



london teaching public health network

Healthy Weight for London's Children Free training and expenses paid

09:00 – 16:30 – Venues across London

Learning outcomes

1. To recognise your own opportunities for promoting healthy weight in children
2. To know the causes and consequences of overweight in children
3. To know how diet and nutrition can help to achieve healthy weight
4. To know how physical activity can help to achieve healthy weight
5. To be able to raise the issue of healthy weight with children and families
6. To be able to signpost children and families to appropriate support and services
7. To be able to engage in a self-reflective log with mentoring support, as required
8. To cascade the learning points to others in your organisation

Programme		Lead
09:00	Arrival and registration	Host
09:30	Welcome – trainer and participant introductions	Host
Session 1 Context		
09:40	Aims and outline of the programme	LTPHN
09:45	Participant personal statements – needs and expectations	LTPHN
10:10	Introduction to children’s weight -epidemiology & health impact	LTPHN
10:30	Causes: the ‘obesogenic’ environment	LTPHN
Session 2 Tools for Change		
10:45	Diet and nutrition	LTPHN
11:10	<i>Morning Break</i>	
11:35	Physical activity	LTPHN
11:50	Understanding measures of overweight	LTPHN
12:10	Our role	LTPHN
12:30	<i>Lunch</i>	
Session 3 Engaging with Parents and Clients		
13:15	Scenarios/ Group work	LTPHN
13:30	Person centred approaches – Top tips	LTPHN
13:50	Cascade/pass it on	LTPHN
14:15	Quiz & discussion	LTPHN
14:50	<i>Afternoon Break</i>	
15:20	Sign posting – where and when	Host
Session 4 Monitoring and Evaluation		
15:35	Introduction to the “Reflective Log”	LTPHN
15:45	Mentoring support – contact details	LTPHN
16:00	Questions	Host & LTPHN
16:10	Training evaluation – questionnaire	LTPHN

16:30

Close

