

# Healthy Weight Toolkit

For children, young people and  
families in Oxfordshire

A resource for professionals

**Information in this toolkit is organised  
into 8 chapters.**

You can click between chapters using the menu  
at the side of each page of each page.

Use the buttons below to jump straight to any section.



# Introduction and Context

# Prevalence of Overweight

## Prevalence of overweight

**The number of children in Oxfordshire who have excess weight remains high. For 2022-23 prevalence of overweight (inc obesity) at reception age and year 6 have each improved in Oxfordshire and nationally.**

### Reception

Oxfordshire has not improved as much as England (although not significant).



Declined from **19.9%** in 2021/22 to **19.2%** in 2022/23



Remains above the prevalence in 2019/20 of **18.6%** (not significant)



England in 2022-23 at a lower prevalence than pre-pandemic

### Year 6

The improvement has been similar in Oxfordshire and England.



Declined from **33.6%** in 2021/22 to **30.6%** in 2022/23

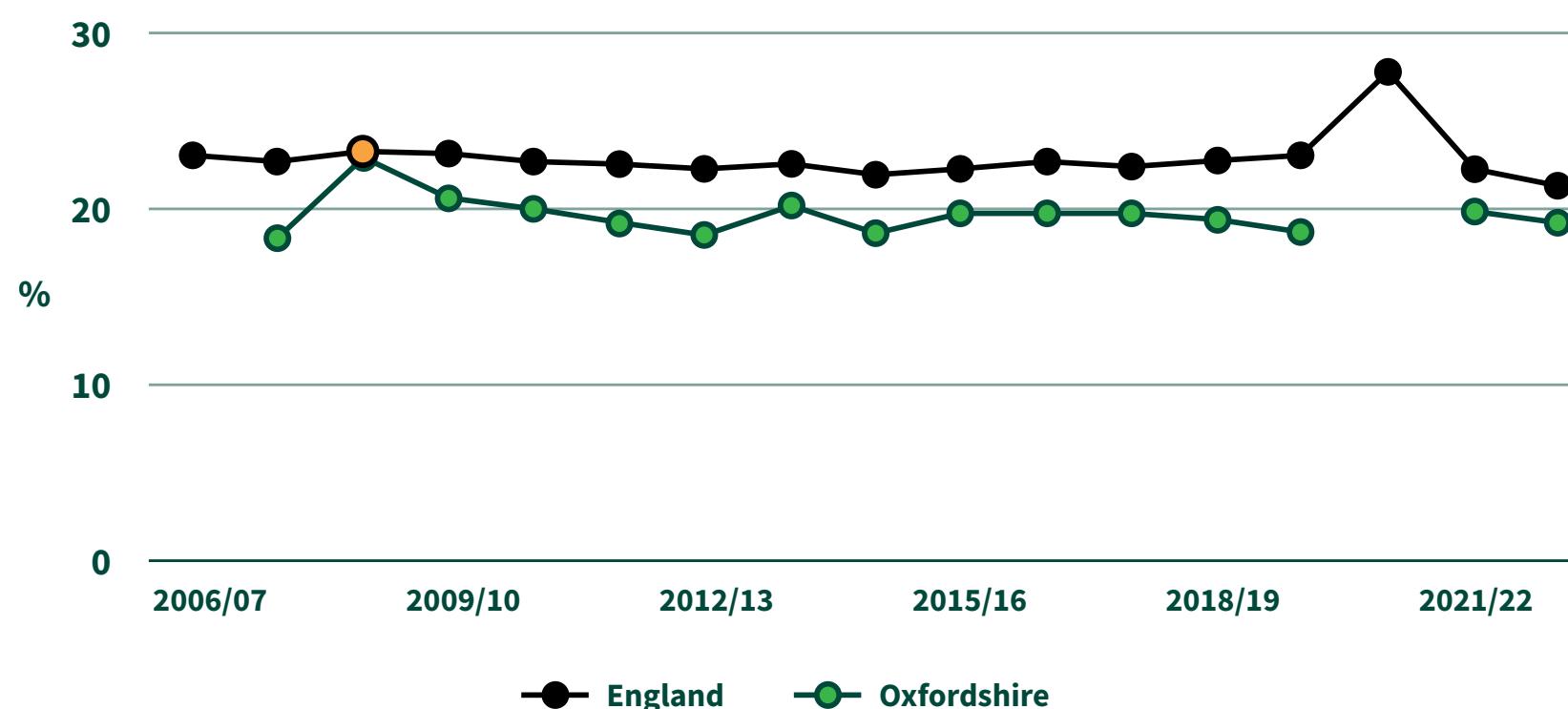


Remains above the prevalence in 2019/20 of **29.4%** (not significant)



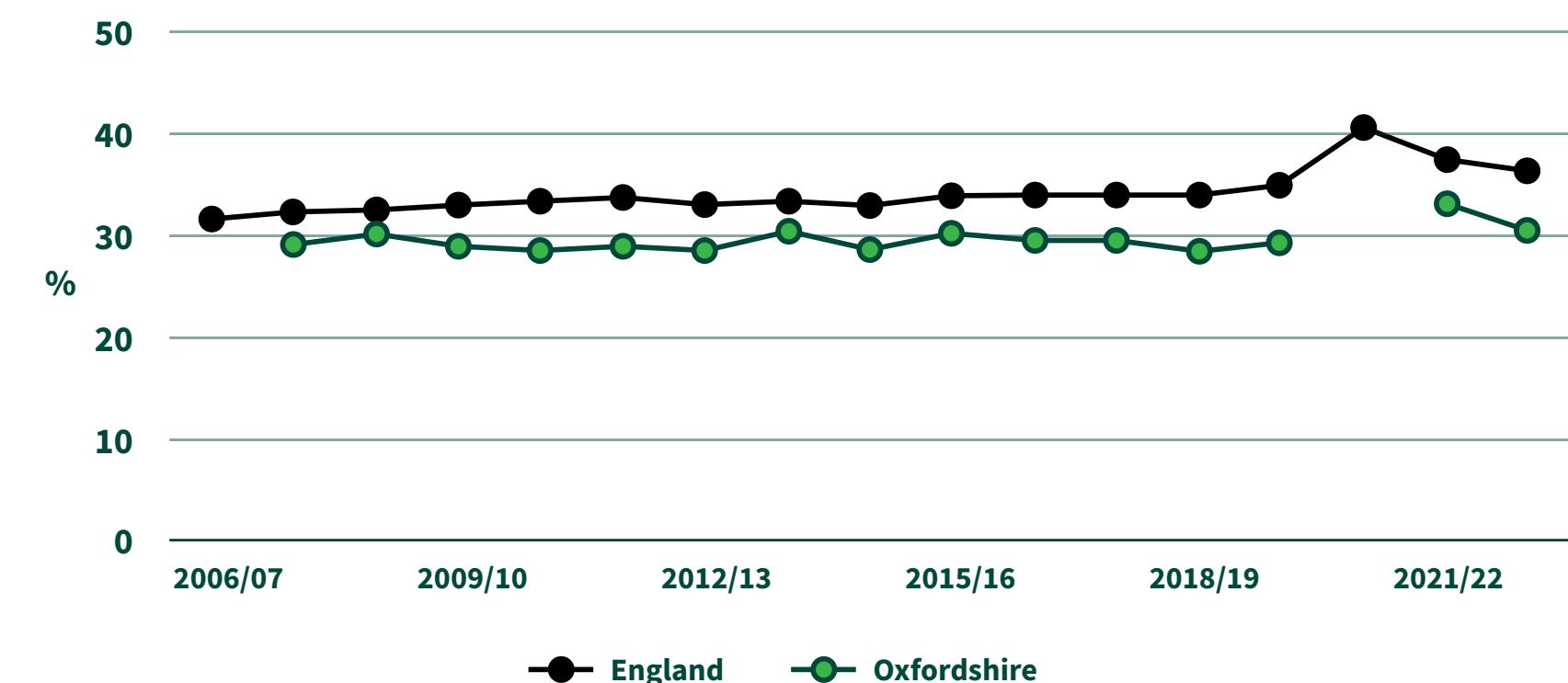
England remains above pre-pandemic prevalence

