

Making a Child Healthy Weight Plan for Tayside

2019 - 2030





Hi

We are the Child Healthy Weight Group, a small number of people from the NHS, local councils and the wider community. It is our job to understand more about child healthy weight in Tayside because too many children have a weight above the healthy weight range.

'The Tayside Plan for Children, Young People and Families' aims to improve the health and wellbeing of all children in Tayside. Helping more children to have a healthy weight is an important part of this plan.

We know discussing weight can feel uncomfortable but it is important because weight is a marker of health and wellbeing. We want it to be easier for people to talk about weight in a positive and sensitive way.

We want to find out what matters most to YOU so that we can all do the right things to help families be as healthy and happy as possible. Please read this leaflet and let us know what you think about the ideas in it.

You can also watch the film '[Child Healthy Weight - Improving the lives of Children in Tayside](https://youtu.be/-BR-H4kDN1k)' to learn more

<https://youtu.be/-BR-H4kDN1k>

Thank you



What do we mean by child healthy weight?

Often the words overweight or obesity are used to describe someone with a body mass index (BMI) above the healthy weight range. We prefer to say 'child healthy weight' to describe children or young people who have a BMI in the healthy range.

In children over the age of 2 years, height and weight measurements are combined to calculate body mass index (BMI)

$$\text{BMI} = \frac{\text{weight (kilograms)}}{\text{height (metres}^2\text{)}}$$

BMI is different in boys and girls and changes with age so centile charts are used.

Use this calculator to check your child's BMI

<https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/#check-your-bmi>

What's the problem?

For children to be healthy and happy they need to develop well, grow well and feel well. Children who have a weight above the healthy range are at risk of problems which may affect their health and wellbeing now and in the future. Children above a healthy weight are also more likely to be above a healthy weight when they become adults.



So who is above a healthy weight in Tayside?



- **1 out of 5** Primary 1 children - making them more likely to suffer bullying and low self confidence, which reduces their ability to do well at school



- **1 out of 4** Primary 1 children living in households with the lowest income compared to 1 out of 6 children living in households with the highest income – making it more likely for children growing up in poorer areas to be above a healthy weight



- **2 out of 5** women when they become pregnant - making them and their babies more likely to develop medical problems during and after pregnancy



- **3 out of 5** adults - making them more likely to develop problems such as high blood pressure, some cancers and type 2 diabetes



Why are so many children gaining too much weight?

- **It's about who we are** – Our genes play a role in what we weigh and how our bodies use energy and store fat. This can make it harder to be a healthy weight. Families also tend to have the same habits around eating and drinking, activity and screen time. Children are more likely to be above a healthy weight if their families are too.



More importantly...

- **It's about what we eat and drink** – Our daily lives are so busy and we have little time to shop, cook or eat well. We often eat food and drinks that are quick and easy. These can be higher in energy (calories) because lots of sugar and fat can be 'hidden' in drinks, fast foods and ready meals. Portions sizes in the home and when we eat out are often too big making it easier to eat and drink more energy (calories) than our bodies need (or can use). We store extra energy (calories) as fat.
- **It's about what we do** - Modern life can make us pretty inactive. Often children spend more of their time using screens (TV, tablets, phones etc) than moving (physical activity, play, exercise). Establishing a good sleeping pattern is also important for healthy weight.



What needs to be done to make sure more children across Tayside have a healthy weight?

Enabling children to be as healthy as possible in the place where they grow up is important. We all need to lead by example and families need to be supported so that healthy choices are easy no matter where they live, work, learn and play. We all need to work together if we want to achieve this.

What we choose to eat and drink and our activity all depend on what is or isn't available where ever we are.



What has happened so far?

A large public event was held in Dundee and the following priorities were identified:

- A. Child healthy weight MUST be seen as a society wide issue - we want everyone to know what they can do** to support child healthy weight and work together with families and communities



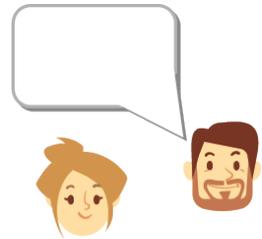
- B. Children MUST have the best start in life**
- we want to make healthy choices around eating, drinking, playing and moving a family affair



- C. Our environment MUST support healthier choices** - we want to make it easier for all families to make healthy choices where ever they are



- D. Families MUST be able to get helpful weight management support** – we want families to get the right help, from the right person at the right time



- E. Families and communities in most need MUST be our main concern** – we want to target attention towards those whose life circumstances mean they are struggling to cope and need support





We want to hear from you.....

Between now and 30 September 2019 we will be asking for views from people across Tayside.

Please take a few minutes to complete our questionnaire - it can be completed online

<https://www.surveymonkey.com/r/NZBQ9JG>

If you need any further information or would like someone to come to a group to discuss child healthy weight then please get in touch. **Email – taysidenutrition@nhs.net**

Further background information can be found at www.taycollab.org.uk

