



## The Paediatric Wellbeing Cluster Group

Helping children be the best they can.

Children      Communities      Connections

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Conference Breakout Session

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## What is wellbeing?

- Material well-being
- Health
- Nutrition
- Psychological health and safety
- Education
- Peer and family relationships
- Behaviours and risks
- Young people's own subjective sense of well-being

(World Health Organisation)





## What do we know?

Clear evidence that:



Poor nutrition, sleep, and insufficient physical activity have negative effects on:

- short and long term health
- children's emotional stability,
- self esteem,
- school performance,
- learning and development


## Is it working?

- Various existing community based interventions around these domains have been implemented yet still there remain significant challenges to decreasing adverse outcomes in children.
- Need **sustainable** and **meaningful** improvement
  - Current systems and projects appear isolated
  - Are rarely inclusive of the collective role of family, community, education and government
  - Work in silos.

## Formation of the PWC

- As all wellbeing domains are interrelated and
- No single dimension or research focus can serve as a reliable proxy for child well-being in isolation we need
- A team of scientific researchers who engage and support communities holistic approaches in children, parent and school communities,
- **Team that covers key areas** in a multidisciplinary approach [The Paediatric Wellbeing Cluster Group (PWCG)]




## Areas of interest

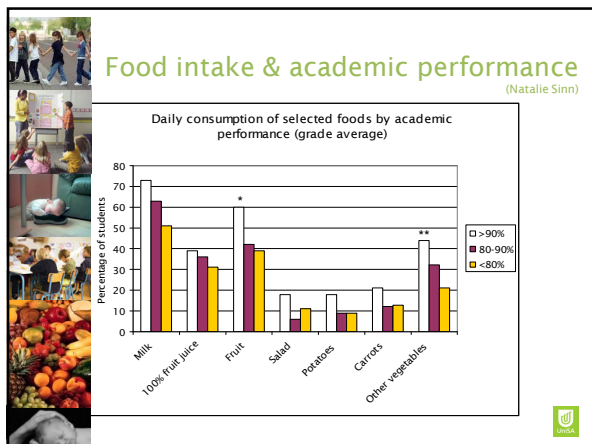
How 4 specific areas of wellbeing...

- Nutrition
- Physical /sedentary activity
- Obesity
- Sleep

Effect other areas of wellbeing

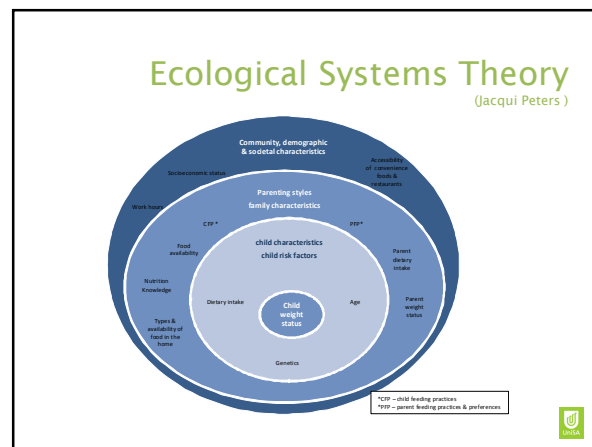
- Education, learning
- Self esteem
- Peer and family relationships
- Psychological health
- Physiological health





- ### Nutrients for a healthy mind
- (Natalie Sinn)
- Vitamins (e.g. B Vitamins, folate, choline, A, C, E)
  - Minerals (e.g. zinc, iron, magnesium, sodium, potassium, calcium, manganese)
  - Amino acids (proteins)
  - Carbohydrates, insulin
  - Polyunsaturated fatty acids
    - Cerebral blood flow, chemical transmission, neurotransmitters
    - chemicals that influence mood, behaviour & learning
- 

- ### Bearing in mind that...
- Children are part of families which are:
- Complex systems with complex interrelations
  - Are effected by a multitude variables:
    - Extrinsic
      - SES/ financial security
      - Employment
      - Social support/access to services
    - Intrinsic
      - Temperaments
      - Family dynamics and history
      - Confidence in parenting, self esteem, value systems
  - Part of communities



### Projects

“Listen to the children” (Uni SA)

What children and parents/carers know about the relationship between sleep, nutrition, physical activity and health and wellbeing.

- ### Projects
- “Targeting obesity in children and adolescents: addressing the role of sleep” ( Uni SA)
- Survey of knowledge around how well children, parents and teachers understand the link between sleep, obesity, nutritional intake, physical activity, fatness and mood states.
  - To introduce a sleep education package in a randomised controlled fashion
  - To evaluate changes in sleep and any corresponding changes to in health, related activities and weight and mood status in both the long and short term.



## Projects/collaborations

1. Nutritional & dietary influences on children's learning and behaviour (Uni SA)
2. Parenting and Teaching Children Healthy eating Habits (PATCH) ( Uni SA)
3. Safe play areas for children and effects on play activities (Macquarie University)
4. Parent's knowledge about children and development (Canada / Parenting Research Centre)
5. An investigation into the relationships between parental fatigue, sleep, cognitive coping strategies, expectations about sleep and parenting (Parenting Research Centre)



## Working together for communities

- Education
- Increased awareness
- Support (local, state, federal)
- Sharing of resources
- Sharing of information
- Evaluation of interventions
- Cross disciplinary
- Holistic

Are we doing enough?



## Questions.....

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