

# Youth Health Care Amsterdam & The Sarphati Cohort, a unique combination

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## Aim

**Connecting** experiences of parents with knowledge from everyday practice and research, in order to improve the insights in non-communicable diseases and customized advice for parents. In this way we ensure a healthy future for all children in Amsterdam.

**Efficient** use of (health care) data.

## Background & scope

From the start Youth Health Care professionals have participated in the development of the Sarphati Cohort. From selecting what data is being collected to the way parents are included at the YHC-locations in Amsterdam.

The registration of the variables during consultation has been tried out at several YHC-locations, examined with parents and adjusted to the best practice.

## A parent:

“it must be typical for Amsterdam, to ask me my opinion about my daughters growth en nutrition”

## Direct improvement of daily practice

Parents were asked how they experienced the way subjects were addressed in the consultations with YHC. With these results we have adjusted the consultations and registration.

## Contact with parents, ....

Youth Health Care Amsterdam (YHC-A) is a significant partner in the Sarphati Cohort. Data is used from the consultations with the parents of young children. Are children breast-fed or bottle-fed? With what kind of solid food was started at what age? Is the parent happy with the growth of the child? Is the child sleeping well? All very important issues for the monitoring of healthy growth of children, that can also be used for the Sarphati Cohort. Fortunately, there are many children in Amsterdam who grow up in good health. Unfortunately, there are also children who suffer health issues. With the help of the Sarphati Cohort we are going to find out why this happens and how we can tackle it so that we can give parents scientifically based advice now and in the future and help them to enable their children to grow up in good health.



## ....., collecting data

The data are collected in the contacts of youth health care professionals with parents of children from the age of 2 weeks till 4 years. A limited data-set from the medical record of the children is collected after informed consent is obtained. Besides data on nutrition, growth, motor-development en sleep, the experience of parents is an important subject. Data-collection requires uniform registration during the YHC consultations.

## Professionals are the eyes and ears of development through research

YHC professionals are in contact with parents and motivate parents to participate in the Sarphati Cohort. Important health or social problems are noticed in the population of Amsterdam by YHC professionals. These signals can be the start of possible research in the Sarphati Cohort. Results of Sarphati Cohort can reach the children by improved YHC.

YHC professionals can submit research proposals to Sarphati Cohort.

Sarphati Cohort supports YHC-doctors and nurses in their research for their training as a public health specialist. Evidence Based Medicine starts in everyday practice of Youth Health Care. Good ideas about development of public health for the youth can only flourish with good research on healthy living.