

Mid North Coast

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

Healthy Children, Healthy Families, Healthy Futures.



2019 - 2020 Annual Progress Report Key Achievements

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 2019 - 2020 (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 commenced during the last half of the 2019 – 2020 financial year period. Innovation and adaptability ensured that programs and initiatives within this Plan continued to be delivered, in altered forms.

Please note that photographs used within this document were taken prior to physical distancing requirements.

1. Childhood and Educational Settings

1.15

Kilometre Club (KM Club) evaluation completed.

- ✓ Evaluation distributed to Mid North Coast schools to share positive results and encourage uptake.
- ✓ KM Club participants (school 2) ran 15% more steps on KM Club days.
- ✓ KM Club participants (school 1) ran 10% more steps per day than non-KM Club participants.

✓ Enablers of KM Club:

- Availability of teachers and parents to organize and supervise
- Low resource, cost effective and time efficient (10-30 minutes)
- Variance in KM club track
- Flexibility in pace and activity (running, walking, jogging etc.)
- Incentives to encourage participation
- Before school and during school options
- Integration into school curriculum (math) or sports carnivals.



- ✓ Students, teachers and parents were interviewed.

- *"It's really good exercise for the morning and I like hanging out with my friends."* **Student**
- *"I've noticed confidence and improved behaviour."* **Teacher**
- *"My husband really enjoys being able to do something with the kids at school that's active."* **Parent**

2. Clinical and Related Settings

2.1

Recording rates of routine growth assessments of children up by 7% (64%) in 2019-2020 financial year.

- ✓ Mid North Coast inpatient recording rates highest in NSW (95%).

2.2

Secondary service model for childhood obesity intervention to commence 2021.

- ✓ Developed implementation plan for Sprout Squad program (for 3-6yr olds).

3. Community Settings

3.9

Planning underway for a peer-to-peer infant/child nutrition and feeding program in the Kempsey Aboriginal community.

- ✓ Consultation completed.
- ✓ "Bandu" to commence 2021.

4. Food Environment and Industry Engagement

4.5

Cooking programs and healthy food advice delivered to targeted population groups.

- ✓ In 2019, 12 programs delivered to Aboriginal communities and CALD youth across the Mid North Coast - Port Macquarie, Wauchope, Kempsey, Aldavilla, Bowraville, Nambucca Heads and Coffs Harbour.



5. Activity Environment

5.6 and 5.7

Strategic healthy built environment workshop held for local government to integrate Healthy Eating Active Living (HEAL) principles in to strategic planning.

- ✓ 4 (of 5) local councils attended the workshop.
- ✓ Local councils' draft local strategic planning statements included reference to HEAL principles.



6. Research and Innovation

6.1

PICNIC research program that aims to improve child-feeding practices expands.

- ✓ Karolinska Institute Sweden, Illawarra Shoal Haven and Central Coast Local Health Districts to implement PICNIC.
- ✓ 251 peer educators recruited and trained.
- ✓ 42 peer education recipients receiving evidence-based child-feeding information.
- ✓ Peer training sessions went online at the start of the COVID-19 pandemic - attendance remained high.
- ✓ MNCLHD Innovation Award recipient.

PICNIC - Parents in Child Nutrition Informing Community

