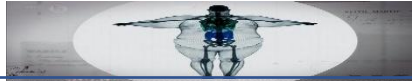


National Obesity Awareness Week

10th - 16th January 2026



Hounslow has the 4th 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.

Obesity is a significant health risk and is associated with increased risk of diseases including diabetes, heart disease and some cancers.

Childhood obesity rates have seen the largest rise since records began in 2006.

Being overweight or obese significantly increases the risk of **type 2 diabetes**. With obesity figures now so high, we're worried that more children will develop type 2 diabetes.

Some NHS tips to help your child reach a healthy weight:

- get active every day – find an activity they enjoy, such as sports, playground activities or walking to school
- aim to give them a healthy, balanced diet that includes fruit and vegetables, starchy foods, protein and dairy or dairy alternatives
- set realistic targets and involve your child in deciding what changes you're going to make
- use rewards such as stickers or high fives when they reach their food and activity goals
- encourage a healthy attitude to eating – you can be a good role model by staying active and eating healthily
- help them get enough sleep – follow a regular bedtime routine and remove digital screens, such as mobile phones or tablets, from their bedroom at night

Resources:

[Free To Be Me | Hounslow Connect](#)

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

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

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.



Young people in Hounslow can text a school nurse for confidential advice and support:

07507 333176

Learn more at: bit.ly/ChatHealthPrivacy