

Mid North Coast

Childhood Obesity Prevention and Management Action Plan July 2018 - June 2023

Healthy Children, Healthy Families, Healthy Futures.



2018 - 2019 Annual Progress Report Key Achievements

The Healthy Communities Mid North Coast Childhood Obesity Prevention and Management Action Plan outlines a comprehensive approach for addressing childhood obesity on the Mid North Coast. The annual progress report for 2018 - 2019 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 key achievements for 2018 - 2019.

1. Childhood and Educational Settings

1.2

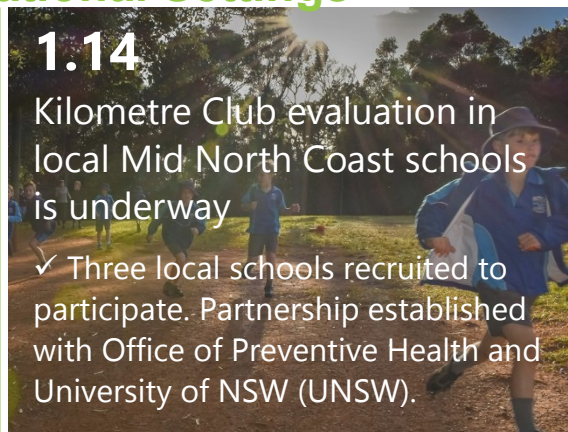
The intensification of Munch & Move at Bowraville Preschool is underway

- ✓ Breakfast program has started and healthy eating messages promoted to the preschool community.

1.14

Kilometre Club evaluation in local Mid North Coast schools is underway

- ✓ Three local schools recruited to participate. Partnership established with Office of Preventive Health and University of NSW (UNSW).



1.17 (6.2)

HEAL incorporated in teaching phase one UNSW medical students

- ✓ Ethics approved and pre-questionnaire completed. Lecture series commenced.

2. Clinical and Related Settings

2.1

Recording of height and weight assessment of children by MNCLHD health professionals has improved

- ✓ Measure stations set up, 58% compliance. A relevant research project is in development phase.

2.2

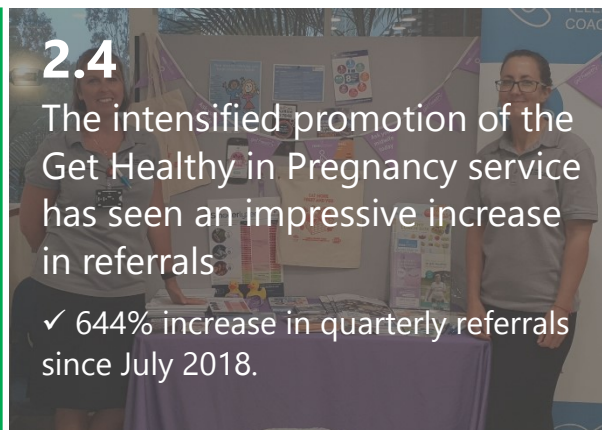
Secondary service models scoped

- ✓ Business case submitted, funding not available. Scoping a community-based lifestyle program for 2-6 year old children.

2.4

The intensified promotion of the Get Healthy in Pregnancy service has seen an impressive increase in referrals

- ✓ 644% increase in quarterly referrals since July 2018.



3. Community Settings

3.2

HEAL principles have been integrated in North Coast Primary Health Network *Healthy Towns*

- ✓ Active participation in all planning meetings, and at Woolgoolga, South West Rocks and Lake Cathie events. *Park Run* in South West Rocks established.

3.6 (6.11)

The Healthy Communities Mid North Coast Innovation Fund has supported community-driven prevention projects specific to children and families

- ✓ Round one funded 34 projects specific to addressing childhood obesity. Round two funds are being processed - 29 successful applicants' project focus on addressing childhood obesity.

4. Food Environment and Industry Engagement

4.2

NSW Healthy Food and Drink Framework implemented

- ✓ 100% compliance for MNCLHD. Healthier choices available for staff and visitors across MNC.

4.3

Industry partnership framework drafted with Ministry of Health

- ✓ MNCLHD Big Vegie Crunch will test framework. First step in stronger engagement with industry.

4.4

The Koori Cook-Off trailer has been actively utilized in local events to build food literacy

- ✓ Used at various events e.g. NAIDOC, Healthy Towns, university orientation, Heart Week and with local schools. The Heart Foundation has relocated the trailer to Northern NSW.

5. Activity Environment

5.1

Active Kids Voucher scoping underway

- ✓ Sporting groups scoped for promotion. Targeted promotion to low SES families to increase uptake.

5.8

Supporting Councils to integrate HEAL in Community Strategic Planning (CSP)

- ✓ MNCLHD successful in EOI for a MoH workshop (Oct 2019) that will support LHD/Council staff to work together in CSP.

5.9

Strategic healthy built environment workshop held for local government

- ✓ 39 key stakeholders attended RMIT Healthy Liveable Cities Group workshop. Three of five local councils interested in conducting liveability assessments to inform planning.

6. Research and Innovation

6.1

PICNIC research program promoting improved child feeding practices is underway

- ✓ 92 peer educators recruited and trained. 35 peer education recipients receiving evidence-based child feeding information.

6.3 (6.1, 6.5, 6.6, 6.7, 6.8, 6.9)

Collaborative partnerships with other Local Health Districts and MNC regional university partners are established and work is in progress

- ✓ Partnerships include Newcastle University, Hunter New England Local Health District, Charles Sturt University and University of NSW.

Code:

HEAL - Healthy Eating Active Living

RMIT - Royal Melbourne Institute of Technology

SES - Socio Economic Status

PICNIC - Parents In Child Nutrition Informing Community