

BETTER HEALTH PROGRAM

A healthy lifestyle program for 6-12 year olds in Western Australia.

Better Health Program is a 10- week evidence based, healthy lifestyle program designed to help children who are above a healthy weight, and their families be active, eat well and build healthy habits. It is **FREE** for eligible families.



Who is eligible?

To be eligible for the Better Health Program participants must:

- Be aged 6-12 years old
- Classified as 'above a healthy weight' based on CDC BMI growth charts (>85th percentile for age and gender) at program commencement **OR** requiring healthy lifestyle support and referred directly by a qualified primary care, allied health, or community health professional.
- Be living in Western Australia
- Have informed consent from a parent/guardian

Better Health Program focuses on nutrition, physical activity, and behaviour change for children aged 6-12 years. The program has been designed by dietitians, exercise professionals and health psychologists to encourage a whole family approach towards establishing healthy habits.

"The program was fantastic. So great that I didn't have to coax my daughter to come every week. She loved it and she couldn't wait to come. It's made a huge difference in our life!"

- Better Health Program Parent

How does it work?

The program is available online and in person.

Better Health Program Online

The online program provides flexibility for busy families whilst still supporting them to eat well and be active. The online program runs for 10 weeks. Each week there is a fun, 30 minute, online learning session parents or carers do with their child. Families then participate in a weekly 30 minute phone call with a qualified health professional.



Better Health Program In Person

Children and their parent or carer come along to a program in a local community venue where they'll learn alongside other parents and children. The in person program runs for 10 weeks, and includes one 2 hour session each week. Children and parents participate in learning sessions, games and physical activity sessions. Sessions are facilitated by qualified health professionals.



Both program formats include:



Expert advice:

Through coaching from qualified health professionals, including dietitians, exercise physiologists and psychologists.



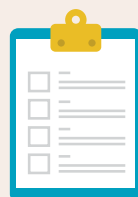
Personalised goal setting:

Families are motivated and educated on how to set SMART health goals that work for them and are supported to track their progress to achieve them.



Practical resources:

Evidence based resources that are carefully curated, such as a recipe book and physical activity equipment, to support and achieve a healthy lifestyle.



Regular updates:

With participant consent, referring GPs and health professionals will receive updates on their patients progress while they participate in the program.

Program outcomes:

234 eligible families have completed the Better Health Program between 2022-2023 in Western Australia and we have seen:



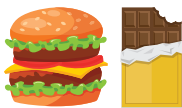
76% increased their intake of vegetables and **59%** increase their daily fruit intake



54% increased their water intake



40% decreased their soft drink intake



40% decreased fast food intake and **68%** reduced intake of sweet snacks

Parents and carers have also reported extremely positive impressions of the program. Parents have expressed that the content was engaging, they felt supported with helpful strategies to improve health behaviors and they would recommend the program to other families.

The program's outcomes, together with a positive community response, strongly indicates that the Better Health Program is an effective approach for families in need of a multicomponent lifestyle intervention.

Why refer?

By referring families to the Better Health Program you can:

- Lay the foundation for lifelong health with a focus on prevention from an early age.
- Enhance a client's care by incorporating the program as an intervention.
- Help your clients feel further supported through weekly program components.
- Promote family well-being by addressing physical, emotional, and social health using a holistic approach.
- Empower parents to become health role models for their children.

Program approach

The Better Health Program has been developed and is delivered by Better Health Company's team of allied health professionals including psychologists, dietitians, and exercise physiologists. The program has been developed in accordance with the latest evidence, government guidelines and clinical best practice guidelines for the management of overweight and obesity in Australian children.

Our team of health professionals aim to provide tailored support for healthy habit formation to help families improve self-management of their health and wellbeing. Health professionals delivering the program adopt behavioural strategies including Motivational Interviewing (MI), and Cognitive Behaviour Therapy (CBT) to deliver person-centred care, set lifestyle goals, support the development of practical action and activities, motivate and encourage and work through barriers and challenges.

How to refer?

Complete an online referral form →



betterhealthprogram.org/referrals

Email: info@betterhealthcompany.org

Call: 1300 822 953 **Fax:** 1300 325 301

Families can also self refer to the program via:

betterhealthprogram.org **or** calling 1300 822 953



Government of Western Australia
Department of Health

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