

Childhood obesity

PHA have a range of content to help if you're worried about weight and your child.

PHA Advice on healthy weight and children

Healthy eating and regular physical activity help children grow, develop and stay healthy. Encouraging healthy habits and regular physical activity from an early age helps children grow, supports lifelong health and wellbeing and can reduce the risk of overweight and obesity.

[Find out more about healthy weight for children](#)

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