



## Child Obesity Management, Education & Research Program

Koala Home

Koala Clinic

For Parents & Families

For Health Professionals

Research

Koala Active Kids Club

Email Koala



### For Parents & Families

Great things for the whole family to do together! Just have a look at what is available.

[Brisbane's Child](#) - find an activity for your family to do this weekend - get out and enjoy yourselves as a family. You will feel better for it!

[Brisbane](#) - the best on line guide to all you need to know about living in the capital of the Sunshine State. Enjoy it and live it.

[Queensland Holidays](#) - the Sunshine State awaits your family! Listen to those crystal blue waves!

[Healthy Nutrition and Physical Activity Links to energise your child and family's health!](#)

[QLD Health "Eat Well Be Active" Campaign](#) - great site which integrates many Australian and State government sites for general information for children and adult healthy eating and physical activity.

[Go for 2&5 Fruit and Vegetables Campaign](#) - have a look at this great site and go visit your local greengrocer - you'll surprise yourself and your children with the wondrous variety of colours, smells and yummy healthy food ideas.

[Home of the Glycaemic Index](#) - guide to benefits and meaning behind low-glycaemic foods for healthy living, weight and appetite control

[Healthy Active Australia Website](#) including Get Moving Campaign

[Parent's Jury](#) - a web-based network of parents who wish to improve the food and physical activity environments for children in Australia.

[Kids Connect](#) is dedicated to the delivery of practical, reliable and accurate advice and information for parents relevant to all aspects of their children's health and lifestyle habits. With so much conflicting advise and so many product choices on the shelves, it's difficult to know what to do, what to buy, what to believe and how to make better choices for your children.

[After Active Schools Communities](#) - successful nation-wide program for increasing child physical activity led by Australian Sports Commission. Find your local AASC program and enrol your children or train yourself as a deliverer in the program and become fitter and earn a new skill and some pocket money.

[ABC of Fitkids](#) - web companion to excellent book on advice about an active healthy lifestyle in our obesogenic environment.

[Get Active Brisbane](#) - mission it to encourage adults and children to "Get Active" by participating in simple, fun-filled sports, exercises and activities.

[We Can - USA Campaign](#) - Ways to Enhance Children's Activity and Nutrition. A great community campaign in the USA to promote a healthy lifestyle, but is it too late in the USA with so many commercial vested interests to change the whole nature of their obesogenic society and its environment? In the USA rates of child obesity are approaching 25% with complications, such as type 2 diabetes reaching alarming proportions and occurring in children before 10 years of age!

In Australia "Can We" reverse our national trend of increasing obesity rates in Australia and avoid the inevitable decrease in life expectancy that is expected in our lifetime from cardiovascular disease and type 2 diabetes secondary to adult obesity.

**As a parent there is always hope! Your children are in your care and in your loving hands. Their future depends on you!**

Other useful medical and research links

[Diabetes Australia](#)

[Heart Foundation](#)

[Australasian Society for the Study of Obesity](#)

[American Obesity Association](#) - what is child obesity and its consequences.

Home of the British Medical Association backs the [International Obesity Taskforce](#) (IOTF) childhood obesity report.

[National Institutes of Health](#) - Child Obesity and all you need to know.

[Ending the Food Fight](#) - [Guide Your Child to a Healthy Weight in a Fast Food/Fake Food World](#) by Assoc.Professor David Ludwig, Director, Optimal Weight for Life Program - Boston Children's Hospital, USA. David is an inspiration to all his colleagues but most importantly his patients, the children who have to deal with their obesity every day of their lives. The OWL program is one of the most successful weight management programs in the USA. His book outlines the OWL program and its philosophy simply and beautifully.

[Email Koala](#) | [Koala Team](#) | [About Us](#) | [Privacy](#)

© 2007 Mater Children's Hospital, Raymond Terrace, South Brisbane QLD 4101