#### Reception prevalence of overweight (including obesity) (4-5yrs)



Graph source:

#### Year 6 prevalence of overweight (including obesity) (10-11yrs)



Graph source:

# Prevalence of Overweight

## Prevalence of overweight

**Children living in the most deprived areas are more than twice as likely to be obese than those living in the least deprived areas.**

### Prevalence is higher for:

#### Districts

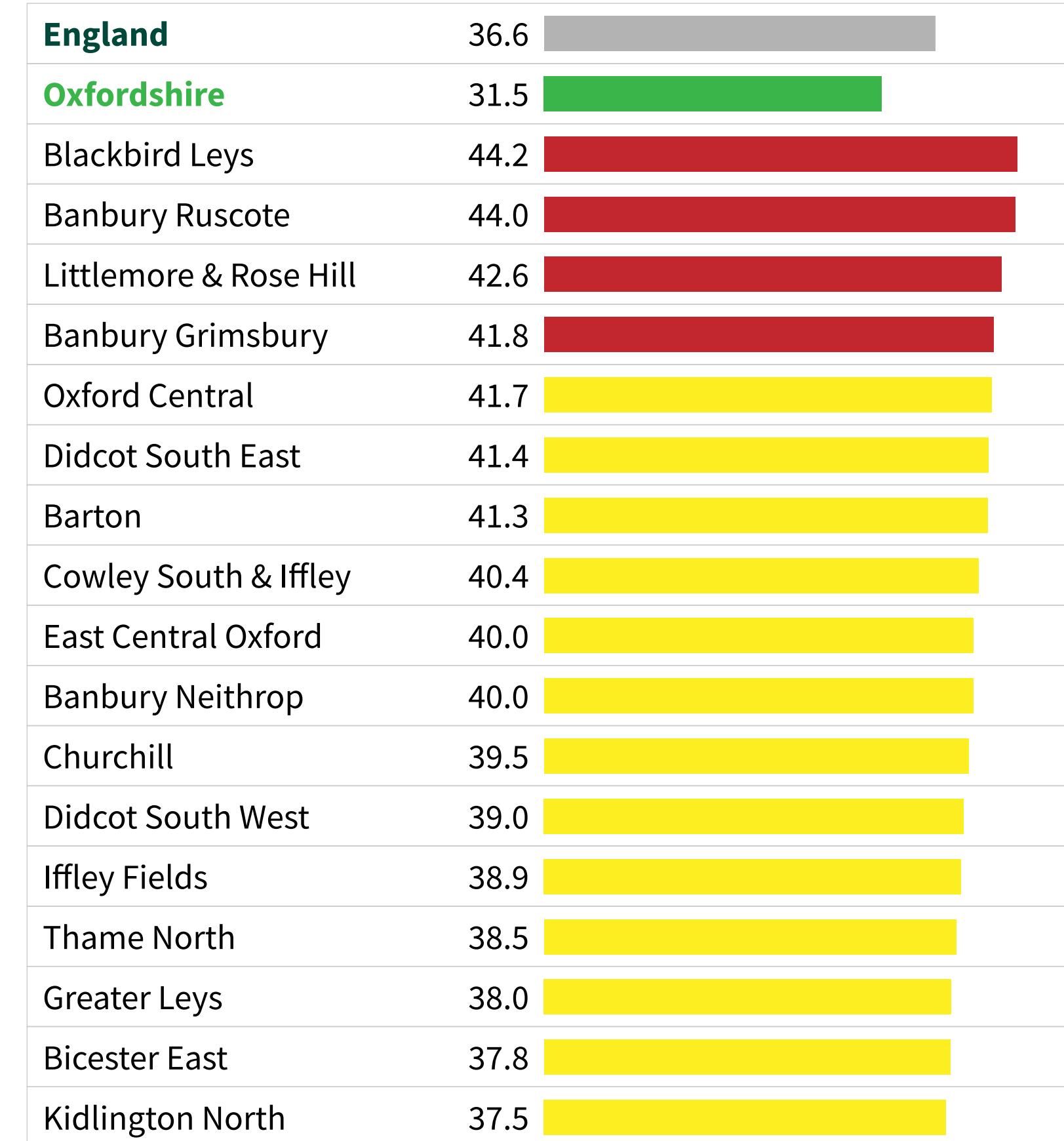
**Oxford** and **Cherwell** tend to be higher than in other areas.

For 2022-23 the number of MSOAs\* ranked as worse than the England average for year 6 overweight and obese in Oxfordshire has increased from 2 (this was Blackbird Leys and Greater Leys) to 4 (one of the original 2 has improved and 3 are now worse than average).

\* Middle layer Super Output Areas (MSOAs) are made up of groups of LSOAs, usually four or five. They comprise between 2,000 and 6,000 households and have a usually resident population between 5,000 and 15,000 persons

#### Ethnicity

Children from **Black** and **Asian** ethnic minority groups significantly higher.



Tool to explore inequalities related to Oxfordshire data for child health:

## Aims of the Toolkit

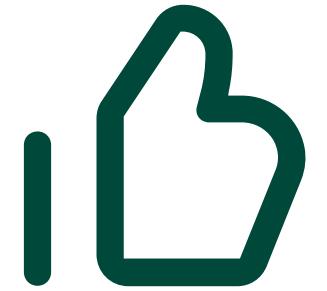
### Aims of the toolkit

**Children and family's healthy weight is paramount to positive health and wellbeing. Social, economical and environmental factors all influence the opportunity to be a healthy weight.**

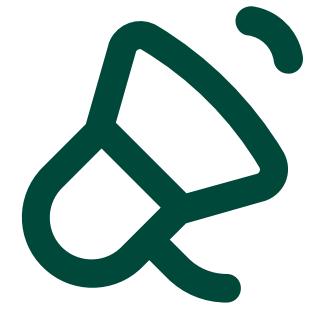
However, inequalities persist, and many families don't have access to enabling factors such as affordable, health food options, and places where they can run, explore, wheel and play.

Every organisation and every person working with children and families has a role to play to promote healthy weight, health and wellbeing, and creating an environment that makes being healthy the easy option.

