

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

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.

*Accredited by the Association for Nutrition

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.

*A review of 6 training programmes across England 2013-2015.

“ I have discussed weight more openly in clinic settings and also been more confident in alerting mothers to the fact that their children are overweight.



Health Visitor

“ After training I put the health of children and families before my own fears of addressing this difficult subject – be child focussed.



School Nurse

“ This meeting was completely collaborative and interactive with an assortment of views freely expressed, augmented and assisted by well trained, knowledgeable, competent trainer.



GP

“ I felt more confident to discuss and suggest ideas with a parent to try, who initially tried to blame the school for his child becoming overweight.



Teacher

“ At its 2 year review I measured the child over its weight and under its height centile. Mum was already concerned so I discussed portion control and signposted to Change4Life. Will be visiting family shortly.



Health Visitor

“ Recently a client who is seeing me for weight management, mentioned an incident with her child. I thought it was probably linked to the child's weight and felt confident raising the subject and offering support for the child.



Practice Nurse

“ Since training, I contacted the parent to discuss child's NCMP centile measurements. We went on to discuss diet, drinks and exercise. The parent was responsive and agreed for a further 6 month check.



School Nurse