

Importance of children's Health Well-being and Lifestyle

Introduction

This poster will include information regarding Health, Well-being and Lifestyles of children in the early years. Each page will include the definition and explain why it is important for children and discuss the role of adults involved in the children's lives, for example the parents and practitioners. The information given here is taken from The World Health Organization (WHO), National Society for the Prevention of Cruelty to Children (NSPCC) and articles from the United Convention on the Rights of the Child.

Health

Leonardi (2018), Ben-Arien *et al* (2014), World Health Organization (WHO) (2024), Karimi *et al* (2016) characterize health as an aspect of physical, mental, and social well-being. But is not an absence disease or a condition.

The environment in which children are raised in, the relationships they build and the experiences they have may all effect their health and development (National Society for the Prevention of Cruelty to Children (NSPCC) 2024).

Every human being has the highest standards and rights regardless of their political beliefs, religions, race, and economic/social conditions. Children should be given a stable environment, good health, and nutrition along with protection (WHO 2024).

Grenier (2020), Lowry (2021), Estyn (2019), Public Health Wales (2024), Early years professionals and other agencies can have a positive and powerful impact on children's health. Both health professionals and early years practitioners work closely together alongside the parents to recognise any early signs of developmental difficulties as early as the age of two. In early years education high quality of care is imperative to children's health, meaning that when children are cared for with such high standards they will thrive and be able to learn better, have improved mental health, development, well-being and lifestyles. With the right care children in the early years can have equal chances and advance. Early years practitioners play an important part in making it happen (Grenier 2020, Lowry 2021, Estyn 2019, Public Health Wales 2024).

Mollborn *et al* (2014) claims that the establishment of children's healthy habits is an outcome of children's agencies, and everyone associated with them, as children grow older their influences increases while that of adults decreases

Nature is a factor that can contribute not only to the health of children but to their well-being, this includes fresh air, space to play and freedom along with experiences with nature (Chawla 2015).

Leonardi (2018), NSPCC (2024) explains that physical health has played an important role in the development of mental health. Children's health contributes to cognitive, behavioural and social well-being.

Carson *et al* (2017) and Minnis *et al* (2024) explain due to the accelerated development of children between the ages 0-4 there needs to be an understanding of the health implications regarding physical activities. Carson *et al* (2017), continues to say there are eight health indicators that may reflect social, physical and cognitive health and those are adiposity, motor developments, psychosocial health, cognitive development, fitness difficulties, bone and skeletal health, cardiometabolic health and harm/risks.

There may be negative impacts on children's health and development regarding the parents, and these may include the being unemployed or having a low income, conflicts, mental health. The housing in which the children live in may be poor or overcrowded and the children may be impacted due to them experiences or witnessing violence (Grenier 2020).



Save the children (2022) state that there are 5 articles in the untied convention on the rights of the child that are associated with the health of a child and those are, Article 6- children have the chance to develop healthy and survive.

Article-19 the children have the right to be protected from any sort of violence.

Article 24- all children have the right to healthcare.

Article 27- all children are entitled to standard of living including housing and nutrition.

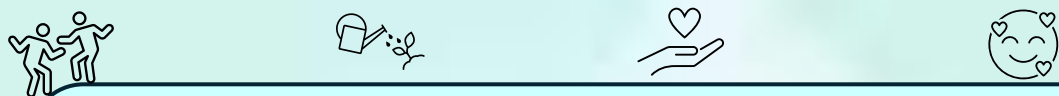
Article 29- every child is entitled to education.

The Health Hexagon Model



(Chan and Hazan 2022)

Chan and Hazan (2022) explain that the health hexagon has all the necessary elements to ensure good health. The hexagon consists of 6 elements nature, exercise, meaning, relationships, diet and sleep.



Well-being

Ben-Arien *et al* (2014), Sonnenteg (2015), Berlinski and Schady (2015) explain that the definition of well-being can be described as a state of being happy, healthy, and prosperous. However, well-being refers to both feelings, experiences and living conditions. Well-being has been related to the fulfilment of desires and opportunities for development and self-fulfilment. Ben-Arien *et al* (2014), Sonnenteg (2015), Berlinski and Schady (2015) continue to say that well-being is not something that is in the moment but to something that happens over time. It has been referred to as the individual's perspective and what is good for that individual.

