

Reference List

Birch, L. (2001) *Childhood overweight: a contextual model and recommendations for future research*. Available at:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2530932/#R11> (Accessed: 4th July 2021)

Birch, L. (2001) *Childhood overweight: a contextual model and recommendations for future research*. [On-Line] Available at:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2530932/#R11> (Accessed: 4th July 2021)

Bupa, (2021) *Obesity Children*. Available at: <https://www.bupa.co.uk/health-information/childrens-health/obesity-children> (Accessed: 4th July 2021)

Department of Education, (2013) *Food in Schools Policy*. Available at:

<https://www.education-ni.gov.uk/sites/default/files/publications/de/healthy-%20food-for-healthy-outcomes---food-in-schools-policy---english-version.pdf> (Accessed: 2nd July 2021)

Food Active, (2018) *Poverty and Childhood Obesity: A 21st Century Role Reversal*.

Available at: <https://foodactive.org.uk/poverty-and-childhood-obesity-a-21st-century-role-reversal/> (Accessed: 2nd July 2021)

Foodexposed, (2014) *Years added to life. Healthy lifestyle acts as preventative measure against four known risk factors*. [On-Line] Available at:

<http://foodexposed.co.za/years-added-to-life-healthy-life-style-acts-as-preventative-measure-against-four-known-risk-factors/> (Accessed: 2nd July 2021)

Gaspar, M. (2009) *Multi-agency Working in the Early Years: Challenges and Opportunities*. Sage Publications: London.

Government.uk, (2020) *Childhood Obesity applying all our health*. Available at:

<https://www.gov.uk/government/publications/childhood-obesity-applying-all-our-health/childhood-obesity-applying-all-our-health> (Accessed: 2nd July 2021)

Government.uk, (2020) *Childhood Obesity applying all our health*. [On-Line]

Available at:

<https://www.gov.uk/government/publications/childhood-obesity-applying-all-our-health/childhood-obesity-applying-all-our-health> (Accessed: 2nd July 2021)

Government.uk, (2019) *UK Chief Medical Officers; Physical Activity Guidelines*. Available at:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/832868/uk-chief-medical-officers-physical-activity-guidelines.pdf

(Accessed: 3rd July 2021)

Harvard University, (2021) *Obesity Prevention Source*. [On-Line] Available at:

<https://www.hsph.harvard.edu/obesity-prevention-source/obesity-consequences/>

(Accessed: 2nd July 2021)

Hwb Wales, (2013) *Definitions of health and well-being*. Available at:

<http://resources.hwb.wales.gov.uk/VTC/2012-13/22032013/hsc/eng/unit-4/u4-dohawb.htm> (Accessed: 3rd July 2021)

Hwb Wales, (2020) *Area of Learning and Experience Health and Well-being*.

Available at: <https://hwb.gov.wales/curriculum-for-wales/health-and-well-being/designing-your-curriculum> (Accessed: 2nd July 2021)

Lifestyle Physicians, (2018) *Lifestyle Physicians, Integrative, Health Center, Warrenton*. [On-Line] Available at:

<https://www.pinterest.co.uk/pin/275634439673770728/> (Accessed: 2nd July 2021)

NHS, (2021) *Changes4life*. Available at: <https://www.nhs.uk/change4life/activities>

(Accessed: 3rd July 2021)

Peace Health, (2021) *Childhood Obesity (Holistic)*. Available at:

<https://www.peacehealth.org/medical-topics/id/hn-4020004> (Accessed: 4th July 2021)

Pharmaceutical Journal, (2002) *Social determinants of health and illness*. [On-Line]

Available at: <https://pharmaceutical-journal.com/article/feature/3-social-determinants-of-health-and-illness> (Accessed: 2nd July 2021)

Public Health England, (2016a) *The Eatwell Guide*. [On-Line] Available at:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf (Accessed: 2nd July 2021)

Public Health England, (2016) *The Eatwell Guide; How does it differ to the Eatwell plate and why?* Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/528201/Eatwell_guide_whats_changed_and_why.pdf (Accessed: 2nd July 2021)

