

Childhood healthy weight

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



Extending the reach of Triple P

As part of its commitment to offer a suite of referral options for general practice teams, SICAG is exploring a seminar series based on the Level 2 Triple P programme. This seminar series is suitable for large audiences, comprises three standalone 90-minute sessions and could act as a pathway to the Level 5 Group Lifestyle Triple P programme. Issues under consideration include the length of the sessions and whether they can be delivered effectively via video to remote communities.

Group Lifestyle Triple P gets underway

Canterbury's Group Lifestyle Triple P practitioners will start working with their first families in March. In Canterbury, families are referred to the Triple P programme through the Healthy Lifestyles Coordination Service. This service accepts referrals for families of 4-year-old children identified as above the 98th percentile for BMI at their B4 School Check.

BeSmarter tool translated into Samoan and Tongan

To ensure equal access to healthy lifestyle information and encourage engagement of Pacific communities, the Pacific People subgroup of SICAG engaged Malu Tulia and Tokanga Vehikite, both registered translators, to translate the BeSmarter tool into Samoan and Tongan. They have now completed this project and were presented with a meaalofa in recognition of their work. The new translated BeSmarter resource is currently being finalised for distribution.

South Island DHB updates

Nelson Marlborough DHB

In Marlborough, Active Families has received 16 referrals in the first two quarters. In Nelson/Tasman, Toddler Better Health (a MEND-based programme) has held a programme for five families. A community-based dietician service is also available, which sees large numbers of paediatric referrals from multiple sources.

Canterbury DHB

Information is being distributed to B4 School Check nurses and general practice teams and there is a steady number of referrals to the Healthy Lifestyles Coordination Service. The Active Families programme is underway with the first sessions starting in February.

West Coast DHB

The West Coast PHO has launched an online virtual coaching programme called BetaMe, which is supported by a smartphone app and the PHO's dietitians. The programme supports patients to set achievable weight loss goals and reach these through nutrition and physical advice.

South Canterbury DHB

The BeSmarter tool is being used by paediatricians and public health, and is also available to GPs and practice nurses. Referrals over the 98th percentile go to the paediatrician. Dietitians and the oral health nutritionist also receive referrals. Some DHB staff have attended the Healthy Conversation workshops and lead maternity carer midwives have been strongly encouraged to attend the next one. The WAVE programme is also being used in school and ECE settings, which has included Walking Bus and edible garden initiatives.

Southern DHB

The referral age to Active Families has been lowered to 4 years to accommodate the new health target. As a result, B4 School Check referrals have increased and the programme has been divided into two age groups – 4-7 year olds and 8-12 year olds, rather than the previous single age group of 5-12 year olds.

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

