Correlations between home, school and community environments for healthy eating and physical activity and children’s weight status.

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Brief outline of project

Childhood obesity has been rising rapidly in Australia. It is a leading public health concern with at least 1 in 5 Australian children overweight or obese. As a response, the South Australian (SA) government has committed to the Obesity Prevention and Lifestyle (OPAL) program, which is a multi-site, multi-setting, multi-strategy community based childhood obesity prevention program operating in 20 communities in SA.

Baseline data will be used for students’ participation in grades 4 to 6 (9-11 years old). Self-report surveys and anthropometric measures are available in the OPAL intervention program.

The obesity epidemic among children is considered one of the greatest public health challenges confronting Australia. Strengthening the strong correlations between home, school and community environments for healthy eating and PA and children’s weight status would best prevent the obesity.

Location of Project:

Health Sciences Building, Bedford Park Campus