

Healthy Weight in Childhood

Key messages May 2016



South Island Alliance Childhood Healthy Weight plan

The South Island Child Health Service Level Alliance's Childhood Healthy Weight plan is a whole of South Island system approach to support Healthy Weight in children and their families. Its five aims for South Island DHBs include: (1) The prevention of overweight children in the South Island children and maintenance of a healthy weight. (2) Correct identification of children who are overweight. (3) To ensure referral to appropriate weight management interventions in their DHB. (4) Work to try and develop new child weight evaluation points to measure the success of interventions. (5) Develop local and national coordination and linkages. As part of (3), a tiered approach has been developed, with new consistent management (treatment) options under development for South Island children identified as being at an unhealthy weight. New options for South Island children will include a parenting course with nutrition and physical activity advice — Group Lifestyle Triple P.

Group Lifestyle Triple P

Group Lifestyle Triple P is an adaptation of Level 4 Group Triple P and is a multi-component intervention for families with overweight or obese children. The aim is to help parents develop effective strategies for managing their child's weight by introducing gradual permanent changes in their family's lifestyle. Group Lifestyle Triple P consists of ten 90 minute group sessions and four telephone support calls, delivered to parents/whanau and caregivers in groups of up to 10. Parents who may benefit from this programme are those who have children aged between four and 10 years old and are concerned about their child's weight and activity level. To provide Group Lifestyle Triple P to families, practitioners must have completed an active-skills training program and demonstrated their knowledge and competence in program delivery through a skills-based accreditation process. This variant of Triple P has performed well in an Australian study and will be trialled across some South Island District Health Boards, from 2016. The plan is for 20 facilitators to be trained to deliver the Group Lifestyle South Island-wide. The effectiveness of this and other interventions will then be evaluated by the South Island Clinical Advisory Group.

South Island Childhood Healthy Weight Clinical Advisory Group

The South Island Alliance Child Health Service Level Alliance (SI CHSLA) has as a priority in the 2015 - 2016 South Island Health Service Plan to develop a regional integrated obesity management programme to reduce the level of unhealthy weight (obesity) in children. The South Island Childhood Healthy Weight Program Clinical Advisory Group will build on the work completed to date on the South Island Child Health Service Level Alliance Work Plan 2015, along with the South Island DHB individual action plans. Each SI DHB has or is in the process of establishing a Local Implementation Group (LIG). The key deliverables of LIG are to work with the South Island Service Level Alliance, to implement the aims in the South Island Child Obesity Action Plan at a local/district level by sharing ideas, information and by providing support to each other and strengthening the sector's working relationships. The LIGs will vary from DHB to DHB, but it is planned that they will made up of representatives from across the child health sector, which may include paediatricians, Planning and Funding, Maori managers, Maori and Pacific health provider groups, local iwi groups, B4SC deliverers, Healthy Families, sports trusts, and the oral health sector.

Ministry of Health target

The Government has put in place a Childhood Obesity Plan. This package of initiatives within the plan aims to prevent and manage obesity in children and young people up to 18 years of age. It has three focus areas made up of 22 initiatives which are either new or an expansion of existing initiatives: Targeted interventions for those who are obese, increased support for those at risk of becoming obese and broad approaches to make healthier choices easier for all New Zealanders. By December 2017, 95% of obese children identified in the Before School Check (B4SC) programme will be referred to a health professional for clinical assessment and family based nutrition, activity and lifestyle interventions.' The target was first Introduced as a DHB accountability target in quarter two leading up to the implementation of the health target from 1 July 2016.

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