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# Community Programs

## ***Fifth Progress Report***

to SA Health, Health Promotion Branch

July 2007 - June 2008

Prepared by Nadia Mastersson,

Manager, *eat well be active* Community Programs

Southern Primary Health, Southern Adelaide Health Service.

Contributions from Marian McAllister, Manager; Project Coordinators Ayrle Williams, Sonya Stanley and Yasmina Hage; Evaluation Coordinator Dr Michelle Jones and PhD Candidate Annabelle Wilson.

30 July 2008

Implemented by Southern Primary Health of Southern Adelaide Health Service  
and Murray Mallee Community Health Service of Country Health SA





## Community Programs

Fifth Progress Report, July 2007- June 2008

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# Community Programs

## 1. Executive Summary

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) 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.

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

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## 2. Project update

Previous project progress reports have included detailed information outlining the aims and objectives of the *eat well be active (ewba)* Community Programs, the International, National and State context in which this project sits and the theory and principles which are the foundation of the project. Progress Report 3 highlighted the consultation process contributing to the development of the Action Plans in both Morphett Vale and Murray Bridge.

This report aims to provide a 12 monthly update on developments within the project in the areas of project management, action implementation in each community and project evaluation and does not replicate information covered in previous reports.

### 2.1 Project Staffing

The 2007/2008 financial year has witnessed a variety of staffing changes within the *ewba* project.

**Project Manager** – In February 2008, Nadia Mastersson returned to this role at 0.5FTE after 12 months maternity leave. Many thanks to Terri Lamoree for her leadership during 2007. Marian McAllister was appointed to the position to job-share with Nadia 0.5FTE in April 2008.

**ewba Morphett Vale** – Project Coordinator, Melanie Trippree commenced 12 months maternity leave in September 2007. Sonya Stanley and Yasmina Hage have been jointly appointed to this position in a job-share arrangement until September 2008.

Administration Officer (0.6FTE) Helma Hooper resigned in February 2008. Shona Emery commenced in this position in May 2008.

**ewba Murray Bridge** – Ayrlye Williams was appointed to the Project Coordinator position in August 2007, replacing Vanessa Gaston. Admin Officer Tahlia Love resigned and Hannah Baseley joined in July 2007.

**Project Coordinator** – Part-time (0.4FTE) Project Coordinator Vanessa Gaston resigned from this position with *ewba* in April 2008. Permission has been granted to retain this additional 0.4FTE staffing resource, which will be focussed on *ewba* Communication and Dissemination.

**PhD Candidate** – Annabelle Wilson, who completed her honours with *ewba* in 2006, commenced her Honours thesis with *ewba* in March 2008.

### 2.2 Project Management Committee

The Governance structure of *ewba* is represented in Figure 1. Three partner agencies comprise the Project Management Committee of the *eat well be active* Community Programs;

- Health Promotion Branch, SA Health (partner and funding body)
- Southern Primary Health (SPH, previously called Noarlunga Health Services) of Southern Adelaide Health Service
- Murray Mallee Community Health Service (MMCHS) of Country Health

The committee continues to meet bi-monthly and has representation from the three partner agencies plus project staff in attendance. Some individual membership has changed during the period of this report (\*asterisks below indicate new individuals as members).

## Project Management Committee membership

Health Promotion Branch, Department of Health:

- Penny Thyer, Manager, Healthy Promotion Strategies (Committee Chairperson)
- \*Eva Forte, Project Officer

Southern Primary Health:

- Raven North, Manager Southern Primary Health, Noarlunga
- \*Marian McAllister/Louisa Matwiejczyk, Chief Dietitian-Nutritionist

