

# Mind, Exercise, Nutrition...Do it!

## MEND 2-4 Program



Early years obesity prevention program for children aged 2 – 4 years and their families in a community setting

The MEND 2–4 Program is an early years obesity prevention program for pre-school children. Built on our proven, community-based approach for children (MEND 7-13 Program) and their families, the Program delivers fun, weekly sessions for children aged between 2-4 years and their parents or carers.



The program focuses on enhancing parenting skills and improving key health outcomes in local communities. The program is fully aligned to the Australian Healthy Eating and Physical Activity Guidelines for Early Childhood Settings (Get Up & Grow).

Regardless of the child's weight, the program offers a fun and creative environment for families to learn how to make healthier lifestyle choices and ensure their children have the best possible start in life.

### The Program

The MEND 2–4 Program is evidence-based, multi-component and fun! It combines active play, healthy eating advice, behaviour change, reducing sedentary activity in parent/carer workshops for groups of 10 families in 10 x 90 minute weekly sessions.

30min	15min	45min
Active Play session	Parent-Child snack time using food exposure techniques	Parent workshop
		Child creative play

Program topics include:

- Fussy eating
- Balanced eating: portion sizes, fats and sugars and label reading
- Reducing screen time
- Increasing active play
- Positive parenting, including role modelling
- Customised creative play activities include picture stories to reinforce messaging
- Encouraging healthy eating habits and lifestyle routines.

The MEND 2-4 Program is suitable for delivery by a range of partners, including Maternal and Child Health, Community Health Services, Childcare and Early Learning professionals and can be delivered in a variety of local settings.

### Randomised Controlled Trial

Reflecting our commitment to evidence and research, a Randomised Controlled Trial (RCT) will begin in 2010 in collaboration with Deakin University's WHO Collaborating Centre for Obesity Prevention in Victoria.

This will be the first study in Australia to evaluate the impact of a healthy eating and childhood obesity prevention program for parents of preschool children, regardless of weight status.



## Why MEND 2-4?

Designed by expert Health Professionals, the program addresses local and national targets and can prevent childhood obesity.

Parents who attended the program, reported being more able to manage their children's behaviour. They also noticed improvements in their child's confidence and an improvement in the relationship with their child. Parents reported feeling more confident about bringing up their child to be healthy, post program.

90% of parents reported that they now spend more time playing with their children

75% of parents feel they are dealing better with fussy eating at mealtimes

83% of parents were able to read and interpret food labels post program


68% of parents changed their own eating habits to be better role models for their children

97.5% retention rate

**MEND provides a comprehensive standardised package to ensure that the program delivers positive and reliable outcomes.**

This includes:

- Full program training for the delivery team. Local staff are trained by MEND to deliver the program to ensure the needs of their communities are met using MEND 2–4 resources and support
- Comprehensive program resources: Manuals, teaching kit, active play equipment and children's packs
- Experienced Staff to support effective program delivery including assistance with recruitment of families
- Access to MEND's Operations Management and Monitoring System (OMMS): a secure web-based system designed specifically to facilitate recording of measurements and monitoring of impact and outcomes and to provide easy access to a range of downloadable program resources.

Full Teaching Kit*	MEND Program Training*	Monitoring and Evaluation*	Program Costs*
All teaching tools and resources required including: program delivery manuals, posters, games, lesson plans and full program content	2 full days comprehensive program delivery training and supporting resources for local staff	Program and Participant reports compiled at the completion of each program, using our easy to use online OMMS system	Full support, guidance, tools and resources to enable effective and sustainable program delivery *See pricing guidance document for full details
			

### What families say,

*"I would recommend MEND 2-4 to anyone who has a toddler because not only is it a fun way to meet other parents in your area and share stories, but also it's a safe learning environment to pick up important nutritional information which just doesn't seem to be available anywhere else."* **Anne-Marie, mother of MEND 2-4 Graduate.**



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