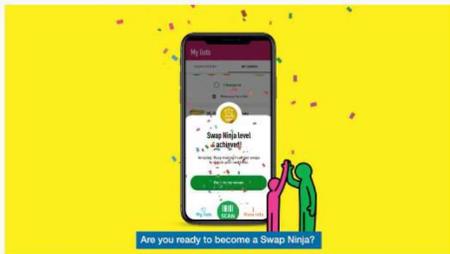
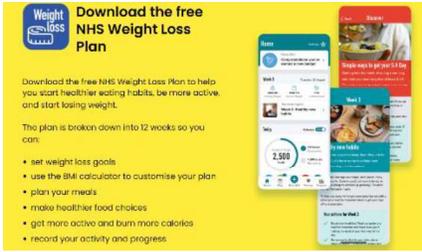
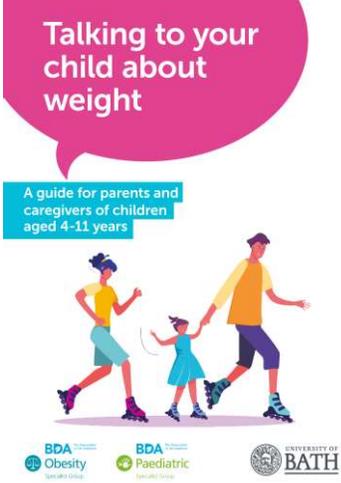
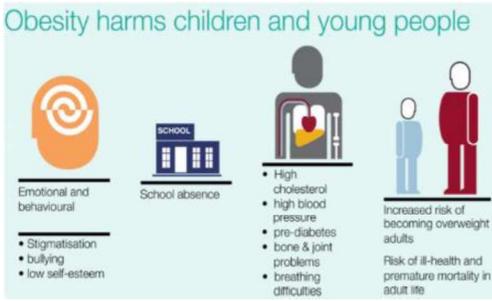


## Child Healthy Weight, Healthy Lifestyles and Oral Health Resources

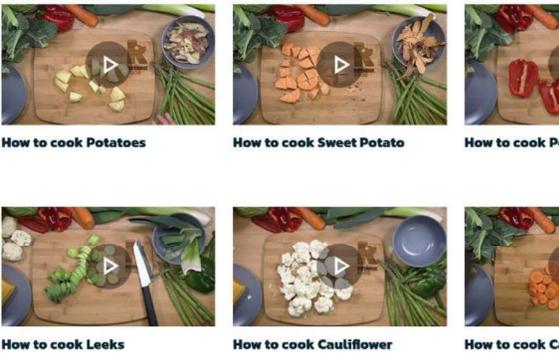
This document contains web links to a number of resources and information about healthy weight, healthy lifestyles and oral health that may be useful for professionals, volunteers and parents/carers when supporting children, young people and families with developing healthy habits. The middle column shows an image of the website or resource, and the links to these resources are on the left. If you have any comments, suggestions or questions please contact Helen Ingle or Catherine Baker, Public Health Managers at North Yorkshire County Council [helen.ingle@northyorks.gov.uk](mailto:helen.ingle@northyorks.gov.uk) or [catherine.baker@northyorks.gov.uk](mailto:catherine.baker@northyorks.gov.uk)

Healthy weight and healthy lifestyles	Image of the resource / document / website	What is this resource / information?
<p><b>Healthy living information</b>  <a href="https://www.nhs.uk/healthier-families/">https://www.nhs.uk/healthier-families/</a></p> <p><b>Free food scanner app (video)</b>  <a href="https://youtu.be/et3HrM36pHM">https://youtu.be/et3HrM36pHM</a></p> <p><b>Better Health Campaign (adults)</b>  <a href="https://www.nhs.uk/better-health/lose-weight/">https://www.nhs.uk/better-health/lose-weight/</a></p>	  <p style="text-align: center;">Better Health Food Scanner App Explainer</p>   <p><b>Lose weight</b></p> <p>If you're overweight, losing weight has many health benefits. Making small, simple changes to what and how much you are eating and drinking can really help you lose the pounds.</p>	<p>NHS website with lots of information about staying healthy (healthy weight, healthy eating, physical activity, mental wellbeing etc).</p> <p>Video about the free food scanner app, which helps you to identify healthy food swaps.</p> <p>Healthy weight advice for adults (parents/carers). Includes some home workout videos, and</p>

