

Welcome to *Whanau Pakari*

The programme includes guidance from specialist staff on:

- Easy, affordable cooking classes
- Smart shopping skills through virtual supermarket tours
- Fun physical activity sessions for families
- Healthy lifestyles advice



If you have any questions please contact:

Whanau Pakari Healthy Lifestyle Programme

188 Powderham Street
New Plymouth

P: 0508 739 432

M: 027 910 7253

E: whanaupakari@tdhb.org.nz

www.sporttaranaki.org.nz

TDHB 11-2013

Information for Families / Whanau



Taranaki Together, a healthy Community
Taranaki Whanui He Rohe Oranga

TARANAKI DISTRICT HEALTH BOARD

About Whanau Pakari...

FACT...

DID YOU KNOW THAT

**20% of 5 - 14 year olds
are overweight**

and

**12.5% of this age group
are obese**

National Survey of Children and Young
People's Physical Activity and Dietary
Behaviours in NZ 2008/2009

What Taranaki are doing for children and adolescents with weight issues...

Whanau Pakari is a programme designed to help children and families to make changes to their nutritional intake and their activity levels to turn this statistic around.



How to get involved...

To get involved discuss Whanau Pakari with your:

- Doctor
- Practice Nurse
- Paediatrician
- Kaiawhina
- Public Health Nurse
- Dietitian
- Well Child Service
- Maori Provider
- B4 School Checks Co-ordinator

Or self referral (phone 0508 739 432)

