

# The Healthy Lifestyle Journey



Government of Western Australia  
Child and Adolescent Health Service



## Healthy Lifestyle Program

### Information for referrers

This 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.



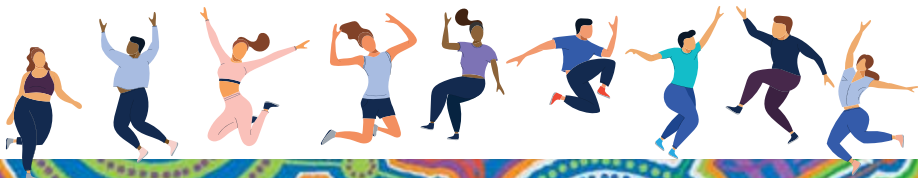
## What Does the Program Involve?

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 will be offered in the community setting.

- There will be fun nutrition, physical, and wellbeing session run by the team.
- Sessions will be run after school in term time at a community centre, providing a space for families to connect.
- 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.



## 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 to included suburbs on our referral form or website)
- with the consent and support of their parent or legal guardian
- above a healthy weight ( $\geq 95^{\text{th}}$  percentile, or  $\geq 85^{\text{th}}$  percentile with weight-related health conditions).

## Research

There is significant research supporting the context and need for the Healthy Lifestyle Program in the Perth setting. For this program to be evaluated, and for us to advocate for children and young people, this program has a research component.

This is currently a 12-month pilot program, and we aim to continue and expand in future. More information will be provided and will be explained to families who are referred to the program.

This research has ethics approval from the Child and Adolescent Health Service HREC on (RGS0000006244), the Western Australian Aboriginal Health Ethics Committee (HREC 1292), and Curtin University (HRE2024-0066).

## 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)) to [CACH.HealthyLifestyles@health.wa.gov.au](mailto:CACH.HealthyLifestyles@health.wa.gov.au)

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

## Contact Details

Phone: [0497 587 060](tel:0497587060) (9:30 am to 2:30 pm, Monday to Friday)

Email: [CACH.HealthyLifestyles@health.wa.gov.au](mailto:CACH.HealthyLifestyles@health.wa.gov.au)