



Government of **Western Australia**
Department of **Health**



Talking with Parents about Children's Weight

An online professional development resource

Better Health Program

Evidenced based obesity prevention program for
children and families



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Department of **Health**



Talking with parents about children's weight

An online professional development resource

Project objectives

- Increase relevant health & community professionals:
 - **awareness** about the importance of healthy weight for children and how to assess weight status
 - **knowledge, confidence and skills** in talking with parents about their children's body weight including physical activity and healthy eating behaviours
 - **Frequency of raising the issue** of weight and appropriately **referring** to available services

Target groups

- WA based

- ✓ GPs
- ✓ Practice nurses
- ✓ School health nurses
- ✓ Child health nurses
- ✓ Aboriginal health workers
- ✓ Dietitians and nutritionists

- ✓ Mental health practitioners
- ✓ Health promotion workers
- ✓ Teachers
- ✓ Fitness instructors & sports coaches
- ✓ Early years professionals
- ✓ Youth workers

Content (Health professional stream)

10

Modules

1. Introduction
2. Obesity: the wider perspective
3. Causes and consequences of child obesity
4. Defining overweight and obesity in childhood
5. Rationale for raising the issue
6. Using growth charts
7. The importance of language
8. A difficult conversation
9. Words in action
10. Summary and conclusions

energy in



energy out



Larger
portion sizes

Less
outdoor play

Irregular eating
patterns

Less food
prepared at
home

Reliance
on cars

Sedentary
pastimes

Fast food

Use of labour
saving devices

Eating foods
high in fats
and sugars

Notes Menu

Energy in and energy out

Here we have some more examples of the energy in and energy out causes of obesity.

Drag the words to the 'energy in' image on the left or the 'energy out' image on the right for more information.



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Conditions associated with obesity in children and adolescents



Notes Menu

Consequences of childhood obesity

Now that we have investigated the causes of overweight and obesity in childhood, we will turn our attention to the consequences.

Research has shown that being overweight or obese puts an individual at risk of developing associated physical and mental health conditions. Some of these conditions, such as Type 2 diabetes, were once only seen in adulthood, but are now being diagnosed in children and adolescents.

Click on the markers to reveal more information.

References

- Batch, J. A., & Baur, L. A. (2005). Management and prevention of obesity and its complications in children and adolescents. *MJA*, 182, 130 - 135.
- Franklin, et al. (2006). Obesity and Risk of Low Self-esteem: A Statewide Survey of Australian Children. *PEDIATRICS*, 118, 2481-2487.
- Must, A., & Strauss, R. S. (1999). Risks and consequences of childhood and adolescent obesity. *Int J Obes Relat Metab Disord*, 23, S2-11.
- NHMRC. (2013) Clinical practice guidelines for the management of overweight and obesity in adults, adolescents and children in Australia.
- Reilly, J. J., et al. (2003). Health consequences of obesity. *Arch Dis Child*, 88, 748-752.
- Strauss, R. S. (2000). Childhood obesity and self-esteem. *Pediatrics*, 105, e15.

Taking accurate measurements



Height



Weight



Waist circumference

Nb. Only take a child's measurements with the permission of a parent or carer and if it is relevant to your professional background. Always be mindful of privacy when taking measurements.

Notes Menu

Taking accurate measurements

To attain an accurate BMI figure, it is important to ensure that accurate height and weight measurements are taken. Furthermore, waist circumference may provide additional information when combined with BMI as it can be used as an indicator of increased cardiovascular risk in children as young as 6 years of age and can also be used as an additional measure to show change over time.

Only take a child's measurements with the permission of parents or carers and if it is relevant to your professional background.

Click next to view recommendations when taking the height, weight and waist circumference of children and adolescents.

