



betterhealthprogram

healthy active happy kids

Evidence based obesity prevention program for children and families

The Better Health Program is a multi component healthy lifestyle program for overweight and obese children aged 7-13 years and their families. It is specifically designed to be based in local communities and is FREE for families to attend.

The Better Health Program has been fully adapted to meet all current Australian guidelines and meets NHMRC recommendations for the Management of Overweight and Obesity in Children. Children and their families become fitter, healthier and happier as they have fun, meet new friends and learn new skills to establish and maintain healthier lifestyles.

THE PROGRAM

The Better Health Program was designed by leading health experts in the field of childhood obesity management. The program delivers fun, interactive sessions supporting children and families to adopt healthy attitudes to food and nutrition, to encourage regular exercise, make informed food choices and learn essential health skills and knowledge.

The Better Health Program consists of family skills development in the areas of nutrition, behaviour change and physical activity over a 10 week term. The program offers two delivery models - attending two hour sessions either once or twice per each week. Parents/carers attend each session with their children to encourage a whole family approach.

EVIDENCE BASED APPROACH

Developed by specialist dietitians and psychologists, the program has been researched extensively. A successful RCT was completed and published, (*Obesity, Vol 18, Supp 2, Feb 2010.*) showing statistically significant improvements at 12 months including:

- reduction of sedentary behavior
- improved nutritional intake
- reduction in recovery heart rate
- improved self esteem
- reduction of children's BMI
- waist circumference reduction
- increased time spent in sports



Quick Facts:

Over 10,000 participants have attended a program in Australia or New Zealand

Extensive implementation across multiple states and regions

86% program attendance rate

12 year evidence base including a published RCT

TWO delivery models available for families -once or twice per week sessions.

Post program results indicate significant and sustained health outcomes



PROGRAM DELIVERY:

The Better Health Program is delivered by local health professionals who have successfully completed a comprehensive three day Better Health Program training course.

Training program:

Our experienced health professionals deliver a two day face to face training program (plus a one day online training program) for all potential program leaders. All training attendees receive a comprehensive Delegate's Pack providing essential and supporting information.

Program Delivery Pack:

A standardised resource pack is required for each program and provides all teaching aids, equipment and resources required to effectively deliver the Better Health Program. The pack includes a full set of Program Delivery Manuals containing all session information, schedules, learning objectives and delivery guidance.

Participant's resources:

To support participants during and after the program, extensive resources are provided to each participant attending the program.

Data Management and Reporting:

A unique custom built web based data management system supports program delivery and can provide post program evaluation reports for individual participants and program organisers. Access to the system is unique and secure, enabling full pre and post program data to be safely entered and stored.

Program Outline:

Week 1	1: Meet the Leaders and Healthy Growth Check 2: Program Introduction
Week 2	1: Active, Healthy Happy 2: Goals & REwards
Week 3	1: Refined vs Unrefined 2: Goals and Rewards
Week 4	1: Fats & Sugars 2: External Triggers
Week 5	1: Label Reading 2: Modelling
Week 6	1: Ready Steady Eat! 2: Internal Triggers
Week 7	1: Supermarket Tour 2: Problem Solving
Week 8	1: Fabulous Food Fest 2: Good things about Me
Week 9	1: Survival Guide 2: Healthionaire!
Week 10	1: Healthy Growth Check 2: Group Reward



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