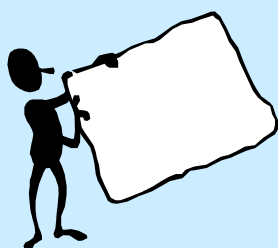
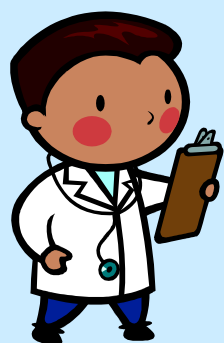
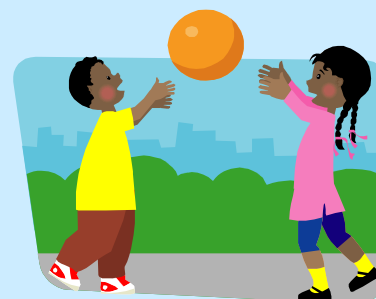


Your Views On Weighing in Schools

During June and July 2010 we talked to 41 parents from different areas of Bolton, in particular Farnworth, Rumworth and Sharples to find out what you thought about weighing in schools. Bolton NHS are planning a pilot study in certain areas where children will be weighed and parents will be sent information on their child's weight. We wanted to know how parents would like to receive this information and what support they would like if their child was not a healthy weight. Here is a summary of the key issues that were discussed.

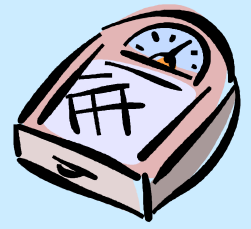
Findings

- ☆ All parents felt that they were the person most responsible for their child's health and weight.
- ☆ The Letter to Parents should be clear with detailed information provided in non medical terms with a chart to back this up.
- ☆ Letter to be sent from the GP
 - ☆ Healthy living activities should be provided at a local level and include parents, for example, 'Cook and Taste Sessions' targeted at all children not specifically those overweight.
 - ☆ Rename the Childhood Surveillance Team
 - ☆ Produce a leaflet for each area with the range of activities for children available.
- ☆ The type and amount of activities provided by the schools is very different depending on the school and area.
- ☆ Mend programme to be tailored to the needs of each family and provided locally.





Parents wanted to ensure that children were weighed in a private area and that the children did not find out their weight.



Parents felt that outside influences made it difficult to give their child a healthy diet including, take away, ice cream vans and the availability and cost of activities.

What Next?

- ☆ A full report has been given to Bolton NHS with recommendations suggested by Parents.
- ☆ The childhood surveillance team will be renamed.
- ☆ Bolton NHS will be investigating the possibility of the letter being sent by the GP.
- ☆ Suggestions from parents will inform Bolton NHS Healthy Weight Strategy.
- ☆ We have requested Bolton NHS to keep us informed of the outcome of these recommendations.



Thank you!

Thank you very much to all parents who took the time to give their views.

The full report of the findings is available from Bolton Community Network by contacting Farzana on 546040.

