

## 2015/16 - 2017/18 Healthy Canberra Grants Successful Program Summaries

<b>Organisation name</b>	Bluearth Foundation					
<b>Program Title</b>	Mighty Movers					
<b>Program summary</b>	<p>Mighty Movers will build on the Kids at Play program and use Bluearth's movement learning program as the foundation to deliver a program for parents and children within both supported and community playgroups in the ACT.</p> <p>The program will develop behaviours and attitudes which promote quality movement within everyday family environments so that children, parents and carers can sustain the benefits of staying active and mobile. The active participation of parents/carers is critical to development and learning in the 0-5 year age group and shared active play is a powerful platform to establish lifelong patterns of activity.</p> <p>The project involves:</p> <ul style="list-style-type: none"> <li>• policy development</li> <li>• information and training about further physical activity options</li> <li>• tools for assessing play environments</li> <li>• direct training and support including parental influence on Fundamental Motor Skills</li> </ul> <p>Two intervention models will be trialled. Both models will include policy development and development of assessment tools for active play environments.</p> <p>Model One will consist of weekly sessions within existing playgroup sessions, delivering a movement education program for parents and their children using rhythm, repetition and relationships. Tools and resources for parents will be developed. Existing Kids at Play resources will also be used.</p> <p>Model Two will add intensive family support to Model One through one on one sessions with families, supporting them to implement strategies for active family living.</p> <p>Both programs would be delivered on a weekly basis over the 44-week playgroup calendar. The program will coach parents and facilitators; be child led and use equipment available in the everyday environment</p>					
<b>Funding recommended</b>	<b>2015/16</b>	\$108,959	<b>2016/17</b>	\$118,815	<b>2017/18</b>	\$78,206

<b>Organisation name</b>	Companion House Assisting Survivors of Torture and Trauma					
<b>Program Title</b>	Healthy Growing and Ageing					
<b>Program summary</b>	<p>This program recognizes the vulnerability of two groups in the ACT. The first group are young people from refugee backgrounds and the second group are older people from refugee communities. Both these groups have distinct needs which sit on the margins of mainstream health promotion.</p> <p>1. Older people</p> <p>This program will involve older people from refugee backgrounds, their communities and families in activities which promote healthy active ageing.</p> <p>The program will provide opportunities to participate in community and existing active lifestyle opportunities such as walking, swimming and older person exercise classes through group sessions with older people. Sessions will be held with community leaders and families to explore active healthy ageing in the Australian context including utilization of translated language materials. Two groups will each meet between 5-8 times a year. These will include Burmese, Farsi and Arabic speaking groups and at least two mixed language groups. At least half of sessions will involve family and community and will be held at places which older people might comfortably attend (particularly temple, mosque and church).</p> <p>2. Young people</p> <p>This program involves young people in activities, run by peer mentors wherever possible, which promote safe alcohol use and prevention and reduction of smoking.</p> <p>We will recruit and closely support African, Afghan and Burmese origin peer leaders to run regular activities to young people over the coming two years. Peer leaders will work within their ethnic communities and with mixed groups as appropriate. Activities will include dance and drumming events, sports and art all entwined with health promotional messaging. The program will deliver at least twelve group activities a year.</p>					
<b>Funding recommended</b>	<b>2015/16</b>	\$89,250	<b>2016/17</b>	\$90,294	<b>2017/18</b>	\$0

<b>Organisation name</b>	Foundation for Alcohol Research and Education Limited (FARE)					
<b>Program Title</b>	Pregnant Pause - Swap the pub for your bub					
<b>Program summary</b>	<p>The project will build on the 'Pregnant Pause – Swap the pub for your bub' campaign. 'Pregnant Pause' is a social marketing campaign for the general population that encourages partners, family or friends of a pregnant woman, particularly men, to be alcohol-free in support of their pregnant partner. Research shows 77% of women who drink during pregnancy do so with their partner, which is why this campaign is targeted at both pregnant women and their support networks. It will involve the use of advertising on radio, television as well as targeted social media and information sessions (prenatal classes) where videos and materials are made available.</p> <p>FARE developed and tested communication models that would be effective in engaging with pregnant couples, their friends and family and identified key drivers that cause pregnant women to be misinformed about alcohol consumption and pregnancy. FARE has identified key resources and activities that would allow for pregnant women</p>					

	<p>to get the right information.</p> <p>PP will raise awareness through the key activities including:</p> <ul style="list-style-type: none"> <li>• Educating women and their partners in the ACT region on the risks of alcohol consumption during pregnancy.</li> <li>• Building on the dialogue within the community about the risks of alcohol consumption during pregnancy.</li> <li>• Launching a fun and humorous video on why partners and loved ones should go alcohol free to support a pregnant woman, with the aim for it to be shared through social media and database contacts.</li> <li>• Radio advertisements to be played during the breakfast and drive home shows.</li> <li>• TV advertisements to be played during morning shows with a view to attract media.</li> <li>• Recruiting celebrity couples to help raise awareness during International FASD Awareness Day on 9 September each year.</li> </ul>					
<b>Funding recommended</b>	<b>2015/16</b>	\$81,426	<b>2016/17</b>	\$90,976	<b>2017/18</b>	\$91,521