**The aims of the toolkit are**



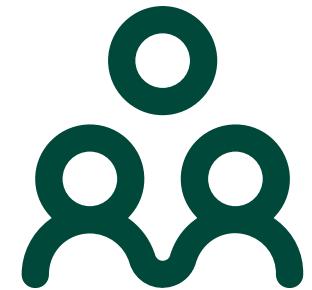
To support professionals to **promote healthy weight** to all families to work to prevent and manage childhood overweight across Oxfordshire



To enable healthcare professionals to **deliver a consistent set of messages** for children, young people and their families



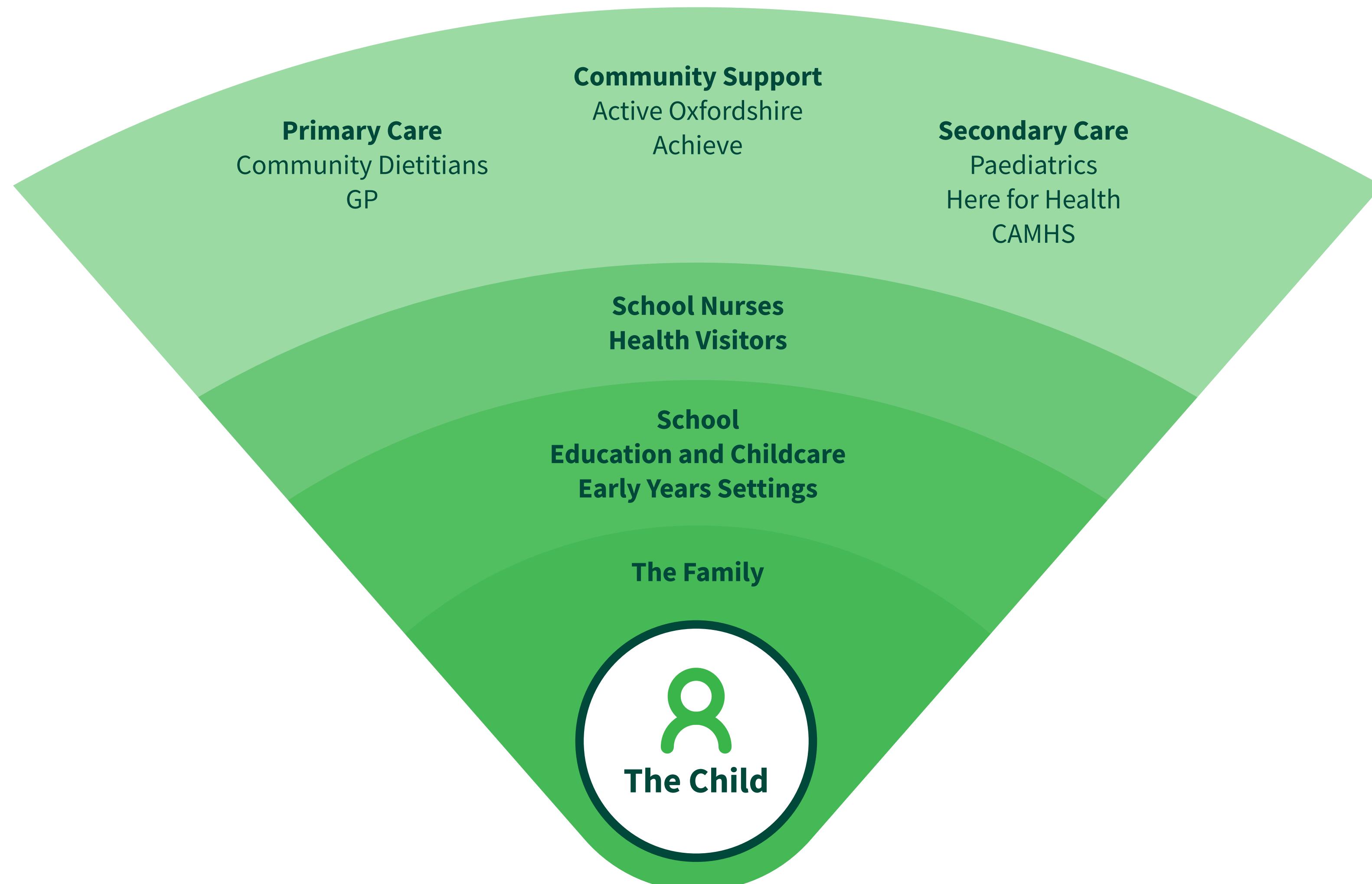
To help **identify children who are overweight** and enable the right support and services to be involved when needed



To improve the **understanding of the roles of different professionals and services** working with children, young people and families for improved collaboration

# Sources of Support Around Children and Families

Sources of support around children and families



# 📍 Roadmap to Services

Which professionals and services are involved in assessing and helping children achieve a healthy weight?

## TIER 1

### Universal Prevention

#### Child Weight Concern

3 ways weight concerns are identified

**1**

When a child is weighed or measured e.g. at school in Reception, Year 6 or Health Visitor reviews

**2**

Concern raised by the parent, carer, child health or non-health, frontline professional

**3**

Opportunistic assessment in primary care, first point of contact; front door to NHS e.g GP, Nurse or Health Visitor

#### Raise the issue and assess BMI centile

#### Referral and signposting

**≤ 2nd**

≤ 2nd centile under weight

**2nd - 91st**

2nd - 91st centile healthy weight

**≥ 91st**

≥ 91st centile over weight and ready to change

**Consider safeguarding issues and local guidance throughout**

**Refer to GP**

**Resources and services for families**

Including physical activity, healthy eating and sleep

**Consider referral to**

Professional and self-referral

Professional and self-referral

If no progress with otherservices/support

GP can refer to secondary care if needed:

**Plan on-going follow up**



# Identification of Healthy Weight in Childhood

# Measuring Healthy Weight and BMI Centiles

## BMI is calculated in the same way for adults, young people and children.

However, BMI varies considerably between the ages of 2 and 18, and so BMI centiles are used to assess whether a child or young person is underweight, healthy weight or overweight.

### Thresholds used to classify children and young people aged 2-18 years

Classification	BMI centile for age and sex
<b>Underweight</b>	≤2nd
<b>Healthy weight</b>	2nd — 91st
<b>Overweight</b>	≥91st
<b>Very overweight</b>	≥98th
<b>Severely obese</b>	≥99.6th

### Measuring Healthy Weight and BMI Centiles

### Resources for calculating BMI centiles:



#### Healthy Weight Calculator

Calculate body mass index (BMI) for children and teenagers.



#### Royal College of Paediatrics and Child Health

Online leaflet from Oxford Health describing resources to support a healthy weight for children living in Oxfordshire.



#### UK-WHO Growth Chart App

Free app to help calculate growth centiles for infants and children.

