



LONDON BOROUGH OF
MERTON



NUTRITION AND WEIGHT MANAGEMENT



STATISTICS

Tackling obesity is one of the greatest long-term health challenges currently faced in England.

Around two-thirds (63%) of adults in England are above a healthy weight, and of these, half are living with obesity.

Obesity is associated with reduced life expectancy and a range of health conditions including type 2 diabetes, cardiovascular disease, liver and respiratory disease and cancer. Obesity can also have an impact on mental health.

In 2021 almost 6 out of 10 women in England were overweight or living with obesity (59.0%)

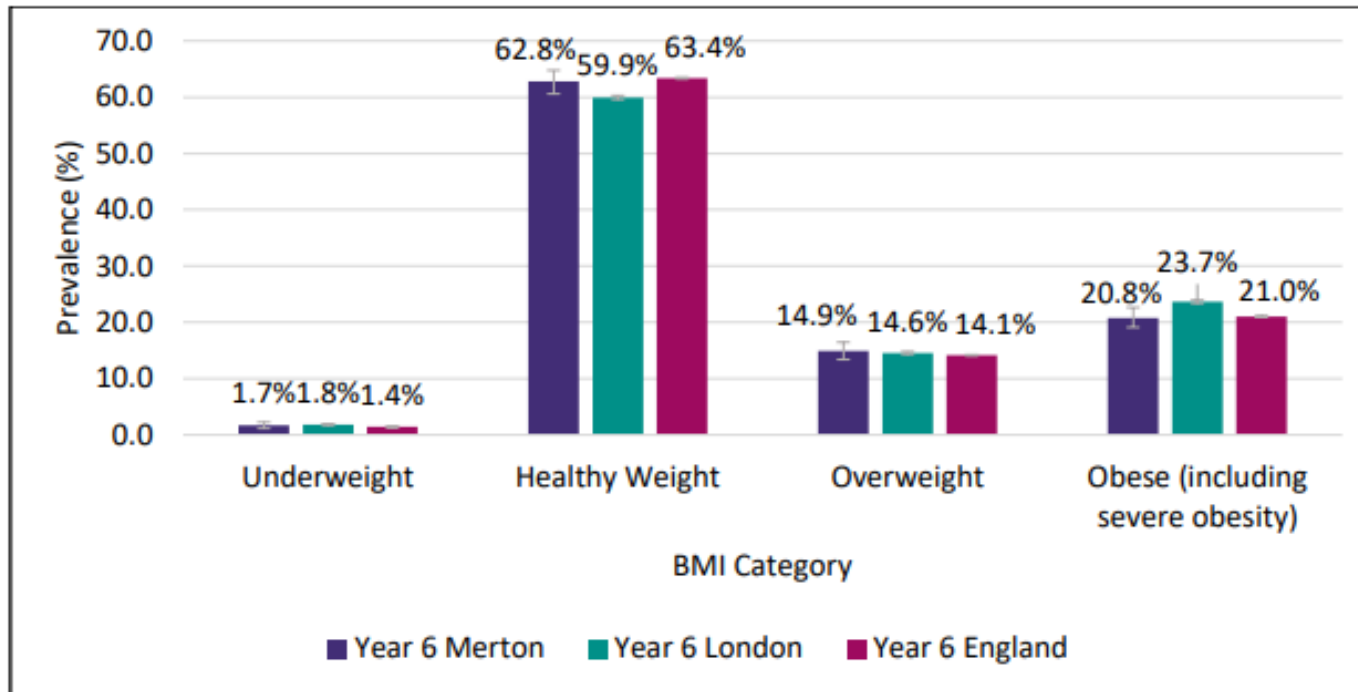


In 2021 almost 7 out of 10 men in England were overweight or living with obesity (68.6%)



STATISTICS

Prevalence (%) of BMI categories for children in Year 6 in Merton, including London and England comparisons, 2019/20



In 2019/20 nearly 1 in 5, or 400 children aged 4-5 years in Merton were overweight or living with obesity.

