

Health4Families Programme (H4FP) - Healthy Eating Campaign.

Everyone needs to eat well and healthy eating habits will help to achieve and maintain a healthy weight. Children need to establish good eating patterns and learn from family around them how to enjoy meals and make healthy food choices.

❖ Did you know?

- Many packaged foods and drinks contain surprisingly high amounts of free sugars. Free sugars are any sugars added to foods or drinks, or found naturally in honey, syrups and unsweetened fruit juices.
- Being overweight or obese can lead to health conditions such as type 2 diabetes, heart disease and stroke. Being underweight could also affect health.
- Children in the UK are consuming nearly three times more sugar than the maximum daily recommendation
- Nearly a quarter of the added sugar in our diet comes from soft drinks, fruit juice, and other non-alcoholic drinks
- Nearly a fifth of West Sussex children in the school reception year were overweight or obese (2014/15) [National Child Measurement Programme](#)



❖ Key messages to share with families - BE FIT

Here are five key ways that help children maintain a healthy weight, please share these messages with families –

- [Be active](#)
- [Eat healthy meals, drinks and snacks](#)
- [Family meals together](#)
- [Imagine child-size portions](#)
- [Time - Less screen time and more sleep](#)

❖ Resources

- [Eatwell Guide](#) illustrates the different food group proportions that we should aim to eat. (For 2+ years)
- [First Steps Nutrition](#) – a range of colourful and helpful resources
- [Healthy Start](#) - Families on certain benefits can get free milk, fruit and vegetables with Healthy Start vouchers
- [Change4Life](#) – Lots of information, tips and ideas about healthy eating including a marvellous be food smart app.
- Health4Families Programme Resource List – Contains links to resources that have been agreed by H4FP Health Leads. Available from www.sussexcommunity.nhs.uk/wscht



❖ **Training (Access criteria may apply)**

- **Brief intervention training:** Free online brief intervention training to develop skills to raise the issue of weight with families and offer support for families to move towards a healthier weight. Click on link and register to access training.
<https://www.discovery.uk.com/student-zone/regions/westsussex>
- **E-Learning for Healthcare:** Healthy Child Programme – Module 8. Growth and Nutrition. Focussing on the first five years of life, this module provides guidance on nutrition, feeding, weaning, growth and growth charts, the social context of food and obesity in the early years. For NHS staff, click on link and register to access training.
<http://www.e-lfh.org.uk/programmes/healthy-child-programme>
- **Institute of Health Visiting e-learning:** Healthy Weight, Healthy Nutrition. Knowledge and skills update for addressing healthy weight and healthy nutrition issues.
<http://ihv.org.uk/for-health-visitors/resources/e-learning/>
- **Royal College of Paediatrics and Child Health:** Downloadable resources about measuring and plotting growth. <http://www.rcpch.ac.uk/child-health/research-projects/uk-who-growth-charts/uk-who-growth-chart-resources-0-4-years/uk-who-0>

❖ **References to support evidenced based practice**

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