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The healthy generation

LifeLab: educating young people for lifelong health

UNIVERSITY OF Southampton | University Hospital Southampton NHS
NHS Foundation Trust

Educational intervention based on research evidence:

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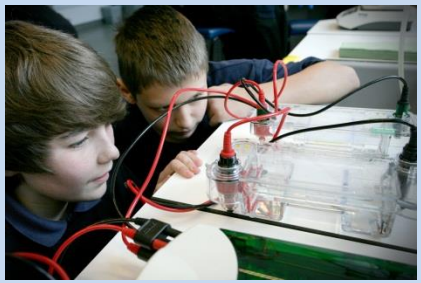
- **Education:**

Pupils need to understand the science behind health issues to make informed judgements about their health

- **Medical:**

A healthy lifestyle in early life = Better health in later life and for future generations



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- **Health issues are socioscientific issues**

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- Health issues are socioscientific issues
- Children need to understand the underpinning science to understand the issues and make informed judgements

Health in the school curriculum

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Most health education exists within

- **PSHE (Personal, Social, Health & Economic Education)**
- **PE**
- **Science**

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New Science Curriculum KS4 Programme of Study:

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The development of scientific thinking:

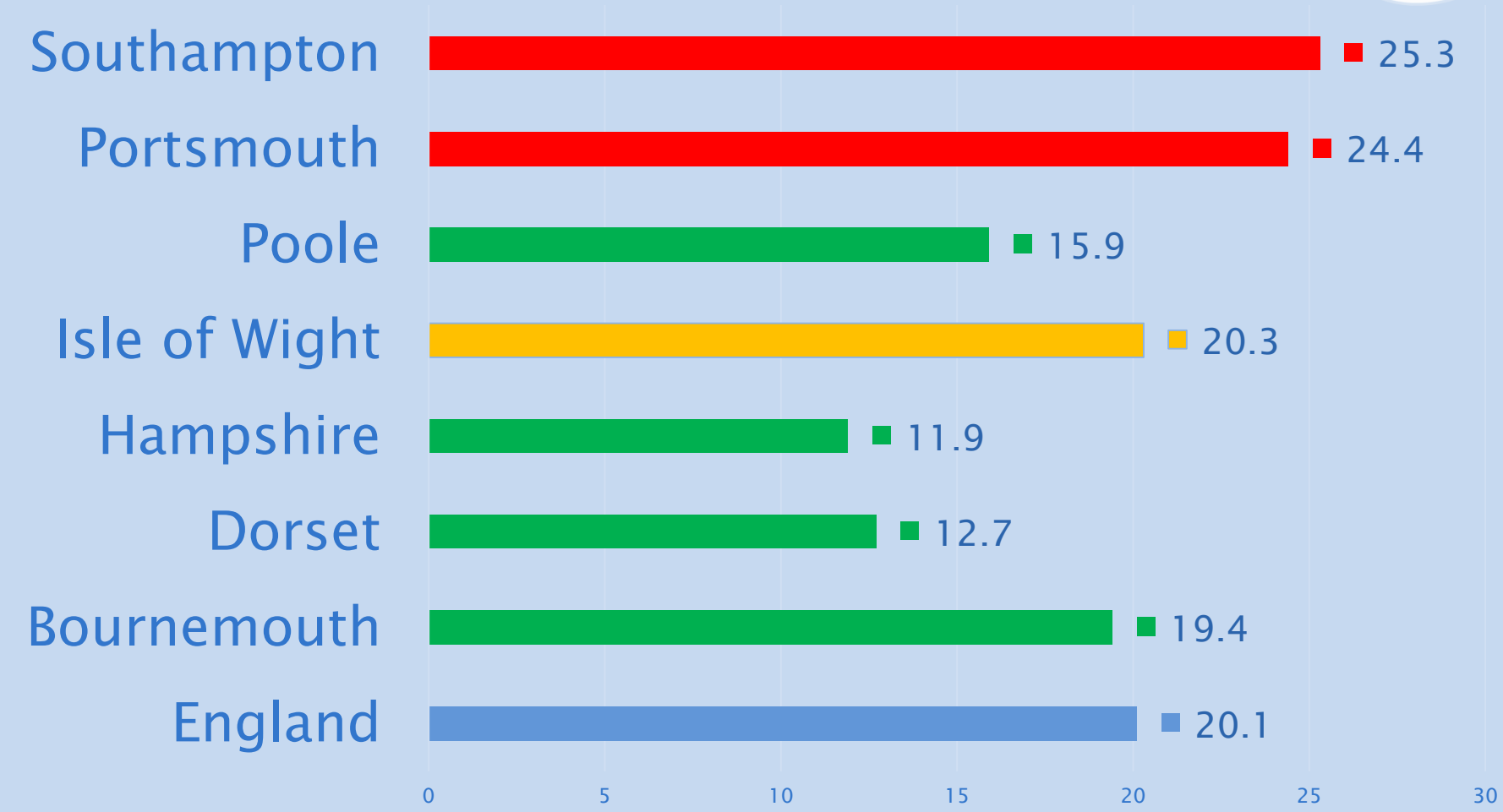
"the role of science in understanding the causes of and solutions for some of the challenges facing society, such as…health issues"

