



Healthy Lifestyle Program – Information for Families

A FREE program for our young generation aged 4 to 16 years who are wanting to make healthy lifestyle changes

About the Healthy Lifestyle Program

The Healthy Lifestyle Program is a family service. We want to improve the health of kids by putting YOU at the centre.

For the next year, we will be offering the program to children aged 4 to 16 years (and their families/caregivers), who live in the East Metropolitan area and are affected by higher weight.

Find out more by scanning the green QR code.



How can I be referred?

You or a health professional can refer your child to this program by scanning the purple QR code.

About 4 weeks after we receive the referral, one of our team will contact you. They will make an appointment to do a health check at your home or a community location.

If we think the program would suit your child, they will be invited to attend between 8 and 10 weekly group sessions each term, for 2 terms (or around 6 months.)

These sessions:

- are run by health professionals
- will run after school in term time in:
 - Armadale on Tuesdays
 - Midvale on Thursdays
- are specially designed for children aged 4 to 16 years
- will support your child to move their body more
- help you learn more about food and nutrition
- help improve your child's mental health and wellbeing.



Your journey with us

- First health check.
- Team meeting to make sure your health needs are met.
- Group sessions to meet the team and other families. Learn some stuff and have fun!
- 6 month health check with team review.
- 12 month health check with team review and **goodbye from us!**

Meet the team

- **Healthy Lifestyle Coordinator**
will do your first health check and link you in with any help you need on your health journey.
- **Dietitian**
will support you with choosing foods for a strong body and mind, making healthy, yummy food on a budget, and enjoying food as a family.
- **Exercise Physiologist**
provides you with ideas to make movement a fun part of your day.
- **Psychologist**
supports you with well-being and making positive changes to your lifestyle.
- **Paediatrician**
will provide expert medical support along your health journey.
- **Aboriginal Health Practitioner**
will provide extra support for Aboriginal and Torres Strait Islander families in the program.

Is this research?

Yes. To continue the Healthy Lifestyle Program past the first 12 months we need to show it works. This is why we would like your feedback. We will talk with you about this and answer any questions.

All your information, including names, addresses, health information and any feedback will be kept confidential.

However, your child can still do the Program even if you don't want to be part of the research.

This research has ethics approval from the Child and Adolescent Health Service HREC (RGS0000006244), the Western Australian Aboriginal Health Ethics Committee (HREC1292) and Curtin University (HREC2024-0066).

Contact Details

Phone: 0497 587 060 (9:20am to 2:30pm, Monday to Friday)

Email: CACH.HealthyLifestyles@health.wa.gov.au (or use the QR code)



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

This publication is provided for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

Produced by Child and Adolescent Health Service – Community Health ©State of Western Australia April 2025 CAH-001720

