

# Preventing and Addressing Obesity in Children and Young People



**SOUTH EASTERN SYDNEY LOCAL HEALTH DISTRICT  
HEALTH PROMOTION SERVICE**

## **Action Plan 2021-2023**

September 2021



South Eastern Sydney Local Health District (SESLHD) would like to acknowledge the Traditional Custodians on whose land we stand, and the lands our facilities are located on; the lands of the Dharawal, Gadigal, Wangal, Gweagal and Bidjigal peoples. We would like to pay our respects to the Elders past, present and those of the future.

**Artwork by Brenden Broadbent.**



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South Eastern Sydney Local Health District Health Promotion Service strives to improve the health and wellbeing of our community. We aim to empower people to have more control over their health by working in collaboration to deliver evidence informed programs and support clinical services. We focus on childhood obesity, falls prevention, smoking cessation and healthy built environments. For more information, resources and to collaborate visit:

[www.seslhd.health.nsw.gov.au/health-promotion-service](http://www.seslhd.health.nsw.gov.au/health-promotion-service)



# Overview

In New South Wales (nearly one in four)

**23%** of children\*  
are overweight or obese

(HealthStatsNSW, 2019). \*aged 5-16 years

In SESLHD (one in two)

**50%** of adults  
are overweight or obese

(HealthStatsNSW, 2019).

This plan highlights the primary prevention activities to be led by the Health Promotion Service (HPS) during 2021-2023 to respond to the three streams of action embedded in [SESLHD Framework to Prevent and Address Childhood Obesity \(the Framework\)](#).



**Stream 1 (S1):**

Building health sector organisational capacity



**Stream 2 (S2):**

Community partnership development



**Stream 3 (S3):**

Children's everyday settings

Primary prevention of overweight and obesity is embedded into routine business across Population and Community Health (PaCH). Within PaCH, the Oral Health Service, Child Youth and Family Services, and Priority Populations Service complement activities highlighted in this plan through their routine service delivery.

# Health Promotion Service achievements against the Framework in 2020-2021

- Achieved all SESLHD Service Agreement Key Performance Indicators and Improvement Measure targets (PH-008a<sup>1</sup>; PH-008b<sup>2</sup>; MS1102<sup>3</sup>) with the exception of the Go4Fun program (PH-008c<sup>4</sup>; PH-008d<sup>5</sup>) due to COVID-19 and the suspension of face-to-face programs.
- Delivered 16 training webinars, reaching over 500 educators, teachers and parents/carers on topics relating to healthy eating and physical activity.
- Addressed local opportunities to improve communication with parents/carers through the development of an online pilot intervention *Healthy Children, Happy Families (HCHF)* in partnership with PANORG (Physical Activity Nutrition Obesity Research Group), University of Sydney. HCHF recruited 155 parent/carers, with an aim to support the provision of healthy lifestyle behaviours for children aged 0-12 years.



- Supported *Healthy Children, Healthy Communities* Grant recipients (3 completed by June 2020, 9 completed by December 2020). Funded projects supporting children to eat well, be physically active and reduce sedentary behaviour. Projects focused on enhancing physical environment (e.g. installation of water coolers/new sports equipment), upskilling staff and embedding changes through local policies.
- Funded *Aboriginal Healthy Lifestyle Grants* that enabled children and young people (0-17 years) to improve awareness of their lifestyle behaviours (7 grants funded, 455 children, young people, and families participated in the funded activities).
- Piloted support for Out of School Hours care (OOSH) through implementation of the *Eat Smart, Play Smart* online learning challenge (4 services participated), professional development webinars (55 staff from 44 services registered) and a quality improvement challenge (5 services completed, all opting to develop/enhance their vegetable gardens).

<sup>1</sup> PH-008a - HCI Munch & Move (early childhood services; % sites adopting practices)

<sup>2</sup> PH-008b - HCI Live Life Well @ School (primary schools; % sites adopting practices)

<sup>3</sup> MS1102 - Children's height and weight (% children with measurements recorded)

<sup>4</sup> PH-008c - HCI Go4Fun (completions = % children attending >=3 program sessions)

<sup>5</sup> PH-008d - HCI Go4Fun (enrolments = # children attending >=1 program session)

# Key Opportunities for 2021-2023

**1** To leverage relationships and collaborative opportunities with **local Councils** to enable healthy lifestyle opportunities and behaviours for children and young people.

**2** To actively collaborate with **parents/carers** relating to healthy lifestyle behaviours for children and young people, including those from Aboriginal, culturally and linguistically diverse (CALD) and low socioeconomic backgrounds.



**3** To identify opportunities to collaborate with the **community sport sector** to increase physical activity participation in key populations, including children aged over 12 years (particularly females) and CALD communities.

**4** To work collaboratively within PaCH services to increase healthy lifestyle opportunities and enhance healthy behaviours of young people in **high school and youth settings**.



# Action Plan 2021-2023



**Stream 1 (S1):** Building health sector organisational capacity



**Stream 2 (S2):** Community partnership development



**Stream 3 (S3):** Children's everyday settings

## Action

## Strategic alignment

1

### Achieve annual Service Performance Agreement targets:

- Support implementation of programs in children's everyday settings through the Munch & Move (PH-008a) and Live Life Well @School (PH-008b)
- Coordinate delivery of the Go4Fun program (PH-008c, PH-008d)
- Support clinical services to facilitate children's growth assessments (MS1102)

SESLHD FRAMEWORK S1, S2, S3



HPS BUSINESS PLAN 2021-22

1.3, 2.4, 3.1

2

Contribute to the design and piloting of new Healthy Eating Active Living (HEAL) primary school programs led by Centre for Population Health, NSW Health.

