

Organisation name	Program Name	Project Summary	Funding amount recommended for 2014	Funding amount recommended for 2015	Funding amount recommended for 2016
ACT Medicare Local	Connect Up for Kids	<p>ACT Medicare Local (ACTML) proposes a three year program to assist in stabilising the escalating problem of childhood obesity in the ACT.</p> <p>Target group: All children aged 3 – 7 years and their families</p> <p>Objective:</p> <p>To develop better pathways for obesity prevention for the target group, guiding families through health promotion advice, child health assessments, primary health care (PHC) services and community-based programs, enabling:</p> <ul style="list-style-type: none"> • Provision of consistent health promotion messages to families • Identification and management of children at risk through current health assessment points • Better links to and pathways through the PHC system • Uptake of community-based programs that promote healthy lifestyles. <p>Key indicators of success:</p> <ul style="list-style-type: none"> • Families with children at risk of obesity are better informed and better connected/supported through ACT-wide health and community programs • The PHC sector is better equipped to identify and manage children at risk. <p>Approach:</p> <ul style="list-style-type: none"> • Adopt a capacity building approach, building on existing activity on childhood obesity in the ACT • Focus on the 'well' population and support families where children are overweight/obese • Embed obesity prevention within the PHC system • Apply a settings approach, primarily the PHC system, schools/preschools and community programs. <p>Action:</p> <ul style="list-style-type: none"> • Develop a project plan with detailed objectives, milestones and measures • Identify the evidence base from systematic reviews 	\$148,969	\$203,740	\$218,479

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		<ul style="list-style-type: none"> • Map ACT community programs that address obesity prevention in children; identify gaps • Engage and skill two community capacity builders to liaise and work with families, schools, community groups, PHC, ACT Health and other key stakeholders, coordinating and strengthening capacity to respond to children's needs • Develop a protocol and skill general practice teams in obesity prevention and engaging with families with overweight children • Establish a system of follow-up general practice checks for children identified as overweight • Monitor uptake of community-based programs and outcomes for families with children identified as overweight • Conduct an external evaluation of the three-year program. 			

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Physical Activity Foundation Ltd	Ride or Walk to School	<p>The program builds the capacity of schools to encourage students to use active modes of transport for school travel. It has a 3 year strategic delivery approach.</p> <p>Objective: To develop a supportive school environment that encourages long term systemic and personal behaviour change regarding transport choices.</p> <p>Key indicators of success:</p> <ul style="list-style-type: none"> • Three years of funding will offer the program to 30 additional schools and continued support for 21 already participating. We will use the experience to further develop the packages on offer to respond to the needs of all schools and transition to a fee for service model. Having worked in the school setting for 5 years at this point, the partnership group is hopeful of creating broader demand from 'school' families for community based walking and riding activities – thus encouraging greater community participation in walking and cycling for recreation and travel. <p>Approach:</p> <ul style="list-style-type: none"> • The program was developed by ACT Health with NPAPH funding and the pilot phase launched in 2012 with 11 schools. Feedback from these schools on the model has informed changes in the way the program is being delivered to 10 additional schools funded through the Healthy Schools Healthy Children Funding Round. These 12 months of funding have also given the partnership group an opportunity to test the partnership model and establish a robust and transparent system for working together. <p>Action: School capacity is built over 3 years by:</p> <ul style="list-style-type: none"> • Providing engaging curriculum resources • Increasing teacher confidence to deliver bike and walking programs • Influencing school decision making through action planning • Building school community expertise to maintain bikes • Providing equipment to encourage ongoing activity during the program and beyond; and Addressing environmental barriers. <p>Schools also receive activities to support classroom learning and increase the confidence of students including BMX and self defence workshops. This will also increase parent confidence along with safer route maps, family engagement activities and social marketing.</p>	\$291,480	\$157,778	\$123,175

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YMCA of Canberra	Take Off! with the Y and Bluearth	<p>Objective: The YMCA of Canberra will:</p> <ul style="list-style-type: none"> • Enhance healthy lifestyle options and experiences of over 2,500 children attending programs within the YMCA's Children's Services Unit • Provide opportunities to build personal capacity and • Affect sustainable behaviour change in relation to food consumption and physical activity <p>Action:</p> <ol style="list-style-type: none"> 1. Appoint a YMCA employed part time nutritional engagement manager to: <ul style="list-style-type: none"> • Train and supervise all staff providing food for YMCA programs and special functions including: <ul style="list-style-type: none"> • 2 early learning centres • 17 after-school-care centres • 5 before school care centres • 8 vacation care sites • YMCA Bush Capital Lodge - 228 bed facility and supplying food for YMCA club and work functions and special events • Health and Fitness Centre, Chifley • 2 clubs (Sailing and Runners Clubs) • 180 employees and 50 volunteers at work meetings and functions • Develop and implement a healthy "take away meal" service for YMCA's families, initially at our Early Learning Centres and Vacation Care programs and later at other sites • Develop seasonal menus using (as far as is possible) locally sourced food to minimise "food miles" and support the local economy • Maintain quality control of food provision at all YMCA program sites 2. Appoint a Bluearth Foundation part time coach to develop programs and strategies and train staff at : <ul style="list-style-type: none"> • all YMCA Early learning Centres • all YMCA outside school hours centres 3. Utilise electronic communication systems to <ul style="list-style-type: none"> • Involve families in the planning of initiatives in regard to food and physical activity components of our programs • Improve communication with families in regard to healthy lifestyle behaviours and provide support and encouragement and of healthy behaviours eg through the use of apps, Twitter etc 4. Track and evaluate the impact of the funded program 	\$142,000	\$146,000	\$150,000

