

Healthy Living

for Children and Teenagers above a healthy weight



This resource has been developed for use with families with children aged 5-18 years who are above a healthy weight.

The resource is in six sections, some of which will not be relevant to all clients. It is recommended that you tailor the information you provide to your client by only printing or using those pages and resources that are relevant.

| There are six sections: | page |
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www.eatforhealth.gov.au

WHO BMI-for-age (5-19 years) charts are reproduced with permission from the World Health Organisation as represented by the Department of Health. Source: 'WHO Child Growth Standards'
www.who.int/childgrowth/en/

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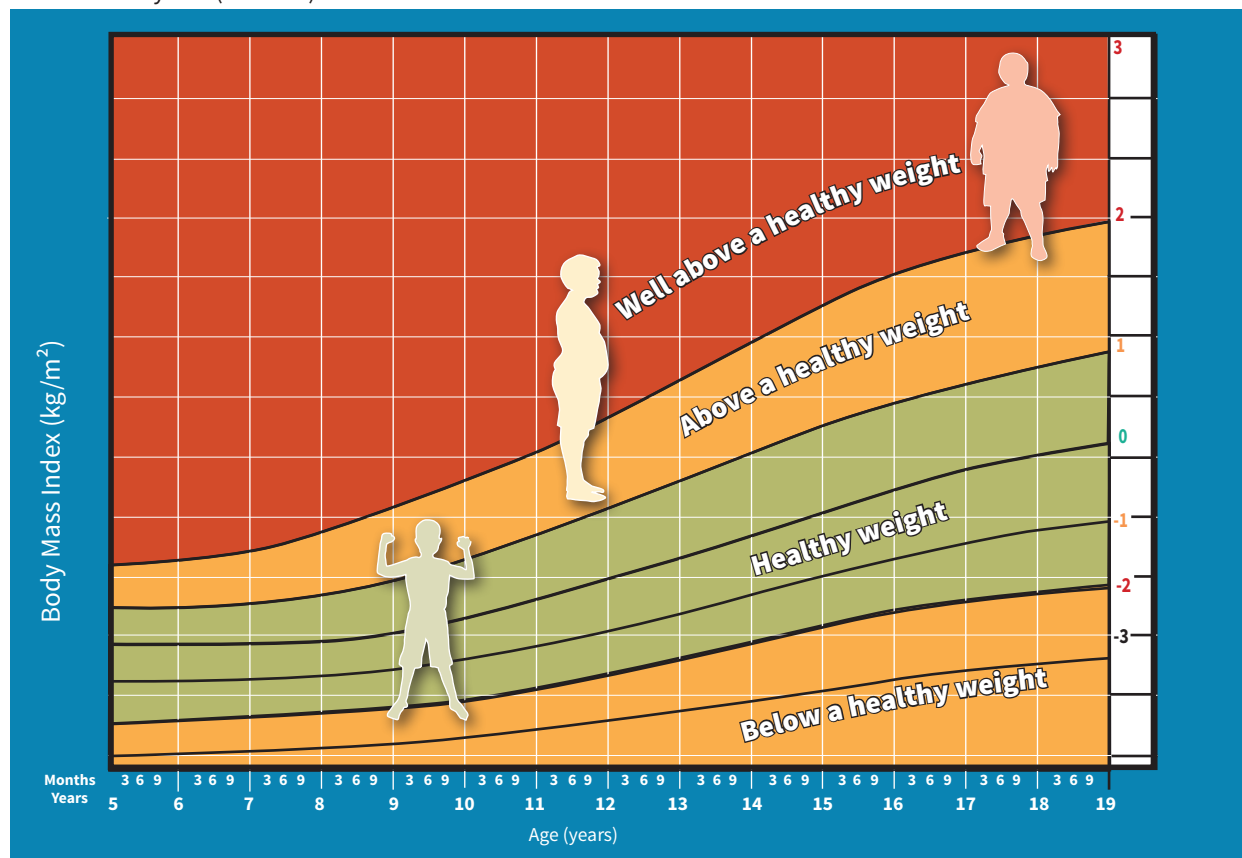
Illustration references kindly provided by photographer Ludo Kupers, ozoutback.com.au.

How do we know if a child is above a healthy weight?

Body Mass Index (BMI) charts are used to monitor a child's growth. Height and weight are needed to work out a child's BMI. This is then plotted on the BMI chart to show if they are within, above or below the healthy weight range.

