

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 tabs at the top of each page

Within each chapter this left-hand sidebar has a clickable contents list

There are hyperlinks within this document that will take you to other relevant pages in the toolkit. In the pathway, the services and assessment criteria are linked for more information.

The format of the toolkit

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Introduction and Context

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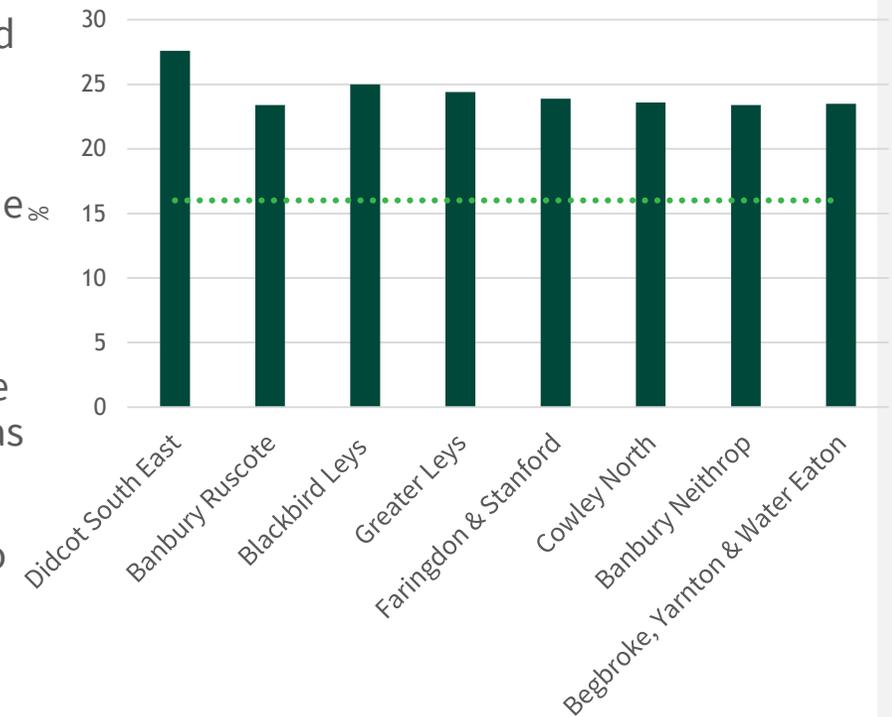
Chapter 6: Services for Families

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- The number of children in Oxfordshire who have excess weight remains high.
- Data from the National Child Measurement Programme (NCMP) showed that around 1 in 5 of children in reception in 2018/19 were overweight or obese, rising to around 1 in 3 of children in year 6.
- While the levels of overweight in Oxfordshire have remained similar over the past 3 years, the prevalence varies between districts. Prevalence in Oxford and Cherwell tend to be higher than in other areas. We also know that prevalence of overweight and obesity is higher in areas of high deprivation.
- To find out more about the data related to healthy weight in Oxfordshire for children and adults, please use the interactive **[Healthy Weight Story Map](#)**.

Prevalence of obesity among Year 6 children in areas significantly higher than the Oxfordshire average 2019/20



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The development of overweight and obesity in childhood is a complex problem with many drivers, including socio-economic, behavioural and environmental. To prevent overweight, children need to be encouraged to move more and to eat a healthy diet. This needs to sit within the context of the wider family and social system. It is necessary for everyone who has contact with children and families, to work together to promote healthy weight and to help create an environment where children and families can make healthy choices together.

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.



