

What does the domain “health promotion & illness prevention” mean to children and young people from RCPCH &Us?



30 children age 7 & 8 took part in a Takeover Challenge in the College where they learnt about child health past, present and thought about what they need in the future. They created a video for us about why health promotion around hidden sugars in food is important for keeping children healthy, happy and well.

Watch the video: <https://youtu.be/4Qk0eAtv4js>

Over 300 young people told RCPCH and partners what they thought was important for the next 10 years of the NHS. They said:

We asked children and young people what keeps them healthy, happy and well and they said;



- Health information which is more interactive and memorable
- Having annual checks for vulnerable groups and introduce health checks in secondary school
- All doctors to have a good understanding of how to support good mental health for children and young people
- More education and awareness sessions on mental and physical health from a younger age
- Have more opportunities for parents and patients to talk to each other and get advice/support from people with lived experiences of conditions - tips to prevent crisis

#Notes

Discuss with my team/peers

Discuss with my supervisor

Domain areas to consult on locally with children and young people

Resources created by RCPCH &Us:

Emoji cards to help speak with children and young people about their mental health

<https://www.rcpch.ac.uk/resources/emoji-card-game>

Chatterbox game to talk about staying healthy, happy and well

<https://www.rcpch.ac.uk/resources/chatterbox-game-five-ways-healthy-wellbeing>

Read what is important to children and young people for good health

<https://www.rcpch.ac.uk/resources/state-child-health-us-views-rcpch-us-network>



The voice of children, young people and families

Want more information?

Contact: and_us@rcpch.ac.uk