



PEACH Online

Frequently Asked Questions

HEALTH PROFESSIONALS

Registrations are now open

Free call 1800 263 519

or visit www.peachqld.com.au

How can I refer a child into the PEACH™ program?

Enrolments for the PEACH™ program face-to-face groups have closed but you can refer a child to PEACH™ Online, the specially developed online format of PEACH™.

Referral is easy. Once a health professional has obtained the consent of the child's parent, carer or guardian to share their information with us, they can fill out a **Health Professional Referral Form**, scan and email, or fax it to us. Referral forms can be downloaded from our website (go to the 'Professionals' tab on the home page), or contact us and we will send forms to you.

When we receive the referral form, our Project Dietitian will contact the parent/carer/guardian and enrol the family so that they can create a user account and access PEACH™ Online.

We encourage referral of children who can benefit from the program, including those who may be on wait lists. Health professionals can also provide parents with the PEACH™ Online flyer and/or encourage them to visit our website.

What are the criteria that a child needs to meet for PEACH™ Online?

Children must be primary school-aged and reside in Queensland to be eligible for the program.

Age is the only criteria for eligibility: there is no weight range or upper limit. If a child is underweight, our Project Dietitian will speak with the family at enrolment, to ensure the program is right for them.

Access to PEACH™ Online requires internet access and a desktop computer, laptop or tablet device.

How long is PEACH™ Online available?

Registration for PEACH™ Online is open until 31 August 2016. This will allow families the time to work through the program to complete it by 30 December 2016.

What does PEACH™ Online involve?

PEACH™ Online has 10 interactive sessions, each with an introductory video, easy-to-navigate information, activities and tools. There are also links to recipes and resources, such as menu planners, tips for modifying meals to make them healthier and tips for healthy eating on a budget.

Once registered, families can complete these sessions at their own pace, in their own time, and re-visit sessions as many times as they like. Families will also be sent a quality handbook resource to help them navigate the online sessions.

Common family issues covered in sessions include: making sense of food labels; portion sizes; dealing with fussy eaters; lunchbox ideas; healthy takeaway choices; finding time to be more active as a family; and reducing screen time.

How do families receive support while accessing the program?

Each week, at set times, there is a dedicated 'Live Chat' forum in which families can interact and ask questions of our Project Dietitian. Families can also interact through the Group Forum with other families who are online at the same time.

Families are also able to ask a private question of our Project Dietitian via the 'Ask Question' link on each online session.

What are the benefits of this program?

The PEACH™ program has been acknowledged internationally as an effective option for long-term management of overweight and obesity in pre-adolescent children.

The program recognises parents as the primary agents of change for children's lifestyle behaviours and takes a whole-of-family approach. It is designed to help parents build the confidence and skills to manage the factors that make eating well and being active as a family a challenge.

PEACH™ Online is freely available to all Queensland families with primary school-aged children, no matter their location.

Healthier. Happier.

