

JULY 2021 - JUNE 2022

KEY ACHIEVEMENTS

Mid North Coast Childhood Obesity Prevention and Management Action Plan, July 2018 - June 2023

The Healthy Communities Mid North Coast Childhood Obesity Prevention and Management Action Plan (the Plan) outlines a comprehensive approach for addressing childhood obesity on the Mid North Coast. The annual progress report for 2021 - 2022 (financial year) has been completed by Mid North Coast Local Health District (MNCLHD) Health Promotion on behalf of Healthy Communities Mid North Coast. This document outlines the year's key achievements.

The COVID-19 pandemic and flooding events across the Mid North Coast have impacted on project deliverables during this period. Innovation and adaptability has ensured that many programs and initiatives were able to continue or be modified to virtual delivery.

1. Childhood and Educational Settings

1.5 - 1.7

Go4Fun face-to-face delivery of local programs recommenced after being on hold for 12 months in response to the COVID-19 pandemic. Go4Fun online continued to be promoted as a virtual option for families during that time.

- ✓ Delivered 2 face-to-face programs (Go4Fun & Aboriginal Go4Fun)
- ✓ 19 children participated in one of two face-to-face programs
- ✓ 57% of children who enrolled, completed the program
- ✓ 5 children enrolled in Go4Fun Online

1.11

The success of Kilometre Club (KM Club) outcomes for schools resulted in:

- ✓ Evaluation outcomes disseminated to 77 teachers from 47 schools through 3 KM Club online workshops
- ✓ 24 schools establishing a KM Club (9 in MNC and remaining across NSW)
- ✓ an average of 41% of the student population participated in KM Club
- ✓ MNCLHD KM Club website developed to provide schools with start up resources
- ✓ Journal article identifying enablers, barriers and benefits of KM Club was submitted for publication and awaiting peer review



2. Clinical and Related Settings

2.9

MNCLHD Health Promotion co-designed webinar series partnership with Department of Communities and Justice to support non-government Family Caseworker's knowledge of the First 2000 Days and Healthy Eating Active Living (HEAL) principles.

The webinar series saw participation from a cross-sector of Government and non-Government agency employees, with positive outcomes:

- ✓ 6 sessions held (antenatal care, early breastfeeding, smoking cessation support, sleep, feeding and nutrition)

- ✓ 63% of participants felt confident in supporting families and carers with antenatal care, early parenting, breastfeeding, feeding and nutrition (compared with 31% in pre-survey)
- ✓ 58% increase in participant knowledge of evidence-based parent feeding practices
- ✓ Presenters (health professionals) reported an increase in referrals and increased/improved partnerships with NGO services

4. Food Environment and Industry Engagement

4.3 & 4.4

Successful applicants of the Healthy Communities Mid North Coast Innovation Fund and Youth Well Fund implemented a number of community nutrition focused projects:

- ✓ 7 cooking programs funded since 2018, and 1 funded in 2021-2022 through Youth Well Fund projects
- ✓ 14 community gardens funded since 2018, and 4 community gardens funded in 2021-2022 through Youth Well Fund projects

3. Community Settings

3.8

Opportunities to expand PICNIC nutrition and feeding practices across the 3 to 6 year old age span continued:

- ✓ Completed literature review
- ✓ Consultation conducted with community members and clinicians - project advisory committee formed and additional key partners identified and engaged within supported playgroup setting
- ✓ Resources developed in preparation for pilot
- ✓ Pilot programs in supported playgroup settings planned for delivery in 22-23FY with Mission Australia and Red Cross



5. Activity Environment

5.2

Promotion of Active Kids & First Lap vouchers across the Mid North Coast:

- ✓ Distribution of resources to promote Mid North Coast registered clubs provided to all primary schools, high schools, early child care centres and Local Health District Clinical Service Managers
- ✓ 81% of Active Kids Vouchers were redeemed across Mid North Coast LGA's



6. Research and Innovation

6.7

MNCLHD HP participated in the behaviour change Swap What's Packed in a Lunchbox (SWAP – IT) research project. Evaluation of the project indicated:

- ✓ Changes in lunchbox packing behaviour, to include more 'everyday' foods
- ✓ Impact on a reduced consumption of discretionary lunchbox foods

SWAP-IT Scale-Up model commenced and offered to all MNC primary schools as standard practice for primary school health promotion activities:

- ✓ 7 MNCLHD Primary Schools registered for SWAP-IT at scale FY21-22
- ✓ SWAP-IT at scale continues to be offered to all MNCLHD Primary Schools as part of Kindergarten Orientation Support



**Easy Ideas for
Healthier Lunchboxes**

