



Sugar Smart

Everyone needs to eat well and healthy eating habits will help to achieve and maintain a healthy weight. Children need to establish good eating patterns and learn from family around them how to enjoy meals and make healthy food choices.



Did you know?

- In 2017/18 19.5% of reception year children and 28.3% of year six children were measured as overweight or obese in West Sussex [NHS Digital: NCMP 2017/18](#)
- Being overweight or obese can lead to health conditions such as type 2 diabetes, heart disease and stroke. Being underweight could also affect health
- Children in the UK are consuming double the maximum recommended amount of sugar, mostly from sweets, sugary drinks, biscuits, cakes and high sugar desserts and breakfast cereals
- Making a few simple food and drink swaps can really make a difference by reducing the amount of sugar in our diet.

Key messages to share with families

Here are [five key ways](#) that help children maintain a healthy weight -

- Be a good role model
- Get active
- Child sized portions
- Eat healthy meals
- Less screen time, more sleep.



Resources

- [Change4Life](#) Lots of information, tips and ideas about healthy eating including a marvellous **food smart app**.
- [Eatwell Guide](#) illustrates the different food group proportions that we should aim to eat. (For 2+ years)
- [First Steps Nutrition](#) a range of colourful and helpful resources
- [Healthy Start](#) - Families on certain benefits can get free milk, fruit and vegetables with Healthy Start vouchers
- Family Assist – an online West Sussex resource of health information from early pregnancy onwards www.westsussex.gov.uk/familyassist
- Health4Families Programme Resource List – Contains links to health resources. Available from www.sussexcommunity.nhs.uk/wscht

References to support evidenced based practice

- Children's Food Trust. (2012). *Eat better start better, voluntary food and drink guidelines for Early Years settings in England*. Retrieved from <http://www.childrensfoodtrust.org.uk/>
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- National Institute for Health and Care Excellence. (2008). *Maternal and child nutrition PH11*. Retrieved from <http://www.nice.org.uk/guidance/ph11>
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