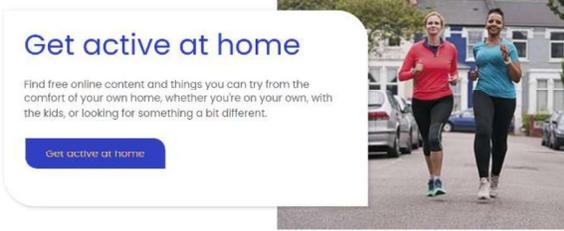
<p><a href="https://www.nhs.uk/better-health/get-active/home-workout-videos/">https://www.nhs.uk/better-health/get-active/home-workout-videos/</a></p> <p><b>Download the free NHS Weight Loss Plan app (adults)</b></p>	 <p><b>Download the free NHS Weight Loss Plan</b></p> <p>Download the free NHS Weight Loss Plan to help you start healthier eating habits, be more active, and start losing weight.</p> <p>The plan is broken down into 12 weeks so you can:</p> <ul style="list-style-type: none"> <li>• set weight loss goals</li> <li>• use the BMI calculator to customise your plan</li> <li>• plan your meals</li> <li>• make healthier food choices</li> <li>• get more active and burn more calories</li> <li>• record your activity and progress</li> </ul>	<p>information about the NHS weight loss plan (app).</p>
<p><b>Talking to your child about weight</b></p> <p><a href="https://www.bath.ac.uk/healthier-families/childrens-weight/#healthy-weight">Talking to your child about weight (bath.ac.uk)</a></p>	 <p><b>Talking to your child about weight</b></p> <p>A guide for parents and caregivers of children aged 4-11 years</p> <p>BDA Obesity BDA Paediatric UNIVERSITY OF BATH</p>	<p>A useful resource with advice for parents and carers about how to talk to their children about weight.</p>
<p><b>Healthy weight advice</b></p> <p><a href="https://www.nhs.uk/live-well/healthy-weight/childrens-weight/">https://www.nhs.uk/live-well/healthy-weight/childrens-weight/</a></p> <p><a href="https://www.nhs.uk/healthier-families/childrens-weight/#healthy-weight">https://www.nhs.uk/healthier-families/childrens-weight/#healthy-weight</a></p>	 <p><b>NHS</b></p> <p>Coronavirus (COVID-19) Get the latest advice about COVID-19</p> <p>Home &gt; Live well &gt; Healthy weight &gt; Children's weight</p> <p><b>What can I do if my child is overweight?</b></p> <p>If your child is overweight, there's lots you can do to help them become a healthy weight as they grow.</p> <p>As a parent, it can sometimes be difficult to tell that your child is overweight. A child may not look particularly heavy to be overweight.</p>	<p>Information and advice about children's weight, including what you can do if your child is overweight or underweight.</p>
<p><b>Harmful effects of child obesity – infographic</b></p> <p><a href="https://www.gov.uk/government/publications/childhood-obesity-applying-all-our-health/childhood-obesity-applying-all-our-health">https://www.gov.uk/government/publications/childhood-obesity-applying-all-our-health/childhood-obesity-applying-all-our-health</a></p>	 <p><b>Obesity harms children and young people</b></p> <p>Emotional and behavioural</p> <ul style="list-style-type: none"> <li>• Stigmatisation</li> <li>• bullying</li> <li>• low self-esteem</li> </ul> <p>School absence</p> <p>High cholesterol</p> <ul style="list-style-type: none"> <li>• high blood pressure</li> <li>• pre-diabetes</li> <li>• bone &amp; joint problems</li> <li>• breathing difficulties</li> </ul> <p>Increased risk of becoming overweight adults</p> <p>Risk of ill-health and premature mortality in adult life</p>	<p>Image to show the harmful effects of obesity on children and young people.</p>