Reference

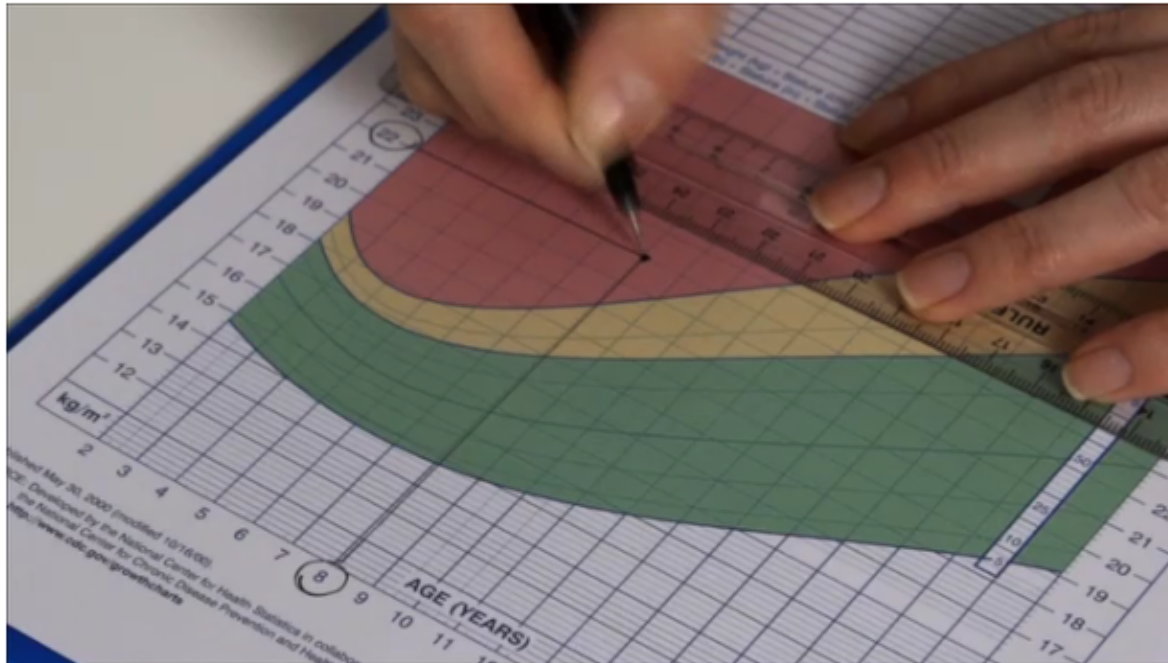
National Health and Medical Research Council (2013) *Clinical practice guidelines for the management of overweight and obesity in adults, adolescents and children in Australia*. Melbourne: National Health and Medical Research Council.
Watts K, Bell LM, Byrne SM (2008) Waist circumference predicts cardiovascular risk in young Australian children. *J Paediatr Child Health* 44: 709-715.



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Using a BMI growth chart



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helpful language

vs

unhelpful language



Obese

Puppy fat

Fitter

Normal
weight

Chunky

Ideal weight

Chubby

Fat

Slim

Big boned

Thin

Above a
healthy
weight

Adiposity

Overweight

Leaner



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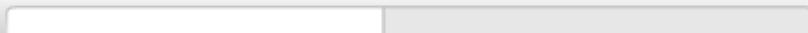
Notes Menu

Helpful language vs unhelpful language

Which of these words or phrases do you think are helpful and unhelpful when talking to parents and carers about weight?

Drag the words below into the 'Helpful' bubble on the left or 'Unhelpful' bubble on the right.

Gathering information about eating and activity habits



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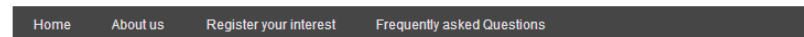
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Downloadable resources

- BMI growth charts
- Parent information sheets
- Examples of eating and activity assessment tools
- Transcripts of role plays
- Referral options

Registration

- To access visit
www.talkingaboutweight.org
- Training free for health and community professionals in WA
- Takes 2-3hours to complete and can start and stop
- Available on DVD for people with limited access to the internet
- Helpline and email support
- Accredited with RACGP, ACN, APNA, & a Fitness Australia approved program



Talking with parents about children's weight

An online professional development training resource

The Commonwealth Government and WA Department of Health are currently providing funding under the Healthy Children Initiative for a range of innovative programs and services to be delivered across WA. These programs and activities aim to contribute to healthy lifestyle behaviour development and the prevention of chronic disease in WA by addressing overweight and obesity, poor nutrition and physical inactivity.

An online professional development resource, "Talking with Parents about Children's Weight" has been developed for health and community professionals. The online training course is provided **free of charge** to health and community professionals across Western Australia.

The training aims to provide information and training for professionals working with children and families in various capacities who may have a role to play in raising the issue of weight with families or encouraging referrals to appropriate services.

Participants are provided with information including:

- The causes and consequences of child overweight and obesity
- How to accurately define and measure obesity in childhood
- How to explain weight status in a way that is sensitive, non-judgemental and promotes lifestyle change
- How to apply these skills to their own professional background and setting

This online professional development resource will be launched across WA in October 2013.

Please register your details now on the [register your interest](#) page to be contacted as soon as the resource is available.

Supported by



Government of Western Australia
Department of Health



A joint Australian, State and Territory Government initiative under the National Partnership Agreement on Preventive Health.



How to get involved...