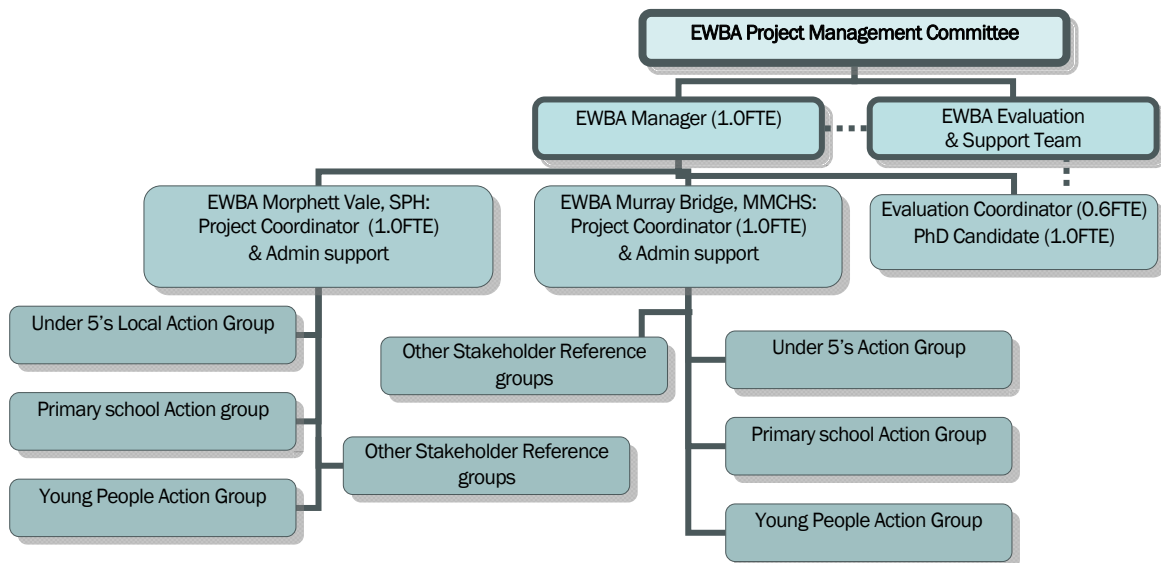
Murray Mallee Community Health Service (MMCHS):

- \*Molly Claire, Manager
- Lesley Porter, Manager Health Equity for Life Team
- \*Sharon Perkins, Manager Healthy Living Team

Committee Observers:

- Nadia Masterson/\*Marian McAllister, *ewba* Manager (Committee Executive Officer)
- \*Sonya Stanley/\*Yasmina Hage, *ewba* Morphett Vale Project Coordinator
- \*Ayrle Williams, *ewba* Murray Bridge Project Coordinator
- Dr Michelle Jones, Evaluation Coordinator
- \*Annabelle Wilson, *ewba* PhD Candidate
- \*Shona Emery, *ewba* Admin Officer (Minute Taker)

Figure 1: EWBA Governance Structure



## 2.3 Project context

The Federal Government's Australian Better Health Initiative (ABHI) continues to fund Healthy Weight Coordinator positions across South Australia. Of relevance to *ewba* is the 2.0FTE positions based in Southern Primary Health and the 1.0FTE position based in Port Pirie, both of which cover the *ewba* comparison sites for evaluation purposes.

At a State level, in April 2008 the Health Minister announced the significant rollout of the French community-based obesity prevention program EPODE across 20 sites in SA over 5 years. The *ewba* Community Programs will provide learning and support to these programs.

## 2.4 Project Timeline and Budget

SA Health, Health Promotion Branch originally allocated \$1.5 million over three years to the *eat well be active* Community Programs.

In 2007 in principle support was given to extend the project's original three year timeframe to allow a minimum of three years implementation and evaluation follow-up. It was recognised that the *ewba* programs provide a critical opportunity to build evidence of effectiveness in community-based obesity prevention. In late 2007, Health Promotion Branch confirmed a *ewba* extension to a total five year timeframe and budget of \$2.5million. Table 1 shows the updated timeline of key *ewba* milestones.

This increased budget not only allows for the increased implementation timeframe, but also the significant costs of large sample size anthropometric data collection and one year PhD scholarship funding. In summary, of the five year \$2.5million *ewba* budget:

- 61% is spent on salaries (not including evaluation staff salaries)
- 18% spent on evaluation (including all evaluation salaries and PhD scholarship)
- 8% (average across all years) spent on Action Implementation (N.B. this figure decreases over the project's lifespan, from 14% to just 3% in final year)
- 13% other (eg travel, IT, stationery)

Table 1. Timeline of key *ewba* milestones

Key project milestones	Timeline
<i>Project Planning:</i>	
Project set-up & administration	Nov 2004-Feb 2005
Review of literature and evidence base	Feb 2005 onwards
Community and stakeholder mapping	March-July 2005
Community consultation	Aug-Nov 2005
Action Plan development	Dec 2005-Jan 2006
<i>Project Implementation</i>	
Action Plan implementation	Feb 2006 – Dec 2009
Ongoing adjustments to Action Plan (according to community need & evidence base)	Feb 2006 – Dec 2009
<i>Evaluation</i>	
Planning, piloting & ethics approval	March-Aug 2006
Baseline data collection	Sept-Dec 2006
Continuous process data collection	Feb 2006 – Dec 2009
Post project data collection	Sept - Dec 2009
Final project report & results	June 2010

The funding from SA Health is allocated to two *ewba* cost centres, in Southern Primary Health and Murray Mallee Community Health Service, with the SPH cost centre hosting overarching project expenses such as *ewba* management and evaluation.