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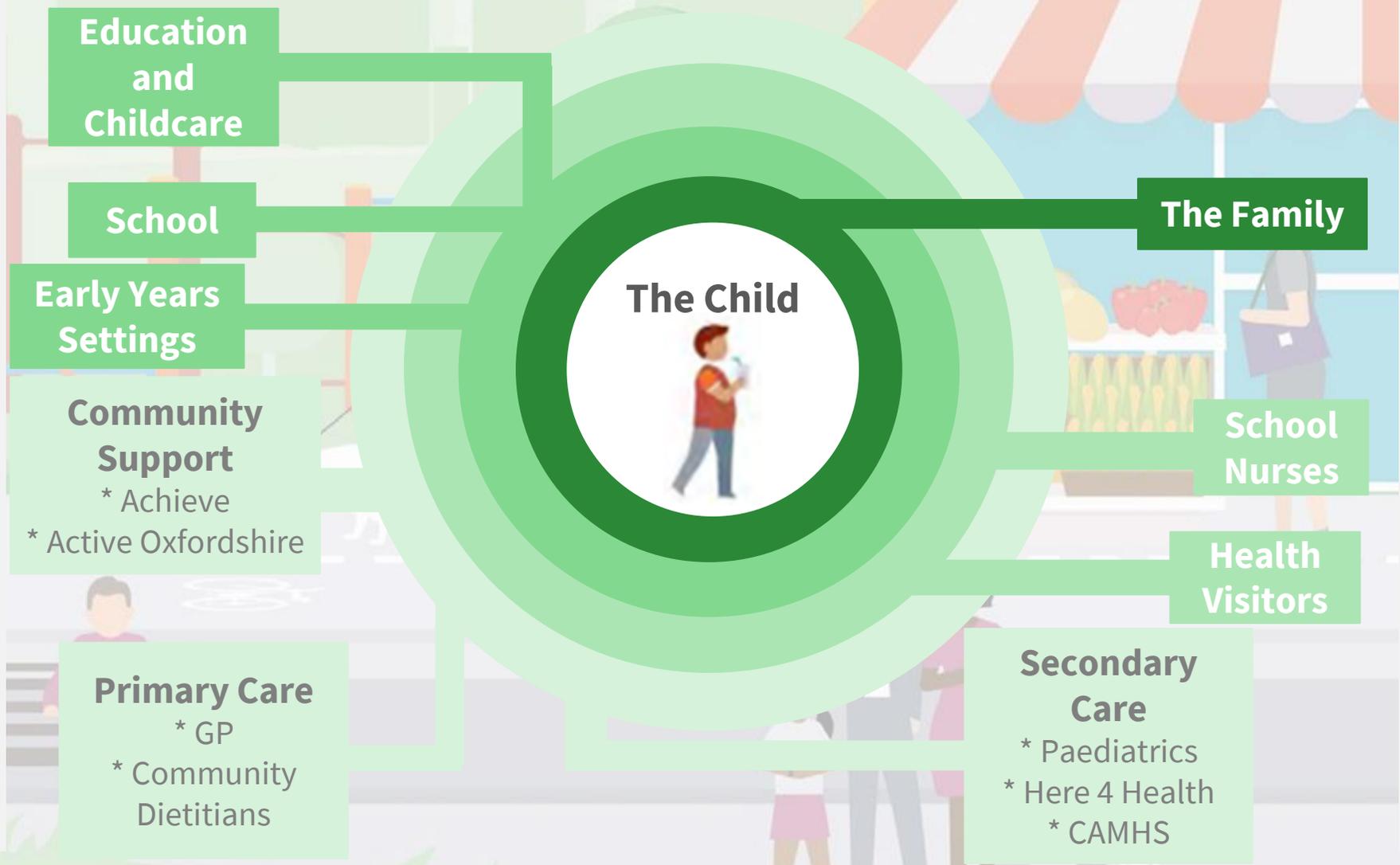
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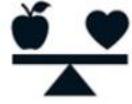
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Sources of Support Around Children and Families





Roadmap to Services

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

Universal Prevention



Health Visitors

Early Years

School Health Nurses

NCMP

Family seeking help

Identified incidentally/opportunistically

- Assess BMI Centile
- Consider whether referral to secondary care needed, or to other service

Primary Care

Criteria for Referral

Assessment of BMI

Child Weight Concern

Inform other services as required

School Nurses, Health Visitors, Social Care

ALL HEALTHCARE PROFESSIONALS

Ask Advise Assist Actions

- Explore barriers, concerns and readiness to change
- Advise on eating well, moving more
- Signpost to support services

Secondary Care

Ongoing follow-up & BMI monitoring with primary / secondary / universal services as needed (if appropriate)

Achieve Oxfordshire

Community Dietitians

Here for Health

Emotional Support

If further referral required

Consider Safeguarding Throughout



Identification of Healthy Weight in Childhood

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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.
- BMI centiles can be calculated using
 - The NHS online **Healthy Weight Calculator**, or
 - The appropriate **BMI centile chart** from the RCPCH website, or
 - The **UK-WHO Growth Chart app**.

