

National Resources

There are a vast number of different childhood obesity prevention projects and initiatives running in local areas across the UK. A few of the more widely known ones are listed here, but as there is plenty of innovation in this field, viewers are advised to search for newer or local projects via the web based resource platforms listed. Links to Government Policy/strategy documents are also provided these detail the steps which are being taken at national level to prevent childhood obesity, including strategies such as the Sugary Drinks Industry Levy. (The policy documents also often links to case study examples of local projects).

| Name of Country | | England | |
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| Name of tool or initiative | Source | Short description | Link |
| Web based platforms | | | |
| Public Health Information Library | UK Health Forum | Data base of policy, project and guidance documents related to public health, with an extensive section on Obesity. | http://www.ukhealthforum.org.uk/ |
| Obesity Health Alliance | Obesity Health Alliance's | Alliance of range of key organisations involved in obesity prevention in the UK. Advocacy and expertise sharing alliance, with range of useful resources making the case for investing in obesity prevention, briefings, eg Junk Food Marketing to Children- briefing paper and infographics. | website: http://obesityhealthalliance.org.uk/ |



| Policy | | | |
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| Childhood Obesity: A Plan for Action | Public Health England | National plan of action detailing the rationale and actions which the Government is undertaking to address and prevent childhood obesity using a whole systems approach. Actions range from a levy on soft drinks with high sugar content, to recommendations for schools and local area, with case studies. | 2017: https://www.gov.uk/government/publications/childhood-obesity-a-plan-for-action/childhood-obesity-a-plan-for-action 2018: Chapter 2. https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/718903/childhood-obesity-a-plan-for-action-chapter-2.pdf |
| Evidence review: interventions to prevent childhood overweight and obesity within schools | NHS Health Scotland | Martin L. (2017) Evidence for environmental interventions to prevent childhood overweight and obesity within schools. | http://www.healthscotland.scot/media/1486/evidence-for-environmental-interventions-to-prevent-obesity-in-schools.pdf |
| Implementation tools | | | |
| Change4Life Food Scanner | Public Health England | Free app which scans the barcode on food items and gives picture information on the sugar, saturated fat and salt content in everyday foods. Designed to appeal to families and children, encouraging children to be food detectives. | https://apps.beta.nhs.uk/change4life-food-scanner/ https://www.nhs.uk/Change4Life/ |



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| Resources designed to encourage children to eat a healthy balanced diet. | Public Health England | Range of resources for schools and teachers. Includes ideas for how to take a whole school approach to food, lesson plans, films, worksheets, classroom cooking toolkit, guidance on improving school meals, creating school recipe book, setting up a breakfast club. | https://campaignresources.phe.gov.uk/schools/topics/healthy-eating/overview |
| The Daily Mile. | The Daily Mile Foundation | Physical activity programme for schools with aim of creating opportunity for every child to do 'The Daily Mile' at primary school. The Daily Mile programme is designed as an inclusive, quick, fun initiative that schools can sign-up to become a member of the 'Daily Mile Community'. Has been evaluated in published scientific literature, available from the web link. | https://thedailymile.co.uk/ |
| The School Food Plan | School Food Plan Alliance | Web based platform with resources and sharing of practical ideas and experiences of what has worked well. Aims to support schools to use a whole school approach to improving school food. Alliance of range of academic, charity and business sector organisations | http://www.schoolfoodplan.com/ |
| GULP : Give up loving pop. | Food Active | Campaign with resources for teachers and to deliver lessons around giving up | http://www.giveuplovingpop.org.uk/about/ |



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| | | 'pop' (fizzy drinks) ,and school management to implement school sugary drinks policies. Food Active is a healthy weight programme supported by Directors of Public Health in NWest of England. | |
| Service providers | Programmes which local areas can commission | | |
| Henry | The Henry Programme | Early years programme supporting families and health and other professionals working with them, to provide children with a 'healthy start'. HENRY takes a holistic approach; the programme includes support for breastfeeding, nutrition, parenting skills, oral health families and young children. Henry is a service provider, set up as a Charity and private company. The Henry approach has been evaluated in published scientific literature, available from the web link. | https://www.henry.org.uk/ |
| MEND | Mytime Active | MEND – Mind, Exercise, Nutrition – Do-it is an obesity prevention and treatment programme for children and young people. Parents and carers join their children in learning to choose healthier foods and spend more time being active. Mytime Active is a social enterprise, and service provider who | https://www.mytimeactive.co.uk/cwm |



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| | | train local partners to implement the MEND programme locally. . | |
| Phunky Foods | Purely Nutrition Ltd. | Early years and primary school programme of curriculum activities, lesson plans and resources. Phunky Foods is a public private partnership. Access to resources is by subscription | https://www.phunkyfoods.co.uk/contact-us/ |
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