SESLHD FRAMEWORK S3



HPS BUSINESS PLAN 2021-22

2.4

3

Contribute to the co-design and piloting of new HEAL secondary school programs led by Centre for Population Health, NSW Health.

SESLHD FRAMEWORK S3



HPS BUSINESS PLAN 2021-22

2.4

4

Harness online platforms for educator support and professional development webinars (i.e. childcare, school and OOSH settings).

SESLHD FRAMEWORK S2, S3



HPS BUSINESS PLAN 2021-22

2.4, 3.2

# Action Plan 2021-2023

## Action

## Strategic alignment

5

**Conduct pilot projects to address local gaps/opportunities. Utilise evaluation findings to enhance ongoing implementation and support.**

- Healthy Children, Happy Families – online parent/carer education
- Out of School Hours Care Eat Smart, Play Smart challenge and quality improvement project

SESLHD FRAMEWORK S2, S3



HPS BUSINESS PLAN 2021-22  
2.4, 3.2

6

**Collaborate with PaCH services to support parents/carers to lead healthy lifestyles, with a focus on Aboriginal, CALD and low socioeconomic communities.**

- Support local implementation of First 2000 Days Framework
- Coordinate SESLHD Communicating with Children and Families Working Group
- Healthy Children Initiative (HCI) program support/resource development/translation as relevant

SESLHD FRAMEWORK S1, S2



HPS BUSINESS PLAN 2021-22  
1.3, 1.4, 1.5, 3.2, 3.6

7

**Advocate for support and streamline communications/interventions /education with SESLHD and Central and Eastern Sydney Primary Health Network (CESPHN) clinical services to increase referrals to appropriate services, and provide healthy eating, active living advice to patients and their families.**

- Explore integrated care models for family-based weight management
- Enhance referral pathways to Go4Fun, Think, Eat and Move (TEAM), Get Health Service (GHS) and Get Healthy in Pregnancy (GHIP)
- Explore opportunities to collaborate with HealthPathways

SESLHD FRAMEWORK S1, S2



HPS BUSINESS PLAN 2021-22  
1.2, 1.3, 3.1

8

**Support local implementation of Translational Research Grant Scheme (TRGS) and other research projects.**

- SWAP IT – improving health messaging to parents/carers
- Healthy Beginnings Trial
- Resistance training for teens





SESLHD FRAMEWORK S1, S2, S3



HPS BUSINESS PLAN 2021-22  
2.4, 2.5, 3.2, 3.6

## Action

## Strategic alignment

<p><b>9</b></p>	<p><b>Embed drink water messaging and interventions into routine business and pilot local projects with:</b></p> <ul style="list-style-type: none"> <li>• Sporting organisations</li> <li>• Local Councils</li> <li>• SESLHD People &amp; Culture</li> </ul>	<p><b>SESLHD FRAMEWORK</b> S1, S2, S3</p>  <p><b>HPS BUSINESS PLAN 2021-22</b> 1.4, 2.2, 2.3</p>
<p><b>10</b></p>	<p><b>Increase healthy lifestyle information relevant to Chinese speaking communities, especially young people and families with young children via:</b></p> <ul style="list-style-type: none"> <li>• Partnership with Chinese Australian Services Society (CASS) - implement the National Women's Health Strategy &amp; National Men's Health Strategy-Health Promotion - 4-EC9489R grant to develop co-designed health messages for 15-24 year old Chinese speaking people</li> <li>• Partnership with CASS - embed healthy lifestyle information into existing website</li> </ul>	<p><b>SESLHD FRAMEWORK</b> S2</p>  <p><b>HPS BUSINESS PLAN 2021-22</b> 4.2</p>
<p><b>11</b></p>	<p><b>Enhance integration of physical health strategies in services working with young people and youth.</b></p> <ul style="list-style-type: none"> <li>• Participate as a member of the Yhunger Advisory Group</li> <li>• Deliver Yhunger training workshops for staff working with youth</li> <li>• Disseminate Yhunger stories implementation videos to services</li> </ul>	<p><b>SESLHD FRAMEWORK</b> S2</p>  <p><b>HPS BUSINESS PLAN 2021-22</b> 3.3</p>
<p><b>12</b></p>	<p><b>Enhance healthy lifestyle education and programs available to Aboriginal communities.</b></p> <ul style="list-style-type: none"> <li>• Finalise consultations with Aboriginal parents to understand parent's key barriers and motivators to accessing healthy lifestyle programs and identify opportunities for improvement</li> <li>• Adapt existing programs/develop new programs based on outcomes of the consultation</li> </ul>	<p><b>SESLHD FRAMEWORK</b> S2, S3</p>  <p><b>HPS BUSINESS PLAN 2021-22</b> 4.3</p>





## Abbreviations

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### **CASS**

Chinese Australian Services Society

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### **CALD**

Culturally and Linguistically Diverse

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### **CESPHN**

Central and Eastern Sydney Primary Health Network

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### **GHiP**

Get Healthy in Pregnancy

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### **GHS**

Get Healthy Service

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### **HCI**

Healthy Children Initiative

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### **HEAL**

Healthy Eating Active Living

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### **HPS**

Health Promotion Service

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### **PaCH**

Population and Community Health

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### **SESLHD**

South Eastern Sydney Local Health District

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### **TEAM**

Think, Eat and Move

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### **TRGS**

Translational Research Grant Scheme

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