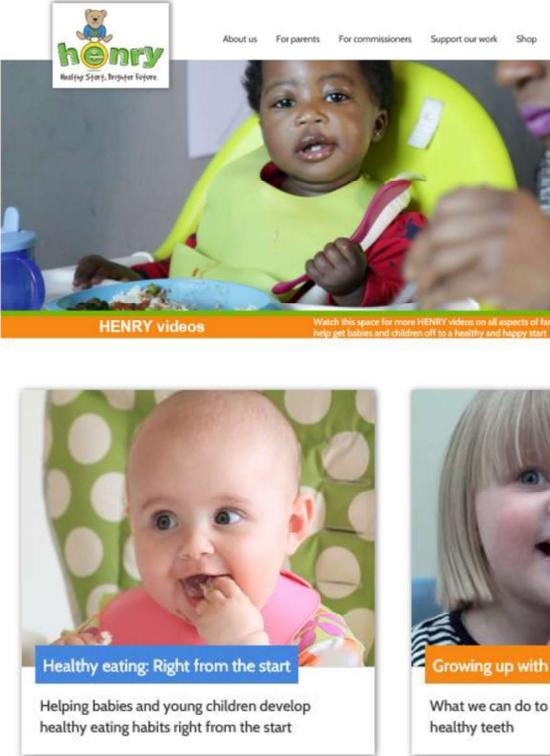
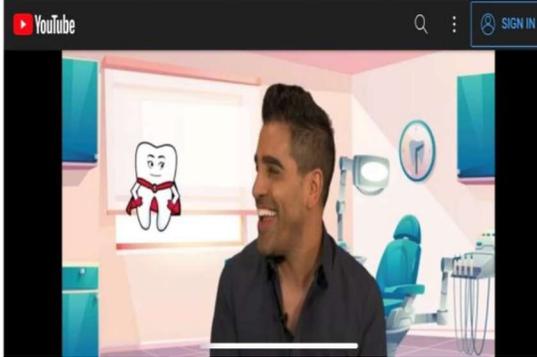
<p><b>Healthy Habits poster</b></p> <p><a href="https://childhoodobesity.ie/wp-content/uploads/2021/02/COE-2-192901-8-Healthy-Habits-infographic-update_PRESS.pdf">https://childhoodobesity.ie/wp-content/uploads/2021/02/COE-2-192901-8-Healthy-Habits-infographic-update_PRESS.pdf</a></p>		<p>A poster with suggestions for healthy habits (eating, physical activity, sleep, water etc) for children and young people of all ages.</p>
<p><b>Local services that can help:</b></p> <p><b>Healthy Families – weight management support for families with children aged 4-19 years old in North Yorkshire</b></p> <p><a href="https://www.brimhamsactive.co.uk/homepage/41/healthy-families">https://www.brimhamsactive.co.uk/homepage/41/healthy-families</a></p> <p><b>North Yorkshire Adult Weight Management Service</b></p> <p><a href="https://www.northyorks.gov.uk/healthy-weight-and-eating-well">https://www.northyorks.gov.uk/healthy-weight-and-eating-well</a></p> <p><b>Video about the service:</b></p> <p><a href="https://youtu.be/8Dv-oG630Ro">https://youtu.be/8Dv-oG630Ro</a></p>	<p><b>What is the adult weight management service?</b> The adult weight management service is a 16-week programme designed to improve your physical and mental health by helping you eat well and get moving. Clients report feeling more confident, having more energy, sleeping better and seeing an improvement in their general wellbeing. A team of friendly and highly skilled weight management advisors will be there every step of the way through a combination of online, telephone and face-to-face support. You'll get a personalised weight loss plan to help you make positive changes and it's completely free. If you achieve a five per cent weight loss after the first 12 weeks of the programme, you'll get another 12 weeks of free support.</p> <p><b>Who is the service for?</b> The adult weight management service is for people over 18 who live, work or are registered with a GP in North Yorkshire. The programme is available for people with a BMI of 30 or over, or anyone with a BMI of 25 or above who is also in a black or minority ethnic group, or has conditions such as Type 2 diabetes, heart disease or hypertension. BMI stands for 'body mass index' and is a way to find out if you're a healthy weight for your height. You can calculate your BMI on the NHS website. If you're still not sure how to work out your BMI or have any of the health conditions mentioned above, your GP will be able to give you advice on the programme.</p>	<p>Details of the free family weight management service in North Yorkshire.</p> <p>Details of the free adult weight management service in North Yorkshire (could help parents/carers).</p>

