

Health Promotion Innovation Fund (Closed 2 March 2018)

Successful Project Descriptions

Organisation Name:	Community Services #1
Project Title:	CS#1 Nutrition Support Program
Project Description:	<p>In collaboration with an Accredited Practising Dietitian, the project will develop information cards that show the link between health conditions and the benefits of positive nutrition. These cards will relate to topics that our clients and families need help with. The cards will be written in plain English, professionally designed and printed to be distributed to our clients with supplementary recipe cards from The Heart Foundation and Nutrition Australia.</p> <p>The information and supporting recipe cards will be distributed through our social media and online channels, plus to all children and their families that attend our five early learning centres, Food Pantry clients, Community Exercise Program participants and to our 11 Community Groups. We will also make these cards downloadable on our website for other community groups to utilise.</p> <p>Over the period of the program, the Dietitian will also work with our Community Development Officer to develop and present information sessions tailored to all of our community groups.</p> <p>For those most vulnerable in our community we will offer a one-on-one consultation with the Dietitian to assist them and their families with nutrition and eating behaviours. These consultations will also help guide the nutrition advice in our information cards so they reflect community needs.</p>
Amount funded:	\$14,577

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Successful Project Descriptions

Organisation Name:	Narrabundah Early Childhood School
Project Title:	Nutrition for Life
Project Description:	<p>Nutrition for Life is a collaborative partnership between Narrabundah Early Childhood School (NECS) and Tuggeranong Child and Family Centre and is focused on partnering with Aboriginal and/or Torres Strait Islander parents whose children attend Koori preschool. Parents will work with an Accredited Practising Dietitian from Nutrition Australia to prepare, taste and get creative when preparing their children's school lunchboxes. Food will be selected using an array of healthy lunchbox items from each of the five food groups.</p> <p>The project will be implemented in week 2 of Term 4, 2018 at NECS. The project includes:</p> <ul style="list-style-type: none">• 6 x 30 minute lunchbox sessions consistent with the aims of the Australian Dietary Guidelines at NECS for Aboriginal and/or Torres Strait Islander parents facilitated by an Accredited practising Dietitian from Nutrition Australia, School Community Coordinator and Community Development Worker from Growing Healthy Families.• 4 x 30 minute lunchbox workshops for the whole school community (130 children aged 3-8 years and their parents and/or carers) each term.• All lunchbox ingredients for the workshops will be provided.• Printed lunchbox fact sheets and links to Good Habits for Life, Fresh Tastes and other relevant websites for all participants.• Each child from Koori preschool will receive a lunchbox and drink bottle.• Children in Koori preschool will participate in the Food&ME curriculum as part of Classroom learning to learn more about the importance of good nutrition.• Dietitian advice as required.• Family support and linkage as required.
Amount funded:	\$5,852

Health Promotion Innovation Fund (Closed 2 March 2018)

Successful Project Descriptions

Organisation Name:	Nutrition Australia ACT
Project Title:	Teaching Nutrition in Secondary School
Project Description:	<p>A teacher professional development (PD) session will be developed and delivered to provide high school teachers with the knowledge and confidence to effectively teach nutrition in high school across years 7-10.</p> <p>This program will aim to empower high school students to make healthier food choices for themselves as they become more independent with their own food and drink choices.</p> <p>The course will ensure that nutrition education provided to high schools students studying Health and Physical Education (HPE) and Food Technology is consistent, evidence based and aligns with the Australian Dietary Guidelines.</p> <p>Initial scoping into the content of the teacher PD will involve surveying secondary teachers (that teach HPE and Food Technology) to identify current PD opportunities on teaching nutrition and identifying the associated resources that they currently use.</p> <p>The nutrition education requirements currently within the HPE and Food Technology subjects of the Australian curriculum will be mapped and key learning areas identified. As the current nutrition education resource available to ACT teachers, Food&ME™ Years 7-8 will be unpacked as the key resource associated with the PD.</p> <p>The teacher PD session will also provide content for the development of a future online PD to be made available within the It's Your Move Initiative.</p>
Amount funded:	\$14,900

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Successful Project Descriptions

Organisation Name:	Pedal Power ACT
Project Title:	Big Skills for Small Bicycles
Project Description:	<p>Big Skills for Small Bikes is a skills-based program that supports families to teach their children to safely ride a bicycle. The child and parent/carer attend the course together, and through active participation and with guided instruction, the child will learn to ride, and the parent/carer will learn the most effective strategies to teach their child to ride. This not only teaches important skills but empowers the parents/carers to continue to teach safe cycling skills to their other children.</p> <p>Big Skills for Small bikes is modelled off the cycling clinics run by Sydney Cycleways that teach 4000 children to ride every year. The Curriculum will be written by a Cycling Australia coach, and will consist of one 45 minute session per week, over 6 weeks.</p> <p>This course will teach 40 children to learn to ride, and enables families to incorporate cycling into their life therefore creating life-long habits with the potential to decrease childhood and adult obesity and sedentary lifestyle choices.</p>
Amount funded:	\$14,763