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Heart Foundation ACT	Live Lighter	<p>The Live Lighter Campaign is a population based education campaign aimed at improving health outcomes, through encouraging adults to make healthier lifestyle choices. This successful program was developed and implemented in Western Australia and will be tailored to the ACT population.</p> <p>Objective:The program aims to increase awareness and understanding of the consequences of being overweight or obese and encouraging the adoption of simple changes leading towards a healthier lifestyle by providing information, tips, suggestions and recipes that are achievable and relevant for the ACT population.</p> <p>Approach:</p> <ul style="list-style-type: none"> • The campaign targets the effects of unhealthy food and beverage choices, and lack of physical activity, on the body, and draws attention to the link between overweight and obesity and chronic disease. • The campaign encourages simple changes that will have positive health effects, such as choosing water as a drink instead of soft drinks, leaving the car at home for short trips, and selecting smaller portion sizes. <p>Live Lighter has the capacity to be used as a "brand" for Government sponsorship of local organisations, thereby reducing exposure to poor food and beverage choices during physically active pursuits.</p> <ul style="list-style-type: none"> • The campaign encourages behaviour changes through educating the population about the dangers of poor food and beverage choices, and compliments messages delivered in the Swap It, Don't Stop It, Tap Into Water Everyday, and Go for 2&5™ campaigns, through the use of mass media advertising • Advertisements will be run on television, radio and in print, including newspapers and via brochures and pamphlets available throughout the ACT. • The Live Lighter campaign will also utilise the power of social media, through the development of an ACT focused Live Lighter Facebook Page and Twitter account, and an 'App' allowing users to plan meals and make informed healthy choices. These platforms will provide support for users and the opportunity for dynamic information delivery. • The campaign will support the identified communication channels with strong public relations activity. 	\$212,400	\$200,400	\$178,400

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		<p>Outcomes</p> <p>The evaluation of the campaign will address:-</p> <ul style="list-style-type: none">• The understanding of the main message of the advertising• The credibility and personal relevance of the advertising• The motivating effect and behavioural outcomes influencing intention to change specific diet and activity- related health behaviours• The general perception of risk of being overweight or obese and the harms to health			

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Gordon Primary School	Lanyon Cluster of Primary Schools Every Chance to Dance	<p>Objective:</p> <ul style="list-style-type: none"> • Implement a comprehensive dance program in Lanyon Cluster Primary Schools in 2014 • Embed a sustainable dance program in Lanyon Cluster Primary Schools 2014-16 • Promote enthusiasm for physical activity through dance continuing beyond 2016 • Promote student self esteem through improving skills and fitness 2014-16 & beyond <p>Key indicators of success:</p> <ul style="list-style-type: none"> • Full implementation of the Kulture Break "Every Chance to Dance" program in each of the three Lanyon Cluster Primary Schools (Bonython, Charles Conder, Gordon) • Significantly increased physical activity through dance for a population of approximately 1500 primary school students • Reduced incidence of overweight and obesity (over time) because of enhanced physical activity • Improved understanding of a broadened range of options for physical activity (dance) • Improved understanding that physical activity can be a social experience and can be fun • Significantly enhanced teacher capability in regard to teaching students to engage in and enjoy physical activity. • Extended collaboration between Lanyon Cluster schools re promoting physical activity. <p>Approach:</p> <ul style="list-style-type: none"> • All children are included in the program regardless of levels of fitness, existing skill or disability. • The first year subscription is \$6,000 per school. Subsequent year's subscription is \$1,500 per school. A very significant benefit of the program is the empowerment and up- skilling of all class teachers in teaching of dance. This up-skilling has great potential to enhance the quality of the teaching of dance and the promotion of physical activity. Lanyon Cluster schools have a strong history of working collaboratively on such projects. Collaboration of approximately 90 teachers per year on this project over several years (we envisage the program continuing beyond the three years of the grant) will enable significant capacity building for quality dance teaching in Tuggeranong schools. 	\$18,000	\$4,500	\$4,500

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		<p>Action: The program is comprised of:</p> <ul style="list-style-type: none"> • A fully engaging 30 minute weekly dance class; • A qualified coach in residence for Kindergarten to Year 6; • Professional learning for school teachers to build capacity to deliver dance in schools; • Class teachers encouraged to run additional classes each week using skills taught by coach in person and online; • An online video program, produced by 'Kulture Break' CEO and dance expert Francis Owusu, who has worked extensively with schools in the Lanyon Cluster and throughout Canberra teaching dance and promoting community dance events. 			