- Since launch in November 2013
 - Close to 1100 registrations
 - Accessed most by Nursing followed by Allied Health Staff
 - Most hearing about it via an email from a manager or through a colleague
- Information packs, flyers, emails







Government of **Western Australia**
Department of **Health**



betterhealthprogram

healthy active happy kids



A family based childhood obesity intervention in the Perth Metropolitan Area

MEND 7-13

Project Objectives

- Increase parent's **knowledge, confidence and skills** in developing physical activity and healthy eating behaviours in their children.
- Improve children's health eating behaviours, increase physical activity levels and decrease sedentary behaviours
- Reduce overweight and obesity in children

Target Group

Children aged 7-13years in the Perth metropolitan area who are identified as being overweight or obese and their parents/carers

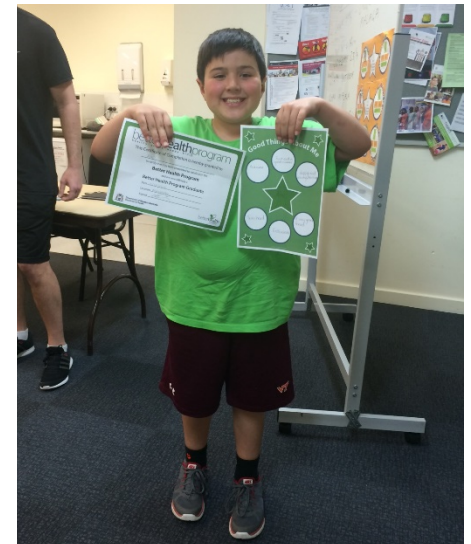


Development

- Formally MEND 7-13 (Mind, Exercise, Nutrition, Do it!)
- Child obesity specialists at University College London Institute of Child Health & Great Ormond Street Hospital for Children
- RCT published (*Obesity, Vol 18, Feb 2010*)
- Adapted based on:
 - NHMRC Clinical Practice Guidelines for the Management of Overweight and Obesity in Children and Adolescents
 - NHMRC Dietary Guidelines for Children and Adolescents, Australian Guide to Healthy Eating
 - Physical Activity and Sedentary Behaviour Guidelines for Children

Delivery

- Trained Theory and Physical Activity Leaders
 - Completed online training component and 2-days face-to-face training
- 10 weeks during school term time
 - 2 sessions per week
 - 2 hours per session, after school
 - Community based: leisure centres, community centres
- Free of charge for families



Participants

- Children 7-13 years old
 - identified as overweight or obese using a BMI growth chart
- Their families
 - a parent/caregiver must attend each session
- Up to 15 families per group





Multi-component Approach

Mind

Social learning theory and behaviour modification:

- Goals and rewards
- Stimulus control
- Positive parenting & role modelling
- Self-esteem & confidence

Exercise

Active play – Kids only

- Fun!
- Land & water based
- Multi-skills – balance, agility and coordination
- Group play, non-competitive
- Improve self-esteem

Nutrition

Healthy eating (not a diet!)

- Educating & empowering
AGTHE, fats & sugars, refined vs. unrefined foods, portion sizes, fussy eating, eating out, recipes
- Supermarket tour- food labels

Do It!

Putting learning into action

- Empowering families to make sustainable lifestyle changes
- Encouraging and motivating families to do it for themselves

Session structure

1st Hour

**Parents/carers & children –
Mind and
Nutrition
Workshop**

2nd Hour

Children – Physical Activity Session

Graduated, fun
sessions improving
fitness levels &
building confidence

Parents/carers – Facilitated Workshop

Behaviour change,
modelling, parenting
strategies





Locations

- Perth metro area
- Community centres, sports & leisure centres (court & pool based sessions), trampoline playground
- Partnerships (venue, LGA, health centre, school)
- 31 programs to date, 21 suburbs

Mirrabooka, Girrawheen, Madeley, Maylands

Beechboro, Lockridge, Midvale, Forrestfield

Belmont, Rivervale, Vic Park, Cannington, Willagee,

Leeming, Southlake, Armadale, Kwinana,

Rockingham, Hillman, Warnbro, Mandurah



Measurements

Pre HGC
Session 1

Post HGC
Session 19

- BMI
- Waist Circumference
- Fitness and PA
- Sedentary behaviours
- Nutrition
- Self-esteem, body-esteem, strengths and difficulties



Achievements so far...

- Engaged close to 300 children and their families
- Mean age: 10yrs, half females/males
- BMI decreased on average 0.6kg/m² post-program
- Waist circumference decreased on average by 1.4 cm post-program
- On average children participated in nearly 4 hours more PA per week and nearly 3 hours less sedentary activity (screen time) post-program
- RHR decreased on average 5bpm following the 3-min step test post program
- SDQ score reduction, improved body and self-esteem and nutrition scores



Registrations and Referrals

- Health professional referral
- Self referral:
 - betterhealthprogram.org
 - Call 1300 822 953 or SMS 0409 745 645

betterhealthprogram
healthy active happy kids

Do you have children 7 to 13 years old? Are you worried about their weight?

The Better Health Program runs for 10 weeks during school term at various locations across Perth. Sessions are run twice a week for two hours after school.

