

## Running group sessions which include or target the overweight child

**Not to** treat obesity or implement specific weight loss programmes on adult lines for obese children

In group sessions is not advisable to weigh children. If they wish to know their weight it is something that they can do in the privacy of their own home. It is better to talk about how they feel.

**Marketing** - Be sensitive about what you call your sessions and how you promote them

**Plan** all sessions considering the child's needs and ability. The best type of activity is one that generates large energy expenditure but minimises the risk of injury, discomfort and muscle soreness.

**Involve** parents

**Give** young people responsibility within sessions

**The activity needs to be**

- inclusive
- non-threatening
- achievable

**In a school setting an overweight child...**

- needs to be unknowingly engaged in physical activity
- needs to be praised for their co-ordination and skill to divert from their lack of stamina
- needs to ENJOY the activity

**It is important that everyone should go away with some level of success**

- Provide task oriented goals which allow for accomplishing and achieving
- Being the best is doing your best
- How you play is as important as winning or losing
- Mistakes are part of learning and improving
- Success is a product of trying hard rather than possessing a superior talent
- Working with others is a valuable experience

**Start off** with short sessions building up gradually

**Mix** physical activity sessions with tasting / cooking activities.

**Enable** the child to plan how they can eat healthier and be more active at home and in school

### Commercial Weight Management programmes

The following have been identified by the Department of Health

- **MEND** [www.mendprogramme.org](http://www.mendprogramme.org) Provides the tools necessary to run the 18 session MEND programme for groups of children and their families
- **Weight Management Centre** [www.weightmanagementcentre.co.uk](http://www.weightmanagementcentre.co.uk)  
Gives the skill base to develop appropriate weight management programmes for overweight and obese children.

For more information see "Weight Management Centres Childhood Obesity Prevention and Intervention Training Manual" available from Sally Hayes Health Promotion Service 01209 313419 email [Sally.Hayes@CIOSpct.cornwall.nhs.uk](mailto:Sally.Hayes@CIOSpct.cornwall.nhs.uk)

- **Go for it** [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk)

A piloted project Nottingham PCT to support overweight children and their families involving a practice nurse and leisure centres.