School children take the healthy choice message home

JumpStart Choices, NHS Ayrshire & Arran’s school-based healthy lifestyle programme, has helped more than 1,500 school children this year to make healthy choices. The programme takes the healthy lifestyle message into schools, and helps to empower pupils to make positive healthy choices relating to food and activity.

Alan Brown, Health Promotion Officer and Programme Lead commented: “The programme is a fun interactive way for pupils to not only learn about their own lifestyle choices, but also to encourage their whole family to get involved.”

Delivered by health coaches, the eight-week interactive programme helps pupils to learn about the positive choices they can make in their everyday lives - from increasing physical activity levels, to recognising hidden sugars and fat in food and drinks.

The pupils are also tasked with becoming health champions, by taking the lessons they learn home to their own family members.

Alan added: “We get great feedback from parents who say that their children are talking about JumpStart and encouraging the whole family to change to healthier habits at home.”

The JumpStart Choices programme is part of a wide range of measures NHS Ayrshire & Arran is undertaking with East, North and South Ayrshire Councils to help children and adults get more active, eat more healthily and become a healthier weight.

If you are concerned your child may be above a healthy weight or if you want to find out more about the JumpStart Choices programme, contact Alan Brown on 01292 885891.

ends
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Photograph: 230715Alloway PS (2).jpg
Health Coaches, Laura Thompson and Alan Brown, meet the children from Alloway Primary School

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