<p><b>Healthy eating</b></p>		
<p><b>Eat Well Guide</b></p> <p><a href="https://www.gov.uk/government/publications/the-eatwell-guide">https://www.gov.uk/government/publications/the-eatwell-guide</a></p>		<p>Poster and website to show the UK government's recommendations for eating healthily and achieving a balanced diet.</p>
<p><b>5 a Day – eating more fruit and vegetables</b></p> <p><a href="https://www.nhs.uk/healthier-families/food-facts/5-a-day/">https://www.nhs.uk/healthier-families/food-facts/5-a-day/</a></p>		<p>Advice on eating more fruit and vegetables.</p>
<p><b>Healthy packed lunch guidance</b></p> <p><a href="http://healthyschoolsnorthyorks.org/healthy-food/north-yorkshire-packed-lunch-guidance/">http://healthyschoolsnorthyorks.org/healthy-food/north-yorkshire-packed-lunch-guidance/</a></p> <p><a href="http://healthyschoolsnorthyorks.org/healthy-food/">http://healthyschoolsnorthyorks.org/healthy-food/</a></p>		<p>A digital leaflet with suggestions for families for what to include in a healthy packed lunch. Also includes links to some cost-savings ideas and food bank locations.</p>

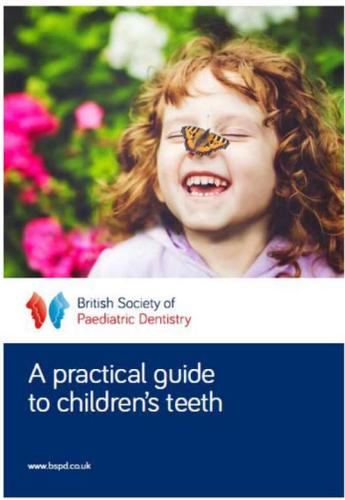
<p><b>Helping Hands food preparation videos</b></p> <p><a href="http://www.rethinkfood.co.uk/helping-hands">www.rethinkfood.co.uk/helping-hands</a></p>	 <p>How to cook Potatoes      How to cook Sweet Potato      How to cook Peas</p> <p>How to cook Leeks      How to cook Cauliflower      How to cook Carrots</p>	<p>Videos showing how to prepare different vegetables.</p>
<p><b>School meals</b></p> <p>Every infant child (aged 5-7) is entitled to a FREE school lunch. Also, FREE school meals for all age groups are provided to families who receive qualifying incomes such as income support and universal credit.</p> <p><a href="http://www.northyorks.gov.uk/school-meals">www.northyorks.gov.uk/school-meals</a></p> <p><a href="http://www.northyorks.gov.uk/free-school-meals">www.northyorks.gov.uk/free-school-meals</a></p>	<p>School meals</p> <p>Information about our freshly prepared and healthy school meals, including sample menus for primary and secondary schools.</p> <p>Our school meals follow a healthy eating policy and are produced freshly every day in a school kitchen.</p> <ul style="list-style-type: none"> <li>• fresh meat and poultry sourced from the region;</li> <li>• fruit and vegetables sourced regionally where possible using local suppliers;</li> <li>• products free from additives associated with health problems in young children;</li> <li>• fats free from hydrogenated oils; with</li> <li>• menus that are nutritionally balanced</li> </ul> <p>You can <a href="#">view our school meals food policy here</a>.</p> <p><b>Primary schools</b></p> <p>From September 2014 key stage one children (reception, years 1 and 2) are entitled to a free school meal. From September 2015 key stage two pupils (years 3, 4, 5 and 6) there is a charge for school meals. The average is £2.25. School meal prices so you should check with your child's school for price and payment arrangements.</p> <p>In our primary schools our meals:</p> <ul style="list-style-type: none"> <li>• have a three-menu cycle, allowing children to become familiar with the food served;</li> <li>• are changed every term to reflect the seasons; and</li> <li>• are written in consultation with pupils and cooks</li> </ul>	<p>Information about school meals (and how to claim FREE school meals) for families in North Yorkshire.</p>
<p><b>Eating on a budget</b></p> <p>Tips for families, food banks, financial support etc.</p> <p><a href="http://healthyschoolsnorthyorks.org/cost-saving/">http://healthyschoolsnorthyorks.org/cost-saving/</a></p>	 <p>Healthy Schools    Healthy Early Years    Home    Award Details    Child Health Support    Hall Of Fame    News</p> <p><b>Cost Saving</b></p> <p><b>Tips to save cost &amp; waste</b></p> <ol style="list-style-type: none"> <li>1. Save money and packaging by buying food in bulk (eg.yoghurt, popcorn, breadsticks, dried fruit) and putting in smaller portions.</li> <li>2. Cut a chunk of cheese off a larger block and wrap in foil or in a small container, rather than buying separate, individually packaged snacks are more expensive.</li> <li>3. Freeze your bread items - just take out what you need the night before you make the packed lunch eg.one roll, couple of slices.</li> <li>4. Look out for fresh fruit on offer and freeze any surplus.</li> <li>5. Use tinned fruit (in juice) if you don't have any fresh available. One large can contains two portions and can be put into smaller portions.</li> <li>6. If offering an apple, to reduce waste, core and chop the apple into slices then fix back together with a rubber band roll.</li> </ol> <p><b>Financial support for families</b></p> <p>If you and your family are struggling to eat well due to limited finances then please take a look below for more information</p>	<p>Cost-saving ideas for families.</p>

