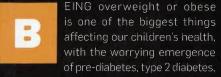
Tackling..

With childhood obesity soaring, the HSE is leading the charge in tackling this growing problem, with a number of initiatives taking place around the country.



hypertension and sleep apnoea in the young.

Obesity has also been shown to impact on children's mental well-being and personal relationships. Overweight and obesity furthermore increase children's risk to

child might be at risk and would benefit from families. healthier habits and increased activity?

the tide and make the healthy choice the women's national rugby union team and who easy choice and supporting parents in their was named as Female Player of the Year 2014 efforts.

with the Limerick Sports Partnership are programme as it highlights the advantages of running a 9 week physical activity and a healthy and active lifestyle for kids showing lifestyle awareness programme for 9-12 year them and their families how physical activity old overweight children in the Limerick area. can be fun." The programme, called 'Way To Go Kids', aims to stop and reverse increasing weight gain in children, through a healthy and fun approach to nutrition and physical activity for

.While in the North East, Cavan Monaghan Healthy Families is a joint initiative involving a number of local agencies, including the HSE Dublin North East, Border Counties Childhood Network (BCCN), Monaghan Integrated Development, Cavan and Monaghan Sports Partnerships and the County Childcare Committees, who will work together to promote healthier lifestyles

The initiative aims to prevent and manage developing heart and other chronic diseases childhood obesity by providing parents and quardians with the skills and knowledge So what can parents do if they feel their to provide healthier eating options for their

Launching the programme in Limerick, Two HSE initiatives are battling to turn Niamh Briggs, fullback with the Ireland at The Rugby Writers of Ireland awards, said, In the Mid West region, the HSE together "I am delighted to be associated with this

This programme, which has been run previously, has been welcomed by families looking to make the first step towards a healthier future. Over the nine weeks, parents and children will be provided with the advice, ideas and support to achieve this. Sports Development Workers, dieticians have developed fun-filled and informative sessions that engage, challenge and empower parents and children to

Bedelia Collins, Senior Health Promotion Officer, HSE Mid West said, "This is an excellent programme for parents and kids to get involved in. It is designed to be practical but fun and is full of great ideas and tips for a healthier lifestyle. Childhood obesity is an issue and without action our children are vulnerable to problems with bone health and diseases like type 2 diabetes and heart disease '

make small lifestyle changes

that offer great benefits

Pheilim Macken of Limerick Local Sports Partnership said he was delighted to be involved in bringing another Way to Go Kids programme to Limerick.

"This is a great opportunity to show that there are lots of choices available to the whole family to get moving to enhance their quality of life.

In a world where childhood obesity is having such a harmful effect on growth and development and is a major contributor to illhealth and disease, this is a positive step that families can take.

Further information on the programme is

CAVAN MONAGHAN **HEALTH FAMILY** INITIATIVE

THE Cavan Monaghan Health Family initiative aims to prevent and manage childhood obesity by providing parents and guardians with the skills and knowledge to provide healthler eating options for their families. It also focuses on engaging children in enjoyable physical activities and looking after their emotional wellbeing.

It has two programmes aimed at promoting and maintaining healthier lifestyles, the Prevention Programme and the Management

The Prevention Programme is aimed at expectant parents and the new parents or guardians of children aged from 0-5 years.

It involves attending four weekly sessions with a mixture of fun activities based on healthy eating, cooking, confidence building, play and active games with motivational incentives for participant families.

The programme will be held in venues in Monaghan Town, Clones, Castleblayney, Cavan Town, Virginia and Ballyconnell. It is free of charge and open to all families meeting the criteria.

The Management

Programme is aimed at children aged 8-11, who are obese or are at risk of becoming obese. It involves attending eight weekly group sessions with other children and families. These sessions are a mixture of fun activities based on healthy eating, cooking, confidence building, play and active games with motivational incentives for participant

The programmes are free and open to families in the Cavan Monaghan area. It will be held in both Cavan town and Monaghan town, commencing shortly. See www.hse.ie for further information.

MAIN PHOTO: At the launch of the way to go ids programme were Leanne Cole (Lisnagry), heilim Macken (Limerick Sports Partnership), Adam Murrihy (Lisnagry) and Irish rugby star

Niamh Briggs.