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

Classification	BMI centile for age and sex
Underweight	$\leq 2^{\text{nd}}$
Healthy weight	$2^{\text{nd}} - 91^{\text{st}}$
Overweight	$\geq 91^{\text{st}}$
Obese	$\geq 98^{\text{th}}$
Severely obese	$\geq 99.6^{\text{th}}$

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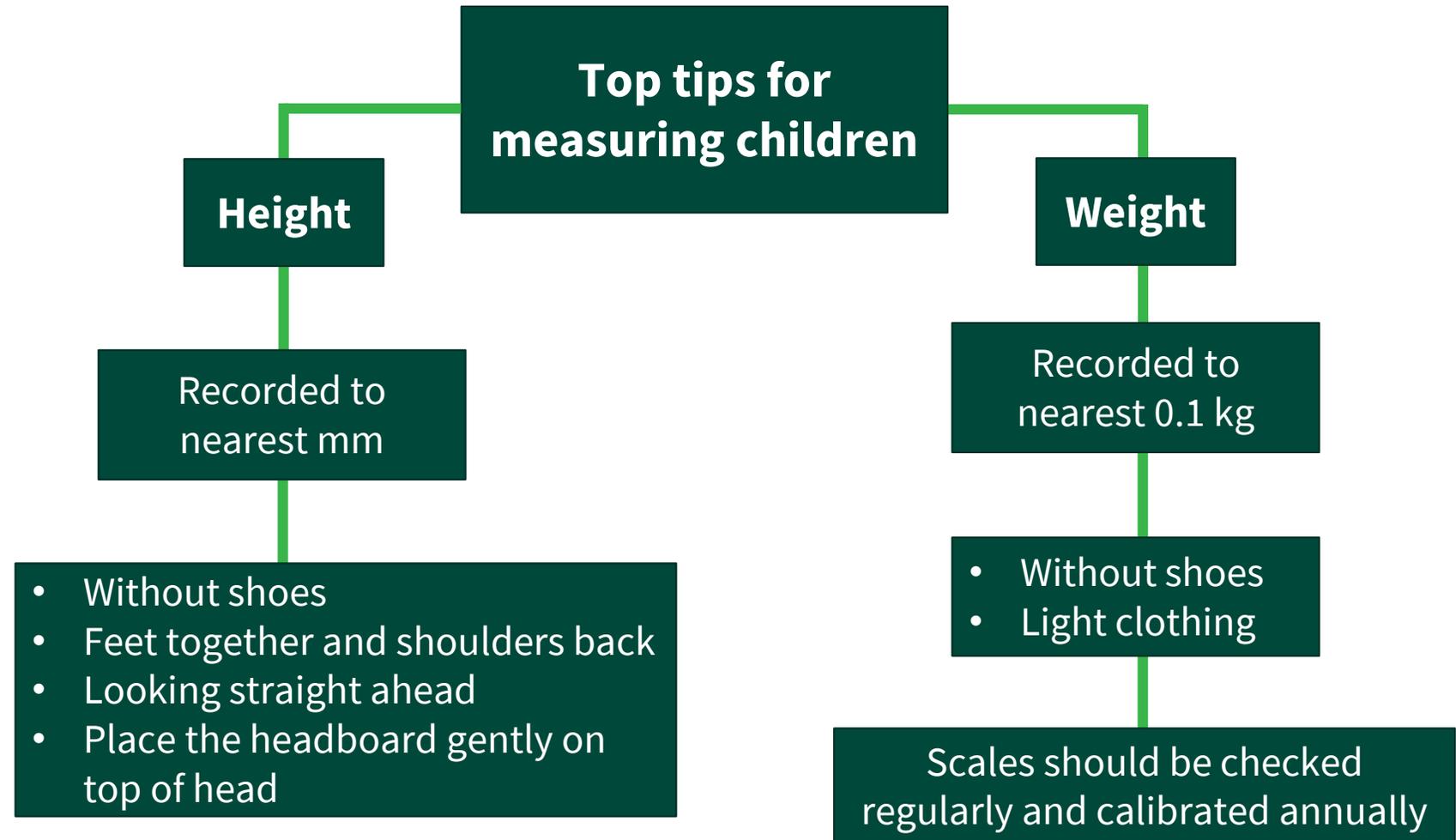
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Measuring Healthy Weight and BMI Centiles





Raising the Issue of Weight

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Raising the Issue of Weight

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

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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

Primary Care

Oxford University Hospitals General Paediatric and Endocrinology

Here for Health

Paediatric Dietetics

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.

