

Links 2 Better Health



St George Division of General Practice

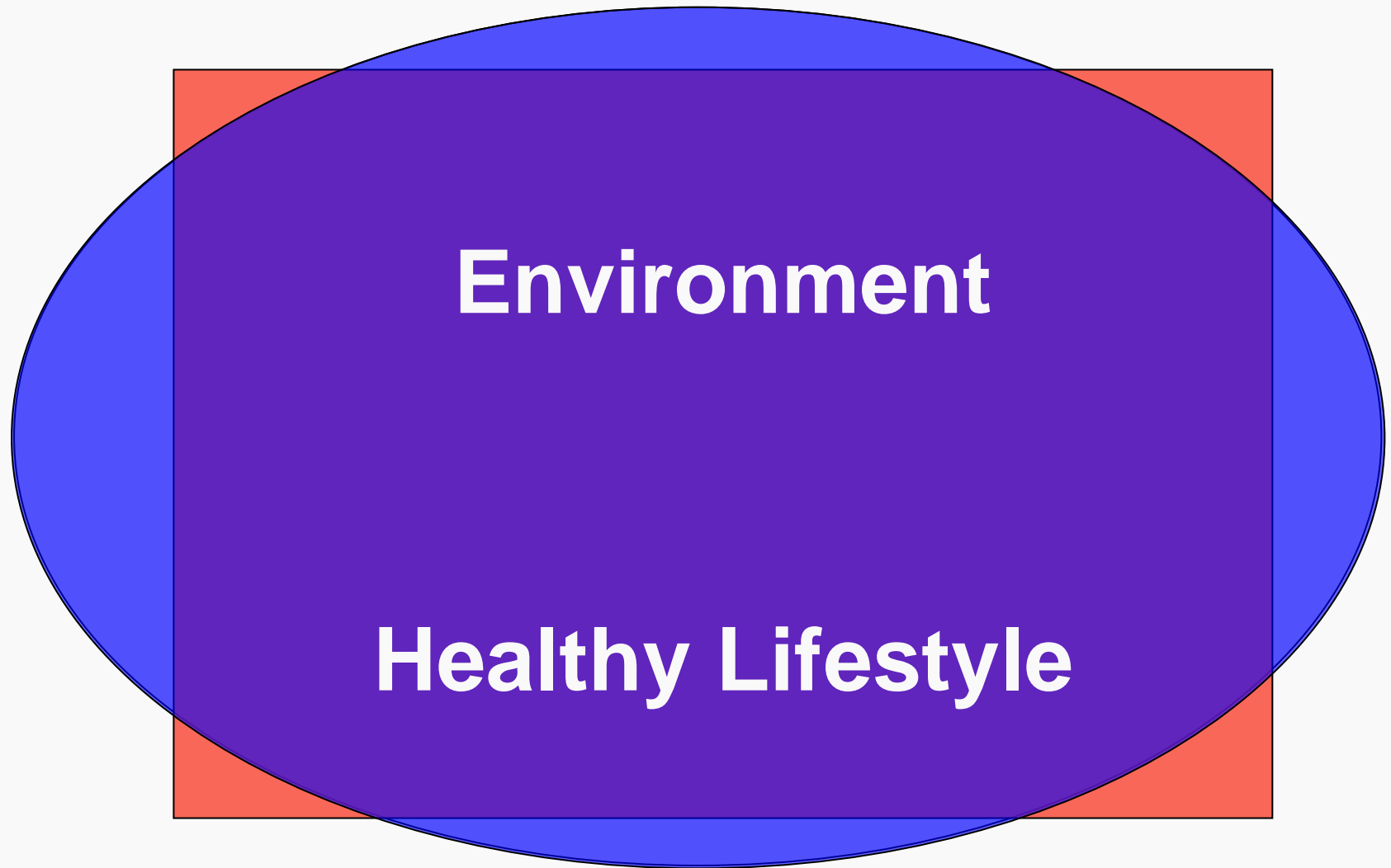
“Guiding families towards healthy lifestyle choices”

Overview

- Innovation or Band Wagon
- Description of Links 2 Better Health
- Successful strategies
- Improving the program

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Are the two compatible?



