

A Lifecourse Approach to Non-communicable Diseases (NCDs)

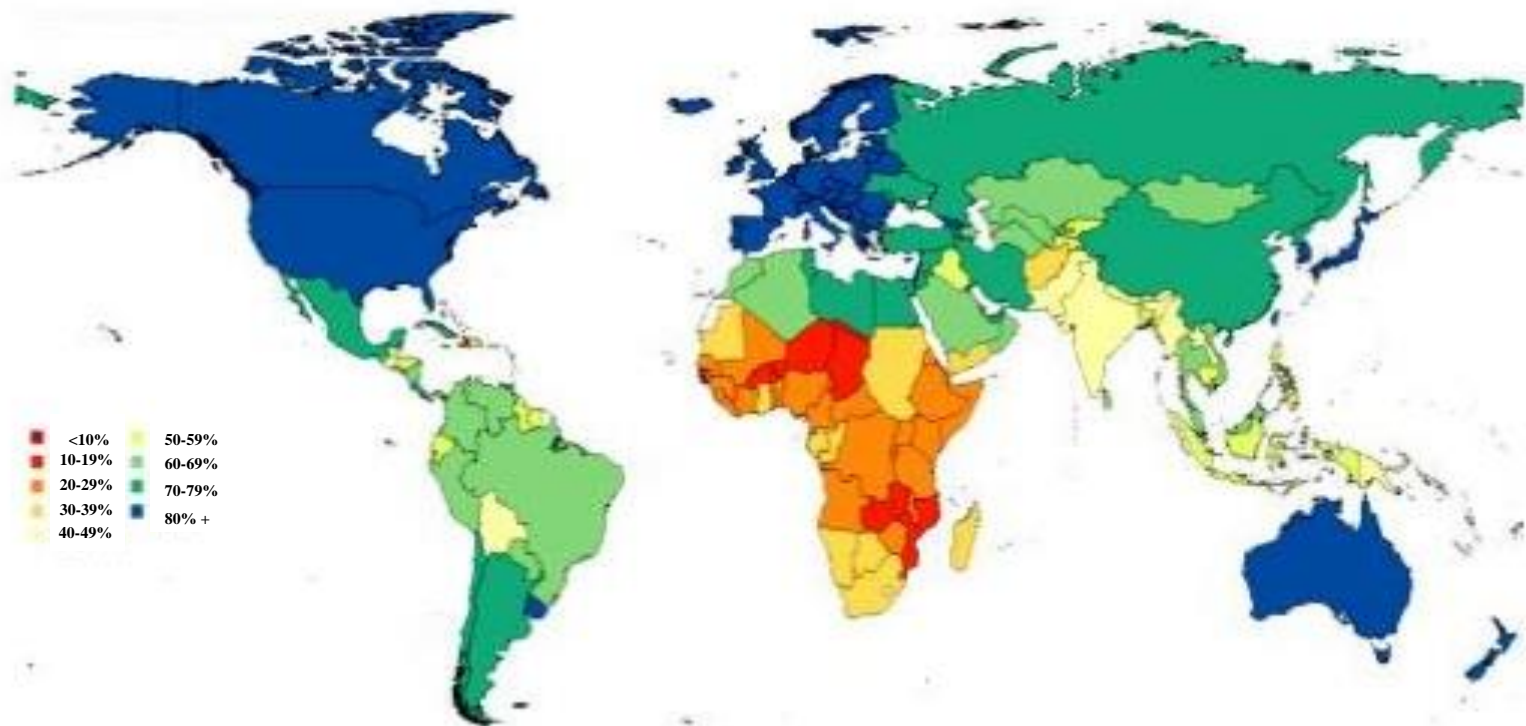
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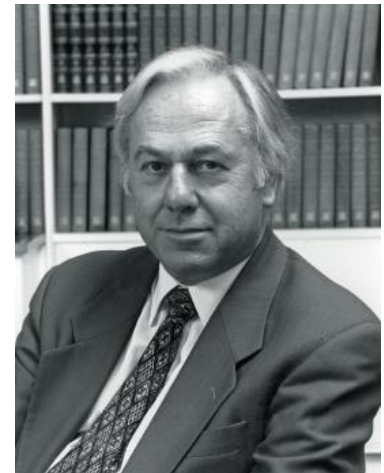
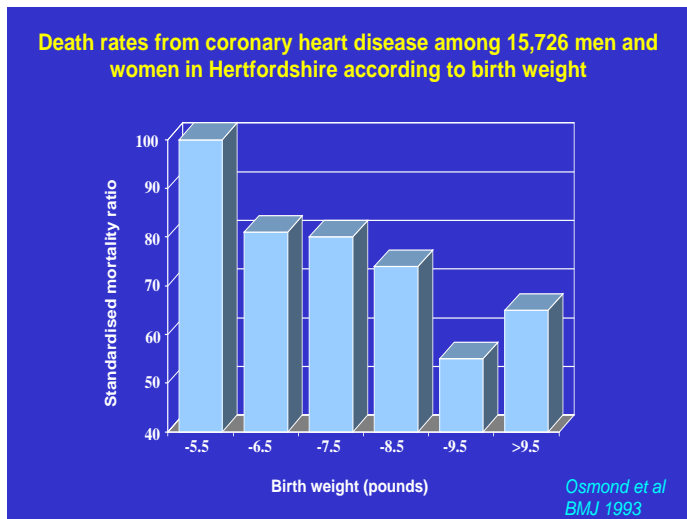
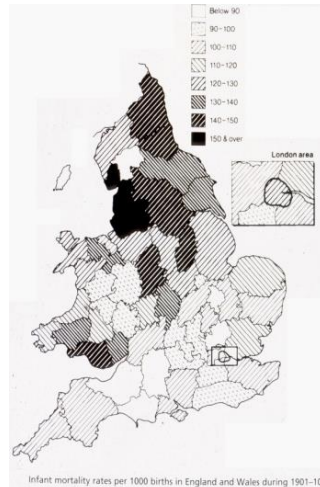
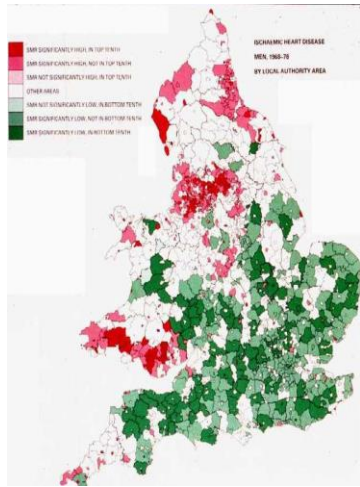


