



ACT
Government
Health



CANBERRA HOSPITAL
AND HEALTH SERVICES

SKIP Information for Families

What is SKIP?

SKIP (School Kids Intervention Program) is a family-centred service for children aged 4 to 12 years with overweight and obesity.

SKIP is a 12 month program, consisting of an intensive 10-week appointment schedule followed by a maintenance program. It is personalised to meet the needs of the whole family.

SKIP includes frequent contact with a team of skilled health professionals including a doctor, dietitian and exercise physiologist. Referral to counselling services is provided as appropriate.

Where is SKIP based?

SKIP is based at the new Belconnen Community Health Centre, 56 Lathlain St (on the corner of Lathlain and Wales Street), Belconnen. There is free 3 hour parking underneath the health centre (enter off Wales St).

Is my child eligible for SKIP?

Your child may be eligible for SKIP if they meet the following criteria:

- They are 4 to 12 years of age (primary school age)
- You think your child is above the healthy weight range
- Your family is ready to participate in the program.

Contact details

If you would like more information about SKIP, contact the SKIP Coordinator by phone or email:

Ph: 6205 4177

Email: SKIP@act.gov.au

The SKIP Coordinator will provide you with detailed information about SKIP and arrange an appointment with a Canberra Hospital Paediatric Doctor to assess your child's eligibility for the program.