# Top Tips for Measuring Children

## Height

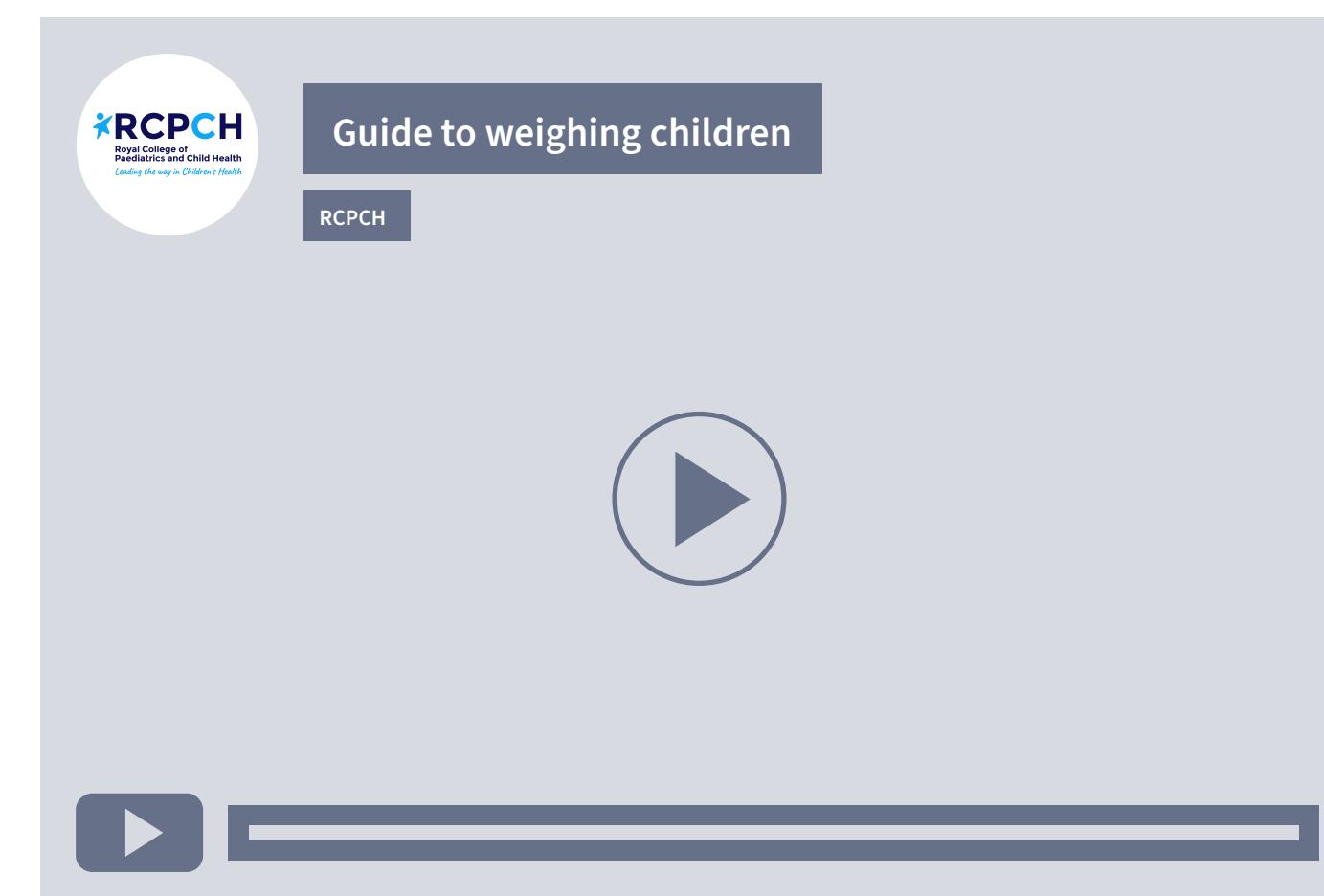
Top Tips for Measuring Children

- Record to nearest mm
- Without shoes
- Feet together and shoulders back
- Looking straight ahead
- Place the headboard gently on top of head

## Weight

- Record to nearest 0.1kg
- Without shoes
- Light clothing
- Scales should be checked regularly and calibrated annually

## Video guidance





# Raising the Issue of Weight

# Raising the Issue of Weight

## When to raise the issue

There are a number of potential opportunities in which healthcare professionals might find themselves in a position to raise the subject of weight with a child or their family.

-  If the family or child expresses concern themselves about the child's weight
-  If the child has weight related co-morbidities
-  If the child is being weighed for another reason and it is an incidental finding
-  Following measurement as part of the NCMP (National Childhood Measurement Programme)

It may be the first time that their child's weight has been raised with the family. It is therefore important to make the interaction as supportive as possible, focusing on what can be done together.



Public Health  
England

## Public Health England Guide

Public Health England have produced a practical guide "Let's talk about weight" and tools to support health and care professionals to have conversations about weight management with children and their families. They suggest an Ask, Advise and Assist approach, followed up with appropriate Actions.



## NCMP Conversation framework

The NCMP Conversation framework provides useful guidance for talking to parents once they have received their child's results.

# Raising the Issue of Weight

## ASK

*“Would it be ok to check (child’s name) height and weight today?”*

## ADVISE

*“The chart shows that (child’s name) is above the healthy weight range for a boy/girl or their height and age.”*

## ASSIST

- Acknowledge the difficulties in recognising excess weight
- Reassure the family that support is available
- Let the family know what the next steps are

## ACTIONS

-  Make a referral if the family accepts the offer
-  Note any conversations about weight in the child’s record
-  Follow up with the family

Taken from [Let's talk about weight](#): A step by step guide to conversations about weight management with children and families for health and care professionals. Published by Public Health England 2017



# Referral and Signposting

## NHS Primary Care



### Role in promoting healthy weight in childhood or management of overweight/obesity

Healthy weight promotion as part of routine holistic management.

Ask, Assess, Advise, Agree & Assist.



### Referral criteria

Overweight and not improving with intervention from universal services, or where underlying causes or comorbidities are suspected.

Step up or aligned with Community Services.

Step down or step down 'shared care' from Secondary & Tertiary services

Supporting access to Tier 2 community services where available.

Provide access to Social Prescribing support where available.

If meet NICE criteria for referral into Tier 3 & Tier 4 Secondary and Tertiary services where they exist.



### Exclusion criteria

Not applicable



### Contact details

Not applicable

# NHS Oxford University Hospitals General Paediatrics and Endocrinology



## Role in promoting healthy weight in childhood or management of overweight/obesity

Healthy weight promotion as part of holistic management. Can refer to Here 4 Health or subspecialties as needed (including tier 3 obesity MDT), and signpost to other services. Liaises with GPs, and universal services. GPs can refer patients with complex overweight/obesity as below, or discuss grey cases via email advice.



## Referral criteria (as per OSCA and NICE guidelines)

If BMI  $\geq$ 98th Centile, assess for comorbidities as per [NICE guidelines](#).

If >11 years or symptomatic of hyperinsulinism/ dyslipidaemia hypertension: BP and fasting bloods.

If comorbidities/ possible underlying cause / extreme obesity, refer to either:

### General Paediatrics

- Dysmorphism
- Hypertension [ $>95$ th centile on repeated (manual) checks]
- Worsening asthma
- Confirmed sleep apnoea
- Idiopathic Intracranial Hypertension
- Related safeguarding concerns
- Dyslipidaemia
- Extreme obesity (BMI  $>3.5$  SD), not improving with previous input

### Paediatric Endocrinology

- Onset  $< 2$ y/o
- Short stature (compare with parents)
- Hypothyroidism (if TSH 5-10: repeat TSH,T4+T3 in 10 weeks if asymptomatic)
- Cushing syndrome (not just striae)
- Evidence of PCOS (though acne + hirsuitism common in obesity)
- Hyperinsulinaemia, or acanthosis nigricans
- Raised ALT (repeat first +/- request USS)
- Type 2 diabetes (urgent referral via switch)



## Exclusion criteria

Over 16s



## Contact details

Referrals via Choose and book + Email advice line for GPs



## Here for Health



### Role in promoting healthy weight in childhood or management of overweight/obesity

Healthy lifestyle and behaviour change support for families. Includes information, promoting resources and services and referrals as well as the co-production of a tailored health and wellbeing plan. Holistic approach considering multiple lifestyle factors that might impact on health and wellbeing to include promoting a healthy weight.