<p><b>Physical activity</b></p> <p><b>Physical activity guidelines for:</b></p> <ul style="list-style-type: none"> <li>Children and young people</li> <li>Early Years</li> <li>Disabled children and young people</li> <li>Pregnant women</li> <li>Women after childbirth</li> </ul> <p><a href="https://www.gov.uk/government/collections/physical-activity-guidelines">https://www.gov.uk/government/collections/physical-activity-guidelines</a></p>		<p>Posters showing how much activity (and ideas of what to do) for children and young people of all ages and abilities, and women during and after pregnancy.</p>
<p><b>North Yorkshire Sport</b></p> <p><a href="https://www.northyorkshiresport.co.uk/participate">https://www.northyorkshiresport.co.uk/participate</a></p> <p>30 active things for 30 minutes: <a href="https://www.northyorkshiresport.co.uk/kpi-1">https://www.northyorkshiresport.co.uk/kpi-1</a></p> <p>Stay active at home: <a href="https://www.northyorkshiresport.co.uk/ideastostayactive">https://www.northyorkshiresport.co.uk/ideastostayactive</a></p>		<p>Websites with ideas and information about staying active in North Yorkshire.</p> <p>Includes ideas for staying active at home, and different groups and opportunities for being active in the community.</p>

<p><b>Sport England</b></p> <p>JOIN THE MOVEMENT:</p> <p>Tips, advice and guidance on how to keep or get active.</p> <p><a href="https://www.sportengland.org/jointhemovement">https://www.sportengland.org/jointhemovement</a></p>	 <p>The screenshot shows a webpage titled "Get active at home" with a sub-header "Find free online content and things you can try from the comfort of your own home, whether you're on your own, with the kids, or looking for something a bit different." Below the text is a blue button that says "Get active at home". The background of the page features a photograph of two women jogging outdoors.</p>	<p><i>“Children are more likely to be happy, resilient, and trusting of others if they take part in regular activity, movement and/or play. Positive and fun experiences help children to develop their confidence and maintain a healthy mental and physical wellbeing.”</i></p>
<p><b>Oral Health</b></p>		
<p><b>Children’s Oral Health e-learning</b></p> <p><a href="https://www.elfh.org.uk/programmes/childrens-oral-health/">https://www.elfh.org.uk/programmes/childrens-oral-health/</a></p> <p>Module 1 – Children’s Oral Health Advice for All 30 mins</p>	 <p>The screenshot shows the website for the e-learning module. The logo "elfh" is at the top left. A navigation menu includes "Home", "Programmes", "About", "News", "Support", "Demo", and "Contact us". Below the menu is a "Sections" dropdown. The main content area features a blue and pink banner with the text "Children’s Oral Health Advice" and a sub-header "Supporting those who need and provide children’s oral health advice".</p>	<p>E-learning module for Children &amp; Families Services, Early Years, and Health but also accessible for parents. A list of additional resources is provided with links to videos and apps provided throughout the session. Certificate available if registered but can be completed without registering.</p>

