



Wales: An Overview of Nutrition Policy and Strategy for the Under 5's

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and the Under 5's

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Outline of Session

- Nutrition Network for Wales
- National Policies and Strategies
- National Initiatives
- Example of a Local Strategy





Nutrition Network for Wales

Mission

The NNW will support those who are working to improve nutrition, health and well being and facilitate a joined up, strategic and multidisciplinary approach to reducing inequalities in health.

The NNW Supports Community Food Initiatives through:

- Bitesize Newsletter
- Invitations to networking events
- Food and Well Being conference
- UK Liaison events
- Opportunities for information sharing
- News articles on initiatives
- Recipe book
- Searchable Community Food Initiatives database





National Policies and Strategies

Investing in a Better Start: Breastfeeding in Wales (2001)

The long term strategy to raise the percentage of breastfeeding mothers in Wales.

Acknowledges the different contributions by different members of the community and encourages them to work together.

Includes 28 recommendations for action spanning health care service, community health care, volunteer peer support, public places and returning to work.





National Policies and Strategies

Food and Wellbeing (2003)

Outlines the actions required by key players to improve the diet of people in Wales.

The specific actions for pre-school nutrition include:

- Healthy Start
- Develop local strategies to address locally identified breastfeeding and weaning issues
- Ensure effective education on breastfeeding for relevant health professionals
- Investigate food provided by childcare providers and produce information where appropriate.





National Policies and Strategies

Food and Fitness: Promoting Healthy Eating and Physical Activity for Children and Young People in Wales. 5 Year Implementation Plan (2006)

Provides a framework for integrating action on nutrition and physical activity for children and young people in Wales.

The specific actions for pre-school nutrition include:

- Support Breastfeeding Awareness Week in Wales
- Launch Welsh Breastfeeding Welcome Scheme
- Develop support materials on food and fitness for pre-school settings based on existing good practice.
- Provide support for the uptake of the UNICEF Baby Friendly Initiative in all NHS Trusts in Wales.



National Initiatives

Breastfeeding Welcome Scheme



Baby Friendly Initiative

Community Food Co-operatives and Healthy Start

Breastfeeding Volunteer Peer Support Grant
Scheme

All Wales Infant Feeding Guidelines

Wales Centre
for Health



Canolfan
Iechyd Cymru



Example of a Local Strategy

Cardiff Food and Health Strategy (2006)

Aims to achieve an innovative and holistic approach to food and health.

- Breastfeeding - to implement a local strategy to improve the initiation and continuation of breast feeding
- Pre-school - to extend the existing good work of Sure Start projects and promote good infant feeding and childhood nutrition practices to other areas.





Conclusion

For more information visit the Nutrition Network
for Wales website

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www.rhwydwaithmaethcymru.org.uk

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