

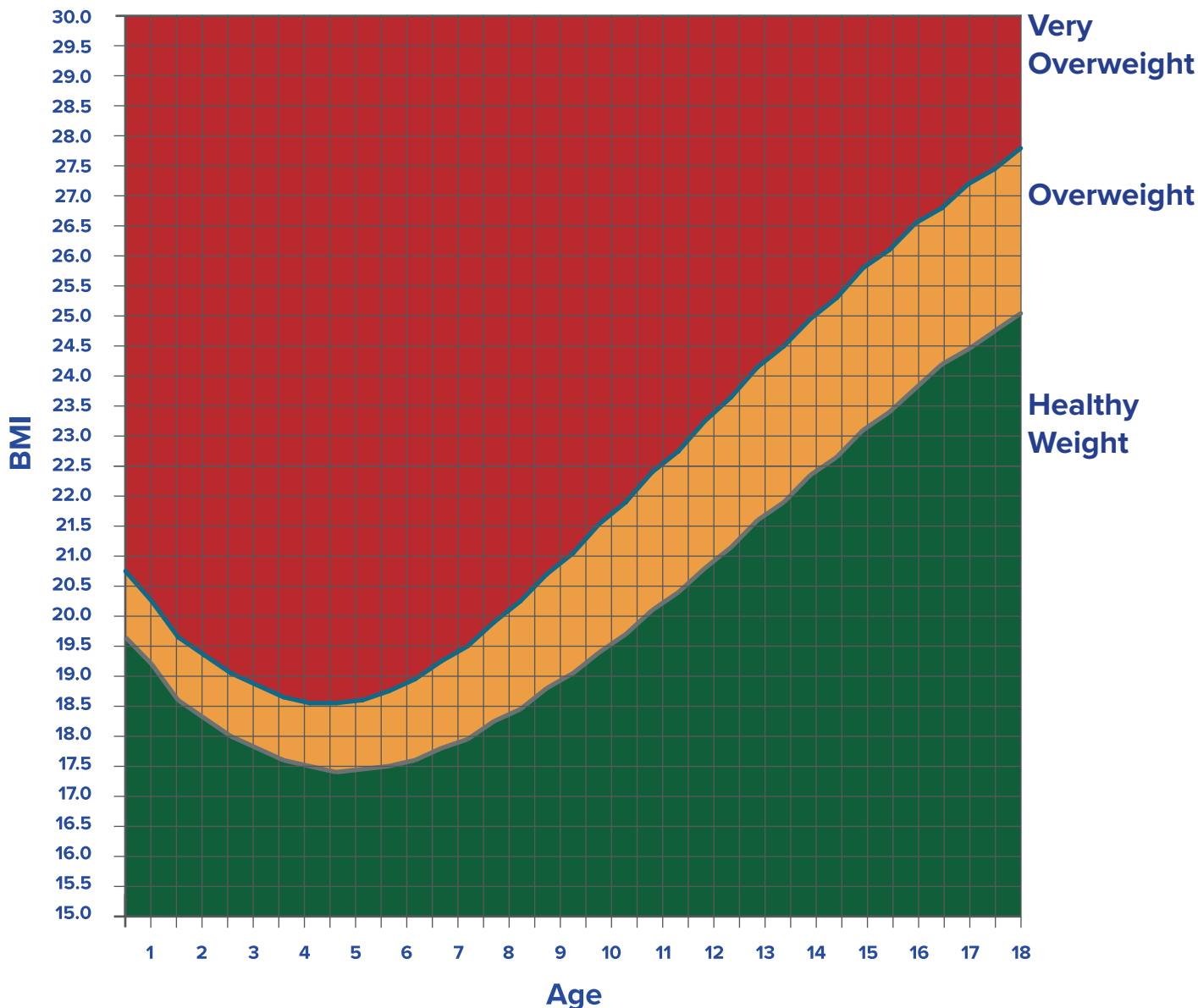
A Healthy Weight Guide for Families

Our easy guide will help you find out if you and your family are a healthy weight and discover what actions you may need to take to achieve your health goals.



**We understand that the BMI calculation is not a one size fits all measure. However, for the general population this is a tool which can support us in monitoring our weight and understanding when action needs to be taken.*

