

Integrated Specialist Public Health Nursing School Nursing Newsletter

March 2022

The core ambition of the Integrated Specialist Public Health Nursing Service (ISPHNS) School Nursing team is to promote healthier, happier children and young people, who are ready to take advantage of positive opportunities and able to reach their full potential.

Healthy Balanced diet and nutrition

As a teenager, your body is going through many physical changes–these changes need to be supported by a healthy, balanced diet.

By eating a varied and balanced diet as shown in the <u>Eatwell Guide</u> (see picture below), you should be able to get all the energy and nutrients you need from the food and drink you consume, allowing your body to grow and develop properly.

Eating healthily doesn't have to mean giving up your favourite foods. It simply means eating a variety of foods and cutting down on food and drinks high in fat and sugar, such as sugary fizzy drinks, crisps, cakes and chocolate. These foods should be eaten less often and in smaller amounts.

Eating a <u>balanced diet</u> is the way to go. Dieting, skipping breakfast or starving yourself don't work.



Try to choose a variety of different foods from the 5 main food groups to get a wide range of nutrients. (See right.)

Water, drinks and your health

It's easy to overlook, but choosing healthier drinks is a key part of getting a balanced diet.

The <u>Eatwell Guide</u> says we should drink 6 to 8 cups or glasses of fluid a day. Water, lower fat milk and sugar-free drinks, including tea and coffee, all count.

Dehydration means your body loses more fluids than you take in. If it's not treated, it can get worse and become a serious problem. Symptoms include feeling thirsty, dark yellow and strong-smelling pee, peeing little, and fewer than 4 times a day, feeling dizzy or lightheaded, feeling tired, a dry mouth.



Vegetarian or Vegan? Children can be brought up healthily on a vegetarian or vegan diet. Children need plenty of energy and protein to help them grow and develop. Good protein sources include eggs, dairy products such as milk and cheese, soya products, pulses and beans, nuts and seeds. It's also important that vegetarian and vegan children get enough <u>iron</u>, <u>calcium</u>, <u>vitamin</u> <u>B12</u> and <u>vitamin D</u>. See useful resources for further links

Eating Disorders An eating disorder is a mental health condition where you use the control of food to cope with feelings and other situations. Unhealthy eating behaviours may include eating too much or too little or worrying about your weight or body shape.

Anyone can get an eating disorder, but teenagers between 13 and 17 are mostly affected. With treatment, most people can recover from an eating disorder. For further support see link below in helpline numbers.

Food Intolerance v' s Allergy

A **food intolerance** is difficulty digesting certain foods and having an unpleasant physical reaction to them. It causes symptoms, such as bloating and tummy pain, which usually happen a few hours after eating the food.

A **food allergy** is when the body's immune system reacts unusually to specific foods. Although allergic reactions are often mild, they can be very serious. Symptoms of a food allergy can affect different areas of the body at the same time. Some common symptoms include an itchy sensation inside the mouth, throat or ears, a raised itchy red rash (urticaria, or "hives"), swelling of the face, around the eyes, lips, tongue and roof of the mouth (angioedema), vomiting. It can also cause Anaphylaxis, when a person has a severe allergic reaction, which can be life threatening. Call 999 if you think someone has the symptoms , such as: breathing difficulties, trouble swallowing or speaking, feeling dizzy or faint.

Useful resources/websites

<u>Healthy eating for teens - NHS</u> (www.nhs.uk)

The Eatwell Guide - NHS (www.nhs.uk)

Healthier food swaps - Food facts -Healthier Families - NHS (www.nhs.uk)

Water, drinks and your health - NHS (www.nhs.uk)

Vegetarian and vegan diets Q&A - NHS

Water, drinks and your health - NHS (www.nhs.uk)

<u>Do I have an Eating Disorder? -</u> <u>SEED | Eating Disorders Support</u> <u>Service</u>

Helpline numbers

<u>Helplines - Beat</u> (beateatingdisorders.org.uk)

Childline 0800 1111

Samaritans 116123

CAMHS Crisis 01482 301701

Text SHOUT to 85258

Young Minds Textline-Text 'YM' to 85258

School Nurse DROP-IN

If you are aged between 12 and 19 (25), you can access confidential NHS advice about your health, safety and emotional wellbeing. We play an important role in educating young people about making healthy choices and offer help and advice.

To find out when your drop-in is, speak to student services or take a look here

School Nurse Drop-in | Humber ISPHN

Our website contains lots of reliable health and wellbeing information you may find useful, take a look at page

Key Topics for ages 12 - 19 | Humber ISPHN

Key Topics (SEND) |

<u>CHAT HEALTH</u>

TEXT 07507 332891

A **confidential texting service** to support young people in the East Riding with their health needs, and to discuss issues that may be impacting on them emotionally.

This provides young people with quick, accessible and confidential support from our School Nursing Team.

Young people can remain anonymous if they choose to, but can also access face-toface support and/or be signposted to local services if they choose to share their details.



Thank you for taking the time to read our newsletter. We would really appreciate if you can spare 5 minutes to give us some feedback via our Survey Monkey link ISPHNS Survey (surveymonkey.com)



If you would like to learn more about our service, please visit our website humberisphn.nhs.uk