

Understanding And Tackling Obesity A Whole School Guide

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From an early age children are bombarded by the media with messages promoting foods high in saturated fats, sugars and salt. One of the greatest changes for children in the last 50 years is the decrease in exercise and the increase in 'screen' time. This programme is not about dieting or weight control, instead it has been designed to be realistic and non-discriminatory, aiming to enable ...

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Understanding and Tackling Obesity Description: This session is aimed at a universal audience and covers child eating behaviours and child obesity. Hierarchy: MindEd Healthy Child Mental Health Framework > Healthy School Child 6-12 > Key Child Public Health & Mental Health Issues for 5-12 Years > Understanding and Tackling Obesity Author(s):

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government's and society's collective response to obesity; from understanding attitudes and tackling stigma, to tried and tested theoretical approaches to behaviour change, to best practice in designing specialist services that include appropriate psychological support. Stigma Unfortunately, many people still believe that obesity is due to lack of willpower and is therefore

Promoting excellence in psychology Understanding obesity

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deliver a short term solution to obesity • Tackling obesity needs to be linked to meeting LA priorities –prosperity; regeneration; local economy; social care • Need sustained buy-in and commitment from stakeholders with competing priorities – many of the actions sit outside public health • Time needed to plan, implement and sustain

Tackling Obesity is Everybody's Business

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