Primary Care

Oxford University Hospitals General Paediatric and Endocrinology

Here for Health

Paediatric Dietetics

Oxford University Hospitals General Paediatrics and Paediatric Endocrinology

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

Healthy weight promotion as routine part of holistic management. Can refer to Here 4 Health, subspecialties if needed, and signpost to other services. Liaises with primary care, 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 over 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 [$>$ 95th 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 $<$ 2y/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 + hirsutism common in obesity)
- Hyperinsulinaemia, or acanthosis nigricans
- Raised ALT (repeat first +/- request USS)
- Type 2 diabetes

Exclusion Criteria

Over 16s

Contact Details

Referrals via Choose and book + Email advice line for GPs

Primary Care

Oxford University Hospitals General Paediatric and Endocrinology

[Here for Health](#)

Paediatric Dietetics

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, resources, signposting and referrals as well as the co-production of a tailored health and wellbeing plan. Holistic approach taking into account multiple lifestyle factors that might impact on health and wellbeing to include promoting a healthy weight. Further information available at: www.ouh.nhs.uk/hereforhealth

Referral Criteria

Open to all for support with promoting a healthy weight; becoming more active; healthier eating; stopping smoking; reducing alcohol intake; and general wellbeing.

We offer telephone and video call support as well as a drop in service when open on site. 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.

Referrals from Health Care Professionals accepted via:

- Request and Prescribe on EPR (Health and Wellbeing)
- External email ouh.hereforhealth@nhs.net
- Internal email hereforhealth@ouh.nhs.uk
- Phone : 01865 221429

Exclusion criteria

Concern not related to lifestyle

Contact details

Email hereforhealth@ouh.nhs.uk or ouh.hereforhealth@nhs.net
Phone : 01865 221429

Primary Care

Oxford University Hospitals General Paediatric and Endocrinology

Here for Health

Paediatric Dietetics

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

n/a

Contact details

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

(01865) 231234



Services for Families

Achieve Oxfordshire

Midwifery

Health Visiting

School Health Nursing

National Child Measurement Programme

Achieve Oxfordshire

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

- Achieve provides a Tier 1 Service on our website with access to articles and resources on nutrition, physical activity and mental wellbeing. There are resources specific to families and children and these can be explored with a search function.
- 11-15year old children can access Slimming World's 'Free to Go' programme with a paying or Achieve funded adult or guardian.
- There are resources for pre and postnatal mothers on healthy weight and healthy weight loss when breastfeeding. (this will be live later this year)
- Offer BAME weight management groups to adults based on supporting the whole family

Referral Criteria

- Oxfordshire resident, working in Oxfordshire or registered to an Oxfordshire GP surgery
- Motivated to lose weight and ready to make lifestyle change
- BMI greater than 30 OR greater than 27.5 with a comorbidity OR greater 27.5 if you are from a Black, Asian and Minority (BAME) community OR greater than 23 if you are from a BAME community and have a comorbidity (type 2 diabetes, hypertension, cardiovascular disease, osteoarthritis, dyslipidaemia, sleep apnoea) (For MAN v FAT Challenge, BMI must be greater than 25 and for MAN v FAT Football, BMI must be greater than 27.5)
- Over 18 years of age
- For Achieve programme only: Clients are expected to have attempted to lose weight at least once using a recognised weight loss programme

If your client meets our eligibility criteria, you can via EMIS, complete the referral form and email it to occg.achieveoxfordshire@nhs.net or ask them to self-refer using the sign up now button on our website: www.achieveoxfordshire.org.uk

Achieve Oxfordshire

Midwifery

Health Visiting

School Health Nursing

National Child Measurement Programme

Achieve Oxfordshire

Exclusion criteria

- Accessed a free service from Achieve Oxfordshire in the last 12 months
- Been a paying member of WW or Slimming World in the last 3 months
- Suffering from an eating disorder (Other mental health conditions will be considered on a case by case basis)
- Complex Diabetes (on insulin, sulfonylureas (eg gliclazide, glibenclamide), SGLT2 inhibitors (eg empagliflozin, dapagliflozin, canagliflozin), or on glinides (neteglinide, repaglinide)
- Ketosis prone type 2 diabetes
- Diabetes post pancreatectomy
- Currently pregnant
- Have an unmanaged comorbidity

Contact details

01865 338119

hello@achieveoxfordshire.org.uk

Address: Office G13, John Eccles House, Robert Robinson Avenue, Oxford Science Park, Oxford OX4 4GP

www.achieveoxfordshire.org.uk

Achieve Oxfordshire

Midwifery

Health Visiting

School Health Nursing

National Child Measurement Programme

Midwifery

Role in promoting healthy weight in pregnancy /management of overweight/obesity (generational impact)

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.