PERCENT OF DALYS FROM NON-COMMUNICABLE DISEASES IN 2010



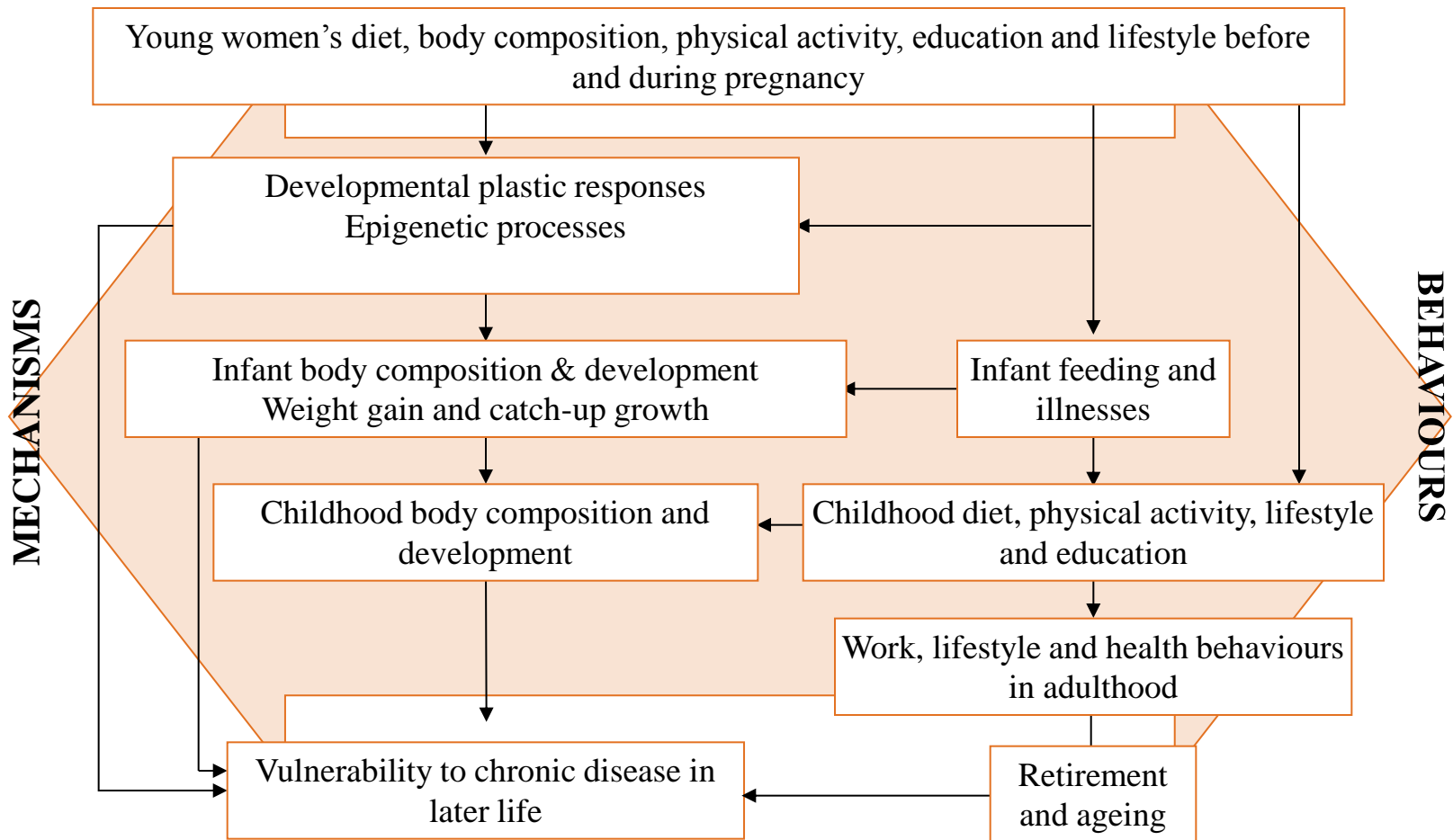
Source: Institute for Health Metrics and Evaluation (2013)

