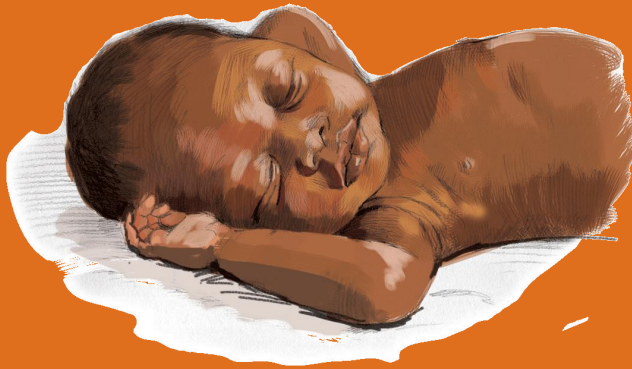


“Out-of-date, inaccurate and unsuitable”

Development of new culturally appropriate child nutrition resources for the NT

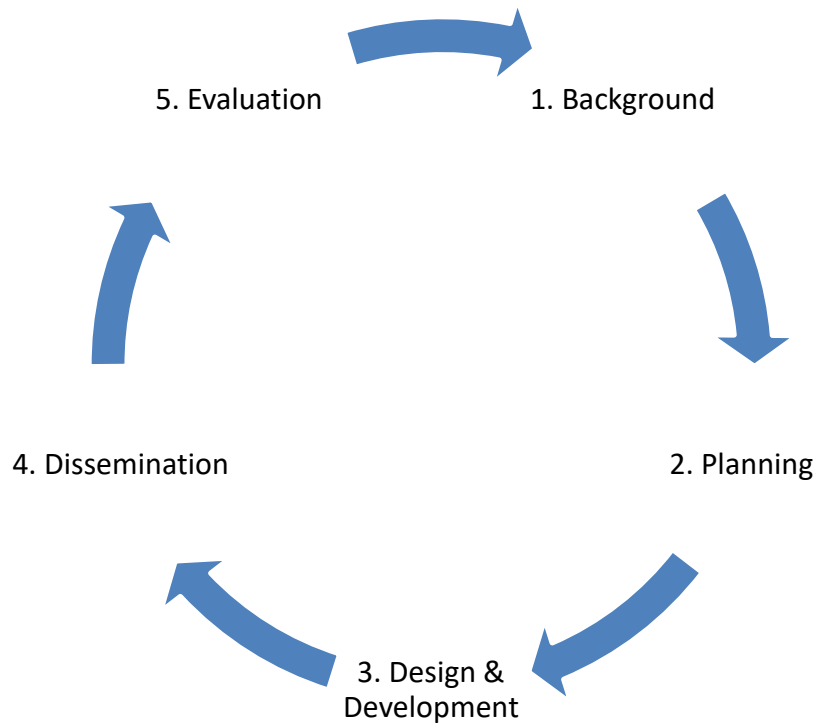


Alex Wetten

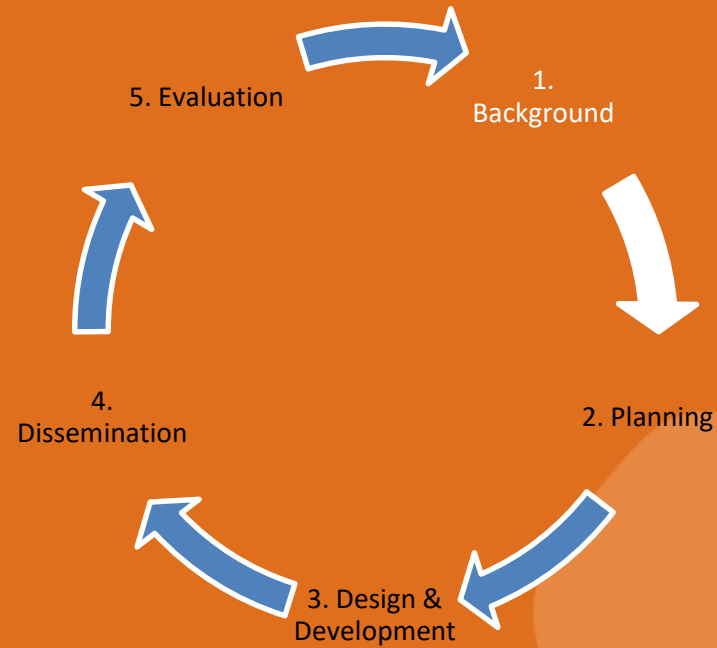
Strategy Policy and Planning

13 November 2019

Overview

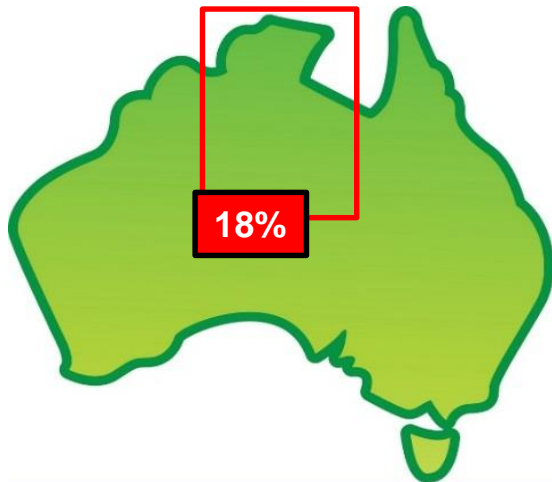


1. Background



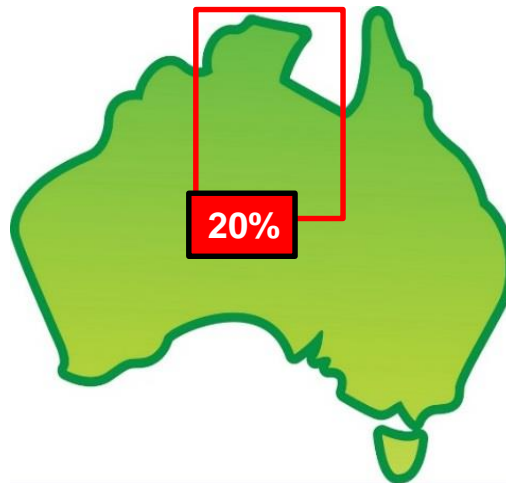
Background

NTG Remote - Anaemia



Children aged 6 – 24 months

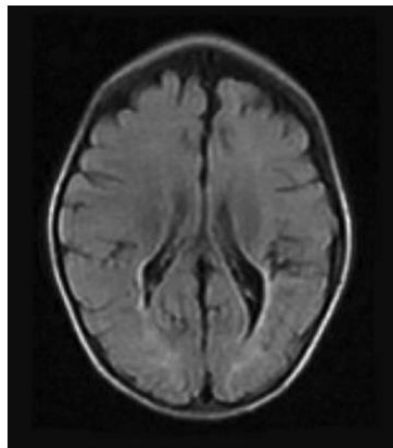
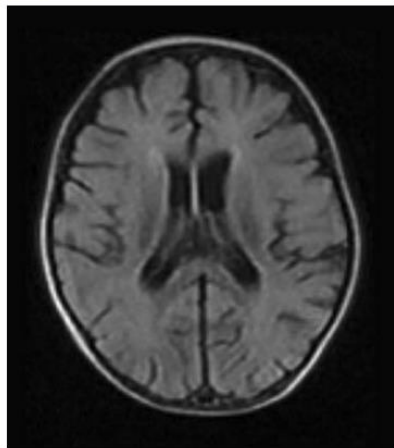
NTG Remote – Stunting



Children aged 0 – 24 months

Background

FIGURE 2 IMAGES OF THE BASAL GANGLIA OF A MALNOURISHED CHILD BEFORE AND AFTER TREATMENT FOR THE MANAGEMENT OF ACUTE MALNUTRITION



The image on the far left shows the bottom part of the brain of a 10-month-old child suffering from severe protein energy malnutrition. Cerebral atrophy, the shrinking of neurons due to lack of nutrients, can be seen as the white areas shrink away from the skull and blood vessels. The image on the near left shows the same brain after 90 days of treatment, from which the problem can be seen to be resolved.

