

JULY 2020 - JUNE 2021

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 2020-2021 financial year has been completed by Mid North Coast Local Health District Health Promotion (MNCLHD HP) 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

1.7.2

MNCLHD Health Promotion consulted with parents who attend local supported playgroups and asked about their perceived needs in healthy eating and active living topics.

- ✓ Feedback from parents will inform the planning of two pilot programs to be delivered in supported playgroups in Coffs Harbour and Port Macquarie in 2022.
- ✓ A Project Working Group includes membership from key stakeholders including a parent, clinician, supported playgroup facilitator and health promotion staff.

1.21.3

Coffs Harbour High School is the first regional high school in NSW to participate in SALSA (Students as LifeStyle Activists) online.

- ✓ Due to COVID-19, MNCLHD HP partnered with PERU (Prevention Education and Research Unit) to develop and trial the delivery of SALSA online.
- ✓ Qualitative data demonstrated a perceived increase in student knowledge regarding healthy eating and leadership.



What is SALSA? Students make simple changes to eat more fruit and vegetables and be more physically active. Students set their own goals and team-based school action plans.

2. Clinical and Related Settings

2.1

Piloted an embedded health promotion clinician to support preventive health in clinical care.

- ✓ Increased recording of growth assessment from 12% in 2019 to 78% in 2021.

2.9

MNCLHD HP co-designed a webinar series 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.

- ✓ Partnership extended to Bluesky Communities and Child Interagency networks.
- ✓ Six sessions planned on First 2000 Days (antenatal care, early breastfeeding, smoking cessation support, sleep, behavior, feeding and nutrition).

3. Community Settings

Progressing initiatives and programs were limited due to COVID-19 (and regional flooding), however where possible programs continued with virtual delivery.

3.8

- ✓ 21 virtual PICNIC nutrition and feeding practices workshops held during 20-21 (108 participants).

4. Food Environment and Industry Engagement

4.6

Healthy Communities Mid North Coast Innovation Fund community gardens.

- ✓ 14 gardens funded since 2018 in primary schools and early childcare settings.



5. Activity Environment

5.6

Evidence of Healthy Eating Active Living (HEAL) principles in Mid North Coast council's Local Strategic Planning Statements (LSPS).

- ✓ MNCLHD HP provided feedback about the inclusion of HEAL principles in four of five LSPS's.

6. Research and Innovation

6.16

Evaluate the implementation of routine growth assessments within MNCLHD

- ✓ Focus groups held (phase 1) to explore clinicians' experiences and perceptions.
- ✓ Policy, reporting and implementation strategies identified to improve prevention and management of childhood overweight and obesity.