**Jargon Buster**

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| **BMI (Body Mass Index)** | A term used to determine the healthy weight for your height see link for the NHS tool to help you calculate this:  <https://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx>   * 8.5 to 24.9 means you're a healthy weight * 25 to 29.9 means you're overweight * 30 to 39.9 means you're obese * 40 or above means you're severely obese |
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| **CCG (Clinical Commissioning Group)** | Local groups of GPs who commission health services for a local population – often co-terminous with the local authority area. Part of the NHS. |
| **Change4Life** | NHS website which has a wide variety of information and ideas for activities to promote a healthy lifestyle  <https://www.nhs.uk/change4life#c2jR5C3v8s9Qusx9.97> |
| **Community Health Services (GPs or Health Centres)** | Provide primary care services and often the base for district nurses and other early intervention services e.g. Health Advocates. |
| **Early Help Service** | It is estimated that over two million children in the UK today are living in difficult family circumstances. These include children whose family lives are affected by parental drug and alcohol dependency, domestic abuse and poor mental health. Early help is a term for a service which offers these children and their families the best quality professional help at the earliest opportunity.  Many Local Authorities provide or commission a service called Early Help to provide early intervention and support to prevent problems escalating and offer solutions without formal social work intervention. |
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| **Key Stage 1 and Key Stage 2** | Terms describing the Key Stages or sections of the National Curriculum in schools.  Key Stage 1 (KS1) – children in Years 1 and 2 at Primary School (ages 5-7)  Key Stage 2 (KS2) – children in Years 3 to 6 at Primary School (ages 8-11) |
| **NHS Health Trainers** | Health trainers help their clients to assess their lifestyles and wellbeing, set goals for improving their health, agree action-plans, and provide practical support and information that will help people to change their behaviour. This could include promoting the benefits of:   * taking regular exercise and eating healthily * reducing alcohol intake * breastfeeding * practising safe sex * stopping smoking   Health Trainers can be based at GP practices and other health provision or employed as part of an Early Help Service. |
| **Obesity** | The term "obese" describes a person who's very overweight, with a lot of body fat.  It is a common problem in the UK that's estimated to affect around one in every four adults and around one in every five children aged 10 to 11.  Obesity can lead to several serious and potentially life-threatening conditions, such as:   * [type 2 diabetes](https://www.nhs.uk/conditions/Diabetes-type2/Pages/Introduction.aspx) * [coronary heart disease](https://www.nhs.uk/conditions/Coronary-heart-disease/Pages/Introduction.aspx) * some types of cancer, such as [breast cancer](https://www.nhs.uk/conditions/Cancer-of-the-breast-female/Pages/Introduction.aspx) and [bowel cancer](https://www.nhs.uk/conditions/Cancer-of-the-colon-rectum-or-bowel/Pages/Introduction.aspx) * [stroke](https://www.nhs.uk/conditions/Stroke/Pages/Introduction.aspx)   Obesity can also affect quality of life and lead to psychological problems, such as [depression](https://www.nhs.uk/conditions/depression/Pages/Introduction.aspx?WT.mc_id=61006) and low self-esteem |
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| **Public Health** | Public health is about helping people to stay healthy and protecting them from threats to their health.  Sometimes public health activities involve helping individuals, at other times they involve dealing with wider factors that have an impact on the health of many people (for example an age-group, an ethnic group, a locality, or a country).  While medicine and nursing are vital for helping and supporting people when they fall ill, work in public health contributes to reducing the causes of ill-health and improving people's health and wellbeing.  It does this in three main areas:   * **health protection -**protecting people's health (for example from environmental or biological threats, such as food poisoning or radiation) * **health improvement -**improving people's health (for example by helping people quit smoking or improving their living conditions) * **healthcare public health -**ensuring that our health services are the most effective, most efficient and equally accessible   Local authorities have responsibility for public health services and have staff who can be approached for support and advice. |
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| **Public Health England** | Public Health England (PHE) was set up to protect and improve the nation's health and wellbeing, and reduce health inequalities. PHE is an executive agency of the Department of Health, and a distinct organisation with operational autonomy to advise and support government, local authorities and the NHS in a professionally independent manner. |
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| **Red, amber and green colour coding** | Colour-coded nutritional information on packaging, as shown in the image below, tells you at a glance if the food has high, medium or low amounts of fat, saturated fat, sugars and salt.   * red means high * amber means medium * green means low   https://www.nhs.uk/Livewell/Goodfood/PublishingImages/food-label-2_377x171.jpg |
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| **Salt content** | High: more than 1.5g of salt per 100g (or 0.6g sodium)  Low: 0.3g of salt or less per 100g (or 0.1g sodium) |
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| **Saturated fat content** | High: more than 5g of saturated fat per 100g  Low: 1.5g of saturated fat or less per 100g |
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| **Sugars content** | High: more than 22.5g of total sugars per 100g  Low: 5g of total sugars or less per 100g |
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| **Total fat content** | High: more than 17.5g of fat per 100g Low: 3g of fat or less per 100g |
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| **School Nursing Service** | School nurses are qualified and registered nurses or midwives many of whom have chosen to gain additional experience, training and qualifications to become specialist community public health nurses (SCPHN - SN).  The school nurse’s role can include:   * carrying out health assessments * home visits to families in need * providing health education, advice, and signposting to other sources of information * providing immunisation clinics * advising and supporting schools with their public health agendas including healthy eating advice, stop smoking programmes * safeguarding and service coordination |