

BeSmarter be bodywise resource

Bodywise

Waikids E6

Waikato DHB

Private Bag 3200

Hamilton, NZ

Email: bodywise@waikatodhb.health.nz



What is BeSmarter?

- A tool to help initiate a conversation about the basics for healthy kids
- Primary purpose is a tool of engagement around weight management
- Not developed as an obesity intervention
- It is an opportunity to talk about the important things to help kids and families be as healthy as they can be
- Quick and easy
- Parent, child and clinician friendly
- Positive
- Can be used for all children



basics

for healthy kids

be smarter
be bodywise

Waikids
WAIKATO CHILD HEALTH
goal sheet

	Not yet	Sometimes	Mostly	Always
b reakfast every day				
e at 5+ a day				
s leep 10-12 hours				
m atch servings to hand size				
a ctivity 60 minutes daily				
r educe sugary drinks				
t akeaways less than once a week				
e at together as a family				
r educe screen time < 2 hours				

Name _____ **Date** _____

Goal

Tick your goals here:

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

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Today you were seen by:



B - Breakfast every day

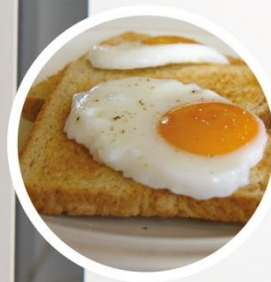
FX006

basics for healthy kids

	Not yet	Sometimes	Mostly	Always
b reakfast every day			✓	
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Today you were seen by:



E – eat 5 + a day

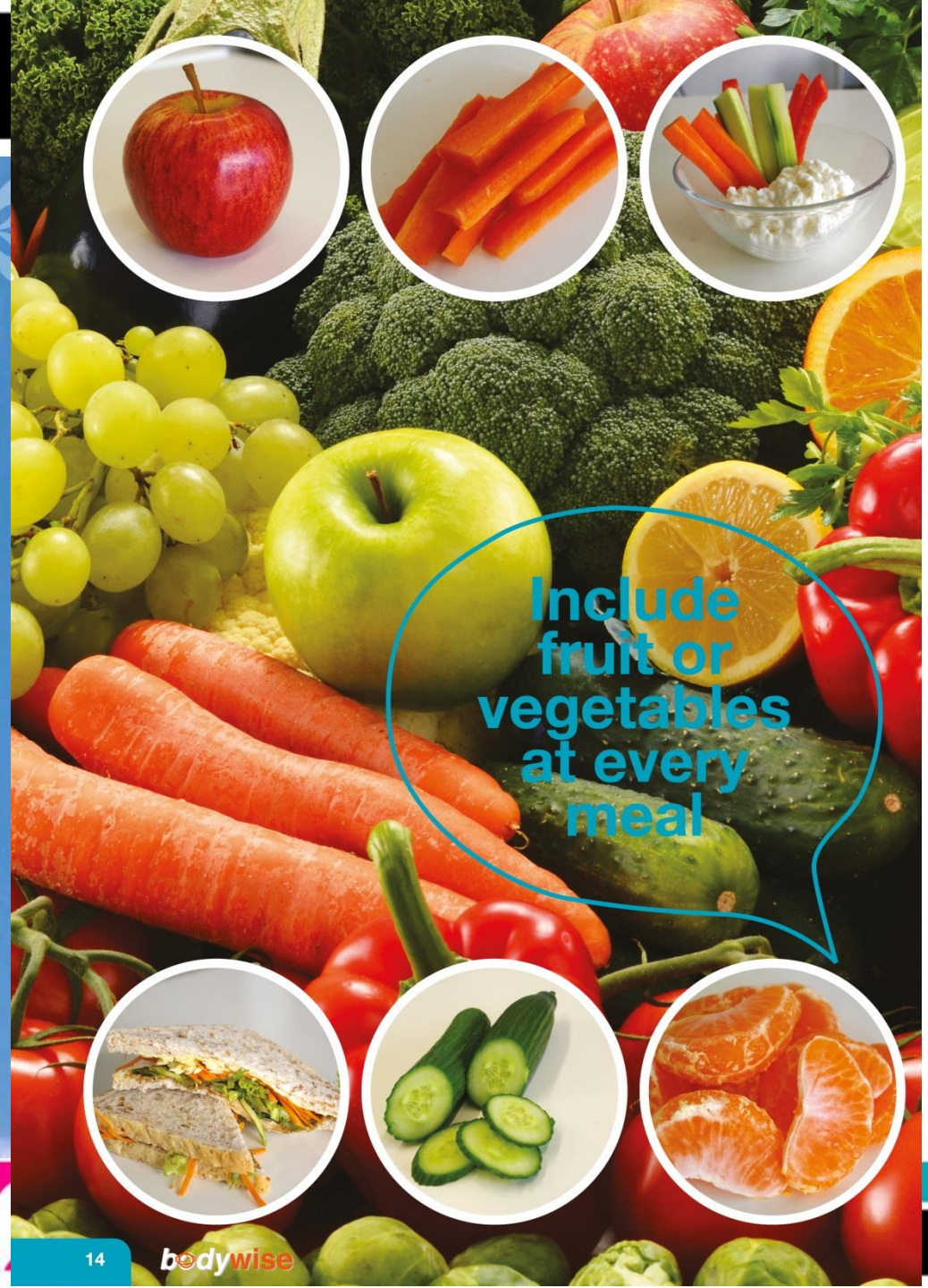
FX006

basics for healthy kids

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Today you were seen by:



Include fruit or vegetables at every meal



S – sleep 10 -12 hours

FX006

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Today you were seen by:



Establish a regular sleep routine



M – match servings to hand

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basics for healthy kids

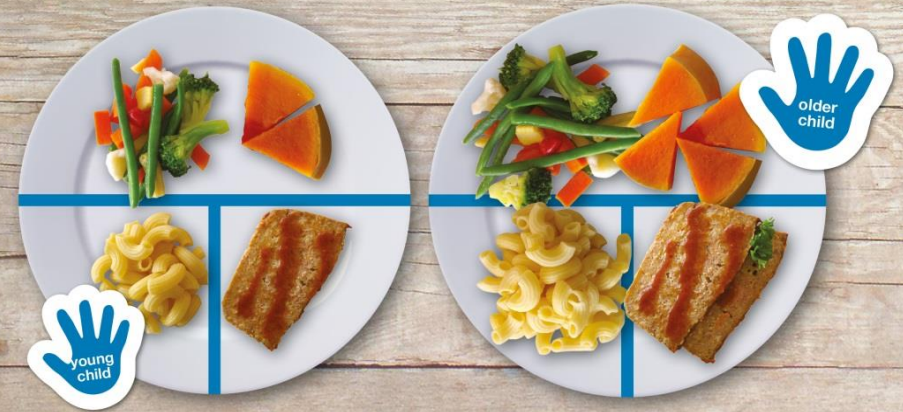
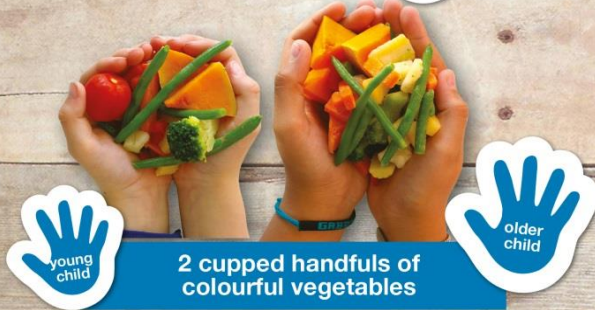
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Today you were seen by:



Match servings to hand size



A – activity 60 minutes

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Today you were seen by:



Huff & puff every day



R – reduce sugary drinks

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Today you were seen by:



Make water the usual choice



T – takeaways less than once a week

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Today you were seen by:



Make it at home and make it healthy



E – eat together as a family

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Today you were seen by:



Enjoy a meal together



R – reduce screen time

Minimise screen time

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Today you were seen by:

TM 10/14



Review with the whanau/family

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basics for healthy kids

be
smarter
be bodywise

goal
sheet

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Name _____ Date _____

Goal _____

Tick your goals here:

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Week 1							
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Week 3							
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Today you were seen by:



TM10/14



The goal

FX006

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Name Sponge Bob **Date** 14/10/15

Goal

Goal: To reduce sugary drinks and make water the usual drink at home and school

How to:

Put water in the fridge

Put water on the table at meal times

Do not buy Raro in shopping:

Tick your goals here:

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 1		😊		😊	😊	😊	😊
Week 2							
Week 3							
Week 4							

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Today you were seen by:

Natalie
021-816 494



TM10/14



*Most importantly when they leave your clinic
they will know what they can do
and feel
positive about it*



Here are some ways to **be smarter**

breakfast every day



Essential fuel for the body to start the day alert and ready to learn

- Choose a cereal with preferably less than 15 grams sugar per 100 grams, Weetbix or porridge are great choices
- Chop up some fruit and top with yoghurt
- Eat wholemeal toast or one with grainy bits that you can see. Fibre keeps you fuller for longer
- Find a buddy to eat breakfast with
- Stop eating /snacking after dinner so you wake up ready to eat healthy food
- Eat together as a family more often

eat 5+ a day

Vegetables and fruit are essential for vitamins that we need everyday

- Aim for at least 3 handfuls of colourful vegetables every day
- Eat a piece of fruit at breakfast and also pop one in the lunchbox
- Cut up fruit or carrot sticks for after school
- Thread bite size pieces of fruit onto a kebab stick
- Have a dip with raw carrots, broccoli, cauliflower pieces
- Add baby spinach and other greens to pizzas, mince and pasta dishes or make a hearty soup