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Innovative or Band Wagon

- Prevalence of overweight or obese children
- Choosing a suitable model
- <<Insert Jerry McGuire>>

“Show me the Money”

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Our aims

- Motivate parents & children to adopt a healthy lifestyle change to incorporate better nutrition and an increase in physical activity
- Educate parents on the importance of a family orientated approach to initiate and sustain better lifestyle choices
- Improve children's sporting skills to facilitate physical activity participation

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Team Effort & Communication

- Multidisciplinary approach
- Collaboration with GPs, specialists and other providers
- Simple referral pathway
- Feedback to health professional

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What we say & do

- 6 weekly sessions that provide education, resources and support to help children aged between 6 – 16 years who are overweight or obese.
- **Physical Activity:** Getting started & skill development
- **Nutrition:** Better meal and snack choices & portion sizes
- **Behaviour Change:** Modifying behaviour to adopt a healthy lifestyle

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Ongoing support & follow up

- Follow up with child & parent
 - 3, 6 and 12 month calls
 - Activity Days
 - E-Newsletter
- Type of Measurements
 - Height, Weight , BMI
 - Changes in behaviour

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Parents....The real role models

- Young children refer to their immediate family members to provide positive attitudes and behaviours
- Obesity runs in the family and unrealistic to intervene with one family member
 - 80% with two obese parents
 - 40% with one obese parent
 - 7% with parents in a healthy weight

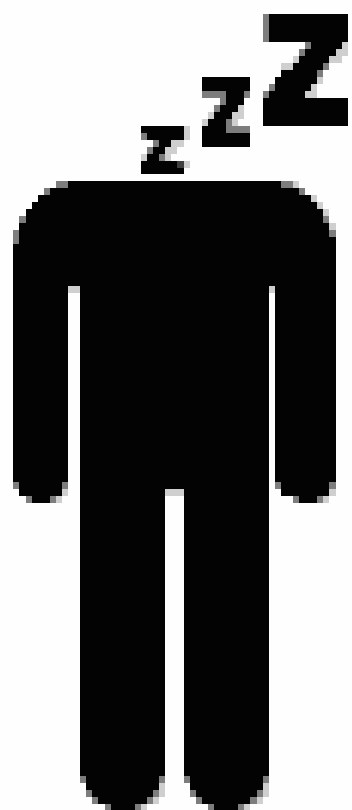
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Actions for Parents

- Promote healthy eating behaviours and physical activity
- Provide healthy food and drink choices
- Assist and educate children in making healthy decision
- Limit screen time activity to less than 2 hours
- Discuss with GP and encourage routine health screening