Developmental origins of adult disease



David Barker 1936-2013

Lifecourse determinants of health and disease



Lifecourse strategy for disease prevention

Chronic NCD risk

Mother & infant

Childhood

Adulthood

No intervention

Late intervention impactful for vulnerable groups

Late intervention

Earlier intervention improves functional capacity & responses to new challenges

Early intervention

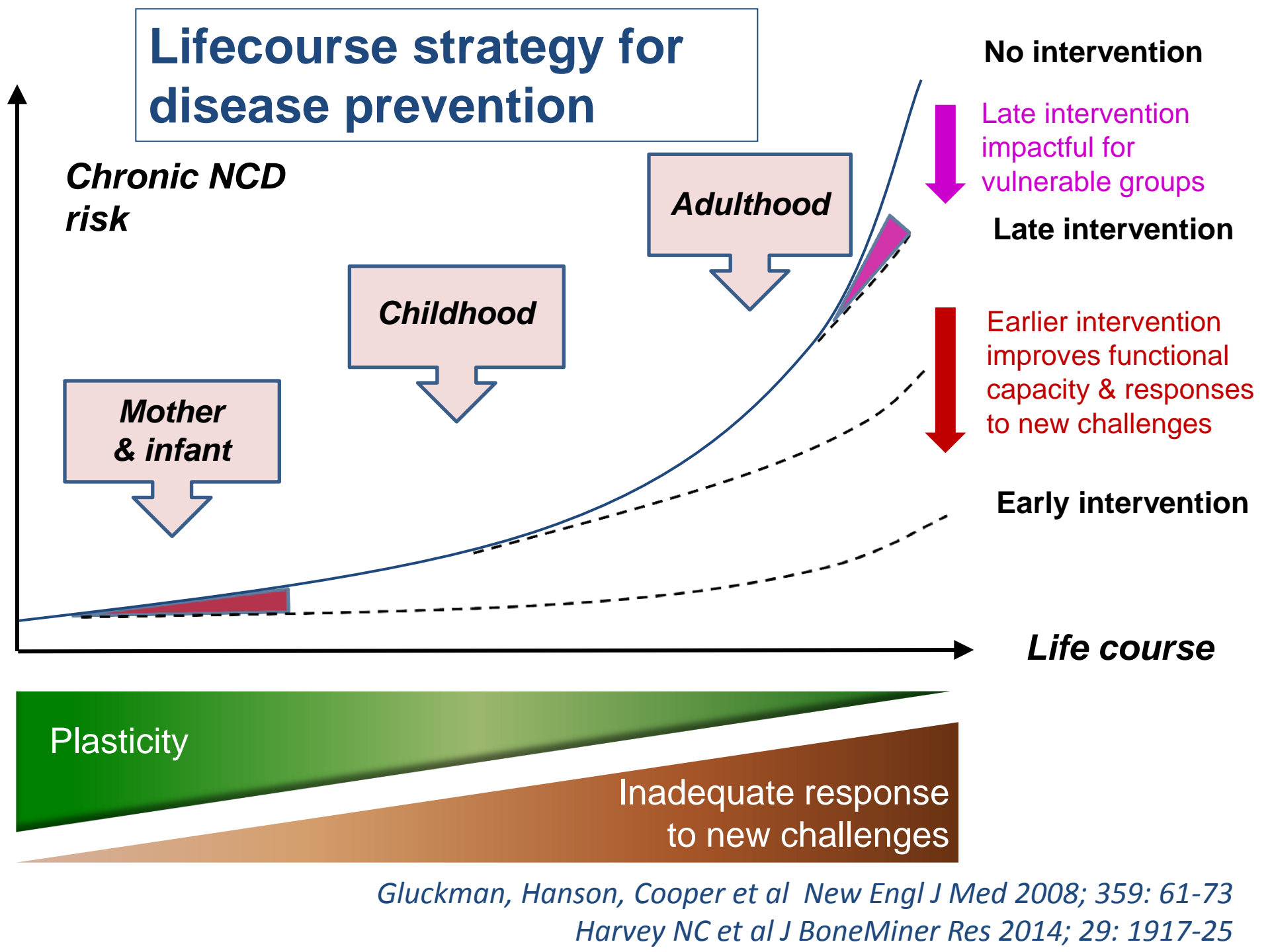
Life course

Plasticity

Inadequate response to new challenges

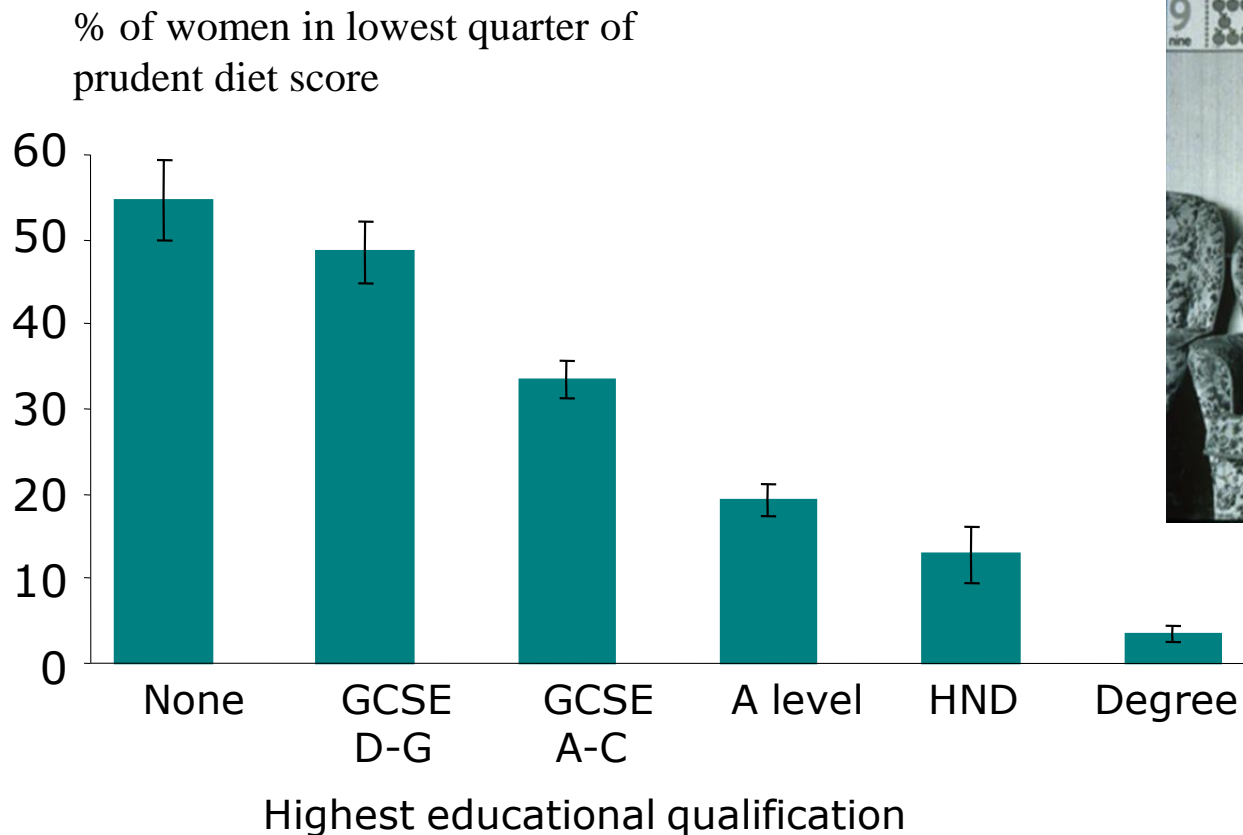
Gluckman, Hanson, Cooper et al New Engl J Med 2008; 359: 61-73