BMI-for-age

5-19 years (z-scores)



Source: Adapted from 'WHO Child Growth Standards'

WHO Child Growth Standards

We are worried if a child's weight is too low or too high.

Low weight can make children sick

Too much weight can make children sick

Does my child need to lose weight?

Talk to a doctor, child health nurse or dietitian to see if your child should lose weight.

Why do we worry about being above a healthy weight?

When a child is above a healthy weight, it can cause many health problems and make them sick.

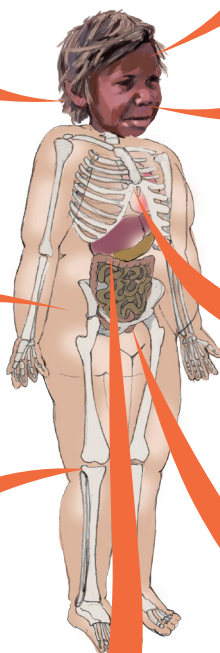
Not feeling good about themselves



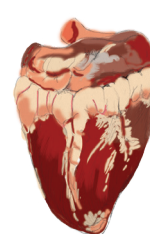
Feeling tired easily



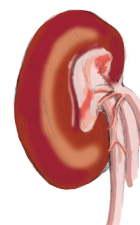
Sleep problems (bad snoring)



Diabetes/high blood sugar



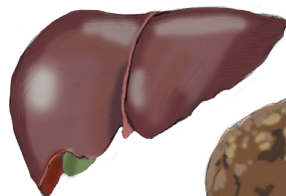
Sick heart



Sick kidney



Joint pain



Fatty liver

Why are children putting on too much weight?

These are some of the reasons children put on too much weight.



Not enough sleep



Too much unhealthy foods



Too much food



Too much sugary drinks



Not eating enough fruit and vegetables



Not enough hunting or fishing



Too much time using these



Too much sitting and not enough exercise



Family history

What can your family do?

To help children be a healthy weight the whole family needs to make healthy changes:



Healthy eating and drinking



Being an active family



**Less TV, phone, video games,
computer time**



Help children get good sleep

Benefits of making healthy changes



More energy to play and be active

Healthy child



Easier to learn at school



Growing up healthy



Live a longer and happier life

A guide to healthy eating

Your family needs food from these food groups

GO FOODS

Help to move, grow, learn and concentrate



Better concentration at school



Better learning



Have more energy

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



GROW FOODS

Help muscles, bones and teeth be strong



Be strong

Strong bones and teeth

Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

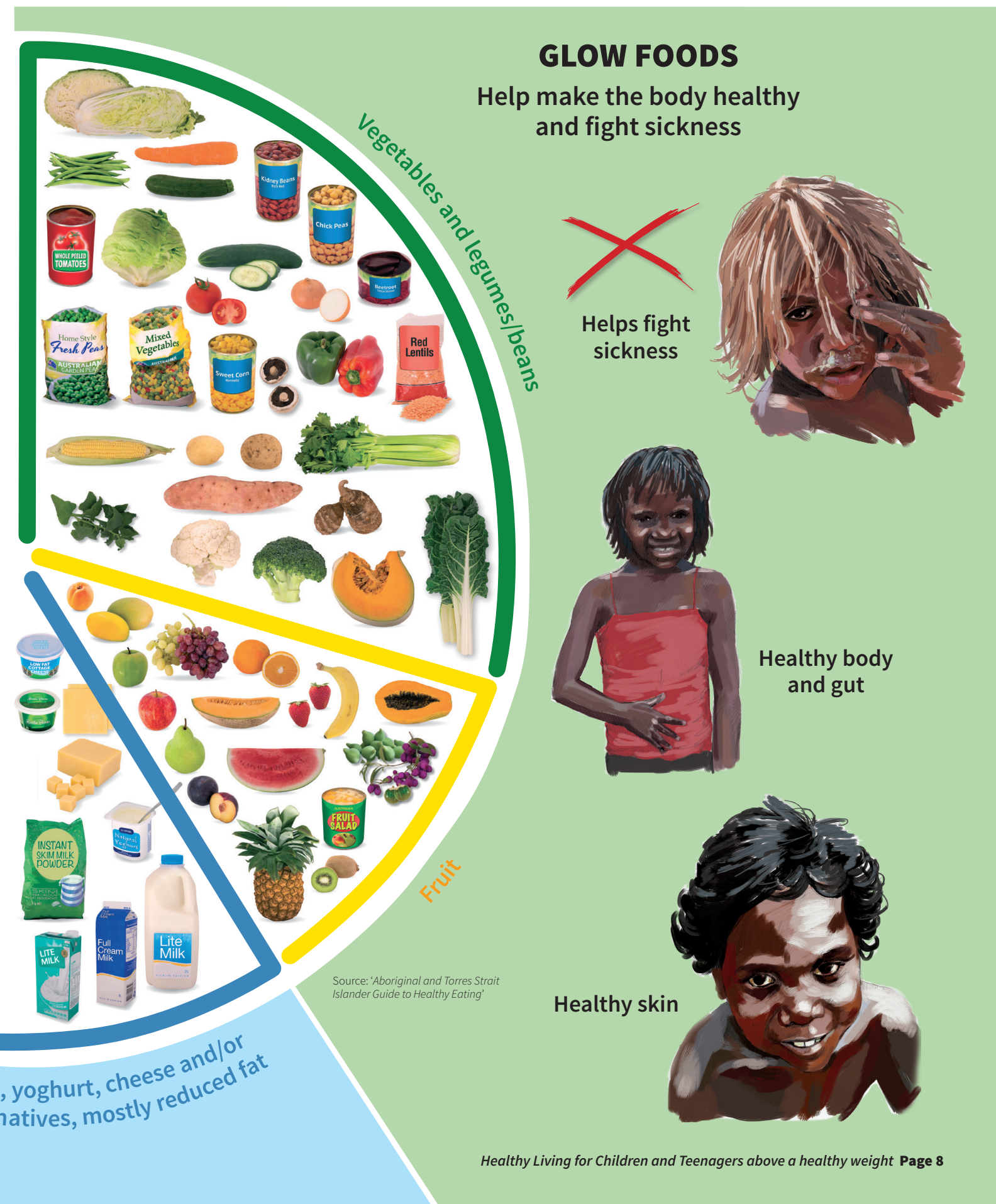


Milk alternatives



Healthy eating

groups every day to be strong and healthy



Unhealthy food (sometimes food)

These foods are high in salt, fat and sugar and should only be eaten in small amounts. Your family should not have these foods every day.



Eating too much of these foods can cause:



Trouble learning



More sickness



Behaviour problems



Weak blood



No energy



Putting on too much weight

Ways to eat less unhealthy foods



teaspoons of sugar



teaspoons of fat

Instead of unhealthy foods...



...choose healthy foods



Instead of big sizes...



...choose smaller sizes



Instead of unhealthy foods everyday...

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-----|------|-----|-------|-----|-----|-----|
| | | | | | | |

...only sometimes

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-----|------|-----|-------|-----|-----|-----|
| | | | | | | |

Unhealthy foods should not be given to reward good behaviour.

Try these ideas instead:

Reward with more play/activity time, or other non-food rewards.



Praise your child



Drink more healthy drinks

Make water the number one drink.

Water and low fat milk are healthy drinks that:

- Keep your body happy and healthy
- Keep you cool and hydrated
- Help your brain work
- Keep bones and teeth strong



Ways to drink more water:

- Take a water bottle to school/ playing sports
- Keep cold water in the fridge
- Always reach for water when you are thirsty
- Refill your bottle
- Drink from a water fountain/bubbler



