

## ADOPTION OF HEALTHY PRACTICES

### Primary Schools



**83%** of primary schools across NSW participate in the program (2126 schools)



**91%** encourage students to be physically active during recess and lunch



**88%** have fruit, vegetable and water break



**80%** provide nutrition and physical activity information to families

#### NEXT FOCUS AREAS TO WORK WITH THE SCHOOLS ARE:

- Implement a healthy canteen strategy (52% of participating schools are currently doing this)
- Encourage continued professional development in healthy eating and physical activity (77% are currently doing this)

FAMILIES		TARGET	STATUS
Children and Parent/Carer(s)	Go4Fun® is a ten week healthy lifestyle program for children aged 7-13 years who are above a healthy weight, and their parent/carer(s). The program helps families improve diet and physical activity levels, promote weight management and increase children's wellbeing and self-esteem. Go4Fun® is delivered face-to-face by qualified health professionals across NSW, with prioritisation of delivery within disadvantaged communities. Aboriginal Go4Fun and Go4Fun Online are currently being piloted to improve access for priority groups.	1,614 eligible children and their families will participate between July 2016 – June 2017. Pilot the Aboriginal Go4Fun program in NSW.	1,884 eligible children and their families have participated between July 2016 – June 2017. Children on average achieve significant reductions in Body Mass Index (BMI) and waist circumference; and improvements in diet, fitness, physical activity levels, confidence and self-esteem. Aboriginal Go4Fun was piloted in three Local Health Districts with seven Aboriginal communities.
Children and Parent/Carer(s)	Social marketing to motivate families to reassess their lifestyle choices and create a new, healthy normal.	Further develop the Make Healthy Normal campaign to target parent/carer(s) with children aged 5-12 years.	Make Healthy Normal was re-launched in May 2017 with a focus on families with children aged 5-12 years, men, and Aboriginal and Culturally and Linguistically Diverse communities.
Children and Parent/Carer(s)	A new trial 'Healthy Beginnings Advice by Telephone (CHAT)' is recruiting first time mothers with infants to improving infant feeding practices and preventing the early onset of childhood overweight and obesity. The intervention comprises telephone consultations or text messages following 6 mailed intervention packages at a set time over the period from the third trimester to children aged 12 months.	1050 women and their infants	Recruitment under way in four Local Health Districts.

TEENAGERS/YOUTH		TARGET	STATUS
Youth NSW	Yhunger helps disadvantaged youths to develop healthy eating and physical activity skills by training youth workers provide healthy, nutritious food and encourage regular physical activity. Run through specialist youth health and homelessness services and alternate education providers.	Program being piloted.	Sydney Local Health District continues to manage the program and is delivering it in partnership with four local health districts. Yhunger cookbooks are available for free download from the NSW Healthy Kids website and 2,000 copies have been distributed to youth services that work with marginalised young people.

#### WHAT'S NEW

A **weight status calculator** for children and teenagers aged 2-18 years has been recently developed to assist families and health professionals in determining a child's weight status. Visit the calculator at our Healthy Kids Website: <https://pro.healthykids.nsw.gov.au/calculator/>

The new **Make Healthy Normal Families page** on the Make Healthy Normal website was launched in May 2017. Visit the Make Healthy Normal Families page: [www.makehealthynormal.nsw.gov.au/finding-new-normal/families](http://www.makehealthynormal.nsw.gov.au/finding-new-normal/families)

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NSW Ministry of Health, Snapshot Childhood Overweight and Obesity – Healthy Children Initiative, September 2017.

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# Childhood Overweight and Obesity

Healthy Children Initiative

**H** healthy eating and physical activity in children are important to achieving a healthy weight, and good health, growth and development. Childhood overweight and obesity is complex and needs a systematic approach across multiple settings.

The NSW Healthy Eating and Active Living Strategy 2013-2018 provides the framework to drive partnerships across government and with key stakeholders to support children being healthy and active.

The prevalence of overweight and obesity in children has been relatively stable in NSW since 2007, with a current prevalence of 22% in 5-16 year old children (2016). However, the prevalence remains high and is a cause for concern (NSW Population Health Survey 2016).

“THE PREMIER’S PRIORITY TARGET IS TO REDUCE CHILDHOOD OVERWEIGHT AND OBESITY BY 5 PER CENT BY 2025”

Providing education and environments which support healthy eating and physical activity in children is key to establishing healthy habits in later years. The Healthy Children Initiative includes evidence based obesity prevention programs, delivered in a range of settings to achieve the Premier’s priority target of reducing childhood overweight and obesity by 5 per cent by 2025. These interventions have contributed to stabilising the increasing trend in overweight and obesity seen since 1985.

