

A health care system to meet our needs

The Power of Innovation

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South Eastern Sydney Local Health District



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Active Play at Playgroup: Addressing child obesity in 0-5 year olds

Acknowledgments: Libby Powell, Dian Tranter
Yona Cass, Erica Gray, Philippa Eccleston and
Sarah Morgan

A project of the Health Promotion Service,
former South Eastern Sydney and Illawarra Area
Health Service



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Our Innovation: How We Improved Care/Services

Aim

To reduce obesity risk factors in disadvantaged children (0-5 years) and their families by promoting active play in supported playgroups

Active Play is the term used to describe children's physical activity



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Our Focus is Prevention

- Target 'well' population
- Long term impact → reduce chronic disease
- Health promoting environment



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Benefits to the Community

Reached 72 playgroups → 850 families

Increases in:

- Active play provided at playgroup
- Active play equipment available
- Awareness of active play messages
- Information provided to parents/carers
- Active play in families



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Our Inspiration: the Start of the Journey

Childhood obesity is a complex issue:

20% preschool children overweight/obese

- Healthy eating, physical activity and sedentary behaviours
- Role of family
- Role of environment
- Higher rates in disadvantaged communities

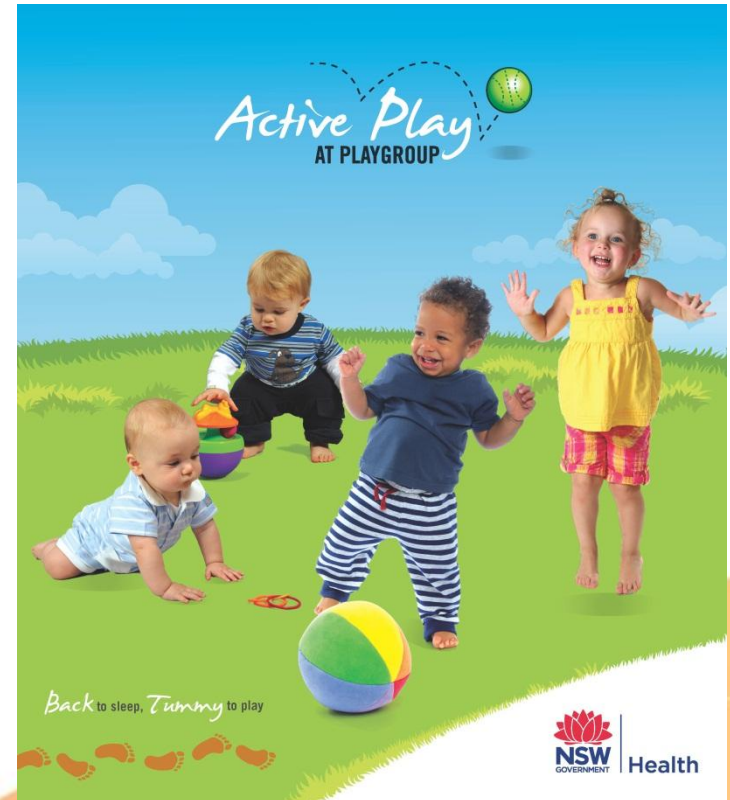


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Why SPG setting?

- Built on previous work in childcare
- Supported playgroups - statewide prevention and early intervention strategy
- Address equity



