

Media Release

10 November 2015

Hornsby Healthy Kids - better health for local families

The Hornsby Healthy Kids scheme has been selected as a finalist in a community grants program focusing on increasing children's activity.

Hornsby Healthy Kids is a joint venture of the Northern Sydney Local Health District and the Sydney North Health Network and teaches local families about the benefits of active play, how to increase childhood activity and how to make better food, parenting and lifestyle choices to help kids lead healthy lives.

Head of Hornsby Hospital's Department of Paediatrics Dr Anna Gill said up to a quarter of children in the Hornsby area are above the healthy weight range.

"Childhood obesity is difficult to manage but the *Hornsby Healthy Kids* program provides support for children at risk of obesity," Dr Gill said.

"Parents share ideas and support each other and the children benefit from this camaraderie, taking motivation from the success of their peers."

Cynthia Stanton, Sydney North Health Network General Manager - Primary Care Advancement and Integration, said: "winning a grant would allow the Hornsby Healthy Kids to help more children and their families."

The grants program is being run by Medibank Private.

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Interview opportunities with Dr Anna Gill, Cynthia Stanton and families currently enrolled in the Hornsby Healthy Kids can be arranged.