



Office for Health
Improvement
& Disparities

National Child Measurement Programme

- **99% of schools in England (1700)**
- **Reception**
- **Year 6**

- **Height / Weight / BMI**
- **Health score**



National Child Measurement Programme

- **Overweight / Obese children**

	National	Brent	Christ Church
Reception	22%	19%	29%
Year 6	34%	40%	54%



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	National	Brent	Christ Church
Reception	22%	19%	29%
Year 6	34%	40%	54%
			+25%

- From Reception to Year 6 an extra **6,7 or 8 children** in each class grow to be medically overweight or obese.
- Meaning that by the end of Y6, **at least 15 children in the class** are medically overweight or obese!



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So what?

Physical Health

- Type 2 diabetes – 4x more likely
- Heart disease/ stroke/ high blood pressure / high cholesterol
- Breathing problems: asthma / sleep apnea
- Joint pain – hips, knees
- Nonalcoholic fatty liver disease (NAFLD)

Psychological Health

- Depression
- Anxiety
- Loneliness
- Sadness
- Clinical depression



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So what can we do?

Eating habits

- ✓ More fruit & veg
- ✓ More fresh food
- ✓ Lots of fibre
- ✓ More water
- ❖ Fewer fatty foods
- ❖ Fewer processed cheeses & meats
- ❖ Fewer fried or salty foods
- ❖ Fewer sugary/fizzy drinks
- ❖ Fewer sweets & snacks

Lifestyle

- ✓ Take more exercise
- ✓ Take the stairs, not the lift
- ✓ Spend more quality time together
- ✓ Develop healthy sleep routines
- ❖ Less time on the sofa
- ❖ Less screen time
- ❖ Leave the car at home



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Yeah... easy for you to say...

- 300g cherry tomatoes = **£1.00**
- Large cucumber = **£0.99**
- 150g green olives = **£2.00**
- 1kg Long grain rice = **£1.25**
- 2kg potatoes = **£1.35**
- 1kg carrots = **£0.69**
- 3 onions = **£1.00**
- 500g Minced beef = **£2.49**
- 500g boneless chicken thighs = **£3.00**
- 1.5l No added sugar squash = **£2.10**
- 4 children's yogurts = **£1.95**
- 600g easy peel oranges = **£1.29**
- **£19.11**
- 950g oven chips = **£3.70**
- 450g chicken dippers = **£2.30**
- Stonebaked pizza 350g = **£1.65** (x2...)
- 10 fish fingers = **£1.13**
- 800g roast potatoes - **£0.76**
- 4 pack = Heinz baked beans = **£3.75**
- 2l Vanilla Ice cream = **£2.40**
- 1.75l Cola = **£2.49**
- 700g Variety pack of biscuits = **£1.90**
- Multipack crisps (6 bags) = **£2.00**
- **£23.73**



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But my child doesn't like...



- Shop & cook together... make it an event
- Could be done at the weekend for the week ahead
- Make more than enough... some can be frozen for quick meals

- Children learn what's in their food and how it is cooked
- More likely to try it and eat...
- Let them suggest flavours... "Hmmm, what would make this taste even better?"

After school snack



£1.35



£1.10



£1.25



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And the lifestyle...?



- Limit screen time
- Home learning & other things first
- Not in the bedroom



- Get some fresh air together



- Get some exercise
- Walk home together
- Walk to the shops
- Ride your bikes/scooters



- Shared family activities
- Games
- Sports
- Visits



- Bedtime routines
- A good time – 9-12 hours
- Read a book
- No screens!