“The 1,000 days between a woman’s pregnancy and her child’s 2nd birthday offer a unique window of opportunity to shape healthier and more prosperous futures...”

Source: El-Sherif et al (2012) *Cranial Magnetic Resonance Imaging (MRI) Changes in Severely Malnourished Children before and after Treatment.*²⁶

<http://www.thousanddays.org/>

Background



Objective 3:

Optimise feeding practices and promote an active lifestyle for children aged 0-5 years

Background

Adequate nutrition and physical activity are vital for optimal health and development in childhood. A child's nutritional status is strongly influenced by food security, adequate care and the underpinning socio-economic and cultural environment.⁶⁵

Undernutrition in infancy results in poorer health and social outcomes throughout life.



STARTING EARLY FOR A BETTER FUTURE

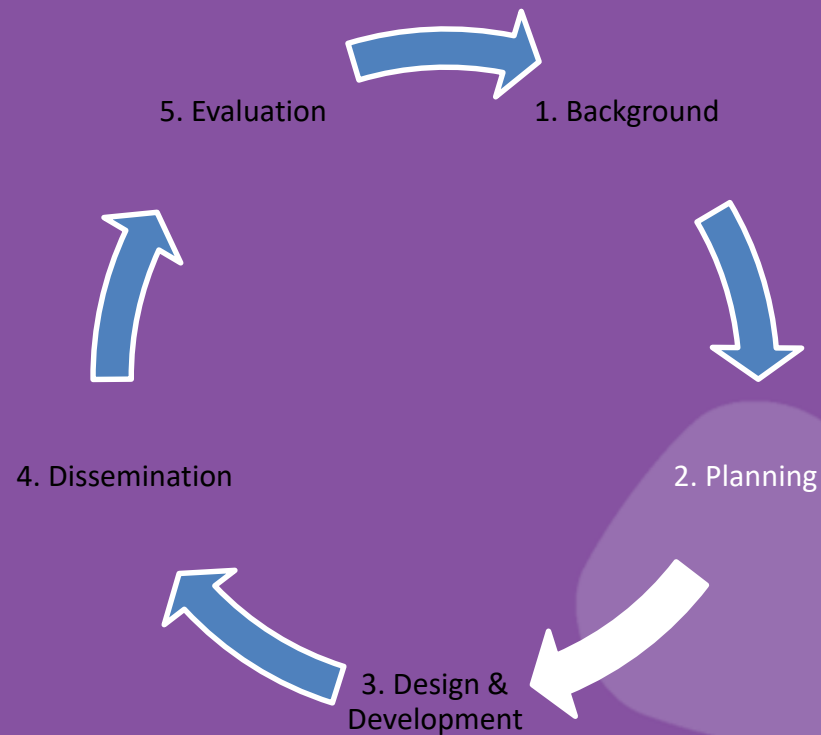
Early Childhood Development In the Northern Territory 2018-2028



