

Think, Eat and Move

A healthy lifestyle program for 13-17 year olds

Think Eat and Move is an 8-week evidence based, online healthy lifestyle program designed to help adolescents be active, eat well and build healthy habits. It is **FREE** for eligible adolescents in Sydney.



Who is eligible?

To be eligible for the Think, Eat & Move program participants must be:

- Aged 13-17 years old
- Living, studying or seeing a health professional within the central and eastern Sydney area.

Plus **ONE** of the following:

- Classified as 'above a healthy weight' based on CDC growth charts (>85th percentile for age and gender)
- Diagnosed with a chronic health condition (eg diabetes, insulin resistance, heart disease, kidney disease, depression, anxiety)
- At risk of chronic disease development (assessed via a screening questionnaire)
- Require healthy lifestyle support (healthy eating, physical activity, wellbeing)

What's included?



Personalised support

- 8 x weekly health coaching calls with a qualified health professional
- One-on-one support for participants and their parents/carer in goal setting, problem solving, addressing barriers and empowering behaviour change



Interactive online learning sessions

- 8 x weekly online learning sessions focused on nutrition, physical activity and behaviour change.
- Includes interactive activities, narrated content, videos, animations and games that increase engagement whilst delivering key information in a clear, simple manner.



Practical resources

Evidence based resources that are carefully curated, such as a recipe book and physical activity equipment, are sent to the participants home to support and achieve a healthy lifestyle.



Regular updates

With participants consent, referring GPs and health professionals will receive updates on their patients progress while they participate in the program.

Program outcomes:



Average BMI reduction of **0.87 points**



71% increased days meeting physical activity guidelines



64% increased intake of vegetables and **49%** increased daily fruit intake



54% decreased school day screen time

307 eligible adolescents from the Central and Eastern Sydney catchment area have commenced the program since September 2018.

The program's outcomes, together with a positive community response, strongly indicates that the TEAM program is an effective approach for hard-to-reach groups, including adolescents.

Changes seen on the program include participants reporting an improvements in their self-esteem by 2.06 points, 42% participants increased their daily water consumption, 49% and 64% of participants respectively, improved their fruit and vegetable consumption, and school day screen time decreased for 54% of participants. 71% of participants increased the number of days meeting the National Physical Activity guidelines, one of the largest changes seen on the program.

Why refer?

Referring adolescents to the Think Eat and Move program has many benefits including:

- a focus on prevention and early intervention,
- complementing an adolescent's care plan from their GP or health professional,
- providing support for those that need it more, or express the need, and
- providing quality and experienced care, tailored for adolescents and their needs.

Program approach

The Think Eat and Move program has been developed and is delivered by Better Health Company's team of allied health professionals including psychologists, dietitians, and exercise physiologists. The program has been developed in accordance with the latest evidence, government guidelines and clinical best practice guidelines for the management of overweight and obesity in Australian adolescents.

Our team of health professionals aim to provide tailored support for healthy habit formation to help adolescents improve self-management of their health and wellbeing. Health professionals conducting the coaching appointments adopt behavioural strategies including Motivational Interviewing (MI), and Cognitive Behaviour Therapy (CBT), to deliver person-centred care, set lifestyle goals, support the development of practical action and activities, motivate and encourage and work through barriers and challenges.

How to refer?

Complete an online referral form →

www.thinkeatandmove.org/referrals



Email: info@betterhealthcompany.org

Call: 1300 822 953 **Fax:** 1300 325 301

Individuals can also self refer to the program via:

www.thinkeatandmove.org **or** calling 1300 822 953

Think Eat and Move towards a healthier happier life!

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CO.**

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