



AS ACTIVE SURREY





A helping hand for a healthier family



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What is Be Your Best?



A helping hand for a healthier family

- Healthy lifestyle programme for families with children aged 0-12 years who are above a healthy weight range, living or going to a school in Surrey
- Focus on **behaviour change** and enabling families to **sustain** a healthy lifestyle in the long-term
- A **targeted** and **universal** offer





Be Your Best is about supporting families to adopt a healthy lifestyle. Families are expected to engage in a min. of 12 engagements (over a 26 week period) including;

Kick Start
Welcome Session

Six 1:1 Nurse /
Health Coach
sessions at the family
home / virtual

Five online group
sessions, 4.00-
5.30pm every
Tuesday OR
Thursday

1 x online live
cooking workshop,
4.00-5.30pm

Family FIT every
Wed 4.30-5pm

6 and 12-month
follow ups



Key Outcomes

- Reduced or maintained BMI at 6/12 months.
- Increased level of physical activity after 12 engagements.
- Increased fruit and vegetable consumption.
- Reduced sedentary time after 12 engagements.
- Improved self-esteem after 12 engagements
- Increased knowledge of healthy eating and physical activity after 12 engagements

Key Findings

- **Reduction** in BMI is statistically significant
- **Improvement** in child's knowledge on recommendations of physical activity, appropriate portion sizes and knowledge of healthy balanced meals
- **72%** of children are active for at least 60 minutes per day at 12 weeks
- A **trend** towards improvement in children feeling like they fit in with their friends
- **78%** of parents / carers have more confidence in interpreting labels and nutritional information

A BYB SUCCESS STORY

Child was very anxious at the first one-to-one session but BYB staff made him feel calm and comfortable by emphasising that the focus will not be on his weight.

During the group sessions, the family made commitments to cook food from scratch involving the kids. It really worked well with my family.

Parent said, “Each evening I came back from work, I cooked simple meals from the many recipes we were given. We were all in the kitchen together, we were cutting vegetables, setting the table, and eating together as a family 3-4 times a week. Before BYB I was not doing this. The children were also very excited about what they were going to eat each day. Before, when the children came home, they would look for a heavy snack option but now they have fruit because they know dinner is coming and that it’s going to be a family affair so that has been AMAZING!”

Participant doing activities in local park



How can you help?



Visit our website: www.bybsurrey.org



Professionals can refer directly using this link -
<https://app.upshot.org.uk/signup/463af4e9>



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