

# Childhood healthy weight

A monthly update from the South Island Clinical Advisory Group  
for childhood healthy weight

December 2016



## Evaluating our progress

The South Island Clinical Advisory Group (SICAG) for childhood healthy weight is working with primary health organisations (PHOs) to develop evaluation criteria for healthy weight interventions. The aim is to evaluate children who have been referred to interventions for five years in order to assess the effectiveness of the interventions. The feasibility of extracting annual height and weight data from PHO software is being considered. Quality of life and other outcomes require further discussion around resource requirements and practicality.

## Equitable access to services

Be Smarter, the conversation-starting tool recommended as an option for first-line use by health staff across the South Island, is currently being translated into Samoan and Tongan.

## Shift of focus for 2017

In 2017, the SICAG for childhood healthy weight plans to increase its focus on the prevention of obesity and the maintenance of healthy weight for children and their families. Discussions have been held with the South Island Public Health Partnership around how we can work together. The Public Health Partnership is currently stocktaking their activities around weight.

## South Island DHB updates

### Nelson Marlborough DHB

Work is underway to improve the referral process to ensure all referrals are seen within the expected timeframes.

### Canterbury DHB

A lifestyle coordinator (for PHOs) is taking the first referrals for childhood healthy weight courses. The first Group Lifestyle Triple P programme will be held next year.

### West Coast DHB

West Coast PHO is planning to use an internet-based course for obese adults (with BMI over 30) called Melon Health:

[www.melonhealth.com](http://www.melonhealth.com)

### South Canterbury DHB

Progress is underway to introduce the BeSmarter tool.

### Southern DHB

A Healthy Weight Framework and action plan have been drafted. The framework promotes five key areas:

- family/whānau is key
- make every contact count
- partnering with community
- a prevention focus, at each stage of life (starting before pregnancy)
- tools/interventions are there when we need them.

The South Island Clinical Advisory Group wishes everyone a happy and safe holiday season.

*This update is published monthly by the South Island Clinical Advisory Group for childhood healthy weight. It contains key outcomes from the group's monthly meeting. For more information, visit: [www.sialliance.health.nz/childhood-healthy-weight](http://www.sialliance.health.nz/childhood-healthy-weight)*