Drink less sugary drinks

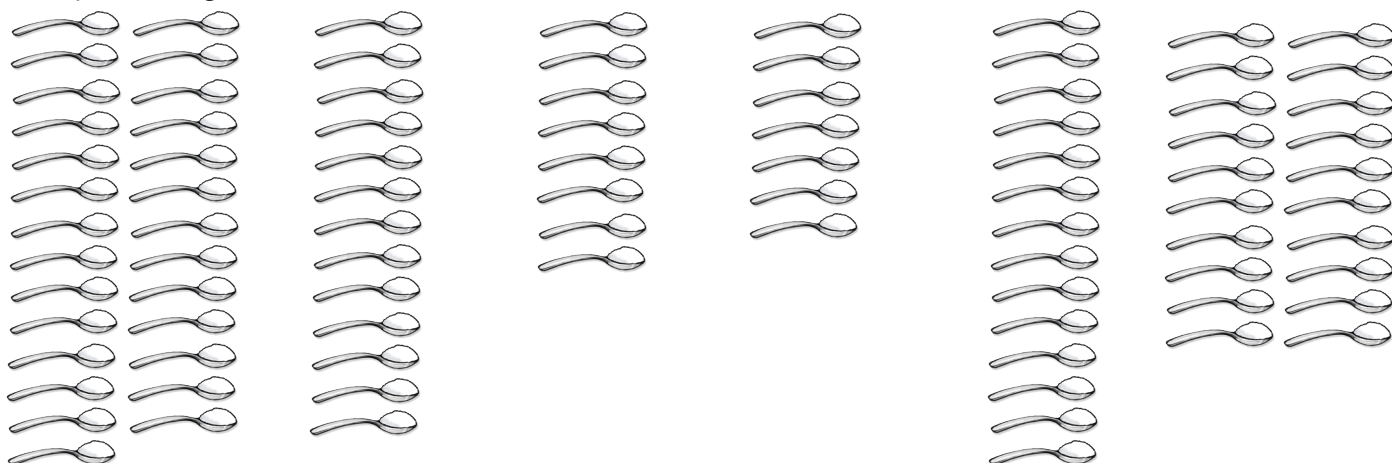
Sugary drinks contain lots of sugar that the body doesn't need. Children do not need sugary drinks.

Sugary drinks can cause:

- Holes in teeth
- Weak bones
- Too much weight gain



Teaspoons of sugar



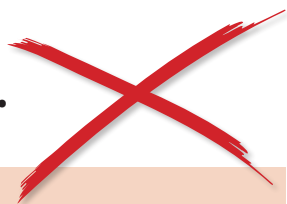
Ways to drink less sugary drinks:

- Swap big drinks for small drinks
- Reduce the number of days per week that you drink sugary drinks
- Adults need to be role models and slow down on sugary drinks
- Don't add sugar to tea/coffee



Healthier choices for meals and snacks

Instead of this...



Unhealthy breakfast



...have this



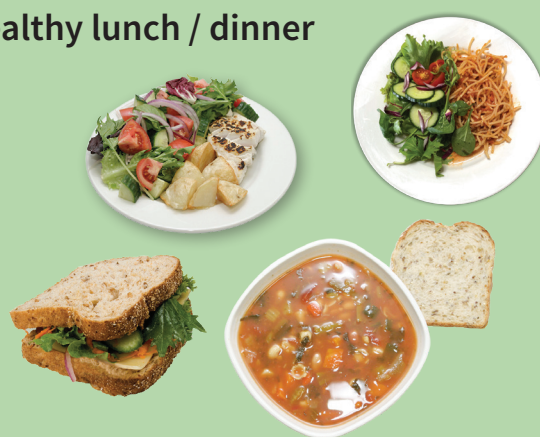
Healthy breakfast



Unhealthy lunch/ dinner



Healthy lunch / dinner



Unhealthy snacks



Healthy snacks



What should my plate look like?



Instead of this...



...have this



Ways to make healthier meals

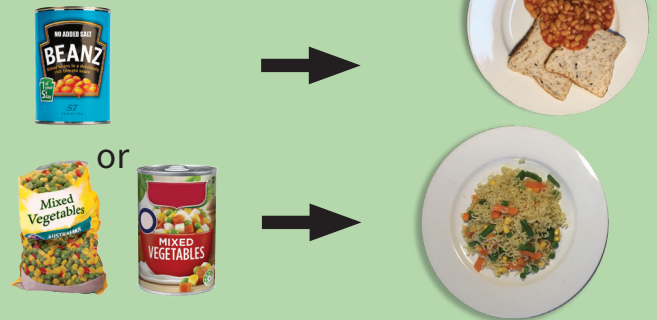
Instead of this...