<b>Organisation name</b>	Healthy Kids Association Incorporated					
<b>Program Title</b>	Increasing Kids Purchasing of Healthy Foods and Drinks at School through Marketing and Promotion					
<b>Program summary</b>	<p>The program will provide visual aids for school canteens to use on the exterior of their canteens, in newsletters, on menus and in posters throughout the school. The program will provide a catalogue of tried and tested recipes with graphics and photography. There will be marketing and promotion workshops for school canteen staff teaching them how to use the materials to increase sale of healthier menu items. Schools will be visited to provide direct assistance with marketing and using the materials.</p> <p>Key activities are:</p> <ul style="list-style-type: none"> <li>• Delivery of marketing and promotion workshops specific to school canteens by school type.</li> <li>• School visit to provide advice on menu marketing strategies.</li> <li>• Identification and collection of recipes for main lunch items and snack foods which meet criteria and have been successful in schools.</li> <li>• Undertaking a food photographic shoot resulting in high resolution photos using canteen recipes and menu items.</li> <li>• Catalogue of food photography based on school canteen menus and core food groups.</li> <li>• Online portal for access to photographic materials, design files for printing, and recipes.</li> <li>• Development of a software program to allow schools to design interesting tailored menus with graphics and templates.</li> <li>• Online video to show how to use and access images and templates.</li> </ul>					
<b>Funding recommended</b>	<b>2015/16</b>	\$78,025	<b>2016/17</b>	\$71,025	<b>2017/18</b>	\$74,275

<b>Organisation name</b>	Winnunga Nimmitjyah Aboriginal Health Clinic/Health Service (ACT) Incorporated					
<b>Program Title</b>	Winnunga Healthy Weight Program - Prevention and Support					
<b>Program summary</b>	<p>Winnunga aims to improve population level outcomes around overweight and obesity by establishing an Aboriginal and Torres Strait Islander Healthy Weight Program. The program will focus on prevention, health promotion and support. The program will target three groups:</p> <ol style="list-style-type: none"> <li>1. Healthy/at risk - Health promotion and prevention for people currently not overweight/obese but at risk - including children and young adults, and parents, families, carers of children.</li> <li>2. Overweight - (BMI <math>\geq</math>25-30), or with additional risk factors consistent with metabolic syndrome/"Well" obese (BMI <math>\geq</math>30) – people who are active with no chronic condition/related medical condition.</li> <li>3. "Unwell" obese /morbidly obese - BMI <math>\geq</math>30-40, with accompanying chronic condition/s, co-morbidity, quality of life affected by weight.</li> </ol> <p>Programs established for each group:</p> <p>Group 1 - Aims:</p> <ul style="list-style-type: none"> <li>• preventing overweight/obesity through education, information, support</li> <li>• supporting positive dietary and physical activity changes for life</li> <li>• disease prevention</li> <li>• weight loss/prevention of further weight gain</li> </ul> <p>Achieved by:</p> <ul style="list-style-type: none"> <li>• community engagement</li> <li>• education/health promotion</li> <li>• support group/s</li> <li>• staff education/programs</li> <li>• participation in Winnunga's current exercise programs (boxing, basketball, touch football)</li> <li>• health education for clients of Winnunga's existing programs – Mums/bubs group, pregnancy group, No More Boondah</li> <li>• providing appropriate exercise footwear</li> <li>• engaging community role models, champions and elders for motivational support</li> <li>• cultural, emotional and spiritual support</li> <li>• referral to Winnunga's existing services (GPs, nurses, dietician, psychologist, psychiatrist, Healthy Lifestyle Worker, healthy cooking classes, Social Health Team, tobacco cessation services, diabetes clinic, chronic disease management)</li> </ul> <p>Groups 2/3 - As above, plus:</p> <ul style="list-style-type: none"> <li>• chronic disease management /support</li> <li>• co-morbidity management /support.</li> </ul> <p>A Healthy Weight Worker will be recruited to manage the program, provide referral, advocacy and support, education and information. They will work closely with existing Winnunga services and programs to provide holistic and culturally appropriate healthcare. Both physical and psychological health will be addressed.</p>					
<b>Funding recommended</b>	<b>2015/16</b>	\$200,000	<b>2016/17</b>	\$205,000	<b>2017/18</b>	\$235,000

<b>Organisation name</b>	YMCA of Canberra					
<b>Program Title</b>	Nutri-Ys Canteen					
<b>Program summary</b>	<p>This project is aimed at supporting the ACT Government's "Towards Zero Growth" initiative to reduce the incidence of childhood obesity.</p> <p>ACT Primary School canteens will be provided with healthy home-made lunch and snack items for sale that meet the national healthy school canteen guidelines. Food will be prepared at the Bush Capital Lodge, the YMCA's accommodation and catering service, and safely transported to participating schools which will order their requirements on-line. Initially, the 17 schools that the YMCA of Canberra currently provides before-and-after-school-care programs for will be invited to participate in this venture.</p> <p>The project will follow a three year roll out with initial research, consultation, scoping and development of the project with key stakeholders in this area, followed by a pilot program conducted with 2-5 school canteens, trialling food provision and seasonal options. The full roll out of the program and expansion of the number of participating schools, with a target of a minimum of 10 schools, will occur in Year 3.</p>					
<b>Funding recommended</b>	<b>2015/16</b>	\$96,876	<b>2016/17</b>	\$150,464	<b>2017/18</b>	\$159,380