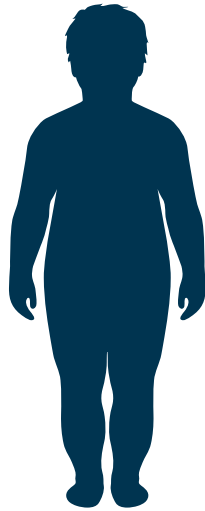





Pre-School Active Families Patient Pathway



Child identified

-  3-5 years old
-  Weight concerns
-  Focus on Māori + Pasifika

B4 School Check
 or from GP, practice nurse, paediatrician, dietitian, self-referral



First contact within 7 working days

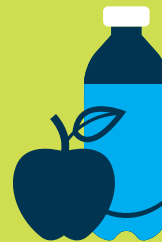
Purpose



Increase the physical activity of child + whānau



Improve the health literacy of child + whānau



Support better nutrition of child + whānau

How we support

- Support with goal setting
- Community networking and engagement
- Family activities and events
- Regular reviews with family
- Parental education sessions
- Practical cooking + food workshops


GP Report
 Child + whānau goals and plan


GP Report
 6 month progress update


GP Report
 Child + whānau results

6 - 12 months

Graduation

- Completed 6-12 months of support
- Independently active and capable of sustaining change

Re-evaluation • 6 month post-programme