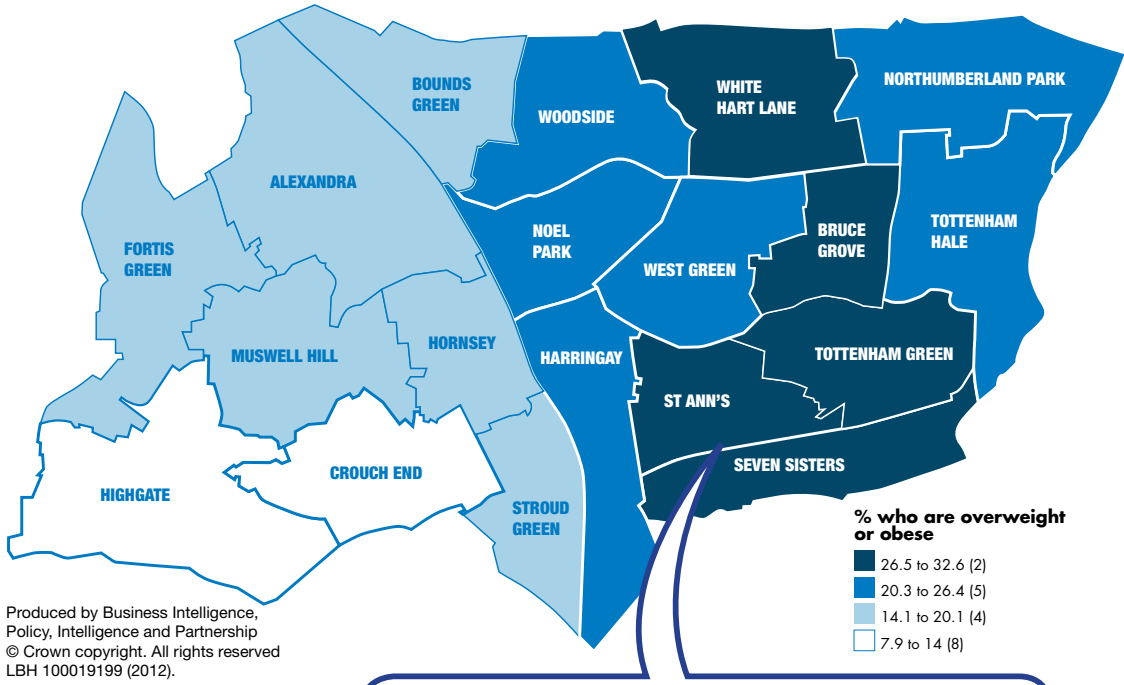


# Giving every child the best start in life

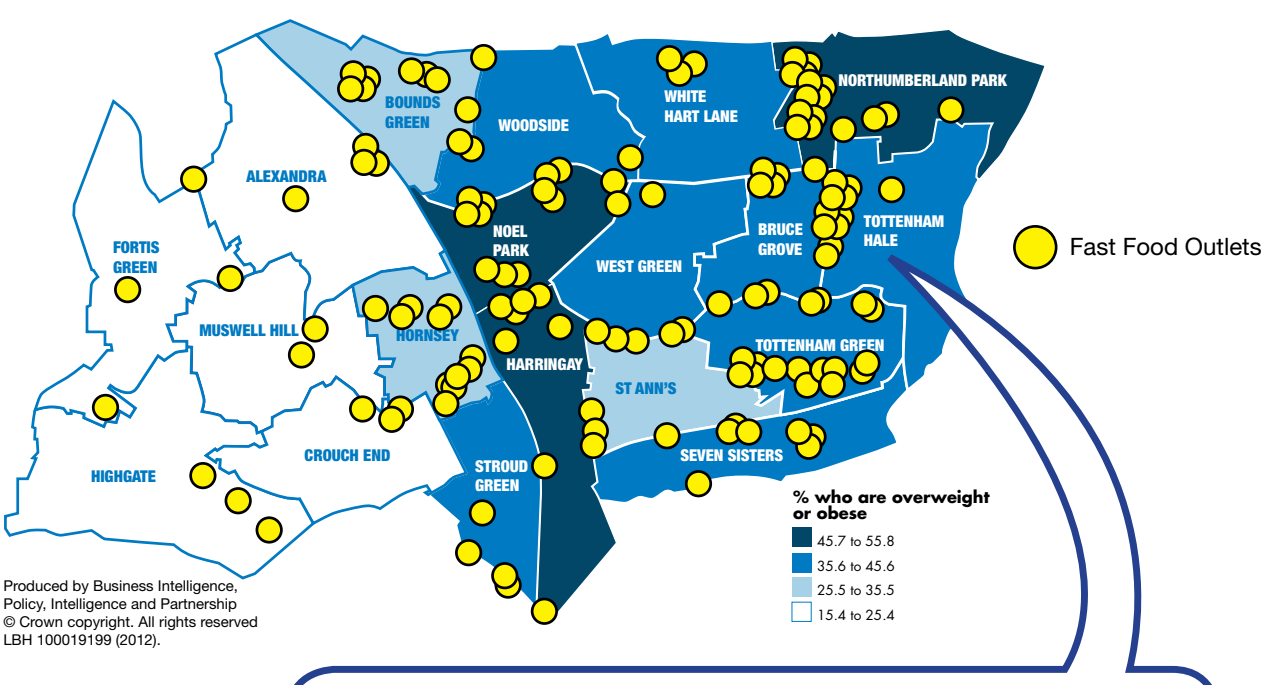
## Are Haringey's children a healthy weight?