Further information available at: [www.ouh.nhs.uk/patient-guide/here-for-health](http://www.ouh.nhs.uk/patient-guide/here-for-health)



### Referral criteria

#### Here for Health

Open to all for support with promoting a healthy weight; becoming more active; healthier eating; stopping smoking; reducing alcohol intake; sleep and general wellbeing. We offer telephone, video and in person support. For the most up-to-date information about our service delivery, where we are based and our opening times, please visit the OUH Here for Health webpage. Please ensure consent is gained prior to a referral.

#### Referrals from Health Care Professionals accepted via:

Request and Prescribe on EPR (Health and Wellbeing)

Email: [hereforhealth@ouh.nhs.uk](mailto:hereforhealth@ouh.nhs.uk)

Phone: **01865 221429**



### Exclusion criteria

Concern is not related to lifestyle. Our service is only of benefit for referrals where modifiable lifestyle risks have been identified. If any of the statements below are true, then a referral to our service is not recommended.

- Complex medical need or medication(s) that limit the effect of lifestyle change
- Disordered eating that requires psychological support
- Requires a prescriptive diet or physical activity programme
- Aged under 5 (refer to Health Visitor)



### Contact details

Email: [hereforhealth@ouh.nhs.uk](mailto:hereforhealth@ouh.nhs.uk) Phone: **01865 221429**

# NHS Paediatric Dietetics



## Role in promoting healthy weight in childhood or management of overweight/obesity

Currently, we only provide ongoing dietetic support for weight management including healthy lifestyle education to those diagnosed with diabetes.



### Referral criteria

Weight management referrals **not** accepted from primary care.

Children's diabetes dietitians will see all CYP across Oxfordshire with Type 1 or Type 2 diabetes as part of the OUH Children's Diabetes Team.

Please refer to primary care guidelines for the [referral to diabetes to OUH](#).



### Exclusion criteria

Concern not related to lifestyle



### Contact details

Paediatric Diabetes Dietitians  
Children's Outpatients Department  
Oxford Children's Hospital

Phone: **01865 231234**

**If child's needs are not fully met, discuss further options:**

# NHS Community Dietetics



## Role in promoting healthy weight in childhood or management of overweight/obesity

Currently we are only able to provide outpatient weight management services (digitally) for those children with underlying health conditions impacted by obesity that do not come under the OUH/paediatric criteria.



## Referral criteria

Obesity as a side effect/symptom of another underlying health condition.



## Exclusion criteria

Referrals solely for weight management advice.



## Contact details

Email: [community.dietitians@oxfordhealth.nhs.uk](mailto:community.dietitians@oxfordhealth.nhs.uk) Phone: **01865 231234**



# Services for Families



Services for Families

## Beezee Beezee Families (Tier 2 Child Healthy Weight Service)



### Role in promoting healthy weight in childhood or management of overweight/obesity

- Free Health & wellbeing programme for children, their siblings and their parents/carers.
- Sessions are 2 hours long which will involve 50 minutes of a Nutrition workshop in line with the NICE guidelines, 10 minutes snack break with a provided healthy snack and 1 hour physical activity.
- The whole family can expect to learn topics such as label reading, portion sizes, balanced snacks and cooking a simple healthy meal.
- The whole family is encouraged to join in the physical activity



Services for Families  
**Beezee Families  
(Tier 2 Child Healthy Weight Service)**



### Referral criteria

- Have a child or children aged 4 to 12 years old
- Child's BMI >91st centile on the NHS BMI centile chart
- Living in Oxfordshire or attending an Oxfordshire school that participates in NCMP
- The family is motivated and ready to make lifestyle changes to lose weight
- Children and/or parents/carers with complex needs such as learning difficulties and mental health issues should be considered on a case-by-case basis. It is suggested a carer supports the individual throughout the programme.



### Exclusion criteria

- Have an unmanaged condition or comorbidity
- Have diabetes
- Have severe complex needs such as learning difficulties and mental health issues.



### Contact details

Phone: **03332 208952**

Email: [HelloOxfordshire@maximusuk.co.uk](mailto:HelloOxfordshire@maximusuk.co.uk)

Website: [oxf.maximusuk.co.uk/beezeefamilies](http://oxf.maximusuk.co.uk/beezeefamilies)

## Beezee Beezee in Oxfordshire



### Role in promoting healthy weight in childhood or management of overweight/obesity

- Beezee provides a Tier 1 Service through the Beezee Families Academy – an interactive self-guided resource library
- When signing up to the Beezee Families Academy on the website, families get access to free resources, courses and recipes for six months to learn at their own pace



#### Beezee in Oxfordshire



### Referral criteria

- Have a child or children aged 4 to 12 years old
- Child's BMI >91st centile on the NHS BMI centile chart
- Living in Oxfordshire or attending an Oxfordshire school that participates in NCMP
- Eligible for the Tier 2 service but not yet ready for change
- Children and/or parents/carers with complex needs such as learning difficulties and mental health issues should be considered on a case-by-case basis. It is suggested a carer supports the individual throughout the programme.



### Exclusion criteria

- Have an unmanaged condition or comorbidity
- Have diabetes
- Have severe complex needs such as learning difficulties and mental health issues.



### Contact details

Phone: **03332 208952**

Email: [HelloOxfordshire@maximusuk.co.uk](mailto:HelloOxfordshire@maximusuk.co.uk)

Website: [oxf.maximusuk.co.uk/beezeefamilies](http://oxf.maximusuk.co.uk/beezeefamilies)

**NHS Midwifery****Role in promoting healthy weight in childhood or management of overweight/obesity**

The Oxford University Hospitals NHS Foundation Trust screens all women at booking regarding BMI & weight. Women with a raised BMI in pregnancy (>35) will be referred to consultant led care antenatal clinics. Through the pregnancy women will have discussions through antenatal clinics with named midwives/obstetricians surrounding healthy weight. This is with the lens of addressing weight in pregnancy/postpartum period and addressing the generational impact of obesity. At booking women are screened as to whether they require higher dose of folic acid or any other supplementation.



Services for Families

Midwifery

**Signposting includes**

- OUH Preconception Care
- Achieve Resources
- Chief Medical Officers 150 minutes physical activity guidance
- OUH Pre conception care campaign communications strategy (in collaboration with PHE)
- Slimming World
- Healthy eating discussed postpartum (in conjunction with Breastfeeding Resources)

**NHS Lifestyle Clinic**

The lifestyle clinic is a clinic currently facilitated out of Banbury and is for women within the North of the County whom have a raised BMI on booking of pregnancy. The clinic has a MDT midwifery and obstetric approach and incorporates key public health information surrounding healthy eating & physical activity.

