



## being healthy series update

For the 'Being Healthy' consultation series, we explored the concept of what it is to be a healthy kid. We went out and spoke with groups of children and young people aged from 3 to 22 in Adelaide CBD, Southern Metropolitan and some regional locations. We asked three questions to all participants: What does a healthy kid feel like, what does a healthy kid do, and what does a healthy kid eat?

We heard from 61 children and young people in total. Some quotes from the consultations included: "Friends make you healthy", "Healthy kids play", "A healthy kid makes good choices...", "Keeping a positive mind set, thinks positive, believing you can do it", "A healthy kid is someone that can express all their feelings". We learnt that what children and young people mean by 'being healthy' isn't all that different to what most adults think. It means eating a balanced diet, being able to engage in activities and exercise and feeling good.

However when we asked a small group to rank a list of health problems for children we found a discrepancy between the priority that young people placed on these problems versus what adults thought were most worrying. We would like to do more work on this as we think there is merit in further exploration of what children and young people think about child health problems versus what adults think.

There has already been some research by the Royal Children's Hospital, Melbourne on what adults think the top ten child health problems are in Australia (National Child Health Poll). The list below contains these top ten child health problems as told by the Australian adult public.

**Family and domestic violence**  
**Internet safety**  
**Illegal drug use**  
**Not enough physical activity**  
**Obesity**

**Child abuse and neglect**  
**Excessive screen time**  
**Bullying**  
**Unhealthy diet**  
**Suicide**

Our next steps are to identify a partner organization to work with us to survey children and young people on how their ranking of these health issues relates to the adult views.

We will keep you informed as we work through this next stage of the process.