

**SECTION 3      Questions 28–40**

Read the text below and answer Questions 28–40.

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## ***City's 'Henry' programme gives children choices while helping parents stay in the driving seat***

Leeds has become the first city in the UK to report a drop in childhood obesity after introducing a programme called 'Henry' to help parents set boundaries for their children and put them off sweets and junk food. Only a few cities in the world, notably Amsterdam, have managed to cut child obesity. As in Amsterdam, the decline in Leeds is most marked among families living in the most deprived areas, where the problem is worst and hardest to tackle.

'The improvement in the most deprived children in Leeds is startling,' said Susan Jebb, a professor of diet and population health at Oxford University, whose team has analysed the city's data. Over four years, obesity has dropped from 11.5% to 10.5% and the trajectory is steadily downwards. Among the more affluent families, there was also a decline from 6.8% to 6%. Overall the drop was from 9.4% to 8.8%. The data comes from the national child measurement programme (NCMP), which requires all children to be weighed at the start and end of primary school. The biggest decline in obesity in Leeds is 6.4% in the reception class, at about the age of four.

No such data has been reported elsewhere in the UK, where childhood obesity is a major concern. The measurement programme shares the progress made in each city with those considered comparable. For Leeds, the 15 closest 'neighbours' at the start of its study period in 2009 were Sheffield, Kirklees, Bristol, Newcastle upon Tyne, Coventry, Bolton, Wakefield, Derby, Bradford, Dudley, Medway, Liverpool, Swindon, County Durham and Warrington. The obesity rates there and across the country have not shifted. Susan Jebb added that the dropping rate in Leeds appeared to be a trend. 'This is four years, not one rogue data point,' she said at the European Congress on Obesity in Glasgow where she presented the research.

Jebb, a former government adviser, says they cannot be sure what has turned the tide in Leeds – but it could involve a programme called 'Henry' that the city introduced as the core of its obesity strategy in 2009, focusing particularly on the youngest children and poorest families. 'Henry' (Health, Exercise, Nutrition for the Really Young) supports parents in setting boundaries for their children and taking a positive stance on issues from healthy eating to bedtimes.

'Henry's' chief executive, Kim Roberts, said the drop in obesity in Leeds was 'unprecedented ... The indicators are that this isn't happening in other cities'. The programme encourages authoritative rather than authoritarian parenting, she said. 'Authoritarian parenting is when children are told what to eat and what to do, such as being banned from leaving the table until they have eaten their sprouts,' said Roberts. 'Permissive parenting is asking children what they want to do. But 'Henry' encourages a third approach known as authoritative parenting, where parents make it clear they are in charge, but also respond to their children.' Instead of being asked what vegetable they want with dinner, children might be asked whether they would like carrots or broccoli. Instead of being told to go to bed, they are asked where they want to read their story beforehand.

Lisa, who joined a 'Henry' parenting course when her oldest daughter was two, is enthusiastic about her family's experience of the programme. She learned a lot about healthy eating, saved money by planning meals and lost two stone herself. 'I think it made me a better parent because of all the parenting skills stuff. I was able to share some of the ideas with my partner and as a result the kids became calmer and happier, which helped us feel less stressed too,' she said.

Janice Burberry, the head of public health at Leeds city council, said the early years were a good time to intervene to support families. 'Parents want to do the best for their children,' she said. 'We wanted to focus on prevention because it's very, very difficult when obesity has taken hold to tackle it. We understand that there is no magic bullet here. Parents are experts in their own lives, and they know what they can and can't achieve. The strategy of 'Henry' is about sitting alongside parents and thinking through what's right for them.'

The public health minister, Seema Kennedy, was enthusiastic. 'There are some fantastic pockets of work happening in early years already, and while still in the early phases, it is encouraging to see what can be achieved locally through interventions like this,' she said. 'I know how hard it can be for busy parents to make healthy choices for their families, so anything that can make it easier is a real lifeline.'



## Questions 28–31

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Choose the correct letter, **A**, **B**, **C** or **D**.

Write the correct letter in boxes 28–31 on your answer sheet.

- 28** In the first paragraph, what does the writer say about Amsterdam?
- A** Its 'Henry' programme was recommended to Leeds experts.
  - B** It was the first world city to reduce obesity levels in children.
  - C** It has experienced more severe childhood obesity levels than Leeds.
  - D** Its pattern of success in cutting childhood obesity is like that of Leeds.
- 29** How did Susan Jebb respond to the fall in childhood obesity among poorer children in Leeds?
- A** She said she had expected it.
  - B** She said she was amazed by the figures.
  - C** She wanted to review some of her team's data.
  - D** She felt some results were more interesting than others.
- 30** According to the writer, the NCMP data indicate that
- A** children should be weighed more frequently.
  - B** most primary school children need to lose weight.
  - C** children from wealthy families have less weight to lose than others.
  - D** the youngest children show the highest levels of weight loss.
- 31** What links the 15 places listed in the third paragraph?
- A** They are not representative of the country overall.
  - B** They all joined the 'Henry' programme at the same time.
  - C** Their childhood obesity levels have remained the same since 2009.
  - D** They are battling childhood obesity in a different way from Leeds.

Questions 32–35

Look at the following statements (Questions 32–35) and the list of people below.

Match each statement with the correct person, **A**, **B**, **C** or **D**.

Write the correct letter, **A**, **B**, **C** or **D**, in boxes 32–35 on your answer sheet.

**NB** You may use any letter more than once.

- 32** The aim in Leeds was to take steps to stop weight gain among children before it became a real problem.
- 33** Childhood obesity levels in Leeds have fallen consistently over a period of time.
- 34** Something that simplifies the struggle to get children to eat well is very helpful to parents.
- 35** Parents in general are realistic about their potential to make changes to their children's lifestyle.

**List of People**

- A** Susan Jebb
- B** Kim Roberts
- C** Janice Burberry
- D** Seema Kennedy

## Questions 36–39

Complete the summary below.

Choose **ONE WORD ONLY** from the text for each answer.

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Write your answers in boxes 36–39 on your answer sheet.

### The 'Henry' programme

'Henry' was used in Leeds from 2009 in the fight against childhood obesity. The programme focuses on situations such as mealtimes and bedtimes, and it encourages parents to set firm **36** ..... during these periods.

According to Kim Roberts, 'Henry' aims to help people become more **37** ..... as parents. In this way, they do not instruct children to do things, nor give them total freedom of choice as in a **38** ..... parenting style. Instead, they allow children to make some decisions for themselves. This might be a choice of vegetable at the dinner table or a decision about where a **39** ..... should be enjoyed in the evening.

Lisa, a parent who joined the programme, felt enthusiastic about her children's responses to it and the effect it had overall on her family.

## Question 40

Choose the correct letter, **A**, **B**, **C** or **D**.

Write the correct letter in box 40 on your answer sheet.

Which title is the most suitable for the text?

- A** A look at what 'Henry' has achieved in Leeds
- B** 'Henry's the best,' according to Leeds children
- C** Leeds parents discuss how 'Henry' has helped them
- D** It's all about saying 'no', according to 'Henry'