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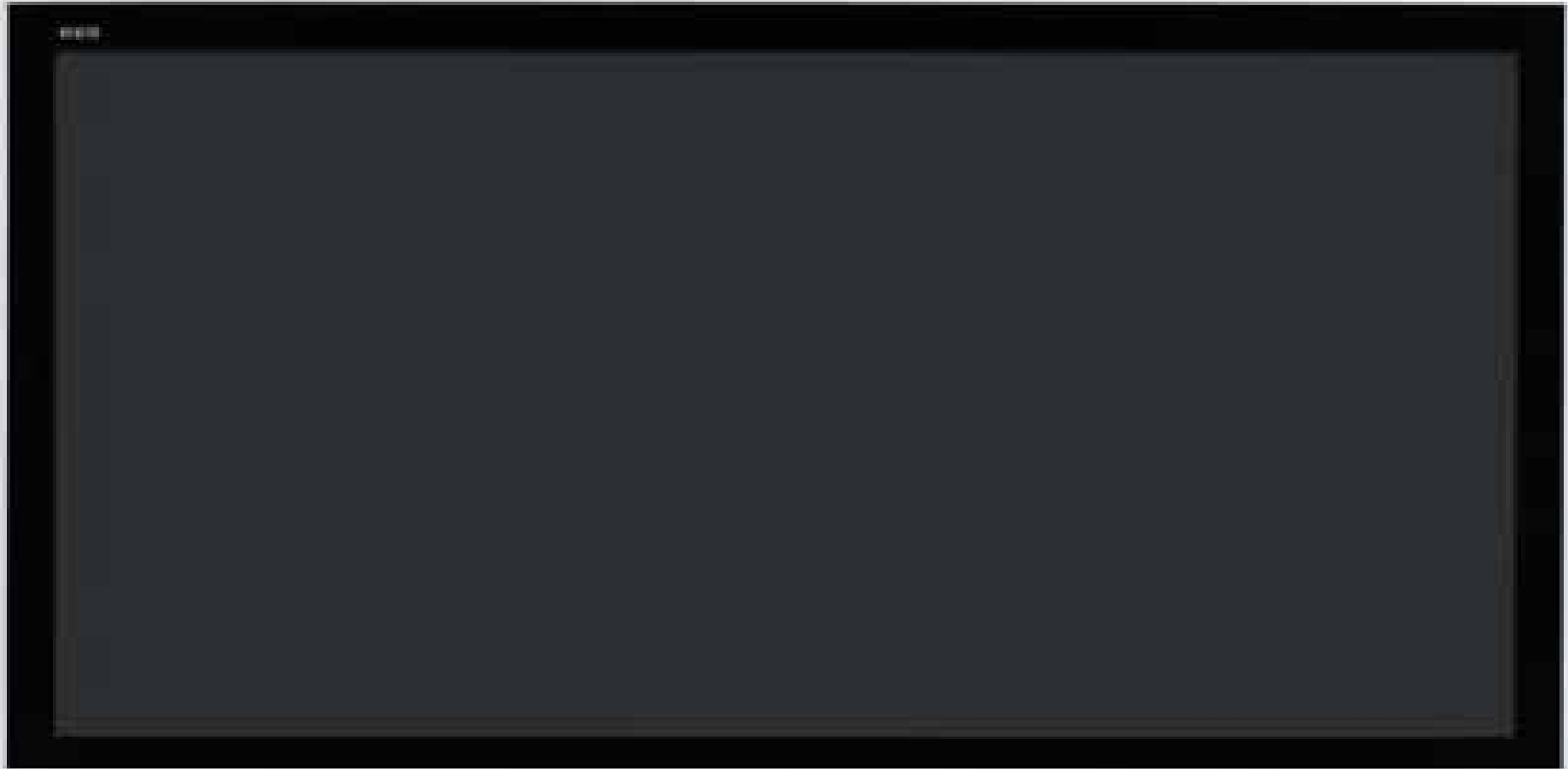
BOREDOM



