

## Healthy Weight

We know that many children are getting heavier and more children are now overweight than ever before.

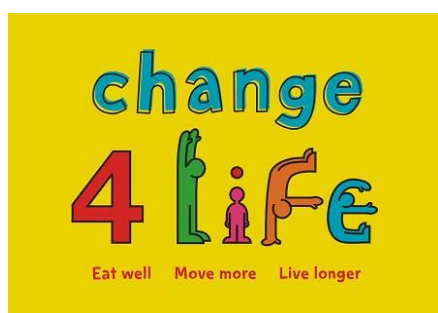
Children who are a healthy weight might be more likely to join in and enjoy being active and are less likely to develop diabetes or other diseases in later life.

Most children can achieve a healthy weight by eating healthily and, just as important, being active!



## The National Child Measurement Programme

As part of the governments National Child Measurement Programme (NCMP) all children in reception and year six have their weight and height measured. You will receive a letter and information about this and your child's results will be sent to you.



The change for life campaign provides all the information you need to encourage your child to be a healthy weight. You can access resources at [www.nhs.uk/change4life](http://www.nhs.uk/change4life) or look out for the many leaflets that are in clinics and GP surgeries. You will receive some leaflets with your letters for the NCMP.

If you are concerned about your child's weight contact your school nurse they can discuss this with you and refer to appropriate services if required.

## Top Tips

1. Reduce sugar intake
2. Keep count of snacks
3. Reduce fat intake
4. Watch portion sizes
5. Eat regular meals together whenever you can
6. Encourage five portions of fruit and vegetables each day
7. Limit TV and computer games
8. Get them active, at least 60 minutes each day after school

## References

Department of Health (2008) *Healthy Weight, Healthy Lives: Why your child's weight matters*. DH Publications  
Department of Health (2008) *Change 4 life: Top tips for top kids*. DH Publications