



Fitter, Healthier, Happier Families!

Welcome to mend,

a social enterprise with a mission to enable a significant, measurable and sustained reduction in overweight and obesity levels.



Evidence-based family programmes to prevent and reduce obesity

MEND stands for Mind, Exercise, Nutrition, Do it! We are committed to helping families become fitter, healthier and happier. Our evidence-based obesity and overweight prevention and treatment programmes empower children and their parents or carers to make healthy lifestyle choices – for life. Developed and tested by top obesity specialists, our group-based programmes are replicable on a large-scale. We also offer specialist training for health, education, exercise and social care professionals and a range of educational resources for use in schools.

Using local resources and knowledge

A range of community-based delivery partners from the healthcare, leisure and other sectors work with us to run MEND programmes using our comprehensive and standardised training courses and kit. Our partners use their community networks and local knowledge to maximize participation and facilitate healthy behaviour change. With guidance from MEND and their own professional knowledge, local partners play a critical role in supporting families to maintain healthy change over the longer term.

The great news for families is that thanks to funding from public and private sector partners, attendance is free of charge.

Our expert team is here to help

Our diverse, and highly qualified central team includes a full research and programme development group of child obesity, nutrition, fitness and psychology experts who create, continuously improve and quality assure all of our programmes. At every stage we offer guidance on key aspects of running successful programmes such as:

- scheduling
- family recruitment
- operational delivery

MEND staff draw on their public, private and third sector backgrounds to forge innovative and effective partnerships to commission, fund and deliver programmes.

Vital Statistics

Over 10,000

families have completed a MEND Programme

320+

UK locations are running MEND's programmes every term

95%

retention rate of families who start the MEND Programme

8

year evidence base

20

year formal research partnership with Great Ormond Street Hospital NHS Trust and the Institute of Child Health

3

new Randomised Control Trials underway

90%

family retention rate for Mini-MEND pilot programmes

5

countries with specially adapted programmes

Family

“Even though only my daughter and I attended MEND, our whole family has benefited from it. We don’t have sugary drinks in our house at all anymore and we are aware of sugar and fat content in all our meals and snacks”

~ Mother

Programmes for different ages and weight status

	Mini-MEND 2-4	MEND 5-7	MEND Programme 7-13
Objective	Primary prevention/targeted treatment	Developed specifically to support National Child Measurement Programme reception year referrals	Secondary prevention and treatment
Method	Emphasis on active play and parenting skills, 10 week programmes running weekly		Family skills development, 10 week programmes running twice a week
General Information	All Programmes Are: Family-based: compulsory parent/carer attendance Multi-component: Behaviour change, nutrition and physical activity Designed for delivery teams of 3 people		
	What Else Is Provided? Quantitative and qualitative measurements using our bespoke questionnaires Comprehensive delivery team training and programme resources Fun, engaging and effective family resources		

Voluntary Sector

“MEND provides evidence that weight management can be successfully undertaken across a population in a community setting. I am excited that with the advent of practice-based commissioning, GP practices will now be able to commission evidence-based solutions such as MEND directly”

~ Dr. David Haslam, GP and Clinical Director, National Obesity Forum



Spreading the word

We work hard to raise awareness across all sectors of society about the impact of childhood obesity and the importance of taking action to halt its rising trend.

Did you know that:



MEND is a Change 4 Life third sector partner.

Thanks to the generous support of The Big Lottery, we run bi-annual Best-practice conferences that provide professional development and networking opportunities for local programme delivery teams, funders and commissioners.



Commissioner

"MEND demonstrates partnership working at its very best. Everyone gave a little bit to deliver the whole programme, yet it met everyone's individual targets"

~Sarah Barnes, Public Health Clinician, Great Yarmouth & Waveney PCT

From research into action

We believe evidence is critical. In the UK MEND has a 20 year research partnership with the UCL Institute of Child Health and the Great Ormond Street Hospital for Children NHS Trust. All our work is evidence-based and we have an impressive body of our own published research including many peer reviewed papers and abstracts. We have successfully completed a Randomised Controlled Trial (RCT), the gold standard of research, which showed statistically significant improvements at 12 months. A further UK RCT to evidence longer term sustainability is underway. MEND also has 'real-world' data on over 6,000 families whose results are broadly aligned to the positive outcomes achieved during the first RCT. Read more about our research at: www.mendcentral.org

