

South Western Sydney Local Health District

Media Release



24 November 2017

A pledge to tackle childhood obesity

South Western Sydney Local Health District today launched the 'Growing Healthy Kids in South Western Sydney' action plan, which will deliver on the NSW Premier's Priority to reduce overweight and obesity rates of children by five per cent by 2025.

South western Sydney has the second highest childhood overweight and obesity rate in the state—almost 6 per cent above the state average so it made good sense to nominate our District as a priority focus area, Chief Executive Amanda Larkin said.

“The rate of childhood overweight and obesity is high right across that state, and here in south western Sydney it's over one in four children,” she said.

“That's a matter of deep concern for the District.”

Ms Larkin said with no intervention, children who were overweight or obese were likely to remain that way into adulthood and were more likely to develop chronic diseases such as diabetes at an early age.

The District is committed to growing healthy kids and Ms Larkin, along with a number of partners, signed a charter pledging to be part of a network to improve the health of our children.

“The Growing Healthy Kids in South Western Sydney Action Plan does just that. It sets out actions on how Government and non-government organisations will drive programs to tackle childhood overweight and obesity,” she said.

“This partnership approach will ensure the best possible health outcomes for the children in our district.”

The actions include access to healthy food environments, opportunities for physical activity, community education, health policies and partnerships.

“There is no group more in need, or more deserving of every effort we can make to assist them to good health, than the children who are our future,” Ms Larkin said.

“It is to the children of south western Sydney that we pledge our support and our commitment to their health.”

South Western Sydney Local Health District Media Unit

Tel 9828 6848 A/Hours 0417 697 079 Email swsmedia@sswahs.nsw.gov.au

Fairfield West Public School is working hard to ensure its students are healthy and active.

The school is part of the Live Life Well @ School program and students take part in numerous activities at school including:

- Community engagement to keep families, including culturally and linguistically diverse families, informed on health eating and active living
- Teaching fundamental movement skills as part of PDHPE
- Opportunities to eat fruit and vegetables and drink water at school through Crunch and Sip and water stations
- Ensuring students get plenty of physical activity in the playground