



Meet the team

Healthy Lifestyle Coordinator

will do your first health check and link you in with any help you need on your health journey.

Dietitian

will support you with choosing foods for a strong body and mind, making healthy, yummy food on a budget, and enjoying food as a family.

Exercise Physiologist

provides you with ideas to make movement a fun part of your day.

Psychologist

supports you with well-being and making positive changes to your lifestyle.

Paediatrician

will provide expert medical support along your health journey.

Aboriginal Health Practitioner

will provide extra support for Aboriginal and Torres Strait Islander families in the program.

Contact details

Phone: [0497 587 060](tel:0497587060) (9:30 am to 2:30 pm, Monday to Friday)

Email: CACH.HealthyLifestyles@health.wa.gov.au

Healthy Lifestyle Program

A program for our young generation aged 4 to 16 years who are wanting to make healthy lifestyle changes.



This document can be made available in alternative formats on request for people with a disability.



About the Healthy Lifestyle Program

The Healthy Lifestyle Program is a family service.

We want to improve the health of kids by putting YOU at the centre.

For the next year, we will be offering the program to children aged 4 to 16 years (and their families/caregivers), who live in the East Metropolitan area and are affected by a higher weight.

How can I be referred?



You or a health professional can refer your child to this program by scanning this QR code.

About 4 weeks after we receive the referral, one of our team will contact you. They will make an appointment to do a health check at your home or a community location.

If we think the program would suit your child, they will be invited to attend weekly group sessions for around 6 months.

These sessions:

- are run by health professionals after school, in term time
- will support your child to move their body more
- help you learn more about food and nutrition
- help improve your child's mental health and wellbeing.

Is this research?

Yes. To continue the Healthy Lifestyle Program past the first 12 months we need to show it works. This is why we need your feedback. We will talk with you about this and answer any questions.

This research has ethics approval from the Child and Adolescent Health Service HREC on (RGS0000006244), the Western Australian Aboriginal Health Ethics Committee (HREC 1292), and Curtin University (HRE2024-0066).



Your journey with us