Sleep 10-12 hours



Getting plenty of sleep helps with weight management, feeling good and learning

- Decide on a suitable bedtime to allow enough hours of sleep
- Have a regular bedtime routine
- Create a quiet space for sleep without distractions
- Remove electronics from the bedroom (tv, playstation, computers & phones)
- Aim for a gap between eating and bedtime. Two hours is best
- Plenty of physical activity during the day helps kids with sleep

match servings to hand size



For age appropriate portions

- Use child's hand to guide portion sizes: palm = protein (meat/meat alternatives), fist = carbohydrate (potato/kumara/pasta/rice) and 2 cupped handfuls of colourful vegetables
- Try the ¼, ¼, ½ rule when serving the dinner meal (i.e. ¼ plate potato or rice or pasta (carbohydrate), ¼ plate meat or meat alternatives (protein), ½ plate colourful vegetables)
- If including bread in the dinner meal, reduce the other carbohydrate choice
- Choose smaller bowls and dinner plates if necessary

activity 60 minutes daily

Think huff 'n puff activity

- Join a club together, karate, squash, badminton, waka ama
- Do something active as a family in the weekend. Go for a walk around the lake or play at the playground
- Have a family game of soccer or softball
- Park further from the school or shops
- If the journey is less than 2km leave the car at home
- Plan ahead for next seasons sports
- Keep a bag of active equipment handy for outings or when visiting friends/whanau
- Activity can be broken into 10-15 min 'chunks'



reduce sugary drinks



Not for every day

- Take cordial, fizzy drink and sugary drink sachets off the shopping list
- Offer cold water from the fridge often
- Let friends know that your family are cutting back on drinks that are high in sugar and also caffeine
- Buy a new water bottle to keep water tasting fresh
- Flavour water with lemon or berries or mint
- Pack your own cold water when you go out
- Powdered chocolate drinks usually contain sugar and are not recommended as an everyday drink

takeaways less than once a week



Food not prepared at home

- Eat less than once per week
- Takeaways include bakery type lunches such as pies/slices/savouries
- Talk with the family about what home-cooked meals are liked the most
- Plan a dinner menu
- Write a list for the food shopping
- Share the cooking duties
- Plan home-made lunch combos with the children
- Stick your combos menu on the fridge
- Keep to regular servings, avoid up sizing

eat together as a family

It's good being together

- Sit around a table (or together) for meals
- Decide on a time that will work best for everyone
- Consider after school /work activities
- Turn off the TV and phones
- Cook 1 meal to serve to everyone (no multi meal cooking)
- Eat together for good communication within families
- Remove the bread from the table
- Add a jug of water and a platter of raw vegetables