In Haringey, 1 in 5 children aged 4 – 5 are overweight or obese (NCMP 2011)



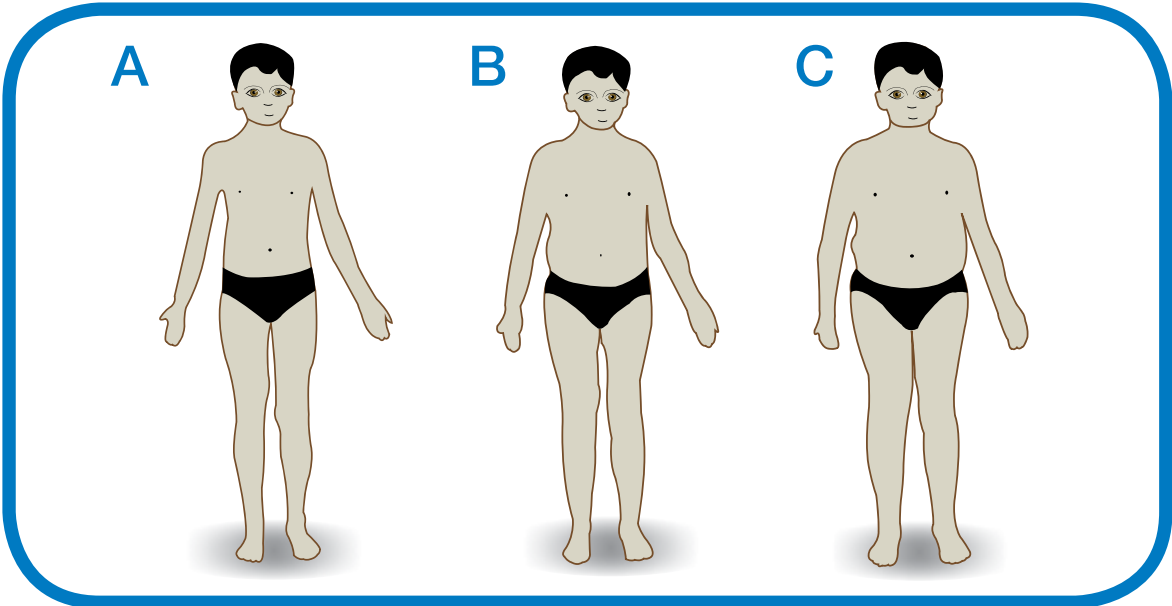
Children living in the east of the borough are more likely to be overweight.

In Haringey, 1 in 3 children aged 10 – 11 are overweight or obese (NCMP 2011)



There's been a big increase in fast food outlets over the years, often close to schools and mainly in the east of the borough. Too much fast food with sugary fizzy drinks results in children taking in more calories than they need.

