

## **1. Key synergies between Education and Health and Wellbeing**

- Educational qualifications are a key determinant of future employment and income. Education and income together represent the most significant influences on health.
- Poor educational attainment is a key risk factor in teenage pregnancy, offending behaviour, truancy, levels of crime, and alcohol and drug misuse. There are also clear links between attainment, absenteeism and both current and future health outcomes.
- People with higher levels of education tend to have healthier lifestyles. Life expectancy is used as the main measure of health; evidence shows that additional years of life are added with each year of education.
- Schools and Colleges also have an important role in promoting health and wellbeing for students, for example through provision of healthy schools meals, sport and physical activity, sex and relationship education, promotion of emotional wellbeing.
- Evidence shows that this can contribute to improving student performance as well as longer term health and wellbeing.
- Lifelong learning helps to keep the mind stimulated, which may delay conditions associated with growing older.

## **2. Achievements and current activities**

A Public Health-Children Schools and Families group ensured that Public Health support to CSF early years and young people progressed effectively. Specific initiatives relevant to education include:

- A review of the early years' agenda led to development of best practice in children's centres (Early Years Pathways, Mental Health Post). Pathway development is well underway to ensure a robust pathway and good communication between professionals who deal with young children—maternity, health visitors, children's centres and GPs, with a link to school nurses.
- Development of Healthy School programmes in two school clusters in the more deprived east of Merton, including work with Dig Merton to introduce food growing to children.

- Alive N Kicking – programme for children and their families, identified through the National Child Measurement Programme (NCMP)
- Reviews of CAMHS and Looked After children are ongoing
- School nursing and health visiting services are within the community health services being procured in partnership with Merton CCG for April 2016.
- Merton Adult Education delivers English for Speakers of Other Languages (ESOL) courses based on health messages
- Libraries staff and volunteers have been trained as Health Champions to provide frontline brief advice and signposting to lifestyle services
- Public Health will support a healthy catering officer in Environmental Health and a school travel post
- MVSC supports our community Health Champion initiative- volunteers from community groups are trained to Royal Society of Public Health NVQ2 level to deliver brief advice and signposting to members of their groups. A My Health Guide was created to support Health Champions and to provide opportunities for people to make a pledge for a chosen lifestyle change.
- Merton Chamber of Commerce has been commissioned to provide a sustainable healthy workplace outreach service to encourage small and medium size enterprises to support the health and wellbeing of staff, and sign up to the London Healthy Workplace Charter.

### **Health and Wellbeing Strategy 2015-18**

This portfolio specifically links two themes of the Health and Wellbeing Strategy

Theme 1      Best start in life – early years development and strong educational achievement.

Theme 3      Life skills, lifelong learning and good work

A summary page of all five themes with key outcomes is included in the Health and Wellbeing Strategy that can be found at <http://www.merton.gov.uk/health-social-care/publichealth.htm>.