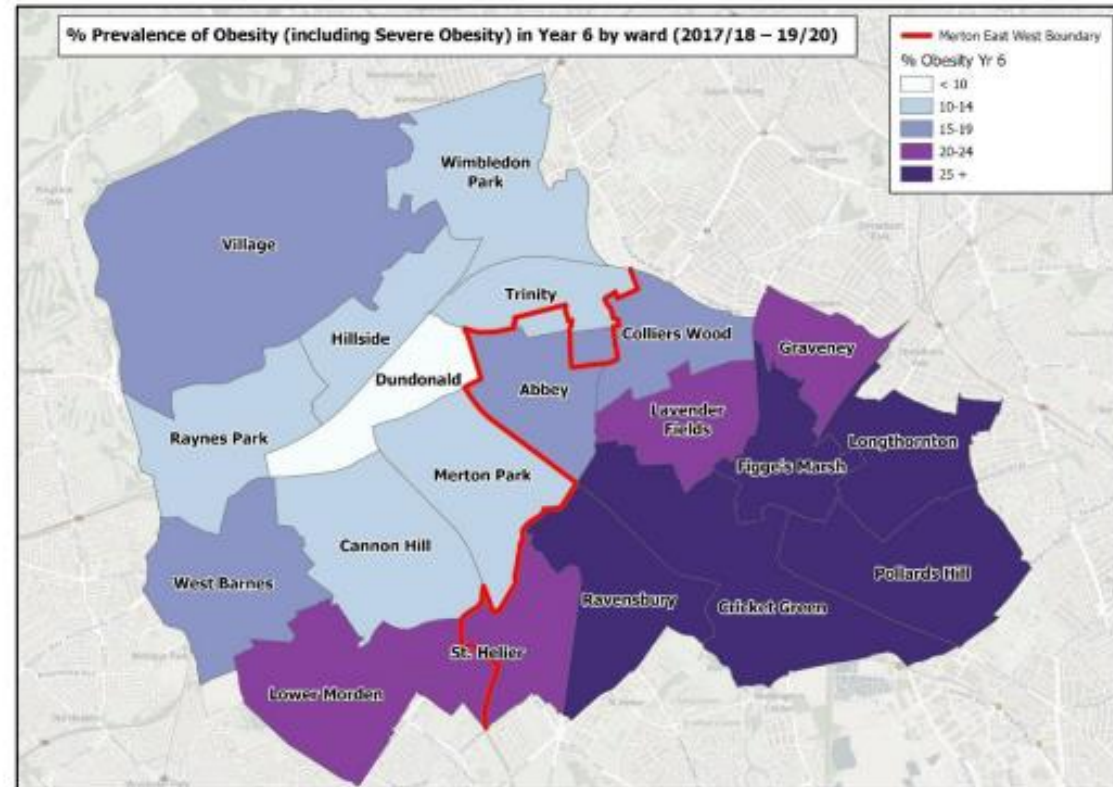
In 2019/20 1 in 3, or 680 children aged 10-11 years in Merton were overweight or living with obesity, an increase of 17%.

STATISTICS

Prevalence of obesity (including severe obesity) in Year 6 (2017-18 – 2019/20) by ward

The figure shows the differences in obesity prevalence between East and West Merton wards with prevalence of obesity higher in East Merton wards in comparison to West Merton wards.

The exception is Lower Morden which shows higher rates although located in west Merton and St Heliers ward which straddles both East and West Merton.



LET'S TALK ABOUT WEIGHT

A key first step in supporting families to make lifestyle changes is initiating a conversation.

The conversations practitioners have with families should identify those at risk (ASK), explain how best to change behaviour (ADVISE) and refer to obtain help (ASSIST).