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A Small Spark

Small healthy eating project,
linked with Families NSW



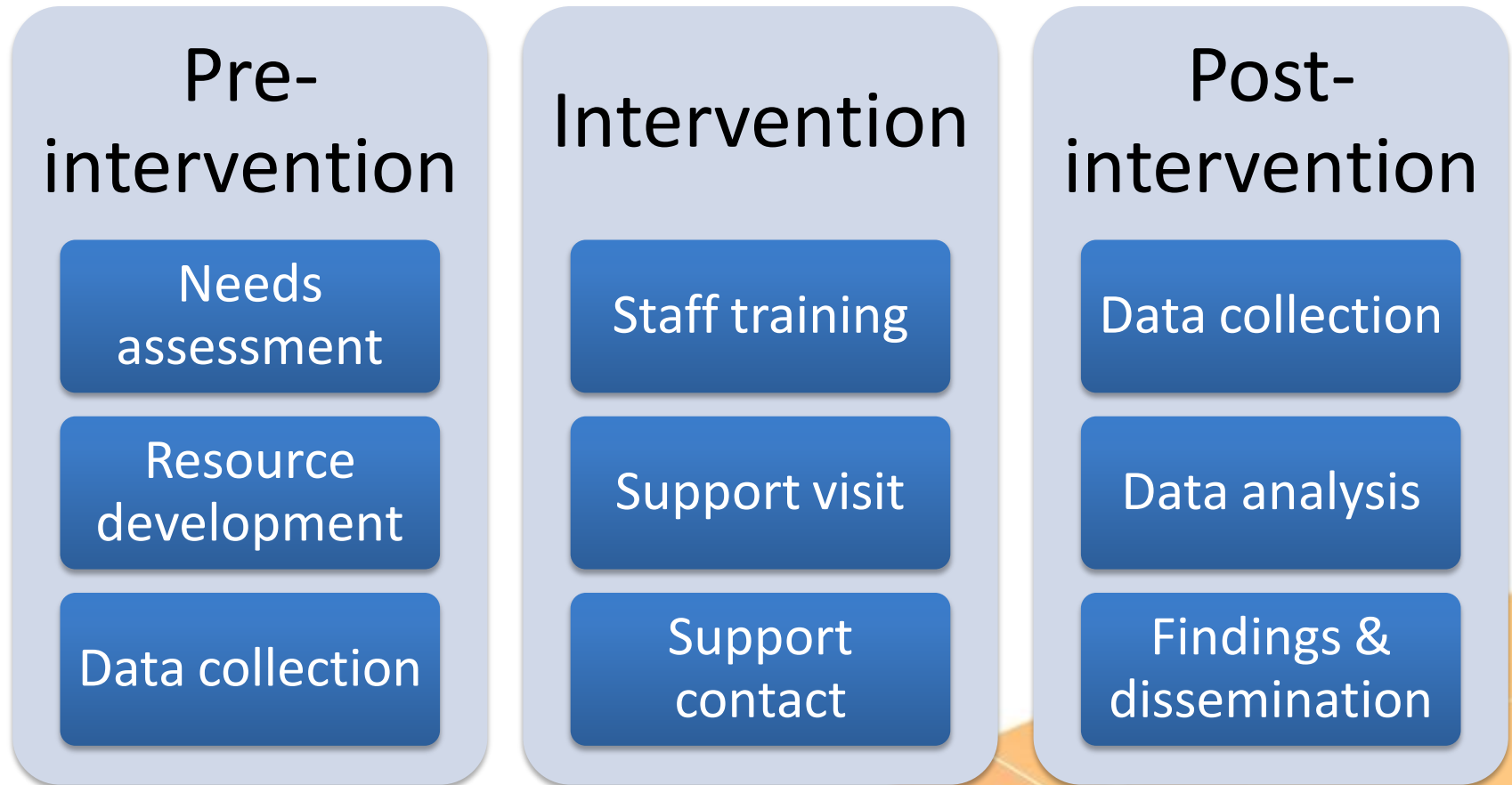
- SESIAHS HPS Strategic Directions 2006-2011
- Two stages:
 1. Healthy Eating at Playgroup
 2. **Active Play at Playgroup**



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Our Idea Comes to Life - Timeline



Stakeholder Involvement

Health care & community services

- Child & Family Health, Paediatric Physios & OTs, Dietitians, Dental

Government

- Families NSW, Dept of Education & Communities

Non-government

- Supported Playgroup services, Playgroups NSW

Community

- Parents & Carers



Target Group and Strategies

Two target groups:

- Playgroup service staff
- Families

Strategies included:

- Resources for staff and parents/carers
- Staff training
- Equipment kit
- Support



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Sustainability

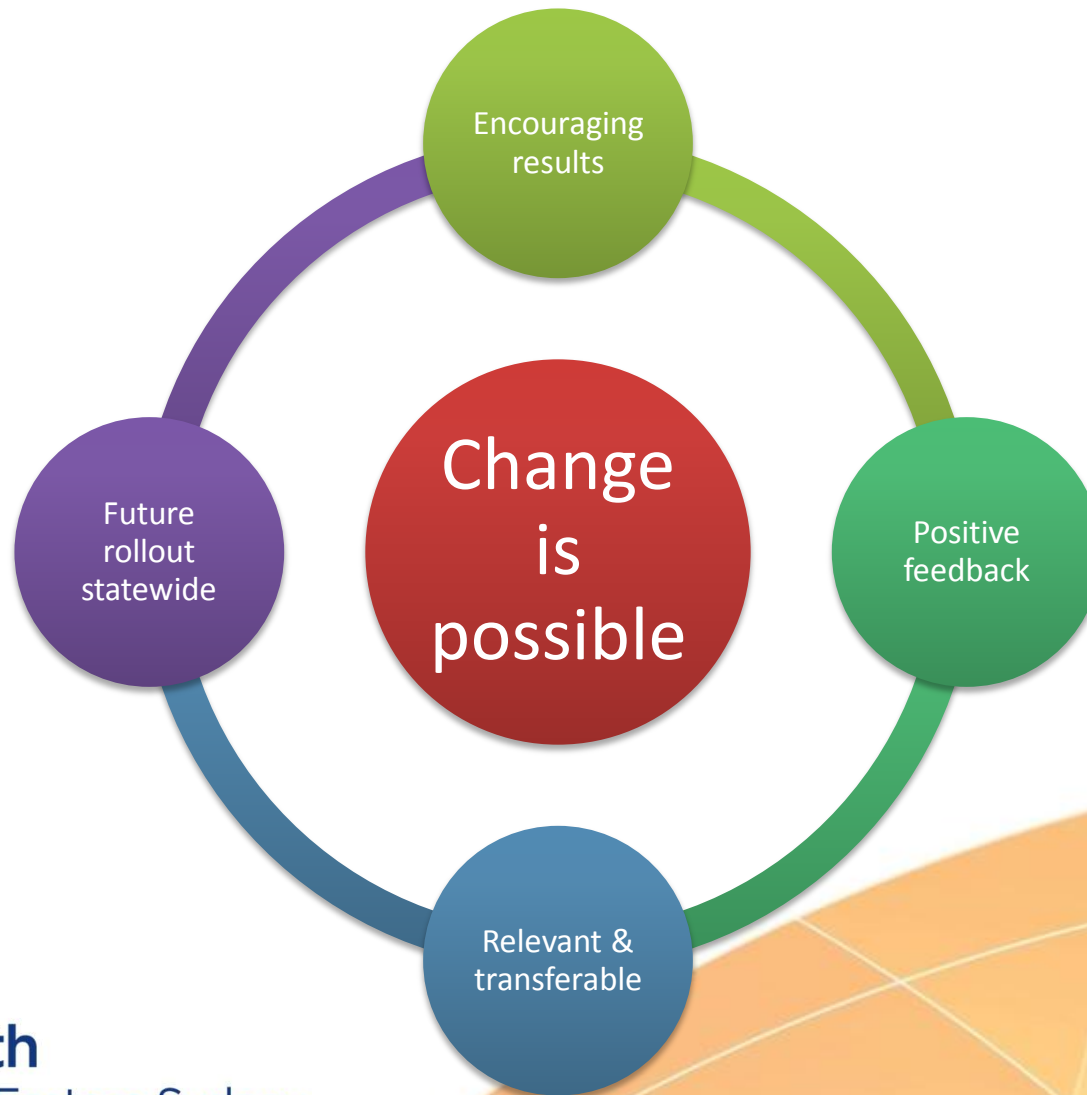
- Long term commitment
- Teamwork
- Value of consultation
- Stakeholder involvement
- Link to organisational support – not just education



