

Thursday 30<sup>th</sup> July 2020

This is an online event which will  
be held via Zoom

Masterclass between: 10am – 12pm



**Speakers include:**

**Professor Wendy Wills** – Director of the Centre for Research in Public Health and Community Care, UH and NIHR ARC East of England theme lead for ‘Prevention and Early Detection in Health and Social Care’

**Jen Beer**, Health Improvement Lead – Children and Young People, HCC, Public Health team

**Faith Eddleston**, Health Improvement Lead – Whole Systems Obesity, HCC, Public Health team

**This Masterclass will focus on the factors that influence obesity, the opportunities to address excess weight and how we can engage across the County to find effective solutions**

*Data\* shows that in England, almost one in four (22.6%) children are overweight or very overweight (obese) when they begin primary school. By the time they leave, aged 10 – 11 years just over a third (34.3%) of children are overweight or obese. The proportion of children (aged 10 – 11 years) with excess weight across Hertfordshire is significantly lower (28.6%) in comparison to the rest of England but there is variation within the county.*

This master class will provide details of relevant Hertfordshire Public Health team projects and commissioned services, reflecting on how the learning from research and consultation and the ‘10 pillars of action’ approach is shaping the services we offer to children, young people and their families.

During this masterclass, we will introduce the County Council’s systems-based approach to obesity prevention and describe the ‘10 pillars of action’ framework that is underpinning the local public health approach.

This masterclass will give you the opportunity to consider and discuss areas addressed and will showcase research findings that highlight the lived experience of being an overweight or obese teenager and the challenges that parents face in managing their child’s weight.

*\* Findings from the National Child Measurement Programme (NCMP; Public Health England, 2019)*

**This event is free for all relevant professionals working in Hertfordshire, whether statutory, private or voluntary sector**

This session is aimed at: teachers, teaching assistants, school leaders, youth workers, those working in leisure facilities, family/child weight management service providers.

Public Health workforce and health professionals including GPs, MH practitioners and School Nurses.

It will also be of interest to parents and the voluntary and charitable sectors.

Policy makers, researchers, commissioners, academics and researchers (including from nutrition, dietetics, public health, psychology, behavioural and social sciences, town planning/environmental studies, nursing and allied health, pharmacy)

To register, or to find further information  
please visit the [Eventbrite](#) page (password:publichealth123)

Please direct any queries regarding this event to [publichealth@hertfordshire.gov.uk](mailto:publichealth@hertfordshire.gov.uk)