

## 2014 Health Promotion Innovation Fund – Opportunity One

### Recommended project descriptions

(Listed in alphabetical order of organisation name)

<b>Organisation:</b>	Australian Federal Police (ACT Policing)
<b>Project Name</b>	Constable Kenny Koala Stay OK on the Road program (high visibility vest initiative)
<b>Project Summary</b>	
<p>The project proposal is to implement the use of high visibility vests into Constable Kenny's 'Stay OK on the Road' program and in partnership with the Ride or Walk to School Program. This will provide parents, teachers and carers with an educational tool to help foster safe road behaviours in children with a tangible reminder – a high visibility vest. The vest will be worn by primary students when they ride or walk to school and acts as a reminder of their responsibility to be a safe road user while also increasing the visibility of the child, making it safer for them to be active.</p> <p>We will pilot the program over term one in 2014, targeting five Ride or Walk to School program schools, using Belconnen as our test area.</p> <p>This initiative has been successfully trialled and implemented in a number of jurisdictions across Australia, including Western Australia, South Australia and Victoria, and is designed to increase visibility of children on their way to and from school.</p>	
<b>Amount funded</b>	\$10,000

<b>Organisation:</b>	Fraser Primary School
<b>Project Name</b>	Paddock to Plate @ Fraser
<b>Project Summary</b>	
<p>Our program is designed to educate students and their families in understanding the paddock to plate philosophy. Students will learn about seasonal produce and be up skilled by community experts to maintain our school vegetable patch. Using produce from our garden and from our local farmers' market, in partnership with a qualified chef, we will support families to understand the importance of healthy eating during after hours classes. Our chefs will also teach them to prepare, cook and enjoy value-for-money meals, enhancing our communities' food handling and culinary skills. This component of our program will be approved by a dietitian to ensure its validity and effectiveness in delivering our key concepts.</p> <p>To reach our broader community, the above mentioned classes will be recorded and uploaded onto our Fraser Website (as podcasts) along with menus and recipes. This will allow children and families to replicate these meals and develop their knowledge around healthy eating and therefore importance of healthy living. This project has been derived from Fraser Primary School's core values as we are a KidsMatter School which focuses on the health and wellbeing of our children and our local community.</p>	
<b>Amount funded</b>	\$15,000

<b>Organisation:</b>	Koomarri
<b>Project Name</b>	Fit for Life
<b>Project Summary</b>	
<p>This program will be a pilot 'fit for life' program provided for the supported employees of the Koomarri Belconnen based business enterprises. The program will introduce an obligatory hour of health and fitness activity in each working day, providing supported employees with opportunities to grow and tend to a kitchen garden, to learn and consolidate skills in preparing and cooking healthy fresh food, and to participate in individually designed exercise programs that are inclusive and fun.</p> <p>The intention of this pilot will be to further expand the program into other supported employment sites within Koomarri services. It is proposed that Koomarri engage the University of Canberra, Faculty of Health (Nutrition &amp; Dietetics) to assist in conducting an evaluation into the efficacy of the program.</p>	
<b>Amount funded</b>	\$14,750

<b>Organisation:</b>	Rob de Castella's SmartStart for Kids!
<b>Project Name</b>	SmartStart PLAY (Physical Literacy and Activity for Youth)
<b>Project Summary</b>	
<p>This project allows a partnership between the Smith Family ACT and SSFK. It will enable the delivery of a healthy living physical activity and nutrition program to low socioeconomic disadvantaged children and families, and build a health promoting element into The Smith Family's successful Learning for Life program.</p> <p>The program is a family focused eight-week education and behaviour modification program targeting children aged 5 to 9 years in a higher risk of overweight (and other lifestyle related diseases) demographic through their low socio-economic status.</p> <p>Sessions will be held once a week after school, at the school, in the timeslot already occupied by the successful Smith Family Learning Clubs. SmartStart leaders will run physical activity and nutrition education for 1 hour per week and each family will be given a healthy living diary and pedometers.</p> <p>Linkages will be established with supportive sporting organisations and groups to reduce the barriers to participation in sport and physical activity and healthy eating, and assist the children to 'graduate' from the program into mainstream activities, hopefully, at a reduced cost to the family.</p>	
<b>Amount funded</b>	\$14,989

<b>Organisation:</b>	West Belconnen Child and Family Centre
<b>Project Name</b>	Koori Kids: Health Messages
<b>Project Summary</b>	
<p>'Koori Kids: Health Messages' will be a health initiative aimed at Aboriginal and Torres Strait Islander children between the ages of 4 and 15. This project will involve the planting of a garden at the Centre and the creation of a book promoting healthy eating habits and tips for maintaining a healthy lifestyle. Children will also participate in several sessions promoting physical activity.</p> <p>This project will operate through our established Koori Kids program at the West Belconnen Child and Family Centre. This program is run weekly throughout the school term and attracts up to 15 children aged 4 - 15 each session.</p> <p>As part of this project we will create healthy meals with Nutrition Australia and discuss health issues particularly relevant to Aboriginal and Torres Strait Islander people. This project is in line with the specified funding priority to improve children's health and wellbeing outcomes in relation to overweight and obesity, including improving eating habits and increasing physical activity. While this will be the primary focus of the group, there will also be sessions dedicated to promoting the responsible consumption of alcohol and the dangers of smoking.</p>	
<b>Amount funded</b>	\$3,680

<b>Organisation:</b>	West Belconnen Child and Family Centre
<b>Project Name</b>	Sudanese Health
<b>Project Summary</b>	
<p>The aim is to improve the health and wellbeing of the local South Sudanese community. We have identified a gap in basic knowledge regarding nutrition, especially in relation to the diet of young children. This project will run as part of our established South Sudanese group. It has been facilitated by the West Belconnen Child and Family Centre since 2011 and attracts a large number of Sudanese women and children.</p> <p>As part of this project, the Dietitian will discuss nutritional information and on alternate weeks, mothers who attended the week before will share information with new mothers. They will cook together adapting traditional and new recipes. The 8 week program will provide information on improving health as well as a practical cooking component. Both elements are important as literacy levels are generally low and working together in an informal way is culturally appropriate for sharing information.</p> <p>Families will participate in an excursion to the markets. Basic information/recipes and photos will be collated into a booklet.</p> <p>An interpreter will be used to facilitate learning and we will also work with a bi-cultural worker to support engagement and culturally inclusive practices. We will support group members to take on these roles.</p>	
<b>Amount funded</b>	\$3,650

<b>Organisation:</b>	Youth Coalition of the ACT
<b>Project Name</b>	Youth Work - It's More Than Pizza
<b>Project Summary</b>	
<p>This project seeks to influence how the youth sector engages with young people (those aged 12 - 25), and encourages health and wellbeing in relation to overweight and obesity. As the peak body for youth affairs, the Youth Coalition of the ACT is in a key role to influence the sector, and will role model positive behaviours toward food and nutrition. The project will:</p> <ul style="list-style-type: none"> <li>• Undertake research and consultation with young people to gain a clearer understanding of healthier food options that are appealing to young people</li> <li>• Create resources on the nutritional needs of young people and how the youth sector can hold events that promote health and wellbeing</li> <li>• Role model affordable, healthy food options at Youth Coalition events such as the ACT Youth Affairs Conference and the annual YOGIE awards celebration</li> <li>• Highlight healthier, affordable options for meeting catering at each of the monthly Youth Coalition forums, and provide recipes to participants</li> <li>• Provide nutritious food and information about healthier eating at the Youth Week Expo, and encourage the sector to ensure that their stands provide healthier options to those attending the Expo.</li> </ul>	
<b>Amount funded</b>	\$15,000