

Other Ideas and Activities

- Show it!

Make it practical;

- Teach It!

Facilitate discussions on how “one size doesn’t fit all” within PHSE, may be using the different energy requirements for different ages /genders/ activity level diagram on previous page. Use analogies such as; different cars have different engines and different amounts of fuel are needed to make the same journey!

• Display It

Have a “try this” photo board with different fruit, veg and exercises. Encourage students to share their experiences through pictures, photos, drawings, posters, montages etc.

- Log It!

Have a school resource pack; encourage young people to add to a school scrapbook of the new foods to try, recipes or lunch box ideas.

- Encourage It!

Reward systems should be based on effort and enthusiasm as well as achievement.

Kind, compassionate behaviour towards others and themselves should be encouraged; anything to help young people see their worth beyond physical appearance.

- Sign up!

CAMHS are offering free workshops for young people to help boost body image and self-esteem. These are on a first come first serve basis. For more info email hdove@nhs.net

Do you have your own ideas? Let us know so we can share with other organisations who have signed up to be involved with the

SAVE THESE DATES

- Tues 2nd Oct; Junior School Event
- Wed 3rd Oct; Secondary School Event
- Wed 10th Oct; Professional’s event

Follow Us!

@Hants_Camhs

Fit Fest Hampshire

ONE YEAR TO MAKE A DIFFERENCE PROJECT

Topic 2:

Healthy Lifestyle, Healthy Living

There is so much in the media about healthy living and healthy lifestyles but it can be a minefield for young people to identify appropriate trustworthy sources of information. Conflicting messages can lead to insecurity and worries about body image.

This topic focuses on sound guidance on food and nutrition. The importance of understanding the government guidance along with resources, information and top tips on when to be concerned and what to do if you have concerns about someone under or overeating.

ADULTS; LEAD BY EXAMPLE

Young People learn from those around them.

Make your pledge to lead by example

I could:

- Try something new and share your experiences with young people ✓
- Role model by taking breaks and ensuring you are eating healthy balanced lifestyles ✓
- Watch the two workshops on how to support a young person with eating difficulties p. 4 of this newsletter ✓

One size doesn't fit all

Michelle Simpson Bsc (Hons) RD

Specialist Paediatric Eating Disorders Dietitian

The current government healthy eating and lifestyle campaigns are very hard hitting as a way of trying to halt the increasing trend in obesity. It is hard for the Change4Life type campaigns to be more flexible, however it is important as providers of some of these messages to stay mindful of the fact that “One size doesn't fit all”. In all our school communities there will be children and young people that are underweight, overweight, as well as those who are in their healthy weight range. This makes it hard to pitch the activities and information at the right level for everyone. However continuing to repeat the message that “one size doesn't fit all” is an important part of this. This will hopefully help the young to understand they need to find the right healthy diet and lifestyle for THEM, to enable them to reach or maintain their own healthy growth centile. And remind them they are STILL GROWING. Too often I see young people that are adhering to adult reference nutrient intakes (RNIs) on packaging and not understanding that they have different needs for their gender/age/activity level.

Some top messages, advice and tips:

- 1) Remember that one size does not fit all
- 2) Children require energy for growth and development. Appropriate, adequate time should be given for break and lunchtimes so young people have time to eat snacks and have lunch and stay appropriately hydrated. Young people should have access to water throughout the day.
- 3) BMI calculations for young people under the age of 18years are NOT accurate; they do not take into account, age or gender. We do not encourage talking about BMI with young people. If you want information, advice or have concerns about a young person being under or over weight, please contact Hampshire Eating Disorder Team on 03003040062.

Did you know?

