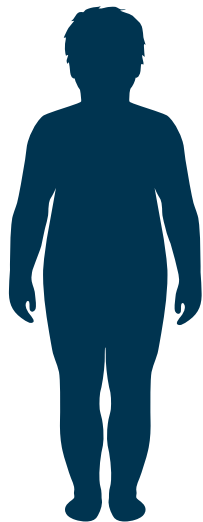


# Active Families Patient Pathway



## Child identified

5-18 years old (emphasis on 5-12 years)

Weight concerns

Focus on Māori + Pasifika

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

12 months

## Graduation

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