According to Heathwood (2015) although happiness is hard to quantify it is a basic measure of well-being. Happiness is having a positive attitude towards life.

Brivio *et al* (2023) explains that well-being has been defined as a general term for various assessments that individuals make about their lives, the things that happen, their mind and body and the environment in which they live. Well-being can change over time.

Children's well-being is influenced by the experiences they have in schools and at home rather than occurring on its own (Berlinski and Schady 2015).

Sonnenteg (2015), Berlinski and Schady (2015), Ben-Arien *et al* (2014) continue to say that well-being can be complicated for children because it can affect their lives now in the present and influence their future development.

Schweiger and Graf (2016), Bradshaw (2016) say that children's well-being should be approached from different viewpoints. Children's well-being embraces both the social context within which they are included and every aspect of their lives.

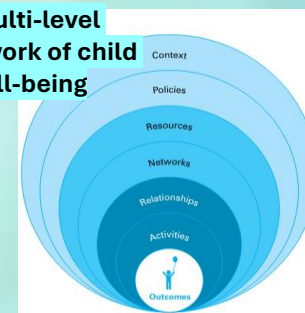
According to Ruggeri *et al* (2020) the experiences of positive emotions like happiness and contentment, along with an understanding of personal abilities, a certain amount of power over the way one lives, positive relationships and a feeling of purpose are all regarded as essential elements of well-being. It is a persistent state that allows for personal development. However, Friedman and Kern (2014) say that it is not established that negative emotions, anxiety or sadness are a significant cause of longing, nor that happiness is a direct source of good health.

Bolinsky and Schady (2015) claim that there are four basic areas of child development physical growth and development, communication and language acquisition, cognitive abilities and socioemotional skill which all combine to contribute to the well-being of children.

NSPCC (2021) Children's well-being is an enormous part in keeping them safe. It also helps them develop positive attitudes towards adulthood. Mental health has an impact on children's well-being but there are components they may affect their mental health and those may include abuse and neglect, environment, stress, family circumstances along with the feeling of loneliness and having social anxiety. NSPCC (2021) continue to say that all the early years professionals and all who are around children have a duty to support them and their well-being and through supporting the children they can then identify any issues regarding the children's welfare along with knowing what steps to take to keep them safe (NSPCC 2021).

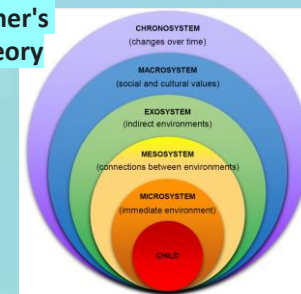
Gormada *et al* (2020) has developed a multi-level approach that can be adapted for international identification which was influenced by Bronfenbrenner's multi-level framework whereas Bronfenbrenner's model concentrates on how children interact with their environment and how it influences their development. Gormada *et al* (2020) multi-level model focuses on the child's well-being.

A multi-level framework of child well-being



(Gormada *et al* 2020)

Bronfenbrenner's ecological theory



(Rotel Project 2023)

Bolinsky and Schady (2015) claim that well-being is a key focus in children's early years and starts during pregnancy. However, Bolinsky and Schady (2015) state that a lack of development may affect a child's well-being. Along with a lack of development what may also affect a child's well-being may be attending childcare settings due to the new adults in their life's and may possibly include the quality of care they may or may not receive (Bolinsky and Schady 2015).

Bolinsky and Schady (2015) points out that the development of happy, healthy, and thriving children is influenced by public policy which is why children's well-being is important from an ethical and economic perspective. When considering children's well-being parents may be an imperative part due to the parents taking care of the for example feeding them, taking them to the doctors when they need to, engaging and acknowledging them, nurturing them and being responsible for the child's home environment (Bolinsky and Schady 2015).

Adults who put effort into children's well-being will see the positive impact that have made as it will have a lasting impact on the children and their future (Sonnentag 2015).

All professionals that are involved in children's education provide learning opportunities in all aspects of well-being. And all who are involved with children all share a hand in shaping children's experiences now and in years to come. The way children are raised can influence their well-being. Children are the future adults (Edwards *et al* 2016, Bolinsky and Schady 2015).



