**HEALTHY LIFESTYLE SUPPORT FOR INFANTS & CHILDREN (ADHB & WDHB)**

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| **ONE TO ONE SUPPORT FROM A DIETITIAN** |
| **Auckland DHB Dietitians (for those residing within ADHB boundaries)**   * Children < 5 years: All referrals accepted where >2 percentiles difference between length/height and weight, and/or BMI for age > 95th percentile and readiness for change identified. * Children aged 5- 18 years: Obesity (BMI for age > 95th percentile), readiness for change identified *and* have a related co‐morbidity e.g. raised blood glucose, T2DM in immediate family, PCOS, impacts on disability etc.   Children will be seen 2-3 times for nutrition education and initial follow up and then discharged back to primary care for continued support.  Please consider: waiting times and capacity, and the ability to attend sessions at Greenlane Clinical Centre.  Contact: ADHB Early Childhood Team/ Child & Youth Team Phone: (09) 639 0200 extn. 27415 / Fax: (09) 639 0202.  Please note: Waitemata DHB is not able to accept referrals to the Dietitian from Primary Care.  **Massey University Dietetic Clinics, Albany**   * Nutrition centre paediatric clinic: For children 0-13 years across a range of nutrition related concerns including overweight / obesity, allergies, general nutrition assessment. Held at the Albany campus, initial assessment starting from $60, follow up $45 (increased cost for food allergies / intolerances). Led by NZ Registered Dietitian.   Primary care referral via letter by email [NutritionDieteticCentre@massey.ac.nz](https://webmail.hanz.health.nz/owa/redir.aspx?C=iIA6o2i30YrWnrXRYT0Rg90BWUNgQYbxxq33DVI2tsomfdNiDx7UCA..&URL=mailto%3aNutritionDieteticCentre%40massey.ac.nz) or phone: 09 414-0800 ext. 43653.  **University of Auckland Dietetic Clinics, Glen Innes**  With a referral letter from the GP or practice nurse, children are seen for free by a student Dietitian, under the  supervision of a NZ Registered Dietitian. Self-referrals are accepted at a cost – first visit $50, follow up $20. Based at the Tamaki Campus, Glen Innes. For more information & to book an appointment <http://www.clinics.auckland.ac.nz/en/about/our-services/nutrition-and-dietetic-clinic.html>.  Email: [clinics@auckland.ac.nz](mailto:clinics@auckland.ac.nz) or phone: 09 923 9909.  **Private Practice Dietitians**  Some GPs have access to a subsidised dietitian, or clients can refer themselves to a private practice dietitian at their own cost. Some medical insurance schemes will refund some dietitian fees.  <http://www.healthpoint.co.nz/public/other/auckland-dhb-nutrition/?medpro=show> \*Log in to HealthPoint\* |
| **PHYSICAL ACTIVITY PROGRAMMES WITH SOME NUTRITION INPUT** |
| **WAITEMATA DHB**  **Active Families:**  FREE group activity sessions for children and their families, including physical activity, goal setting, nutrition and wellbeing. Children must have at least 1 caregiver/whanau member with them, who is willing to actively participate.   * Sport Waitakere (5-14 years) – Hub West, New Lynn. For more information & referral forms, <http://www.sportwaitakere.co.nz/Programmes-Resources/Get-Active/Active-Lifestyles>. Contact: Charmaine Baker (Active Families Coordinator) phone: 09 390 4367 or email: [Charmaine.Baker@sportwaitakere.co.nz](mailto:Charmaine.Baker@sportwaitakere.co.nz). * Harbour Sport (5-12 years) – West Auckland, North Shore, Rodney & Hibiscus Coast. For more information & referral forms, <https://harboursport.co.nz/healthy-lifestyle/families/>. Contact David for North Shore: [davidc@harboursport.co.nz](mailto:davidc@harboursport.co.nz) ; and Fila for West Auckland: [filaf@harboursport.co.nz](mailto:filaf@harboursport.co.nz).   **Active Teens:**  Group activity 10 week programme for teenagers (12-18 years) who are currently inactive.  Sessions to include: Boxing, weight training and cardio (boot camp style) sessions supervised by a Healthy Lifestyles Advisor. Delivered by Harbour sport, Monday’s 3.30-4.30pm at Warkworth Fitness Centre (Rodney). For more information,  [https://harboursport.co.nz/teenagers/](https://webmail.hanz.health.nz/owa/redir.aspx?C=HeNNsPOff8dBQuhH3eyLnd5bsCnDFA3QHb3PeXkno9FQAsLEnSTVCA..