**Referral Criteria to the Lifestyle Clinic**

- BMI above 35
- Living in Banbury or the surrounding area

**Referral criteria**

Universal maternity services

**Exclusion criteria**

BMI &lt;30

**Contact details**

Not applicable

# NHS 0-19 Children and Young People Service



## Role in promoting healthy weight in childhood or management of overweight/obesity

**The Healthy Weight Healthy Nutrition pathway within the 0-19 service is a comprehensive approach to supporting children's health. Here's a brief overview of its key components:**

1. Core Contacts: Regular reviews as part of the Healthy Child Programme to monitor growth and nutritional status.
2. Packages of Care: Customised support plans tailored to the specific needs of each child.
3. Health Promotion Activities: Regular health promotion for families with children under 5 years. Sessions in schools and individual work with children, young people, and families to promote healthy lifestyles.  
Resources on the website : <https://www.oxfordhealth.nhs.uk/cyp-0-19/>
4. Screening: The National Child Measurement Programme for children aged 4 and 11, with support offered to those identified as underweight or overweight.
5. Referrals: If needed, children can be referred to their GP or specialist services for further evaluation and treatment.

**This pathway aims to ensure early identification and intervention, helping to address potential health issues before they become more serious.**



## Referral criteria

If needed, children can be referred to their GP or specialist services for further evaluation and treatment.



## Contact details

### Single Point of Access (SPA)

Phone: **01865 903800**

Email: [cyp0-19@oxfordhealth.nhs.uk](mailto:cyp0-19@oxfordhealth.nhs.uk)

**Health Visiting / School Health Nursing message service for support or advice for parent/carers and young people aged 11-19yrs**

ParentLine 0-4 years: **Text: 07312263081**

ParentLine 5-11 years: **Text: 07312263227**

ParentLine 11-19 years: **Text: 07312263084**



# National Child Measurement Programme

**The National Child Measurement Programme (NCMP) measures the weight and height of children in Reception (aged 4-5) and Year 6 (aged 10-11) at state maintained schools, including academies, in England.**

The NCMP was established in 2005 and in 2013 Public Health England (PHE) took on responsibility for national oversight of the programme. At the same time, local authorities became mandated to deliver the surveillance components, including measuring the children, collecting the data and returning it to the Health and Social Care Information centre.



## National Child Measurement Programme

**The NCMP was originally set up in line with the government's strategy to tackle obesity with the purpose of:**

**Informing local planning** and delivery of services for children

**Gathering population level data** to allow analysis of trends in growth patterns and obesity

**Increasing public and professional understanding** of weight issues in children

To be a vehicle for **engaging with children and families** about healthy lifestyles and weight issues.

## Where is the data?

The data collected is used to produce National Statistics Reports which show trends at National level, differences between groups of pupils and the latest local authority data.

The data is also presented by PHE on the Fingertips tool which can then be used to identify patterns and trends at local authority level.

**YOUMOVE YouMove****Role in promoting healthy weight in childhood or management of overweight/obesity**

- Promotes heavily subsidised physical activities opportunities for families in receipt of benefit related free school meals
- ‘Activators’ consult with families to understand the barriers to being physically active, tailoring offers accordingly and providing support beyond the subsidised offer e.g. meeting families on their first visit to an activity



Services for Families

**Referral criteria**

- Families eligible for, or in receipt of, free school meals
- Vulnerable children and young people in or on the edge of care
- Vulnerable young people such as those seeking asylum from Ukraine
- Families can refer themselves or can be referred by a partner agency such as Children’s Social Care, or a VCS partner such as Home Start. In both instances, referral process can be found here: [YouMove](#)
- Telephone numbers provided and in person sign up days will be run in community settings to mitigate digital exclusion

**Exclusion criteria**

Where a family does not meet the eligibility criteria, they will be signposted as appropriate.

Activators are developing knowledge of local offers beyond YouMove and are also undergoing MHFA training to enable them to support families in the best possible way, even when not eligible

**Contact details****Project Coordinator:**

Jessica Harrison: [JessicaHarrison@activeoxfordshire.org](mailto:JessicaHarrison@activeoxfordshire.org)

**District Activators:**

**07801 203571:** Vale of White Horse (Jack Alexander)

**07717 225679:** South Oxfordshire (Kayleigh Upward)

**01295 221980:** Cherwell (Harry Baker Senior Activator)

**01993 861561:** West Oxfordshire (Dan Skidmore)

**07485 311346:** Oxford City (Gerti Pakot & Ben Evans)

# Safeguarding

# When to consider Safeguarding

## Overweight/obesity affecting quality of life

Overweight/obesity often results in impaired physical/emotional health or quality of life, during childhood or later in life.

This is through increased risks of depression/anxiety, low self-esteem, reduced mobility, headaches, asthma, diabetes, sleep apnoea, liver disease, hypertension, heart disease, cancer, arthritis, infertility, and reduced life expectancy.

## Parental responsibility

To prevent these risks, parents/carers will need to be able to recognise their importance, attend appointments, and follow professional advice/guidance.

This includes providing healthy food, opportunities for physical activity, enabling good sleep, and limiting sedentary activity. This can be impacted by parental mental/physical health, understanding, drug/alcohol abuse, domestic violence, and finances.

Therefore, safeguarding should be considered when there are consistent difficulties engaging with support/services and following advice, or if there are other indicators of neglect or abuse.

## Adolescence

In adolescence, young people begin to share responsibility for their own health. Their ability to do this can also be affected by educational needs, mental/physical health, school attendance, drug/alcohol use, etc. and may require multi-agency input.

## Next steps

- 1 Explain to families why you are considering extra support for their child
- 2 Discuss your concerns with your safeguarding lead

# Safeguarding

## Resources

Use resources from the [OSCB website](#), including:



### Oxfordshire's Threshold of Needs

Guidance on whether support might be required via Early Help, Team around the Family, or Statutory support.

### Strengths & Needs

Helps professionals explore with families what support might be needed. This could be signposting to other services or setting up a Team around the Family.

To access further ideas for community support, or Family Help (direct work), inform the family before contacting your Locality Community Support Service (LCSS).

### Early Help

Early Help is the collection of services that work with children and families, coordinating together to support children when additional or complex needs are identified.

### Statutory Support

This may be needed for children with complex or critical needs, where there is already evidence of significant impact/harm, or where other support has been unsuccessful.

If referring to MASH, inform the family unless this might increase risks to the child.

### Neglect resources and tools

These can help assess whether there are wider concerns with neglect.



# Resources for Families



Resources for Families

# Services and Support Specific to Oxfordshire



## Live Well Oxfordshire

A website containing a range of support services across Oxfordshire for adults, families and carers.



## Resources to Support a Healthy Weight

Online leaflet from Oxford Health describing resources to support a healthy weight for children living in Oxfordshire.



## The Oxfordshire Play Association

The OPA run a series of free community play days for children of all ages. These days include a range of play activities including face painting, soft play, giant bubbles, fire play, go karting and more. A useful resource for families looking to increase their child's physical activity level.



## Beezee in Oxfordshire

A website of resources related to deciding what the healthiest options are for families, including advice on getting kids involved in the kitchen, increasing their fruit and veg intake and some lunchbox tips.



## The Family Information Directory

A great resource by Oxfordshire County Council to help families find lots of different types of activities and organisations on a range of different health and wellbeing topics. The directory includes a list of [\*\*activities for disabled children and young people\*\*](#).



## GO Active

GO Active brings together a range of physical activity opportunities from across the county.

## General Resources



### NHS BMI Calculator

Online BMI calculator for both adults and children.



### NHS Advice

Advice for parents of overweight children.



### NHS Managing weight with a learning disability

Advice on healthy eating and physical activity for people caring for a person with a learning disability.



### Talking about weight with your child

guide for parents and care givers of children aged 4-11 years old.  
Developed by British Dietetics Association (BDA) (published 2023).

