

Healthy weight in childhood

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

September 2016



National child weight health target champion appointed

Professor Hayden McRobbie has been appointed as the Raising Healthy Kids Clinical Practice Champion for Childhood Obesity.

Prof. McRobbie will work closely with the primary care sector and support the implementation of clinical pathways. A medical doctor with a PhD in medical psychology, Prof. McRobbie has over 16 years' experience in the provision of behaviour change interventions in the fields of smoking cessation and weight management. In September he visited Canterbury and Southern DHBs to present on his new role, find out how we are working towards the health target and identify relevant national issues.

South Island DHB updates

Nelson Marlborough DHB

- New systems have been implemented to ensure acknowledgement of referrals.
- HealthPathways have been updated to reflect the new process and the community programmes available.
- Work to align BMI measurement across providers has been undertaken.
- Three practitioners have been identified to undertake Triple P Healthy Lifestyles Group (HLG) training – two from NGOs and one from Child Development Services within Nelson Marlborough DHB. Triple P HLG will be an additional referral option.
- The focus in the coming weeks will be on developing ways of understanding referral outcomes, aligning data collection with the rest of the South Island and addressing issues stemming from quarter one reporting.

Canterbury DHB

- The healthy weight in childhood Local Implementation Group (LIG) hosted a presentation by Prof. Hayden McRobbie, which was well received.
- Three Triple P HLG intervention providers have been contracted to undergo training later this year.
- A Canterbury healthy lifestyle coordinator has been appointed, who will work for eight hours a week.
- Updates to HealthInfo are progressing.
- The local Public Health Unit will perform quality evaluation for the new child weight initiatives.

West Coast DHB

- A West Coast representative attended BeSmarter training. The train-the-trainer model will allow training to take place for local clinicians in November.
- The BeSmarter resource has been purchased for use at B4 School Checks and in all paediatric clinics.
- Work is progressing on the development of a HealthPathway.

South Canterbury DHB

- A new manager, maternity, child and youth, is to commence in October and establish a plan. Once this is in place it will be a major focus.

Southern DHB

- A framework for healthy weight is currently being developed, which aligns with national direction and the work of the South Island Alliance.

For more information about the South Island Clinical Advisory Group for healthy weight in childhood, contact facilitator Jane Haughey on 027 512 6122 or jane.haughey@siapo.health.nz.

