Promoting Healthy Growth in Children

For Child Health Parenting, Eating & Activity

Nutrition & Dietetics, Flinders University

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Further Information

www.peach.net.au

For more information about the PEACH™ Program visit the website:
Why is PEACH™ being run?

- One in four children are in the unhealthy weight range. This is one of the most common health problems in Australian children

- One area that influences a child’s eating and activity patterns (in good and not so good ways) is the family setting

- Other factors affecting a child’s weight are genes, school, friends and the wider community

- So a child’s family can play an important role in helping a child have a healthy lifestyle and PEACH™ aims to assist families to do this

- Helping children achieve healthy growth through changing their eating and activity behaviours is not an easy job for families. We believe that if parents take part in this program, families will find this job easier

- The PEACH™ program gives parents & carers information, skills and confidence to help promote healthy growth in their child

Who can be involved in PEACH™?

- Parents & carers of children aged 4 to 10 years who wish to promote healthy eating & activity habits in their children

- All caregivers (eg: parents, step parents, guardians, grandparents) should agree to support the program with at least one person being willing to attend all sessions

What will you need to do?

- Parents & carers attend 10 fortnightly group sessions. Fun activity sessions may be run for your child at the same time

- Have 3 follow-up phone sessions at a time that suits you

- 2 measurement appointments (one at the start of the program and one at the end, about 6 months later)

- The PEACH™ program gives your family access to a healthy eating & activity program that is family-focused.

- The program is being run in certain regions of South Australia.

- There is no charge for participating in the program if it is run through a health service.

What is involved in the program?

- PEACH™ is a series of group-based nutrition and activity sessions run by health professionals in South Australian communities.

- Your agreement to take part in the PEACH™ program will require you and your child to attend an assessment session. You will be asked to sign a consent form so that your information can be included in a study. Your names will not be included.