

Childhood healthy weight

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



New Healthy Lifestyles Coordinator for Canterbury

The introduction of the Raising Healthy Kids target last year prompted DHBs across the country to explore how to achieve better outcomes for children with unhealthy weight and their families and whānau. A key part of Canterbury's response was the establishment of a new Healthy Lifestyles Coordination Service, which is coordinated by Registered Dietitian, Lucy Carey.

Working from Pegasus Health, Lucy receives referrals for children identified as above the 98th percentile for body mass index (BMI) at their B4 School Check. "I liaise with parents and caregivers and learn about their family situation, so I can enrol them with a healthy lifestyles programme that will suit them."



Lucy Carey, Health Lifestyles
Coordinator, Pegasus Health

Canterbury has two new healthy child weight programmes on offer in 2017: Triple P Healthy Lifestyles and Active Families. Lucy thinks many families are drawn to Triple P because it allows parents to meet each other and teaches parenting strategies as well as educating about nutrition and physical activity. "It doesn't just tell parents what to do – it's more like a toolbox of ideas that parents can pick and choose from. If you want to cut down on sugary drinks, how do you do that without tantrums? Triple P deals with those sorts of issues."

Active Families is run by Sport Canterbury. Over six months, families are visited by the Active Families Coordinator who supports them to achieve their nutrition or activity goals. Lucy says what attracts parents to Active Families is the personalised approach. "They'll walk with you to school, they'll cook with you, they'll show you different active games to play – anything that helps families achieve their goals."

Lucy is a NZ Registered Dietitian, with a Bachelor of Science (Human Nutrition) and Master of Dietetics from the University of Otago. She has worked in a variety of nutrition roles but has a special interest in public health and children's nutrition. After a few years working in Hamilton early childhood centres and primary schools to improve nutrition and physical activity, Lucy moved to work with adults at Pegasus Health in Christchurch. "I really enjoyed educating children and teachers, but felt I could make more difference working with parents. After all, they are the ones who buy the groceries and decide what their children eat."

Professor Hayden McRobbie visits the South Island

Professor Hayden McRobbie, the national Raising Healthy Kids Clinical Practice Champion for Childhood Obesity, visited the South Island on 3 March. He presented as part of the Canterbury DHB Grand Round and referred to an American online and mobile app – Change Talk – designed to help health professionals learn to manage challenging family and patient conversations regarding childhood obesity. For more information: Video: www.youtube.com/watch?v=mtO8I6C58a0 | Factsheet: www.sialliance.health.nz/changgetalk.pdf

Invitation to participate in 2017 INFORMAS report

The INFORMAS team, led by Professor Boyd Swinburn, is seeking input into its 2017 report on government progress implementing food policies and related actions. If you are interested in participating, contact Sally Mackay, sally.mackay@auckland.ac.nz, by 10 April.

The executive summary of the 2014 report can be found here:

<https://www.fmhs.auckland.ac.nz/assets/fmhs/soph/globalhealth/informas/docs/Executive%20Summary.pdf>

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