The *ewba* budget expenditure for the 2007/2008 financial year has been;

- \$372,902 in the SPH budget
- \$130,512 in the MMCHS budget

Total *ewba* expenditure across both sites for the 2007/2008 financial year at 30 June 2008 was \$503,414.

### 3. Project in Operation

#### 3.1 Summary of Action Plan Development and Coordination

The detailed *ewba* consultation and Action Plan development process was previously documented in the *ewba* Second and Third Progress Reports. The Action Plans have been depicted in several different ways but is most commonly and succinctly presented in Figure 2 below.



Figure 2: EWBA Action Plan Framework

The summarised *ewba* Action Plan framework (Fig 2) provides a simple pictorial version representing the four key *ewba* messages (behaviour change targets), the portfolio of strategy types used to address these, and the key settings in which these are occurring. The detailed text-based Action Plans for Morphett Vale and Murray Bridge continue to be responsive to community need, and the latest versions are presented in Appendices 1 and 2.

#### 3.2 Settings and population target involvement

In order to impact on *ewba*'s target population in a sustainable manner, work in both communities continues to focus on the development and fostering of strategic partnerships within the many sectors that influence children, young people and their families. These relationships, commenced during the initial consultation process, provide the foundation to the intervention work being undertaken in both communities. A description of more than 80 agencies and community groups across a range of settings and sectors that have been engaged in the *ewba* project communities in 2007/08 is shown in Appendix 3.

### 3.3 Action Implementation

A birdseye view of *ewba* action under each of the strategy areas (shown in Figure 2) has been presented as *ewba* Menus. These are the menus of interventions that are offered to the range of stakeholders and target groups in each community. An *ewba* menu summarising this action for each community as a whole is shown in Figure 3. More detailed *ewba* menus related to the four specific target groups (early childhood, primary school aged children, youth & community) are shown in Appendix 4.

Implementation of the Action Plans in both Morphett Vale and Murray Bridge continues in a cooperative fashion, albeit with differences in content and/or delivery as required by each community. This progress report builds on previous progress reports and provides current information on the action implementation in both Morphett Vale and Murray Bridge between 1 July 2007 - 30 June 2008 (see Appendix 5).

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.

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. For example, time is being spent further strengthening stakeholder relationships and capacity, and key strategies such as school nutrition policies and outcomes of workforce development are receiving ongoing attention.

#### **Local Promotion and Marketing**

Local promotion of *ewba*'s key messages was developed in collaboration with the community. The principles of social marketing were used in combination with those of community development in order to develop messages that are appropriate to the local community, with a focus on those most disadvantaged groups. Specifically, *parents of 0-5 year olds* and *parents of 5-12 year olds* contributed to what the messages were and how they would be promoted through consultation in 2006/2007. A *ewba* promotion package has been developed for each of the two target groups, has been distributed to 48 settings, and includes;

- 3 large (corflute) signs with water, fruit and vegetables, and active play messages
- 20 associated photo displays (supporting the signs)
- 20 associated parent leaflets (linked to the displays)
- 50 newsletter inserts for appropriate settings eg schools

Promotion and Marketing for *young people* has been approached in a different manner and is developed by young people themselves, specific to each high school, through the *ewba* Youth Leadership Program (refer to Appendix 5).

FIG 3. ewba menu of interventions (across all settings)

**eat well be active.**  
**Community Programs**

*All Settings - summary*

*Workforce development & Peer Education*  
Range of Nutrition & Physical Activity training  
Fundamental Movement Skills  
Food ads to Kids  
Teacher wellbeing sessions  
Mentoring for Canteens  
Active Community Foodies  
*eat well be active* Peer Student Leadership

*Policy*  
Physical activity Policy  
Nutrition Policy  
Fruit, veg & water classroom break policy  
Healthy fundraising & catering  
Public liability insurance supporting activity

*Infrastructure*  
Drinking water facilities  
Reinvigorating outdoor environments  
Active play & healthy eating kits for parent loan  
Canteen menu improvements  
Supporting improvements to active spaces

**eat well be active.**  
**Community Programs**

*Programs & Resources*  
Healthy Curriculum resources in schools  
Talking w/Families about Nutrition & Active Play  
Learning Stories  
Food & financial literacy program