Meals with no vegetables



...do this

Add vegetables to your meals



Fatty meats



Cut the fat/skin off meat or buy meat with very little fat



Unhealthy cooking



Healthy cooking



Do not add sugar



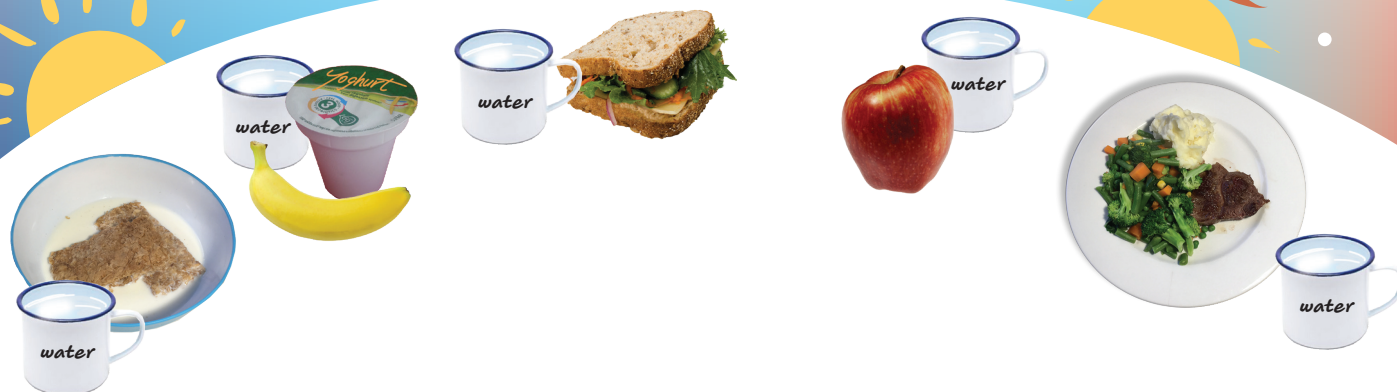
Do not add salt



Healthy meal plan

Healthy Day

Eating this way will help you be healthy



Unhealthy Day

Eating this way can make you unhealthy



Ways to be more active

To stay strong and healthy, children should do 1 hour of exercise every day. This exercise should make them puffed out and sweaty.

Why is exercise good for children?

- Makes them feel good
- Helps them to relax
- Helps them stay a healthy weight
- Helps them to build strong bones and muscles



Ways to help your child be more active:

- Find a fun activity they enjoy
- Get the whole family involved
- Provide a safe/clean environment to play and be active
- Be a role model for children
- Make time for exercise every day
- Less driving, more walking



Here are some fun ideas to get children active and moving more:



Walk to school



Go for a bike ride



Dancing



**Go for a swim
(pool, beach or rock hole)**



**Go fishing or hunting
with the whole family**

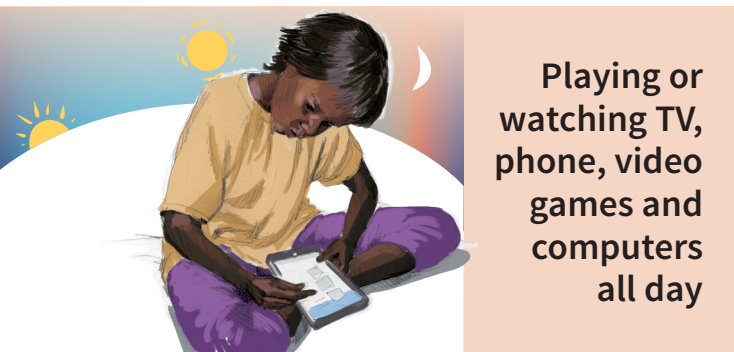


Play a sport

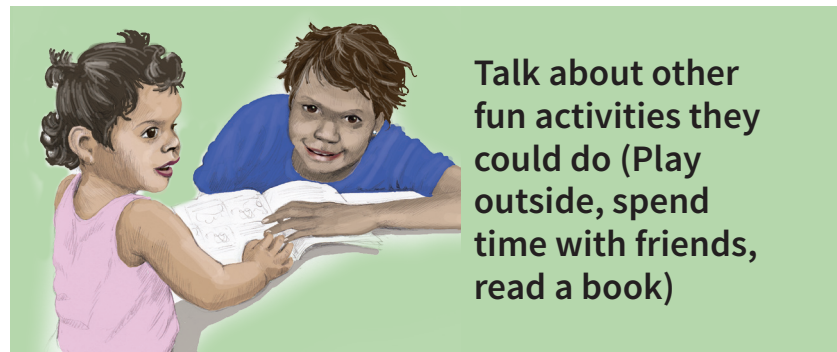
Ways to cut down TV, phone, video games and computer time

To stay strong and healthy, children should spend less than 2 hours a day using TV, phone, video games and computers. This helps children enjoy lots of fun activities and helps them stay a healthy weight.

Instead of this...



...do this



Healthy ways to use TVs, phones, video games and computers:

- Set rules around when and how long they can be used
- Use for learning and school work
- Can be used for exercise (e.g. dancing videos)



Ways to get better sleep

Good sleep helps your child have a happier day, with more energy to be active, and focus better at school. Setting a regular bedtime routine can help your family have a better sleep.