Lifestyle



Cambridge dictionary (2024), Farhud (2015), Cohen (2018) explain that lifestyle is the way that a individuals or group lives and the values and Ideas they support. A person's lifestyle is shaped by their geographical, economic, political, cultural and religion background and is practiced by individuals, communities and natures. Farhud (2015), Cohen (2018) continue to say the qualities of people in distinct times and locations are referred to as their lifestyle. Lifestyles may include individuals' activities, behaviours, hobbies, and leisure. However, Brivio *et al* (2023) says that lifestyle can be complicated to characterize and that there is not a single definition of lifestyle.

According to Barnados (2024), Kiddiesplate (2021) adults play an essential part in children's lifestyles as they are role models to the child/children, have positive habits along with being part of the children everyday life. Mallbron *et al* (2014) also agrees that parents shape their children lifestyle.

For children to have a healthy lifestyle the adults involved must show positive and healthy habits and lifestyles. Furthermore, there are five elements of a healthy lifestyle for children and those are nature, sleep, physical activity, hygiene and mental health/mindfulness (Kiddiesplate 2021, Khanom *et al* 2015, Vaquero-Abellan *et al* 2022).

Having a healthy lifestyle in childhood can prevent noncommunicable diseases later in life such as obesity, heart disease, cancer, chronic repository disease and diabetes (WHO 2023, Cerf 2021, Tyler 2018, Vaquero-Abellan *et al* 2022).

Not only is lifestyle an important factor to health but it can have and influence on physical and mental health of all individuals (Farhud 2015, Thomas *et al* 2020).

A healthy lifestyle for children may consist of up to three hours a day of exercise, a healthy diet along with food routines, to drink plenty and to get between 11-12 hours of sleep. Having a healthy lifestyle can prevent noncommunicable diseases in children such as obesity, diabetes, cancer, heart disease, and chronic respiratory diseases (Barnados 2024, Kiddiesplate 2021, Cerf 2021 Kostecka *et al* 2017).

Childrens lifestyles can be affected by parents' choices due to the jobs they may have the reliance on fast food the inability to be able to cook the experience's they may have had along with the upbringings lifestyle they had (Khanom *et al* 2015).

Healthy lifestyles in early years of life have an effect on health behaviours. Health lifestyles consist of a combination of styles which are related to behaviours that can be based on the choices the child and the parents make according to their life chances. Childrens lifestyles are acquired through their parents' lifestyles. Children who have a greater start to a healthy lifestyle with then grow to achieve a healthy lifestyle by adulthood. This is supported by Mollbron *et al* (2014), Tyler (2018), and Thomas *et al* (2020).



(Kiddiesplate 2021)

Conclusion

To conclude it is apparent from the information provided in the above poster that lifestyle, health and well-being are all linked to one another, and all thrive of one another if one aspect may become negative, I will have an effect on the others. Children who receive a good quality and guidance in all aspects of health, well-being and lifestyle they will grow to carry that goodness with them thought life. For the parents and the practitioners along with all adults who are involved with the children to be able to support the children in all aspects a holistic approach is needed. However, what must be remember is that as the children grow their needs and attitudes towards health, well-being and lifestyles will change.



Presentation

Introduction- Hello my name is Eliesha Rogers my student number is 2308244. This presentation will be about the nutrition in children, it will focus on the negative and the positive along with Nutrition during pregnancy.

Falaschi (2018) quotes “A good diet cannot guarantee good health for our children, but it is a vital first step”

The first aspect to note is that Marshall (2024) and Baby Professor (2017) describe nutrition as consuming a regular and balanced diet. A balanced diet contains all the nutrients needed to fuel the body. And as something that everybody needs to stay healthy and to live well.

World Health Organization (WHO) (2024), Marshall (2024), Koletzko *et al* (2014) claim that a key aspect of both health and growth is nutrition. Associated with better nutrition for infants, children and adults are life expectancy, more robust immune systems, safer pregnancies and births, a decreased risk of illnesses that are not communicable including diabetes and cardiovascular diseases.

Well-being, growth and development are all influenced by lifestyles and nutrition. Due to the accelerated rate of children’s growth and development early nutrition is important. A mixture of every nutrient is needed to support growth and development as well as to preserve health because various nutrient’s perform independent activities in the body. This is supported by The Public Health agency (2018) Weichselbaum and Buttriss (2014) More (2013)

According to Ogata and Hayes (2014), Deoni *et al* (2014) Who (2014) Steine (2020)

Nutrition is one of the most important lifestyle choices a person can make. It plays a central role in children’s long-term health and quality of life. Early nutrition shapes cognitive outcomes and brain development. Steine (2020) continue to say that necessary fats foods help with developing brains. Nutrition is not only important to children’s mental health and brain health.

