

Childhood healthy weight

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



Four-year-old weight ruler

The four-year-old weight ruler has been updated to align with Ministry of Health referral guidelines.

The ruler is a simple tool that can be used at B4 School Checks when discussing healthy weight with parents of four year olds. It clearly displays the weight ranges, from too little to too big, and includes tips for children in the big to too-big range. [Click here to view and print the four-year-old weight ruler.](#)

The weighty issue of B4 School Checks

Talking to someone about their weight can be difficult, but what do you say when it comes to a child?

Professor Barry Taylor, chair of SICAG, offers some advice for health care providers about what the BMI measure actually means and how to talk about it with parents – because we only get one chance to get it right. [Click here to read more.](#)

SICAG – who we are

The make-up of our group has undergone some changes since we began. This is what we look like now:



Chair: **Barry Taylor**,
Professor of Paediatrics and
Dean of the Dunedin School of
Medicine, University of Otago



Facilitator: **Jane Haughey**,
South Island Alliance

Melissa Kerdemelidis, Public Health Physician,
Canterbury DHB

Janine Thomson, Paediatrician, Canterbury DHB

Adell Cox, Clinical Psychologist, Southern DHB

Anna Foese, Project Manager, Well Child
Tamariki Ora Quality Improvement Project,
South Island Alliance

Victoria Bryant, Chief Public Health Nurse,
Southern DHB

Jared Cappie, Manager, Healthy Families,
Invercargill

Janet Hayward, General Practitioner,
Nelson Marlborough DHB

Api Talemaitoga, General Practitioner,
Canterbury DHB

Do you like hearing from us?

We've been sending out these key messages for exactly a year now and we thought it was time to ask your opinion. Please take the time to answer just three questions that will help us ensure our communications hit the mark: <https://www.surveymonkey.com/r/SQD39NY>

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