Programmes that work effectively at scale

With more than 150 million overweight and obese school-age children worldwide*, there is a clear need for programmes that can be commissioned on an industrial scale to deliver replicable results. MEND has already been selected for large-scale rollouts by the Welsh Assembly Government and the state governments of Victoria and New South Wales in Australia. [**Source: Lobstein, Baur & Uauy (2004)*]

Solid infrastructure

Our robust central infrastructure, our 'train the Leader' approach and our continuous improvement team enable delivery of programmes to a consistent standard across the country. Central to this is our secure Online Management and Monitoring System (OMMS) which captures family data and health outcomes. It offers families, funders and commissioners a range of reports that track progress and outcomes. This bespoke system also provides programme delivery teams with a whole range of practical resources to run programmes efficiently: family recruitment posters & flyers, participant questionnaires, and multi-cultural handouts.

Private Sector

"Our collaboration with the MEND Programme delivers significant health and social benefits to our public sector clients and makes our reputation stand out in an increasingly competitive market"

~ Richard Millard, Client Relations and Sports Development Director, DC Leisure Management



Our graduate support services

Each of our ten week interventions is followed by up to two years of post-programme support that helps children and families sustain healthy behaviour change. As well as guidance on sustainable funding and support strategies for local delivery partners, we offer online resources and quarterly newsletters to all children and parents who complete their programme.



Partnering for mutual benefit

We have a long track record of working effectively with public and private sector partners. Here's a flavour of who we're working with and how:

Over 60 NHS Primary Care Trusts and Local Authorities have commissioned MEND Programmes to date and more than 100 other partners have supported programme delivery.

Thanks to an £8m grant from the Big Lottery Fund, 19,000 families will benefit from a place on a MEND Programme.

We have a long-standing relationship with Sainsbury's who have generously donated £3m including staff time to support our nationwide programme roll-out and development of new services.



Did you know?

MEND services can now be commissioned through a new Government Framework after successful completion of a rigorous selection process. The Child Weight Management Programme and Training Providers Framework has been established by the Cross-Government Obesity Unit to support local areas in commissioning weight management services for children and young people.
Search: [child weight framework](#)



Why mend?

It works! Our flagship MEND Programme has the largest evidence base for a community-based weight management programme of its type

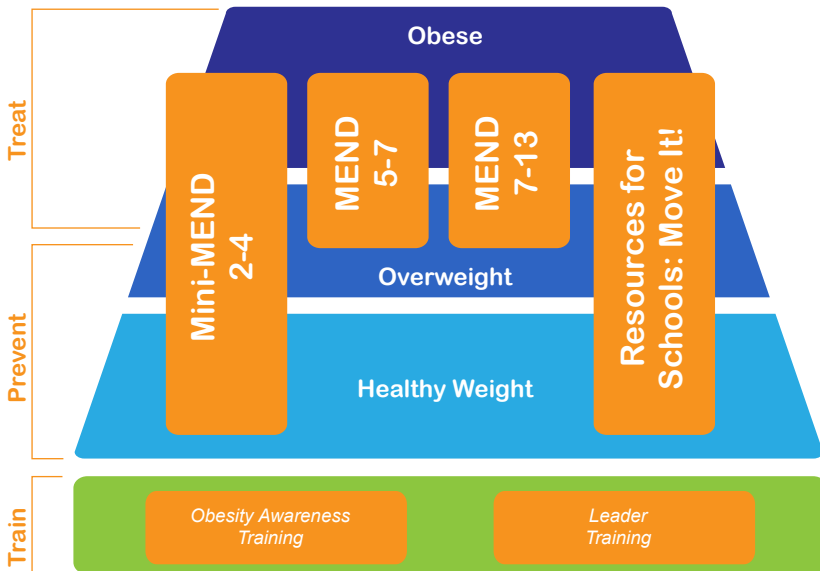
Delivery by trained non-specialists enabling cost-effective rollout to large populations

Comprehensive and practical support from our experienced team

Sustainable and replicable thanks to community involvement and comprehensive MEND resources

We continuously improve our programmes to reflect new evidence, guidelines and feedback from families, commissioners and delivery teams

mend Programmes and Resources



If you'd like
to know more,
we'd love to
hear from you.



Please contact us at:

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www.mendcentral.org