## Resources for 0-5



### Start for Life

NHS advice from pregnancy through baby to toddlers. Includes information on keeping active and healthy eating such as breastfeeding and introducing solid foods.



### Institute of Health Visiting

Parent tips, covering so many things to do with babies, children and families, including healthy nutrition. Professional area with resources (requires log in for access).



### Healthy Start

Information on Healthy Start help to buy fresh fruit and veg, milk, formula and vitamins. Vouchers available for some pregnant women and children under four years. The website also includes Food and health tips on healthy eating, vitamins, breastfeeding among other topics. In addition to information for health professionals.



### Infant and Toddler Forum

A group of leading experts from paediatrics, neonatology, health visiting, dietetics and child psychology, specialising in early years nutrition and development. The website provides resources for child & healthcare professionals as well as resources for parents.



### First steps nutrition

An independent public health nutrition charity providing information and resources to support eating well from preconception to five years.



### Unicef The Baby Friendly Initiative

Resources for health professionals and parents providing information and advice on a range of issues around caring for babies and families.

## Resources for Teenagers



### Health for Teens

Online resource for teenagers from the NHS. Including advice and support on a range of topics from lifestyle, health, relationships, feelings, growing up and sexual health.



### Bite Back

Fuel us, don't fool us. Includes quizzes on junk food and school food, campaigns and stories from the youth activist movement challenging a food system.



The Association  
of UK Dietitians

### Food facts for adolescents

A list of Food Fact pages relevant for adolescents.



### Rise Above

Information for teenagers on topics including friends, lovelife, bodytalk, my mind and self care.

# Resources for Healthy Eating



# The Eatwell Guide

information produced by the NHS on how much of what we should eat in order to achieve a healthy balanced diet. The Eatwell plate is available as a pdf to print or there is an interactive version online.



The Caroline Walker Trust

Advice and resources on healthy eating, including  
downloadable guidelines produced for specific age groups.



# Change 4 Life

Full of information on healthy eating and physical activity encouraging families to make changes towards a healthier lifestyle. It includes recipes, information on sugar swaps and the free Food Scanner app to find out what is in the food and drink you are buying.



British Dietetic Association

Advice and resources written by dietitians to help healthcare professionals navigate the plethora of information available online for example South Asian Eat Well Plate, healthy eating on a budget, toddler portion sizes

## Resources for Families

## Resources for Healthy Eating



## Resources to support a healthy weight

Online leaflet from Oxford Health describing resources to support a healthy weight for children living in Oxfordshire.



## BEAT UK

A charity providing information and advice on the symptoms of different types of eating disorders and where people can get help and treatment for disordered eating. The website also provides guidance for people supporting someone suffering from an eating disorder or someone who has concerns for someone they know.



The British Nutrition Foundation

A wealth of resources for all ages, and has particular information for families and children at the different stages.

# Resources for Healthy Eating



## Eat Them to Defeat Them

Award winning Eat Them To Defeat Them campaign from Veg Power and ITV that has proven to increase children's vegetable intake. Resources include FREE hunt the veg game, lunchbox hacks, recipes, teaching resources and downloads.



## SOFEA

A community larder membership scheme where members can buy groceries for as little as £3.50 per week.



## Good Food Oxfordshire Cooking Resources

Good Food Cooking Toolkit is a easy to use tool that encourages you to create a balanced meal based on the available ingredients rather than strictly following a recipe.



## Replenish Oxfordshire

Supports Oxfordshire residents to grow and cook nutritious food while producing zero waste. Including food saving recipes and resources.



## Love Food Hate Waste

Discover the nations best leftover food recipes, A-Z of food storage and portion planner.



## Beezee in Oxfordshire

Eat Well recipe booklet with information on cheap and easy family meals.

# Resources for Physical Activity



## Change4Life

Advice and tips for families on being more active. Including the 10 minute shake up games in association with Disney.



## Couch to 5k

A free NHS App which aims to support individuals to gradually build up their fitness to be able to run up to 5km without stopping.



## Sport England Join the Movement

Tips, advice and guidance on how to keep or get active in and around the home.



## Haktive

Healthy Active Kids have created weekly challenges to increase activity at home inside or outside with minimal equipment.



## Junior Park Run

A free weekly timed 2K run for 4-14 year olds.



## BBC Tiny Happy People

Aimed at Early Years, the BBC has numerous activities, ideas, advice and tips for parents and children under 5.



## The Oxfordshire Play Association

The OPA run a series of free community play days for children of all ages. These days include a range of play activities including face painting, soft play, giant bubbles, fire play, go karting and more. A useful resource for families looking to increase their child's physical activity level.



## Disney Dance Along

This Girl Can partnering with Disney and real families across England, capturing some of the ways mums and kids get moving to the songs they love.



## The Body Coach

Joe Wicks has created over 100 PE lesson videos on YouTube for children to take part in throughout their day.

# Resources for Sleep

**Sleep is an essential building block for a child's mental and physical health.**

## Mental health

Sleep plays a crucial role in the development of young minds. In addition to having a direct effect on happiness, research shows that sleep impacts alertness and attention, cognitive performance, mood, resiliency, vocabulary acquisition, and learning and memory.

## Physical health

There is also emerging evidence that poor sleep in childhood may carry future cardiovascular risks in the form of obesity, diabetes, and high blood pressure. Poor sleep impacts on behaviour change and the ability to make healthy decisions and maintain a healthy weight. Poor sleep makes it more likely that current habits will be maintained.



### Sleep Foundation

Sleep strategies for children.

### Beezee

#### Beezee in Oxfordshire

Sleep advice for children.



### oxme

Sleep for teenagers- Learn all about sleep, including the benefits and top tips for getting your perfect night's sleep!



### Health Visiting Service

## Resources for Sleep



### Every Mind Matters

Ways to help you sleep, including sleep hygiene, and expert video advice.



### The Sleep Charity

Sleep advice, information and resources for children.



### Teen Sleep Hub

If you're looking for advice on how to sleep better, would like tips on tweaking your routine or help to understand the science behind your sleep patterns, you'll find it all here.

# Apps



## Change4Life Food Scanner

A free App from Public Health England. It enables individuals to scan food to find out how much sugar or salt it contains. Can help families to make healthier food and drink choices.



## Change4Life Smart Recipes

Smart Recipe app from Public Health England to help families eat tasty, healthier meals.



## Couch to 5k

A free NHS App which aims to support individuals to gradually build up their fitness to be able to run up to 5km without stopping.



## Street Tag

A reward based app that converts steps into points, and schools compete via a leader board to win prizes. Points are gained by walking, running, or cycling to collect virtual tags around the local community.



## SMASH App

SMASH Save Money and Stay Healthy app gives money off better food options at the places you love to eat. FREE to download for 13-24 year olds on iOS and Android. Access discounts through scanning a QR code, online codes for food delivered or print coupons ahead of time to use as cash in major supermarkets.



# Training and Guidance

 Training and Guidance

# Training for Health Care Professionals

**There is a wide range of online training available for health care professions to support further development and building confidence when talking to children and their families about these issues.**



## Childhood Obesity Bite Sized Session

This session aims to give health and care professionals an overview of childhood obesity, including evidence and signposting to trusted resources to help promote wellbeing.



