

## Healthy Weight for Children

Action Plan 2024 - 2028

An implementation guide for Level 0, 1a and 1b of the  
Model of Care for the Management of Overweight and  
Obesity for Children & Young People.



# Stronger Together: cross- agency co-production to influence policy on childhood obesity

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Programme  
25<sup>th</sup> June 2026

# Trends in health and weight for children

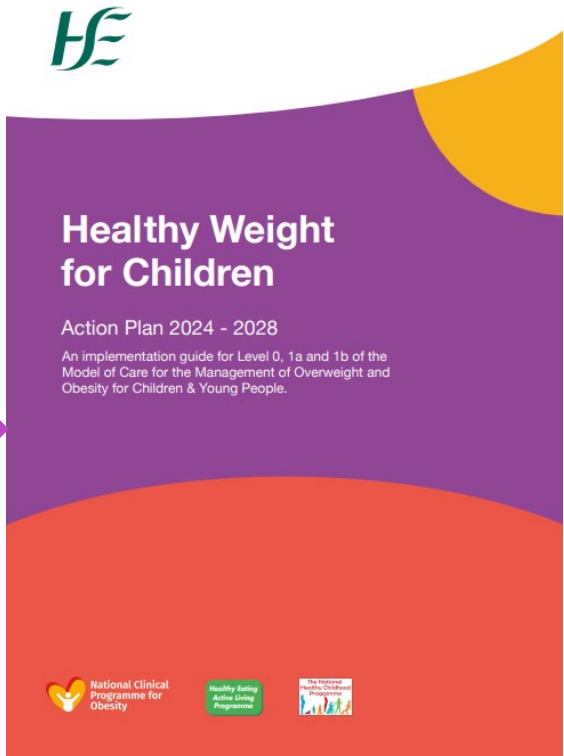
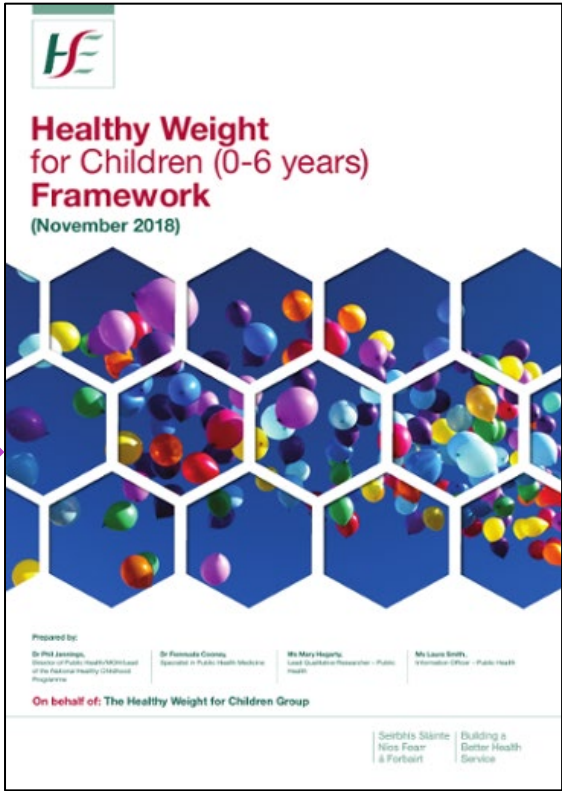
**1990 → 2005/06**  
**More than doubled across all  
age groups**

**Ages 3–9**  
**Peaked around 2005–2008**

**Older children**  
**No sustained levelling off**

**Disadvantaged groups**  
**Disproportionately higher  
prevalence**

# Policy context



*Putting an early childhood Lens (from birth to 6 years) on the national obesity Policy, 2019*

*Framework put it into practice in the HSE in 2021 with a focus on birth to 12. Current plan 2024-2028*



# Healthy Weight for Children Action Plan

Covers national actions and regional outcomes in these five areas

**Action Area 1: Maintain effective governance, implementation and monitoring structures**

**Action Area 2: Provide training and supports to enable health professionals intervene at critical points pre-conceptually and as part of the Universal Child Health Programme.**