Girls BMI Chart



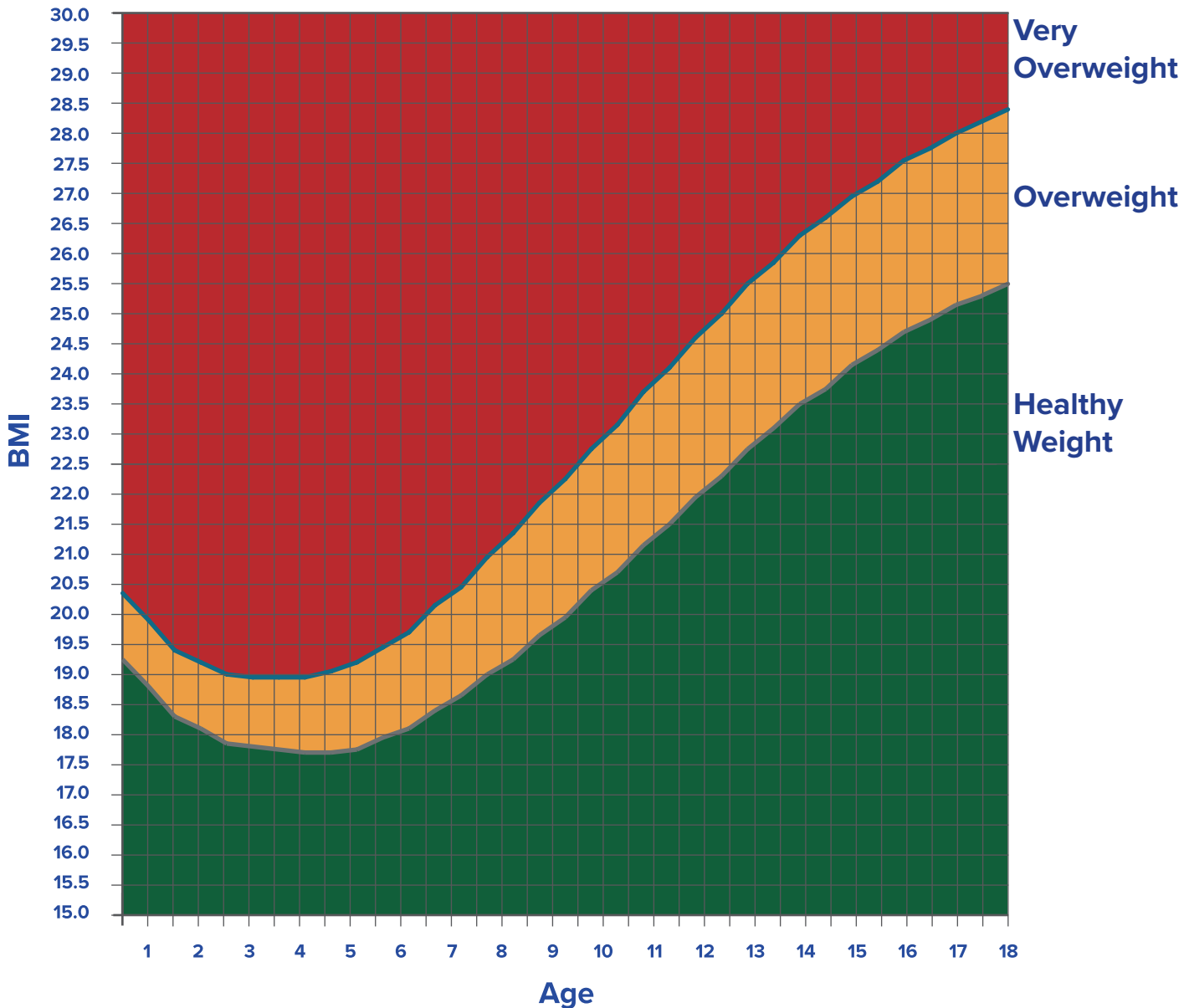
**Each section of the chart is explained below along with advice and actions that you could take in supporting your child to maintain a healthy size. N.B This is a tool to help identify if children have a weight above the healthy range. If you have any concerns about a child that is underweight then this is something to highlight with a GP.*

Healthy Weight Range - If your child is in the healthy weight range, that's great but it is important to continue with healthy choices. You can get some top tips for maintaining a healthy weight at www.onelifesuffolk.co.uk and www.nhs.uk/change4life

Overweight - Don't be too concerned, however some small changes would be beneficial. Your child is still growing in height so if some small changes can be applied to ensure their weight is maintained this could see them move back into the healthy range. This is something OneLife Suffolk can offer **FREE** support with for you and your child.

Very Overweight – If your child is very overweight and changes to their lifestyle are not made, this could begin to have a negative impact on their health, confidence and self-esteem. OneLife Suffolk understand that this can be extremely challenging and support for the whole family may be necessary - we can help you!

