

Healthy weight in childhood

Key messages

August 2016



Healthy weight in childhood clinical advisory group

Healthy weight in childhood work in the South Island is overseen by the South Island Healthy Weight in Childhood Clinical Advisory Group (SI CAG). Meetings are open to the chairs of the South Island DHB local implementation groups. The group is facilitated by Jane Haughey, South Island Alliance Programme Office.

Progress on the five aims in the Childhood Healthy Weight Plan

Aim 1: Prevention

SI CAG has met with the South Island Public Health Partnership to discuss current and potential prevention initiatives.

Aim 2: Identification of who to refer

Difficult and motivational conversations by clinicians may be needed before families/caregivers of overweight children are able to make lifestyle changes. Gravida Healthy Start Workforce Project provides training around difficult conversations. This training is delivered free of charge with funding from the Ministry of Health. Motivational conversation training for clinicians is available from organisations and psychologists, such as Dr Mark Wallace-Bell from Canterbury University.

Aim 3: Management

- *BeSmarter*: For consistency, BeSmarter, the Waikato DHB one-page conversation starting tool is recommended as an option for first-line use by health staff across the South Island. It is currently being translated into Samoan and Tongan and this is progressing well. Canterbury DHB is hosting a Waikato DHB staff member for BeSmarter training for Canterbury B4SC nurses in September.
- *Triple P Healthy Lifestyles Group (Triple P HLG)*: To allow a greater variety of evidence-based treatment options in the South Island, the New Zealand first training of Triple P HLG intervention is now scheduled for South Island DHBs in October 2016. Up to 20 facilitators will train at this intake. Jane Haughey is coordinating this training.

Aim 4: New child weight evaluation points

Evaluation is planned for Triple P HLG intervention and other South Island weight interventions, to assess the long-term impacts on body mass index. Consultation with PHOs is planned around evaluation outcomes and processes.

Aim 5: Local and national coordination and linkages

- The government's new child healthy weight advocate, Prof Hayden McRobbie, is planning to visit South Island DHBs from September 2016. He will progress national issues, such as a possible online BMI calculator.
- Professor Barry Taylor (chair of SI CAG) has been involved in peer reviewing the Ministry of Health's child weight management guidelines for 5–18 year old children.

For more information, contact facilitator Jane Haughey on 027 512 6122 or jane.haughey@siapo.health.nz.