

XPLORE

What is Xplore?

Xplore is a Family Lifestyle Programme aimed at helping children and young people who are over the healthy weight range and between the ages of 4 and 17 to move more, eat well and feel good.

The FREE 8 week programme supports families to make sustained lifestyle and dietary changes.

Who is it for?

Children and young people who

- Have a BMI > 91st centile without complex needs*
- Live in / registered with a GP and / or attend a school or college within the Borough.

The Xplore Programme is divided into 3 age groups:



What does it involve?

Each session lasts between 1 and 2 hours depending on the age groups:

- Younger groups focus on active play and parent focused education.
- The 7-13 age groups have a workshop session followed by a parent focused education session, whilst the children partake in activity.
- The Teen age group focuses on the young person as their autonomy is increasing.

Upon completion of the 8 week programme, participants are encouraged to attend an ongoing activity club, allowing families to continue participating in physical activity amongst their peers, for three months.

What does XPLORE cover?

The programme has 3 key ethos:

- **A fun experience:** It is vital that if nothing else the participants have a positive experience, even if they do not achieve a healthy weight by the end of the programme.
- **Role Modelling:** We are encouraging parents to not only facilitate and encourage change in their children, but to actively take part by being a good role model.
- **Physical Literacy:** We recognise the importance of physical activity and active lifestyles in tackling childhood obesity. The programme aims to increase families' physical literacy, which is defined as:

“The motivation, confidence, physical competence, knowledge and understanding that provides children with the movement foundation for lifelong participation in physical activity. Enabling them to be physically literate supports their development as competent, confident and healthy movers.”

Each week the sessions cover topics around key themes:

- Understanding what contributes to our weight
- The Eatwell guide & food groups
- Portion sizes and hunger
- Being Active
- Sugar & Refined Foods
- How to understand Food Labels
- Healthy Routines
- Keeping health changes going

The programme aims to enable participants and their families to:

Food

- Progress towards eating 5 portions of fruit and vegetables
- Progress towards achieving recommendations for physical activity

- Increased proportion of wholegrain and unprocessed foods in the diet. (fibre)
- Reduce intake of processed meats
- Reduce intake of Sugary drinks
- Consume regular meals (Inc. breakfast)
- improve food consumption away from home
- Be able to make informed food decisions through Increased food knowledge (eat well plate, label reading, energy balance etc.)

Activity and routines

- Achieve daily routines which promote good wellbeing including sleep quality
- Reduce screen time and sedentary behaviours
- Increase physical literacy and confidence to partake in activities
- Increased activity levels towards CMO recommendations
- Participate in active Family play/activity time

Parental aims

- Have improved knowledge of factors that contribute towards a healthy weight
- Be able to Talk about weight in a productive way
- Be able and motivated to be a positive role model (and/or not negatively impact upon child's relationship with food)
- Be able to create SMART plans, self monitor, problem solve and prevent relapse

What evaluation is completed?

Monitoring impact and effectiveness is vital. However this has always been a challenge within group based programmes. We have responded to local feedback of the impact of data collection on programme enjoyment, by trying to minimise the burden evaluation data collection.

A multi component questionnaire is completed at start and end of the programme.

A fun assessment of physical literacy is also completed to monitor effectiveness of the programme.

Following the programme we try to keep in contact with families and collect data on ongoing participation at 6 months after completion.