

EDITORIAL: STRATEGIES TO ACHIEVE HEALTH GAINS FOR CHILDREN

GUEST EDITORIAL

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This issue is the third in the series about improving the health of children in New South Wales. It looks at evidence-based strategies capable of achieving needed health gains for children.

It is often easier to measure children's health indicators than it is to improve them. The articles in this issue aim to assist health professionals to identify relevant strategies likely to lead to improvements in children's health.

The first article, 'Health gain for the children and youth of Central Sydney: a strategic plan' introduces readers to the broad concepts that necessarily underpin the development of a strategic plan to improve the health of children (p. 108). Next, in 'Efficacy of interventions: an evidence-based approach', readers are shown how an evidence-based approach can be used to select the most effective health interventions in such a strategic planning process (p. 109). Dr Katrina Williams from the New Children's Hospital, Westmead, explains how the Cochrane Collaboration can assist in this process (p. 110). The article by Ms Suzanne Pope and Professor Beverley Raphael examines how a public health framework can usefully be applied to the mental health of children and adolescents (p. 114).

These articles, along with a review of child health promotion programs being undertaken in NSW, highlight the importance of selecting strategies capable of achieving health gain for children, based on the best available evidence.

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