

Community



In June the BEACHes (Birmingham healthy Eating & Active lifestyle for Children Study) Project Team at the University of Birmingham began recruiting local primary schools to take part in some research. The study aims to develop and test practical ways of encouraging healthy eating and physical activity amongst 5 to 7 year old children.

To help to determine the best ways of going about it we are asking key members of the local community to take part in two focus group sessions lasting around one hour each. These meetings are designed to get the views of the community on why more children are becoming overweight and obese, and discussing what can be done to try to prevent this.

Focus groups have been taking place during the Spring and Summer terms, in schools and in local community centres. Those taking part have been teachers, parents, community leaders and governors, home link workers, school catering staff, representatives from local leisure and retail businesses, local councillors, school nurses and PCT representatives, Imams, and of course children themselves. A [summary of the findings](#), outlining and summarising the activities discussed by the focus groups is now available.

Over the summer, the BEACHes study team will be analysing all the useful information from the focus groups, which will then be used to develop a package of activities aimed at helping children have a healthier lifestyle and maintain a healthy weight. This package of activities will be tested out in 4 of the 8 schools and communities taking part in the BEACHes study from January 2008.

The BEACHes study team ran a classroom session with year 2 children, and asked them their views on how children their age could have a healthier lifestyle. The session involved lots of creative activity, including some great pictures drawn by the children.



