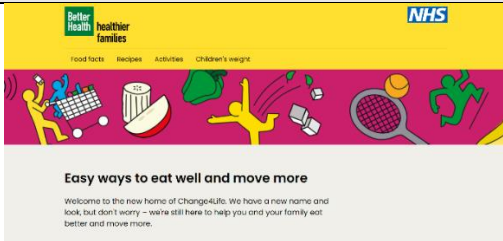
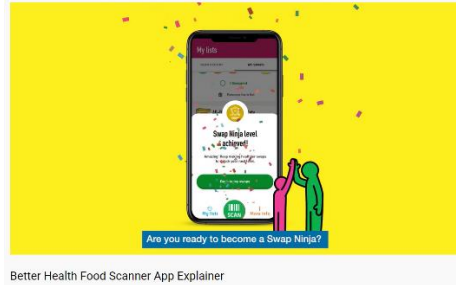

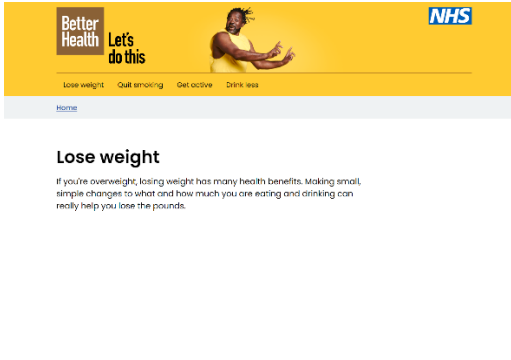
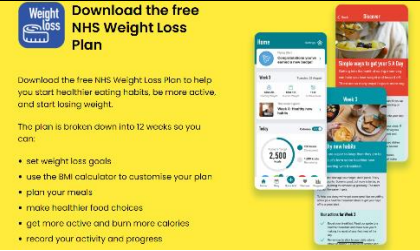

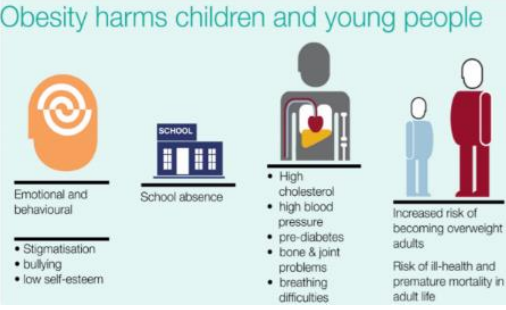
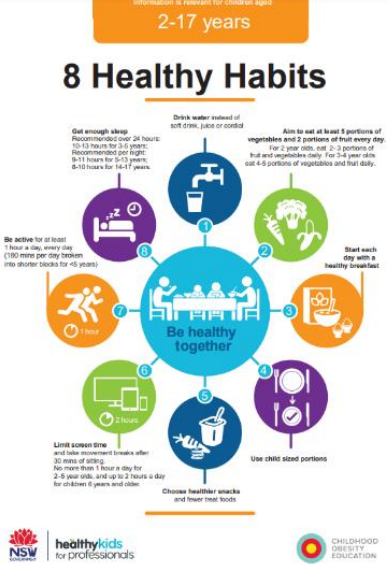






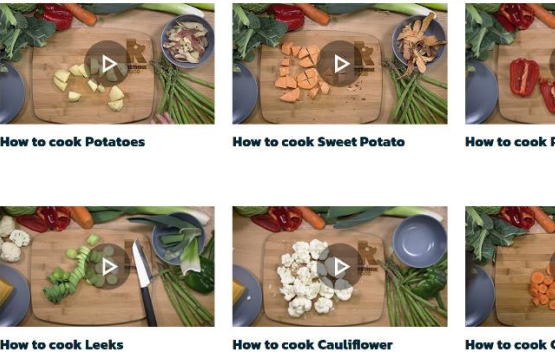
## Child Healthy Weight, Healthy Lifestyles and Oral Health Resources

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)

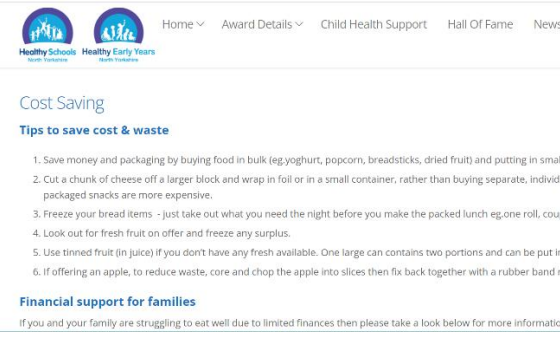
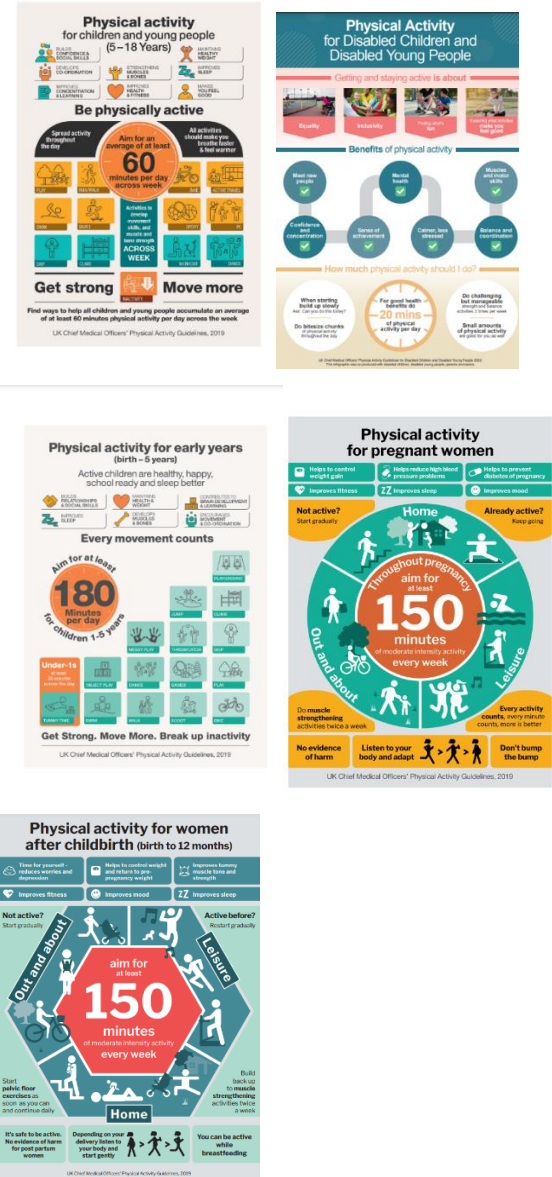
Healthy weight and healthy lifestyles	Image of the resource / document / website	What is this resource / information?
<p><b>Healthy living information</b>  <a href="https://www.nhs.uk/healthier-families/">https://www.nhs.uk/healthier-families/</a></p> <p><b>Free food scanner app (video)</b>  <a href="https://youtu.be/et3HrM36pHM">https://youtu.be/et3HrM36pHM</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>   <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>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 information about the</p>

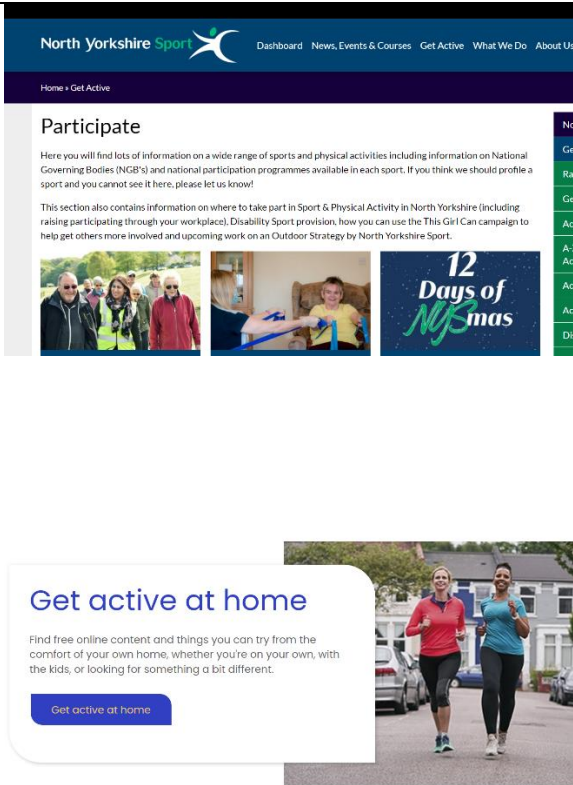

<p><b>Download the free NHS Weight Loss Plan app (adults)</b></p>	 <p><b>Download the free NHS Weight Loss Plan</b></p> <p>Download the free NHS Weight Loss Plan to help you start healthier eating habits, be more active, and start losing weight.</p> <p>The plan is broken down into 12 weeks so you can:</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>NHS weight loss plan (app).</p>
<p><b>Healthy weight advice</b>  <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><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>  <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> <ul style="list-style-type: none"> <li><b>Emotional and behavioural:</b> <ul style="list-style-type: none"> <li>• Stigmatisation</li> <li>• bullying</li> <li>• low self-esteem</li> </ul> </li> <li><b>School absence:</b> <ul style="list-style-type: none"> <li>• High cholesterol</li> <li>• high blood pressure</li> <li>• pre-diabetes</li> <li>• bone &amp; joint problems</li> <li>• breathing difficulties</li> </ul> </li> <li><b>Increased risk of becoming overweight adults:</b> <ul style="list-style-type: none"> <li>• Risk of ill-health and premature mortality in adult life</li> </ul> </li> </ul>	<p>Image to show the harmful effects of obesity on children and young people.</p>