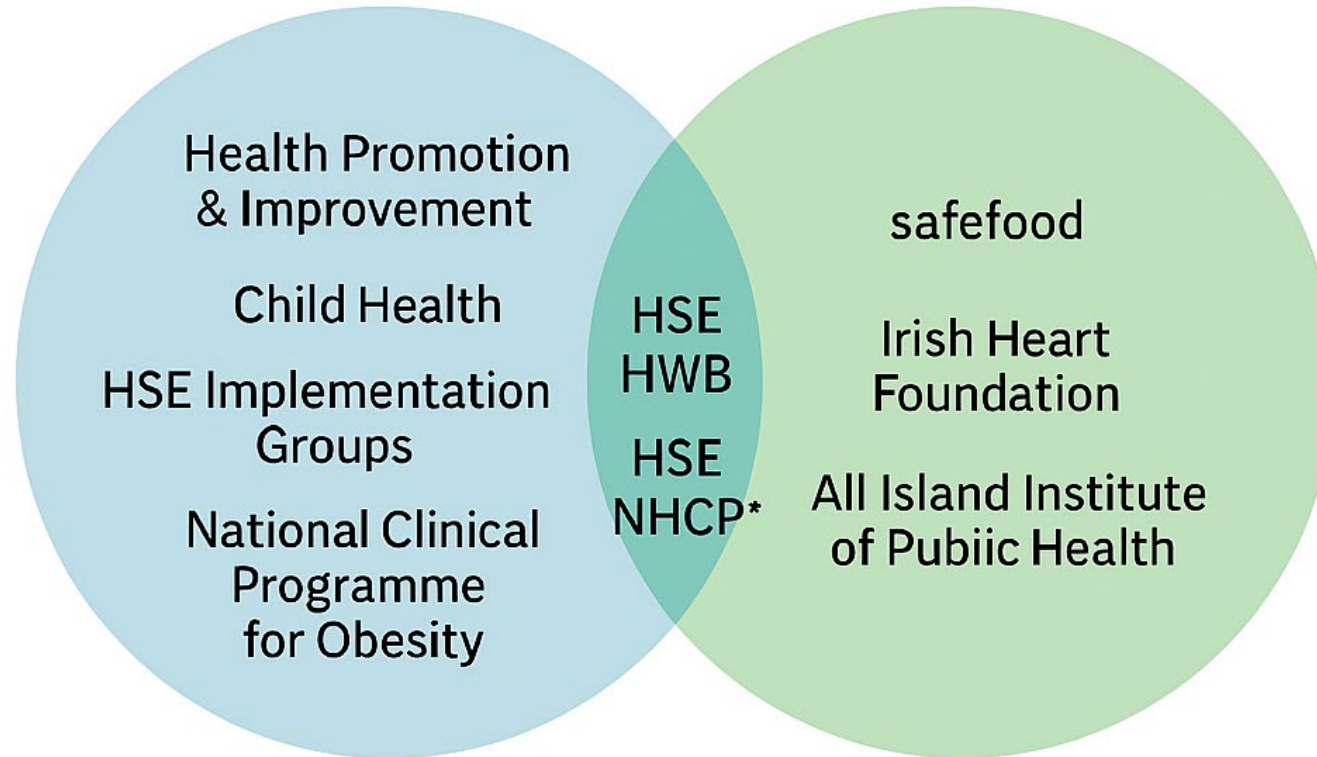
**Action Area 3: Provide consistent information, messaging and communications on healthy weight and lifestyles**

**Action Area 4: Work with a range of partners and sectors to support a population approach to creating healthy lifestyles including delivery of sustainable, effective, community based healthy lifestyle interventions**

