Braintree District Health and Wellbeing

livewell
guide
What is the livewell campaign?

The livewell campaign has been developed by the Braintree District Health and Wellbeing Panel in partnership with local organisations, to address health and wellbeing priorities across the Braintree District.

Our objective is to work together with our partners in order to achieve the visions and aims that we all share, to improve the health and wellbeing of our residents.

We have identified five themes that will enable us to deliver the health and wellbeing programme.

This guide will explain the five themes and illustrate what you can do to improve your health and wellbeing.
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Giving children the best start in life by supporting families.
Key advice to help your child to have a healthy start to life

Looking after your child’s...

**Teeth** – Take your child to the dentist when their first milk teeth appear, this helps them become familiar with the environment and get to know the dentist. Just opening up their mouth for the dentist to take a look at is useful practice for the future.

**Hearing** – If you have any concerns about your child’s hearing please contact your Health Visitor or School Nurse team who will arrange a hearing test for you.

**Eyes** – Some signs that your child may need their eyes testing include, sitting too close to the TV, rubbing their eyes a lot, holding objects very close to their face, blinking a lot and one eye turning either in or out. For more information, search ‘NHS children’s eyes’ online.

Join in with fun family activities

- Exercise helps children develop healthy bones, muscles and joints
- Helps to maintain a healthy body weight
- Exercise helps children concentrate and sleep better
- Exercise reduces anxiety for children and parents
- Children of pre-school age who are capable of walking unaided should have the opportunity to be physically active for at least 3 hours a day (spread throughout the day)

Sleep routines

You may feel ready to introduce a bedtime routine when your baby is around three months old. Getting them into a simple, soothing bedtime routine can be helpful for everyone and help prevent sleeping problems later on. It’s also a great opportunity to have one-to-one time with your baby.
Five habits to cook tasty meals and save money:
• Plan your meals
• Cook with seasonal produce
• Use cheaper cuts of meat
• Have a couple of days a week as a vegetarian
• Use your freezer to keep leftovers

Is your child a picky eater? Set clear boundaries, use reinforcement, model healthy eating and encourage trying new foods up to ten times.

Breakfast
• Add a 30g portion of dried fruits to porridge
• Add a few raisins or dried apricots
• Toasted fruit bread with lower fat spread
• Choose wholegrain toast or cereal but make sure it doesn’t have too much sugar
• Get one of your 5ADay from 100% fruit juice - 150ml max

Lunch box
• Add the fresh taste of cucumber, grated carrot or tomato to your sandwich
• It’s fun to dunk - carrot sticks, cucumber, pepper, celery and cauliflower florets and wholemeal pitta bread all go great with low fat dip, low fat cheese spread or salsa
• Baby tomatoes
• Banana – draw a face on the skin for added appeal
• Chunks of fresh fruit
• Grapes
• A satsuma
• Wholemeal pasta and couscous salad are packed with carbs for energy
• Have 50:50 bread or wholemeal to add extra fibre
• Plain low fat yoghurt – keeps bones and teeth healthy and strong
• Pack a cold bottle of water
• Add healthy chicken breast and turkey. Try and have two portions of fish per week including tuna, salmon or mackerel
Talk...babies learn to talk...every time you talk to them.

Listen...babies learn to listen...every time you listen to them.

Cuddle...babies learn to feel confident...every time you share special times with them.

Visit the Facebook page
www.facebook.com/talklistencuddle

Speak with your local Health Visitor regarding any enquires on your child’s development:

- Braintree: 01367 559073
- Silver End: 01376 587964
- Witham: 01376 302767

Infant feeding telephone line open 7 days per week: 07795 612776
The key to a balanced diet is eating:

- plenty of fruits and vegetables
- plenty of starchy foods (ideally wholegrain), including bread, rice, potatoes and pasta
- some milk and dairy foods (choosing lower-fat varieties when possible)
- some meat, fish, eggs, beans and other non-dairy sources of protein
- just a small amount of foods high in fat and sugar
What is a healthy, balanced diet?

**Fruits and Vegetables**

The eatwell plate shows that we should be eating plenty of fruits and vegetables. Fruits and vegetables are high in vitamins and minerals, which are important for vision, healthy skin and mucous membranes, bone and tooth growth, and immune system health.

The government recommends we consume at least five portions per day.
What Are Starchy Foods?

Starchy foods include bread, rice, potatoes and pasta. Eating wholegrain varieties of these foods is best because they contain more fibre. Fibre is good for digestive health, and has been shown to help to prevent heart disease and diabetes.

Easy wholegrain swaps
 Swap white refined carbohydrates for wholegrain varieties

Milk & Dairy Foods

Dairy products, like milk, yoghurt and cheese, are a great source of calcium, which is important for bone health. Semi-skimmed milk and low-fat dairy products are ideal because they offer just as much calcium as the full fat versions, but contain less saturated fat, which is important for maintaining a healthy weight.

Easy dairy swaps
 Swap full fat milk for semi-skimmed milk
 Swap full fat yoghurt for low fat yoghurt
**Protein Sources**

Protein is important for muscle growth and repair, and therefore is an essential nutrient to be consumed throughout life.

Meat is an excellent source of protein, though there are some great vegetarian protein sources available too, including tofu, beans, lentils and eggs.

**Fat & Sugar**

Foods that are high in saturated fat and sugar should be consumed in moderation, as they contain a large amount of calories, which if consumed in excess, can easily contribute to weight gain. A diet that is high in sugar can also lead to tooth decay.

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Are you surprised that the two items below contain the same amount of calories?

- Strawberries 310g = 100 kcals
- Milk chocolate 20g = 100 kcals
Why is it important to be active?