earlychildhood.nt.gov.au



2. Planning



Planning – *Needs Assessment*

2015 nutrition workshop

Lack of child nutrition resources

2015 needs assessment

50 remote health staff surveyed



90% staff wanted access to better child nutrition information

Planning - Survey

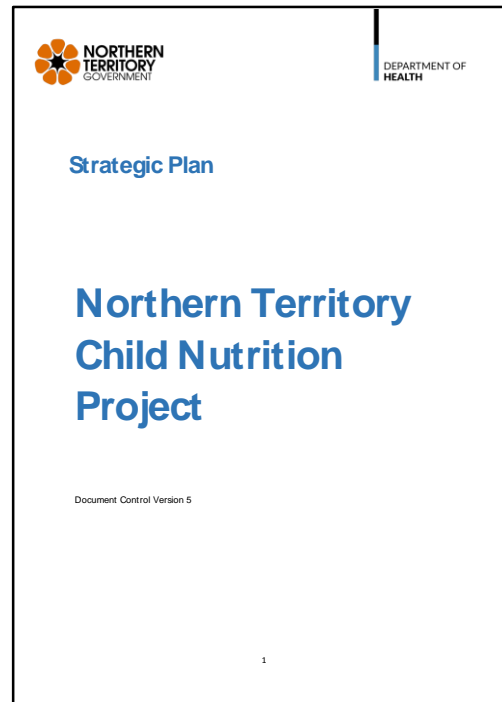
"I have found it hard to educate on high iron foods for 6 month olds"

"We aren't great at explaining why we are worried about anaemia"

"There is a huge gap in resources in this area, particularly explaining what the health concerns are if a child is growth faltering..."

"Because I don't know the right thing to say, I just don't ask the question"

Planning – *Working Group*



Planning – *Environmental Scan*



Planning – *Resource Analysis*

A

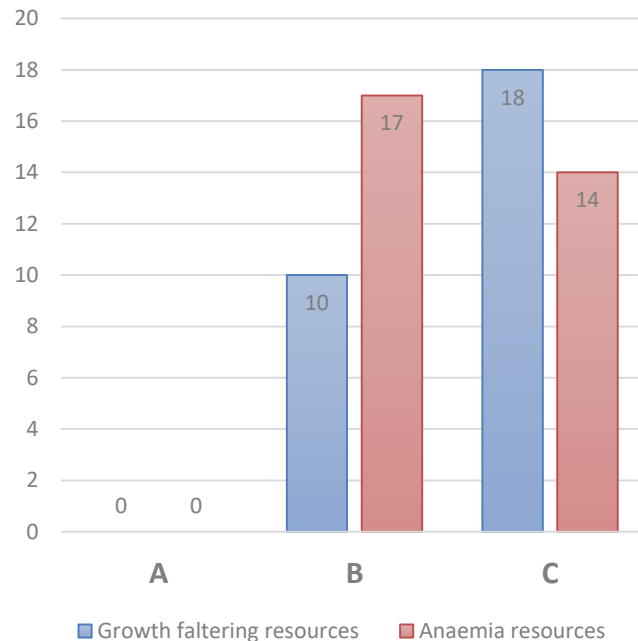
- Would recommend using this resource
- Key messages explained clearly and simply
- Good use of visuals and illustrations
- Evidence based

B

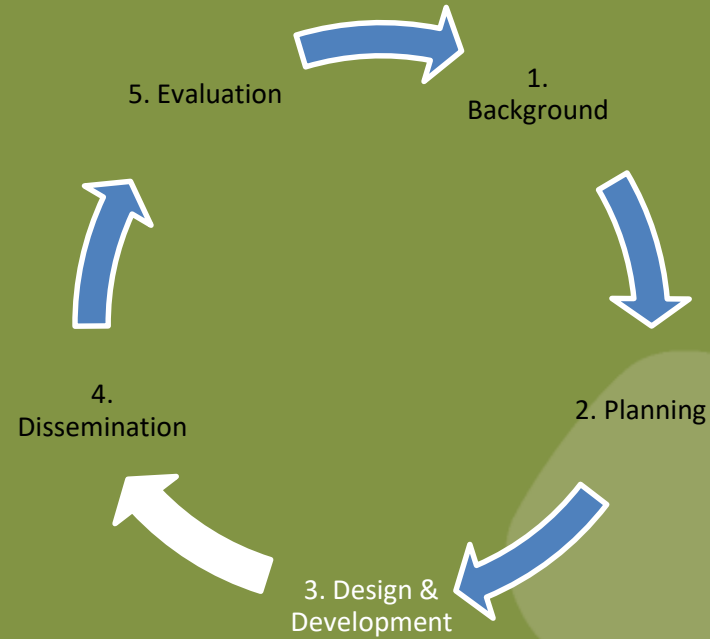
- Does not cover all key messages
- Some topics explained well
- Resource could be useful combined with other information

