

Healthy weight in childhood

Key messages

July 2016



The new Raising Healthy Kids target came into effect on 1 July, so how are we tracking?

Information sharing nationwide around child weight

DHBs nationwide have been invited to participate in regular monthly teleconferences with the Ministry of Health, to share information on progress and innovations toward achieving the new child healthy weight target.

BeSmarter

The SI CAG have recommended Waikato DHB's BeSmarter be rolled out regionally as a consistent resource and this is starting to occur across the South Island DHBs. The translation of BeSmarter into Tongan and Samoan is progressing.

Triple P Healthy Lifestyle Group (HLG) intervention

There will be 20 facilitators trained in Triple P HLG across the South Island. The training will take place in October.

South Island Healthy Weight in Childhood Clinical Advisory Group (SI CAG)

SICAG continues to meet monthly and is overseeing the implementation of the five aims in the childhood healthy weight programme.

Progress report from each South Island DHB:

Nelson Marlborough DHB

A local implementation group for healthy weight in childhood has been established in Nelson Marlborough DHB. The overarching aims of the group are to meet Ministry of Health targets, ensure a comprehensive service is available for children, and decrease the rates of obesity.

Canterbury DHB

An interagency steering group, Healthy Weight in Childhood (HWIC), was established in November 2015 and continues to work towards implementing a variety of childhood obesity interventions. To date, the group has adopted the Be Smarter package from Waikato DHB/Project Energize, started negotiations with Sport Canterbury to introduce Active Families, and identified three agencies suitable to deliver Triple P.

West Coast DHB

Healthy weight in childhood is a new mandate for the existing Healthy West Coast Alliance Workstream. The group is currently planning to utilise existing programmes to support parents and whānau of the small number of children expected to be identified across a wide geographical spread.

South Canterbury DHB

Healthy weight in childhood is one of the key areas of focus for South Canterbury DHB's Child Youth Alliance. This group was established in 2015 and has been involved in a number of initiatives aimed at improving the health and weight of children.

Southern DHB

Southern DHB's local implementation group for healthy weight in childhood has a vision of an integrated programme of evidence-based interventions, including parenting classes, nutrition and physical activity, delivered in a supportive and mana-enhancing manner.

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