### MECC (Make Every Contact Count)

Available through NHS England. MECC is an approach to behaviour change that uses the millions of day to day interactions that organisations and people have with each other to encourage changes in behaviour which will have a positive effect on the health and wellbeing of individuals, communities and populations.



### Beezee in Oxfordshire

Bite sized learning experience for health professionals including practical videos, bite sized videos, articles and tools, which can be accessed on the go.



### Child Feeding Guide

Learn about promoting healthy eating in young children and understand the psychology underpinning many feeding and eating problems. Includes practical tips and strategies for childcare, early years and healthcare professionals to help promote healthy eating in families. Online training (2-3 hours). Find out more or to book, contact:



### Here for Health

Bite sized learning experience for health professionals including practical videos, bite sized videos, articles and tools, which can be accessed on the go.

# Resources for Health Care Professionals



Public Health  
England

## Childhood obesity: applying All Our Health

This online resource includes evidence and support to promote a healthier weight in your professional practice. It advises using opportunistic moments to open up conversations around weight with children, young people and their families.

It also provides links to further resources including:

### Promoting a healthier weight for children, young people and families: consistent messaging

These resources give health and social care professionals a core set of healthy weight messages from before birth to adulthood.

### Let's Talk About Weight

A step-by-step guide to conversations about weight management with children and families for health and care professionals.



Moving Medicine

## Moving Medicine

Moving medicine provide health care professionals with accessible, evidence based, condition specific information to help give advice on physical activity at all stages of children, young peoples and adults treatment pathways.

### Toolkit for Hospitals

A toolkit to help people be more active during and after their time in hospital.

### The 1 Minute Conversation

The 1 minute conversation includes three steps to sow the seed of change in someone's mind.



## Public Health Impact Pathway on childhood obesity

This assists health care professionals to record and measure actions taken as part of routine care which will impact on childhood obesity.

## NICE Guidance



**NICE guidance exists on prevention, identification and management of childhood obesity.**

### Preventing excess weight gain

The guideline covers behaviour such as diet and physical activity to help children, young people and adults maintain a healthy weight or help prevent excess weight gain.

### Obesity prevention

Guidance to NHS staff, local authorities, early years settings, schools and workplaces on how they can increase physical activity levels and make dietary improvements.

### Obesity: identification, assessment and management

Identifying, assessing and managing obesity in children (aged over 2 years), young people and adults.

### Obesity in children and young people: prevention and lifestyle weight management programmes

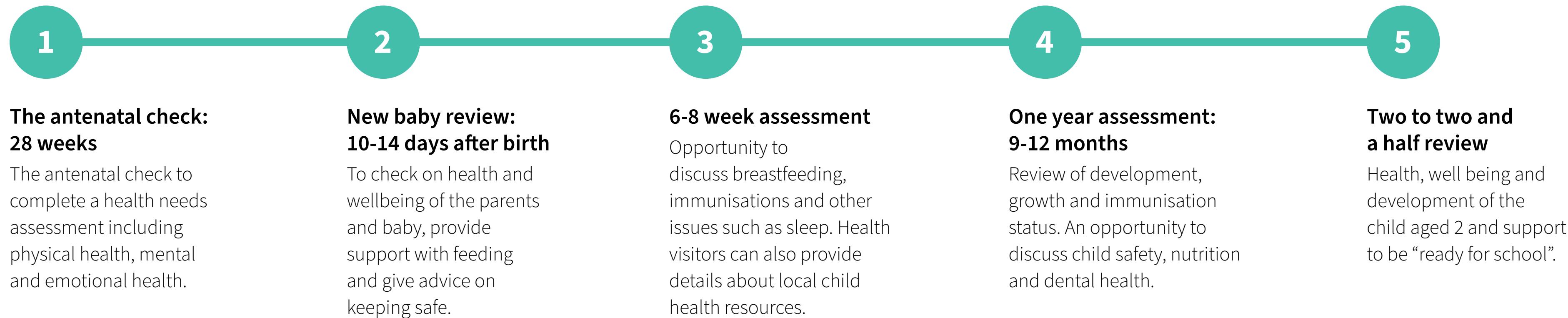
This quality standard covers preventing children and young people (under 18) from becoming overweight or obese. It also covers lifestyle weight management programmes for children and young people who are overweight or obese.

# The Healthy Child Programme

## Five Universal Contact Points

The Healthy Child Programme consists of five universal contact points, delivered by Health Visitors. Each contact point can include a focus on healthy choices and is an opportunity to offer support and guidance on making healthy choices.

The five mandated visits are as follows:



## Identified overweight?

If a health visitor identifies a child who is overweight, they may discuss with them a package of care and potentially involve community nursery nurse package of care or refer to their GP, depending on the situation.

## NHS Guidance on Healthy Eating

The NHS offers guidance on all aspects of healthy eating from promoting and [\*\*supporting breastfeeding\*\*](#) through to the [\*\*introduction of solid foods\*\*](#) and advice on how to achieve a healthy balanced diet with the [\*\*Eatwell guide\*\*](#).

In addition, the Department of Health recommends that all children aged 6 months to 5 years are given [\*\*vitamin supplements\*\*](#) containing Vitamins A, C and D every day. It is also recommended that babies who are breastfed, are given a daily vitamin D supplement from birth.

# UK Chief Medical Officers' Physical Activity Guidelines

## Physical activity guidelines have been produced for different age groups.

The guidelines present thresholds for the achievement of optimal health benefits. Regular physical activity provides a range of physical and mental health benefits.

Infographics for the guidelines are available here:



Training and Guidance

**UK Chief Medical Officers' Physical Activity Guidelines**

### Pregnant women

Should aim for at least 150 mins of moderate intensity activity every week throughout pregnancy. This should include muscle strengthening activities twice a week.

### Infants

Should be physically active several times a day in a variety of ways including tummy time, reaching, rolling, crawling.

### Toddlers: 1-2 years

Should spend at least 3 hours per day in a variety of physical activities at any intensity. Spread throughout the day.

### Pre-schoolers: 3-4 years

Should spend at least 3 hours per day in a variety of physical activities, spread throughout the day. At least one hour should be moderate to vigorous physical activity (MVPA).

### Children and young people: 5-18 years

Should engage in moderate to vigorous intensity physical activity for an average of at least one hour per day across the week. This may include physical education, active travel, afterschool activities. Should engage in a variety of types and intensities of physical activities to develop movement skills, muscular fitness and bone strength.

# Weight Stigma Resource Hub

**Weight stigma refers to discriminatory acts and ideologies targeted towards individuals because of their weight and size.**



## Food Active Hub

The Food Active hub hosts a collection of existing materials, as well as signposting to other organisations and resources to help tackle weight stigma.

Some examples include: stigma free image banks and media galleries, checklist for the workforce, evidence briefing, guest blogs. And resources for healthcare, children and young people, media and policy.



Training and Guidance

Weight Stigma Resource Hub



## Scope Training Primary Care Weight Management - Shaping the Conversation

How to structure weight management discussions, including establishing positive conversations and avoiding common pitfalls if weight is a sensitive topic.



Training and Guidance



## Obesity UK Language Matters Guide

Resource to help educate clinicians around having conversations with people living with obesity.



## Impact on Urban Health



## Weight Bias Video

Educational video on understanding weight bias in healthcare.



## Framing toolkit

Reframing how we talk about children's health and food. Interactive toolkit to find out how you can build understanding and inspire action that improves children's health and reduces obesity.

