

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

Evidence based obesity treatment program for children and families

The Better Health Program is a multicomponent healthy lifestyle program for overweight and obese children aged 7 to 13 years and their families. The program is a component of the WA Healthy Children Program which is jointly funded by the Western Australian and Australian Governments and is being offered FREE for eligible families to attend. It meets all current Australian guidelines and NHMRC recommendations for the Management of Overweight and Obesity in Children.

The program, lead by qualified health professionals, runs during after school hours, twice a week for ten weeks, parallel with each school term. 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.

What happens on the Better Health Program?

- Weekly games and activities for children
- Fun, interactive discussions to teach you easy and effective ways to improve your child's nutrition, physical activity and self-esteem.
- Practical demonstrations, games and tips about healthy foods, label reading and portion sizes.

The Better Health Program is currently running at various locations across Perth, call 1300 822 953 for details.

Program Structure

1st hour

Children and parents participate together in fun theory activities alternating between nutrition and behaviour change topics

2nd hour

Parents participate in a facilitated discussion with the theory leader

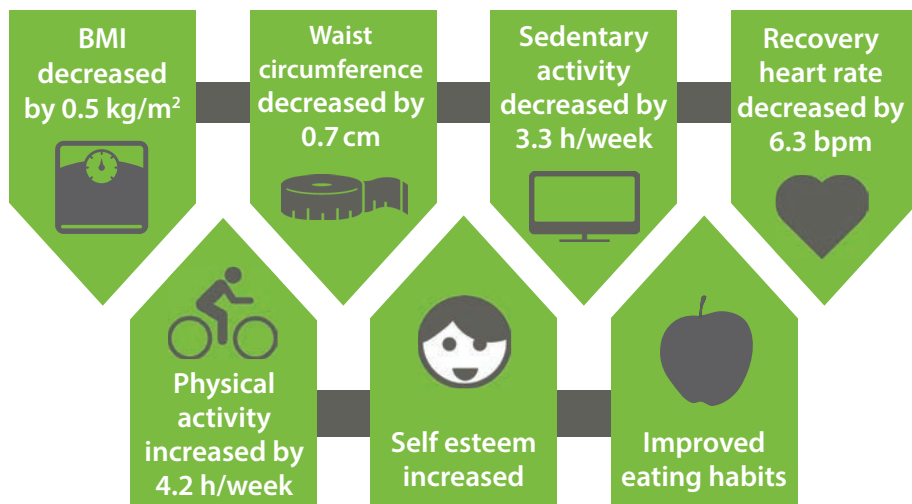
Children participate in a fun, physical activity session in land or water with the physical activity leader



Government of Western Australia
Department of Health

Evidence base and outcomes

The Better Health Program was designed by specialist dietitians and psychologists and has been researched extensively. A successful RCT was completed and published, (Obesity, Vol 18, Supp 2, Feb 2010) showing statistically significant improvements at 6 months. On a local level, 18 Better Health Programs have been delivered so far, engaging more than 175 families throughout Perth. Key achievements of the program across Perth include:



Promotion & partnership opportunities:

Contact Program Manager, Hayley Robertson directly to discuss ways in which you can refer or promote this program in your workplace setting. Better Health can supply you with resources if you choose to;

- Distribute the Better Health Program brochures to families you see in your work setting
- Display posters and place brochures at your facility
- Place information about the Better Health Program in your organisations newsletter

Ph: 0410 784 788 / Email: hayley@betterhealthcompany.org

How participants can register:

Call 1300 822 953, sms 0409 745 645 for a call back or register online at www.betterhealthprogram.org



Program Outline

1.	<ul style="list-style-type: none"> • Meet the Leaders & Healthy Growth Check • Program Introduction
2.	<ul style="list-style-type: none"> • Active, Healthy Happy • Goals & Rewards
3.	<ul style="list-style-type: none"> • Refined vs Unrefined • Goals and Rewards
4.	<ul style="list-style-type: none"> • Fats & Sugars • External Triggers
5.	<ul style="list-style-type: none"> • Label Reading • Modelling
6.	<ul style="list-style-type: none"> • Ready Steady Eat! • Internal Triggers
7.	<ul style="list-style-type: none"> • Supermarket Tour • Problem Solving
8.	<ul style="list-style-type: none"> • Fabulous Food Fest • Good things about Me
9.	<ul style="list-style-type: none"> • Survival Guide • Healthionnaire!
10.	<ul style="list-style-type: none"> • Healthy Growth Check • Group Reward



1300 822 953

betterhealthcompany.org
hayley@betterhealthcompany.org

betterhealth
company