

## National Obesity Awareness Week



10-16<sup>th</sup>  
January  
2025

### Hounslow has the 4<sup>th</sup> highest obesity rate in London.

Nearly 20% of reception-age kids in Hounslow were overweight in 2023, rising to 40% in Year 6 – and this is a trend we see up and down the country.

Chef Jamie Oliver has partnered up with Hounslow Council in efforts to tackle child obesity and diabetes in the most deprived areas of the borough. See if your school is one of the targeted schools. [The Hounslow schools where teachers and parents will be taught Jamie Oliver dishes to tackle obesity - MyLondon](#)

Obesity is a serious challenge, not just in the U.K. but internationally too. We're not moving as much as we used to. We make things worse by eating processed food or takeaway. What's more, we subject our pets to unhealthy lifestyles as well. More than 75% of pets in the U.K. are obese.

Being obese costs you, literally and figuratively. Often, the damages to health and well-being can be irreparable.

Taxpayers pay a whopping £6b annually for obesity-related conditions like heart disease and diabetes. For perspective, the amount is much more than that spent on the judicial system, fire, and police departments.

National Obesity Awareness Week in the U.K. encourages people to "turn obesity around." It's a week of awareness on obesity and its dangerous impact on people's lives and society at large. Authorities share resources and tips on how people can reverse their lifestyles. The most significant changes begin with small steps; cooking healthy meals, exercising more often, and getting enough sleep each night. What also helps tremendously is unplugging from devices. Spend time outdoors instead of vegetating in front of a screen. And remember to switch off all electronic devices at bedtime.

#### Resources:

<https://nationaltoday.com/national-obesity-awareness-week/#why-we-love>

<https://www.nhs.uk/better-health/>

<https://healthyhounslow.co.uk/weight-management-beezee-families/>

<https://www.healthwatchhounslow.co.uk/news/2024-04-25/multivity-free-or-low-cost-activities-young-people-hounslow>

<https://www.jamiesministryoffood.com/>

#### Support is Available

Parents and carers if you would like further help or support for your child or teenager, Send a message to:

**07312 263 080**

Receive an answer within one working day from a qualified school nurse. Monday to Friday, 9am-4.30pm.

