

Supports for Health Professionals

Algorithms & Guidelines

1. HSE-ICGP Weight Management Treatment Algorithm for Children
2. National Physical Activity Guidelines for Ireland
3. National Healthy Eating Guidelines & remodelled Food Pyramid

All available to download from www.hse.ie/weightmanagement

Supports to accompany the algorithm and guidelines

1. Growth charts
2. WHO Childhood Obesity Surveillance Initiative (COSI) protocol for the measurement of children
3. Safefood-HSE A Guide for Health Professionals: Assisting Parents and Guardians in communicating with their children about body weight. Can be downloaded from www.hse.ie/weightmanagement hard copies via www.healthpromotion.ie order code:HPM00860
4. www.getirelandactive.ie a one stop shop for everything to promote physical activity

Existing training

1. Measurement training & use of growth chart training 0-4 years by Child Health Training Development Officers

Proposed training

1. Four pilot sites (Mayo, Laois-Offaly, Dublin N. City & parts of N & S Lee) to commence / re-introduce growth monitoring as part of the school health check during school year 2013-14. School Nurses/Public Health Nurses (PHNs) and Senior Medical Officers (SMOs) will receive training in measuring children 4+ years.
2. ICGP online blended learning pack for all Primary Care Team Members & Educators (currently being developed – expected Spring 2014)

Additional information

National Nutrition Surveillance Centre (NNSC), UCD Position Papers & Reviews

- Position Paper: A Review of current growth monitoring data management systems Nov. 2011 PDF
- Position Paper: Parents attitudes and acceptability of anthropometric measurements of Irish children in the school setting Oct. 2011 PDF
- Review of the National guidelines for community based practitioners on the prevention and management of childhood overweight and obesity. Nov. 2009 Word doc
- Training needs assessment questionnaire- combating childhood and adolescent overweight and obesity Nov. 2009 Word doc
- Family-based approaches to treating childhood obesity – an international review of best practice and a review of current Irish programmes
- Review of the National and International research relating to obesity and the interrelationship between obesity, physical activity, nutrition and other determinants

All available from: Adrienne Lynam, National Project Manager-Obesity E-mail:

Adrienne.Lynam@hse.ie

Supports for Parents

Healthy Eating – All available from www.healthpromotion.ie downloads & hard copies available

1. Eat Smart Move More – A5 booklet providing advice & info, healthy eating & physical activity for primary school children.
2. Safefood-HSE Your Child's Weight: A Guide to Preventing Childhood Obesity. Can be downloaded from www.hse.ie/weightmanagement or hard copy via www.healthpromotion.ie order code:HPM00851
3. Eat Smart Move More Reward Chart – to record progress on healthy eating & physical activity goals.
4. Food for Young Children (1-5yrs)
5. New Healthy Eating Guidelines
6. 101 Square Meals
7. A2 Children's Food Pyramid Poster (also available in Irish)
8. Food Pyramid Stickers
9. Little Steps to Eating Well
10. Little Steps Wall Chart
11. Healthy Eating for Pregnancy
12. Starting to Spoon Feed your baby (3-6mths)
13. Food for Young Children (1- 5yrs)
14. Breastfeeding your baby - A5 booklet giving guidance on all aspects of breastfeeding www.breastfeeding.ie
15. Feeding your Baby – advice for new mothers on infant feeding www.breastfeeding.ie

Available from Safefood www.safefood.eu

16. Safefood Healthy Lunchboxes www.safefood.eu/Publications/Consumer-Info/healthy-lunchboxes.aspx
17. When Sally met Sammy (book for preschoolers) www.Safefood.eu/Education?Pre-school/When-Sally-met-Sammy.aspx
18. Sammy and Sally Grow Together www.Safefood.eu/Education?Pre-school/Sammy-and-Sally-Grow-Together.aspx
19. How they measure up: A Simple Guide to Food Labelling www.safefood.eu/Publications/Consumer-information/How-they-measure-up-A-Simple-Guide-to-Food-labell.aspx

Physical Activity – available from www.getirelandactive.ie downloads available, for hard copies go to producing organisation

Located under “for your info” tab

1. GIA Factsheet for Parents and Guardians
2. GIA Factsheet for Childcare Providers
3. Get Kids on the Go booklet
4. Little Steps Leaflet
5. Stretching for Children
6. Get Active 4 week step challenge for Children and Young People
7. Step challenge card (kids step challenge card)

Families

1. Discover Cycling
2. Cycle Safety RSA
3. Discover Trail Walking
4. Get Kids on the Go information booklet for parents, guardians and teachers
www.irishheart.ie

Youths

1. Healthy Eating Active Living (HEAL) developed by the IHF & National Youth Council of Ireland is a resource to equip youth workers with the skills necessary to create a healthy eating, active living environment in their organisation by providing health info on health education, healthy eating, active living, policy guidelines and key contact info. www.irishheart.ie
2. Walk or Step Challenge Card is a 4 week challenge to get young people physically active to help reach the recommended 60mins of P.A. needed daily. The challenge can be done individually or in teams. www.irishheart.ie

Schools

1. Active 8 Activity Journal
2. Be Active ASAP Leaflet
3. Playground Markings Booklet
4. Primary PR Curriculum Glance Cards
5. Get your School Walking
6. Get Your School Walking Record
7. Get Your School Walking Certificate
8. Get Your School Walking Questionnaire
9. Get Your School Walking Evaluation
10. Get Your School Walking Parent Questionnaire
11. Get Your School Walking Evaluation Letter
12. Children's Food Pyramid Poster – A2 & A4 size posters
13. Children's Food Pyramid Stickers
14. Healthy Tot Interactive Poster : Healthy Eating for Preschools
(1-14 available via www.healthpromotion.ie The Get your school walking resources are also available in Irish)
15. Tastebuds an interactive CD for 8-10 year olds covering 8 sessions helping teachers deliver the food and nutrition component of the SPHE curriculum. Classroom slides, extension activities, teacher notes & homework suggestions are included. www.safefood.eu/tastebuds.aspx
16. Bizzy Breaks – a series of 10min activities for the classroom to get pupils moving on the spot. Resource pack @ €10 includes a large classroom poster, teacher's notes and a music CD. www.irishheart.ie
17. Bizzy Breaks for Rainy Days – a series of 5-10 min physical activity breaks for the classroom adapted to the various levels (4) Junior & Senior, 1st & 2nd Class, 3rd & 4th class and 5th & 6th class. €10 per booklet www.irishheart.ie
18. Action for life (primary) Vol. 1 & 2 – practical & easy to use educational resource package to assist teachers in planning & teaching part of the PE curriculum. It can also be integrated with SPHE. Vol 2 focuses on gymnastics & dance. €40 per set; €10 per booklet www.irishheart.ie

19. Let's get active award pocket planner www.irishheart.ie
20. Let's Get Physical poster for all primary school ages www.irishheart.ie
21. Get Kids on the Go information booklet for parents, guardians and teachers www.irishheart.ie
22. IHF & JCPESS Action for Life Junior Cycle is aligned with the PE syllabus & seeks to develop an understanding of the role of health related activity in the promotion of wellbeing & of the scientific principles that underpin health related activity. www.irishheart.ie
23. Toolkit for School Travel outlines actions to promote more sustainable travel for the school trip through increased walking, cycling, public transport and car-sharing. The first intended audience are teachers, parents and other responsible members of a school community, who can then share & discuss the ideas with both primary & secondary pupils. www.nationaltransport.ie and www.greenschoolsireland.org