

CYP Healthy Weight Snapshot for Professionals

Giving Advice

What is a Healthy Weight?

You can calculate if a child or young person is a healthy weight by using the NHS BMI calculator found at www.nhs.uk/live-well/healthy-weight/bmi-calculator/

A BMI provides guidance on whether a child or young person is a healthy weight for their height.

- A healthy weight is between 3rd and 91st centile.
- Overweight is between 91st and 98th centile.
- Obesity is above the 98th centile.

Please note that these BMI categories do not apply to children under two.

Being above a healthy weight can lead to obesity and increases the risk of certain diseases in adulthood, such as cardiovascular disease, type 2 diabetes and certain types of cancers. Providing the right support to children and their families around healthy weight is an important part of ensuring that children and young people stay physically and mentally healthy.

Healthy Weight Tips

Below are some useful tips that you could share with children, young people and their families to help them maintain a healthy weight:

1. **Be active for at least 60 mins per day.** This activity should be completed outside of school time. It can be broken down into 10 minutes chunks and can include active travel.
2. **Less screen time, more sleep.** Too much screen time promotes physical inactivity, which can lead to weight gain. It can also disturb sleep. Limit the time spent watching TV and playing on computer games.
3. **Child size portions.** Often families can give their children adult size portions for their meals. Tips such as using a smaller plate can help to reduce portion size and listening to them when they say they are full.
4. **Eat Healthy.** Encourage children and young people to eat their 5-a-day of fruit and vegetables and to reduce high fat and high sugar snacks (e.g. biscuits, chocolate, crisps, take aways).

Tier 1

Active Sefton

Active Sefton support children and young people to increase their physical activity levels and improve their health. Programmes include the Be Active school holiday programme and MOVE IT weight management programme.

Active Sefton can also support adults to achieve a healthy weight. More information can be found at www.activelifestyles-sefton.co.uk/

Family Wellbeing Centres

Family Wellbeing Centres support children, young people and families across all 4 levels of need on a wide variety of areas including mental and physical wellbeing. If you require any further information on support you can receive via your Family Wellbeing Centres please contact your local Centre:-

North Sefton:
talbotst.fwc@sefton.gov.uk

Central Sefton:
netherton.fwc@sefton.gov.uk

South Sefton:
marieclarke.fwc@sefton.gov.uk



Health Visitor Service

Health Visitors work in partnership with families from the antenatal period up to school entry to offer consistent, evidence based interventions to guide and support parenting and promote healthy choices. Health Visitors can help families achieve and maintain healthy weights by sharing key health messages around nutrition, oral health and physical activity. Where there is a concern around a child's weight, individualised support, including weight monitoring can be provided.

The service can be contacted on **0151 247 6354**

Infant Feeding Service

Evidence demonstrates breastfeeding reduces overweight and obesity in infants and children through to adulthood and also contributes to mothers healthy weight. Therefore, breastfeeding should be encouraged wherever possible and for as long as possible.

For specialist infant feeding service to support antenatally and postnatally with complex challenges contact Mcnter.infantfeeding@nhs.net

For breastfeeding support, scan the QR code for available sessions.



School Nursing Service

The School Nursing Service can offer pupils and their families one to one sessions in a school setting to provide healthy lifestyle advice. An individualised package of care will be delivered following assessment of need, if appropriate referrals or signposting to specialist services will be completed.

The service can be contacted via **0151 247 6354** or mcntr.seftonschoolhealth@nhs.net

ChatHealth

A confidential service that provides health and wellbeing advice provided via text message.

Young people aged 11-19 years can gain advice on health and wellbeing from a School Nurse via a text messaging service ChatHealth. The young person can remain anonymous if they wish.

The number for ChatHealth Sefton is **07312 263291**.



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Tier 2

MOVE IT

A **free** weight management service for children and young people, aged 5-18 years old, and their families who want to improve their health and wellbeing and need help with their weight maintenance. The programme is designed to encourage healthy eating habits and physical activity in a fun and interactive environment and is available in Active Sefton Leisure Centres.

For more information or to register for MOVE IT, please visit www.activelifestyles-sefton.co.uk/move-it or contact the team on **0151 288 6286** or Active.Sports@sefton.gov.uk. You can also follow Active Sefton on Twitter [@activesefton](https://twitter.com/activesefton), Instagram [@active_sefton](https://www.instagram.com/active_sefton) or Active Sefton on Facebook.



Tier 3

Complications from Excessive Weight Service (CEWS)

The Service will offer multi disciplinary team support and address the complications related to obesity by getting specialist input based at Alder Hey Children's Hospital.

Referrals to this service can only be made by a secondary/tertiary care paediatrician who has done the initial assessment and undertaken investigations for assessing complications.



Alder Hey Eating Disorder Service for Young People

The Eating Disorder Team (EDYs) provides treatment for children and young people in Liverpool and Sefton with an eating disorder. The team is multi-disciplinary and are trained in various therapies including Cognitive Behavioural Therapy, Family Therapy and Family-Based Treatment.

You can contact the team on **0151 282 4911** or by email EDYS@alderhey.nhs.uk. Referrals can be made via www.seftonliverpoolcamhs.com

Further information about the team is available here: www.alderhey.nhs.uk/

Community Paediatric Dieticians

The Service provides up to date information and guidance about childhood nutritional matters, including obesity, to children, carers, professionals in contact with children, and to a variety of patient support groups.

They support children and young people up from 0-17 years old and up to 19 years old if they in special needs education.

Referrals to the community teams can be completed by their GP, hospital doctor, community doctor or by any other health professionals that are involved in the child's care such as a health visitor, specialist nurse or school nurse etc.

For more information please call: **01704 395899**

Additional Information

- We all know that eating well helps your child grow well. Take a look at the NHS Better Health, Healthier Families Website for ideas for healthy (and tasty) food: www.nhs.uk/healthier-families/food-facts/
- More information about what sports clubs, community groups and activities are available can be found at: www.directory.seftoncvcs.org.uk
- If a family is concerned about symptoms related to their child's weight they should be advised to contact their GP.

