

**Title:** Free Childhood Weight Management Training Webinar – Wed 29<sup>th</sup> April,  
1-2 pm

**Info:**

**Free webinar on Weight Management for Children & Young People: A Practical Summary of Childhood Obesity in Hull**

**Date:** Wednesday 29<sup>th</sup> April, 1-2pm

**Speaker:** Dr Varun Anand, GP with special interest in Lifestyle Medicine and Physical Activity Clinical Champion. In collaboration with Hull City Council Public Health and Healthy Lifestyles Teams.

**Further detail:**

- Over 40% of children aged between 10 – 11 years in Hull are living with excess weight with figures increasing. This is well above the national average for England highlighting inequalities.
- This webinar will outline the current landscape in Hull through National Childhood Measurement Programme (NCMP) data.
- It aims to increase staff's knowledge, confidence and skills in how to quickly raise the sensitive issue of weight with families
- You will learn about the local Tier 2 and Tier 3 weight management referral pathways in Hull, related lifestyle services and how to refer families / self-refer

**How to Register:**

Please email [Lisa.Howell@hullcc.gov.uk](mailto:Lisa.Howell@hullcc.gov.uk) to register and you will be sent the MS Teams link nearer the time.

**PCN / Group Training:**

If you would like to book this free training (virtual or face to face) for your PCN or department, please contact: [Varun.Anand@nhs.net](mailto:Varun.Anand@nhs.net). Thank you.