

Mind, Exercise, Nutrition...Do it!

## MEND 7-13 Program

Evidence based primary and secondary obesity prevention program for children aged 7-13 years and their families

The MEND 7-13 Program is a multi component healthy lifestyle program for overweight and obese children aged 7-13 years and their families. It is specifically designed to be based in local communities and is FREE for families to attend.



The MEND 7-13 Program has been fully adapted to meet all current Australian guidelines and meets NHMRC recommendations for the Management of Overweight and Obesity in Children. Children and their families become fitter, healthier and happier as they have fun, meet new friends and learn new skills to establish and maintain healthier lifestyles.

### The Program

The MEND 7-13 Program was designed in 2001 by leading health experts in the field of childhood obesity management. MEND 7-13 provides a fun, interactive program that supports 7-13 year old children and their families to adopt healthy attitudes to food and eating (Mind); motivate families to exercise on a regular basis (Exercise); empower them to make informed food choices (Nutrition); – and then show them how to Do it!.

The program consists of family skills development (nutrition and behaviour change) and physical activity over a 10 week term. The program runs twice a week and parents attend each session with their children to encourage a whole family approach.

#### 1<sup>st</sup> Hour

Nutrition or Mind Theory session (Parents & Children) e.g. label reading, goal setting

#### 2<sup>nd</sup> Hour

Parents facilitated discussion session

Childrens Exercise session



## Vital Statistics

**Over 15,000**

families have completed a MEND Program

**350+** international

locations are running MEND's programs every term

**86%** family

attendance rate

**8** year evidence base

**20** year formal

research partnership with Great Ormond Street Hospital NHS Trust and the Institute of Child Health in the UK

**3** new Randomised

Controlled Trials underway in Australia, UK & USA

**5** countries with

specifically adapted programs

Community based program, supporting children and families to be **fitter, healthier and happier**

## MEND 7-13 Randomised Controlled Trial

Developed in the UK by specialist paediatric dietitians and clinical psychologists, the program has been researched extensively.

We have successfully completed a Randomised Controlled Trial, which showed statistically significant improvements at 12 months, such as;

- reduction of children's BMI,
- waist circumference reduction,
- increased time spent in sports,
- reduction of sedentary behavior,
- improved nutritional intake,
- reduction in recovery heart rate,
- improved self esteem.

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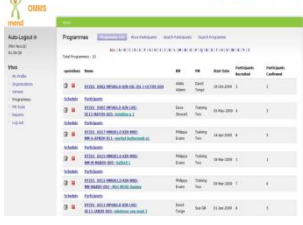



*"The impact that [MEND] has had on the whole family ... is indescribable. Her dad and I now feel like we have a new daughter and her younger brother, a new sister. MEND has changed our life completely.*

*It has brought our family closer together and has made us stronger and more capable of dealing with life's challenges.*

*Seeing her smile again means the world to me and her family."*

*Mother of a MEND7-13 Graduate.*

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 and costs.



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