

Make your family's weight a priority

Why Weight Matters For Children

One
Life
Suffolk

Children Overweight or Very Overweight in Suffolk 2014/15



Reception year

21%



Year 6

31.9%



Weight gain in children increases the likelihood of these social effects:

- ▶ Being teased and bullied
- ▶ Developing poor social skills
- ▶ Poor exam results
- ▶ Unemployment in adulthood
- ▶ Absence from school
- ▶ Feeling lonely



Physical effects of weight gain

- ▶ Heart disease
- ▶ Strokes
- ▶ A range of Cancers
- ▶ High blood pressure
- ▶ Type II Diabetes



Psychological effects of weight gain

- ▶ Depression
- ▶ Low self-esteem
- ▶ Anxiety
- ▶ Body dissatisfaction
- ▶ Poor quality of life

We can help you gain confidence to make the right choices for you and your family



Act Early

www.onelifesuffolk.co.uk

You only have OneLife so why wait?

Health
WALKS

STOP
Smoking

'LOSE'
WEIGHT
Adults & Children

BECOME MORE
active

health
checks

 OneLifeSuffolk

 @onelifesuffolk

Call: 01473 272357/718193 Email: info@onelifesuffolk.co.uk