



The Southern Grampians community has worked hard over the past two years making the healthier choice the easier choice, but are we having an impact?

Obesity tracks from childhood into Adulthood.

In Australia;

Children

8%

1980



Adults

66%

2017

Children

35-50%

2017



Adults

??%

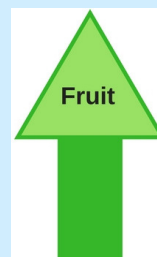
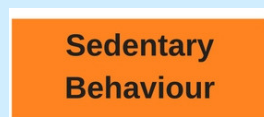
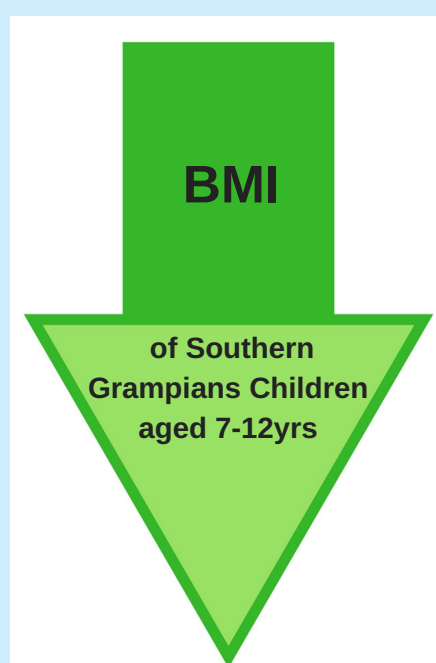
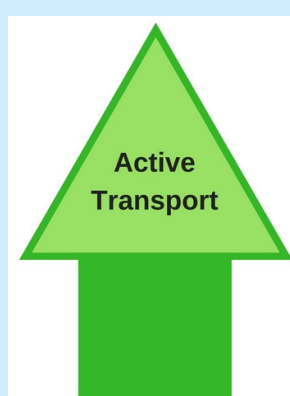
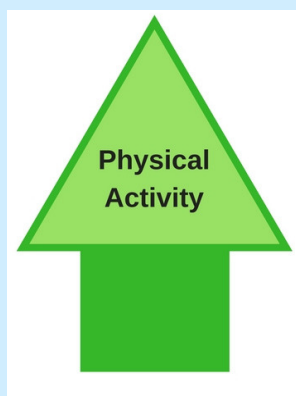
2050

A sustainable and accurate monitoring system with great participation rates

- First childhood monitoring study in Australia to be granted opt-out consent ethics
- Across the Great South Coast, 1860 and 2599 complete measures of grades 2, 4 & 6 children collected in 2015 and 2017 respectively
- Height and weights confidentially collected by local trained data collectors to determine BMI
- Health behavior questionnaire
- Accelerometer worn for objective Physical Activity measure



Southern Grampians weight status (WHO) and behavioral changes 2015 to 2017



Whilst it's great to see health behaviours and BMI heading in the right direction, the hard work is far from done! Our community must continue to increase our efforts to make the healthier choice the easier choice.

Start by Joining GenR8 Change!



www.genr8change.com/join