RAISING THE ISSUE OF WEIGHT WITH CHILDREN AND FAMILIES BY HEALTH AND EDUCATION PROFESSIONALS*

‘Why Wait to Talk About Weight?’ Well if we don’t then who will? Childhood excess weight is a problem that people tend not to want to talk about, but if no one steps up to do that, then children and families will never get the opportunity to make changes they need!

What’s its aim?

‘Why Wait to Talk About Weight?’ is an exciting CPD accredited* workshop for people working with children and families. It aims to help make raising the issue of weight easier, more focused and more effective for those who have to do it as part of their job or who are considering how they could ever do it.

What’s covered to meet outcomes?

• How to identify the drivers of child excess weight among families.
• How to raise the issue of weight without conflict – what to say and what not to!
• Essential physical activity and nutrition messages for families trying to reach a healthy weight.
• How to use behaviour change techniques to help families and young people reflect and set their own goals to change.

Practical application

Whether for a busy nurse, GP, early years worker or teacher. A brief intervention to nudge lifestyle change often feels like a thankless task. Equipping health and education professionals with the skills to talk about weight is essential or they simply won’t.


87% of participants felt more confident to use a basic Brief Intervention technique to help clients make changes. *n=781

98% of participants were more proactive back at work, talking about weight more often with clients where previously they hadn’t. *n=28 DMBC

86% of participants felt more confident to raise the issue of weight with clients. *n=775

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