

**children in the UK
have one of the
highest prevalence
of obesity
worldwide!**

Mind

Exercise

Nutrition

Do it!

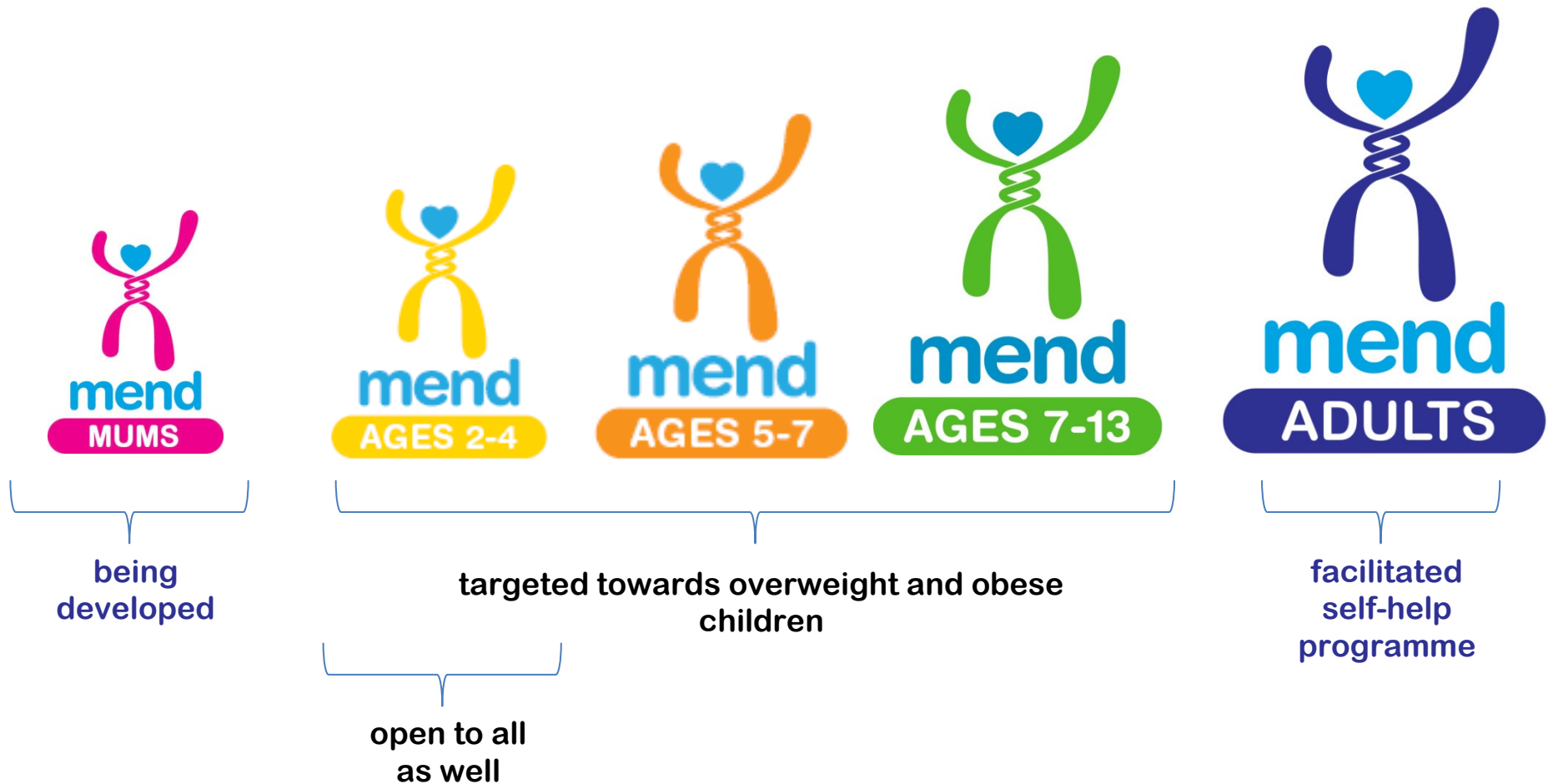


MEND creates...

Programmes to help everyone change their lifestyle and tackle obesity



Our programmes...



MEND includes...

A photograph showing a row of young people, likely students, sitting in a classroom or lecture hall. They are all wearing blue shirts and are looking forward with attentive expressions. The focus is sharp on the person in the center, with others in the foreground and background slightly blurred. The background shows a red wall and some blue panels.

**Healthy
behaviour
change**



Fun
exercise
sessions



Important
nutritional
education

Programme requirements...