<p><b>Healthy Habits poster</b>  <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><b>8 Healthy Habits</b></p> <p>Information is relevant for children aged 2-17 years</p> <ol style="list-style-type: none"> <li>1. <b>Get enough sleep:</b> Recommended over 24 hours: 10-13 hours for 2-5 years; Recommended per night: 8-11 hours for 6-13 years; 8-10 hours for 14-17 years.</li> <li>2. <b>Be active for at least 1 hour a day, every day:</b> (150 mins per day broken into shorter blocks for 4-6 years)</li> <li>3. <b>Drink water instead of soft drink, juice or cordial</b></li> <li>4. <b>Aim to eat at least 5 portions of vegetables and 2 portions of fruit every day:</b> For 2-year olds, eat 2-3 portions of fruit and vegetables daily. For 3-4 year olds, eat 4-5 portions of vegetables and fruit daily.</li> <li>5. <b>Start each day with a healthy breakfast</b></li> <li>6. <b>Use (100) sized portions</b></li> <li>7. <b>Limit screen time and take movement breaks after 30 mins of sitting:</b> No more than 1 hour a day for 2-6 year olds, and up to 2 hours a day for children 6 years and older.</li> <li>8. <b>Choose healthier snacks and treat foods</b></li> </ol> <p>NSW healthykids for professionals CHILDHOOD OBESITY EDUCATION</p>	<p>A poster with suggestions for healthy habits (eating, physical activity, sleep, water etc) for children and young people of all ages.</p>


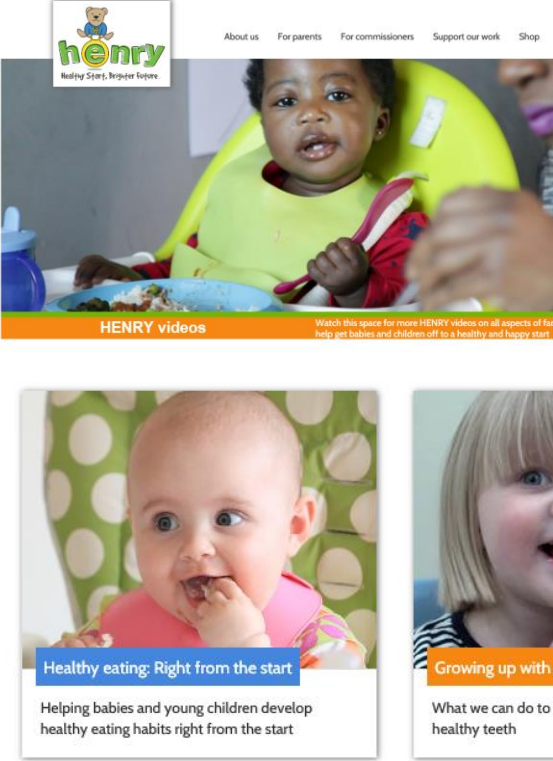
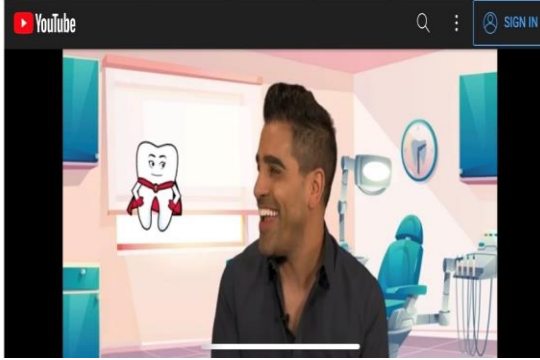
<p><b>Local services that can help:</b></p> <p><b>North Yorkshire Adult Weight Management Service</b></p> <p><a href="https://www.northyorks.gov.uk/healthy-weight-and-eating-well">https://www.northyorks.gov.uk/healthy-weight-and-eating-well</a></p> <p><b>Video about the service:</b></p> <p><a href="https://youtu.be/8Dv-oG630Ro">https://youtu.be/8Dv-oG630Ro</a></p>	<p>What is the adult weight management service?</p> <p>The adult weight management service is a 24-week programme designed to improve your physical and mental health by helping you eat well and get moving.</p> <p>Clients report feeling more confident, having more energy, sleeping better and seeing an improvement in their general wellbeing.</p> <p>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.</p> <p>You'll get a personalised weight loss plan to help you make positive changes and it's completely free.</p> <p>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></p> <p>The adult weight management service is for people over 18 who live, work or are registered with a GP in North Yorkshire.</p> <p>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.</p> <p>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 Choices website.</p> <p>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 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>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>What about snacks for break time?