

Childhood healthy weight

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



The Kids BMI Study



A new study, 'The Kids BMI Study', is being undertaken in the South Island through the University of Otago and Ministry of Health, commencing October 2017. The purpose of the study is to evaluate our response to the Government's Before School Check (B4SC) referral initiative. It aims to identify any gaps in service delivery, any negative effects, and to ensure the support programmes being delivered are the best possible for this age group, particularly for those most at risk.

A letter was issued to general practice last month via PHOs to introduce them to the study and alert them that some of their patients may be invited to participate. For any further queries, please contact:

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Healthy Conversation Skills – online refresher course available

An online refresher course is available for people who have previously participated in the Healthy Conversations Skills workshop run by the Healthy Start Workforce Project.

The 20-minute online course provides a rundown on the key philosophies and techniques, and can be a useful reminder for those who did the course some time ago. [You can find the refresher course here.](#)

New disc golf course coming to Invercargill

A new disc golf course in Invercargill's centrally located Queen's Park will provide families and individuals with another opportunity to get active.

Construction of the 18-hole course is currently underway and is the result of long-term collaboration between Healthy Families Invercargill, Sport Southland, Invercargill City Council, Invercargill City Council Youth Council and Disc Golf South.

The idea came from Youth Council members who identified a desire to provide youth with new physical activity opportunities, particularly in the city. Support has been positive – The Warehouse Invercargill agreed to hold a Have a Go day in their carpark and local secondary schools have expressed willingness to take part in a tournament leading up to the official launch.



Construction of Invercargill's new disc golf course is underway

Healthy Families Invercargill Manager Jared Cappie says setting up the disc golf course was not just about offering the community opportunities to be more active, but working together to create sustainable, healthy changes.

This update is published monthly by the South Island Clinical Advisory Group for childhood healthy weight. For more information, visit: www.sialliance.health.nz/childhood-healthy-weight