Obesity in children and young people: prevention and lifestyle weight management programmes

Information for the public
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About this information

NICE quality standards help to improve key areas of health or social care so that people are offered the best services, care and support available.

This information describes what the NICE quality standard for obesity: prevention and lifestyle weight management in children and young people says.

Obesity: prevention and lifestyle weight management in children and young people

The quality standard for obesity: prevention and lifestyle weight management in children and young people is made up of 7 statements, which set out what organisations (such local authorities and the NHS) should do to help prevent children and young people from becoming overweight or obese.

1. Children and young people (and their parents or carers) have a choice of healthy food and drink options available from vending machines in local authority and NHS venues (for example hospitals, clinics and leisure centres).

2. Children and young people (and their parents or carers) selecting meals in catering facilities in local authority and NHS venues have information on the nutritional content of meals to help them choose.
3. Children and young people (and their parents or carers) can easily find healthy foods and drinks when using catering facilities in local authority or NHS venues.

4. Children and young people (and their parents or carers) are aware of the lifestyle weight management programmes in their area and how they can enrol on them.

5. Children and young people identified as being overweight or obese (and their parents or carers, as appropriate) are given information about local lifestyle weight management programmes, including an explanation of what the programmes involve and how to take part.

6. Family members or carers of children and young people identified as being overweight or obese are encouraged to be involved in the child’s lifestyle weight management programme, regardless of their own weight. This may include receiving training and resources to support changes in behaviour or, if this is not possible, being provided with information on the aims of the programme. Family members are also encouraged to eat healthily and to be physically active, regardless of their weight.

7. Children and young people (and their parents or carers) attend lifestyle weight management programmes that are regularly monitored and evaluated so that the programmes can be improved.

**Your care**

We also have more information on the NICE website about using health and social care services.

**More information on obesity: prevention and lifestyle weight management in children and young people**

NICE guidance (advice) on the following topics was used to develop this quality standard:

- Managing overweight and obesity among children and young people: lifestyle weight management services (2013) NICE guideline PH47
- Obesity: working with local communities (2012) NICE guideline PH42
- Preventing type 2 diabetes: population and community-level interventions (2011) NICE guideline PH35
- Obesity (public health recommendations only) (2006) NICE guideline CG43
Sources of advice and information

- Weight Concern, www.weightconcern.org.uk
- Teen Weightwise, www.teenweightwise.com
- The Site, www.thesite.org/your-body/fitness-and-diet

NHS Choices may also be a good starting point for finding out more about losing weight or healthy eating, including details of their Change4Life programme, which is designed to help families eat more healthily and get more active.

A number of organisations who share NICE's commitment to improving quality in this area formally support this quality standard. They may also be able to provide advice and support. For a list of these organisations see the obesity: prevention and lifestyle weight management in children and young people quality standard overview.

NICE is not responsible for the quality or accuracy of any information or advice provided by these organisations.

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