</b></p> <p><b>The best options for breakfast snacks are:</b></p> <ul style="list-style-type: none"> <li>Portion of fresh fruit (no wheat fruit as snacks placed in the sugar can stick in teeth)</li> <li>Vegetable sticks</li> <li>Other ideas for healthy snacks could be rice cakes, bread sticks, bag of plain popcorn</li> <li>Please check your school's policy on snacks here: <a href="http://www.northyorks.gov.uk">www.northyorks.gov.uk</a></li> </ul> <p><b>What should I NOT bring to school?</b></p> <p>Please do <b>NOT</b> include the following items:</p> <ul style="list-style-type: none"> <li>• Sweets and chocolate bars - these foods are high in sugar and calories, low in goodness, and are harmful for teeth</li> <li>• Squash or fizzy drinks - these are bad for teeth</li> <li>• Other items e.g. nuts, sesame, fish - please check your school's allergy policy</li> </ul> <p>Thank you!</p> <p><b>5 top tips for your packed lunch</b></p> <ul style="list-style-type: none"> <li>• Prewater parents can keep food cool</li> <li>• Freeze in resealable bottles of water which will melt by drink time</li> <li>• Get your child to help pack their lunch box - they are more likely to enjoy it</li> <li>• Children love to do - e.g. up rolls (bread) or use veg sticks to 'dress' with a spot of yoghurt dip e.g. tahini</li> <li>• Use pastry cutters to cut funny-shaped sandwiches</li> <li>• Protect your fruit by putting it in a small plastic container e.g. apple/banana guano</li> </ul> <p><b>Get more vegetables in your lunches!</b></p> <p>Click here for more ideas on how to get your veg and fruit served at your school</p> <p><b>School dinners are best!</b></p> <p>Making packed lunches can be time consuming and expensive - why not try school dinners?</p> <p>School meals provide your child with a nutritious balanced variety of foods. Every child aged 5-7 is entitled to a <b>FREE</b> school lunch.</p> <p>Also, <b>FREE</b> school meals for all age groups are provided to families who receive qualifying income support, tax credits and universal credit.</p> <p>Ask your school office how to order yours. More information is available from your school's website or the North Yorkshire County Council website: <a href="http://www.northyorks.gov.uk/school-meals">www.northyorks.gov.uk/school-meals</a></p> <p>Here are some websites with more information to help your family to get healthy eating and well:</p> <ul style="list-style-type: none"> <li><a href="http://www.northyorks.gov.uk/healthy-eating">http://www.northyorks.gov.uk/healthy-eating</a></li> <li><a href="http://www.northyorks.gov.uk/food-banks">http://www.northyorks.gov.uk/food-banks</a></li> </ul> <p>And some information on saving money, local food banks, financial support and eating well at a healthy diet: <a href="http://www.northyorks.gov.uk/healthy-eating">http://www.northyorks.gov.uk/healthy-eating</a></p> <p><b>Be safe!