Hampshire Specialist Eating Disorder Team has produced some useful videos on:

- **What is an eating disorder:**

<https://www.youtube.com/watch?v=DKNZI4zfKPw>

- **Meet the Hampshire Eating Disorder's Team and find out about what we do:**

<https://www.youtube.com/watch?v=T88bdynfznM>

- **The link between social media and eating disorders:**

<https://www.youtube.com/watch?v=x9YZh3o0zG4>

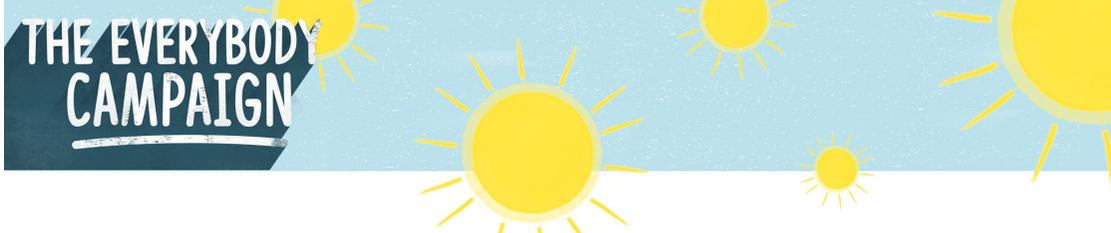
For parents, carers and professionals– here are two 45minutes workshops on

- **How to support a young person with an eating difficulty**

<https://youtu.be/-ApfAzKOy60>

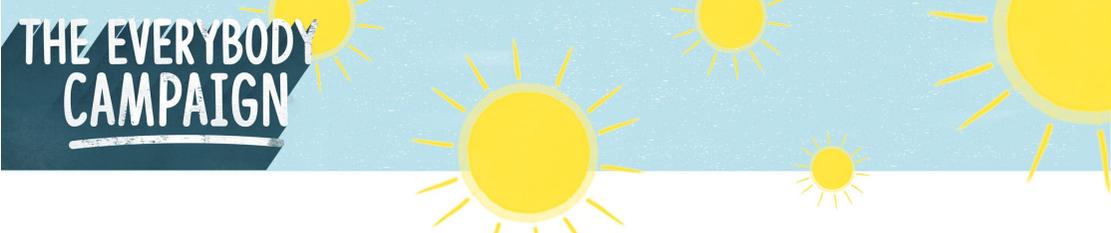
- **How to boost body image, self-esteem and confidence in young people**

<https://youtu.be/agijF6H2u6w>



Whilst Eating Disorders are serious, potentially life threatening mental health conditions, it is important to remember that they are relatively rare. It is not uncommon for young people (particularly girls) to become more body conscious, experience body-image and weight dissatisfaction, go on diets/ become faddy eaters during their adolescent years.

Not every young person who experiences these has or will develop an eating disorder.



3) Food should be fun. Be mindful of the language you use about food; avoid being critical or creating fear/ anxiety about food.

4) Encourage balance and avoid diet talks

5) Activity and exercise is also important. The NHS guidance on how much activity and exercise young people should be getting can be found on this website:



<https://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx>

Top Resources related to food and nutrition for young people within school and college:

1) British Nutrition Foundation

They offer info, advice and FREE online training for Primary School Teachers

<https://www.nutrition.org.uk/foodinschools.html>

2) The British Dietetic Association

Fact sheets written by dietitians on a variety of topics

<http://www.bda.uk.com/foodfacts>

ARE YOU WORRIED OR CONCERNED ABOUT A YOUNG PERSON AND THEIR EATING? NHS Sussex Partnership NHS Foundation Trust

HAVE THEY LOST WEIGHT?
HAS THEIR EATING BEHAVIOUR CHANGED?

DO THEY HAVE CONCERNS ABOUT THEIR BODY IMAGE, WEIGHT OR SHAPE?

CONTACT
HAMPSHIRE SPECIALIST EATING DISORDER SERVICE
FOR INFORMATION, ADVICE, GUIDANCE, SELF-REFERRAL.
0300 304 0062
PART OF HAMPSHIRE CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)
FOR OTHER INFO VISIT B-EAT.CO.UK AND MENGETEDSTOO.CO.UK

Useful websites and helpline numbers:

B-eat: <https://www.b-eat.co.uk/>
Call: 0345 634 1414
Email: help@b-eat.co.uk
Call: 03000 11 12 13

Hampshire CAMHS have a BRAND NEW SHINY WEBSITE due to launch at the end of MARCH

!WATCH THIS SPACE!

Men Get Eating Disorders Too:
<https://mengetedstoo.co.uk/>