

Commissioner  
for Children and  
Young People

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# Being Healthy Consultations

## Commissioner for Children and Young People

The South Australian Commissioner for Children and Young People is an **independent statutory position**, established under the *Children and Young People (Oversight and Advocacy Bodies) Act 2016* ‘the Act’.

## What we did

Children and Young people told us that being healthy was important to them, but we didn't know what being healthy meant to children and young people so we went out and asked.

We met with 73 children and young people aged between 3 and 22. We asked them,

- What does a healthy kid **feel like**?
- What can a healthy kid **do**?
- What does a healthy kid **eat**?



“A healthy kid is someone that can express their feelings.” - 14 years old.

# What we heard

The following themes emerged in the responses:

## What does a healthy kid feel like:

1. Happy (This was the number 1 response by a long way)
2. They can do anything
3. Excited
4. Strong

## A healthy kid does:

1. Sport
2. Has fun
3. Be active
4. Play



## A healthy kid eats:

1. Fruit/vegetables / fruit
2. Sometimes treats
3. Healthy food
4. A variety of food

## Something unexpected

To further this conversation we also explored what health concerns young people thought were the most worrying for kids. We did this across two sessions.

There had 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 2015).

In this Poll adults across Australia rated the top ten child health problems as;

1. Excessive screen time
2. Obesity
3. Not enough physical activity
4. Unhealthy diet
5. Bullying
6. Illegal drug use
7. Family and domestic violence
8. Internet safety
9. Child abuse and neglect
10. Suicide

We asked young people how they would **rate these issues** in order of worry?

The interesting result of this was that **young people rated health worries in reverse order to adults**. We wonder if this has any implications for addressing children's health problems.

## What's next?

We think there is more that can be done.

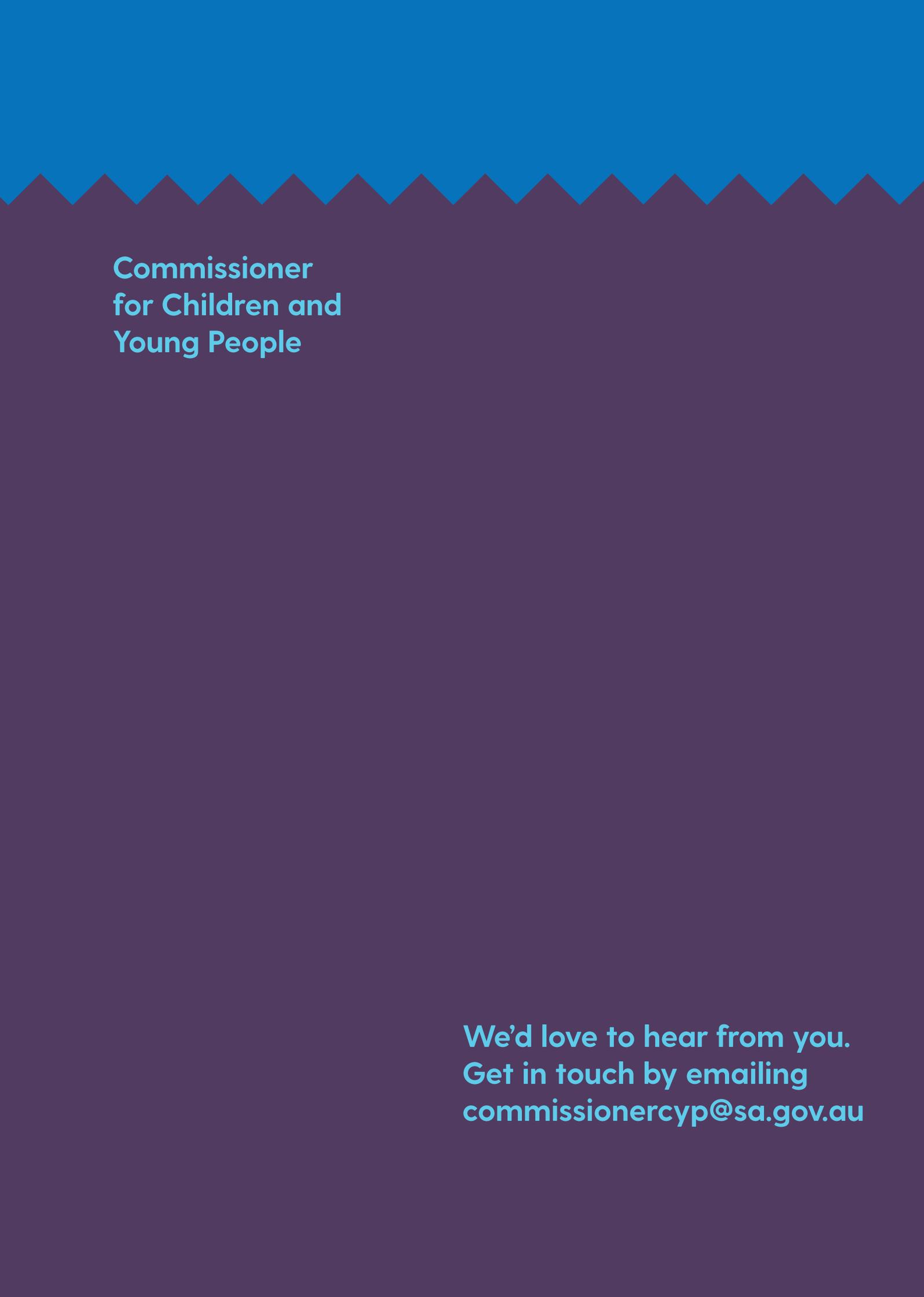
We think further exploration of the different ways that children and young people are rating health worries for kids could help us understand possible barriers to solutions.

We want this project to be directed by young people from here!

We would like to hand over what we have learnt to the **Women's & Children's Hospital Youth Advisory Group** for them to decide what's next.



*CCYP will be looking further into the importance of Play throughout the lifespan in 2019.*



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**We'd love to hear from you.  
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