

GO 4 FUN[®]

HEALTHY ACTIVE HAPPY KIDS

A NSW Health evidence based healthy lifestyle program with proven results for your paediatric clients above a healthy weight.

Go4Fun

- Free 10 week family healthy lifestyle program
- For 7 to 13 year olds who are above a healthy weight
- 2 hour weekly sessions after school or on weekends
- Locations in Randwick, Bayside, Georges River and Sutherland Shire areas
- A parent or carer must attend



Real Results

Go4Fun results have been very positive including:



1.2cm

reduction in waist circumference



0.5kg/m²

reduction in BMI



Increases in fitness and physical activity and decreases in sedentary behaviour



Increases in self-esteem



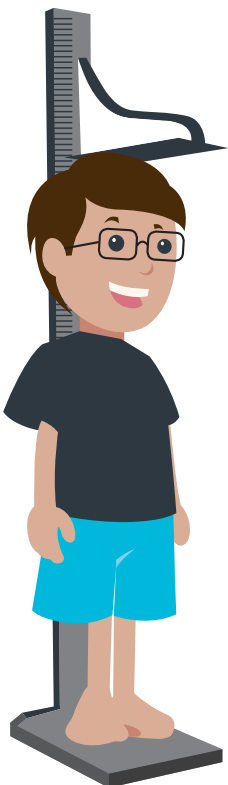
Significant improvements in fruit and vegetable consumption



Sweet drink consumption decreased

NSW Office of Preventative Health – The sixth Year (2017-18) in Review

Infographic developed by Western Sydney Local Health District.



Referrals

- Referrals from a Health Professional can improve both registrations and retention for families
- As a referring Health Professional, you will receive a copy of the clients report, highlighting the improvements a child has made from participating in Go4Fun. This can also assist you to continue conversations with the family.

Weight management resources for health professionals

Healthy Kids for Professionals is a website designed to help health professionals manage children above a healthy weight, and their families. The website includes quick tools, tips and videos on:

1. Weight assessment tools
2. Sensitive conversations
3. Healthy habits
4. Referral pathways

? Do you routinely check BMI-for-age for all paediatric clients?

BMI-for-age percentile charts are the most reliable way to check a child's weight status.

The Healthy Kids for professionals website offers an online weight status calculator to identify if a child is above a healthy weight. Visit

<https://pro.healthykids.nsw.gov.au/calculator/> to use the online calculator.



For more information, please visit <https://pro.healthykids.nsw.gov.au/>

Why Go4Fun?

- Over 1000 children in South Eastern Sydney have already participated
- **Free, accessible and fun**
- **Tertiary qualified leaders** (for example Dietitians, Exercise Physiologists)
- Kids receive great program packs, rewards and incentives
- **Practical resources for families** – portion size measuring cup, pocket label reading guide, handouts

Evidence-based referral program

Go4Fun is an **evidence based program** and is NSW Health's community based treatment program for children who are above a healthy weight or well above a healthy weight. Go4Fun incorporates the key elements of the **NHMRC Clinical Practice Guidelines** for the Management of Overweight and Obesity in Children and Adolescents (2013):

- multicomponent
- engages parents and families in a sensitive manner
- focuses on reducing energy intake, increased physical activity, reduced screen time
- supports behaviour change



What happens at Go4Fun?

Each fun-filled Go4Fun session includes:

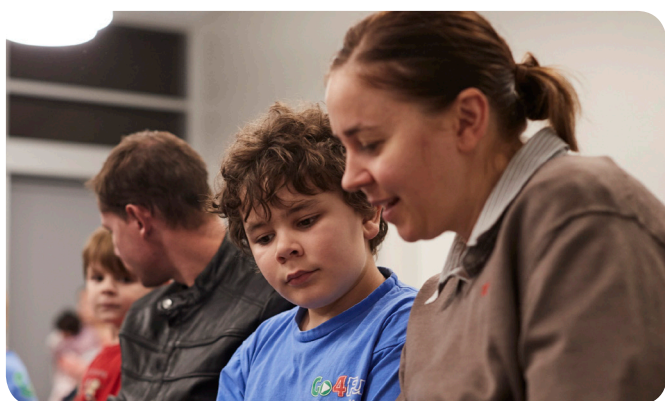
- Healthy eating topics such as label reading, portion sizes and an interactive supermarket tour
- 1 hour of fun interactive games and activities for the children
- Parent discussions/practical advice

Pre and post program measurements include:

- BMI
- Waist measurements
- Recovery heart rate
- Health related behaviours questionnaires



What do parents and kids have to say about Go4Fun?



We have now started to make changes in the family as simple as going for a walk every day together, even if it's not for too long. I am even using healthier alternatives in my cooking.

Antoinette Kassis – South Eastern Sydney



The best thing about the Go4Fun Program was playing the games. I learnt that running around and playing can be exercise and I really enjoyed the supermarket tour which helped me understand what healthy stuff that I should be eating.

Participant – South Eastern Sydney

More information

For information, posters, flyers or referral pads for your practice please email Lisa Moorhouse (Go4Fun Coordinator South Eastern Sydney LHD) at lisa.moorhouse@health.nsw.gov.au

Visit www.go4fun.com.au or telephone 1800 780 900