

## **WATCH IT**

The UK now has the highest rate of obesity in Europe, and childhood obesity is rising at a startling rate: one in three children is now overweight or obese. If this trend continues, half of children will be obese or overweight by 2020. Sheffield has taken a proactive approach to combat childhood obesity and has commissioned WATCH IT to work with overweight children and families.

WATCH IT is a **city wide service** commissioned by Sheffield Primary Care Trust, which is designed to help and support children and young people **aged 7-14** who struggle with being overweight.

Your local Watch It Sessions in Woodhouse:

South Yorkshire Fire & Rescue Service  
Training Centre  
Beaver Hill Road  
Sheffield S13 9QA  
4.30pm - 6.30pm for Activity Sessions  
4pm - 7pm for Family Appointments

To register for the service please contact 0114 2702045 or email

[sheffieldwatch-it@zestcommunity.co.uk](mailto:sheffieldwatch-it@zestcommunity.co.uk)