

# Health Improvement

## Maternal and Infant Nutrition Flash Report 2021/2022



The Maternal and Infant Nutrition (MIN) programme aims to develop, implement, monitor and review the programme of work to improve the nutritional status of women of child bearing age and children under 5 years, including improving the rate and duration of breastfeeding.

MIN  
programme  
est 2008

### MIN programme

**Key achievements:**

- Development of “Early Years Locality Links”
- Partnership working to support community organisations with MIN work
- Re-establishment of NHSL multiagency MIN steering group

Input to a wide range of internal and external training programmes



5157 children's  
vitamin D drops  
distributed

### Maternal and Infant Vitamin Distribution



- Over 80 NHS and non-NHS venues as distribution points across Lanarkshire.
- These include health venues and services, community facilities such as leisure and libraries and community & voluntary sector organisations
- Pilot testing of new data reporting system to improve data returns



- Staff training and support
- Social media campaign
- Resource development

>90% Pregnant  
women received  
Healthy Start  
Vitamins  
throughout  
pregnancy

Inclusion of information of Best Start Foods within all locality work and promotion of benefit to expectant parents and families

76 women  
supported from  
booking to 6  
months postnatal

### Healthy Lifestyle In Pregnancy Service

**0.4WTE Multi Disciplinary Team that consists of a Dietitian, Physiotherapist and Midwife and provides support to those pregnant with a Body Mass Index  $\geq 30$**

- Pan Lanarkshire service
- Continued blended model of delivery via Near Me, face to face and telephone
- Meet the team website and videos developed

- Social media campaign
- Synergy with Gestational Diabetes Pathway of care





- NHS Lanarkshire "Mums & Babies" 6896 followers
- NHS Lanarkshire Breastfeeding support page 2.3K members
- NHS Lanarkshire Antenatal page 2.8K members



- Infant feeding team continued with blended model of Near Me, telephone and face to face contact including breastfeeding clinic with frenotomy service
- Programme for Government projects continue although reduced activity of training due to pressures on service
- Neonatal unit support to maximise babies receiving breastmilk on discharge
- In addition to the main NHS Lanarkshire Mums & Babies Facebook page an online breastfeeding group has been very successful in enabling not just professional support but mum to mum support at a time when mothers were feeling isolated and vulnerable
- 15 active "community mothers" volunteers and as the service is recovering they are starting to come into the postnatal wards and go out to the local groups.
- Participated in "Healthy bump, Healthy baby" resilient families course with Healthy Valleys, delivering an infant feeding workshop to vulnerable pregnant women
- Successful World Breastfeeding Week held online

The team have delivered MIN and Baby Friendly training to a wide variety of internal and external staff and partners to ensure consistent evidence based messaging within our communities

118 sign ups, 41 new sign ups and 77 transferred from previous scheme



- Premises sign ups to BFS and/or transfer over from previous local scheme
- Development and pilot of Early Learning Scheme working in partnership with North Lanarkshire council and Early Learning lead.
- Development and pilot of Breastfeeding Friendly Scotland Schools award working in partnership with North Lanarkshire Council and education colleagues to develop the award
- Pilot of Breastfeeding Friendly Scotland Local Authority award – a partnership working group is established with the MIN team, North Lanarkshire Council strategic colleagues, CL&D, the voluntary sector and the national Advocacy and Culture lead for Scotland.
- Development and adaption of the framework has been carried out over this year as well as continuing to support each department within the council with training, policy development and communications
- Community champions model developed with 15 breastfeeding champions from both community learning and development and the voluntary sector trained.

What's next for MIN in 2022/23:

- Recommencement of Healthy Lifestyle in Pregnancy Update Sessions
- Role out of new registration/data collection system for MIN vitamin scheme
- UNICEF Baby Friendly Reaccreditation for acute and community

Contact: [Susan.Short@lanarkshire.scot.nhs.uk](mailto:Susan.Short@lanarkshire.scot.nhs.uk) [Louise.James@lanarkshire.scot.nhs.uk](mailto:Louise.James@lanarkshire.scot.nhs.uk) [AnneMarie.Bruce@lanarkshire.scot.nhs.uk](mailto:AnneMarie.Bruce@lanarkshire.scot.nhs.uk) [Alison.Thomson2@lanarkshire.scot.nhs.uk](mailto:Alison.Thomson2@lanarkshire.scot.nhs.uk)

- Launch of Early Learning scheme and pilot of Schools scheme
- Completion of Local Authority award, a first for Scotland!
- ABA feed research trial
- Evaluation of breastfeeding groups