Harvey NC et al J BoneMiner Res 2014; 29: 1917-25

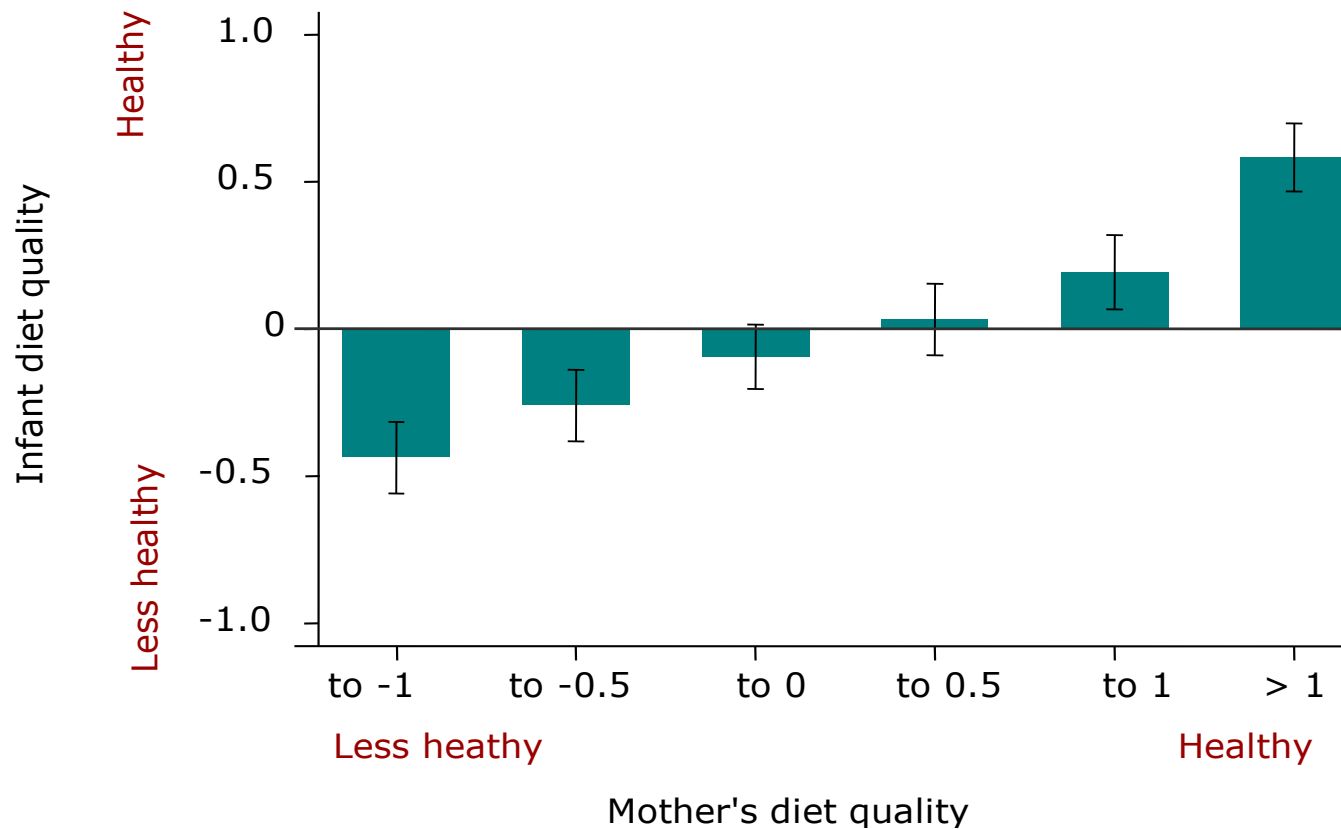


Modifying maternal diet to
