

## Tackling Obesity

Childhood obesity is one of the most serious public health challenges of the 21st century. This course explores the reality of the issue by looking at the causes, the risks, and the cost to individuals and society. You will learn about the strategic approach taken by government and schools, and how you can support the children and young people with whom you work to prevent and tackle obesity.



### Course details

- One module with a multiple-choice questionnaire
- One CPD credit\*
- Optional narration of the course module and questionnaire for accessibility
- Personalised downloadable certificate
- 70% pass mark
- Printable module for future reference

\*1 CPD credit equals up to 1 hour of learning

### Course content

#### Background

- Facts and statistics
- The risks associated with obesity
- The financial cost of obesity
- The benefits of tackling obesity

#### Causes of obesity

- The complexity of the issue

#### Strategic action against obesity

- World Health Organization
- UK Government
- Schools

#### Supporting children and young people to tackle obesity

- Making healthy food choices
- Encouraging activity
- Better sleep
- Supporting emotional and mental health

#### Taking a whole school approach

- Healthy Schools Rating Scheme
- Support services
- Food poverty
- Safeguarding children and young people



### This course is suitable for

Everyone working with children and young people, particularly those working in an educational setting.



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## Background

During the primary years levels of obesity significantly increase.

**In reception (as children begin primary school):**

**More than 1 in 5 children (22.6%) are overweight**

**Around 1 in 10 children (9.7%) are obese**

**By Year 6 (as children leave primary school):**

**Around 1 in 3 children (34.3%) are overweight**

**Around 1 in 5 children (20.2%) are obese**

Children and young people from deprived areas are twice as likely to be overweight compared to those living in less deprived areas.



## Key features

- Visually engaging and highly interactive.
- Answer explanations for those who achieve the pass mark.
- Scenarios and activities to embed learning.

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## Better sleep

Better sleep improves concentration and enables children and young people to make healthier lifestyle choices.

Encourage them to improve their sleep by:

- stopping screen time an hour before bed
- having a good bedtime routine and trying to get up at a similar time every morning.

Click the return arrow to return to the submenu.



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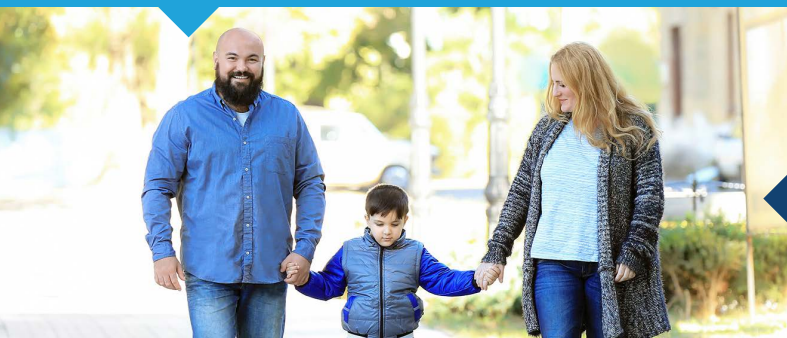
## Making healthy food choices

A healthy diet for children and young people should include:

**at least 5 portions of a variety of fruit and vegetables every day**

The Eatwell Guide to eating healthily and achieving a balanced diet can be found in the *Resources* section of the course. Click the return arrow to return to the submenu.

## Why choose us?



“ All of our volunteers at Healthy Children in Healthy Families have found EduCare’s training both useful and worthwhile – they’ve responded in a very positive way to EduCare’s training methods. ”

**Martyn Rubery**  
Healthy Children in Healthy Families,  
Coventry City Council

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