

# Optimal Weight for Life (OWL)



## Optimal Weight for Life: OWL

NursePrac Australia, Fiona Stanley Hospital and Cockburn Integrated Health have joined forces to create the OWL program for children and young people who are overweight. The goal is to help children, young people and their families to make lasting changes towards an optimal weight and better health for life. The program is covered by Medicare and you don't need a medical referral.

## The problem of overweight and obesity

One in four Australian children are overweight or obese. Being overweight causes children and young people to have problems with sleeping, low self-esteem and being bullied and as well as poor health. This can last into adult life and lead to early onset of heart disease, diabetes, hip and knee problems and some cancers.

## The OWL program includes:

- \* Detailed health assessment by Paediatric Nurse Practitioner and a Paediatrician
- \* Treatment plan personalised for the child/young person and family
- \* Follow-up clinic visits to help keep on track
- \* Ongoing support

## Community programs:

OWL links with other programs in the Cockburn area that help children, young people and their families meet their goals for a healthier weight.

## Further information:

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