improve offspring health

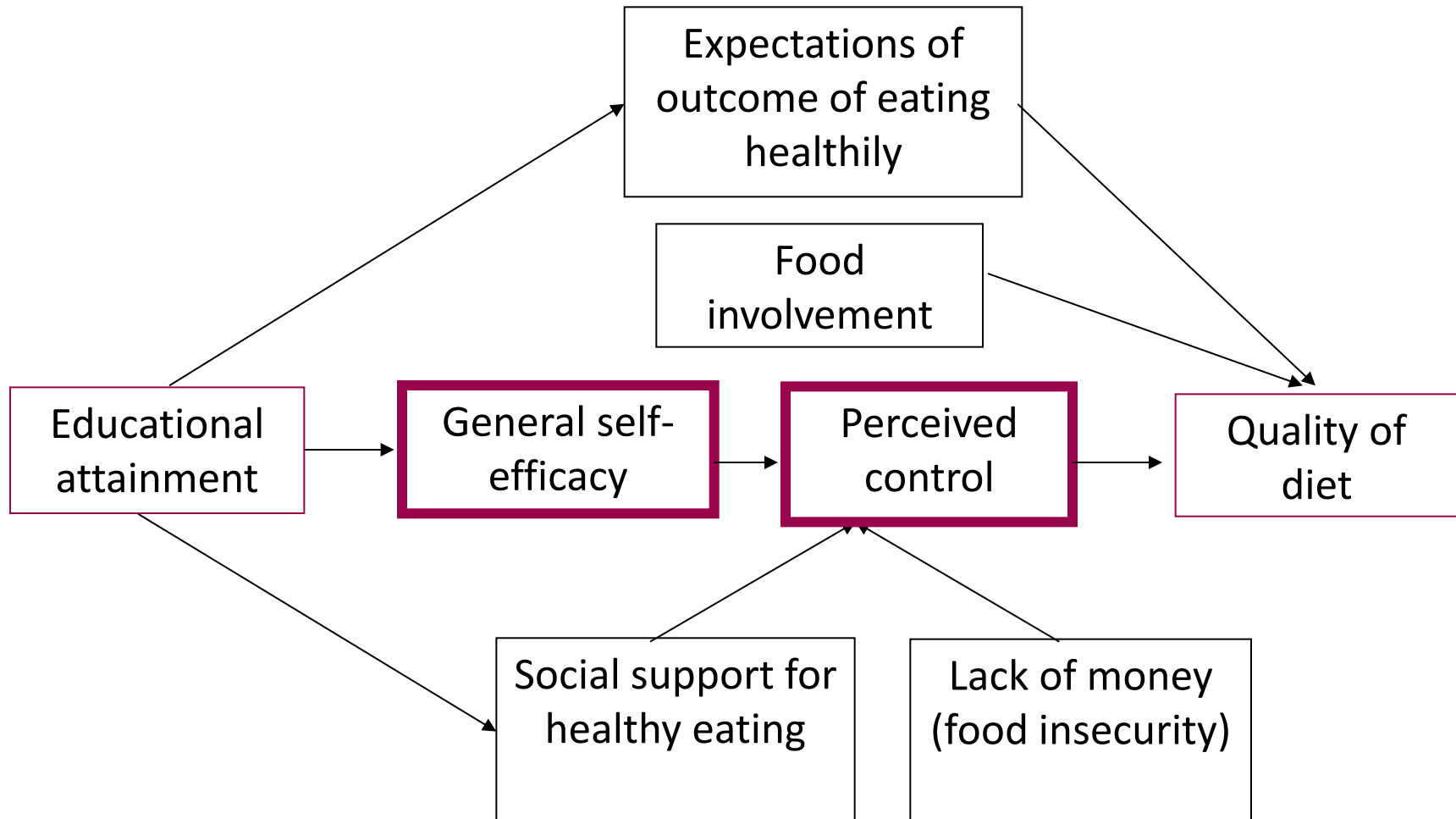
Educational attainment and dietary pattern in women of child-bearing age