Baby Professor (2017) points out that children must have accessibility to a nutritious diet in order for them to be resilient, happy, mindful and healthy. Nguyen *et al* (2020) suggests that a Healthy diet in early childhood lowers the risk of cancer, diabetes, obesity and heart disease later in life. Having good nutrition can contribute towards being strong, living a healthy life along with reaching maximum height. Early childhood nutrition can make a big difference in the probability of growing up to be a healthy adult. This is supported by Falaschi (2018)

Falaschi (2018), Combs and McClung (2016 points out that

Our heart and spirit are nourished by what we eat.

The vitamins that children eat can make improvements for immunity to infections, these include

Vitamin A for beauty and well being

Vitamin D for healthy bones and teeth

Vitamin E for antioxidants

Vitamin K for formation of tissue and to help blood clot.

Vitamin B for releasing energy from carbs, proteins and fats along with helping the nervous system.

Vitamin C for immunity boosts

Minerals such as- calcium, iron, magnesium, potassium, sodium and zinc

An infant's daily needs for minerals such as calcium, iron and phosphorus are greater to help build healthy teeth and bones.

Both vitamins and minerals contribute to maintaining balance in the body.

The nutrient requirements for children are all dependent on their age. Along with the requirement levels for energy depend on the individual's activity and their weight. As the children's energy and nutrient levels increase as they grow their fluid intake stays the same and that is 6-8 glasses per day. More (2013)

According to Nekitsing *et al* (2018) Bell *et al* (2015) Public Health agency (2018). More (2013), Porche *et al* (2017) *during* children's early years it is imperative to begin healthy eating habits. Once a healthy diet has been established in a child early life the chances are they will carry that healthy diet throughout their life. And as children grow the requirements of nutrition's increases.

Public Health agency (2018) say that promoting healthy eating in the earliest years of childhood is an asset in the long-term health of our population.

In the UK a healthy eating plate also known as The Eatwell guide explains that what we eat overall should come from each food group to achieve a healthy, balanced diet. The groups that are part of the Eatwell guide are Carbohydrates, Dairy and alternatives, Beans, pulses, fish, eggs, meat and other proteins, along with fruit and vegetables. This is supported by Lucas et al (2017), National Health Service (NHS) (2022), Buttriss (2017)

The Who (2024) have stated that in 2021 a comprehensive application plan which is a priority of 6 nutritious actions including

40%reduction of stunned children under the age of five.

50% reduction of anaemia in women of reproductive age

30% reduction of low birth weights

No rise in the number of overweight children

50% increase of absolute breastfeeding in the first six months

Minimise and keep the rate of childhood wasting below 5%

had been approved on maternal, infant and young child nutrition.

Lucas et al (2014) UNICEF (no date) argue that A good sauce of nutrition should be started during pregnancy. Normal growth development, omega 3 and nutrients including folate, iron, calcium and vitamin D are all benefits to a baby in the womb through the mother having a healthy diet. Koletzko *et al* (2014) Deoni *et al* (2014) Maintains that healthy nutritional diet is especially important during pregnancy as having poor availability to key nutrients can cause poor foetal development, an assisted delivery, complications during the pregnancy, low birth weights and a possibility of a preterm birth. This is supported by Denielewicz *et al* (2017)

Early nutrition in children can start during breastfeeding as it can protect them from diseases and developmental issues in the brain. Along with being a safe food source. UNICEF (no date)

Koletzko *et al* (2014) Deoni *et al* (2014) Lessen and Kavanagh (2015) Black *et al* (2016) claims that breastmilk and baby formula are, rich in nutrients foods and are important parts of a baby’s and children’s early nutrition. Breastmilk contains many components for healthy growth development, immune system development and brain development. However, Prosser (2023) says that the best nutrition in the early months of growth is breastmilk in comparison to baby formula.

Black *et al* (2016) believes that Health development depends on optimal nutrition through the most important phases of pregnancy and the first few years also referred to as the first 1,000-day window of opportunity. However, the WHO (2020) suggest that although the first 1,000 days have been discussed there is now a developing understanding that the first 7,000 days from conception to age 21 also hold a significant importance.

