

# Childhood healthy weight

A quarterly update from the South Island Clinical Advisory Group  
for childhood healthy weight (SICAG) May 2018



## DHB activities and initiatives update

*A range of activities and initiatives are offered across the South Island to support families and whānau to achieve and maintain a healthy weight for their children. These are provided through a range of services in the community, which attend to the activity, nutritional and/or behavioural needs of the child.*

**What's happening in your DHB?** For more information, contact your local DHB or PHO.

**Nelson Marlborough DHB:** Active Families, Green Prescription, Better Toddler Health, proposed Triple P Healthy Lifestyle Group

**Canterbury DHB:** Triple P Healthy Lifestyle Group, BeSmarter, Appetite for Life, Green Prescription, Active Families

**West Coast DHB:** Green Prescription, Appetite for Life, Low Budget Cooking, Incredible Years, Poutini Waiora, Early Childhood Health Promoter

**South Canterbury DHB:** Fruit in Schools, WAVE (Wellbeing and Vitality in Education), Green Prescription

**Southern DHB:** Parenting classes, Active Families, Green Prescription, BeSmarter, Public Health – consistent messaging

## Introducing two new SICAG members:

### Dr Rose Laing



Rose grew up in Christchurch and has been a GP here since 1992. Alongside clinical practice, her other roles over the years have included the Continuing Education Coordinator for Canterbury GPs, and Regional Director of Training for GP registrars (Royal NZ College of GPs). She has had a variety of GP liaison roles in Canterbury DHB since then, including child health, respiratory, general medicine, older persons' health and lead GP liaison. Currently, Rose works part time as a GP at Cashmere Health, part time as a GP liaison for general medicine and in a health system integration role with Canterbury Clinical Network (CCN), and clinical lead for Collaborative Care (also under CCN) designing and implementing electronic shared care plans.

### Alison Martin



Clinical leader at Nelson Marlborough Plunket, Alison Martin is a registered nurse and midwife. She worked in midwifery for 13 years in a variety of settings, including hospital and community, and as part of a specialty regional team for women with high need (medical) pregnancies, based in Wellington. Between 2000 and 2012, Alison worked as a Plunket nurse in Taranaki and Nelson, completing the post-grad certificate in 2001. Originally from the UK, Alison immigrated to New Zealand in 1998 after enjoying a working holiday here. She became an official Kiwi citizen five years ago.

*This quarterly update is published by the South Island Clinical Advisory Group for childhood healthy weight. For more information, visit: [www.sialliance.health.nz/childhood-healthy-weight](http://www.sialliance.health.nz/childhood-healthy-weight)*