**Action Area 5: Improve population monitoring and data collection**

# Healthy Weight for Children Groups at National Level

**HWfC  
HSE  
Steering  
Group**

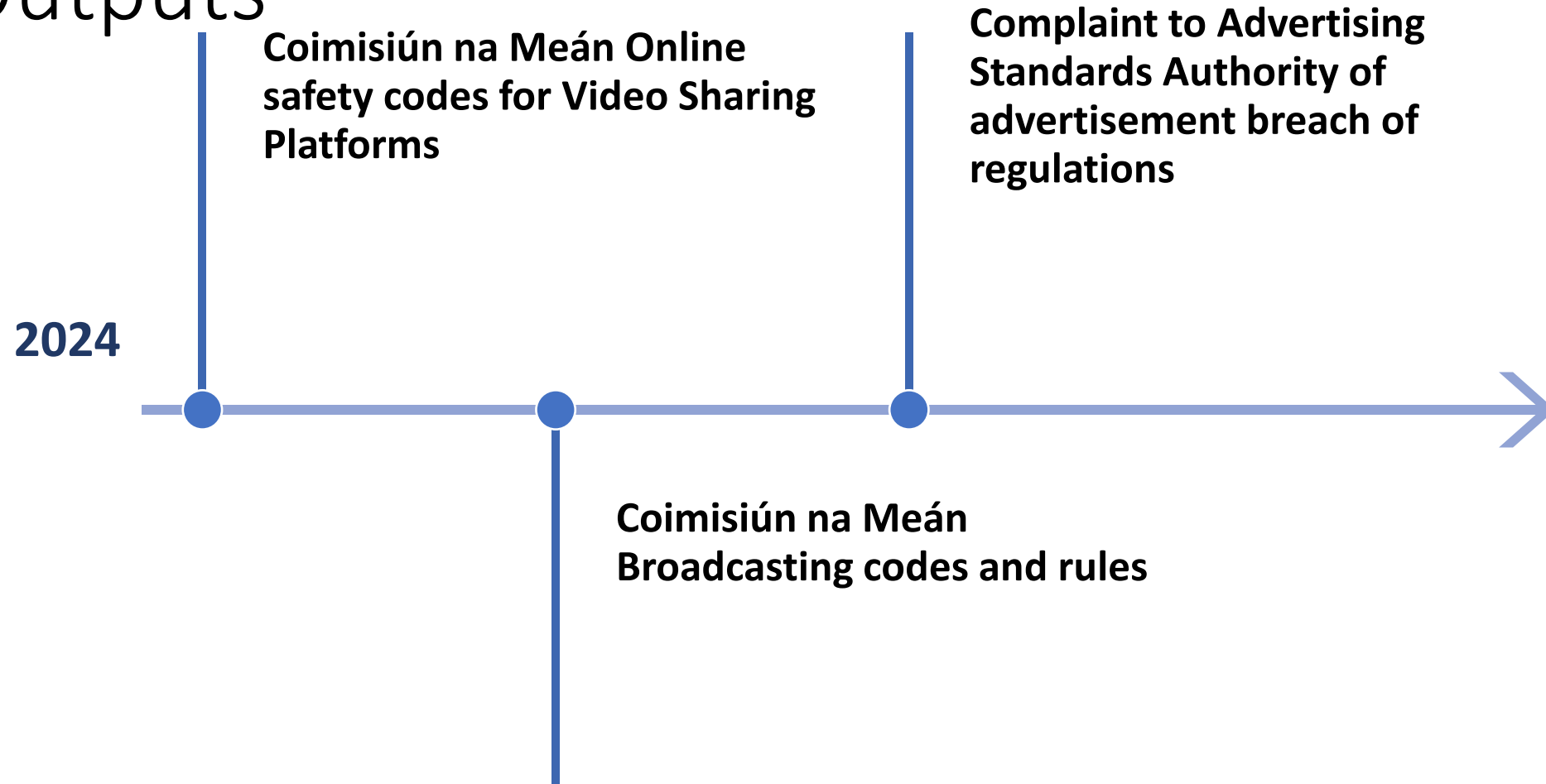