## Can you recognise a child that is a healthy weight?



A large number of us cannot. In a national survey, parents were asked to look at pictures and say whether they thought the children were normal weight, overweight or very overweight. More than half of parents could not identify a very overweight child.

There were no differences between men and women, but younger parents, parents from certain Black and minority ethnic communities and parents from poorer areas were much less likely to identify a healthy weight for a child.

Which child (A, B or C) is a normal weight?

Answers  
Child A is a normal weight, child B is overweight and child C is very overweight (obese).

## Let's get back into balance

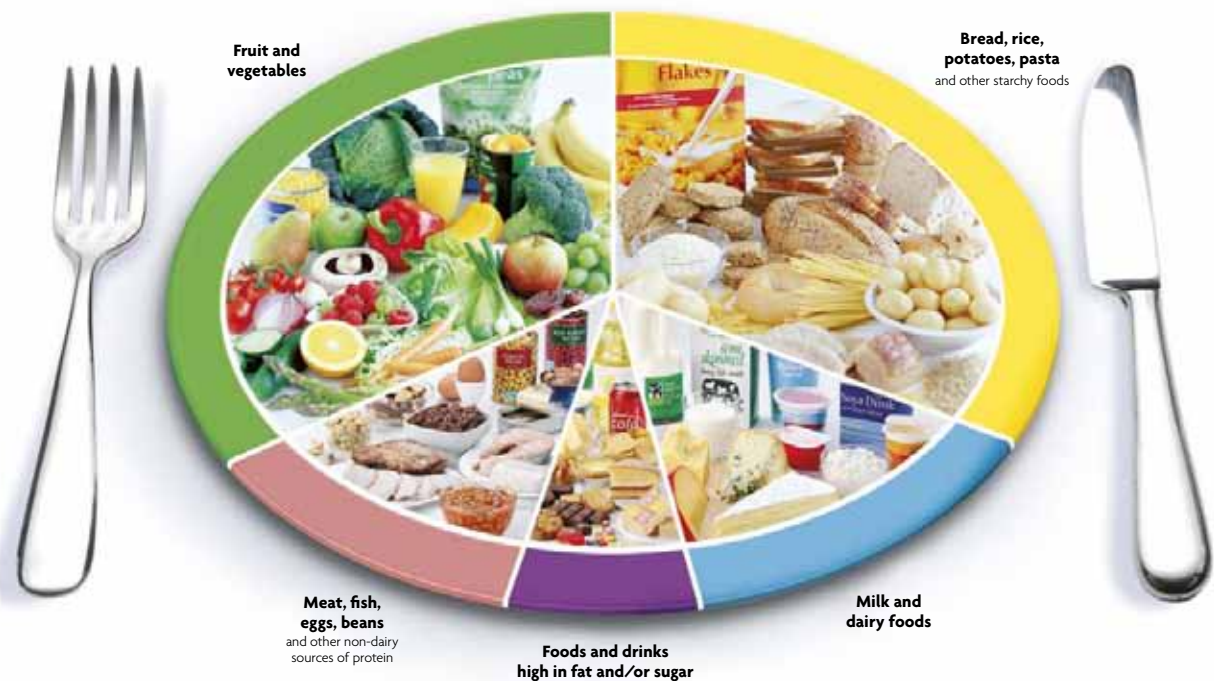
Getting a good balance between eating and exercising (playing) will get us back to a healthy weight.

### Eat well for health

The eatwell plate shows the different types of food we need to eat – and in what proportions – to have a well balanced and healthy diet. It's a good idea to try to get this balance right every day, but you don't need to do it at every meal.

#### The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Department of Health in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland

### Keep active for health

- Children under 5 should be physically active every day for at least three hours, spread throughout the day. They should not spend too much time sitting or being inactive.
- Infants not yet walking should be encouraged to be active from birth.
- Children and young people (5 - 18 years) should be active for at least 60 minutes and up to several hours each day at a moderate to vigorous intensity. They should not spend too much time being inactive, such as watching television or playing computer games.



CALORIES IN - FOOD / DRINKS  
CALORIES OUT - PHYSICAL ACTIVITY