

A Picture of Health

In focus this month: Child Nutrition

Picture of Health is produced by Tameside's Population Health Team. We're here to research and understand the big health matters that affect our borough. Our goal is to find ways to improve the physical and mental wellbeing of the people living here, to give them happier, healthier and longer lives. But enough about us. You are the most important person in your health, so read on to see what you can do for yourself and your family to stay fit and well.

1 **Easter. Chocolate. You can't really escape it.** Nobody wants to snub the Easter Bunny, but when the eggs are gone, it's important to keep an eye on your kids' snacks. Half their intake of sugar in the average year comes from extra treats. The average child in the UK munches through 122 cakes, buns and pastries, 395 biscuits and 69 ice creams a year, but that's not all. Watch this short video from Change4Life to learn what else the nation's children are wolfing down, and how to help them snack sensibly.



CLICK HERE FOR MORE INFO

2 **It can be tempting to use food to reward children for good behaviour,** to cheer them up when they're sad, or even to put a smile on their face after a bump on the knee at play time. All of this can create a relationship with food that isn't purely about hunger and nutrition. Early findings by Aston University suggest this could be linked to emotional eating that can lead to excess weight in later life. There are lots of other ideas for rewards that kids will love that make a great alternative to lollipops and chocs. It could be a small gift like stickers, bubbles and novelty erasers, or something fun and free, like letting them lead a game of Simon Says, or playing a favourite song. Click the link for more ideas.



5 **Less than half the population of 15 years olds in Tameside get their 5 portions of fruit and veg in a day.** How do you get a teenager to eat more? If you have the answer to that you could get very rich! One way you could try is to get them involved in cooking, so they can see what counts as 5 a day, and learn how to incorporate it into a tasty meal. Try this Fajita Fiesta with 5 A Day



CLICK HERE FOR MORE INFO

6 **Nearly a quarter of children aged 5 in Tameside are overweight, and over a third are overweight by the age of 11.** When we look at adults, it rises to two thirds of our population. As waistlines are increasing with age, we can see that the food habits formed in childhood are a step on the pathway to life as an overweight adult. Instilling a healthy attitude towards food early on can help prevent overeating that can lead to diseases like Type 2 diabetes, heart disease, and some cancers in adult life. JUMPS is a fun, free family programme for children aged 5-13 who are above a healthy weight. Call 0161 366 2351 or email tga-ir.childrensnutrition@nhs.net to find out more.



CLICK HERE FOR MORE INFO

9 **Nutrition labels on food packaging can help us choose between products and avoid foods that are high in fat, salt and added sugars.** But unless you know what to look for they can be confusing. For sugar, aim for no more than 19g a day for children aged 4 to 6 years old (5 sugar cubes), and no more than 24g (6 sugar cubes) for children aged 7 to 10 years old. For salt be sure to keep it under 1g for babies up to 12 months old as little kidneys can't cope with any more. Most processed food contains salt to flavour and preserve, so it's easy for children to reach their limit without adding salt at the table or cooking pot. The new Change 4 Life food scanner app gives you quick and easy guidance to what foods to eat freely, and where to go easy. Just download from the app store and start scanning when you shop.



CLICK HERE FOR MORE INFO

10 **We couldn't talk about children's nutrition without a mention of breastfeeding.** The evidence shows that it's great for baby and mum's health for many reasons, but one of which is that babies who are breastfed tend to be a healthier weight in later life. Babies have to work hard to get milk from the breast, so they'll usually end their feed when they've had enough rather than work hard for food they don't really want. This stop-when-you're-full habit is believed to pave the way to a childhood where they are less likely to overeat. For more information on the long term benefits of breastfeeding click the link.



CLICK HERE FOR MORE INFO

11 **Eating habits, good or bad, can be passed down from parent to child, so it's important that parents get clued up on how best to look after their children's weight and nourishment.** Change 4 Life work with all schools in Tameside, so the teachers and kids are already in the know, but mums and dads need to get involved too to really make a difference. Change 4 Life has simple advice for small changes, and plenty of resources for parents to use. There's family meal inspiration, activity suggestions, and the very latest from Disney on offer. Get registered today and start receiving your goodies.



Eat well Move more Live longer

CLICK HERE FOR MORE INFO

3 **Around 220 children (aged 0-19) in Tameside have to go to hospital each year to have a tooth removed, a painful and scary procedure.** Brushing a baby or child's teeth can be a battle, but it's important to start as soon as teeth appear, and supervise their brushing as they get older. This helps form good habits for life, and helps prevent unnecessary tooth loss. Tameside's water isn't fluoridated, so make sure you choose a fluoride toothpaste with 1350-1500ppm (it'll say on the box). Brush once before bedtime and once any other time of day. Start your dental visits before the age of one and have regular checks. For more ways to care for your kids' teeth click the link



CLICK HERE FOR MORE INFO

4 **Cordial, pop and fruit juice can all contribute to decay with sugar content,** but even the diet varieties have acids that can damage little teeth. A good Tooth Fairy makes five pounds per tooth these days. Opt for water or milk every time keep those pounds in your pocket a little longer, and remember to always look for the sugar free versions of medicines. Read on at the link, for more advice on protecting kids' teeth.



CLICK HERE FOR MORE INFO

8 **Although it is reducing, 22% of our teenagers' sugar consumption comes from sweetened drinks.** Just one can of pop a day can increase your weight by a stone a year, and increases the chances of developing heart disease by a third. It really is time to give up loving pop. But we all know that teenagers feel invincible, so if the threat to their health doesn't grab their attention, ask yourself what else might appeal to them. How about reducing how many plastic pop bottles end up in our oceans? Click the logo and link for more information.



CLICK HERE FOR MORE INFO

gulp. give up loving pop

CLICK HERE FOR MORE INFO