The Salut Programme
A Child-Health-Promoting Intervention Programme in Västerbotten

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SIMSAM, 2012-03-29
Overweight and caries in focus

Was initiated to improve epidemiological surveillance and to develop health-promoting interventions for expectant parents and children up to 18 years.
The Salut programme

Good health is reached by health promotion interventions in collaboration with others and the family and the very best for the child in focus.
The Salut programme

Thru systematic improvements* interventions are developed to promote safe conditions, increased physical activity and healthy eating habits.

*Memeologen Improvement Approach

Conditions during childhood and adolescence

Eating habits

Physical activity
Data collection within the Salut Programme

Pregnancy  1.5 years  3 years  6 years  10 years  13 years  16 years
Data collection within the Salut Programme

- Socioeconomy
- Family characteristics
- Physical activity
- Eating habits
- Dental care
- Length and weight (BMI)
- Alcohol, tobacco and drug use
- Self-rated health

Pregnancy

<table>
<thead>
<tr>
<th>I</th>
<th>II</th>
<th>III</th>
<th>IV</th>
<th>V</th>
<th>VI</th>
<th>VII</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.5 years</td>
<td>3 years</td>
<td>6 years</td>
<td>10 years</td>
<td>13 years</td>
<td>16 years</td>
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</tr>
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</table>

### Data collection within the Salut Programme

- **Continuous data collection since 2006 within ANC**
- **Translated without success**
- **About 3000 births annually**
- **Drop-outs for second time parents**
- **Used by both midwives and dental hygienists**

#### Pregnancy

<table>
<thead>
<tr>
<th>Stage</th>
<th>Duration</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>1.5 years</td>
<td>[Image]</td>
</tr>
<tr>
<td>II</td>
<td>3 years</td>
<td>[Image]</td>
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<tr>
<td>III</td>
<td>6 years</td>
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<td>VI</td>
<td>16 years</td>
<td>[Image]</td>
</tr>
</tbody>
</table>

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Data collection within the Salut Programme

- Some questions repeated
- Socioeconomy
- Family characteristics
- Child/parent:
  - Lifestyle
  - Self-rated health
  - BMI

Pregnancy
1.5 years
3 years
6 years
10 years
13 years
16 years

Barnets hälsa i fokus
Till mamma och pappa/partner
när barnet är ca 1 ½ år

Some questions repeated
Socioeconomy
Family characteristics
Child/parent:
- Lifestyle
- Self-rated health
- BMI
Data collection within the Salut Programme

- since 2008 within CHC
- seven health care centres
- about 200 questionnaires/year
- will soon be terminated
- drop-outs/compliance a problem
- no clinical use for the nurse

Pregnancy

<table>
<thead>
<tr>
<th>Time (years)</th>
<th>Image</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>1,5 years</td>
<td>Salut programme focus on the child's health when the child is approximately 1 ½ years old</td>
</tr>
<tr>
<td>II</td>
<td>3 years</td>
<td></td>
</tr>
<tr>
<td>III</td>
<td>6 years</td>
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<td>VII</td>
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</table>
Data collection within the Salut Programme

Ages and Stages Questionnaire: Socal-Emotional Behaviors
1. self-regulation
2. compliance
3. communication
4. adaptive functioning
5. autonomy
6. affect
7. interaction with people
Data collection within the Salut Programme

- screening instrument, 3 years age
- 34 questions + BMI, etc.
- pilot study: 10 health care centers
- working tool within CHC
- goal: 150 children 2012
- evaluate usefulness and feasibility
- study those above cut-off
Data collection within the Salut Programme

Epibarn & hälsofrågor

- School situation
- Lifestyle
- Length and weight (BMI)
- Self-rated health
Data collection within the Salut Programme

- about 20 questions
- introduced 2011 in Umeå, Lycksele
- county wide dissemination 2012-13
- working tool for the school nurse
- shared database with all northern counties
Data collection within the Salut Programme

Comprehensive questionnaire

- Living conditions
- School situation
- Lifestyle
- Length and weight (BMI)
- Self-rated health
- Data for 5000 13-15 year olds
- Ended up 2007

LEVA
Lifestyle survey
Umeå region
+ Salut pilot areas

Data collection within the Salut Programme

Overweight and caries

BMI self-rated health dental care

Pregnancy 1.5 years 3 years 6 years 10 years 13 years 16 years

Hälsoformulär

Till dig som väntar barn! 
Mödrahälsovården & Salut

Barnets 1 ½ år

Barnets hälsa i fokus

Till mamma och pappa/partner när barnet är ca 1 ½ år

Hälsoformulär

Till dig som väntar barn!
Mödrahälsovården & Salut

Barnets hälsa i fokus

Till mamma och pappa/partner när barnet är ca 1 ½ år

ASQ-SE®

36 månader/3 år Frågeformulär

Frågeformulär för 36 månader (3 år)

Fylls i på BVC: 
Dagens datum:

Barnets vikt:

Barnets längd:
Salut – för ett friskare Västerbotten

www.vll.se/salut

Tack!

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