## TARGETS BY 2025

Reduce rates overweight and obesity rate of children and young people (5-16 years) by 5 per cent.



Early childhood



Primary school age children

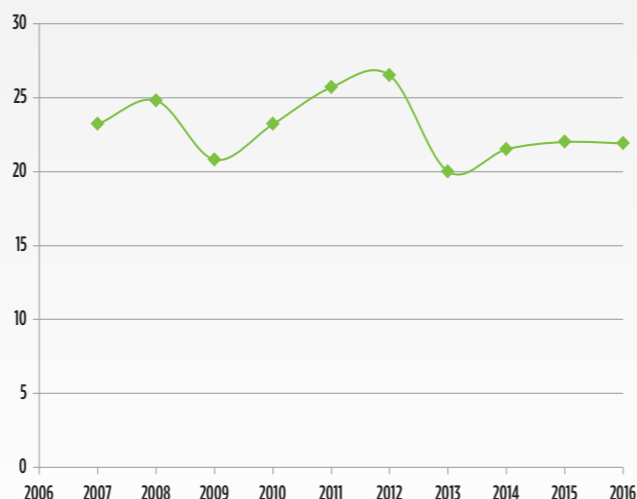


Teenagers/youth



Families

## Overweight and obesity in children aged 5 - 16 years NSW 2007 to 2015



Source: NSW Population Health Survey, Centre for Epidemiology and Evidence, NSW, Ministry of Health

## Key program elements and status

EARLY CHILDHOOD		TARGET	STATUS
Early Childhood Education and Care Services Program	Munch & Move encourages healthy eating, increased physical activity and reduced small screen recreation in children attending early childhood education and care services.	85% of centre-based early childhood services participate to June 2025. 85% of family day care service providers participate to June 2025.	91% participation – preschools, long day care services (3217 services). 20% participation - family day care service providers (83 providers).
Supported Playgroups Strategy	Recommendations and resources to create environments and deliver consistent, appropriate messages and learning experiences that support healthy eating, active play and oral health to parents/carers. Targeted at isolated and disadvantaged families.	Work with auspice organisations for wide implementation.	Online recommendations and learning activities developed. Local engagement and distribution of resources from July 2017.

### ADOPTION OF HEALTHY PRACTICES

## Centre-based Early Childhood Education and Care Services



91% of early childhood services across NSW participate in the program (3320 services)



96% include fruit and vegetables daily



96% include active play time



98% of services have written policies on nutrition

### NEXT FOCUS AREAS TO WORK WITH THE SERVICES ARE:

- Putting in place written policies on physical activity and small screen use (82% currently have one of either)
- Including daily fundamental movement skills for 3-5 year olds (72% are currently doing this)
- Encouraging services to communicate with families about healthy eating and physical activity (80% are currently doing this)
- Encourage continued professional development in healthy eating and physical activity (56% are currently doing this)

PRIMARY SCHOOL AGE CHILDREN		TARGET	STATUS
Primary School Age Programs	Live Life Well @ School enhances teacher's knowledge and skills in teaching nutrition and physical activity. Live Life Well @ School enhances teacher's knowledge and skills in teaching nutrition and physical activity. Supports schools to create environments which enable children to eat healthily and be physically active.	85% of all primary schools participate to June 2025.	83% participation (2126 schools).
Primary School Age Programs	Fruit, vegetable and water breaks such as Crunch&Sip® provide a set time when students can eat fruit or vegetables and drink water in classtime.	80% of all primary schools participate to June 2016.	88% of participating schools (1807 schools) offer this in at least 70% of classes at least 4 days per week.
Healthy School Canteen Strategy	The Healthy School Canteen Strategy for NSW schools aims to increase the availability of healthy food in school canteens and make the healthy choice the easy choice.	1700 public schools implementing the Strategy by January 2019. All NSW public schools implementing the Strategy by the end of 2019.	The Strategy was launched in Term 1 2017. Health is supporting schools to implement the strategy.
Primary School Age Programs	There are resources available to support active travel to school. A comprehensive approach is recommended, plus specific resources for developing school activities, communication, and working with local organisations.	Primary schools support active travel. A program for high schools is under development.	NSW Charter for Children's Active Travel was launched September 2014, primary school resources available online June 2015.
Junior Community Sport	Finish with the Right Stuff encourages junior community sports clubs to provide and promote healthier food and drinks at club canteens. The program also encourages kids to drink water before during and after the game. The Alcohol and Drug Foundation has been engaged to increase the reach of the program practices in NSW through its Good Sports Healthy Eating program.	200 clubs by June 2017.	172 clubs recruited from summer and winter sports codes - touch footy, surf lifesaving, soccer, netball, rugby and AFL. Accreditation of these clubs is underway. Evaluation of season 2016 is complete.