C

- Unsuitable – discourage use
- Key messages explained unclearly
- Text heavy
- Out-of-date or inaccurate



3. Design & Development



Design & development

Scrapbooking



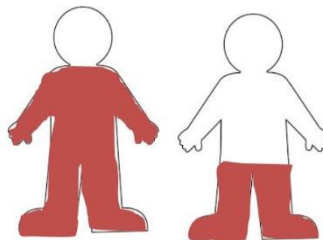
Digital format

1. What is weak blood (anaemia)?

- Anaemia is sometimes called having weak blood.
- Weak blood happens when there is not enough iron in the body to carry oxygen around.
- When you go to the health centre you can get a finger prick test to see if your blood is weak or strong.



*adapt



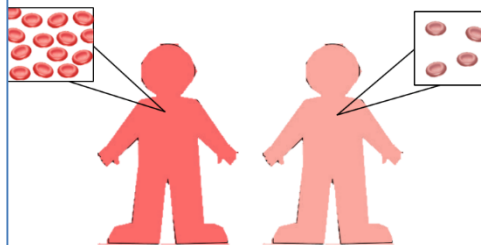
Strong blood

Weak blood

Feedback process

1. What is weak blood (anaemia)?

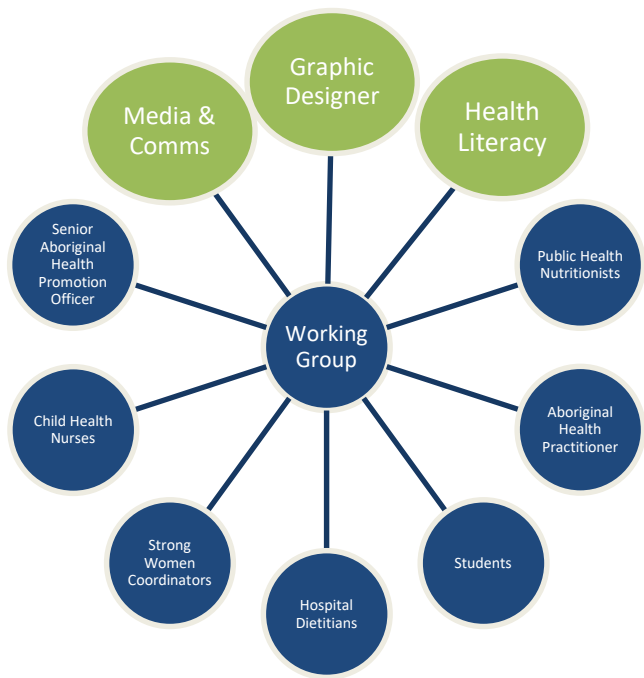
- Everyone has iron in their blood to carry oxygen around the body, oxygen is needed for the body to function and stay strong
- Weak blood happens when there is not enough iron in the body, making us tired
- Iron comes from some of the food we eat
- Weak blood is also called anaemia
- The health centre can do a finger prick test to see if your child's blood is weak or strong.



Strong blood
(bright red)

Weak blood
(pale red)

Design & development



The Readability Test Tool

Let's make the unreadable readable

Readability Test Results

Web Address: reniersky.com

This page has an average [grade level](#) of about 8.

