

## Findings for Group 1

- Children's BMI (Body Mass Index) was measured before and after MEND.
- BMI is a measure that health professionals use to work out whether a person is a healthy weight for their height.
- Most children tended to lose excess fat during the MEND programme (their BMI decreased).
- Children whose parents were employed tended to lose more excess fat than children whose parents were unemployed.
- Children from white ethnic groups tended to lose more excess body fat than children from Asian ethnic groups.

"Having my mum [around] helping meant I could work it all out, so we managed to go [to MEND]" Dad

"The time of [MEND sessions], they're too close to important things for religions, like school and mosque. You need to do all of those for your religion." Girl who went to MEND sessions.



"None of my friends have to go to the gym, or eat mega healthily, or cut down on their portion sizes and they're all a perfectly healthy weight and I just think, 'Why am I eating all these vegetables and I'm never allowed chocolate, or crisps, or anything nice like that?'" Girl who went to MEND sessions.



"But with the gangs and stuff round here, I don't really feel too safe going out on my own just doing stuff, especially on a bike, because I have a BMX, but I don't want it to get robbed, because it almost got robbed last year or two years ago."

Boy who went to MEND sessions

- Children's self-esteem was measured before and after MEND.
- Self-esteem is how you feel about yourself.
- Most children tended to feel better about themselves after the MEND programme (their self-esteem increased).
- Children from white ethnic groups' self-esteem tending to improve more than children from Asian ethnic groups.

## Feedback about the Information

### Group 1

Do you have any questions about the information you've been given? Or is there anything that you don't understand? If so, please ask one of us to come and chat with your group.

Using the information that you've been given, please discuss in your groups and think about the questions below. We would like you to summarise what information you had on your sheet and then feedback your thoughts on questions 4 and 5 to the rest of the group.

1. What changes might families have to make in order to go to MEND (what might help or make it more difficult)?
2. Why do you think that parents' employment is related to families' experiences of the MEND programme?
3. Why do you think that white children had better outcomes than children from other ethnic groups?
4. If MEND asked you for advice on how to change their programme, what would you suggest to them?
5. Do you think that these findings are important or useful?



**Thank you for your help!**

## Findings for Group 2

“There's 8 of us and Nana will bring out one massive trolley of food...” **Mum**



“ But you can't say no to Nana's trifle” **Girl whose sister went to MEND sessions**

“Now he's getting that much older and he's starting to want to go out now after school so I'm all for that because obviously they go down the park all his friends, so obviously they're running around, mucking around and that's when they start losing their weight.” **Mum**

“I liked like the exercises and all of that, but I think... the thing is because I was with people who were younger than...I felt it bit embarrassed when we went walking through to the pool and all you saw was someone under 10, under 10, under 10, then me, then another under 10, under 10.” **Boy who went to MEND sessions**

- Children's BMI (Body Mass Index) was measured before and after MEND.
- BMI is a measure that health professionals use to work out whether a person is a healthy weight for their height.
- Overall, children tended to lose excess fat during the MEND programme (their BMI decreased on average).
- The children who lost the most excess fat tended to be younger and boys tended to lose more excess fat than girls.

**Mother:** “But yes, lost a lot of weight this year, haven't you, which he's done himself....lost about a stone...”

**Son:** “In the holidays I just didn't really eat, and slept... The thing is, in 2008 I was much bigger, and MEND, it didn't really help a lot, it's because in the past two months I've just set myself a diet plan, like just a strict diet plan, and I'll stick to it.”



“I had just started secondary school, and my self-esteem had taken a bit of a hit so I was kind of quite keen to do anything to lose weight” **Girl who went to MEND sessions**

- Children's self-esteem was measured before and after MEND.
- Self-esteem is how you feel about yourself.
- Most children felt better about themselves during the MEND programme (their self-esteem increased).
- The children whose self-esteem improved the most tended to be younger. Boy's self-esteem tended to improve more than girls.

## Feedback about the Information

### Group 2

Do you have any questions about the information you've been given? Or is there anything that you don't understand? If so, please ask one of us to come and chat with your group.

Using the information that you've been given, please discuss in your groups and think about the questions below. We would like you to summarise what information you had on your sheet and then feedback your thoughts on questions 4 and 5 to the rest of the group.

1. Why do you think that there were improvements in children's self-esteem after MEND?
2. MEND seems to work better for some children than for others (being younger or a boy), why do you think this might be?
3. Why do you think that children want to go to MEND?
4. If MEND asked you for advice on how to change their programme, what would you suggest to them?
5. Do you think that these findings are important or useful?



**Thank you for your help!**

## Findings for Group 3

"I think it was the 5% fat and sugar and things like that...It was actually looking at the packets of the healthy food and seeing if they were MEND friendly healthy or just healthier than something else" **Girl who went to MEND sessions**

"[The MEND folder] was useful at first and then once it gets to be in your head and you start sort of living that lifestyle a little bit, you think oh I don't need the folder anymore and it seems to get lost in a little corner" **Mum**

"all the families they tried, the fathers, the mothers, and the grandmothers all seemed to be trying desperately hard to help the child and for no fault of theirs the child was obese or overweight." **Grandma**



"The biggest change I made was drinks, fruit drinks. So now we have to buy the one with the blue cover, the squash that you mix with water. And I've made it lighter and lighter and lighter" **Mum**

- Children's BMI (Body Mass Index) was measured before and after MEND.
- BMI is a measure that health professionals use to work out whether a person is a healthy weight for their height.
- Overall, children tended to lose excess fat during the MEND programme (their BMI decreased on average).

- We measured how many fast food outlets there were in each child's neighbourhood.
- The number of fast food outlets in the neighbourhood didn't seem to affect how much excess fat that children lost.

- We also measured how many MEND sessions each child attended.
- Children who attended the most sessions tended to lose the most excess fat.

## Feedback about the Information

### Group 3

Do you have any questions about the information you've been given? Or is there anything that you don't understand? If so, please ask one of us to come and chat with your group.

Using the information that you've been given, please discuss in your groups and think about the questions below. We would like you to summarise what information you had on your sheet and then feedback your thoughts on questions 4 and 5 to the rest of the group.

1. Why do you think that it is important that children and their families attend MEND?
2. Why do you think that the number of fast food outlets in a child's neighbourhood didn't have any effect on the amount of excess fat that they lost?
3. Why do you think that children lost more excess fat when they attended more MEND sessions?
4. If MEND asked you for advice on how to change their programme, what would you suggest to them?
5. Do you think that these findings are important or useful?



**Thank you for your help!**