

# Childhood healthy weight

A monthly update from the South Island Clinical Advisory Group  
for childhood healthy weight

November 2016



## Childhood healthy weight online

The South Island Clinical Advisory Group (SICAG) for childhood healthy weight has a new online home on the South Island Alliance website. Here you'll find information about the group, its membership, the South Island Childhood Healthy Weight Strategic Plan and regional initiatives. Our monthly updates will also be available.

You can access the page here: <http://www.sialliance.health.nz/childhood-healthy-weight/>

## Group Lifestyle Triple P – training complete, ready for referrals

Fourteen people have completed the Group Lifestyle Triple P training – 11 from the South Island and three from the North Island. All participants achieved accreditation and families of children identified as moderately to severely obese can now be referred to this service. Here's what one participant had to say: *"The programme has some really descriptive strategies to support and motivate families to make these changes, and it also helped me make positive changes to my own family's health."*

## How will we evaluate our progress?

The SICAG for childhood healthy weight has put forward a proposal for the evaluation healthy weight interventions in the South Island. Included in the proposal is the collection appropriate data (height, weight, demographics and quality life) at 12 months, 24 months and five years.

## South Island DHB updates

### Nelson Marlborough DHB

- One representative from Nelson Marlborough DHB and one from Family Start have completed Group Lifestyle Triple P training.

### Canterbury DHB

- Six Canterbury representatives have completed Group Lifestyle Triple P training.
- A new referral pathway has been developed, with a B4School Check referrals going to both the general practice team and the new Healthy Lifestyle Coordinator, whose role is to support families around their chosen service (Triple P, Active Families, etc.).
- BeSmarter has been distributed to all general practices and other services such as Well Child Tamariki Ora.

### West Coast DHB

- Focus is currently on upskilling the workforce, improving nutrition across age ranges, exploring potential online tools for adults, and a single point of entry referral system. BeSmarter is available in school teams and training has been scheduled.

### South Canterbury DHB

- A healthy weight in childhood plan is being developed. Focus has been on training staff in BeSmarter and having difficult conversations.

### Southern DHB

- Focus has been on training staff in BeSmarter and having difficult conversations.
- The owner of a local New World supermarket in Invercargill has been appointed as a member of the Healthy Families Invercargill Leadership Group.
- Referral processes are under development and the relationship with Sports Southland is progressing.
- Training is underway for midwives and Plunket Well Child Tamariki Ora nurses, with a focus on preschool communities.

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](http://www.sialliance.health.nz/childhood-healthy-weight)