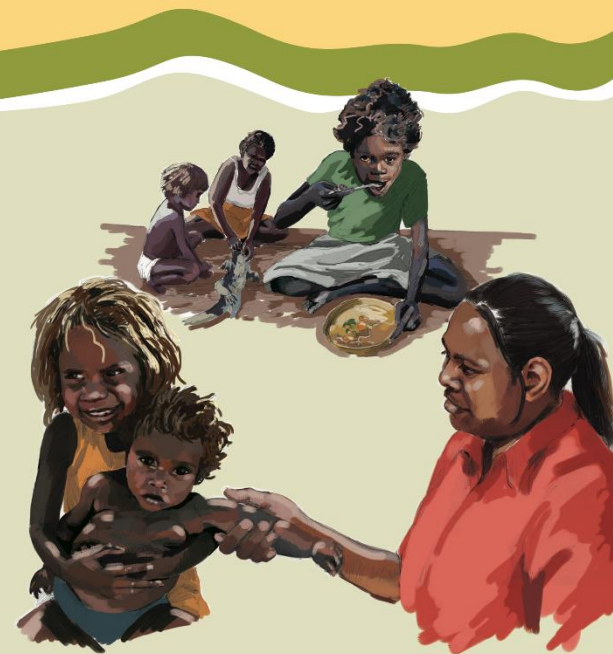
It should be easily understood by 13 to 14 year olds.

[Tweet this result!](#)

Readability Indices

Flesch Kincaid Reading Ease	63.7	<div><div></div></div>
Flesch Kincaid Grade Level	6.2	<div><div></div></div>
Gunning Fog Score	7.9	<div><div></div></div>
SMOG Index	6.5	<div><div></div></div>
Coleman Liau Index	13.2	<div><div></div></div>
Automated Readability Index	5.4	<div><div></div></div>

Growing healthy kids



What do babies and children need to grow well?

The first years of your baby's life are the most important for growth and development. Being healthy when you are pregnant gives babies the best start.



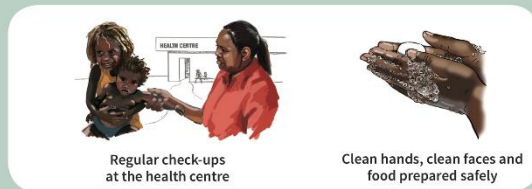
Eat good food

No smoking and no alcohol



Breast milk is all babies need until around six months of age

Start offering healthy food and drinks from around six months



Regular check-ups at the health centre

Clean hands, clean faces and food prepared safely

What can cause growth problems (growth faltering) in children?

Medical causes of growth problems

Medical reasons or sickness can often be the cause of children not growing well. Sickness makes the body work harder meaning it has less energy to grow. Children who are sick often lose their appetite and will eat less.



Weak blood (anaemia)



Being sick a lot



Heart or lung problems



Scabies and skin sores



Worms and germs from dogs



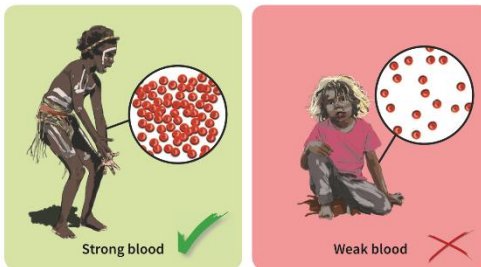
Illnesses like diarrhoea caused by poor hygiene

Good food for strong blood



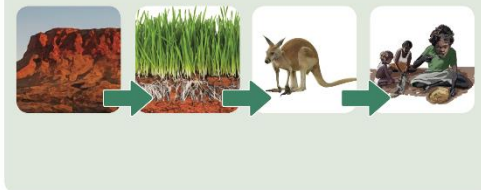
What is weak blood (anaemia)?

Weak blood is when there's not enough healthy red blood cells in the body to carry the oxygen we need. Weak blood is also called anaemia. It is often caused by a lack of iron in the blood.



What is iron? Foods contain many different things needed to be healthy. One of these is iron, it is too small to see in the food we eat or in our blood.

Where does iron come from?



