

Free Child Weight Management Program for local families

As you are aware, obesity is becoming an increasingly important issue in our local community with almost 25% of Australian children currently overweight or obese. If current trends continue, by 2050 it is likely that the incidence of child obesity will be closer to 50%!

The NSW Parenting Program: What is it and who is it for?

The NSW Parenting Program implementing MEND (Mind, Exercise, Nutrition...Do it!) is part of a national initiative offering free healthy lifestyle courses for children 7-13yrs old who may not fit within the ideal weight range and their families.

About the program?

The Program is an evidence based healthy lifestyle program for children above their ideal weight and their families. Rather than focusing on weight loss, the Program uses a practical interactive learning approach to teach children and parents weight management skills. This includes inspiring families to adopt a healthier lifestyle, enjoy preparing and eating healthy foods, reading food labels and how to make healthy choices on a budget. There are also simple but exciting sessions which focus on making exercise fun again – especially for children who are not fans of traditional sports.

How long does the program go for?

The program runs for a period of 10 weeks with exercise, nutrition and mind sessions over this period. Sessions are held twice weekly for two hours. MEND will be offered completely free to children and families that are interested in being involved.

Where is it being run?

The NSW Parenting Program is currently running in Dubbo and Broken Hill with plans to start in Mudgee, Parkes, Forbes, Orange and Molong in the near future.

For families that are interested in finding out more information, please contact Hayley Vaughan on the details below.

For Health staff or local people who would like to assist in program facilitation in these sites or are interested in the free program commencing in their town please contact Hayley:

Contact?

Hayley Vaughan on (02) 6841 5589 or 0418 454 592

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