ENGAGEMENT OF SCHOOLS, CHILDREN AND FAMILIES
(Building trusting and supportive relationships over time)

Mediating Variables

**Information**
- Knowledge of:
  - Energy balance
  - Healthy alternatives
  - Lifestyle physical activity
  - Strategies for change
  - Healthy proportions

**Motivation**
- Peer norms
- Peer approval
- Family approval
- Attitudes towards healthy eating and physical activity
- Intentions to eat more healthily and be more active

**Behavioural Skills**
- Self efficacy for:
  - Trying healthy alternatives to unhealthy snacks and drinks
  - Being more physically active
  - Discussing healthy lifestyle issues with family
  - Resisting temptation

The Healthy Lifestyles Programme
(1 year intervention)

Mediating Behaviours

**Children**
- Self monitoring of eating and activity behaviours
- Goal setting
- Agree behavioural contract
- Barrier identification
- Talking to parents about healthy lifestyles
- Making healthy lifestyle suggestions to parents
- Shopping with parents
- Cooking with parents
- Trying new foods
- Resisting temptation

**Parents**
- Buying healthy snacks and drinks
- Increasing access and availability to healthy foods and physical activity
- Reinforcing rules around screen time and physical activity.

**Obesity Related Behaviours**
- Physical Activity & Diet