

How to improve children's health: putting research into practice

11am, Monday 26th – 5pm, Tuesday 27th January 2015



Statement by Professor Dame Sally Davies

Chief Medical Officer for England and Trustee of Cumberland Lodge

"There is a growing knowledge of the complex interplay between psychosocial events and biological factors, and we now understand that events that occur as a fetus and in early life play a fundamental part in later life, and indeed in the lives of future generations...The challenge for us as a society is how to harness this evidence and momentum and turn it into improved outcomes for our current and future generations of children and young people."

Annual Report of the Chief Medical Officer: "Our Children Deserve Better: Prevention Pays"

Following the publication of the Annual Report of the Chief Medical Officer, join us at Cumberland Lodge to gather the latest thinking on children's health in the UK and focus on recommendations for putting this research to work.

Sessions are organised around key recommendations from leading thinkers on:

- *Family Stress*
- *Nutrition*
- *Physical Activity*
- *Care Outside the Home (Childcare, Education)*

Alongside this will be an analysis of policy drivers in children's health and an examination of possible barriers in putting research into practice. All sessions will end with an opportunity for questions from the floor, and there will also be more informal opportunities for continued discussion and networking throughout each day.

Registration £195

Rates include all food and accommodation for the night of 26th January 2015

Student concessions / bursaries available
Spaces limited



Cumberland Lodge

exchanging views, inspiring minds

For more information and to register, please visit:

www.cumberlandlodge.ac.uk/childrenshealth

Registered Charity No. 1108677

MONDAY 26 JANUARY 2015

- 11.00 Arrival and Registration
- 11.40 Welcome
- 12.00 **What works in improving children's health?**
Professor Helen Roberts, Institute of Child Health, UCL
- 13.00 Lunch
- 14.30 **Family Stress and Children's Health**
Professor Yvonne Kelly, ESRC International Centre for Lifecourse Studies, UCL
Penny Mansfield CBE, Director, OnePlusOne
- 16.00 Break
- 16.30 **Nutrition and Children's Health**
Dr Claire Lemer, Editor-in-Chief, Our Children Deserve Better: Prevention Pays
Alison Garnham, CEO, Child Poverty Action Group
- 18.00 Reception and Dinner
- 20.30 **Keynote Address**
Dr Maggie Atkinson, Children's Commissioner for England

TUESDAY 27 JANUARY 2015

- 09.00 **Physical Activity and Children's Health**
Dr Esther van Sluijs, Group Leader, MRC Epidemiology Unit & Centre for Diet and Activity Research
- 10.30 Coffee Break
- 11.00 **Care Outside the Home: Childcare, Education, and Children's Health**
Richard Bartholmew, former Chief Scientist, Dept of Education
Dr Patricia Lucas, University of Bristol
- 12.30 Lunch
- 13.30 Workshops
- 15.00 Workshop feedback
- 15.30 **Conference Summary: Research and Policy Recommendations**
- 16.00 Tea and depart

ABOUT CUMBERLAND LODGE

Cumberland Lodge is an educational charity and a unique conference centre in the heart of the Great Park, Windsor. Its Patron is The Queen, who has granted sole occupancy of a beautiful seventeenth-century house for discussions aimed at the betterment of society.



Cumberland Lodge

exchanging views, inspiring minds

Cumberland Lodge, The Great Park, Windsor, Berkshire, SL4 2HP

T: 01784 497794

E: janis@cumberlandlodge.ac.uk