Public Health England, (2017) *National Diet and Nutrition Survey: Results from Years 1, 2, 3 and 4 (combined) of the Rolling Programme (2008/2009 – 2011/2012) Executive summary.* Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/594360/NDNS_Y1_to_4_UK_report_executive_summary_revised_February_2017.pdf (Accessed: 3rd July 2021)

Public Health England, (2018) *Promoting healthy weight in children, young people and families: A resource to support local authorities.* Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/750679/promoting_healthy_weight_in_children_young_people_and_families_resource.pdf (Accessed: 4th July 2021)

Public Health Network, (2021) *Well-being of Future Generations (Wales) Act 2015.* [On-line] Available at: <https://www.publichealthnetwork.cymru/en/topics/policy/well-being-of-future-generations-wales-act-2015/> (Accessed: 3rd July 2021)

Davies, S. (2019) *Time to Solve Childhood Obesity.* Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/837907/cmo-special-report-childhood-obesity-october-2019.pdf (Accessed: 4th July 2021)

Davies, S. (2019) *Time to Solve Childhood Obesity.* [On-Line] Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/837907/cmo-special-report-childhood-obesity-october-2019.pdf (Accessed: 4th July 2021)

Save the Children, (2021) *Nutrition, A Matter of Life and Death.* Available at: <https://www.savethechildren.org.uk/what-we-do/policy-and-practice/our-policy-areas/nutrition> (Accessed: 4th July 2021)

South Wales Argus, (2021) *Cycling Wales announce raft of post-lockdown events*. [On-Line] Available at: <https://www.southwalesargus.co.uk/sport/18615395.cycling-wales-announce-raft-post-lockdown-events/> (Accessed: 4th July 2021)

Statnews.com, (2019) *It's time to change the definition of 'health'*. Available at: <https://www.statnews.com/2019/07/17/change-definition-health/> (Accessed: 3rd July 2021)

The Royal Mint, (2014) *The New Pound Coin*. [On-Line] Available at: <https://www.royalmint.com/discover/uk-coins/new-one-pound-coin/> (Accessed: 3rd July 2021)

Thomas, A. and Lewis, A. (2016) *An introduction to the Foundation Phase*. London: Bloomsbury Publications.

Thirlaway K, Upton D. (2009) *The Psychology of Lifestyle: Promoting Healthy Behaviour*. Abingdon: Routledge.

United Nations Children's Fund, (1998) *The State of the World's Children*. Oxford University Press; Oxford.

Welsh Government, (2008) *Food and Fitness in the curriculum*. Available at: <https://hwb.gov.wales/api/storage/df7c7708-330e-4c3a-b649-4722d9639cda/food-and-fitness-in-the-curriculum-in-wales.pdf> (Accessed: 4th July 2021)

Welsh Government, (2008a) *Food and Fitness in the curriculum*. Available at: <https://hwb.gov.wales/api/storage/df7c7708-330e-4c3a-b649-4722d9639cda/food-and-fitness-in-the-curriculum-in-wales.pdf> (p.14) (Accessed: 4th July 2021)

Welsh Government, (2015) *Well-being of Future Generations (Wales) Act 2015*. [On-line] Available at: <https://www.youtube.com/watch?v=rFeOYlxJbmw&t=2s> (Accessed: 3rd July 2021)

Welsh Government, (2016) *Soft Drinks Industry Levy*. Available at: <https://www.gov.uk/government/publications/soft-drinks-industry-levy/soft-drinks-industry-levy> (Accessed: 3rd July 2021)

Welsh Government, (2017) *Welsh Tax Policy Report*. Available at:

<https://gov.wales/sites/default/files/publications/2018-06/welsh-tax-policy-report.pdf>

(Accessed: 3rd July 2021)

Welsh Government, (2020) *Revised guidance for schools in Wales: supporting children eligible for free school meals*. Available at: <https://gov.wales/free-school-meals-coronavirus-guidance-schools>

(Accessed: 4th July 2021)