

chapter 1& 3 and pages 254-258 importance of health and wellbeing, promoting healthy development and wellbeing, childhood obesity + chapter 2

- 2011-2012 – 25% of children were overweight or obese
- toddlers and pre-schoolers average 6hrs physical activity + almost 1 ½ sedentary
- physical activity decreases with age
- children currently aged from birth to 12 are known as GenZ
- generations are defined by demographers, the press and media, pop culture, market researchers and members of the generation themselves.
- Child wellbeing = the realisation of children's rights and the fulfilment of the opportunity for every child to be all he or she can be in the light of a child's abilities, potential and skills.
- Non discrimination – children should neither benefit nor suffer because of their race, colour, gender, religion, language or because of any political or other opinion. Because of their cast, property or birth status or because they are disabled
- The best interests of the child: laws and actions affecting children should put their best interests first and benefit them in the best possible way
- Survival, development and protection: the authorities in each country must protect children and help ensure their full development – physically, spiritually, morally and socially
- Participation: children have a right to have their say in decisions that affect them and to have their opinions taken into account.
- ARACY = Australian research alliance for children and youth
 - Improving early childhood learning and development
 - Improving the educational performance of young Australians
 - Improving the physical health of young Australians
 - Improving the social and emotional wellbeing of young Australians
 - Addressing income disparity and its impacts

Chapter 2

- International classification of functioning, disability and health (ICF) (WHO, 2001) is a framework designed by the world health organisation
- ICF-CY = International Classification of Functioning, Disability and Health – Children and Youth version
- Health and wellbeing result from the interaction between body structures and functions, activities and participation, and personal and environmental factors.
- ICF-CY – body structures refer to anatomical parts of the body – organs and limbs and body functions refers to the functioning systems of the body – speech and digestion

Week 2 Indigenous Children's Health

- 2.6% of Aust pop – most live in regional areas and cities
- 1788-1900 Aboriginal pop was reduced by 90%
 - three main reasons were introduction of new diseases, loss of land and loss of people through direct colonisers
- most disease were epidemic – chicken pox, small pox, influenza, measles
- segregation started in the 19th century
- 1967 ATSI recognised as full citizens and allowed to vote
- The foundation 1963-1977
- Referendum - "all races of people would be counted in the constitution - all those apart from Aboriginal" Roughly a 6 year campaign to change the referendum 27th May 1967 - Aboriginals classified as citizens
- 548,400 people identified as being ATSI in the 2011 census
- 40% of ATSI are concentrated in the remote areas, Northern Territory has highest percent at 27
- factors that contribute to health
 - income
 - education
 - environment
 - culture
 - employment

- Indigenous children more prone to glue ear and asthma
- Respect earned through interpersonal relationship rather than assumed
- Stolen Gen – 41% of WA children came from family where primary/secondary parent or caregiver affected by or forced from traditional homelands or forced separation
- Cooks arrival 1770
- 1901 – federation and white Aus. policy
- 1967 referendum
- reconciliation – k/Rudd 2008