Koletzko *et al* (2014) Deoni *et al* (2014) Who (2014) says that poor availability of the sufficient nutrients can cause malnutrition in children. Dipasquale *et al* (2020) and Katoch (2020), Allen and Saunders (2023) explain that Malnutrition is described as a deficiency from inadequate ranges of nutrients. Aspects linked to malnutrition are maternal education, family size, position of the child in the family, household incomes, age of the child and weight of the child.

Black et al (2016) believes that physical growth failure, delayed motor, cognitive and behavioural development are the effects of malnutrition. Furthermore UNICEF (no date) say that Children who may have poor nutrition may be more prone to weakened immune systems, it can cause a higher risk of blindness and can lead to death from childhood diseases such as diarrhoea.

Malnutrition decreases efficiency, academic achievement and cognitive growth. A lack of cognitive stimuli together with deficits in iodine and iron along with stunted growth are the main risk factors that prevent an estimated 200 million children from reaching their full developmental potential. This is backed by Who (2014) and Black et al (2016).

From the point of view of Falaschi (2018) children are unlikely to understand the positive effects of healthy eating if they have been given a poor diet. An unhealthy diet could enhance the possibility of illness, diabetes mellitus in children and skin disorders.

According to Who (2014), Black *et al* (2016) Statistics say that childhood malnutrition is the cause of 35% of deaths in children under the age of five and maternal and child undernutrition account for 11% of the global burden of diseases.

Lucas et al (2017) explain that schools and pre-nurseries have been identified as a significant setting for developing children's physical activity and healthy eating practices due to children spending up to 7 hours a day and up to 5 days a week in the setting. Lucas et al (2017) and Yoong *et al* (2023) continues to say Childhood educational and care settings have been specifically targeted by strategies such as targeting the curriculum for example the nutrition education, the environment for example menu modifications and the partnerships including workshops for families are designed to promote health.

Who (2020) believes that when children start school, they start to develop eating habits. This is where children from all ranges of backgrounds can be introduced to good nutrition. Lucas et al (2017) supports this and continues to say that Schools meals have a major role in promoting nutritious menus at a period during which eating behaviours and food preferences are developing. Addis and Murphy (2018) agree and adds the guideline such as ‘Appetite of life’ was issued in 2008 had a generated number of adjustments regarding the nutritional quality of foods in schools across Wales. This guideline was introduced in primary and secondary schools across Wales in 2010.

According to Bell et al (2015) there can be measures taken to help promote healthy eating in schools such as training for the staff regarding nutrition, policies that are in place for that setting along with the children being able to access water at any time. Furthermore, Bell et al (2015) continues to say most nutritious meals that children eat are usually made within childcare due to the parents working. Therefore, majority of children’s meals are eaten outside of the home.

In my setting we encourage healthy eating by asking the children to bring in a piece of fruit for break time along with a bottle of water that they can fill up if needed. Along with that we have a 4-week set menu where the children’s nutritious needs are met with every meal. The children have a choice of a hot meal, jacket potato or a wrap. Which is all freshly made every day within the school kitchen. This menu has been designed to meet the Welsh nutritional guidelines. To ensure that all children are provided with a healthy, well-balanced and nutritious meal. Our school try to use local supplies for our fruit and veg along with ensuring that all products are free from additives associated with health problems in children.

It can be difficult to fulfil a child’s nutritional needs in their early years and numerous parents struggle to provide their children with food that is age-appropriate, safe and economical. This is clarified by UNICEF (no date)

Khanom *et al* (2015) claims that Getting a healthy balanced diet can be challenging due to the convenience of fast food, the cost of living, the cooking inexperience of the parents, the parents’ income, the lack of transport for some families, eating habits the parents have acquiree along with the parents’ awareness on a balanced diet.

Conclusion – To conclude nutrition it is highly important for children and infants. Good nutrition all round helps with every part of a child growth and development. A well-balanced nutritious diet benefits children from birth all the way to adult hood. If a nutritious diet is introduced in early life, chances are once the children grow up, they will pass a healthy and nutritious diet to future children. According to Black et al (2016) A lack of important minerals and vitamins are common and severely compromise a child’s ability to survive and thrive. More (2013) and Falaschi (2018) maintain that A well- balanced and nutrient-rich meal contains enough water, energy and all the nutrients needed. And the outcomes of excellent nutrition remain consistent despite generational changes.

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