



Weight Management in Children: Intervention Services - Eastern Bay of Plenty

Name	Programme Description	Length/Cost	Location	Criteria	Referral
Maternal, Child and Youth Dietitian	Weight management services and healthy eating advice	One on one consults or tailored group talks as required. No cost.	Clinics held at Whakatane, Edgecumbe, Kawerau, Opotiki, Taneatua and Te Kaha	Any child (birth-18 years) with BMI at or above 85 th percentile	Anyone can refer. Best Practice eReferral, Paper form or Fax: 07 306 2399, or Email NHI to: Nikki.Coates@ebpha.org.nz Ph 07 306 2324 / 021 447 312
Active Families, EBOP	The aim is to support, encourage and motivate the referred child and their families to make healthier lifestyle choices through increasing physical activity levels and improving eating habits. Families are supported by: <ul style="list-style-type: none"> Confidential support, advice and goal setting. Quarterly assessments to compare clinical and lifestyle measures. Group activities and links to appropriate physical activity options within the community. http://www.sportbop.co.nz/get-active/active-families/	Regular family visits (monthly or less), for up to 12 months. No cost.	Anywhere in BOPDHB region. Usually visited at home but can meet at Sport BOP Office: 22 Commerce St Whakatane	Child aged between 4-17 years with: <ul style="list-style-type: none"> - BMI over the 95th percentile for 5-17 year olds; - BMI over the 98th percentile for 4 year olds (as identified at B4 school check); - Stable medical condition(s) - Enrolled with WBOP PHO - Referred child and family are willing and able to make lifestyle changes. 	Referral by GP, practice nurse or health professional. Best Practice eReferral, or complete a written GRx Active Families referral form and fax: Fax 07 308 8461 Referral pads can be obtained by emailing admin@sportbop.co.nz Phone 07 308 8304



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Active Families, WBOP	<p>The aim is to support, encourage and motivate the referred child and their families to make healthier lifestyle choices through increasing physical activity levels and improving eating habits.</p> <p>Families are supported by:</p> <ul style="list-style-type: none"> Confidential support, advice and goal setting. Quarterly assessments to compare clinical and lifestyle measures. Group activities and links to appropriate physical activity options within the community. <p>http://www.sportbop.co.nz/get-active/active-families/</p>	<p>Regular family visits (monthly or less), up to 12 months.</p> <p>No cost.</p>	<p>Anywhere in BOPDHB region. Usually visited at home or sometimes at Sport BOP Office: 406 Devonport Rd, Tauranga</p>	<p>Child aged between 4-17 years with:</p> <ul style="list-style-type: none"> BMI over the 95th percentile for 5-17 year olds; BMI over the 98th percentile for 4 year olds (as identified at B4 school check); Stable medical condition(s) Enrolled with WBOP PHO Referred child and family are willing and able to make lifestyle changes. 	<p>Referral by GP, practice nurse or health professional.</p> <p>Best Practice eReferral, or complete a written GRx Active Families referral form and fax: Fax 07 571 8463</p> <p>Referral pads can be obtained by emailing admin@sportbop.co.nz</p> <p>Phone 07 578 0016</p>
Whānau Wellness	<p>Practical hands on programme for the whole whānau with a focus on nutrition, physical activity, stress and sleep/screen management.</p> <p>Participants learn practical tools to support them to make healthy lifestyle changes. Each session involves a healthy cooking component and activities tailored to suit the group.</p> <p>WW is run by the WBOP PHO Community dietitian and is supported by Positive Parenting Coaches.</p>	<p>6 sessions over 12 weeks</p> <p>No cost.</p>	<p>Course held at: 154 First Ave West Tauranga</p> <p>Sometimes home visit may be made to whanau's home.</p>	<p>Families where:</p> <ul style="list-style-type: none"> a child has a BMI on the 98th percentile at the B4SC enrolled with WBOP PHO 	<p>Referral by GP or other health professional.</p> <p>Referral form attached</p> <p>Ph 07 571 2100 Fax 07 578 2657 Email: philippas@wboppho.org.nz</p>
SwitchedOn Exercise and Wellness Centre	<p>Healthy families lifestyle programme. Exercise and wellness focus, group sessions and gym program.</p> <p>http://www.switchedon.org.nz/hocking-street</p>	<p>12 week programme ongoing.</p> <p>Cost: \$12/week</p>	<p>14B Hocking St, Mount Maunganui</p>	<p>8 years +</p>	<p>Anyone can refer, including self referral.</p> <p>Phone 07 975 0005 Email: hocking-street@switchedon.org.nz</p>

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Te Tohu Haumanu programme, The Centre for Health	<p>Kaupapa Maori exercise, nutrition and education programme, includes concurrent parents programme.</p> <p>Child attends for exercise, food is provided, and education.</p> <p>Suitable for all children with a key focus on Maori and Pacific.</p> <p>http://www.thecentreforhealth.co.nz/</p>	<p>Attend 3 days a week for 12 weeks.</p> <p>Cost: All whanau are asked to give a koha.</p>	103 Third Ave, Tauranga	4-18 years old	<p>Anyone can refer, including self-referral.</p> <p>Fax referral: 07 281 1234 Email referral: hello@thecentreforhealth.co.nz</p> <p>NB: If referral from Paediatrician or GP please include PathLab script for HbA1c and Cholesterol for pre- and post- programme assessments</p>
Mauri Oho Wellness Programme, Nga Mataapuna Oranga	Kaupapa Maori programme in development, presently being piloted.			Details will be updated once pilot is complete.	For information, contact: carliza@nmo.org.nz