FREE fun program for kids to become fitter, healthier & happier

Registrations for the next school term are now open. To find out more phone:

Call 1300 822 953

SMS 0409 745 645 for a call back or visit

betterhealthprogram.org



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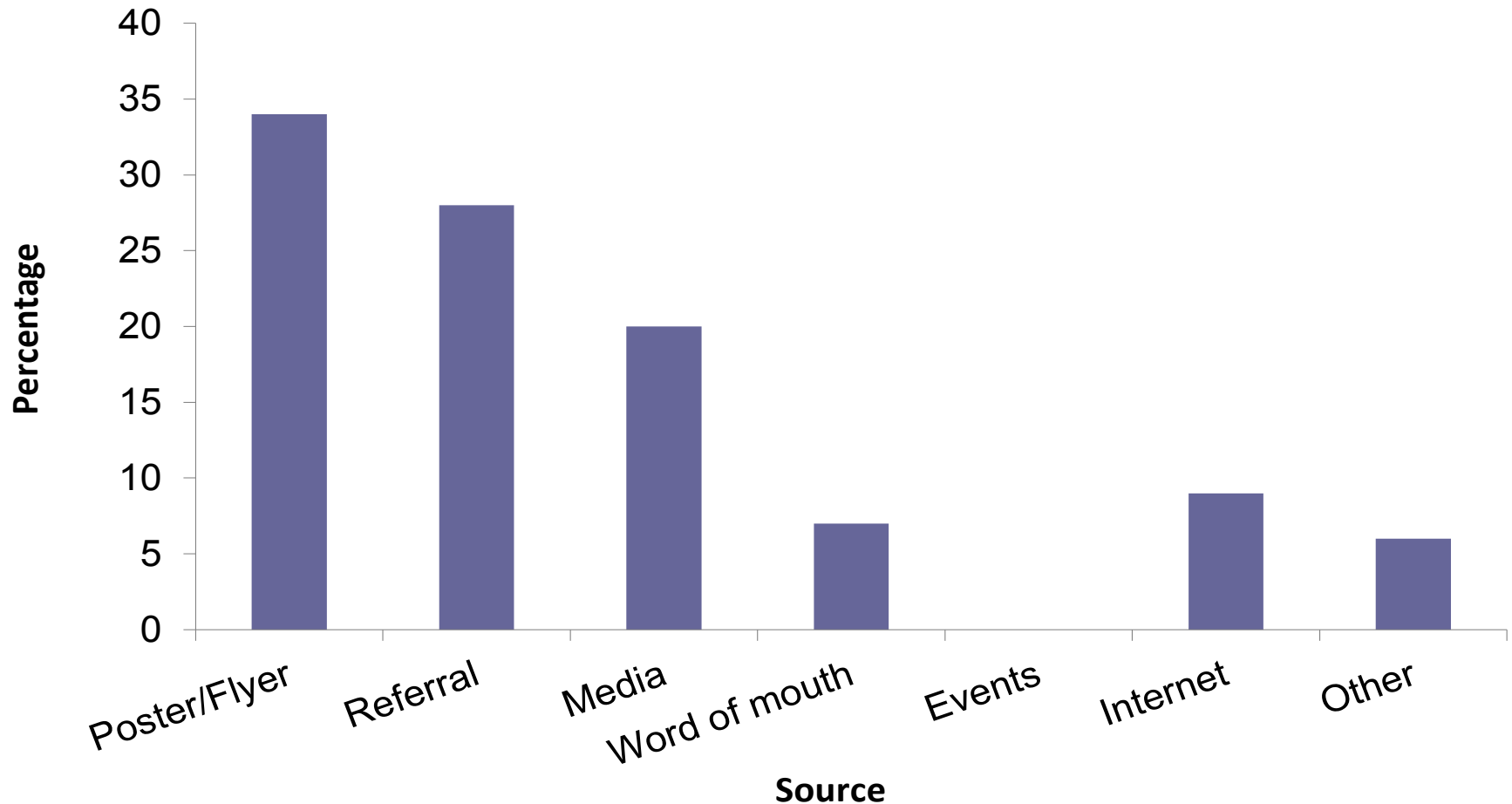


betterhealth
company

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Recruitment Sources

How did you hear about the Better Health Program?



How to get involved

Raise awareness & promote

- School staff, P&C, all parents/carers
- Community groups
- Children's community and school health services
- Health professionals
- Health care services and groups
- Relevant non-government agencies (parent support or education)
- Venues and LGA

Encourage Referrals

- E.g. GPs, Paediatricians, Practice Nurses, School Health Nurses, Community Health Nurses, Dietitians, Allied Health

Distribute Promotional resources

- Information packs (referral pads, flyers, posters)
- Newsletter inserts
- Presentations, activity or promotional stall
- Recruitment ideas or partnerships

Questions...?

Hayley Robertson

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Web: www.betterhealthprogram.org

www.talkingaboutweight.org