



## Healthy Lifestyle Program – Information for Health Professionals

This FREE program is for our young generation affected by a higher weight who are wanting to make healthy lifestyle changes.

We are welcoming families in the East Metropolitan region who would like to participate in a new pilot program. It's open to children aged 4 to 16 years.

### What does the Program involve?

Referrals for eligible children will be accepted from health professionals, other professionals involved in care, or via self-referral. After the referral is received, the healthy lifestyle coordinator will initiate a health assessment (healthy lifestyle check) including medical, dietary, physical activity and wellbeing screening, usually in the family's home. This will take about 1.5 hours.

The team includes a range of health professionals (paediatrician, psychologist, exercise physiologist, dietitian and Aboriginal health practitioner) who work in a multidisciplinary team to understand how best to meet the individual needs of each family to support lifestyle change.

Alongside a healthy lifestyle check checks at entry to the program, midway and at program completion at one year, a minimum of 6 months of weekly group sessions (8 and 10 weekly group sessions each term, for 2 terms) will be offered in the community setting.

- There will be fun nutrition, physical activity and wellbeing sessions run by the team.
- Sessions will be run after school in term time at a community centre, providing a space for families to connect. These will be in Armadale on Tuesdays and Midvale on Thursdays.
- Practical information will be provided for supporting whole-of-family healthy lifestyle change.
- The sessions are designed for children and young people to attend together with a committed parent or caregiver.
- After first assessment and completion of the program a summary of progress will be provided back to the referrer and GP, alongside the family.

Find out more by scanning the QR code.



## Who Is It For?

The program is offered to all children and young people:

- aged 4 to 16 years
- living in East Metropolitan Health Service catchment (refer our referral form or website for the included suburbs)
- with the consent and support of their parent or legal guardian
- above a healthy weight (BMI  $\geq$ 95th percentile, or  $\geq$ 85th percentile with weight-related health conditions).

## How do I refer a child?

Health Professionals can refer with the consent of a parent or legal guardian by:

- using the QR Code to the online referral form
- emailing a paper-based referral ([cahs.health.wa.gov.au/Research/Featured-projects/Healthy-Lifestyle-Program](https://cahs.health.wa.gov.au/Research/Featured-projects/Healthy-Lifestyle-Program)) or your own practice referral to the email address below.

Families may also refer their own child using the same form.



## Research

To continue the Healthy Lifestyle Program past the first 12 months we need to show it works. We will talk with families about this and answer any questions. All information, including names, addresses, health information and any feedback will be kept confidential.

However, families may still attend the Program even if they 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](mailto:CACH.HealthyLifestyles@health.wa.gov.au) (or use the QR code)



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Produced by Child and Adolescent Health Service – Community Health ©State of Western Australia April 2025 CAH-001721

