

Everyone Health Cambridgeshire Child Healthy Lifestyle Offer

STOP programme

A 6 week in school programme for children aged between 7 -11 years

The School Time Obesity Prevention (STOP) programme provides a school-based intervention to raise awareness of healthy eating and physical activity and to allow children to explore how they can positively impact their own lives through food and activity choices.

- It is aimed at children aged 7-11 years old
- The programme uses interactive materials to educate children and teachers in their schools, as well as providing information and homework to take home to the whole family.
- Children attend a combination of nutrition workshops and games-based physical activity sessions on a weekly basis.
- Take home materials and homework challenges provide families with an opportunity to set whole family goals, work together to overcome hurdles and barriers to healthy eating and to be more active as a family. Parents will also receive a guide which contains information and resources that are delivered during the workshop.

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| Age-group | 7-11 years |
| Intervention duration | 6 Weeks |
| Session duration | 1 hour (Split between nutrition workshop and physical activity session) |
| Takes Place | During school time |
| Cost | Free to all schools in Cambridgeshire |
| Group size | Up to 30 pupils |
| Topics covered within nutrition workshops | Eat Well Guide and Breakfast 5 a Day Food Safety and Cooking Skills School Lunches Sugar and Sugary Drinks Shopping, Fast food, and Snack Attack |
| Physical Activity Session | Yes, games-based physical activity sessions every week |

You can request the **STOP programme** to be delivered in school for free by emailing changepointcams@everyonehealth.co.uk or healthyschools@everyonehealth.co.uk

Be Active, Be Healthy Sessions

Our Be Active, Be Healthy sessions are bespoke healthy lifestyle information sessions which can be provided to pupils of all ages. The sessions are designed to be delivered over a period of 6 weeks with each session lasting approximately 45 minutes. However, schools can request one off sessions or a selection of topics over a shorter amount of weeks to suit the individual needs of their pupils.

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| Age-group | 4-18 years |
| Intervention duration | Up to 6 weeks |
| Session duration | 45 minutes |
| Takes Place | During school time |
| Cost | Free to all schools in Cambridgeshire |
| Group size | Up to 30 pupils |

| Topics covered | KS1 | KS2 | KS3 |
|----------------|--|---|--|
| | Healthy Lunchboxes Healthy Teeth Healthy Breakfast Healthy Snacks | Healthy Lunchboxes Healthy Breakfast Healthy Snacks Sleep Food Labelling Stress-linked to SATs Sugars and Fluids Smoking | Sleep Stress Takeaways and Fast Food Healthy Snacks Healthy Eating Sugars, Fluids and Energy Drinks Alcohol Smoking |

You can request the **Be Active, Be Healthy Sessions** to be delivered on your site for free by emailing changepointcams@everyonehealth.co.uk or healthyschools@everyonehealth.co.uk

Everyone Health Cambridgeshire Adult Healthy Lifestyle Offer

NHS Health Checks

The NHS Health Check is a health check-up for adults aged 40-74. It is designed to spot the early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia.

It is available to those aged 40-74 without a pre-existing condition (eligibility criteria applies), those who are eligible should have a check every 5 years.

An NHS Health Check takes about 20-30 minutes. A trained professional will check blood pressure, do a finger prick blood test for cholesterol and blood sugar levels, record height, weight, BMI and ask some simple questions about family history and lifestyle choices such as smoking, alcohol consumption, diet and physical activity.

Results are discussed immediately alongside the provision of personalised advice to help lower the risk of developing the aforementioned diseases and to maintain or improve health.

These tests can be delivered on the school site and at a time appropriate to the staff members.

Health MOT Check

For those employees who are outside the age range/otherwise ineligible for an NHS Health Check a limited number of FREE mini 'MOT' style Health Checks lasting 10-15 minutes can be offered, these do not include the finger prick blood test.

If you are interested in offering NHS Health Checks to your staff please contact us at changepointcams@everyonehealth.co.uk or healthyschools@everyonehealth.co.uk