

# Program details

- Contributing to Premier's Priority of reducing childhood obesity by 5% by 2025
- Multidisciplinary including:
  - Family involvement
  - Increasing physical activity
  - Practical education in nutrition and diet
  - Behaviour change goal setting
- Over **900** Go4Fun programs have been run across NSW, reaching more than **9,000** families



**Premier's Priority:**

Reduce Overweight and Obesity Rates of Children by 5% over 10 Years



# Mean participant outcomes

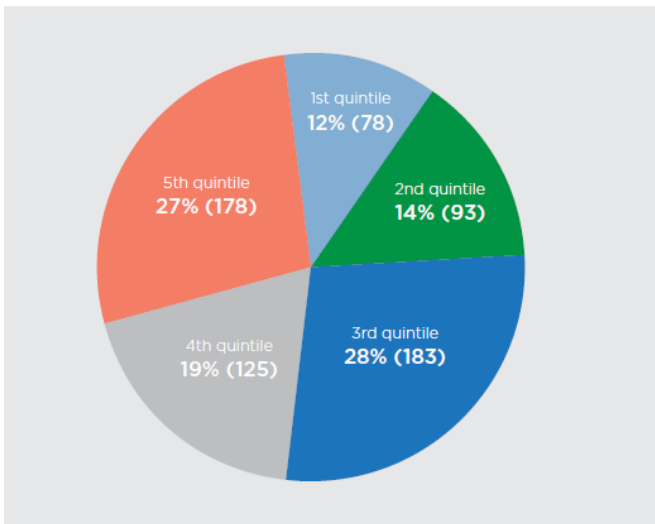
- **BMI:** -0.5 kg/m<sup>2</sup>
- **Waist circumference:** -1.3 cm
- **Physical activity:** +3.6 hours per week
- **Sedentary behaviours:** -3.1 hours per week
- **Self esteem:** statistically significant improvements
- **Fruit and vegetable intake:** statistically significant improvements



# Priority groups

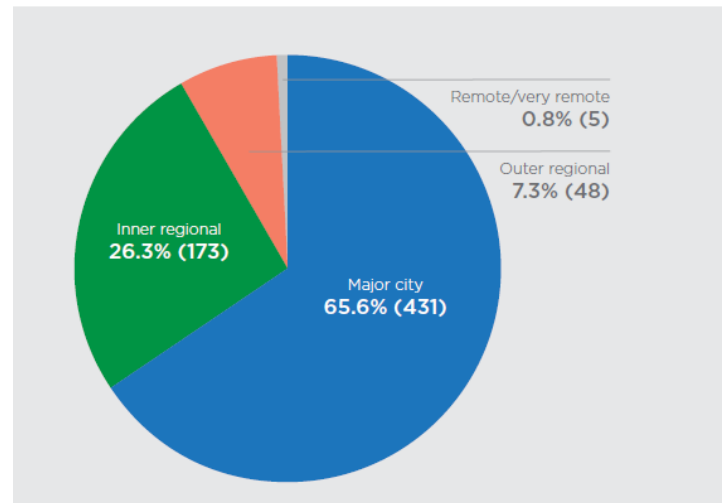
- Include Aboriginal Torres Strait Islander, regional/remote, CALD and low socio-economic families communities

Socio-economic status of the location of Go4Fun® programs classified by Socio-economic Index For Areas (SEIFA)<sup>32</sup> classification, July 2011-June 2015



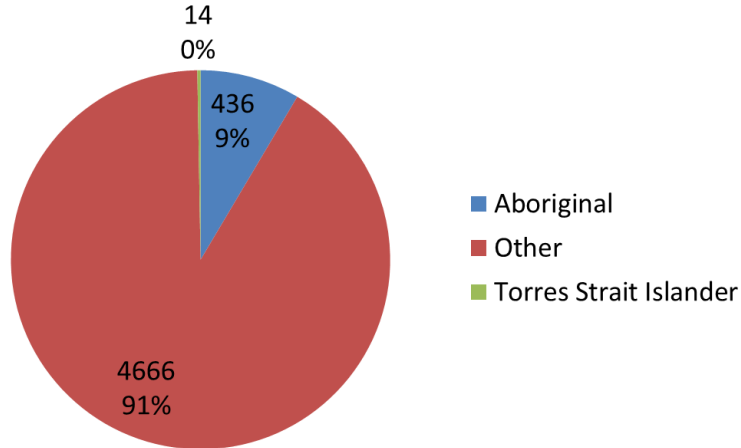
74% of programs were delivered in socio-economically disadvantaged communities

Geographical location of Go4Fun® programs classified by Accessibility Remoteness Index of Australia (ARIA)<sup>31</sup>, July 2011-June 2015

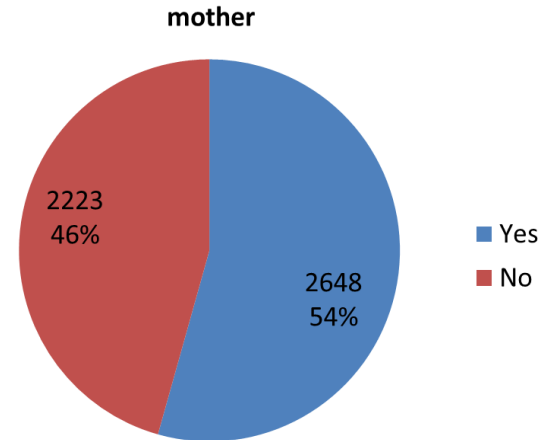


Families from rural or regional communities comprise 28% of participants

# Priority groups



9% of families identified as Aboriginal



46% of mothers with health care cards

## Extending reach to priority groups:

- Improvement of health literacy of resources
- Development of a non-face-to-face delivery model
- Development of a culturally adapted program for Aboriginal communities