

Childhood obesity and the MEND Programme

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Childhood obesity in England

- In 2007, 17% of boys and 16% of girls aged 2 to 15 were classed as obese
- If current trends continue, a quarter of all children will be obese by 2050
- By 2020, the Government aims to reduce the proportion of overweight/obese children to 2000 levels

Effects of childhood obesity

- Physical impact: type 2 diabetes, high blood pressure, joint problems
- Psychological impact: low self-esteem, depression, social isolation, bullying
- Obese children are more likely to become obese adults

The MEND Programme



- Community-based healthy lifestyle programme targeted at children aged 7-13 years
- Two hours, twice a week, over 10 weeks after school



Filter, Healthier, Happier Families

The MEND Programme



- Children and their parents take part
- Advice on how to eat a balanced diet, be more physically active, and stay motivated
- Interactive workshops and exercise classes



The MEND Programme



Nutrition Session 5 – “Ready, Steady, Eat...the MEND way”



UCL Research questions



Who comes to MEND?

- Age, gender and family background details
- Are the relevant ‘target’ groups (children from minority ethnic communities and low-income families) being reached?



Ola



Alize



Jon

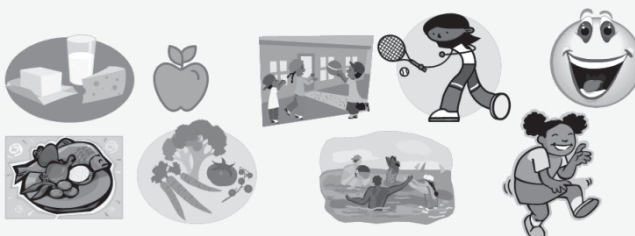


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UCL Research questions



Does MEND work?



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