Mother's and infants diets



Why do women of lower educational attainment tend to have a poorer quality diet than women of higher educational attainment?



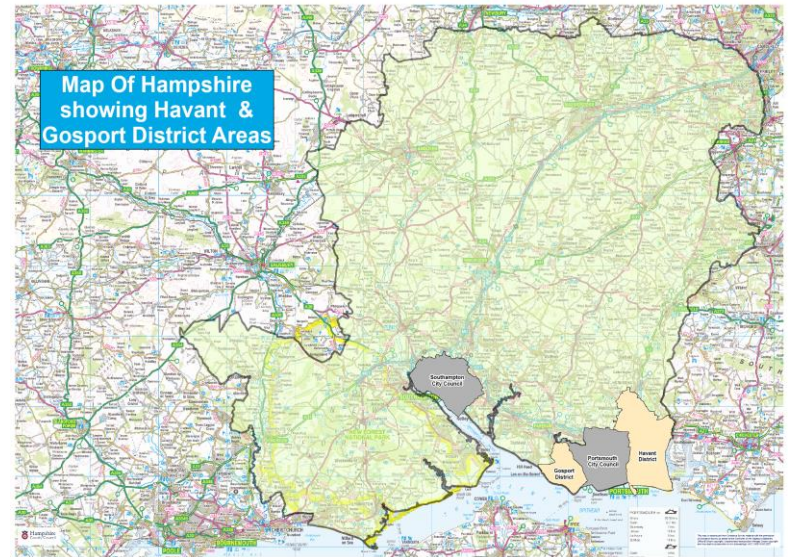
Southampton Initiative for Health:

A complex intervention to improve food choice among women of child-bearing age

- Design – before and after non-randomised trial
- Study population – women attending Sure Start Children's Centres, and their children

BEHAVIOUR CHANGE INTERVENTION:

- 3 x 3 hour sessions over 5 weeks
- 8 people per group with 2 facilitators
- Session 1: Thinking about change
- Session 2: Practising Healthy Conversations
- Session 3: Embedding lasting change
- Follow up: Ongoing contact with trained staff



PRINCIPLE FINDING: Improvement in control and self-efficacy

Barker M et al J Hlth Psychol 2011; 16: 178-91
Baird J et al BMJ Open; 2014: 4: e005290



