



**Position Statement**  
**Use of the Living Strong Healthy Lifestyle Program with Children and Adolescents**  
**September 2008**

**Background**

This position statement has been developed by the Living Strong State-wide working group in response to a growing number of program facilitators receiving requests from schools to run Living Strong for children.

Living Strong is a group based healthy lifestyle program designed for Aboriginal and Torres Strait Islander adults.

Research suggests that different behaviour change methodologies, different settings and delivery approaches would be required to reach children and adolescents. Children and adolescents need good nutrition to develop and grow to their full potential and it is essential that intakes of vitamins and minerals are not compromised. Children and adolescents are learning behaviours, skills knowledge and attitudes about food and physical activity which will influence their health throughout lives. Treatment for overweight and obese children needs to be medically supervised.

It is recommended that schools adopt the Health Promoting Schools Framework <http://www.ahpsa.org.au/>; ensure that the school environment and education activities promote physical activity, healthy eating and reduce sedentary activities; ensure that school settings strengthen the knowledge and skills of parents and carers about physical activity and healthy eating; and that students, staff, parents and the wider community participate in creating the solutions.

Information on nutrition and physical activity for children and young people can be found by accessing the following resources and/or websites:

- Smart Choices – Healthy Food and Drink Supply Strategy for Queensland Schools
- Eat Well, Be Active – Healthy Kids for Life
- Go for 2 & 5
- Australian Dietary Guidelines for Children and Adolescents
- Australian Guide to Healthy Eating
- National Physical Activity Guidelines for Children and Young People
- Active – Ate – is designed to increase knowledge and awareness of healthy eating and physical activity among students. It promotes the adoption of healthy eating practices and physically active lifestyles by children.
- Nutrition Australia
- SNAC

**For more information about the Living Strong Program**

If you'd like more information about the Living Strong Program or on using the Living Strong Program with children and adolescents, please contact your Living Strong Program Area Advisor:

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