</b></p> <ul style="list-style-type: none"> <li>• Please cut up food into small sizes for young children. Cut grapes and cherry tomatoes in half lengthways if eating.</li> <li>• Be aware of allergies - please check your school's allergy guidance.</li> </ul> <p>Healthy Schools North Yorkshire County Council and the North Yorkshire Health Schools Programme</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><b>How to cook Potatoes</b>      <b>How to cook Sweet Potato</b>      <b>How to cook Peas</b></p> <p><b>How to cook Leeks</b>      <b>How to cook Cauliflower</b>      <b>How to cook Carrots</b></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><b>School meals</b></p> <p>Information about our freshly prepared and healthy school meals, including sample menus for 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 2014 key stage two children (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>Home ▾ Award Details ▾ Child Health Support Hall Of Fame News</p> <p>Healthy Schools Healthy Early Years</p> <p>Cost Saving</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</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, individual 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</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</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 or</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><b>Physical activity for children and young people (5-18 Years)</b></p> <p>Be physically active</p> <p>Aim for an average of at least <b>60</b> minutes per day across the week</p> <p><b>Get strong Move more</b></p> <p>Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week</p> <p>UK Chief Medical Officers' Physical Activity Guidelines, 2019</p> <p><b>Physical Activity for Disabled Children and Disabled Young People</b></p> <p>Getting and staying active is about</p> <p>Benefits of physical activity</p> <p>How much physical activity should I do?</p> <p>When starting build up slowly. Can you do 10 mins?</p> <p>For good health aim for <b>20 mins</b> of physical activity per day</p> <p>Do challenging and demanding activities 2 times per week</p> <p>Small amounts of physical activity are still beneficial</p> <p><b>Physical activity for early years (birth - 5 years)</b></p> <p>Active children are healthy, happy, school ready and sleep better</p> <p>Every movement counts</p> <p>Aim for at least <b>180</b> minutes per day for children 1-5 years</p> <p>Get Strong. Move More. Break up inactivity</p> <p>UK Chief Medical Officers' Physical Activity Guidelines, 2019</p> <p><b>Physical activity for pregnant women</b></p> <p>Helps to prevent weight gain</p> <p>Helps to prevent pressure problems</p> <p>Helps to