ASK

- Ask about family lifestyle and behaviours
- Identify those at risk; assess the child or young person's weight status

ADVISE

- Sensitively discuss the concept of a healthier weight, and the potential impacts of being outside a healthy weight range, using positive, non-judgemental language
- Offer referral to local weight management service where available and appropriate

ASSIST

- Explore and discuss with the family what they can do to maintain a healthier lifestyle
- Assist the family to consider their options and set achievable goals
- Offer ongoing assistance and support - refer to local weight management services where appropriate

[Let's talk about weight](#) provides further information about having conversations with families

EATWELL GUIDE

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.

We do not need to achieve this balance with every meal, but to try and get the right balance over a day or even a week.

The Eatwell Guide divides the foods and drinks we consume into 5 main food groups:

- Fruit and Vegetables
- Carbohydrates
- Proteins
- Dairy
- Fats



EATWELL GUIDE

The Eatwell Guide applies to most of us, whether we're a healthy weight or overweight, whether we eat meat or are vegetarian, and no matter what our ethnic origin.

Anyone with special dietary requirements or medical needs might want to check with their GP or a dietitian on how to adapt the Eatwell Guide to meet their individual needs.

The Eatwell Guide does not apply to children under the age of 2. [Introducing solids](#) provides further information on nutrition for babies and toddlers.

Between the ages of 2 and 5, children should gradually move to eating the same foods as the rest of the family in the proportions shown in the Eatwell Guide.

The NHS website provides further information on:

- [How to get your 5-a-day](#)
- [How to eat a balanced diet](#) including advice for vegan and vegetarian diets
- [Food labels](#)
- [Managing your weight](#)



HEALTHY WEIGHT SUPPORT



[Healthy Start](#)

The NHS Healthy Start scheme provides eligible parents help to buy food and milk. Eligible parents who are more than 10 weeks pregnant or with a child under 4, can apply and be sent an NHS Healthy Start card with money on it that can be used in UK shops that accept Mastercard payments and sell eligible items. The card will be topped up every 4 weeks, to the value of between £4.25-£8.50 per child. The card can be used to buy plain liquid cow's milk, fresh, frozen, and tinned fruit and vegetables, fresh, dried, and tinned pulses and infant formula milk based on cow's milk. The card can also be used to collect free Healthy Start vitamins and vitamin drops for babies and young children. 0300 330 7010 / healthy.start@nhsbsa.nhs.uk



[Eat Like a Londoner](#)

Eat Like a Londoner pulls together the very best recipes, hacks, tips and tricks to deliver a weekly dose of inspiration that will help Londoners save money, eat better and help the planet. Eat like a Londoner also has Facebook and Instagram providing regular doses of inspiration.



[early start](#)

[Early Start](#)

Early Start are on a mission to promote positive attitudes and enjoyment of nutritious food throughout childhood. Early Start provides resources for families including webinars, online parent courses and blogs on nutrition to support healthy eating.



HEALTHY WEIGHT SUPPORT



[Start for Life](#)



[SEE & EAT](#)



[Child Feeding Guide](#)



[Bags of Taste](#)

Better Health helps parents give their infants the best start in life. Information is provided about healthy eating during pregnancy, weaning, meal recipes, activities as well as other useful advice.

SEE & EAT books and activities help little ones to know and love their vegetables. SEE & EAT books each show a different vegetable's journey from farm-to-fork. The ebooks can be read on a smartphone or tablet and can be personalised. Printed copies of the books can be purchased. Looking at a SEE & EAT book or ebook for a few minutes a day for a couple of weeks can make all the difference when the vegetable appears on the child's plate.

Child Feeding Guide provides parents with real strategies and evidence-based tools to increase confidence, tackle fussy eating and create happy mealtimes. It is recommended that parents start by creating a profile and completing some of the initial assessments, to make the most of the information and strategies on offer. Tools include exposure monitor, non-food reward ideas and ways to increase fruit & vegetable intake.

Bags of Taste provides a 2 week cooking course and offers residents a free, delivered, ingredients bag and course materials, containing the food for 7 meals (3 recipes) and all materials required to participate.