Programme name	Weeks	Frequency	Sessions	Session duration	Families	Delivery team
AGES 2-4	10	Weekly	10	90 mins	10	Program Manager, Parent Workshop Leader, Active Play Leader, Creative Play Leader, Program Assistant
AGES 7-13	10	Twice weekly	20	2 hours	15	Program Manager, Mind & Nutrition Leader, Exercise Leader, Program Assistant
MEND adults (18+)	6	Varies	varies	varies	NA	More Active Health Coach

The **only** UK
community-based
child weight
management
programme with a
completed
successful RCT

Major reductions in **unhealthy outcomes:**

- Obesity
- Central adiposity
- Psychological difficulties
- Sedentary behaviours
- Diabetes & CVD risk



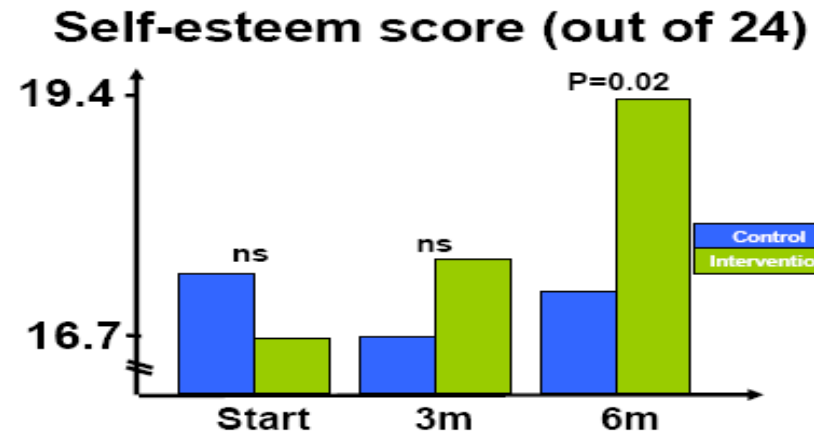
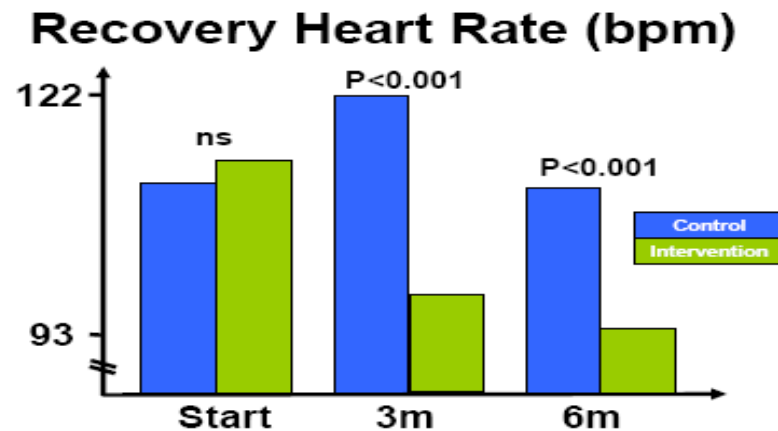
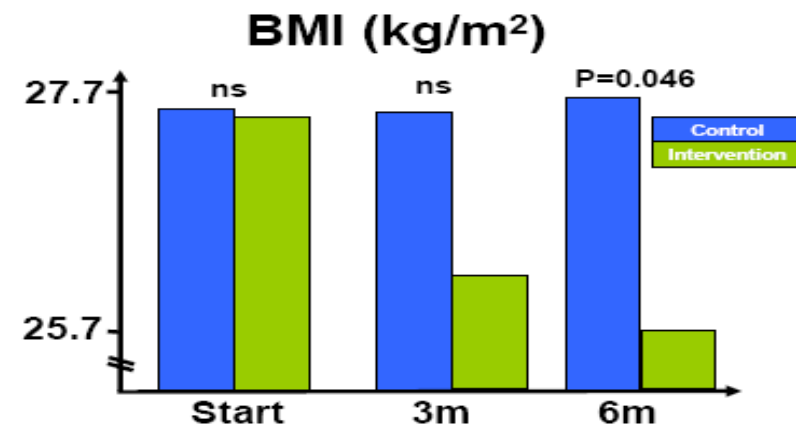
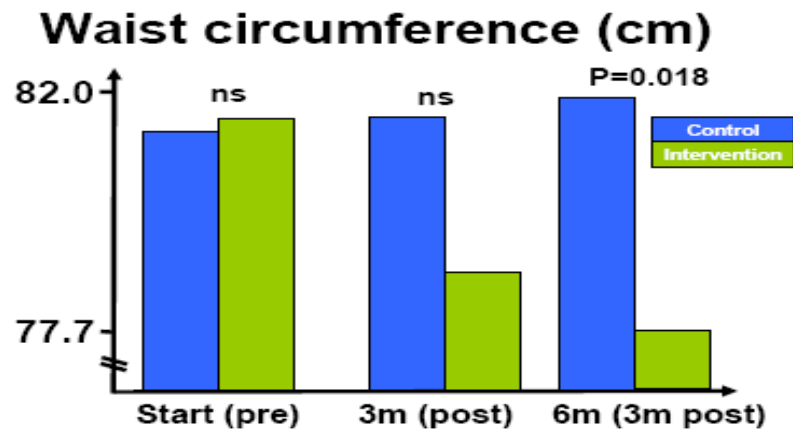
A young boy with brown hair, wearing a blue t-shirt, is lying on his back on a large, orange pumpkin. He is smiling and looking up at the camera. The pumpkin is resting on a green lawn. A semi-transparent text box is overlaid on the right side of the image.

