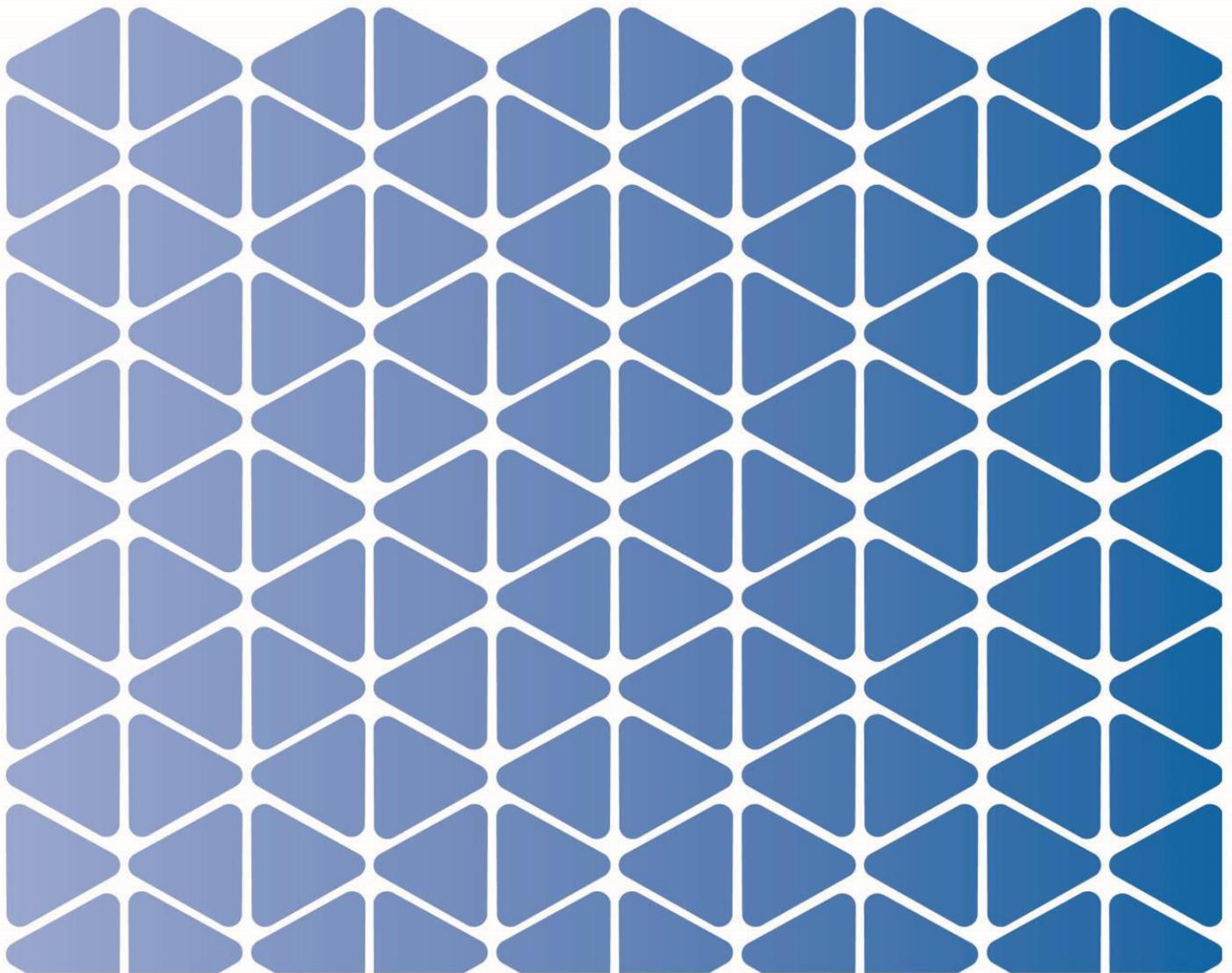




PATIENT INFORMATION

HEALTHY WEIGHT ADVICE



You may have been given this information leaflet if either you or a health care professional is concerned about the weight of your child. Children who are overweight are at an increased risk of developing health problems such as high cholesterol, high blood pressure, type 2 diabetes, fatty liver disease, gallstones and heart disease. They may also develop joint problems, breathing problems and psychological problems such as low self-esteem or a lack of confidence. These conditions can present in childhood or later in adult life. Children are also more likely to be overweight or obese as adults but this can be prevented or reversed by making changes to your child's lifestyle.

What is the cause of being overweight or obese in childhood?

If your child eats and drinks more calories than they burn off through physical activity your child will put on weight because the excess energy is stored as fat. Therefore, ways of addressing this include:

Eating more healthily

- Limit your child's consumption of sugar-sweetened beverages
- Eat a diet with at least five portions of fruit and vegetables per day
- Eat breakfast daily
- Eat meals together as a family as much as possible
- Limit eating out, especially eating at fast food restaurants
- Adjust portion sizes appropriately to the age of your child

Getting more physical activity

- Interventions to increase physical activity should focus on activities that fit easily into your everyday life (such as walking)
- Children capable of walking should be physically active daily for at least 180 minutes, spread throughout the day
- All children should undertake a range of moderate to vigorous activity for at least 60 minutes each day
- Children aged over 5 years of age should undertake vigorous activities including those that strengthen muscle and bone at least 3 days per week
- Your child should minimise the amount of time they spend being sedentary (being restrained or sitting) for extended periods (except sleeping)
- You should try to complete at least some local journeys with your child using a physically active mode of travel with the aim of establishing active travel as a life-long habit from an early age
- Reduce TV viewing and other screen time. Any strategy that reduces TV viewing and other leisure screen time may be helpful (such as TV-free days or setting a limit to watch TV for no more than 2 hours a day)

The information below will help you access local services that can provide help and support in managing your child's weight.

0-5 years of age

You can contact your child's Health Visitor if you would like help and support to get your child to a healthy weight. Other sources of information include Start4Life and Change4Life (please see below for contact details). If you are concerned that your child may be very overweight (obese) please ask a member of staff and we can assess their weight. If we find that your child is obese then you can contact the Health Visitor led Pre-school Healthy Weight service.

5-16 years of age

You can contact your child's school nurse if you would like help and support to get your child to a healthy weight. Change4Life is an online resource for further information. If you are concerned that your child may be very overweight (obese) please ask a member of staff and we can assess their weight.

Over 16 years of age

For further help and support if you are at school you can contact your school nurse or if you are at college you can contact pastoral care, Student Support or Healthy Colleges.

Other sources of support using online services and useful websites include:

Change4life

www.nhs/change4life

NHS Choices

<http://www.nhs.uk/livewell>

Worcestershire County Council

www.worcestershire.gov.uk

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PET@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.