HEALTHY WEIGHT SUPPORT



[Advice for parents of overweight children](#)

The NHS website offers information and advice for parents of overweight children. It provides tips to help the child reach a healthy weight. Tips include getting active every day, setting realistic targets, using rewards when they reach their weight goal and encouraging a healthy attitude to eating.



[Advice for parents of healthy-weight children](#)

The NHS website offers information to parents of healthy-weight children to help them ensure their child stays a healthy size as they grow. It provides tips on how this can be done, including being a good role model, child-size portions and a healthy balanced diet.



[Healthier Families](#)

Better Health Healthier Families (previously Change4Life) help families eat better and move more. Information and advice are provided about staying healthy with tips and ideas. Tips include healthy snacks, healthier food swaps and indoor activities.



[Taste Education](#)

Taste Education helps children to love new foods. Taste Education offers teachers support, training and resources to deliver a range of simple taste education lessons tailored to the English National Curriculum. There are also lots of activities and lessons that parents can do at home with their children to help them learn and love new foods.



HEALTHY WEIGHT SUPPORT

ONE YOU MERTON

[One You Merton](#)



[Food scanner app](#)



[Weight Loss app](#)



[Obesity - Treatment](#)

One You Merton supports Merton residents to eat well, move more, stop smoking and drink less. One You Merton provides lots of useful information and advice on healthy eating as well as a free one-to-one support helpline - 020 8973 3545 (Monday to Friday, 9am to 5pm)

The NHS Food Scanner app is the ideal hack for families, helping them to swap food and drink that are higher in sugar, saturated fat, and salt to healthier alternatives.

With a simple scan of the barcodes, families can see how much sugar, saturated fat, and salt are in everyday food and drinks. The app suggests healthier swaps, by encouraging users to choose “Good Choice” products.

The NHS Weight Loss plan app allows people to develop healthier eating habits, be more active, and get on track to start losing weight with an easy-to-follow 12-week diet and exercise plan.

The NHS website provides information and treatment advice for obesity. All people are encouraged to seek advice from their GP who will be able to provide further information and advice.



HEALTHY WEIGHT SUPPORT



School Nurse

Family Start is a weight management programme led by school nurses, for children living with a high level of obesity in year reception and year 6 attending a Merton school. Children and their families are entitled to 3 appointments over a 5-month period focusing on healthy weight support. There are also a limited number of spaces available for external referrals into the service, via a Merton GP.



Social Prescribing
for Young People

Social Prescribing offers 1:1 support for young people aged 13 -19 years old, or up to 25 years with additional needs within East Merton and Morden who are living with a high level of obesity or a low-level mental health issue to help them feel healthier – mentally and physically. Young people can have up to 6 sessions at an easy-access venue. Professional or self-referral accepted. 07756868692 / cypmerton@enablelc.org



Paediatric
Dietetics

Merton Children's Paediatric Dietetics service works with children from birth up to 19 years of age who require specialist input to meet their nutritional requirements. The Dietitians assess and treat each child's diet and nutrition problems and provide help to children, young people and their families to make appropriate lifestyle and food choices. Children's Dietitians work with children and young people with a range of nutritional needs, feeding difficulties and also where physical or learning disabilities impact their ability to eat. Dietetics is a targeted and specialist service so a medical referral into the service is required. 03300539264 / CLCHT.MertonICNTeam@nhs.net



HEALTHY WEIGHT SUPPORT



Eating Disorders Service

The Children and Young Person's Community Eating Disorder Service aims to see all children and young people with Eating Disorders with an emphasis on early intervention. The service covers all 5 boroughs of SWLSTG (Merton, Sutton, Wandsworth, Kingston & Richmond). Referrals are via SPA. 020 3513 6793 / CAMHSEatingDisorder@swlstg.nhs.uk



Inpatient Eating Disorder

The Specialist Intensive Inpatient Eating Disorder Service (Wisteria) is a 10-bed unit for young people aged 11-18 years with severe eating disorders and weight loss related to mental health problems. Referrals are accepted by CAMHS Getting More Help. 020 3513 5000 / admin.wisteria@swlstg.nhs.uk



Social Prescribing

Social Prescribing supports adults over the age of 18 with accessing support within the community to improve their health and wellbeing, helping to address needs in a more holistic way. Referrals must be completed by a GP.



