



The Paediatric Wellbeing Cluster Group

Helping children be the best they can.

Children Communities Connections

Mawson Centre November 13 -14 2008
Conference Breakout Session

Dr Sarah Blunden
University of South Australia




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

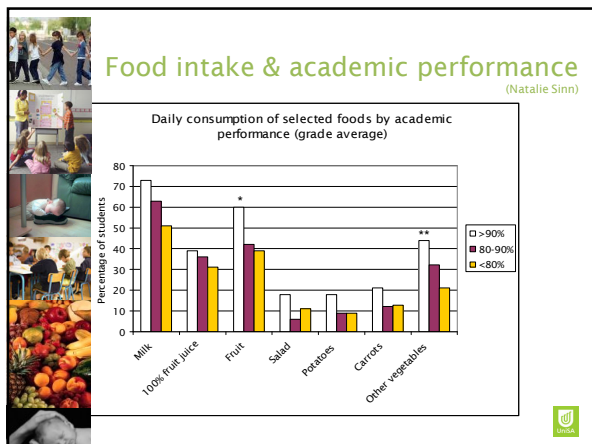
How 4 specific areas of wellbeing...

- Nutrition
- Physical /sedentary activity
- Obesity
- Sleep

Effect other areas of wellbeing

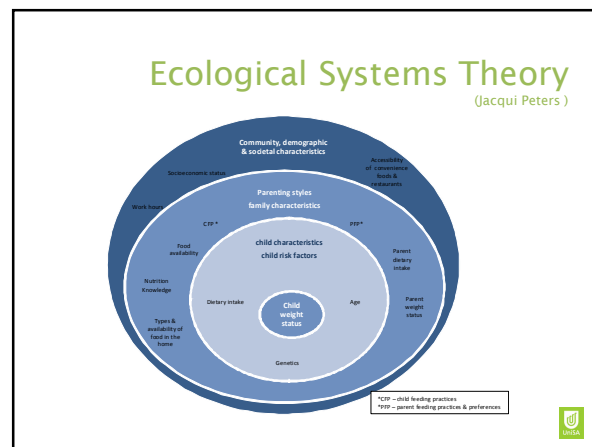
- Education, learning
- Self esteem
- Peer and family relationships
- Psychological health
- Physiological health





- ### 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
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- ### 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.....

Contact:

- www.unisa.edu.au/sleep/
- (08) 8302 1972