Boys BMI Chart



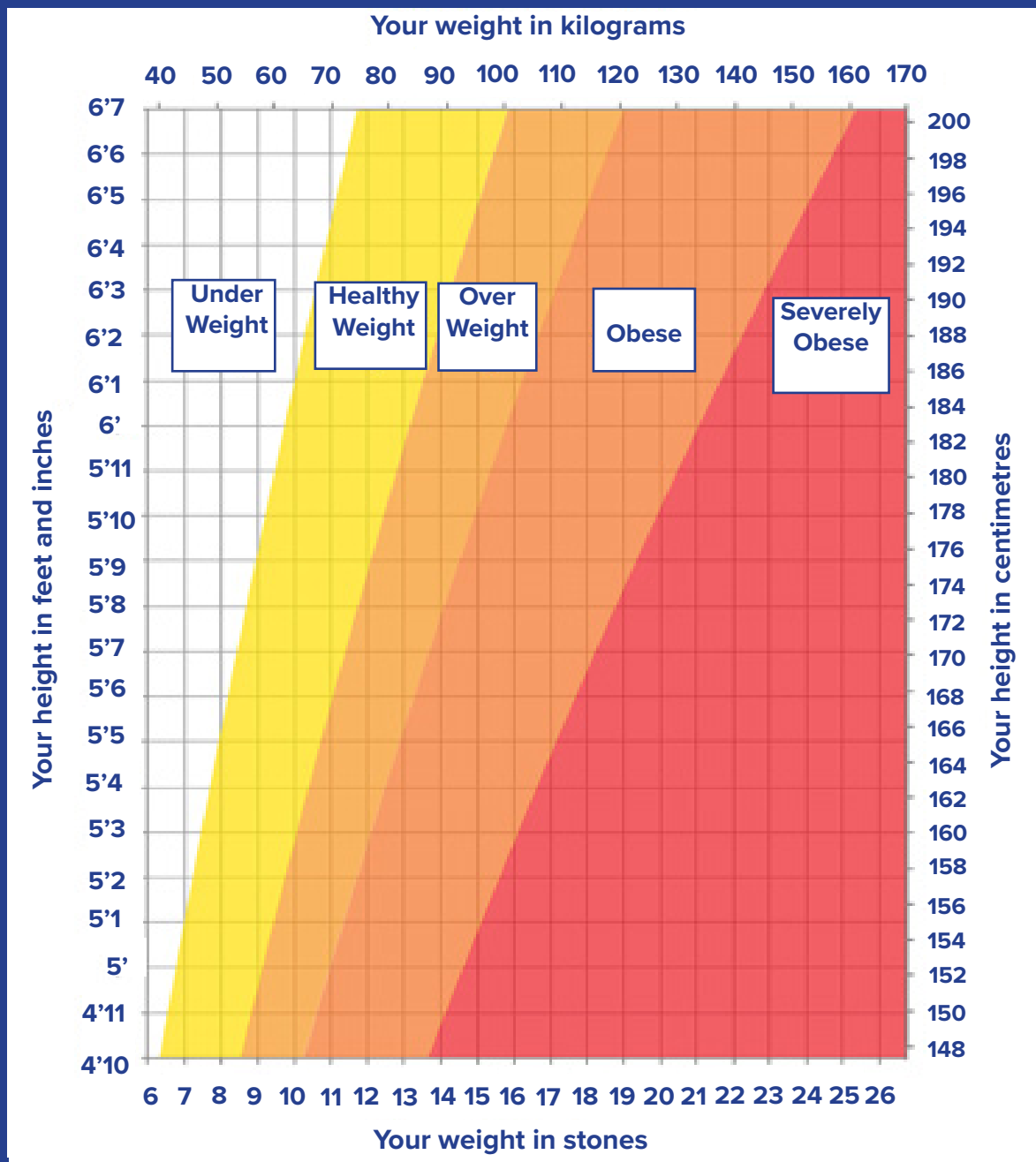
These charts are used to help you to plot your child's weight against their height and age.

Before plotting your child on the graph, you need to calculate their BMI, this is done using the following equation:

Weight (kg) divided by Height (m) then divide this answer by the Height (m).
E.g - A child is 1.56 m and weighs 60kg. $60 \div 1.56 = 38.5$. THEN $38.5 \div 1.56 = \text{BMI } 24.7$

Alternatively, NHS choices have a BMI calculator on their website:
<http://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx>

For more information and to book a place on one of our upcoming programmes or clubs call 01473 718 193 or visit www.onelifesuffolk.co.uk



This BMI chart taken from NHS Choices can be used for ages 16+.

*N.B An adult's BMI can be calculated using the same calculation, although we don't then need to plot it on a growth chart according to age.

Underweight

It is important that we all follow a healthy balanced diet, so if you feel you do but are underweight and have some concerns please contact your GP.

Normal / Healthy Range

Achieving and maintaining a healthy weight is one way of reducing our risk of diseases such as type 2 diabetes. Keep up with any healthy behaviours and if you require further information about maintaining a healthy weight visit: www.onelifesuffolk.co.uk/familyhealth

Overweight / Obese / Severely Obese

Don't panic, there may be some changes which could be applied that would support you in reducing your weight and prevent it from increasing. If you have a BMI over 30 then contact OneLife for support. Or if you have a BMI over 27.5 and are of Black African, African-Caribbean or Asian origin or have any of the following - Type 2 diabetes, Hypertension, Cardio Vascular Disease, Osteoarthritis, Dyslipidemia or Sleep Apnoea then you can also access our service.