

Childhood healthy weight

A quarterly update from the South Island Clinical Advisory Group
for childhood healthy weight (SICAG) August 2017



In our last update we asked if you wanted to continue hearing from us – and you do. In response to feedback these updates will switch from monthly to quarterly and focus on what you want to hear about – local initiatives, regional work and available resources. So here it is, our first quarterly update. If you have any feedback, we'd love to hear it. Please email SICAG facilitator jane.haughey@siapo.health.nz or talk to your local SICAG member (details below).

A bird's eye view – healthy weight resources by district *(Note: these lists are not exhaustive)*

West Coast

- Community nutrition programme
- Community and specialist dietitians
- Green Prescription
- BeSmarter
- Incredible Years Parenting Programme

Contact: [Jenni Stephenson](#)

Nelson Marlborough

- Active Families
- Toddler Better Health (formally MEND)
- Community nutrition services
- Green Prescription
- Triple P HLG (coming)

Contact: [Andrew Goodyear](#)

Southern

- Active Families
- BeSmarter
- Green Prescription (LMC referral)
- Public health nursing service (B4SC referral)
- Health promoting schools
- Water only schools
- Fruit in Schools

Contact: [Thelma Brown](#)



South Canterbury

- Fruit in Schools
- WAVE
- Green Prescription
- BeSmarter

Contact: [Teresa Back](#)

Canterbury

- Healthy lifestyles coordinator
- Triple P HLG
- Active Families
- Appetite for Life
- Green Prescription
- BeSmarter

Contact: [Wayne Turp](#)

On track for a healthier future



Camille Jeffrey felt she was doing everything possible to maintain her daughter Makayla's weight but it continued to increase. Following a discussion with her GP, Camille signed up for the 17-week Triple P Healthy Lifestyles Group programme. She is one of the South Island's first graduates and is grateful Makayla is more active and no longer gaining weight. [Read Camille and Makayla's story here.](#)

More stories and resources

- [Steady uptake of e-Growth Charts across South Island](#)
- To access the BeSmarter resource, contact your DHB child health portfolio manager (see contact details above).
- [Healthy weight ruler for four-year-olds](#) - a simple tool that helps parents and caregivers understand their child's weight status. Includes tips for children in the big to too big weight range.

This update is published monthly by the South Island Clinical Advisory Group for childhood healthy weight. For more information, visit: www.sialliance.health.nz/childhood-healthy-weight