HEALTHY WEIGHT SUPPORT



Adult Nutrition
and Dietetics

The Adult Nutrition and Dietetics teams assess dietary intake and provide nutrition advice to help people over the age of 18 understand the impact of diet on their health and well-being. Depending on need, clients are seen at home visits, nursing homes or outpatient clinic settings. Referral form required. 0333 004 7555 / clcht.mertonspa@nhs.net



Eating Disorders
Outpatient
Community Team

The adult Eating Disorders Outpatient Service offers specialist treatment to adults with a range of moderate to severe eating disorders. The service also includes the Enhanced Treatment Team (ETT) which offers intensive support and treatment to patients in their own homes or in the community. Referrals are only accepted from health professionals. 020 3513 5000 / AdultsEatingDisordersTeam@swlstg.nhs.uk



Eating Disorders
Day Unit

The Eating Disorder Day Unit 5 -day service, Monday - Friday, for up to 10 male and female clients each diagnosed with an eating disorder and who need a more intensive treatment programme. Referrals are made via GP to Eating Disorders Outpatient Team who then refer to the Day Unit if appropriate. 0203 513 5000 / natalie.stevens@swlstg.nhs.uk



MERTON LOCAL DIRECTORIES

Merton Local Directories are great resources to keep up to date with activities and services available for children, young people and adults in Merton.

[Merton Local Directories](#)

Welcome to Merton Local Directories

Support, services, advice and things to do



Family Services Directory

Support and information for expectant parents and families with children and young people aged 0-19.

[Activities and leisure](#)
[Childcare and education](#)
[Community groups and places](#)
[Family support and parenting](#)
[Health and wellbeing](#)
[Information, advice and support](#)

[See more](#)



SEND Local Offer

Support for children and young people with special educational needs and disabilities aged 0-25.

[Activities and leisure](#)
[Education and childcare](#)
[Employment and training](#)
[Health](#)
[Preparing for adulthood](#)
[Social care](#)

[See more](#)



Young Merton

Support for care leavers moving into adulthood and independent living aged 16-25.

[Education and learning](#)
[Have a say. Get involved](#)
[Keeping safe and healthy](#)
[Local offer for care leavers](#)
[Things to do](#)
[Work, money and living](#)

[See more](#)



Adult Support Services Directory

Support for adults on employment, education, health, housing, financial advice and things to do in the community.

[Activities and leisure](#)
[Health and wellbeing](#)
[Housing matters](#)
[How to access help](#)
[Keeping safe](#)
[Money matters](#)

[See more](#)



Family Hubs Directory

Connecting families and young people with access to help, when and where they need it.

[Family Voice](#)
[Home life, finances and staying safe](#)
[Keeping your family healthy](#)
[Play, youth and family learning](#)
[SEND support \(Special educational needs and disabilities\)](#)
[Start for Life](#)

[See more](#)



FURTHER SUPPORT

Families can receive further information and guidance on healthy weight support through the Family Information Support Hubs (FISH).

FISH provides parents/carers with information, support and guidance on all aspects of family life.

FISH sessions take place Monday – Friday with FREE face-to-face or telephone appointments available. Appointments can be booked via [Eventbrite](#) either by a parent/carer or a practitioner on their behalf.

Or parents/carers can come along to one of the FISH drop-in sessions (no appointment needed):

Family Hub at Church Rd Children Centre – Mondays, 1.30pm-4.30pm

Family Hub at Acacia Children Centre – Wednesdays, 9.00am-12.00pm