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Our Insights: What We Have Learned



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Benefits of Partnerships

- Provide expertise
- New insights / perspectives
- Increase reach
- Potential to adapt to different contexts
- Learn from partners and teach others



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Demonstrated NSW Health Core Values



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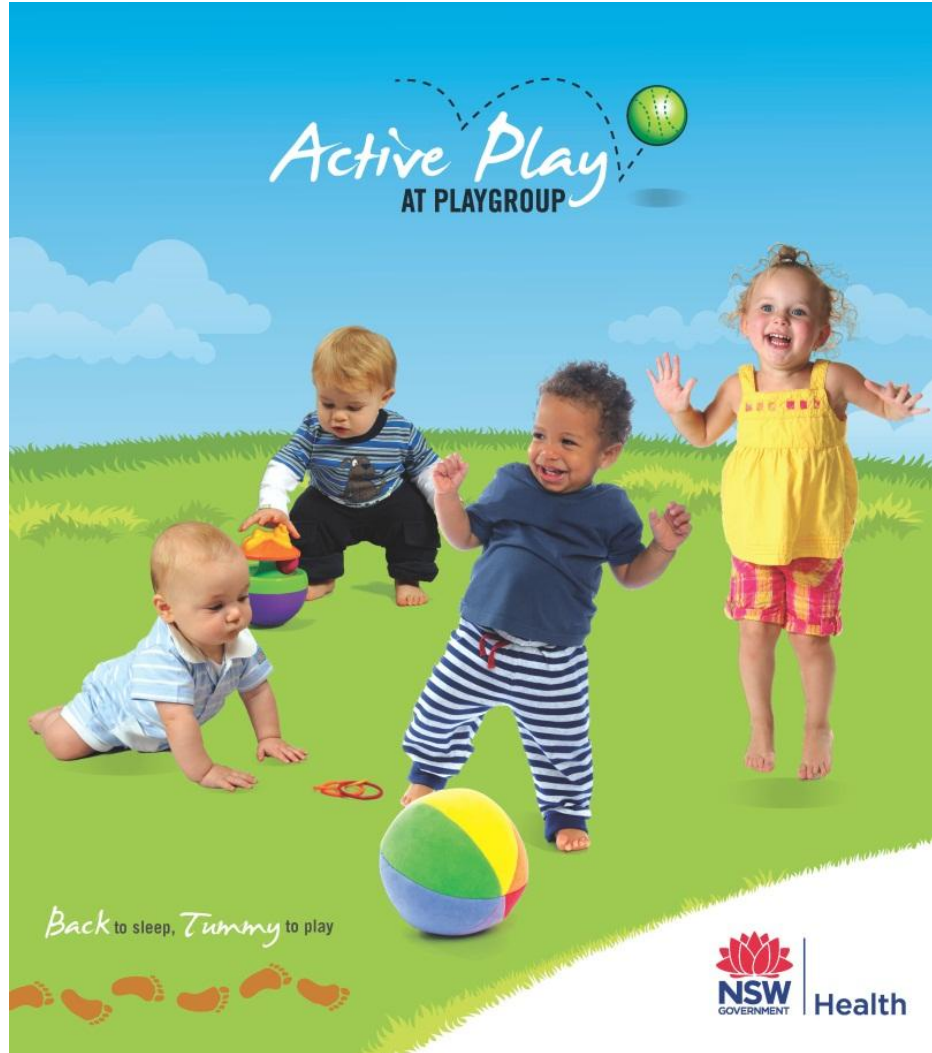
Future

- Identify main influences on families
- Adapt to meet special needs
- Contribute to meeting health targets
- Potential to reduce demand on health services
- NSW Healthy Children Initiative



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