



## Community Programs

### Executive Summary of the Fifth Progress Report, 2007/2008

#### Background

The *eat well be active* (*ewba*) Community Programs aim to contribute to the healthy weight of children, young people (0-18 years) and their families through increasing healthy eating and physical activity. The programs recognise the importance of addressing environmental factors, working in partnership across sectors and using a community development approach when looking to produce sustainable change at the community level. *ewba* comprises two linked projects – one in Morphett Vale (southern metropolitan Adelaide, population 33,812) implemented by Southern Primary Health and one in the Rural City of Murray Bridge (Hills Mallee country southern region, population 18,725) implemented by Murray Mallee Community Health Service.

The initial budget and timeframe allocated by SA Health has been increased to \$2.5 million funding over five years to allow for an increased intervention period and the costs of large sample size anthropometric data collection.

The *ewba* Action Plan framework was developed through significant community consultation strengthened with the best available evidence. The framework (see figure below) depicts the four key messages that are addressed by the portfolio of strategies across a range of settings and was commenced in February 2006.

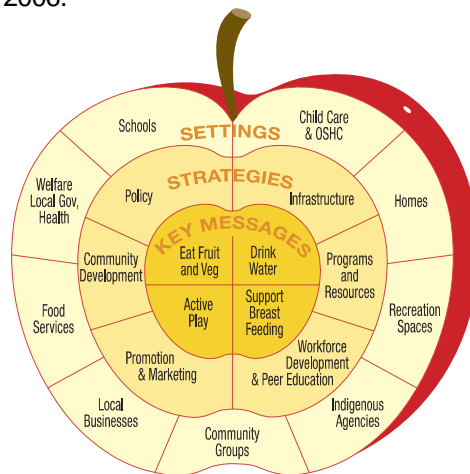


Figure. *ewba* Action Plan framework

#### Implementation

The majority of the Action Plans in each community have been implemented, and much time and resources are now dedicated to building sustainability of *ewba* strategies and action in the communities.

Implementation highlights for 2007/08 include;

- Almost 100% of early childhood settings, primary and high schools have been engaged, with significant partnerships developed with other relevant community, government and non-government agencies across sectors

- 77% of pre and primary schools have initiated a healthy eating policy
- The first physical activity policy for Family Day Care in SA has been developed, implemented and supported with training attended by 66% of Care Providers
- 46 workforce development sessions delivered for early childhood, education and youth workers
- 50 primary students and 66 high school students trained as *ewba* peer leaders
- 53 water facilities in 21 early childhood settings and schools were installed or upgraded (ie 43 filter taps, 7 water coolers, 1 rainwater tank, 3 upgrades)
- Strong support of stakeholders demonstrated, particularly through participation in five regular *ewba* Local Action Groups
- Promotional materials communicating *ewba* key messages, including signage, photo displays, parent leaflets and newsletter inserts, have been distributed to 48 settings.

## Evaluation

The *ewba* mixed methodology evaluation is a cross-sectional pre post design with comparison groups. Co-existing with quantitative data collection is the qualitative evaluation that seeks to capture what has been done, understand what contributed to changes and provide insights into practice. A PhD candidate has joined the *ewba* team and will further strengthen the evaluation, particularly with relevance to equity.

The *ewba* Baseline Data Report (part 1) has been released and reports on the levels of overweight and obesity, nutrition and physical activity behaviours, knowledge and attitudes of 1637 10-12 year old students at baseline in 2006. The prevalence of overweight and obesity in this sample of children from the intervention and comparison sites is 25.1%. This data sample size of children is the largest data size of this kind in SA since 1995.

Data from parents, primary schools (principals, teachers, canteen managers, out-of-school-hours-care), early childhood settings (Family Day Care, Long Day Care and Pre-schools) and the youth sector (principals and canteen managers) will be reported in Part 2 of the Baseline Data Report in late 2008. The post-intervention collection of quantitative data is due to occur three years after baseline collection, in September – December 2009.

## Communication and dissemination

Professional communication about *ewba* continues with one peer-reviewed paper published thus far and four further papers currently being prepared for submission. Communication has also occurred through presentations to conferences and state networks, and requests to *ewba* for sharing experiences and resources continue to increase.

For the full Progress Report or further information, visit the *ewba* webpages:

<http://www.health.sa.gov.au/pehs/branches/health-promotion/hp-eat-well-be-active.htm>