

## Recommended websites and information for Health Care Professionals to access for Overweight Children

This information sheet has been designed for HCP's reference only – it is not designed to be given to parents or children. The websites can be individually passed on to parents and children once it has been decided which information source is most suitable for them.

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[www.bda.uk.com/foodfacts/healthyeatingchildren](http://www.bda.uk.com/foodfacts/healthyeatingchildren)

This is a general advice sheet promoting healthy eating for children up to 11- 12 yrs and designed to be used by parents. It is produced by the British Dietetic Association and is written by a Registered Paediatric Dietitian.



[www.nhs.uk/Change4Life/supporter-resources/downloads/C4L\\_schools\\_pack\\_toptips](http://www.nhs.uk/Change4Life/supporter-resources/downloads/C4L_schools_pack_toptips)

This is a sheet that has 8 general tips on the Change for Life theme. It would be suitable for children and their parents. Age range would be up to about 11- 12 yrs

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[change4lifewales.org.uk/?lang=en](http://change4lifewales.org.uk/?lang=en)

[change4lifewales.org.uk/?skip=1&lang=cy](http://change4lifewales.org.uk/?skip=1&lang=cy)

This website is for families to have access to nutrition information and physical activity. All information is based on the family with information on group activities and recipes available as an app. This is a bilingual site.



[www.teenweightwise.com](http://www.teenweightwise.com)

This website is specifically for teenagers and is a very comprehensive guide to supporting young people to manage their weight by eating healthily and increasing physical activity. The website is produced by the British Dietetic Association.

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[www.nhs.uk/Livewell/childhealth6-15/Pages/child-health-measurement-programme-overweight-advice](http://www.nhs.uk/Livewell/childhealth6-15/Pages/child-health-measurement-programme-overweight-advice)

This information is accessed through the NHS choices website. This is designed for the parents of overweight children and is very comprehensive and detailed. There is a wealth of information on nutrition and physical activity with additional links if further information is required.



[www.nhs.uk/Livewell/childhealth6-15/Pages/child-health-measurement-programme-very-overweight-advice](http://www.nhs.uk/Livewell/childhealth6-15/Pages/child-health-measurement-programme-very-overweight-advice)

The information is accessed through the NHS choices website. The information is designed for the parents of very overweight children and is very comprehensive and detailed. There is a wealth of information on nutrition and physical activity with additional links if further information is required.

