

Healthy Canberra Grants: Focus on Preventing Diabetes Successful Program Descriptions

Organisation	Nutrition Australia ACT Incorporated
Program Title	Nourish 'n' Nurture
Program Description	<p>A multifaceted approach to diabetes prevention targeting the nutritional wellbeing of women of reproductive age and their families. The program will be comprised of three core components:</p> <ol style="list-style-type: none"> <p>1. Skills-based food literacy pilot program targeted to Aboriginal and Torres Strait Islander women and culturally and linguistically diverse women of reproductive age.</p> <p>Social face-to-face interactive program delivered by an Accredited Practising Dietitian (APD) covering label reading, shopping, budgeting, meal-planning, cooking skills and food preparation activities. Eight week intensive (one session per week) followed by three monthly follow on sessions. Childcare will be provided (by a qualified child care contractor) with children invited to share eating experiences at the conclusion of each session. The childcare component will incorporate stories and activities used in the currently funded Nourishing Little Minds program. Where possible, older children will be invited to help mums in food preparation activities. Nutrition Australia ACT will work with ACT Child and Family Centres (West Belconnen, Gungahlin and Tuggeranong) to deliver the program among existing women's and mothers' groups with sessions conducted in the same (or nearby) venues as the current group meetings. Sessions will take a cooking circles approach and aim to establish the group/s over the six months as self-sustaining cooking circle/s.</p> <p>2. Support worker professional development (PD) workshops</p> <p>Nutrition Australia ACT will deliver two 2-hour diabetes prevention, nutrition education focused PD sessions. Each session will be tailored for support workers that meet with and deliver activities for Aboriginal and Torres Strait Islander and culturally and linguistically diverse women. It will address risk factors for diabetes among the target groups and provide current evidence based information regarding ante and post-natal dietary requirements and for infants and young children (up to 5 years) to achieve diabetes risk reduction. The PD sessions will enable support workers to better support their clients to maintain healthy lifestyle changes and motivation and share evidence-based nutrition information more generally.</p> <p>3. Nourish 'n' Nurture section on the ACT Nutrition Support Service (ACTNSS) website</p> <p>The new Nourish 'n' Nurture – maternal and child health nutrition section will provide an online repository of evidence-based resources for health professionals, support workers and the general public to access. Resources will highlight strategies and approaches to reduce diabetes risk for women of reproductive age and provide links to relevant information sheets and recipes. The site will also have links to a number of trusted resources including validated diabetes screening tools enabling ongoing assessment of diabetes risk. A new Nourish 'n' Nurture subscriber section will be established from which subscribers will receive quarterly newsletters.</p>
Amount Funded 2019/20	\$77,665

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Organisation	Companion House
Program Title	Womens' Healthy Life
Program Description	<p>The program will work with women from refugee backgrounds to increase knowledge of and control over community members' health by facilitating learning which results in behavioural and attitudinal change within communities.</p> <p>The structure of the program will include:</p> <p>1. Training bilingual community educators from four communities The program will use four learning modules for bilingual community educators. The modules are based on a 2010 project from the Victorian Multicultural Centre for Women's Health. Content will be further developed and finalised in the early stages of the project in partnership with Diabetes Australia.</p> <p>Training for bilingual community educators will be run in partnership between Companion House medical and community development staff and Diabetes Australia. Modules include:</p> <ul style="list-style-type: none"> • What is diabetes and what are diabetes risk factors inclusive of a focus on gestational diabetes. • Diabetes prevention for women and families inclusive of a focus on gestational diabetes. • Healthy eating for prevention of diabetes including a focus on pre-pregnancy and post pregnancy. • Strategies for increasing activity levels and breaking sedentary lifestyles. <p>2. Community Learning Companion House project staff will work with bicultural community educators to support them to run diabetes education and prevention sessions with their communities. Each community will have a minimum of four sessions focused on:</p> <ul style="list-style-type: none"> • Awareness of diabetes and risk factors with strong focus on gestational diabetes. • Strategies for healthy eating in Australia with a strong focus on gestational diabetes. • Strategies to increase activity levels for women and their families. <p>Sessions will be strongly focused on case studies, storytelling, visual resources and experiential learning. Community members will be introduced to new opportunities for physical exercise and at least one sustainable exercise session which women can easily replicate outside of the sessions.</p>
Amount Funded 2019/20	\$82,305