prevent diabetes of pregnancy</p> <p>Improves fitness</p> <p>Improves sleep</p> <p>Not active? Start gradually</p> <p>Already active? Keep going</p> <p>Throughout pregnancy aim for at least <b>150</b> minutes of moderate intensity activity every week</p> <p>Out and about</p> <p>Leisure</p> <p>Home</p> <p>Do muscle strengthening activities twice a week</p> <p>Every activity counts, every minute counts, share it better</p> <p>No evidence of harm</p> <p>Listen to your body and adapt</p> <p>Don't bump the bump</p> <p>UK Chief Medical Officers' Physical Activity Guidelines, 2019</p> <p><b>Physical activity for women after childbirth (birth to 12 months)</b></p> <p>Helps to prevent reduced exercise and movement</p> <p>Helps to control weight and return to pre-pregnancy weight</p> <p>Improves fitness</p> <p>Improves mood</p> <p>Improves sleep</p> <p>Not active? Start gradually</p> <p>Active before? Start gradually</p> <p>aim for at least <b>150</b> minutes of moderate intensity activity every week</p> <p>Out and about</p> <p>Leisure</p> <p>Home</p> <p>Start with floor exercises on your mat and continue daily</p> <p>Build back up to muscle strengthening activities twice a week</p> <p>It's safe to be active. No evidence of harm for post-partum women</p> <p>Depending on your delivery time, you can start gently</p> <p>You can be active while breastfeeding</p> <p>UK Chief Medical Officers' Physical Activity Guidelines, 2019</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><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 the North Yorkshire Sport website. The top navigation bar includes 'Dashboard', 'News, Events &amp; Courses', 'Get Active', 'What We Do', and 'About Us'. The main content area is titled 'Participate' and contains text about finding information on sports and physical activities. Below this is a section 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...' and a button labeled 'Get active at home'. There are also images of people participating in activities and a '12 Days of NYSmas' graphic.</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><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 elfh website. The top navigation bar includes 'Home', 'Programmes', 'About', 'News', 'Support', 'Demo', and 'Contact us'. Below this is a section titled 'Children’s Oral Health Advice' with a sub-header 'Supporting those who need and provide children’s oral health advice'. There are also images of children and a 'Sections' dropdown menu.</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>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>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>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>