It is important to be physically active on a daily basis. People who do regular activity have a lower risk of many chronic diseases, including heart disease, type 2 diabetes and stroke. Physical activity has also been shown to benefit self-esteem, mood, sleep quality and energy, helping to reduce your risk of stress and depression.
How much physical activity should we be doing?

**Guidelines for 5 to 18-year-olds**

- At least 1 hour of physical activity every day – ranging from moderate activity, such as cycling and playground activities, to vigorous activity, such as running and tennis
- On three days a week, involve exercises for strengthening muscles, such as push-ups, and exercises for strengthening bones, such as jumping and running

**Guidelines for adults aged 19+**

- At least 2 ½ hours of moderate aerobic activity such as cycling or fast walking every week
  + 
- Strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms)

OR

- 1¼ hours of vigorous aerobic activity, such as running or a game of singles tennis every week
  + 
- Strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms)

OR

- A mixture of moderate and vigorous activity

If you are **aged 65 or older**, and you are generally fit and have no health conditions to limit your mobility, you should aim to keep the same level of activity as listed above, however certain exercises can be more comfortable on the joints, such as swimming, for example.
What can we do to stay well throughout life?

Our ability to stay well throughout life is partly determined by our lifestyle choices. By maintaining a healthy weight, avoiding smoking and limiting alcohol consumption we can all improve our health, and reduce our risk of disease.
Maintain a healthy weight
Weighing too much or too little can damage your health and lead to serious health conditions including type 2 diabetes, heart disease and cancer. Maintaining a healthy weight throughout life not only reduces your risk of developing some of these diseases, but it can also support your mental wellbeing too.

Measuring your body mass index (BMI) can be the first step in determining whether you are a healthy weight or whether you may need to consider making some changes to your lifestyle. Visit our website to calculate your BMI: www.livewellcampaign.co.uk

Limit alcohol consumption
Most people who have alcohol-related health problems aren’t alcoholics. They’re simply people who have regularly drunk more than the recommended levels for some years.*

The NHS recommends:
To keep health risks from drinking alcohol to a low level you are safest not regularly drinking more than 14 units per week – this applies to both men and women.

What do units look like?*

1 Unit
Standard 4.5% cider 218ml

1 Unit
Standard 13% win 76ml

1 Unit
Standard 4.5% cider 218ml

1 Unit
Standard 40% whiskey 25ml

1 Unit
Standard 4% beer 250ml

Avoid or quit smoking
Did you know that smoking is one of the biggest causes of death and illness in the UK?

Smoking causes 90% of lung cancers, and also increases your risk of heart disease and stroke.

Also, by breathing in second-hand smoke, a non-smoker’s risk of developing lung cancer or heart disease is increased by about 25%.

Getting help
Your GP will be able to give you information and advice about quitting smoking. You can also call:
The NHS Smokefree helpline on 0300 123 1044
The NHS Pregnancy Smoking Helpline on 0800 169 9169

* Drinkaware 2016 and NHS 2016
What is Mental Wellbeing?
Mental wellbeing describes your mental state – how you are feeling and how well you can cope with the usual stresses of everyday life, which can change from day to day, month to month or year to year.
Five Key Steps to Mental Wellbeing

Evidence shows that the actions we take and the way we think have the biggest impact on our wellbeing.

It has been suggested that there are five steps we can all take to improve our mental wellbeing*:

1. **Connect**
Connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.

2. **Be active**
You don’t have to go to the gym. Take a walk, go cycling or play a game of football. See what’s available in your area on our website: www.livewellcampaign.co.uk

3. **Keep learning**
Learning new skills can give you a sense of achievement and a new confidence. There are lots of activities that you can get yourself involved in, from joining local cookery classes, to attending a local woodwork/craft group.

4. **Give to others**
Even the smallest act can count - whether it’s a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.

5. **Be mindful**
Be more aware of the present moment, including your feelings and thoughts, your body and the world around you. Some people call this awareness “mindfulness”, and it can positively change the way you feel about life and how you approach challenges.

* NHS 2014
It’s never too late to improve your health and well-being. By eating well and keeping physically active, you are more likely to feel energised, protect yourself against illness, and better manage any health conditions you may have.
Key ways to lead a healthier later life:

**Prevent falls**

Anyone can have a fall, but as we get older, our risk of falling increases, and so does our likelihood of suffering a serious injury. There are, however, a number of simple things you can do to help you stay steady on your feet.

Strengthening the muscles in your legs, arms, back, shoulders and chest are particularly important for aiding balance and preventing a fall. Walking, gardening, Tai Chi, Pilates and dancing are great ways in which you can get your muscles working. Pilates and other forms of balance exercises can also be particularly helpful if you suffer from joint pain, as they can relieve any stiffness.

**Take the tests**

As we age our hearing and eyesight can be affected, so it is important to have them regularly checked.

Hearing loss is common in older people so see your GP if you have trouble tuning into conversations. If you need a hearing aid, some are available on the NHS.

Have your eyes checked every year if you are aged 70 or over, and every two years if you are under 70. This may enable changes in your vision to be corrected and any problems to be picked up before your eye sight is seriously affected. Eye tests are free if you are over 60.

**Keep warm throughout winter**

As we get older, our bodies respond differently to temperature changes, and this can leave us more vulnerable in cold weather.

Keeping warm both inside and outside your home can help reduce your risk of serious health problems that are more common in the colder months, such as chest infections, heart attacks and strokes.

70°F (21°C) is the ideal temperature for your living room and 64°F (18°C) is the ideal temperature for your bedroom. Check your thermostat or use a room thermometer to monitor temperature but if you feel cold, turn the heat up regardless of what the thermometer reads.
More information on how you can lead a healthier lifestyle can be found on our livewell website:

www.livewellcampaign.co.uk