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Organisation	Asthma Australia (ACT)
Program Title	Preventing Diabetes in women of reproductive age (16-44 years) who have Asthma in the ACT
Program Description	<p>The objective of the project is to broadly promote the COACH program, a confidential, free health service delivered over the phone by trained Asthma Australia coaches. Promotion will be via social media, websites, e-newsletters to consumers and stakeholder organisations to identify and support women of reproductive age who have asthma, and who may be at risk of Type 2 diabetes and Gestational Diabetes. By upgrading the COACH program software to include a diabetes risk assessment, Asthma Australia aims to improve the management of asthma and reduce the risk of diabetes in the targeted group of women in the ACT (16-44 years).</p> <p>By identifying the women at risk, the COACH educators will focus on addressing specific risk factors such as smoking, poor nutrition, overweight or obesity and low levels of physical activity while working in partnership with the client's usual doctor and/or other health professional.</p>
Amount Funded 2019/20	\$74,360

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Organisation	Tuggeranong Child and Family Centre
Program Title	Live Life Well
Program Description	<p>Live Life Well (LLW) will be delivered through Tuggeranong Child and Family Centre's targeted playgroups—Koori Playgroup (Aboriginal and Torres Strait Islander families), Poppy Playgroup (parents with mental illness and their children), Learn Giggle Grow (vulnerable families) and Multicultural Playgroup (Culturally and Linguistically Diverse families).</p> <p>LLW will aim to create a health-promoting environment to the reduce the risk of diabetes through:</p> <ul style="list-style-type: none"> • Education and provision of tools to increase knowledge and reduce the burden of disease, including information about risk factors, metabolic monitoring and the importance of healthy eating and physical activity. This will be provided in partnership with a registered Diabetes Educator over 1-2 sessions. These sessions will allow parents to reflect on current risks and increase their capacity to promote health and wellbeing for themselves, during future pregnancies and for their children and wider family networks. • Practical support to improve eating habits, including five workshops in partnership with Nutrition Australia. These workshops will include 'Healthy Eating on a Budget', 'Interactive pack-a-lunchbox' and three 'Healthy cooking demonstrations'. It is envisioned that the skills and knowledge gained will enable parents to make longer-term changes in their families' diets, which will enable them to live healthier lives and reduce the risks of diabetes and diabetes-related health conditions. • A tailored physical activity program that will aim to improve both physical and mental wellbeing and provide participants with the confidence and skills to continue implementing healthy lifestyle habits into the future, in order to reduce risks of diabetes and diabetes-related health burdens. <p>In addition to practical, hands-on knowledge, participants will also be provided with written information to share within their communities. Tuggeranong Child and Family Centre staff will also utilise and disseminate LLW learning and resources within the wider community into the future.</p>
Amount Funded 2019/20	\$24,975

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Organisation	Diabetes NSW & ACT
Program Title	Healthy women, healthy mums, healthy families
Program Description	<p>The program will target women at life stages that influence their Gestational Diabetes Mellitus (GDM) risk, including preconception, early pregnancy and between pregnancies and will consist of two key strategies:</p> <p>1. Social Marketing Campaign A targeted social marketing campaign will be implemented to increase knowledge and attitudes of women toward healthy weight and therefore GDM prevention. The campaign will allow for audience segmentation with targeted messaging and approach, recognising that the issues, knowledge and attitudes toward healthy weight and GDM will be vastly different between women without children and not currently planning a pregnancy, pregnant women and women with a young family planning future pregnancies. The social marketing campaign will be informed by a formative research process which will determine the campaign messaging and strategic approach to maximise reach and impact. In addition to aiming to raise awareness and shift attitudes, the campaign will direct women to local lifestyle intervention programs to support them to change their behaviours.</p> <p>2. Lifestyle Intervention via Digital Platform The program will offer women a six-month lifestyle intervention delivered via a clinically validated digital platform, SidekickHealth. The Sidekick platform leverages behavioural economics, gamification, artificial intelligence and personal coaching to incentivise people to adopt and maintain healthier lifestyles. The program includes education modules based on the USA's Diabetes Prevention Program and health coaching. Health coaching will be delivered by health professionals adopting a motivational interviewing approach. Participants will complete up to seven sessions with a health coach over four months via phone, Skype or Facetime followed by a two month follow up. The program will then allow for access to ongoing education modules and peer support for up to 12 months from enrolment.</p>
Amount Funded 2019/20	\$702,300