**EXTREMELY
DULL**

**SELF-ENTERTAINMENT NECESSARY
FOR MAINTAINING CONSCIOUSNESS**

Electronic Baby Sitter's



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Don't become a couch potato

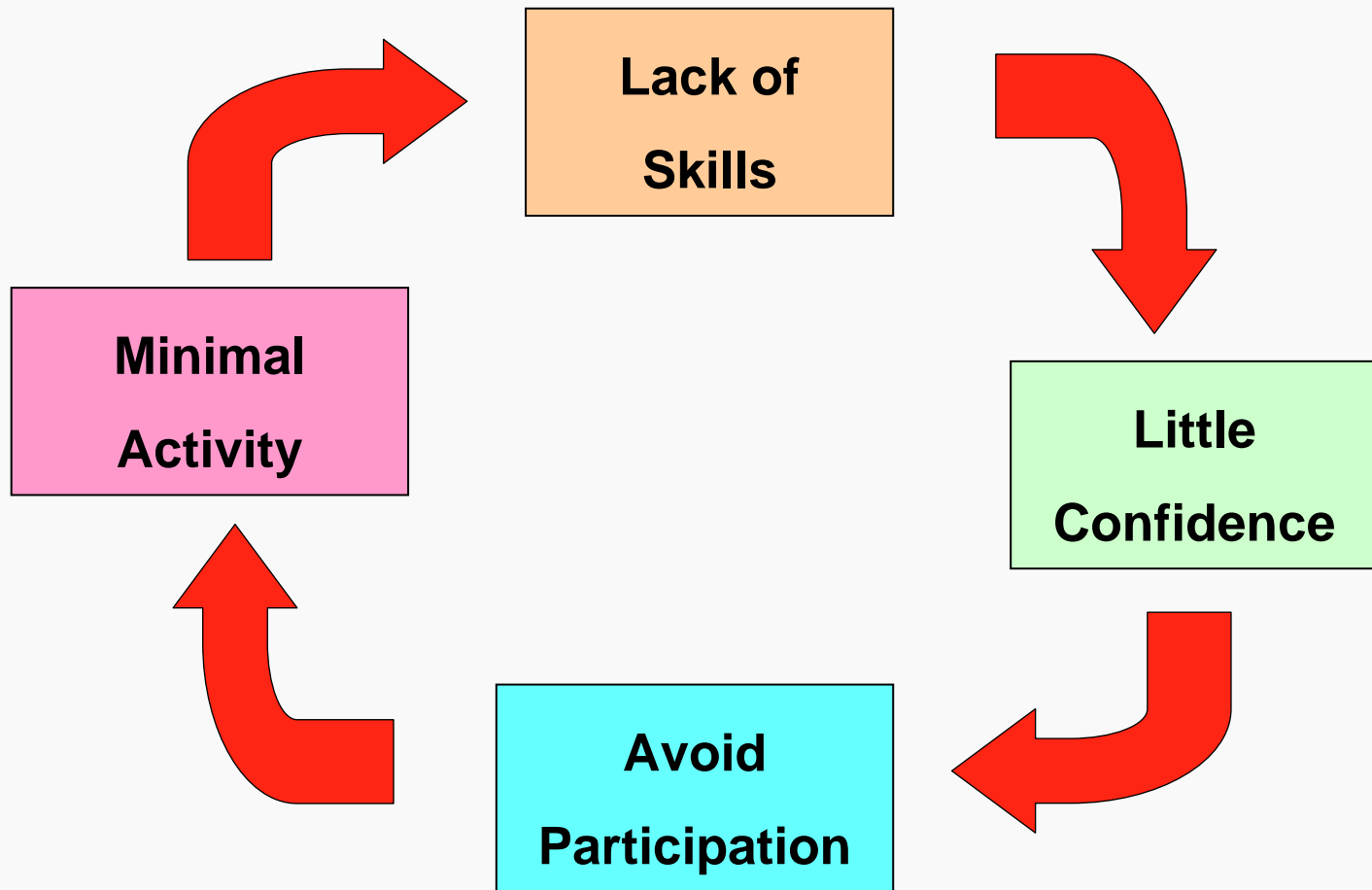
- Parental 'limit setting' techniques
 - Removing televisions from bedroom
 - Snacking/meals in front of television
- Give clear instructions that provide an alternative
 - "Switch off the television"
 - "I think you have played long enough"
 - "Why don't you do something else?"

