# Section 1

## Introduction

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Scope

The aim of this document is to provide evidence-based and clear guidelines for all health professionals and childcare staff to ensure that parents-to-be, parents and carers receive consistent and accurate nutritional advice and information. They have been developed by a multi-professional group and reflect current best practice. This will help to promote good nutrition for parents, infants and pre-school children, which in turn will benefit general health, growth and development of the under fives in Bristol.

They are a comprehensive resource covering:

- Preconception and pregnancy
- Infant feeding (from birth to 12 months)
- Feeding toddlers and preschool children (1-5 year olds)

The evidence base for good nutrition in early years is strong for both short term health e.g. prevention of constipation and anaemia, and long term prevention of chronic disease. It is essential that good dietary habits are established at an early age and that parents have the skills and knowledge to make appropriate choices and they are able to access affordable, safe, nutritious food.

These guidelines are intended for healthy infants. Some common feeding problems are covered such as iron deficiency, reflux and fussy eating behaviour, but these guidelines may not be appropriate for those with severe feeding problems or complex needs who may need more specialised interventions.

These guidelines are intended for use as a reference document by all health professionals and childcare staff working with parents-to-be, parents, infants and preschool children.
Health data for Bristol

Deprivation

The population weighted average deprivation score from the Indices of Multiple Deprivation 2007 (IMD2007) for Bristol is 27.8, this makes Bristol the 64th most deprived local authority out of 354 areas (within England) and is significantly more deprived than the England average (score of 19.9). However there is wide variation between areas within Bristol. The map below shows the pattern of deprivation in Bristol using population-weighted average scores by ward.

The five least deprived wards in Bristol are Henleaze, Stoke Bishop, Westbury-on-Trym, Redland and Bishopston, with average IMD2007 scores ranging from 7.2 to 12.3. The five most deprived wards in Bristol are Whitchurch Park, Southmead, Hartcliffe, Lawrence Hill and Filwood, with scores ranging from 39.3 to 56.8.

Bristol PCT: Index of Multiple Deprivation by Ward (2007)

Scores for Bristol wards

- 38.6 to 57.5 - 20% MOST deprived
- 30.1 to 38.0
- 26.6 to 30.1
- 13.4 to 26.8
- 7.2 to 13.4 - 20% LEAST deprived

Source: Office of the Deputy Prime Minister, Indices of Deprivation 2007
Breastfeeding has an impact on childhood obesity. The maps below show ward level initiation rates (as a % of all maternities with a known breastfeeding status) and infants who are breastfed (partly or totally) at 6-8 weeks (as a % of all children with a valid breastfeeding status recorded at 6-8 week check) by ward (2007-9). Clifton East had the highest initiation and continuation rates and Whitchurch Park had the lowest rates.

Breastfeeding initiation and continuation rates (at 6-8 weeks) vary with varying levels of deprivation. During 2006-09 67% of mothers from the most deprived fifth of the population initiated breastfeeding and 46% were still breastfeeding at 6-8 weeks. In the most affluent fifth of the population the figures were 93% and 76% respectively. Breastfeeding rates are higher among older mothers, with 59% of mothers under 25yrs initiating breastfeeding in 2009, compared with 86% of mothers over 25yrs.

White mothers tend to have the lowest breastfeeding rates (both initiation, 77% and continuation, 54%) and black mothers the highest (91% and 83% respectively).
Dental health

The main oral disease in children is dental caries (tooth decay) which is influenced by diet and oral hygiene. The graph below shows the average number of decayed, missing or filled teeth in reception aged children by ward of residence. Health inequalities exist across the city with dental caries in the most deprived areas being higher than the least deprived areas. In 2004/05 the average number of decayed, missing or filled teeth per child was 0.1 among Westbury-on-Trym children and 2.8 among children living in Filwood.

Average number of decayed, missing or filled teeth in 4/5 year old children, by ward of residence, 2005/6
In recent years there have been sharp increases in the rate of childhood obesity. In Bristol the National Child Measurement Programme (NCMP) has indicated that the prevalence of overweight and obese children in reception age children is 14% and 10.4% respectively which is higher than the national average. By year 6 these figures increase further to 15.2% overweight and 17.9% obese children. This translates as over 1 in 5 reception pupils and around 1 in 3 year 6 pupils are overweight or at risk of being obese.

Higher prevalence of obese and overweight children in both reception and year 6 tend to be seen in more deprived wards, although obesity rate are also concerning in more affluent communities. Bishopsworth and Filwood wards have the highest levels of obese and overweight children in reception year and Easton has the highest in year 6 pupils.

The maps show the geographical variation of the prevalence of obese and overweight children in reception and in years 6. This data is based on the ward of residence for children attending school in Avon in 2008/09.
These guidelines will be downloadable from [www.bristol.nhs.uk](http://www.bristol.nhs.uk).

A printed copy should be available in all locations where health care professionals and childcare staff who are working with prospective parents, parents, infants and preschool children are based.

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The guidelines will be reviewed annually by Early Years Food and Physical Activity Strategy Group.

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The guidelines were commissioned by Public Health at NHS Bristol and developed in partnership with:

**Breastfeeding Support Services**
- NHS Bristol
- University Hospital Bristol NHS Trust
- North Bristol NHS Trust

**Dietetic Departments**
- Bristol Royal Hospital for Children
- North Bristol NHS Trust

**Early Years Team**
- Bristol City Council

**Health Visitors**
- North Bristol NHS Trust

**Midwifery Services**
- University Hospital Bristol NHS Trust
- North Bristol NHS Trust

**Public Health**
- NHS Bristol

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