

Facts4Life Feasibility Study



Introduction

The Facts4Life health literacy programme helps children, young people, and parents understand physical and mental health. It builds the knowledge and language needed to manage health effectively and reduce unnecessary reliance on medical services.

Children North East partnered with the Facts4Life team to conduct a feasibility (“test and learn”) study in early years settings. The purpose was to assess whether a pilot programme could work in the North East. Funding was secured from the Northumberland Village Homes Trust Fund to support this work.



Aim

The study engaged two early years settings in high areas of deprivation in Newcastle, in structured consultation about the Facts4Life programme.

It focused on gathering feedback from young children, parents, and practitioners, to determine whether the programme is suitable for early years settings and to inform a future pilot study and larger trial.

Objectives

- Assess feasibility of recruitment
Determine ability to engage early years settings, practitioners, parents, and children in health literacy work.
- Gather feedback to refine the work
Identify key themes and needs to adapt the resources for young children and families in disadvantaged North East communities.
- Compare with existing delivery models
Review findings against similar work delivered in Gloucestershire to guide future pilot and trial design.



Methodology

Consultations were delivered across two nurseries by Children North East staff.

- Nursery A: September – December 2025
- Nursery B: February – March 2026

Data collection included:

- **Staff consultations:** Informal discussions during training, with verbal and written feedback recorded.
- **Child sessions:** Two sessions per nursery (six children each), using interactive activities to explore children’s understanding of health. Sessions were recorded and documented.
- Parent consultations:
 - **Nursery A:** Survey with 9 parents (one-to-one discussions)
 - **Nursery B:** Group session with 5 parents

Findings were compared with the Gloucestershire programme delivered across six early years settings.





Key Findings

- The Facts4Life resources were well received by parents, staff, and children.
- Materials were described as interactive, practical, and easy to use in both home and nursery settings.
- Resources are suitable to support a wider age range beyond early years.
- They are particularly helpful for children with additional needs, including anxiety or autism.



Conclusions

The sessions showed that young children can meaningfully engage with health concepts. Through stories and activities, they were able to express feelings, describe healthy behaviours, and relate learning to their own experiences.

Overall, feedback on the Facts4Life resources was highly positive. The programme supports key areas identified by staff and parents, including sleep, eating, behaviour, and emotional wellbeing, though feeding content could be strengthened.



Key Insights

- Physical resource packs may be more accessible than online materials for families.
- Resources to be produced in relevant languages due to families being ethnically diverse and English often being their second language.
- The programme is flexible, practical, and easy to integrate into daily routines.
- Additional topics could enhance relevance in the North East, such as:
 - eating on a budget
 - personal hygiene
 - sun safety
 - hydration

There was strong interest from parents, suggesting recruitment for a larger study would be achievable.



Overall Conclusion

This feasibility study demonstrates that delivering the Facts4Life programme in early years settings is both viable and appropriate.

While nursery environments are busy, successful delivery is possible with flexibility and strong relationships between researchers and staff. Building trust with settings will be critical to the success of future phases.

"My 11-year-old and 5-year-old struggle with how they are feeling and would benefit from these resources".
Quote from a parent

"It's simple... professionals and parents can use it".
Quote from a parent