Health Promotion Innovation Fund (Closed 2 March 2018)

Successful Project Descriptions

Organisation Name:	St Clare's College
Project Title:	Healthy Bodies
Project Description:	<p>This student-led project aims to target all students and teachers, focussing on healthy eating and factual information, along with active participation in a two phase project, overseen by the Student Representative Council.</p> <p>In stage 1, all students and staff will be targeted through an education campaign around healthy food choices and a canteen review.</p> <p>Managed by senior students, this will involve two visits from a registered dietitian. The first visit would be an education session for senior students, with the additional session for a student-led working group, which will developing an education campaign targeting the student population with information and guidance about healthy food choices.</p> <p>At the same time, the canteen providers have committed to ensuring healthy food choices are available with highly visible signage.</p> <p>In stage 2, students will be connected to their food through a kitchen garden programme. This will be focussed on building up a core group of students (by offering gardening as an activity during the annual student run 'stress less' week) and working with the Sustainability Captain and a student group to maintain a small garden, with worm farms, to start managing food waste from the school (canteen and food technology group). A teacher volunteer will oversee student maintenance of the garden. Once established, this garden is to be incorporated into the broader school landscaping project.</p> <p>The second part of this project will involve implementing the kitchen garden programme into the year 7 and 8 food technology curriculum. This requires assistance from Stephanie Alexander's Kitchen Garden Foundation to access resources and professional development for the teachers so they can undertake the curriculum re-writing and implementation.</p>
Amount funded:	\$2,653

Health Promotion Innovation Fund (Closed 2 March 2018)

Successful Project Descriptions

Organisation Name:	The Food Cooperative Shop
Project Title:	The Real Food Project featuring The Food Co-op!
Project Description:	<p>The Food Cooperative will pilot a series of free cooking and nutrition classes for students at the ANU. The classes will be led by peers from within the student community and will be held within the vibrant, non-intimidating, community space at the Food Cooperative.</p> <p>Students will be taught to make nutritious \$5 meals which can be prepared with minimal equipment, in under 30 minutes. The meals will be designed in consultation with a registered nutritionist and will be suitable to freeze in portions, to help avoid eating takeaway when time poor. The recipes will increase vegetable consumption and the students will be educated as to the nutritional balance of each dish. Over two sessions, each student will gain a practical experience of preparing four meals. The Food Cooperative is also a bulk food store and so the students will be introduced to an affordable means of shopping for only quantities that they need.</p> <p>The program will focus on building a supportive community environment and students will be encouraged to become more widely involved in activities at the Food Cooperative. They will be invited to join a Facebook group and a mailing list where new recipes will be made available each week. They will be encouraged to contribute to this forum and share their own experiences and ideas. This social hub will both connect students to a healthy food community, as well as facilitating ongoing involvement with the Food Cooperative's vibrant community of volunteers, increasing their exposure to a healthy food culture, as well as normalising and embedding healthy eating habits through regular contact.</p> <p>At the end of each semester a final social cooking demonstration will be held in partnership with the ANU Pop-up village, using their stage venue.</p>
Amount funded:	\$14,660

Health Promotion Innovation Fund (Closed 2 March 2018)

Successful Project Descriptions

Organisation Name:	University of Canberra
Project Title:	Designing a framework for engaging non-traditional segments in physical activity in natural environments: a pilot project with older persons 65+ at 3 destination nature sites in Canberra
Project Description:	<p>This project aims to develop and trial an evidence-based, transferable and scalable framework for engaging statistically less active segments of the ACT population in the daily required physical activity in natural environments. This framework will then provide an ongoing tool for the effective design of programs that motivate non-traditional users of natural environments to undertake physical activity in a range of green spaces. Three ACT destination sites with three different natural settings – the Arboretum, Lanyon Homestead and Tidbinbilla – have partnered to:</p> <ul style="list-style-type: none"> (1) provide a broader cross-section of outdoor experience (2) collaborate on program design to attract population segments not currently engaging with nature in physically active ways. <p>To this end, the project partners have selected ACT older adults (65+) for this pilot project. With UC and Active Canberra, they will collaborate with two older adult groups in Canberra (Woden Seniors and COTA ACT) to co-design and trial the programs.</p> <p>For this program, the project partners (Arboretum, Lanyon Homestead, Tidbinbilla, Active Canberra and the University of Canberra) will recruit 15 participants from each group (30 in total).</p> <p>UC occupational therapy and 'play and wellbeing' academics will contribute to the framework and program design, including surveying participants on their current levels of, and barriers to, physical activity; attitudes to natural environments; models for nature engagement.</p> <p>Project partners will conduct two workshops with each participant group (four in total) at the respective community centres to design and deliver the program for the three sites. Participants will then trial these programs at the site.</p> <p>Feedback from this trial will inform any changes to these programs, and the final framework design.</p>
Amount funded:	\$12,424