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What does obesity prevention look like in a local government setting? Connecting LiveLighter® with public health in practice

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Introduction: Almost two-in-three West Australian adults and one-in-five West Australian children are overweight or obese. Overweight and obesity are major risk factors for 22 diseases including cardiovascular conditions, cancer and type 2 diabetes.

Significant work has been done developing policies and programs for obesity prevention and control at the State and Local Government level, including the Public Health Act 2016, and the First Interim State Public Health Plan (PHP) for Western Australia.

There is increasing evidence that mass-media led public education campaigns can substantially enhance the impact and effectiveness of public health and health promotion interventions at the local level through strategic and meaningful engagement with local governments. We only have to look at campaigns used in tobacco control, to show long term, well-funded and comprehensive campaigns are necessary to achieve behaviour change.

Methodology: In 2012, Heart Foundation WA in partnership with Cancer Council WA launched *LiveLighter®* to address overweight and obesity in West Australian adults, with a focus on behaviours and environments associated with healthy diet and physical activity.

There are 139 local governments in WA–this paper will share the 'how to' of *LiveLighter®* and highlight ways in which Local Governments can utilise the campaign, its resources, and learnings to impact and contribute to the positive health and wellbeing of their local government communities.

Findings: The tactics used by *LiveLighter®* to engage local governments has resulted in:

increased awareness of *LiveLighter®* messages regarding nutrition and physical activity;
contribution to the development of local government policy papers such as public health plans; and
the formation of inter-agency alliances to combat obesity in WA.

Conclusion: As part of a sustainable and comprehensive approach to tackle significant public health issues, there is a role for mass-media led public education campaigns in local government settings, in partnership with local governments.

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The role of diets in managing severe obesity in adolescents

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Eating disorders and disordered eating in obesity

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The changing shape of our children and adolescents

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Two-year outcomes of WhÄ'nau Pakari: a novel home-based intervention for child and adolescent obesity

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Introduction: WhÄ'nau Pakari is a community-based multidisciplinary child obesity programme [1]. Based in Taranaki (NZ), it targets high-risk groups (predominantly MÄ'ori and those from high deprivation). Both treatment arms in our RCT displayed a change in BMI SDS at 12 months from baseline (â^'0.12 low-intensity control, â^'0.10 high-intensity intervention) [2]. Two-year outcomes are reported here.

Methods: Participants (recruited 2012âŁ"2014) were aged 5âŁ"16 years, with a BMI â‰¥98th centile or >91st centile with weight-related co-morbidities. Participants were randomised either to an intense intervention (12 months of weekly sessions) or a low-intensity control (6-monthly home-based assessments). At home visits, participants underwent clinical assessments, with physical and psychological wellbeing evaluated. Primary outcome was change in BMI SDS from baseline.

Results: 203 children were randomised (47% MÄ'ori, 43% NZ European), 53% female, 28% living in the most deprived quintile of households, mean age 10.7 years, mean BMI SDS 3.12 (range