



betterhealthprogram

healthy active happy kids

Evidence based obesity treatment program for children and families

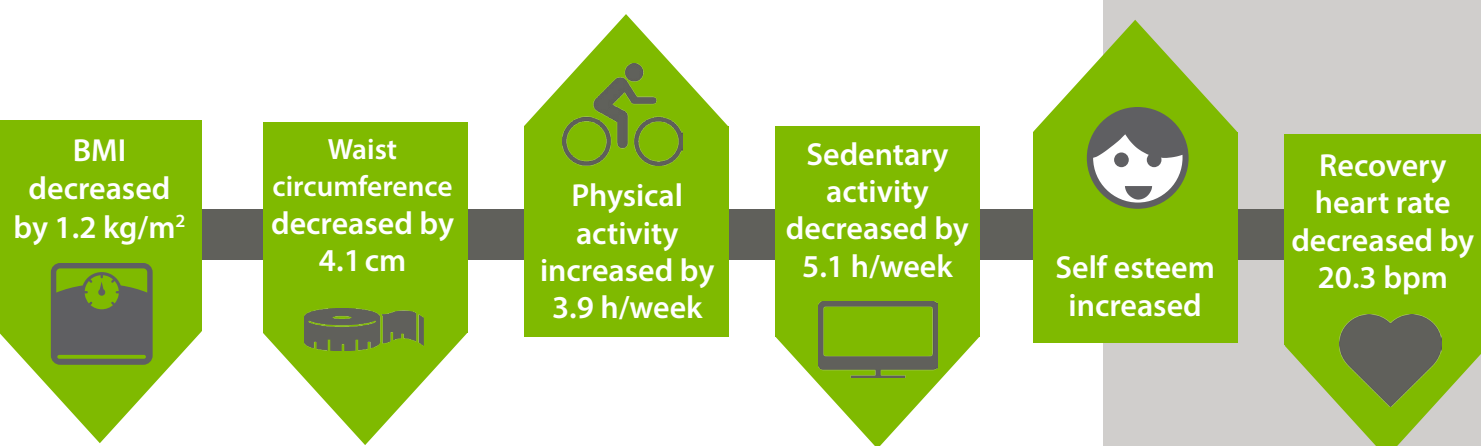
The Better Health Program is a multi component healthy lifestyle program for overweight and obese children aged 7-13 years and their families. It is funded by the WA Department of Health and is FREE for families to attend in the Perth metropolitan area.

The Better Health Program meets all current Australian guidelines, including the NHMRC recommendations for the Management of Overweight and Obesity in Children.

Interactive sessions, combined with custom designed resources, support children and families to adopt healthy lifestyle behaviours around food and physical activity, to make informed food choices and learn essential health skills. Our approach encourages children and their families to become fitter, healthier and happier as they have fun, meet new friends and learn new skills to establish and maintain healthier lifestyles. The program runs for 10 weeks, with a 2-hour session each week.

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 including:



Program Structure

1st hour

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

2nd hour

Parents participate in a facilitated discussion with the theory leader

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

PROGRAM DELIVERY

Program Leaders:

The Better Health Program is delivered by local health professionals who have completed Better Health Program training.

Program Delivery Pack:

A standardised resource pack is provided as part of each program and provides all teaching aids, equipment and resources for leaders to effectively deliver the Better Health Program. This helps to ensure the delivery of the program is standardised and of a high standard.

Participant Resources:

Each participant of the program receives a full set of resources to assist their learning and behaviour change during and after the program.

Registrations:

Families



Call: 1300 822 953



Text: 0409 745 645



Online: www.betterhealthprogram.org



Message: Better Health Company

Health professional referral



Email: programs@betterhealthcompany.org



Fax: 1300 325 301

PROGRAM OUTLINE

	Parents and children attend together	Parents attend while children are in physical activity
Week 1	Welcome and measurements	
Week 2	Fitter, healthier, happier	Goals and rewards
Week 3	Goals and rewards	Be a moving and grooving family
Week 4	Refined vs unrefined	External triggers
Week 5	Fats and sugars	Internal triggers
Week 6	Label reading	Supermarket tour
Week 7	Ready, steady, eat	Bullying
Week 8	Survival guides	Modelling + sleep and routines
Week 9	Healthionaire!	Problem solving
Week 10	Measurements Graduation and group reward!	



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