2014 GCSE subject content:

"Health and disease

- describe the relationship between health and disease
- describe different types of diseases (including communicable and non-communicable diseases)
- describe the interactions between different types of disease"

% Children living in poverty (HM Revenue and Customs - Child poverty statistics, 2011)



Source: Public Health England: August 2014

- The health of people in Southampton is generally worse than the England average
- Deprivation in Southampton is higher than average and about 25.3% (10,600) children live in poverty
- The rate of alcohol-specific hospital stays among those under 18 is worse than the average for England
- Levels of teenage pregnancy and smoking are worse than the England average (Smoking in pregnancy is over twice as common)
- In Year 6, 20.3% (391) of children are classified as obese

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Me, My Health & My Children's Health

- LifeLab developed as **a collaboration** by
  - ❖ University of Southampton (Education and Medicine)
  - ❖ NIHR Nutrition BRC
  - ❖ Maths & Science Learning Centre South East
  - ❖ MRC Lifecourse Epidemiology Unit

- Located at Southampton General Hospital, comprising of a **classroom**, **seminar area** and a **laboratory** for hands-on experiments.
- There is the potential for **~5000 student visits per year**
- Programmes are tailored for students of **all abilities**, initially focusing on 11-14 year olds.

LifeLab aims to provide school students with opportunities to:

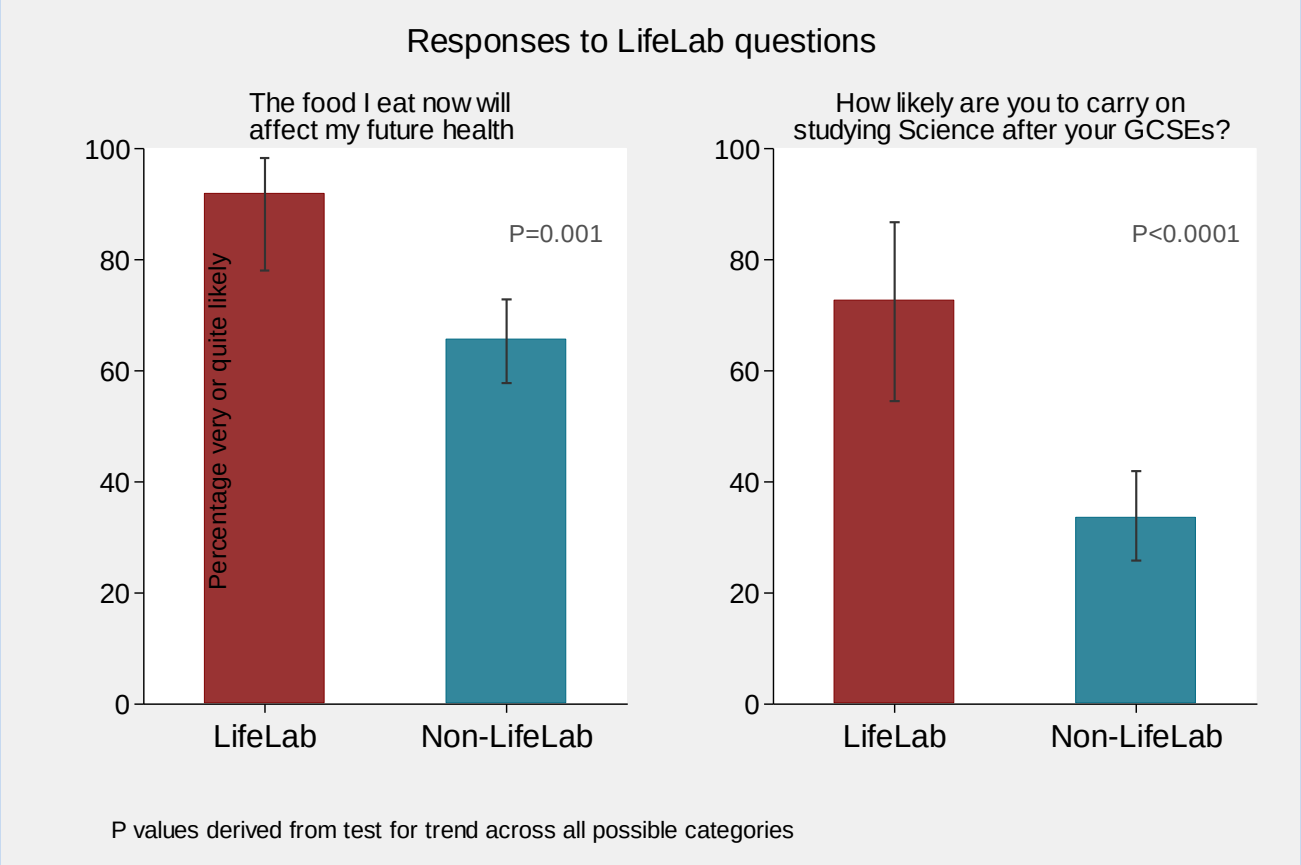
- Learn how they can improve their health and the health of their future children through increased health & science literacy.

- Become enthusiastic about science, and consider further study and careers in scientific disciplines.


THORNDEN SCHOOL
Virtual Learning Environment
RESULTS
CONCLUSION
Comparing Heart Rates
Cantell
Kelly, Toni, Carlyne, Lucy and Paloma
Zak
Cantell School
Adam
Introduction
Results
Conclusion
The graph shows that as the speed of each activity increases so does the heart rate. This is because you need more blood

A lasting impression

Our pilot studies have demonstrated important statistical changes in the attitudes of children **six months** after experiencing LifeLab.



Grace, M., et al., (2012) Health Education, 112(6), 543-559

"If I want to have a long healthy life I need to be more careful with my body and need to look after it more"

I think that the most important thing I had learnt was that I need to commit to keeping healthy because otherwise when I'm older it can really effect my health

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"I won't eat as many unhealthy foods because I don't want to have heart disease."

"When I went home and told my mum about the LifeLab programme she suggested that I start taking my German Shepherd out for a walk every day. So that's the change I've done"

"How unhealthy my lifestyle actually is and the small changes that need to be made just to make sure I'm at less off a risk."

78% said yes to the question: ***"has the learning today had an influence on how you will manage your own health"***

Name:

Class:

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Make it **measurable.**

How imp
for you?

Not very impor

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What do you want to change? Be **specific.**

What will you **do** to start making this change?

How successful was your change?

Make it **measurable:** When, how often, how many, how long?

How will you know when your change has been successful?