**HWfC  
Policy  
Group**

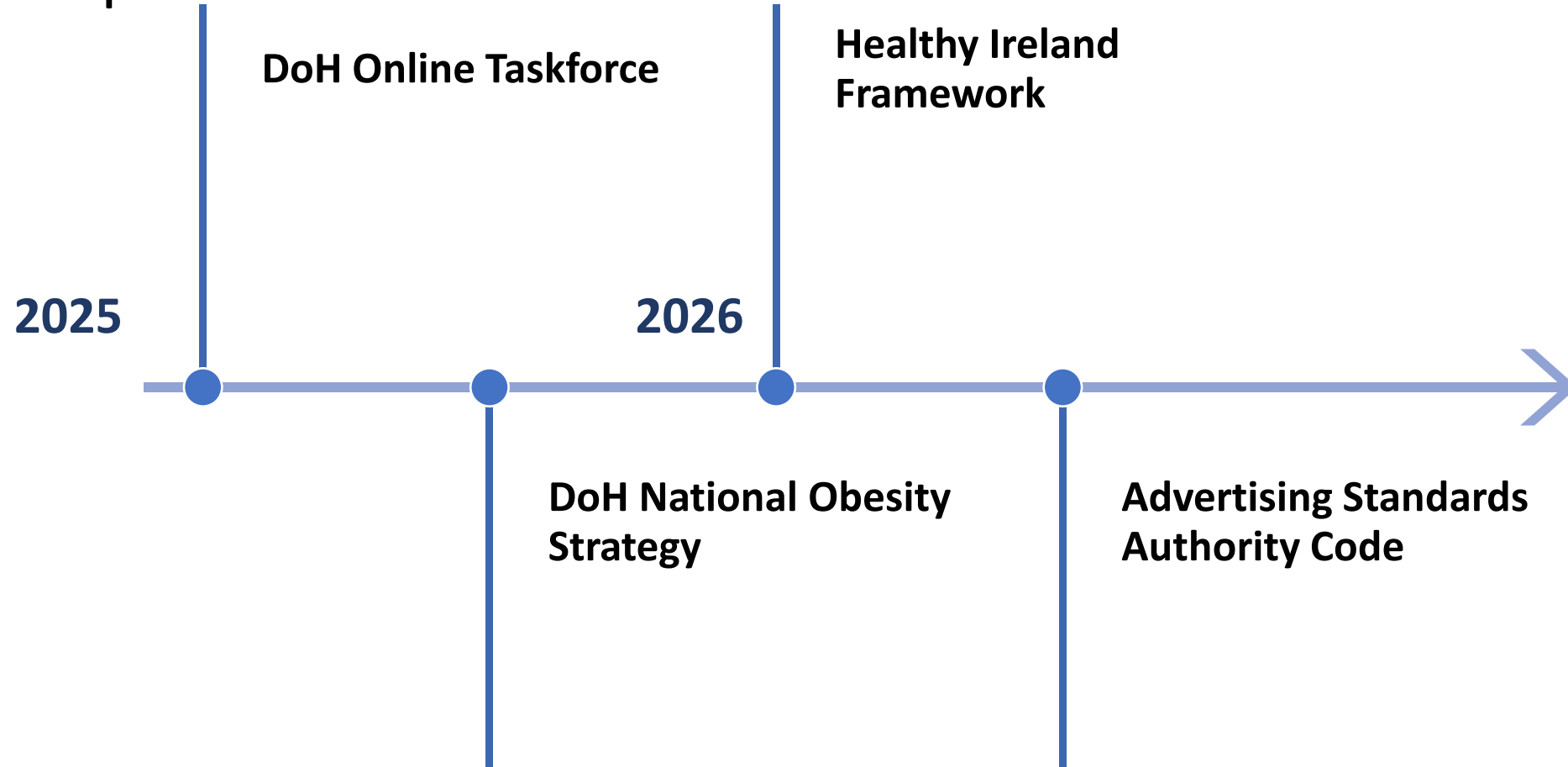
HWB = Health & Wellbeing

\*\*NHCP= National Healthy Childhood Programme

# Outputs



# Outputs



# Outcomes