World Health Organisation

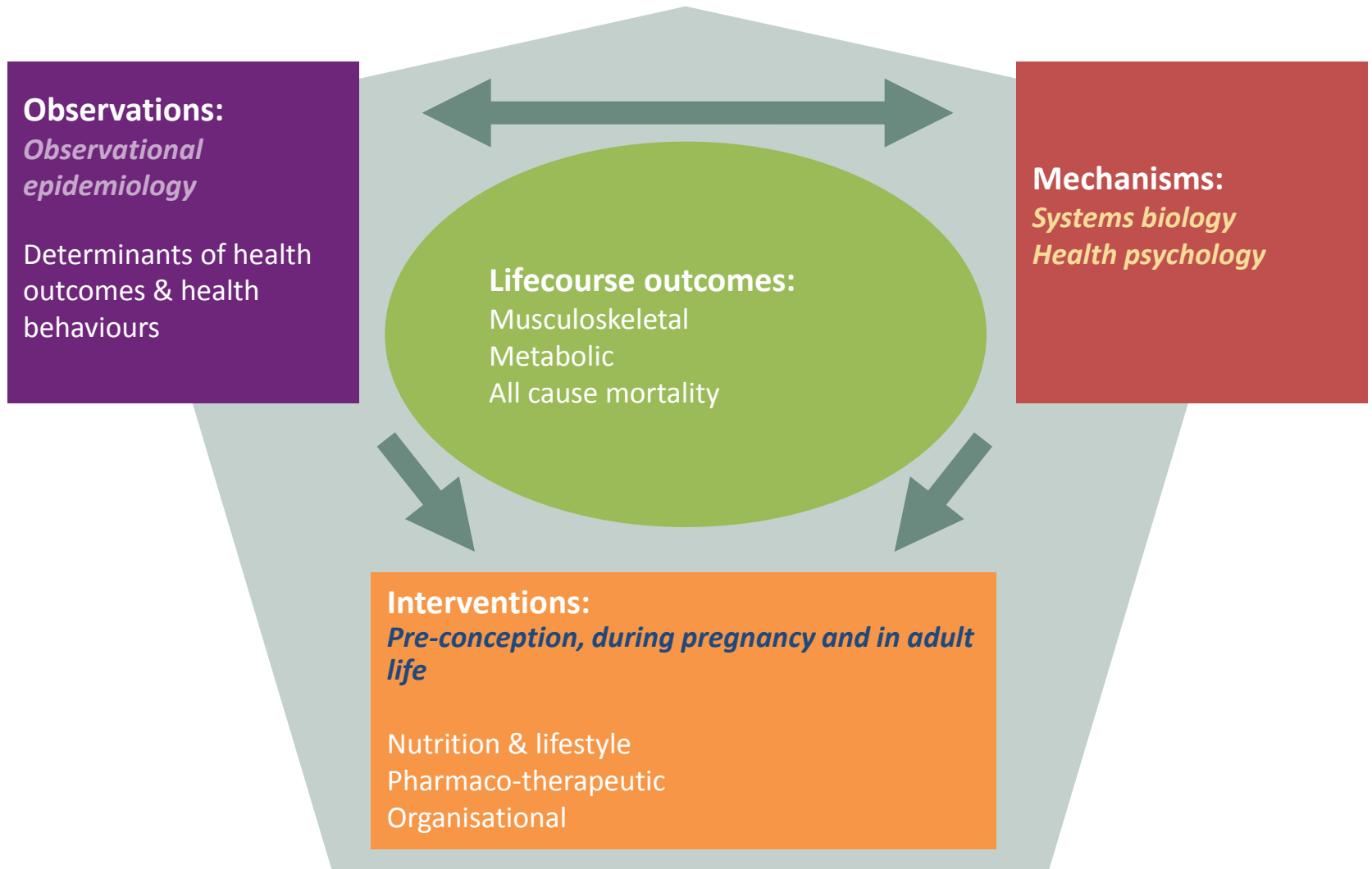
Global Action Plan for the Prevention and Control of Non-communicable Diseases 2012-2020

“The 2013 to 2020 Action Plan should ensure that a **life course approach** is taken to tackle NCDs. This includes **maternal health for the unborn baby**, avoiding exposure to tobacco and alcohol during pregnancy, breast feeding in infancy, healthy behaviours in childhood and adolescence and healthy ageing. The life course approach means incorporating NCD prevention and control alongside **maternal and child health programmes** and care of the elderly, in a range of settings (e.g. schools, work place).”

European Ministerial Conference

The Minsk Declaration (2015): Lifecourse approach in the context of Health 2020 and Sustainable Development Goals

MRC LEU: 2015-2020



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