Signposting includes:

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

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 <30

Health Visiting

Achieve Oxfordshire

Midwifery

Health Visiting

School Health Nursing

National Child Measurement Programme

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

Mandated contacts offered to families as per Department of Health Healthy Child Programme:

Antenatal, New Birth Visit, Six Week Review, Twelve Month Review, Two Year Review.

Nutrition discussed at all visits; breast feeding/responsive feeding promoted.

Exercise for babies, floor / tummy time

Healthy eating, introduction to solids, healthy snacks, diet, exercise promoted to older babies and children post six months ad hoc, and at mandated reviews.

All children are heighted and weighted at 2 year reviews (unless not tolerated). If weight concern identified, see [Roadmap](#).

The health visiting service has a Healthy Weight Healthy Nutrition pathway which is followed at all core contacts. This ensures children under 5 years of age, at risk of being under or overweight are identified early and supported with packages of care within the service or referred to the GP or a specialist service. The Health Visiting Service has a SEND pathway with an enhanced contact pattern for parents with SEN/D children. 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.

<https://fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/advice.page?id=DGrusAY-dJA>

Referral Criteria

None, universal Health Visiting Service

Exclusion Criteria

None, Universal Health Visiting Service for under 5 and their families

Contact details

<https://www.oxfordhealth.nhs.uk/health-visitors/>

School Health Nursing

Achieve Oxfordshire

Midwifery

Health Visiting

School Health Nursing

National Child Measurement Programme

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

School Health Nurses deliver the National Child Measuring Programme Measuring children in reception and year 6 in state schools each year. Children are measured in school between January and May, each child receives Change4Life Top Tips leaflet. Measurement result letters contain an offer of support from service to children under or overweight, with an accompany leaflet detailing local resources and promoting Change4Life. School based events to promote healthy lifestyles offered to targeted primary schools and in all secondary schools.

Referral Criteria

Universal offer, open to all for support with promoting healthy lifestyles. Support available for families in primary schools and one to one support available in secondary schools for students. Referrals accepted from students, parent/carers, education, primary care and social care.

Exclusion criteria

None

Contact details

Please contact the base nearest home address

Abingdon - Abingdon.schoolnurses@oxfordhealth.nhs.uk

Banbury - Banbury.schoolnurses@oxfordhealth.nhs.uk

Bicester - Bicester.schoolnurses@oxfordhealth.nhs.uk

Didcot - Didcot.schoolnurses@oxfordhealth.nhs.uk

Oxford - Oxford.schoolnurses@oxfordhealth.nhs.uk

Wallingford, Sonning Common and Henley - Wallingford.schoolnurses@oxfordhealth.nhs.uk

Wantage/Farringdon - Wantage.schoolnurses@oxfordhealth.nhs.uk

Witney - Witney.schoolnurses@oxfordhealth.nhs.uk

Achieve Oxfordshire

Midwifery

Health Visiting

School Health Nursing

National Child Measurement Programme

The 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.
- 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.
- 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.
- Information on the NCMP programme in Oxfordshire can be found [here](#).



Resources for Families

Services and Support Specific to Oxfordshire

General Resources

Resources for 0-5

Resources for Teenagers

Resources for Healthy Eating

Resources on Physical Activity

Apps

Services and support specific to Oxfordshire

Live Well Oxfordshire

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

The Oxfordshire Play Association

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.

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**.

Resources to support a healthy weight

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

Achieve Oxfordshire Families

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.

GO Active

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

Good Food Oxford

The aim of Good Food Oxford is to identify and catalyse actions by individuals and organisations that will promote a healthy, fair, ethical and environmentally sustainable food system in and around Oxford.

Here for Health

Here for Health team offers a free health and wellbeing support service for patients, staff and visitors.

Pre-Conception

Pre-conception advice for women planning a pregnancy to improve overall health for the woman and baby.

Services and Support Specific to Oxfordshire

General Resources

Resources for 0-5

Resources for Teenagers

Resources for Healthy Eating

Resources on Physical Activity

Apps

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

Services and Support Specific to Oxfordshire

General Resources

[Resources for 0-5](#)

Resources for Teenagers

Resources for Healthy Eating

Resources on Physical Activity

Apps

Resources for 0-5 years

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.

Healthy Start:

Information on Healthy Start 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.

First steps nutrition:

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

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)

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 .

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.

