



West Coast District Health Board

Te Poari Hauora a Rohe o Tai Poutini

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9(2)(a)

Official Information Request WCDHB 9383

I refer to your email dated 15th January 2020 requesting the following information under the Official Information Act from West Coast DHB.

- **How many West Coast four year olds received a B4 School check each year in the last five years (to March 31 each year) and how many in each year were assessed as obese?**

Financial Year	Number of B4 School Checks completed	Number of Children identified as obese
2014/15	391	31
2015/16	299	15
2016/17	353	24
2017/18	354	29
2018/19	321	23

- **What is the measure of obesity?**

For the purposes of the B4 School Check and referral for support, obesity is defined as children with a Body Mass Index (BMI; a ratio of weight and height) greater than the 98th centile for their age. This means they are in the top 2% of BMIs for their age. We utilise a calculator developed by the Ministry of Health; the calculator is available online at: <https://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/healthy-weight/healthy-weight-bmi-calculator>.

The result is presented with a traffic light system to indicate the level of risk associated with their weight to height ratio for their age.

- **What advice is given to parents of those children?**

All parents have a discussion with the Public Health Nurses about normal growth and development. This includes the guidance that children grow “like Christmas trees”, i.e. they grow “out then up”. This provides a good visual representation to parents, which is generally well understood.

If there are concerns about the child’s growth, then advice is given that children who usually eat a healthy diet and are doing a healthy amount of huff and puff activity each day can be expected to grow into their weight.

For children identified with a high BMI for their age, (unhealthy weight for age/height) the Public Health Nurses use the BeSmarter conversation tool (attached as Appendix 1) to discuss actions that the family can take to encourage healthy habits and achievable goals that promote change. The PHN will emphasise that the B4 School Check is a snapshot in time and that ongoing monitoring may be of benefit to allay concerns and a referral to the dietitians at the West Coast PHO will be offered alongside a request to the child’s GP for monitoring of BMI in future.

I trust that this satisfies your interest in this matter.

Please note that this response, or an edited version of this response, may be published on the West Coast DHB website after your receipt of this response.

Yours sincerely



Carolyn Gullery
Executive Director
Planning, Funding & Decision Support

basics
for healthy kids

be smarter
be bodywise

goal sheet

Name	Date
Goal	

Tick your goals here:

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

	Not yet	Sometimes	Mostly	Always
b reakfast every day				
e t at 5+ a day				
s leep 10-12 hours				
m atch servings to hand size				
a ctivity 60 minutes daily				
r educe sugary drinks				
t akeaways less than once a week				
e t at together as a family				
r educe screen time < 2 hours				

bodywise@waikatohb.health.nz

Today you were seen by:

Waikato
HUMAN SERVICES AND TECHNOLOGY
sport Waikato
Let's get it right.

TM 10/14

Here are some ways to **Be smarter**

Breakfast every day

Essential fuel for the body to start the day alert and ready to learn

- Choose a cereal with preferably less than 15 grams sugar per 100 grams. Weetbix or porridge are great choices
- Chop up some fruit and top with yoghurt
- Eat wholemeal toast or one with grainy bits that you can see. Fibre keeps you fuller for longer
- Find a buddy to eat breakfast with
- Stop eating /snacking after dinner so you wake up ready to eat healthy food
- Eat together as a family more often

Eat 5+ a day

Vegetables and fruit are essential for vitamins that we need everyday

- Aim for at least 3 handfuls of colourful vegetables every day
- Eat a piece of fruit at breakfast and also pop one in the lunchbox
- Cut up fruit or carrot sticks for after school
- Thread bite size pieces of fruit onto a kebab stick
- Have a dip with raw carrots, broccoli, cauliflower pieces
- Add baby spinach and other greens to pizzas, mince and pasta dishes or make a hearty soup

Sleep 10-12 hours

Getting plenty of sleep helps with weight management, feeling good and learning

- Decide on a suitable bedtime to allow enough hours of sleep
- Have a regular bedtime routine
- Create a quiet space for sleep without distractions
- Remove electronics from the bedroom (tv, playstation, computers & phones)
- Aim for a gap between eating and bedtime. Two hours is best
- Plenty of physical activity during the day helps kids with sleep

Match servings to hand size

For age appropriate portions

- Use child's hand to guide portion sizes: palm = protein (meat/meat alternatives), fist = carbohydrate (potato/kumara/pasta/rice) and 2 cupped handfuls of colourful vegetables
- Try the 1/2, 1/4, 1/4 rule when serving the dinner meal (i.e. 1/2 plate potato or rice or pasta (carbohydrate), 1/4 plate meat or meat alternatives (protein), 1/4 plate colourful vegetables)
- If including bread in the dinner meal, reduce the other carbohydrate choice
- Choose smaller bowls and dinner plates if necessary

Activity 60 minutes daily

Think huff 'n puff activity

- Join a club together, karate, squash, badminton, waka ama
- Do something active as a family in the weekend. Go for a walk around the lake or play at the playground
- Have a family game of soccer or softball
- Park further from the school or shops
- If the journey is less than 2km leave the car at home
- Plan ahead for next seasons sports
- Keep a bag of active equipment handy for outings or when visiting friends/whanau
- Activity can be broken into 10-15 min 'chunks'

Reduce sugary drinks

Not for every day

- Take cordial, fizzy drink and sugary drink sachets off the shopping list
- Offer cold water from the fridge often
- Let friends know that your family are cutting back on drinks that are high in sugar and also caffeine
- Buy a new water bottle to keep water tasting fresh
- Flavour water with lemon or berries or mint
- Pack your own cold water when you go out
- Powdered chocolate drinks usually contain sugar and are not recommended as an everyday drink

Takeaways less than once a week

Food not prepared at home

- Eat less than once per week
- Takeaways include bakery type lunches such as pies/slices/savouries
- Talk with the family about what home-cooked meals are liked the most
- Plan a dinner menu
- Write a list for the food shopping
- Share the cooking duties
- Plan home-made lunch combos with the children
- Stick your combos menu on the fridge
- Keep to regular servings, avoid up sizing

Eat together as a family

It's good being together

- Sit around a table (or together) for meals
- Decide on a time that will work best for everyone
- Consider after school /work activities
- Turn off the TV and phones
- Cook 1 meal to serve to everyone
- (no multi meal cooking)
- Eat together for good communication within families
- Remove the bread from the table
- Add a jug of water and a platter of raw vegetables

Reduce screen time

Encourage the kids to be up and active

- Limit screen time to less than 2 hours a day
- Screen time includes: television, computer, game consoles, phones, i-pods etc
- Replace screen time with active time
- Plan screen time in advance. Talk about how much and when
- For every 30 min of screen time take a 10 min activity break
- Make the bedroom a screen free zone. This is a great way on monitoring what the kids are doing