

JULY 2022 - JUNE 2023

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 2022 - 2023 (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.

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 program

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

3. Community Settings

3.8

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

- ✓ 26 parents of mixed ethnic and CALD backgrounds participated in the PICNIC in Supported Playgroup pilot trial
- ✓ SPG facilitator contractor commended on 20 week project to embed PICNIC into SPG
- ✓ New PICNIC website remains under development, release date expected to be early 2024

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

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

6.2

PICNIC Tucker Time

- ✓ Rural Capacity Building Program for Aboriginal PICNIC (Tucker Time) to determine if peer education is an acceptable method to share nutrition and child feeding practices amongst parents and carers of Aboriginal children six months to four years on the MNC.
- ✓ Supported by Lowitja Institute & AH&MRC to ensure cultural protocols are considered when conducting research in Aboriginal communities.

**Easy Ideas for
Healthier Lunchboxes**

swop it
everyday in the lunchbox