



## Better Health Program – Regional Schedule

The Better Health Program is a multi-component healthy lifestyle program for overweight and obese children and their families. Two programs are to be trialled in each WACHS region, one program for children 2-4 years and their parents; one program for children 7-13 years and their parents.

The Better Health Program is designed by leading health experts in the field of childhood obesity, nutrition, psychology and physical activity. The Program meets all current Australian guidelines and recommendations for the management of overweight and obesity in children and has been researched extensively.

Families attend the program together to learn essential skills around good nutrition, positive behaviour change and the importance of physical activity in a fun environment. Interactive sessions, combined with custom designed resources, support children and families to adopt healthy lifestyle behaviours around food and physical activity, to make informed food choices and learn essential health skills

Year	Term	Region	Location	Program
2018	Term 4	Kimberley	Kununurra	Better Health Program 7-13
	Term 4	South West	Bunbury	Better Health Program 7-13
	Term 4	South West	Busselton	Better Health Program 7-13
2019	Term 1	Pilbara	Port Hedland	Toddler Better Health Program
	Term 1	Midwest	Geraldton	Toddler Better Health Program
	Term 1	South West	Bunbury	Toddler Better Health Program
	Term 1	Kimberley	Broome	Better Health Program 7-13
	Term 1	Goldfields	Kalgoorlie	Better Health Program 7-13
	Term 1	Great Southern	Katanning	Better Health Program 7-13
	Term 1	Wheatbelt	Northam	Better Health Program 7-13

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2019	Term 2	Goldfields	Kalgoorlie	Toddler Better Health Program
	Term 2	Great Southern	Albany	Toddler Better Health Program
	Term 2	Wheatbelt	Narrogin	Toddler Better Health Program
	Term 2	Kimberley	Broome	Toddler Better Health Program
	Term 2	Midwest	Geraldton	Better Health Program 7-13
	Term 2	Pilbara	Port Hedland	Better Health Program 7-13