



 **RCPCH**
&Us

The voice of children,
young people and
families

Happy, Healthy & Well

Creating a youth social action project to improve health

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 **RCPCH**
Royal College of
Paediatrics and Child Health
Leading the way in Children's Health

A photograph of a young child in a blue patterned jacket reaching up towards a large, iridescent bubble. The bubble is in the foreground, and the child's hand is just below it. In the background, other people are visible but out of focus. The scene is brightly lit, suggesting an outdoor event or festival.

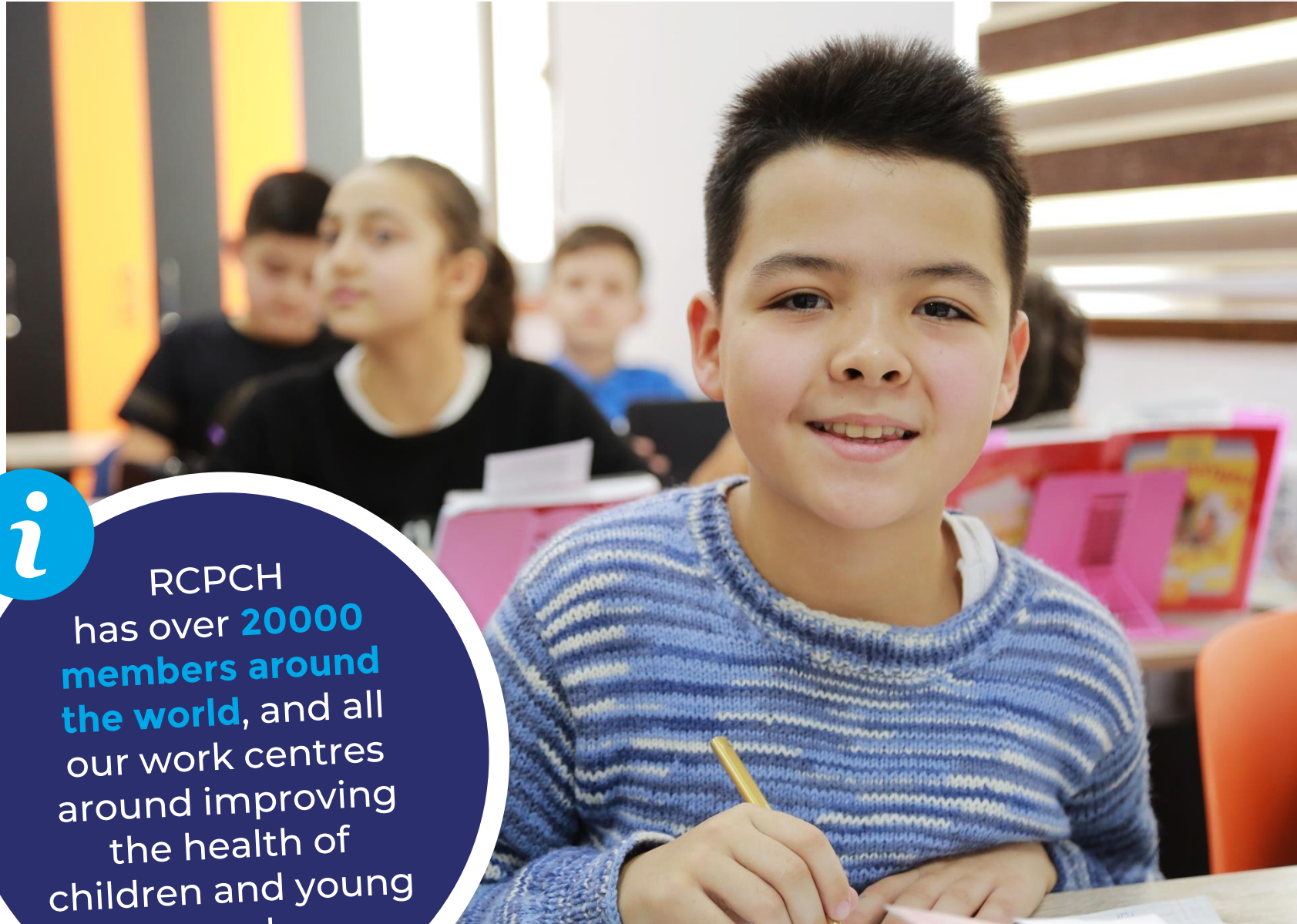
Vision of the project

Creating a **healthier nation** by empowering today's children and young people with knowledge and skills

Who are we?



The Royal College of Paediatrics and Child Health, often referred to as the RCPCH, is the professional body for paediatricians (children's doctors) in the United Kingdom.



RCPCH has over **20000 members around the world**, and all our work centres around improving the health of children and young people

Why are we here?



We are passionate about children's health and we want to raise awareness about preventable health conditions



As front-line doctors we see children with different health conditions, many of which are life threatening but are preventable



We want to give young people the knowledge and information about healthy habits that can reduce risks of preventable diseases



We give them tools needed to stay happy, healthy and well throughout their lives



By generating healthy habits in children, we can help them grow into **healthier adults**



*What do we aim
as a community?*

To enjoy healthy and
quality life free of
preventable disease,
disability, injury, and
premature death

Top 5 commonest cause of preventable death in adults



Top 5 commonest cause of preventable death in children





Rising disease burden in children

Mental health disorders



Obesity



Diabetes

5 Healthy Habits - Common Prevention

Think
ABCDE

A

Avoid Alcohol/
Smoking

B

Develop
healthy
Behaviour and
Attitude

C

Personal
Cleanliness
and Hygiene

D

Nutritious Diet

E

Regular
Exercise

A background image showing a person's hands in a striped shirt working with pink sticky notes on a desk. A paperclip is visible on the left side of the page.

About the project

This project is designed to support a youth social action project with a focus on children and young people's health.

The project will support young people in the research of health conditions, helping you to identify chronic health conditions affecting children and young people in your local area.

The project is based on local health data and information, helping you to consider health inequalities and enabling peer education through social action.



Aim of the project

To educate and support young people to explore and research the top health issues in their local area and educating other children and young people about avoidable child health issues through social action



Being empowered with knowledge and skills so they can support themselves and others in managing and preventing avoidable health conditions

Why get involved?

Getting involved will help you to build **new skills for the future** helping with employment, building resilience and helping others as peer educators



You will develop essential skills like effective communication, teamworking and leadership





Think about the difference you can make to the lives of others by being involved in this project

You make a difference for others

You will be able to support a family/friend who may need help, encourage them to get right help and make healthy choices

Your voluntary experience matters



It gives you an example/
experiences to talk about
and demonstrate how you
would be able to use the
skills learnt for a job or
further education



You become a better
candidate at interview



Nearly seven in ten
employers say entry-level
candidates with voluntary
experience demonstrate
more employability skills

Sharing your learning with others

The learning and skills you achieve in this project can be used as evidence to link to accredited outcomes with **ASDAN** short courses and **AQA** units

- **AQA** – Volunteering in a local community project
- **ASDAN** – Volunteering short courses
- Peer education





Happy, Healthy & Well

*So get involved
to help create a
healthier nation*