and big
improvements
in **health outcomes**:

- healthy weight
- blood pressure
- self-esteem
- fitness
- diet

MEND RCT...

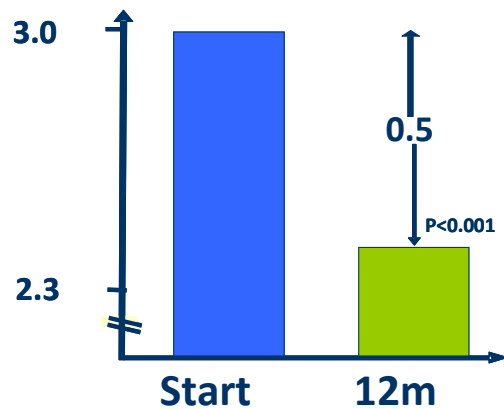
6 month outcomes



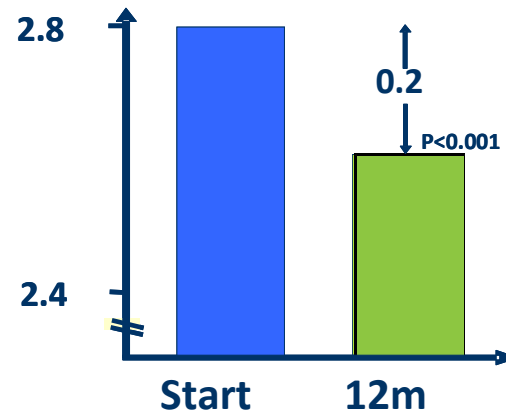
Sacher et al. Obesity. 2010

12 month outcomes sustained

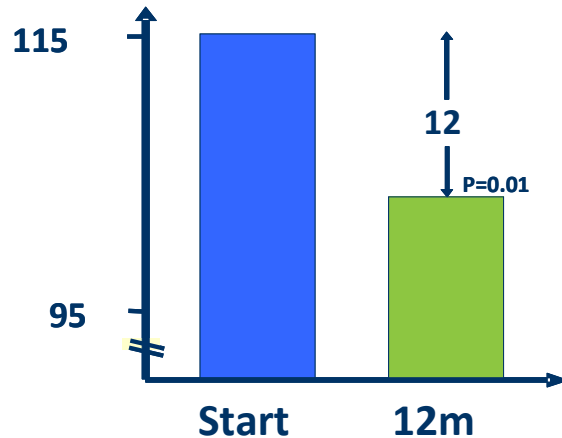
Waist circumference z-score



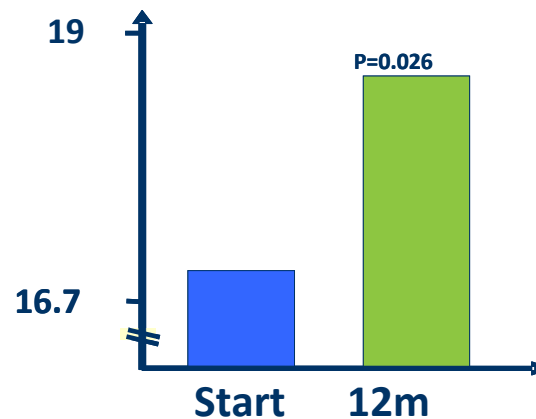
BMI z-score



Recovery heart rate (bpm)



Self-esteem score (out of 24)



MEND works in the
real world...



71% of
PCTs are
running
MEND
Programmes

by localising our programmes