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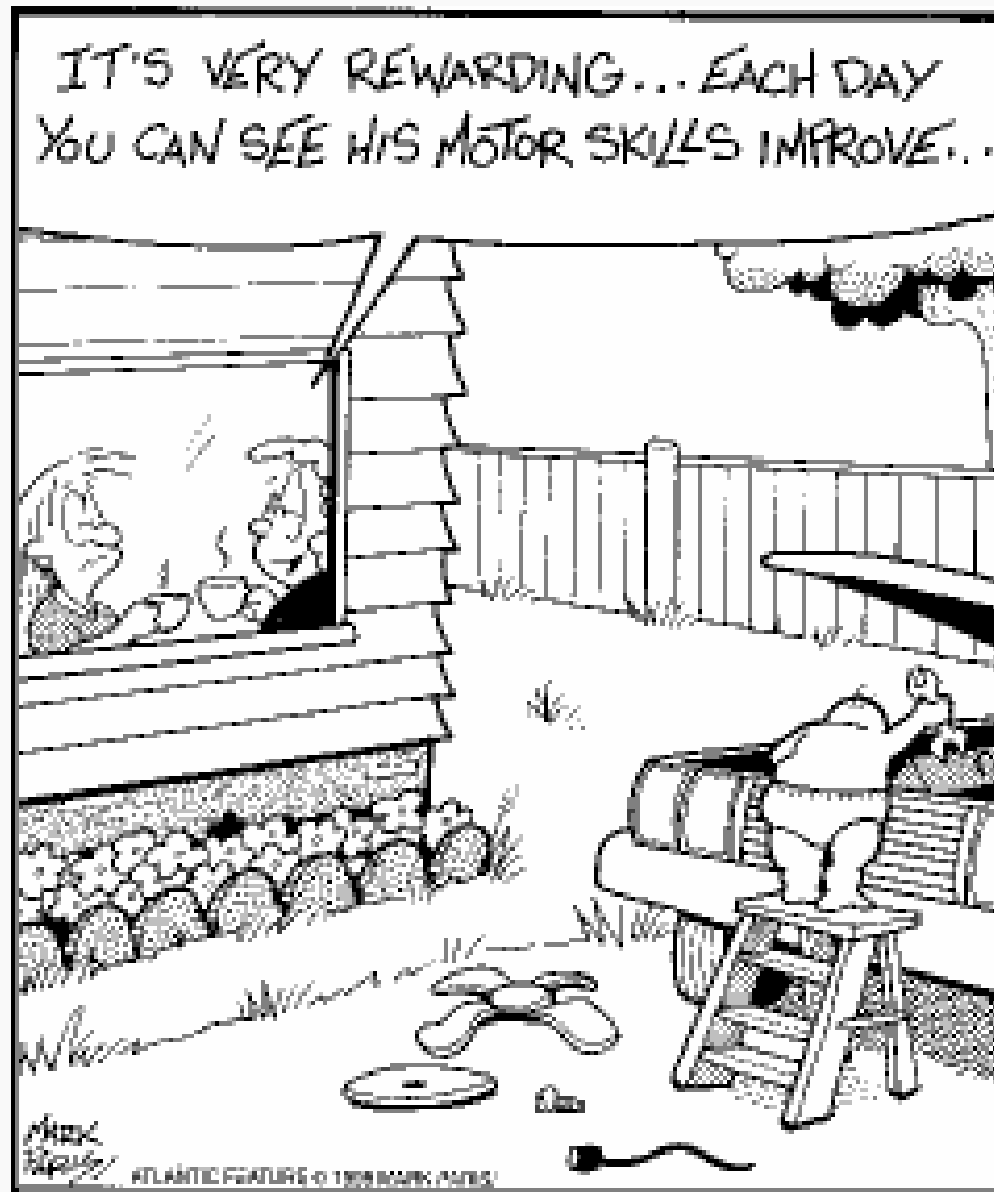
The Tazo Craze



Skill & Activity Cycle



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Window of Opportunity

4.00 – 6.00 pm



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Putting it all together

- Parental involvement is critical across all age groups
- Increasing the opportunity to be active
- Reducing the opportunities to be sedentary
- Safe play areas are readily available
- Improving motor skills and self confidence
- Modifying lifestyle behaviour

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What is working

- Links 2 Better Health Model
- Participant adherence
- Reported improvement in:
 - Self esteem & confidence
 - Snack choice and portions
 - Increase in physical activity

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Fine tuning the program

- GP referral pathway will be improved
- Education workshops will be delivered to address screening and management of overweight/obese children.
- A registered nurse has been recruited to coordinate group administration, follow up and evaluations.

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- Is Cesar Millan the answer?



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Contact

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