

# Ola



Ola is a 7-year-old Black African girl. She lives with her parents and four older sisters in a town about ten miles outside Birmingham. Her mum and dad both have good jobs. The family owns a first-floor flat and two cars.



Ola's neighbourhood is served by three bus routes. It has two medium-sized supermarkets and a community centre with indoor and outdoor leisure facilities. The crime rate is slightly higher than in other parts of the town. Anti-social behaviour has recently become a problem following the opening of two new 'off-licence' premises.



Ola goes to a local primary school and walks the ten-minute journey every day. Like most of her classmates, she takes a packed lunch. On one evening a week and most weekends, she goes to the local 'Brownies' group with six of her friends. Ola spends an average of 90 minutes per day using the internet or playing computer games at home.



Compared with children of the same age, Ola is slightly overweight. Two of her sisters are also overweight and both of her parents are obese.

*What do you think about Ola?*

*Why do you think she is overweight?*

*Do you think that Ola needs to change her lifestyle?*

*If YES, what kind of changes does she need to make?*

*Do you think that Ola would go to a MEND programme?*

*Explain why?*



# Alize



Alize is an 11-year-old White girl, who moved to England from France about 18 months ago.

She lives with her mother and one younger brother in a rented semi-detached house with front and back gardens. Her mother works part-time and owns a car but often has trouble paying the bills on time.



Alize's home is in a village in the Oxfordshire countryside. It has a small parade of shops with greengrocer, butcher and corner shop 'mini-market'. Produce from local farms is also sold from a mobile shop that visits the village twice a week. The crime rate in the local area is very low.



Outside of school, Alize spends much of her time indoors watching television. She has found it difficult adjusting to life in England and still finds the language a bit of a problem. She will soon be starting secondary school in a nearby town, which is served by an hourly bus service on weekdays. The town has a public swimming pool and has just opened a new retail and leisure park with two large supermarkets, multi-screen cinema and ice-skating rink.



No-one in her family is obese, but Alize's mother is worried about her daughter recently becoming overweight and wants her to be more active.



*What do you think about Alize?*

*Why do you think she is overweight?*

*Do you think that Alize needs to change her lifestyle?*

*If YES, what kind of changes does she need to make?*

*Do you think that Alize would go to a MEND programme?*

*Explain why?*



# Jon



Jon is a 12-year-old White boy from central London. He is an only child and lives with his mother in a privately-rented flat. Jon's mother has two jobs, but she often complains that they don't have enough money to make ends meet. Jon's school nurse has suggested that he should try to lose some weight to help with his asthma. His mother is overweight and has Type 2 diabetes.



Jon takes the bus to school everyday. He spends most of his evenings on his computer or watching television. His friends are also overweight and they play games together over the internet. Every Saturday, Jon helps out on his uncle's fruit and vegetable stall at the local market.



Jon's flat is within five minutes walking distance from the local public swimming pool, which now gives free admission to the under-16s. A nearby housing estate has two fenced, all-weather football pitches, but these have been vandalised in the past.



Jon's school is part of the national 'Healthy Schools' programme. His mother gives him money for lunch everyday, which he usually spends on a hot meal at the school canteen. When his mother works in the evenings, he is left to make his own dinner. A medium-sized supermarket is located at the end of his road.

*What do you think about Jon?*

*Why do you think he is overweight?*

*Do you think that Jon needs to change his lifestyle?*

*If YES, what kind of changes does he need to make?*

*Do you think that Jon would go to a MEND programme?*

*Explain why?*



# Naufil



Naufil is a 7-year-old boy of mixed race. He lives with his parents and two older brothers in a posh area of Leeds. They own a detached house, which is next to a large park that has a running track, tennis courts and adventure playground. There are several small shops near the house and a large supermarket is about two miles away.



Naufil and his family often do a variety of activities together, including cycling and swimming. Naufil is the only one in his family who is overweight, although his mother and eldest brother have had problems in the past with their weight.



The family eats dinner together every night and rarely goes out for meals. The mother drives the three children to school every day. Naufil doesn't watch much television but reads lots of books and spends an hour on the internet every night. He doesn't like to play sports at school because he doesn't think he is very good and feels clumsy. However, he often visits the local park with his brothers to walk the family's dog, or with neighbourhood children to use the playground.

*What do you think about Naufil?*

*Why do you think he is overweight?*

*Do you think that Naufil needs to change his lifestyle?*

*If YES, what kind of changes does he need to make?*

*Do you think that Naufil would go to a MEND programme?*

*Explain why?*





**mend** Filter, Healthier, Happier Families

## **MEND – Mind, Exercise, Nutrition...Do it!**

The MEND programme is a fun course for families with children aged 7 to 13, whose weight is above the healthy range for their age and height. The programme runs twice a week after school in 2-hour sessions over 10 weeks. The programme helps children and their families manage their weight better and lead healthier lives, by teaching about nutrition and eating a balanced diet, how to be more physically active, and how to stay motivated.



The 20 MEND programme sessions include an hour's interactive workshop for children and parents and an hour's exercise for the children. Measurements are taken before and after the programme, and there is follow-up contact including newsletters, reunion events and telephone support.

<http://www.mendprogramme.org/>