



Living Well North Tyneside

Supporting Health and Wellbeing

Eating a nutritious and balanced diet is key to maintaining a healthy weight, and to helping us generally feel better overall. Some of the benefits you'll notice by improving your diet include:

- increased energy and stamina
- improved sleep and concentration
- a positive impact on your mood and well-being
- helps to maintain a healthy body weight
- lowers the risk of developing chronic health conditions such as heart disease and cancer

The Eatwell Guide [here](#) shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.

For more information and support on losing weight, visit the NHS Better Health website [here](#). Better Health has lots of free tools and support including a free 12-week NHS weight loss plan which you can download. The free plan can help you to create healthier eating habits, become more active, and start losing weight.

Local weight management support:

If you would like to find out information on the local weight management support options that the council offer for both adults and families, please visit the Active North Tyneside website [here](#).

To find out information on Northumbria Healthcare Trust's specialist weight management programme please click [Northumbria Specialist Weight Management Service](#)

Breastfeeding

Giving nothing but breast milk is recommended for about the first six months (26 weeks) of your baby's life. The longer you breastfeed, the longer the protection lasts and the greater the benefits. Breast milk is perfectly designed for your baby and protects a baby from infections and disease.

There is very good evidence that breastfeeding has a significant impact upon the short and long term health of both women and infants.

You can find more support on breastfeeding by visiting the <https://my.northtyneside.gov.uk/category/1231/childrens-public-health-service-0-19> >0-19 Children's Public Health web pages.

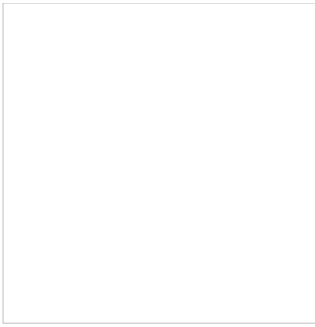
Healthy Start

Healthy Start is a UK-wide public health scheme that provides financial support for pregnant women and families (subject to eligibility criteria) with their food shopping.

The Healthy Start card can be used to buy things like fresh, frozen or tinned fruit and vegetables, as well as vitamins.


Find out more on the <https://my.northtyneside.gov.uk/category/1231/childrens-public-health-service-0-19> >0-19 Children's Public Health web page.





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