Introduction
From 1997 to 2004, the proportion of overweight and obese NSW school children increased by 5%\(^1\). The Good for Kids. Good for Life. program was implemented to address this growth.

Aim
The Good for Kids program sought to:
- improve children’s healthy eating and physical activity behaviours
- reduce the prevalence of overweight and obese children.

Method
The program built the capacity of seven community settings to deliver proven or promising obesity prevention services (Box 1).

Results
Participation by Community Settings: Up to 80% of community settings were engaged in the program (Figure 1).

Healthy eating and physical activity behaviours: Significant improvements in a range of healthy eating and physical activity behaviours were observed for children in HNE, including reduction in consumption of sweetened drinks and increases in consumption of water, fruit and vegetables, as well as time spent in physical activity (Figures 2 and 3).

Weight status: The prevalence of overweight and obesity among HNE children declined by approximately 1% per year, in contrast to a stable prevalence in NSW (Figure 4). A significant 7.4% reduction in prevalence of overweight and obesity was found for girls in school years Kindergarten, 2 and 4.

Conclusion
The findings suggest positive changes in:
- capacity of community settings to promote children’s healthy eating and physical activity
- a number of obesity related behaviours
- the prevalence of overweight and obesity in the region

The program approach has influenced service delivery both state-wide and regionally.

Translation
At the state level, the program’s capacity-building approach has informed current NSW-wide implementation of the National Preventive Partnership Healthy Children Initiative.

At the regional level, the approach continues to be applied to the delivery of child obesity prevention services to schools and child care services, and has been applied to enhancing the delivery of smoking cessation care by clinical services, mental well being programs in secondary schools, and the provision of preventive care by community health clinicians.

References
Booth M et al; NSW Dept of Health, 2006

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