&URL=https%3a%2f%2fharboursport.co.nz%2fteenagers%2f) and to register please contact: Matt Rowley [mattr@harboursport.co.nz](https://webmail.hanz.health.nz/owa/redir.aspx?C=MFWffBXCom5OpFS_YOYLhc35tCFfwBwz-T9GlgwYzVYxi7K15zXVCA..&URL=mailto%3amattr%40harboursport.co.nz)  **NiuMovement:**  20 week healthy lifestyles programme to provide physical activity and nutrition education sessions for the whole family. Aimed at Pacific children 0-12 years old and their families. Delivered by Harbour Sport, Tuesday's 6.00-7.00pm at Onepoto Primary School Hall. For more information and to register email: annat@harboursport.co.nz or phone: 022 6579848, 09 415 4653. \*Next course starts 20th February 2018.    **Equip’d for Pacific Island girls**:  Goal to improve skills and abilities to sustain activity through mentoring, fitness, nutrition and sports sessions. Aimed at girls aged 11-18 years. Delivered by Harbour Sport within Northcote, Birkenhead and Carmel College, and Northcote Intermediate – students from other schools can be accommodated. For more information contact: [p-isupport@harboursport.co.nz](mailto:p-isupport@harboursport.co.nz). \*Next courses begin Terms 2 & 3 2018.  **PolySports:**  A Free Holiday Programme providing opportunities for Pacific children aged 5-12years to be active and engaged in physical activity and sport during their school holidays. Delivered by harbour Sport and held at Onepoto Primary School and Birkenhead College. Re-Enroll or register online, https://harboursport.co.nz/pacific-sport-and-health/ for the next PolySports holiday programme starting 15th January 2018. Contact:   * Northcote programme - Anna Tu’inukuafe email: [annaT@harboursport.co.nz](mailto:annaT@harboursport.co.nz) * Birkenhead programme - Patrice Senio email: [patrices@harboursport.co.nz](mailto:patrices@harboursport.co.nz)   **AUCKLAND DHB**  **Active Families:**  FREE group activity sessions for children (aged 5-17 years) and their families to socialise and play sports. Sessions include physical activity, goal setting, nutrition and wellbeing. Children must have at least 1 caregiver/whanau member with them, who is willing to actively participate in the activities provided. For more information & referral forms, <https://www.healthpoint.co.nz/community-health-services/community-health/green-prescription-sport-auckland/?solo=serviceArea&index=0>.   * Glen Innes, contact: Sophie Pearce (Active Families Coordinator) [SophieP@sportauckland.co.nz](mailto:SophieP@sportauckland.co.nz). * Mount Roskill, contact: Sheerti Chand (Active Families Coordinator) [SheertiC@sportauckland.co.nz](mailto:SheertiC@sportauckland.co.nz). |
| **PREGNANCY, NEW MUMS & BABIES** |
| **Healthy Babies Healthy Futures & Textmatch:** FREE text messaging and programme about eating well and being active for pregnant Maori, Pacific, Asian and South Asian women with children 0-4yrs old and their families.  Contact details: South Asian (The Asian Network Inc. ): [bushra@asiannetwork.org.nz](mailto:bushra@asiannetwork.org.nz)  Maori (HealthWest): danielle.tahuri@[healthwest.co.nz](mailto:rocky.tahuri@healthwest.co.nz)  Pacific (The Fono): [maria.kumitau@thefono.org](mailto:maria.kumitau@thefono.org)  Asian - Chinese, Japanese, Korean & Vietnamese (CNSST): [fangfang.chen@cnsst.org.nz](mailto:fangfang.chen@cnsst.org.nz)  Kidshealth website offering information on **infant nutrition for the first 12 months** of the baby’s life: <http://www.kidshealth.org.nz/tags/nutrition-0-12-months> |
| **WEBSITES FOR MEALS, SNACKS & LUNCHBOX IDEAS** |
| **Easy, fast and affordable meals and snacks for families:** <http://myfamily.kiwi/foods>  **5+ a day website** offering great ideas and tasty recipes: <http://www.5aday.co.nz/recipes.aspx>  **Fuelled for life website** offers lots of great ideas for lunch boxes <http://www.fuelled4life.org.nz/resources>  **Kidspot website** info, snack and recipe ideas [http://www.kidspot.co.nz](http://www.kidspot.co.nz/article+2980+143+Sandwich-free-lunch-box-ideas.htm)  **Free cookbooks to download:** <http://www.heartfoundation.org.nz/healthy-living/healthy-eating/free-healthy-food-cookbooks> |

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