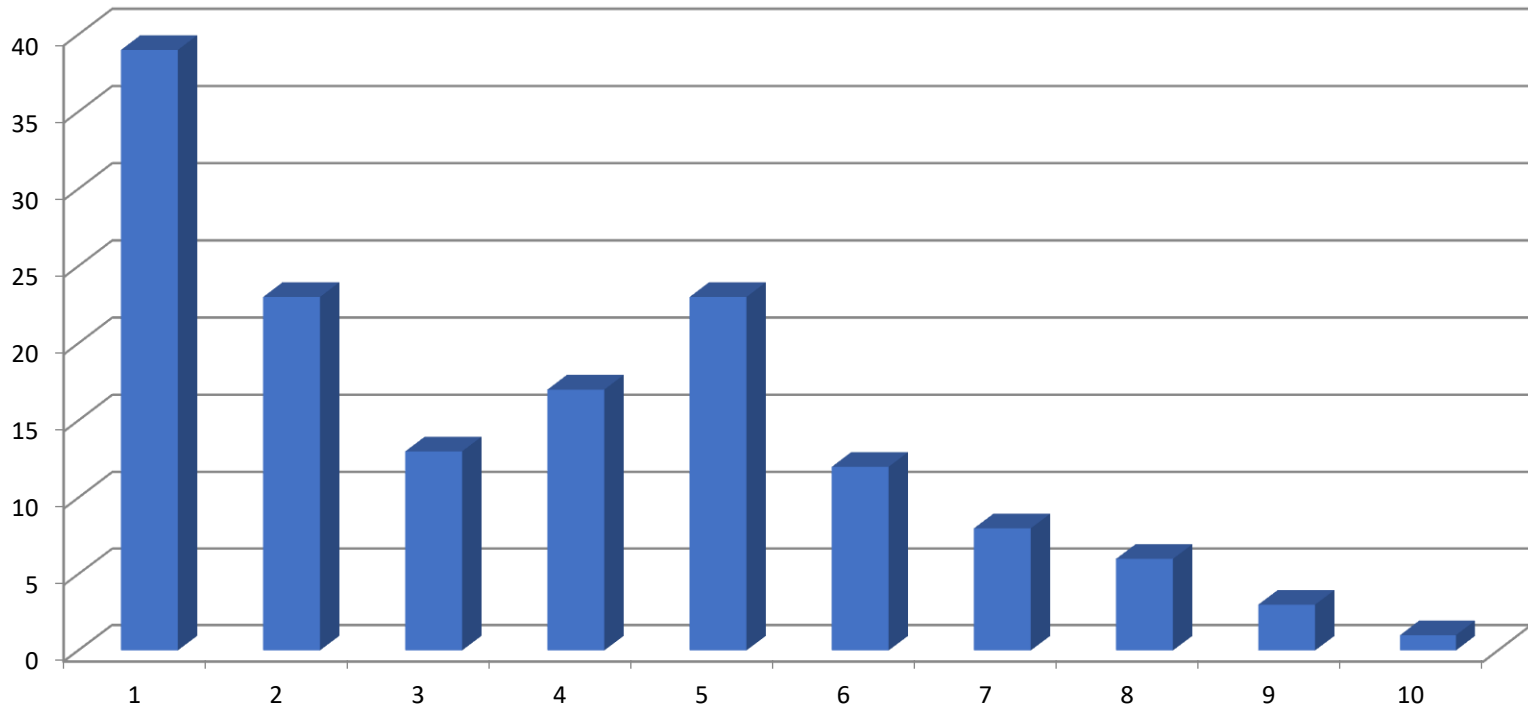
Learning Outcomes

- To understand some of the contributing risk factors to high infant mortality rates in the city
- To understand the impact of risk taking behaviours
- To be aware of the value of breastfeeding and the importance of planning future pregnancies



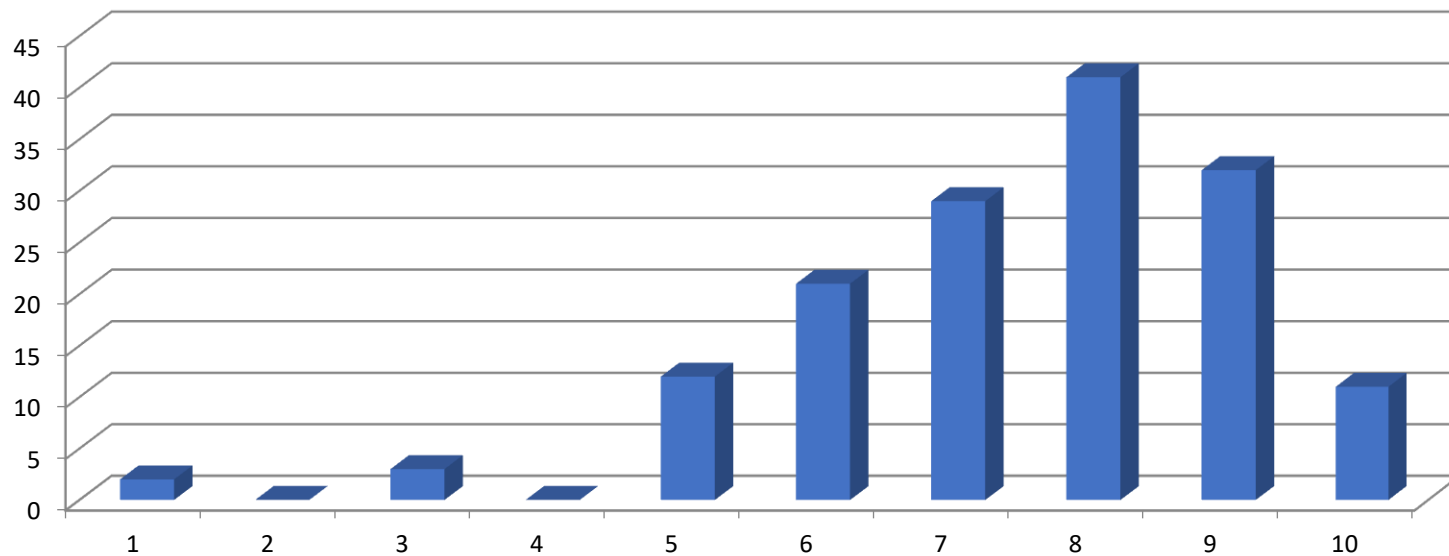
Pre-Questionnaire

How do you rate your knowledge on infant mortality?



Post-Questionnaire

How do you rate your knowledge on infant mortality?



Feedback

“Valuable and informative”

“It was a good session”

“Really valuable and makes you think about the future”

“Make it all day”

“I learnt a lot”

“It was great, thank-you”





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The Future

- Roll out to offer to all secondary schools in the city
- Adapt the programme for special schools, Pupil Referral Units and Youth Offending Team
- Copyright and market to other areas and colleges



Questions

