



Healthier Futures

Creating a healthier future for families

Healthier Futures is a free lifestyle change programme, led by a team of experts to support patients to make positive changes for a healthier future across a number of areas.

About the programme

Our Healthier Together programme is a fun learning opportunity to engage the whole family in the benefits of a healthy lifestyle.

The programme includes 12 weekly fun and interactive sessions which will last 90 minutes. Each session is a safe and non-judgmental space to explore a new topic. Topics range from healthy meals and snacks, to the importance of sleep, through to how to introduce more movement into daily life. The aim of the programme is to support families to live healthy lifestyles by exploring knowledge and seeing how it can be applied in everyday life.

Who's eligible?

- Families with children and young people aged 4-17
- Child with a Z-score of 91st percentile or above
- East Riding resident

How to refer

You can refer a patient by visiting our website www.healthier-futures.co.uk and completing the referral details, upon receiving these we will contact your patient within 2-5 working days to complete their holistic assessment.

Programme Structure

Parent(s) or carer(s) are required to attend the sessions with their children, activities within the session include those which cater to both children and adults. The topics covered are:

1. Understanding the programme and setting goals
2. Exploring fruit and veg guidelines and discovering new ways of including fruit and veg in the diet
3. Thinking about snacks and drinks; discovering fun family swaps
4. Understanding portion sizes and the benefits of physical activity
5. Exploring non exercise activity and understanding hunger cues
6. Building healthy habits and understanding fat, salt and food labels
7. Exploring healthy drinks and understanding hydration
8. Health technology and helpful apps, making activity tracking fun!
9. The importance of sleep and relaxation and how to create healthy bedtime habits
10. Planning healthy choices when eating out
11. Embedding healthy routines and physical activity options
12. Celebrating achievements and planning what's next