Healthy eating healthy kids

Around one quarter of Queensland children are overweight, and only around five percent met the Australian Dietary Guidelines for recommended daily serves of both fruit and vegetables.

Sunshine Coast Hospital and Health Service (SCHHS) Healthy Lifestyle Program Physiotherapist and Case Manager, Jackie Kraayenbrink said healthy practices established early in life, often continue into adolescence and adulthood.

“Ensuring kids engage in adequate physical activity and receive a balanced diet with sufficient fruit and vegetables while they are young, may reduce the risk of developing preventable chronic conditions such as heart disease, Type 2 diabetes, certain forms of cancer and depression.

“Giving our kids a healthy start in life is so critical to a happy, healthy future. We acknowledge it is easier said than done.

“Families are time poor, and the huge amount of information available may be overwhelming. The rise of convenience foods, more motorised transport and increased sedentary interests such as computer games add to the complications,” Ms Kraayenbrink said.

To assist parents and carers of children 1-6 years of age to start off on the right track, SCHHS will be commencing ‘Healthy Eating Healthy Kids’ workshops. They are free 2-hour workshops run in various locations across the Sunshine Coast, led by a multidisciplinary team.

Ms Kraayenbrink said: “The focus will be on families being healthy together, with parents being the biggest role models! Areas discussed will include food, sleep, technology and activity levels.

“It isn’t just the obvious health benefits either. We can’t forget the social benefits of our kids living a healthy, active lifestyle such as helping to develop cooperation and team work skills, also emotional benefits such as improved concentration.

“We want to help families be in the best position possible to make informed decisions and take control of the health and wellbeing of their family. If we can embed the basics in the early years, the later years are so much easier,” she said.
Workshop dates and locations:

Nambour Child Health, 5 Waterfall Road, Nambour
9.30-11.30 am, Wednesday 11 March and 29 July

Noosa Child Health, 14-16, Bottlebrush Ave, Noosa Junction.
9.30-11.30 am, Thursday 27 February and 27 August

Maroochydore Child Health, 60 Dalton Drive.
9.30-11.30am, Thursday 21 May and 22 Oct

Caloundra Child Health, West Terrace.
9.30-11.30am, Thursday 5 March and 30 July

Gympie Child Health, 20, Alfred Street
9.30-11.30 am, Wednesday 13 May and 28 October

If you would like to attend a workshop, contact Child Health Access on 5319 4824. Bookings are essential.

MEDIA OPPORTUNITY
Interviews with Jackie available on request.

ENDS

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