

# Healthy Weight Service

## Family- based lifestyle and weight management program

The Healthy Weight Service at PCH is run by the Department of Diabetes and Endocrinology. All programs are family focused with the aim to improve the health and health outcomes for your child or adolescent.

This service may have already been discussed with you by your doctor due to concerns for your child's health in relation to their weight. Healthy weight at PCH incorporates:

- Busy Bodies Playgroup (under 6 years)
- The Bodysmart Detective Agency (7-12 years)
- Bodysmart Group (12-16 years)
- Healthy Koolangas (Aboriginal Youth and their families).

The Lifestyle Programs at PCH are run by the Department of Diabetes and Endocrinology. All programs are family focused with the aim to improve the health and health outcomes for your child or adolescent.

## Important information

- A doctors referral is required
- Programs run for a period of 6-12 months
- Families must be able to attend appointments at PCH
- The program is an interactive and educational family based program that promotes and supports long term self-managed lifestyle change
- Most patients attend lifestyle education in groups which run on a Wednesday morning (Bodysmart Detective Agency) or a Thursday afternoon (Bodysmart Group) during school hours. Programs include group physical activity sessions
- Parents of children under 6 years may attend a playgroup style program (Busy Bodies) on a Wednesday morning
- The Healthy Koolangas Program offers aboriginal children and their families healthy eating and physical activity education and support and is led by an Aboriginal Liaison Officer
- One-on-one consultations with allied health professionals are available if required.



## What is your role?

You and your family are a part of the team. To achieve the best outcomes for your child your involvement and commitment are important. You can assist by:

- Attending all appointments with the service
- Working alongside the team aiming towards self-management of healthy lifestyle changes
- Being a positive role model for your child and family.

## A healthy lifestyle

Below are some ideas that you may wish to start before commencing the program. Perhaps choose 1 or 2 from the list below:

- Do some exercise together every day
- Spend less time on the computer
- Spend less time watching TV
- Eat breakfast every day
- Eat at least one meal per day together at the table with the TV off
- Make water your main drink
- Cut out juice and soft drink
- Decrease the portion size of your meals
- Eat more fruit and vegetables.

## The team

The program is run by a multi-disciplinary team of allied healthcare professionals including:

- Paediatrician - provides medical care and ongoing assessment for your child
- Nurse - provides medical support and education to your family and child
- Dietitian - provides dietary advice and education for a healthy lifestyle
- Physiotherapist - assists your child in reaching physical activity goals for health through assessment and exercise prescription
- Social Worker- provides family and individual counselling
- Clinical Psychologist- supports behavior change and provides additional therapy where required
- Aboriginal Liaison Officer- provides cultural support and health education.

**This document can be made available in alternative formats on request for a person with a disability.**

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**Child and Adolescent Health Service**

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