HAWKE'S BAY HEALTHY WEIGHT STRATEGY FRAMEWORK

Early years/Pepi 0-4 years

Best evidence to support long term healthy weight Supports oral health

Childhood/Tamariki 5-12 years



Effective: in structured settings, combine physical activity and nutrition, influences families/community

Adolescents/Rangatahi 13-18 years



Can support good habits (weight and oral health), pre maternal health

Adults/Pakeke 19-64 years



Influenced by environmental factors ie: socio-economic

Seniors/Kaumatua 65+ Years



Screening reduces risks - early advice and information, social eating

Leadership prevention, intervention and environment change

Breastfeeding strategy
Healthy pregnancies
Healthy First Foods
GDM support



pregnancy

Fruit in schools
Active Families
Health Promoting Schools



Coordinated programme in schools

Health Promoting Schools
Public Health Nurses



Addressing sugar sweetened beverages
School healthy eating policies
Pre maternal health

Green Prescription
Active Transport
KHW
Bariatric surgery

Healthy eating environments

Settings approach - retailers,
workplaces, events

Links to healthy lifestyle
programme

Eat and Enjoy Kaumatua Fit

Complete the roll out of Eat and Enjoy programme

Continue investment in the Maternal Nutrition programmes

Seek
investment in a primary
school programme
for decile one and two
Schools

Work with existing programmes to support healthy eating policies in schools

Target
settings - workplaces,
events and retailer to improve
healthy eating and activity
environment

Support the Eat and Enjoy programme