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Obesity & Fats

Those with a BMI of 30 or more (BMI) get a 30% increase in the risk of developing type 2 diabetes, heart disease, and other health problems.



Help a breastfeeding mum feel confident

We want all breastfeeding women in the city to feel confident to breastfeed in public - making Sheffield a more 'breastfeeding friendly city'.



Contact your local Children's Centre's breastfeeding peer support service for help breastfeeding: 0114 281 1881/ www.sheffield.gov.uk



Look out for the Breastfeeding Friendly Public Place/ Workplace Award when you're out and about to celebrate the Sheffield venues where they recognise and welcome breastfeeding mums.

Healthy Children for you



Look for the Healthy Early Years quality mark when choosing your childcare to see who will offer a healthy environment for your 0-5 year old. For more information contact Debbie Crofts on: 0114 205 2657 debbie.crofts@sheffield.gov.uk

F i d u a o t h h s o y f 'F o d G o i u F o d' - a a i y x i i n

Food Glorious Food is a family-friendly exhibition at Museums Sheffield: Weston Park which tells the stories that lie behind what we choose to eat.

The free exhibition takes a trip down memory lane and looks at the last 50 years of British food culture.

Open now until 28 November 2010 – a great family day out!

F a i y F n

If you want to find out more about leading a healthy active lifestyle then make sure you come along to our FREE fun events for all the family! We will be hosting interactive events for the general public as well as sessions for parents and families. We will also be delivering a range of training options for professionals about Healthy Weight.

They are going to be held in many places around Sheffield over the coming months.

You'll have the chance to try some great activities, such as treasure hunts, Wii Fit challenges and food sampling, while learning lots of important tips about how to be healthy.

To find out more, email: e.malcolmson@leedsmet.ac.uk
Text: FAMILYFUN and your NAME to 88020
or call: 0113 812 5233

B e n h a t y t c o l

Is your local school a healthy school? Eating well at school and taking part in exercise is really important not only for the health of young people but also helps them learn better in school. We are helping schools in Sheffield to improve school dinners and encourage children and young people to take a healthy lunch box to school.

Why not ask your local school if you can be involved. This could be through helping schools to review their school food policy or maybe helping out with an after school club so more children can take part in exercise and fun activities.

For tips on providing healthy school lunch-boxes visit www.sheffieldc41.org.uk/families/schools/

O e i y a t & F g r s

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Get n m r a t v i y u n i h o r o d

Local people have been helping us identify what we need to improve to make our local neighbourhoods a better place for us to spend time outdoors. They have asked us to improve access to leisure areas, clear up rubbish, light streets better and improve street signs, amongst many other things. Visit www.sheffieldc4l.org.uk/families/street-audits/ to find out what might be happening in your neighbourhood.

10 Sheffield walking maps are also been developed with easy to follow routes to help get more adults, children and young people to walk to school, college/university and work. For more information contact Dawn Lockley dawn.lockley@sheffieldpct.nhs.uk

B i e l - c c i g o c o l

Bike It is aimed at getting more people cycling safely to school and that includes parents, carers, grandparents and whoever may escort children on their way to school. To help you to take part, we offer free one-to-one or family cycle training on the journey to school and can answer your questions about health and safety. Just contact one of the Bike It officers: Ruth Chiat - 0114 2734192 or Henry Norman - 0114 273 8528.

Loads of exciting activities have been taking place in Bike It schools! Rides, maintenance sessions, cycle speedway racing, lots of Dr Bikes, cycle skills and healthy bike breakfasts.

If you would like to have Bike It in your school ask your head teacher to talk to their School Travel Adviser or contact Ruth or Henry.



Ma i g t a i r o a h a t i y n S e f e d

Are you looking for family friendly cafes and restaurants with plenty of healthy options on the menu? Sheffield Healthy Choices Award will be coming to a range of cafes and eating-places across Sheffield over the coming months, and a number of eateries in the city already have it!

The Healthy Choices Award is given to caterers who provide a range of healthy options, as well as using healthier catering practices throughout.

Look out for a certificate in food outlets showing that they have a Healthy Choices Award, or to find out who has it visit: www.sheffield.gov.uk/environment/environmental-health/food/healthy-choices-award

We're also launching a Sheffield Food Plan in the summer of 2010 at the first Sheffield Food Festival. This plan will ensure that Sheffield has a healthier and more environmentally sustainable food system which maximizes the benefits to our local economy.

Ho c n o h l ?

We want everyone across Sheffield to be involved to ensure that by 2010 overweight and obesity levels in the city are falling and that Sheffield becomes internationally recognised as leading the way in preventing obesity.

Ob s t i e e y o y ' b s n s

Please see our website www.hfilc.l.r.u to see how people who work in planning, supporting businesses, in environmental improvements, all have a role to play – likewise we need your support. To be more involved please contact Carol Weir, NHS Sheffield, carol.weir@sheffieldpct.nhs.uk



CONTACT DETAILS:

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