



STARTING WELL

The aim of the Starting Well programme is to improve the health outcomes in pregnancy and for babies, children and young people. Promoting a healthy lifestyle, mitigating and preventing adversity, promoting positive mental health and tackling chronic inflammatory and infection-related disorders are part of our mission to better the lives of women, children and young people across the region and beyond.

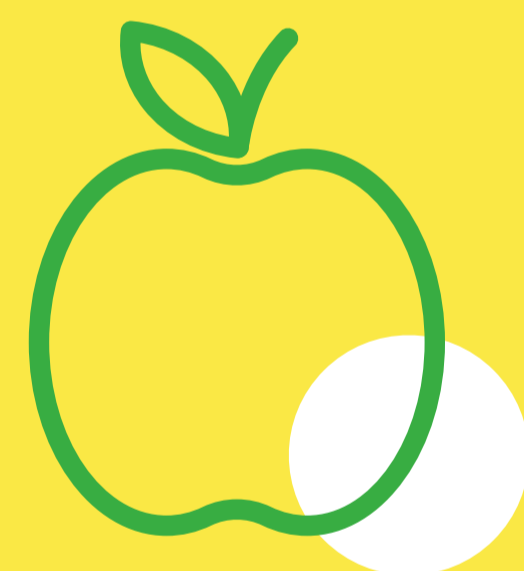
THE FIVE PROGRAMMES ARE:

- 1. PROMOTING HEALTHY LIVING**
- 2. MITIGATING AND PREVENTING ADVERSITY**
- 3. PROMOTING POSITIVE MENTAL HEALTH AND WELLBEING**
- 4. TACKLING CHRONIC INFLAMMATORY AND INFECTION RELATED DISORDERS**
- 5. IMPLEMENTING CO-ORDINATED CARE.**

A life course approach is key. Good maternal health increases the chances for a safe delivery and good birth weight; both crucial factors for a positive start to life.

Promoting a healthy lifestyle decreases the risk of adverse health factors for children as they grow up.

Specific work is being conducted in:



OBESITY



MENTAL HEALTH AND WELLBEING

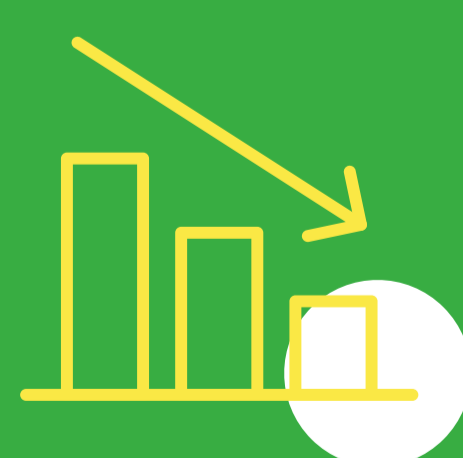


CHRONIC CONDITIONS, SUCH AS DIABETES AND RESPIRATORY CONDITIONS



SUBSTANCE MISUSE

CROSS CUTTING THEMES:



HEALTH INEQUALITIES



DATA AND INFORMATICS



PPI/COMMUNITY INVOLVEMENT AND ENGAGEMENT

IF YOU WOULD LIKE TO LEARN MORE, PLEASE EMAIL:

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