



What is BMI?

Body mass index is a calculation that uses height and weight to estimate how much body fat you have.

For children we plot their body mass index onto a centile chart which considers their age and gender. Controlling a weight issue as a child can help them avoid becoming an overweight adult and developing health problems such as diabetes, sleep apnoea, heart disease and some cancers.

What will happen at your appointment?

We will arrange to see you and your child at home or in school. During the appointment we will weigh and measure your child to see how they are growing.

We never talk about weight to your child, we talk about how strong their muscles are.



What if I need to cancel an appointment?

If you are unable to attend your appointment, please let us know as soon as you can. It only takes a phone call or text to your Healthy Weight Nurse to tell us you are unable to attend, we can then offer you another appointment.

If you fail to attend two consecutive appointments without letting us know, you will be discharged and contacted by the Health Visitor or School Nurse.



Our Service

Who we are?

We are a specialised team of qualified Healthy Weight Nurses, a Dietitian and two Healthy Weight Coordinators who provide support to children and their families around managing physical activity, nutrition and healthy lifestyles.

What we will help with

- Offer advice on healthy eating and physical activity
- Support with fussy eating and lifestyle changes
- Measure your child's height and weight
- Signpost you and your family to clubs and activities in your local area
- Provide support with meal plans and healthy swaps



How your child is referred to our service?

Reception aged children: Your child was measured by the screening team as part of the National Child Measurement Programme (NCMP) and identified as above the 99.6th centile.

Nursery aged children: Your child was measured by your health visitor and identified as above the 99.6th centile.

Getting your child to eat well and move more

Children need between 60 and 180 minutes of vigorous activity each day.

This doesn't have to be done all at once. Several short 10-minute bursts throughout the day can be just as good as an hour long stretch.

The Eatwell guide shows what kind of foods you should eat and in what proportions, to have a healthy and balanced diet.



We offer a confidential service

All information is confidential and will only be shared with school with your permission.

What parents have said about our service

They discussed healthy eating and activities so that I can encourage my children. Listening what works for me and my busy life at home.

The nurse is very good and kind.

Explained the need for physical exercise and nutrition.

It has been a wonderful experience with the nurse, thoroughly helpful she was. Thank you!

Everything they did for my daughter to reduce her BMI was amazing. I have learnt a lot.



Contact Us

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HEALTHY WEIGHT TEAM

A guide for parents and carers

A family approach to support healthy lifestyles



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