Services and Support Specific to Oxfordshire

General Resources

Resources for 0-5

Resources for Teenagers

Resources for Healthy Eating

Resources on Physical Activity

Apps

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.
Teen weight wise	Online advice and resources on diet, nutrition and healthy eating by the British Dietetic Association.
Healthy eating for teens	NHS advice for teenagers on eating well
Rise Above	Information for teenagers on topics including friends, lovelife, bodytalk, my mind and self-care.

Services and Support Specific to Oxfordshire

General Resources

Resources for 0-5

Resources for Teenagers

Resources for Healthy Eating

Resources on Physical Activity

Apps

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.

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.

The British Nutrition Foundation

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

The Caroline Walker Trust

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

British Dietetic Association

Advice and resources written by dietitians on health and nutrition. The BDA includes Food Facts resources which are divided into the following groups; Adults, Medical Conditions, Older Adults, Nutrients and Babies/Pregnancy.

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.

SOFEA

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

Services and Support Specific to Oxfordshire

General Resources

Resources for 0-5

Resources for Teenagers

Resources for Healthy Eating

Resources on Physical Activity

Apps

Resources on Physical Activity

[Change4Life](#)

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

[Junior Park Run](#)

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

[The Oxfordshire Play Association](#)

Run a series of community play-days for children of all ages which are completely free. These days include a wide range of play activities including face painting, soft play, giant bubbles, fire play, go karting and much more. A really useful resource for families looking to increase their child's physical activity level.

[Sport England Join the Movement](#)

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

[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.

[Hactive](#)

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

[The Body Coach](#)

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

[BBC Tiny Happy People](#)

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

Services and Support Specific to Oxfordshire

General Resources

Resources for 0-5

Resources for Teenagers

Resources for Healthy Eating

Resources on Physical Activity

Apps

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.



Training and Guidance

Training for Health Care Professionals

[Resources for Health Care Professionals](#)

[NICE Guidance](#)

[The Healthy Child Programme](#)

[NHS Guidance on Healthy Eating](#)

[UK Chief Medical Officers' Physical Activity Guidelines](#)

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.

- Online **MECC (Make Every Contact Count) training** is available through Health Education 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 of the health and wellbeing of individuals, communities and populations.
- Public Health England offers a bite sized session on **Childhood Obesity** through the e-learning for health platform. 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.
- **Achieve** offer bite-sized learning experience for health professionals including practical videos, bite-sized videos, articles and tools, which can be accessed on the go.
- **Here for Health** offer in-house bespoke training for OUH health care professionals. For bookings or enquiries please email: [**hereforhealth@ouh.nhs.uk**](mailto:hereforhealth@ouh.nhs.uk)



Public Health
England

achieve
OXFORDSHIRE



Training for Health Care Professionals

[Resources for Health Care Professionals](#)

[NICE Guidance](#)

[The Healthy Child Programme](#)

[NHS Guidance on Healthy Eating](#)

[UK Chief Medical Officers' Physical Activity Guidelines](#)

Resources for Health Care Professionals

- Public Health England have produced guidance on [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:
- [Providing consistent messages in promoting a healthier weight for children, young people and their families](#)
- [Let's talk about weight: A step by step guide to conversations about weight management with children and families for health and care professionals](#).
- The Royal Society for Public Health (RSPH) have produced a [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.
- [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. Moving medicine also provide a [toolkit for hospitals](#) to help people be more active during and after their time in hospital. The [1 minute conversation](#) includes three steps to sow the seed of change in someone's mind.

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[NICE Guidance](#)

[The Healthy Child Programme](#)

[NHS Guidance on Healthy Eating](#)

[UK Chief Medical Officers' Physical Activity Guidelines](#)

NICE Guidance

- NICE guidance exists on prevention, identification and management of childhood obesity. This includes the following:
- 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.

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The Healthy Child Programme

- 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:

The antenatal check: 28 weeks	The antenatal check – to complete a health needs assessment including physical health, mental and emotional health
New baby review: 10-14 days after birth	To check on health and wellbeing of the parents and baby, provide support with feeding and give advice on keeping safe.
6-8 week assessment	Opportunity to discuss breastfeeding, immunisations and other issues such as sleep. Health visitors can also provide details about local child health resources.
One year assessment: 9-12 months	Review of development, growth and immunisation status. An opportunity to discuss child safety, nutrition and dental health.
Two to two and a half review	Health, well being and development of the child aged 2 and support to be “ready for school”

- 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.

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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.

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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](#).

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
Preschoolers (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.