<p><b>Oral Health Advice</b></p> <p><a href="https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/">https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/</a></p>	 <p>Home &gt; Live Well &gt; Healthy body</p> <h2>Children's teeth</h2> <p>Healthy body</p> <p>Body + Head + Seasonal health +</p> <p>From brushing their first tooth to their first trip to the dentist, here's how to take care of your children's teeth.</p>	<p>NHS website providing a brief summary of how to take care of your children's teeth - from brushing their first tooth to their first trip to the dentist.</p>
<p><b>HENRY – Growing up with Healthy Teeth &amp; Healthy Eating</b></p> <p><a href="https://www.henry.org.uk/videos">https://www.henry.org.uk/videos</a></p> <p>Videos</p>	 <p>henry Healthy Start, Brighter futures</p> <p>About us For parents For commissioners Support our work Shop</p> <p>Watch this space for more HENRY videos on all aspects of how to help get babies and children off to a healthy and happy start</p> <p>Healthy eating: Right from the start Helping babies and young children develop healthy eating habits right from the start</p> <p>Growing up with healthy teeth What we can do to help children develop healthy teeth</p>	<p>Videos to support healthy eating, dental care and tooth brushing in the Early Years.</p> <p>Target audience is parents, carers and the Early Years Workforce.</p>
<p><b>CBeebies Dr Ranj Super Tooth's healthy teeth guides</b></p> <p>0-3 years <a href="#">How to care for the teeth of children aged 0-3 with Dr Ranj and Supertooth! - YouTube</a></p> <p>3-6 years</p>	 <p>YouTube</p>	<p>Short child-friendly YouTube clips aimed at promoting good oral health habits. For children to watch with their parents / carers.</p>

<p><a href="#">How to care for the teeth of children aged 3-6 with Dr Ranj and Supertooth! - YouTube</a></p> <p>7 + years</p> <p><a href="#">How to care for the teeth children aged 7+ with Dr Ranj and Supertooth! - YouTube</a></p> <p>British Society of Paediatric Dentistry</p>		
<p><b>Brush DJ</b></p> <p><a href="http://www.brushdj.com">www.brushdj.com</a></p>		<p>Brush DJ is an award-winning, free toothbrush timer app that plays 2 minutes of music taken from the user's device to encourage brushing for an effective length of time.</p>
<p><b>Hey Duggie</b></p> <p><a href="#">The Toothbrush Song from Hey Duggee</a></p> <p>CBeebies website</p>		<p>Sing along to the toothbrushing song to encourage brushing for an effective length of time.</p> <p>Includes toothbrushing reward chart.</p>

<p><a href="#">A practical guide to children's teeth</a></p> <p>British Society of Paediatric Dentistry</p>		<p>This booklet provides advice on how to care for children's teeth from babies to young adulthood.</p>
<p><a href="#">BSPD children with autism advice</a></p> <p>British Society of Paediatric Dentistry</p>		<p>This booklet provides advice to parents and carers of children with autism. It talks about the factors that may impact on your child's oral health needs at home and at the dentist and how you can support these.</p>
<p><a href="#">The Good Teeth Guide for Parents and Carers of Children with Extra Needs</a></p> <p>Manchester Primary Care Trust</p>		<p>This booklet is to help those looking after children with extra needs to use simple routines that will limit or help prevent dental problems and help them deal with any dental issues that might arise.</p>