



MEDIA RELEASE

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Health service helps school children fight obesity

With the obesity epidemic increasing, Health service staff in Wingecarribee are now assisting local schools to promote healthy eating and physical activity practices.

Dietitians have teamed up with a paediatric occupational therapist to develop two kits for use in primary schools as part of the Wingecarribee Health Service, *Health Promoting Schools* program.

The program aims to improve healthy eating and physical activity practices among children aged 5-12 years in Wingecarribee.

Wingecarribee Health Service dietitian Cadi Child said it was important we provide the necessary education to children to give them the skills they require to improve their nutrition and physical activity habits.

The "*Nutrition Kit*" provides lesson plans, accessories for use in the classroom, background information for teachers and nutrition articles for school newsletters.

"A major emphasis of the program has been providing in-service training and information resources for teachers, which can then be applied within the classroom and playground," Mrs Child said.

"This approach has the potential to benefit the whole school community, pupils, teachers and parents.

The "*Activity Kit*" provides information and resources teachers can use to plan and implement physical activity programs.

Seven Wingecarribee primary schools are currently piloting the program.

It is hoped the *Nutrition Kit* will be accessible to all schools in the South Western Sydney Area Health Service boundaries.

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