



Health

SNAPSHOT

June

2016



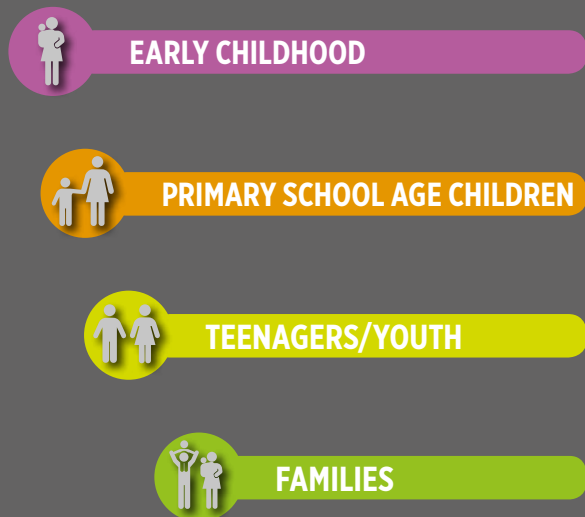
# Childhood Overweight and Obesity

Healthy Children Initiative

**H**ealthy 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 22.0% in 5-16 year old children (2015). However, the prevalence remains high and is a cause for concern (NSW Population Health Survey 2015).

Education about healthy eating and physical activity in children is key to establishing healthy habits in

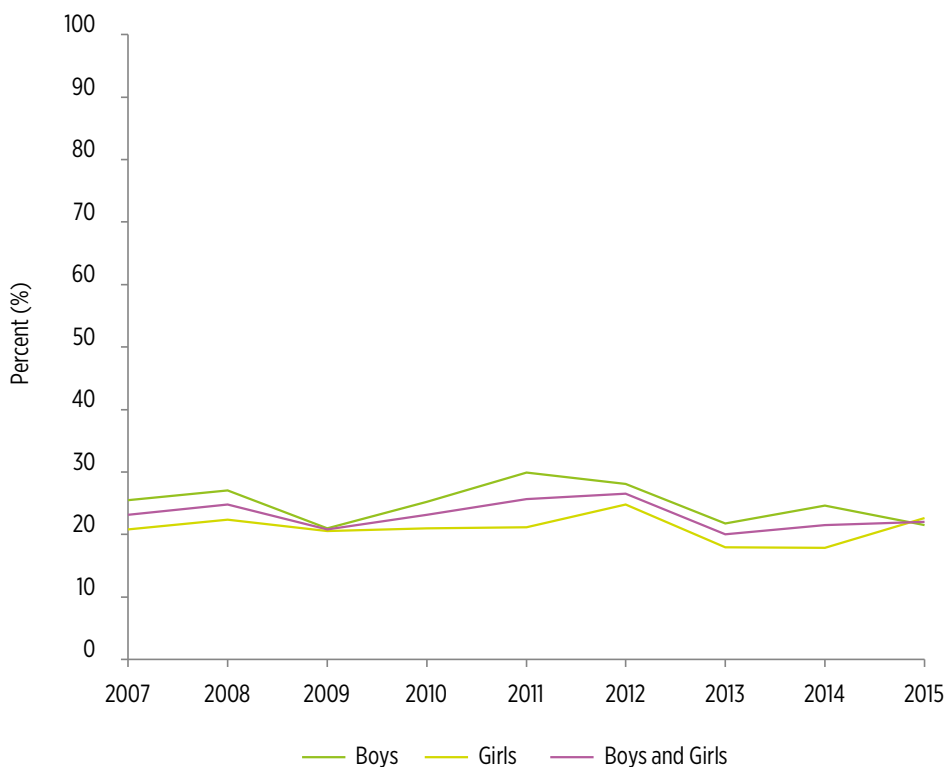


**Targets by 2025**

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

later years. The Healthy Children Initiative includes a range of evidence based programs, 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.

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

FAMILIES		TARGET	STATUS
Children and Parent/Carer(s)	Go4Fun® helps overweight and obese children and their parent/carer(s) to modify family lifestyles, increase diet and 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 for delivery within disadvantaged communities.	7000 overweight and obese children and their families will participate to June 2015 and a further 847 families from July 2015 to December 2015.	6854 overweight and obese children and their families have participated. Children on average achieve significant reductions in waist circumference and Body Mass Index; and improvements in diet, fitness, levels of physical activity, confidence and self-esteem.
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).	Under development.

EARLY CHILDHOOD		TARGET	STATUS
Early Childhood Services Program	Munch & Move encourages healthy eating, increased physical activity and reduced small screen recreation in children attending early childhood education and care services.	80% of early childhood services participate to June 2016.	91% participation – preschools, long day care services (3217 services).
Supported Playgroups	Recommendations and online information 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 stakeholders for wide implementation.	Online recommendations and learning activities under development.

## Adoption of Healthy Practices: Early Childhood Services



**91%** of early childhood services across NSW participate in the program (3217 services)



**94.7%** include active play time



**95.6%** include fruit and vegetables daily



**97.4%** of services have written policies on nutrition

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

- Encouraging water or age appropriate milk as a drink (79.2% are currently doing this)
- Putting in place written policies on physical activity (77% currently have one)
- Including daily fundamental movement skills for 3-5 year olds (70.1% are currently doing this)
- Encouraging services to communicate with families about healthy eating and physical activity (76.3% 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 movement. Supports schools to create environments which enable children to eat healthily and be physically active.	80% of all primary schools participate to June 2016.	84% participation (2035 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.	89% of participating schools (1717 schools) offer this in at least 70% of classes at least 4 days per week.
Primary School Age Programs	Active travel to schools will have a suite of actions to support active travel to school. A comprehensive approach is available, plus specific resources for developing school activities, communication, and working with local organisations.	Program under development.	NSW Charter for Children's Active Travel was launched September 2014, resources available online June 2015.
Junior Community Sport	Finish with the Right Stuff encourages junior community sports clubs to provide and promote healthier food at club canteens and encourages kids to drink water before during and after the game.	100 clubs by December 2015.	100 clubs were represented at training. 37 clubs were provided grants and support. Evaluation is underway. Online training has been developed.

## Adoption of Healthy Practices: Primary Schools



**84%** of primary schools across NSW participate in the programs (2035 schools)



**91.9%** encourage students to be physically active during recess and lunch



**88.7%** have fruit, vegetable and water break



**80.8%** provide nutrition and physical activity information to families

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

- Implement a healthy canteen program (46.1% of participating schools are currently doing this)
- Encourage continued professional development in healthy eating and physical activity (81.5% are currently doing this)

TEENAGERS		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.	Successful pilot in 2012 with the Street University, Ted Noffs Foundation, Liverpool. Sydney Local Health District continues to manage the program and are in the process of organizing the workshops.
High School Age Programs	Working with high schools and selected stakeholders to identify strategies of how to establish a healthy canteen.	Program under development.	Research phase completed. Healthy school canteen strategy, Fresh Tastes@School, under review.