reduce screen time

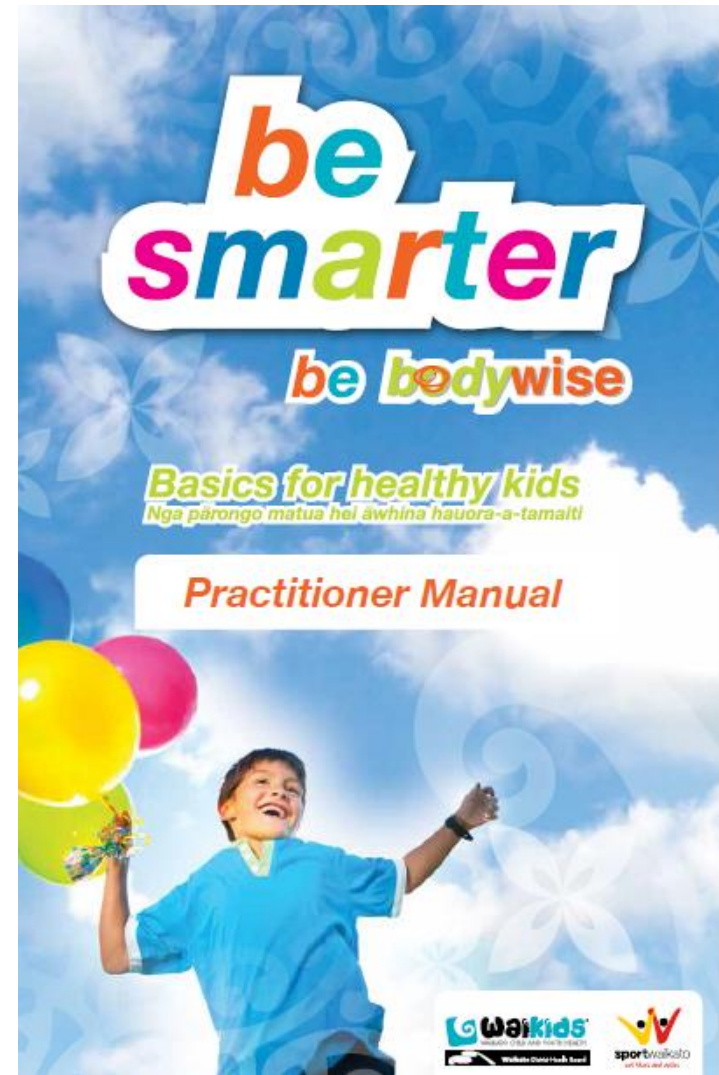


Encourage the kids to be up and active

- Limit screen time to less than 2 hours a day
- Screen time includes: television, computer, game consoles, phones, i-pods etc
- Replace screen time with active time
- Plan screen time in advance. Talk about how much and when
- For every 30 min of screen time take a 10 min activity break
- Make the bedroom a screen free zone. This is a great way on monitoring what the kids are doing

The Practitioner Manual is....

- 38 page colour manual that includes:
 - What is BeSmarter
 - How to use BeSmarter
 - Child obesity statistics NZ
 - Information on measurements
 - Details and the evidence on the 9 basics
 - Colour pictures to share with whanau/kids
 - Goal setting
 - References
 - Extra colourful visual aids



BeSmarter Summary

- Practical efficient resource to initiate a conversation and change with a family
- Easy to use
- Applicable across many settings
- Helps untangle a complex situation and move forward
- A helpful resource that promotes positive health messages for all children

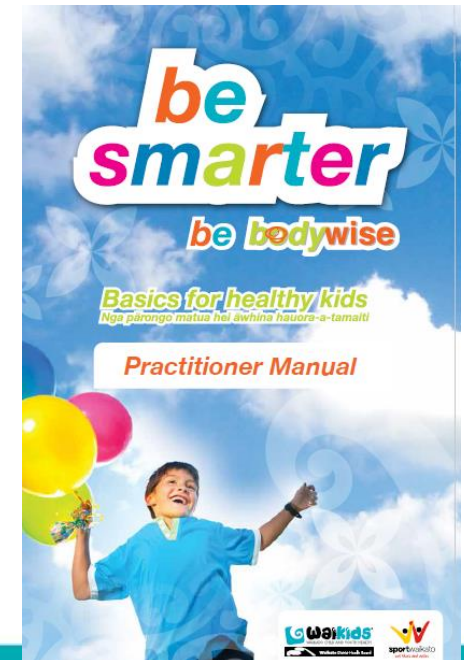


“I orea ate tuatara ka patu ki waho”

“A problem is solved by continuing to find solutions”

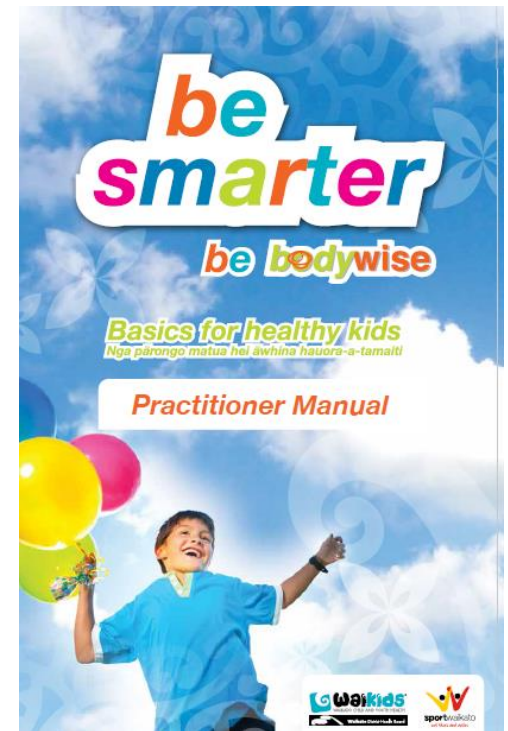


- Practitioner Manual
 - Introduction to BeSmarter and stats on obesity
 - Detailed information on each of the 9 basics of BeSmarter (including evidence, websites & references)
 - A script to help you go through the basics with families
 - Information on goal setting
 - Pictures to share with families
- 5 BeSmarter pads (30 sheets)
- BeSmarter Poster
- Training DVD
- All for just \$50.00



Contact us

Bodywise Team: Waikato DHB
Email: bodywise@waikatodhb.health.nz



FX006

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