

June 2009

MEND - childhood obesity programme in Hereford and Bromyard

Childhood obesity is becoming an increasingly important issue. Locally in Herefordshire last year 30% of children in year 6 were found to be overweight/ obese by the National Child Measurement Programme.

MEND Mind, Exercise Nutrition Do it!

- Is a fun, free 10 week programme
- For overweight and obese children, with no co-morbidities, aged between 7-13 and their families
- There will be 2 MEND programmes starting in September:
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 - **Hereford** 5.30 – 7.30pm on Tuesdays at Trinity School and Fridays at Widemarsh Children's Centre from 22nd September for 10 weeks with a break for half term
 - **Bromyard** 5.30 – 7.30pm on Mondays and Wednesdays at Queen Elizabeth Humanities College from 28th September for 10 weeks with a break for half term

MEND combines all the elements known to be vital in treating and preventing overweight or obesity in children, including family involvement, practical education in nutrition and diet, increasing physical activity and behavioural change. With an emphasis on fun the programme is designed to deliver sustained improvements in families' diets, fitness and health. By following the MEND principles, participants will lose weight naturally and gain confidence.

Families can register themselves onto a MEND programme or be referred by school nurses, teachers or other health professionals.

Should you require any additional information or wish to make a referral please get in touch.

Yours sincerely

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Introductory text here