

Healthy Start Vitamin D

Specialist Services

Secure Services

Mental Health

Community Services

Children and Families



Healthy Start Vitamin D Scheme

Healthy Start Voucher Scheme

- Means tested – dependent on family income

East Lancs Healthy Start Vitamins Scheme

- Free to all
 - Pregnant women
 - All postnatal women up to 1 year and all breastfeeding women
 - Babies and children until their 6th birthday



Who is Entitled to Healthy Start?

- Pregnant women from 10 weeks & children under 4 in a family in receipt of one or more of the following:
- Income Support
- Income Based Jobseekers' Allowance
- Income Related Employment and Support Allowance
- Child Tax Credit (but not Working Tax Credit) with an annual family income of less than £16,190 or less (2013/14)
- ALL pregnant under 18 year olds

The Voucher

Pregnant women get one Healthy Start Voucher a week worth £3.10

Babies under the age of one get two vouchers a week worth a total of £6.20

Children aged over one and under four get one voucher a week worth £3.10.



How do Families Apply for Healthy Start?



They will need to fill in an application form to join the Healthy Start Scheme.

Ask your Midwife, Health Visitor or Children's Centre for details.

Or ring 0845 607 6823

www.healthystart.nhs.uk



What does it Provide?

- Liquid cow's milk
- Infant formula milk
- Fresh fruit
- Fresh vegetables
- Free vitamins

HEALTHY
START



Why do we Need Vitamin D?

- Important for bone development
- Strengthens bones
- Helps with the absorption of calcium



90% of our Vitamin D comes from the sun and only 10% from food which is why so many people have low levels of Vitamin D

Which Foods Contain Vitamin D?

Vitamin D is found naturally in small amounts in:

Oily fish – salmon, sardines,
kippers, mackerel

Egg yolk

Meat

Liver

Mushrooms



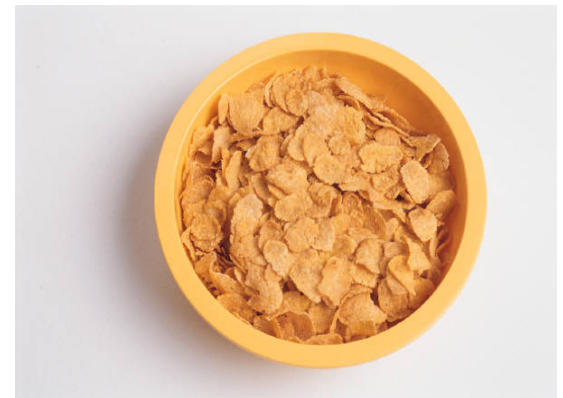
Vitamin D is added to:

Some margarines

Some breakfast cereals

Some dairy products

Some condensed and
powdered milks



Signs and Symptoms of Vitamin D Deficiency

Infants under 6 months:

- Convulsions
- Twitchy babies – unsettled

Toddlers aged 12-18 months:

- Bowed legs
- Delayed closure of baby's soft spot (on the head)

Toddlers over 18 months:

- Delayed walking
- Floppy arms and legs
- Walking with toes turned in
- Slow to get their teeth
- Fractures, slow growth

Adults:

- Convulsions,
- Knock knees
- Muscle weakness and pain in arms and legs
- Fractures

Some Facts...

- 50% of the adult population have low levels of Vitamin D
- Several hundred children are treated for Vitamin D deficiency in the UK each year
- The number of cases of rickets increased nationally from 183 in 1996 to 762 in 2011
- It is estimated that 9 in 10 adults in the UK of South Asian origin may be Vitamin D deficient



Where can Families get their Vitamins?

Health Centres

Children Centres

Free to:

Pregnant women

Postnatal women

Breastfeeding women

Children until sixth birthday

Not income assessed



How to Take Your Vitamin D

5 drops daily for babies and children on a clean plastic spoon

Continue use for children until their **sixth** birthday – so this includes children in their first and second years in school

Vitamin tablet for pregnant, breastfeeding and postnatal women – each bottle has 2 months' supply

Breastfeeding mum and baby can take them at the same time