Today we aim to...
1. Improve your understanding of OneLife Suffolk, what MECC is & how it is relevant to you and your job role.
2. Have a better understanding around children’s weight
3. Identify some different ways which your school can help students and staff to make healthier lifestyle choices.
4. Build confidence to be able to make referrals into OneLife/other services.

Making Every Contact Count – MECC
An approach to behaviour change that utilises the millions of day-to-day interactions organisations and individuals have with other people to support them in making positive changes to their physical and mental well-being.

Put simply........ delivering brief advice by simply having a conversation!

How does “Making Every Contact Count” relate to you in your role?

• Family and teen programmes (ages 4 – 11 years & 12-18yrs)
• 12 month support with an intensive 10 week phase
• A whole family approach
• Physical activity and nutrition sessions
• In school programmes
• Half term/holiday clubs
Children’s Weight

NCMP – Local data (2015/16)

<table>
<thead>
<tr>
<th>Category</th>
<th>Reception</th>
<th>Year 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participation Rate</td>
<td>94.0%</td>
<td>95.9%</td>
</tr>
<tr>
<td>Prevalence of Overweight</td>
<td>12.8% (Reception)</td>
<td>13.8% (Year 6)</td>
</tr>
<tr>
<td>Prevalence of very overweight</td>
<td>9.3% (Reception)</td>
<td>17.5% (Year 6)</td>
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</tbody>
</table>

Approximately 27,500 children aged 4-16 years are overweight in Suffolk.

The effects of obesity

School performance is inversely associated with obesity.

Severely obese children are 4 times more likely to be absent at school compared to healthy weight children.

Overweight girls performed poorer on maths & reading tests at ages 7, 11, 16.

Children who are obese at the age of 14 are likely to achieve lower exam results at aged 16 persisting until they are 31.

Obese children are more likely to describe themselves as “poor” students.

Q) Which of these boys is clinically overweight?
Weight victimisation impacts in school

\[\text{Coping strategies:} \]
- Avoid PE class
- Increased food consumption
- Binge Eating

Every teasing incident = 5% increase in missed days

Step 1: Listen
- Ensure it is a good time to talk
- Be genuine
- Express empathy
- Friendly tone of voice

Using open ended questions allows the person to tell their stories. It encourages them to be more of the talking. Your goal is to pursue further dialogue so you can reflect this back to them. For example:
- I notice you don’t want to participate today. Why is this?
- Can you tell me what is upsetting you today or what you enjoyed?
- Use reflective listening – repeating a phrase back in a slightly different way.

Step 2: Advise
- Show the parent and/or child where they are on the BMI chart for their age, gender, height and weight
  - You can use the OneLife ‘A Healthy Weight Guide for Families’ booklet
  - Or you can use the NHS online BMI Calculator found here https://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx
- Use positive, non-judgemental language such as:
  - Avoid: obese, fat, chubby, heavy and terms such as ‘puppy fat’
  - Use: unhealthy weight, high/healthy BMI, excess weight, overweight
- Provide some key messages on how they can support their family to have a healthy weight/lifestyle using the OneLife Suffolk resources available for your school
- Give them information on OneLife Suffolk services to access support if they wish.

Step 3: Assist
- Discuss in more detail what the family and child can do together to maintain a healthier lifestyle for example:
  - Healthy snacks swaps
  - Healthier choices in their packed lunch
  - Encourage them to attend a physical activity club
- Focus on supporting healthy behaviours and positive lifestyle habits
- Assist the family to consider their options and set achievable goals

3 steps to help you to have the conversation

The following slides provide advice for school staff when raising this issue with students, parents or carers.
What can you do within the school environment to help everyone live a healthier lifestyle?

Let's play .... http://games.healthysuffolk.org.uk/

6 helpful tips to help everyone in the school to make healthier choices:

1. Follow the Eatwell Guide
   - Make sure meals are balanced and nutritious.

2. Use Your Simple Portion Guide
   - Control portion sizes to avoid overeating.

3. Drink Lots Of Water
   - Water is a healthy and cheap choice for hydration.

4. Check your food labels
   - Encourage children to make healthier choices for snacks and in their lunchboxes.

5. Everyone getting the right amount of sleep.

6. Eating breakfast is a great habit to get into.
   - Eating breakfast will help you and the children get the energy you need until lunchtime and reduce unhealthy snacking throughout the morning.

Tip: The Change4life food scanner app lets you scan the barcode on a food or drink product with your app to reveal the sugar, saturated fat, salt and calorie content.

Choose your category:
- FOOD
- Activities
- DRINK
Join the OneLife Healthy School Award

What is the Healthy School Award?
The Healthy School Award is a scheme, launched by OneLife Suffolk, to recognise those schools that are working towards improving the health and wellbeing of pupils, staff and parents/carers and creating a healthier school environment.

The level of award received will be dependent on the OneLife Suffolk services that are embedded into the school environment.

There will always be an opportunity for schools to work through the hierarchy of awards, allowing them to work from the bronze to the gold award.

Schools will be assessed on an annual basis.

What does your school receive as part of the scheme?

**Assemblies & workshops on one of our popular healthy lifestyle topics**

**Healthy School Programme**
- 6 week educational programme for all year groups
- Lead by a trained practitioner
- Every child in the class will receive an information booklet to take home

**Topics we cover:**
- Sugars in Drinks
- Healthy Balanced Diet
- Healthy Snacks
- Portion Sizes
- Healthy Breakfast
- Importance of Physical Activity
- Healthy Packed lunches
- Positive Body Image
- Understanding Food labels
- Eating Out and more

**Attend school events**

**MECC Training for all school staff**

We can come in to deliver NHS Health Checks for eligible staff

Any Questions?

Email: info@onelifesuffolk.co.uk
Phone: 01473 718193
Fax: 01473 726722
Website: www.onelifesuffolk.co.uk

Summary

- Understanding the OneLife service and MECC
- Knowing how to have a healthy conversation to encourage positive behaviour change
- To recognise opportunities to support your school in how to make lifestyle changes
- Where to obtain additional information/refer