How **important** is this change for you?

How long do you need?

How **confident** are you that you can do this?

Who will suppport you?

What might **stop** you making this change?

How could you get over these problems?

Impact of LifeLab

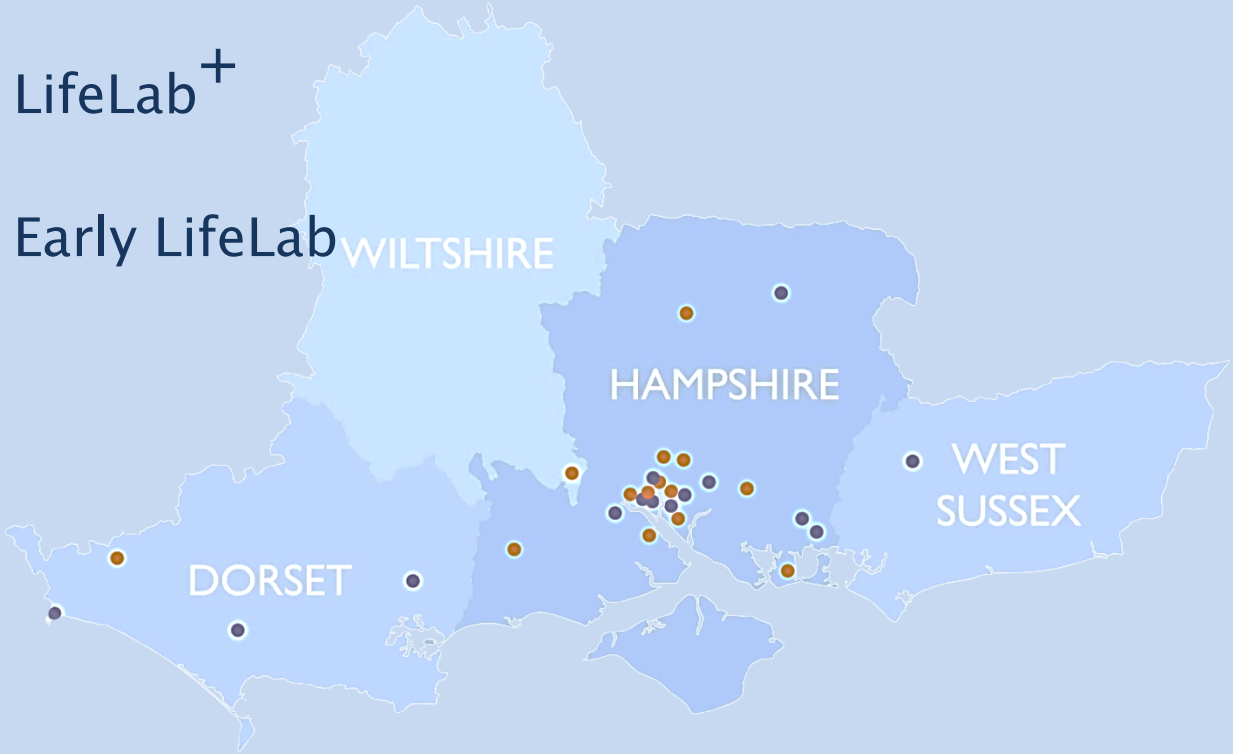
"It was important that this was done outside of school, I don't think it would have had the same wow factor if they did the same activity in the classrooms they always do science in!"
Teacher, Southampton Secondary School

"A fantastic day that inspires people to live healthier lives"
Teacher, Southampton Secondary School

"A particularly successful workshop, 'LifeLab Southampton', is based at the local hospital and is making an important contribution to students' understanding of the need to adopt healthy lifestyles."
OFSTED 2009

Future for LifeLab:

- To date, over 2000 school students have attended
  - Primarily year 9, but also 11-18 yrs
- Randomised Control Trial (RCT)
- LifeLab+
- Early LifeLab



What Happens at LifeLab