Here are some ways you can do this:



Set the same time for bed every night



Wash face and brush teeth



Turn OFF TV, phone, music and lights



Water is best before bed



Promote a healthy sleeping environment

Goals for our Family

Why do we want to make a healthy change?

To help become a healthy weight it is important to come up with a plan. Even a small change can make a big difference!

What thing(s) do we want to focus on? (Please circle)



Healthy eating



Healthy drinks



Be more active



Less time using these



Better sleep

How are we going to do this?

When will we start?

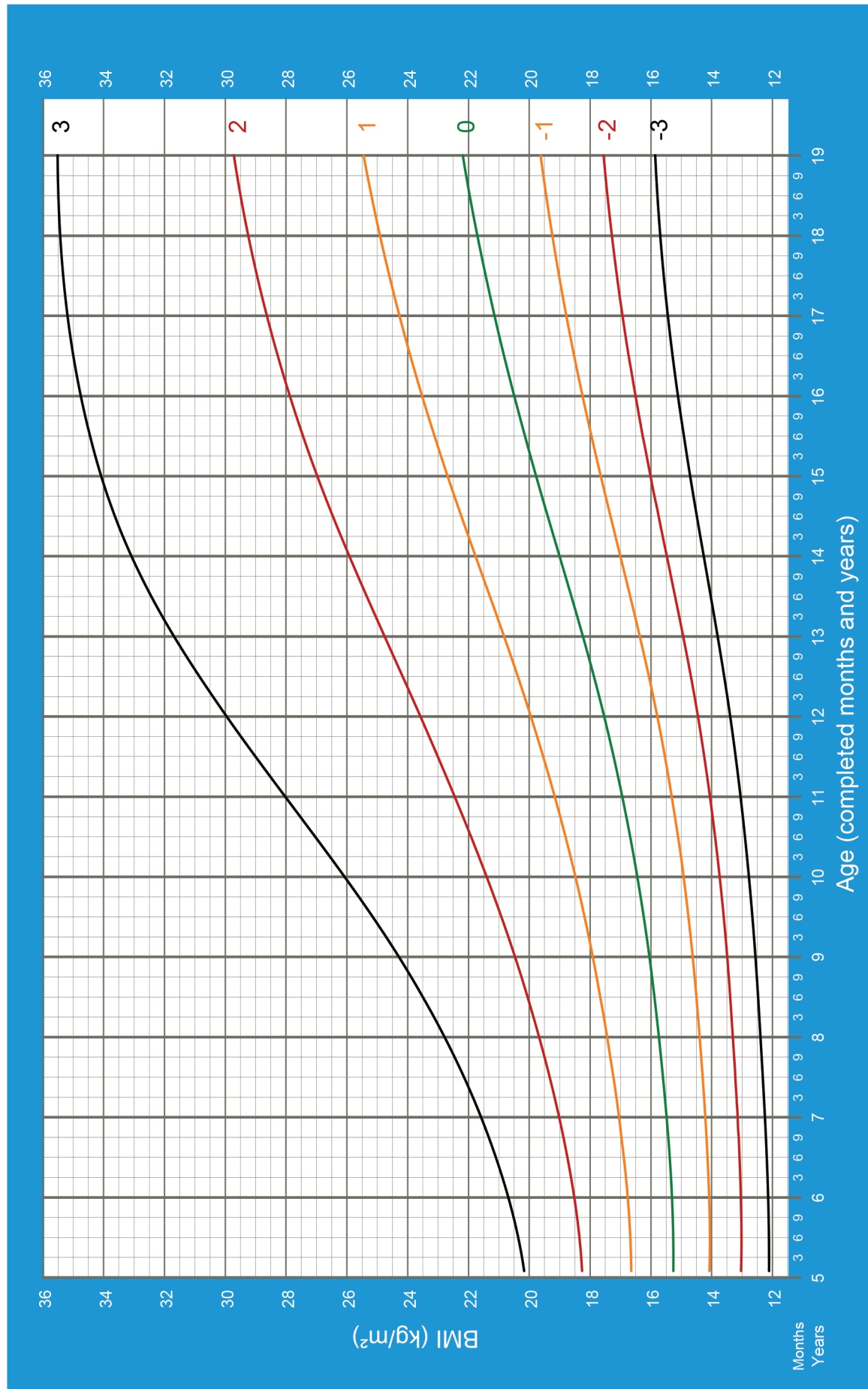
Who can help us?