Strong blood foods and meal ideas

6-7 months old babies need:

- Foods that are soft, smooth and thick
- Every meal to have a strong blood food



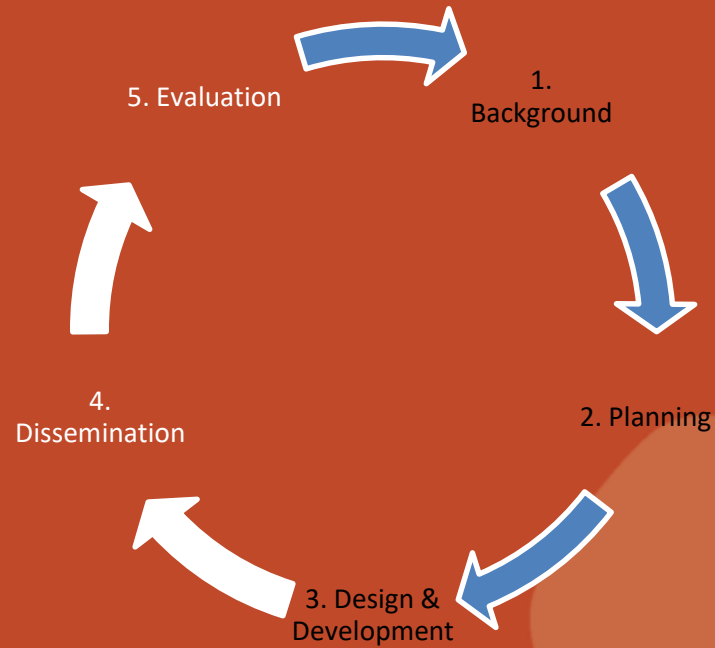
Any of these can be used to help make the baby's food smooth so it is easy to eat



Other strong blood foods for babies:



Disseminate & evaluate



Disseminate & evaluate

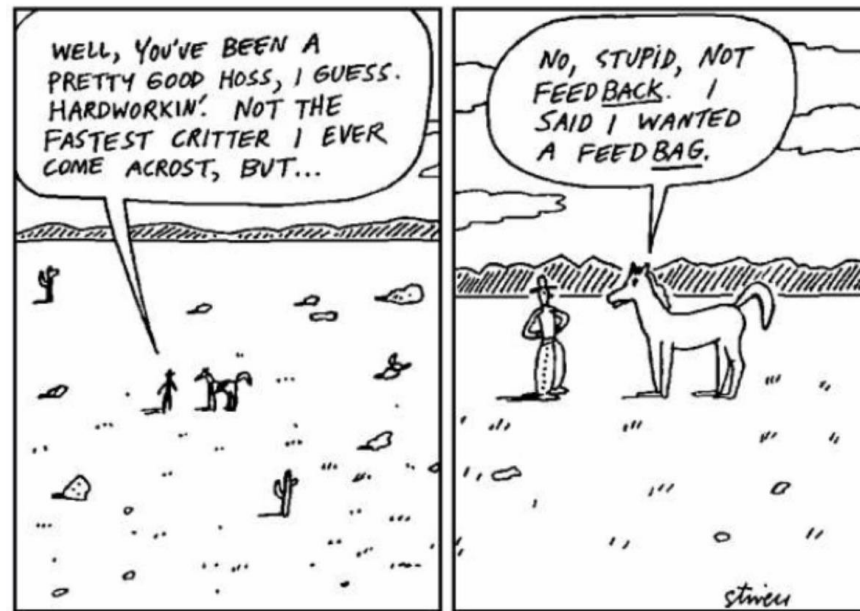
Next steps..



Reflections



Family and friends



Where can you find the resources?

NT Health Internet Page



National Critical Care and Trauma Response Centre

NT Health Practitioners Registration Boards

Nursing and midwifery

Nutrition and physical activity

Office of Disability



Acknowledgements



www.nt.gov.au