When is our next appointment?

WHO BMI-for-age growth charts

BMI-for-age BOYS

5 to 19 years (z-scores)

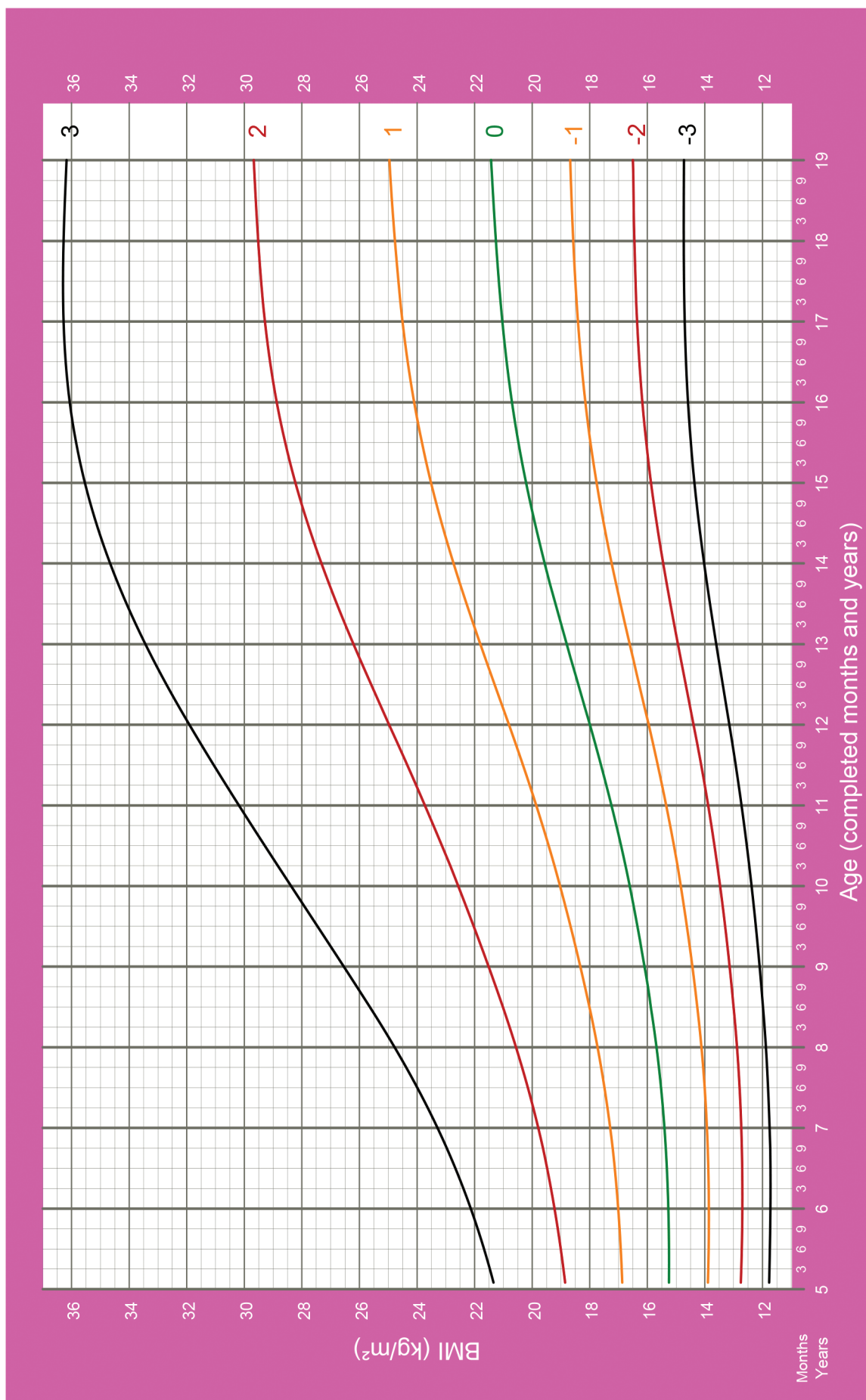


Source: 'WHO Child Growth Standards'

2007 WHO Reference

BMI-for-age GIRLS

5 to 19 years (z-scores)



Source: 'WHO Child Growth Standards'

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