*Promotion*  
Large signage (of 3 key messages)  
Photo displays (20 different topics)  
Newsletter inserts & parent handouts  
Youth directed promotions  
Local media and ewba webpages

*Community Development*  
Local Stakeholder Action Groups  
Support for community groups & events  
Grant writing support

*Side Orders*  
Start Right Eat Right  
Walk & Talk  
Playtime  
Rite Bite for Canteens  
Active After Schools Program  
Premiers Be Active Challenge  
Safe Routes to School  
Breastfeeding Welcome policy

## Unexpected Outcomes

In addition to the myriad of outcomes for the *ewba* Morphett Vale and Murray Bridge communities, implementation of the Program continues to have unexpected outcomes more broadly for SA. For example;

- The '*ewba* Family Day Care (FDC) Physical Activity Policy' evaluation report will go to DECS for consideration of adoption of the policy statewide by FDC
- The statewide 'Community Foodies' program has taken up the '*ewba* Active Foodies' physical activity training component as an adjunct to the overall state program
- DECS website hosts the *ewba* healthy eating schools newsletter inserts.

## 3.4 Broad Communication and Dissemination

The *ewba* Community Programs commenced in 2006 and since then much interest has been shown from a variety of organisations about the learning's thus far in the project. Professional communication about the project has been disseminated through a series of presentations, newsletter articles, written reports and through attendance of *ewba* staff on various committees and reference groups. The following is a succinct list of *ewba* dissemination (excluding project implementation) between July 2007-July 2008:

***ewba* webpages** hosted by SA Health, Health Promotion Branch (since Jan 2008)

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

- 1,169 successful hits for the April-July 2008 quarter

## Peer reviewed journal articles

Trippertree, M (2007). 'Working in partnership with schools: the *eat well be active* Community Programs Schools and Preschools Initiative'. Gaston, V (2007). 'Physical activity in Family Day Care Policy'. Both were published in the Australian Health Promotion Association (SA Branch) Health Promotion Storybook 2007.

Wilson, AM., Magarey AM. & Mastersson, N (2008) 'Reliability and relative validity of a child nutrition questionnaire to simultaneously assess dietary patterns associated with positive energy balance and food behaviours, attitudes, knowledge and environments associated with health eating' International Journal of Behavioural Nutrition and Physical Activity 2008, 5: 5. (Abstract, Appendix 6)

In addition, current key research outputs have been allocated to authors and four papers are in draft form for submission to peer reviewed journals.

## National Conferences

- Australian Health Promoting Schools Conference, Adelaide April 2008
  - *ewba* Youth Peer Leadership Program, Roundtable presentation with two school students
  - *ewba* Murray Bridge delegation site visit to Murray Bridge

## Presentations to:

- Department of Health, July 2007
- Flinders University of SA
  - Nutrition & Dietetics student lecture, Aug 2007
  - Social Work and Social Policy student lecture, Nov 2007
- Catholic Schools Conference, April 2008
- Dr Jean-Michel Borys Co-founder EPODE, France, April 2008
- SA Nutrition Network Professional Development, May 2008
- City of Onkaparinga, Council Meeting, June 2008

## Sharing and supporting other agencies/groups

- Southern Primary Health Healthy Weight Coordinators and Dietitians (sharing key *ewba* resources and training in *ewba* programs), ongoing
- Central Northern Area Health Service, Healthy Weight Coordinators (meetings)
- University of Canberra, Community & Health Development (site visit with *ewba*), August 2007
- Country Health SA, Healthy Weight Coordinators (day site visit with *ewba* Murray Bridge), June 2008
- Maribyrnong Being Active Eating Well Project, Western Region Health Centre VIC (meetings and phone/email support), June 2008

## 4. Project Evaluation

### 4.1 Evaluation Framework

The evaluation framework matches the aims of *ewba* to indicators, evaluation questions and methods (see Figure 4 for pictorial representation). It provides an overview of the blend of both quantitative and qualitative methods used to determine both the process and outcomes of *ewba* Community Programs.

The evaluation is structured to ascertain macro and micro changes. It is multi-layered, measuring change at individual, family, organisational, environment and cultural levels. The blend of quantitative and qualitative methods reflects the coming together of nutrition, physical activity and community development knowledge. The evaluation framework details a comprehensive, responsive, rigorous and meaningful evaluation. The pictorial representation has changed slightly to recognise the different paradigms of the qualitative evaluation including both interpretive and critical knowledge bases. The methods have however not altered but have been re-classified to recognise the way in which the data is interrogated.

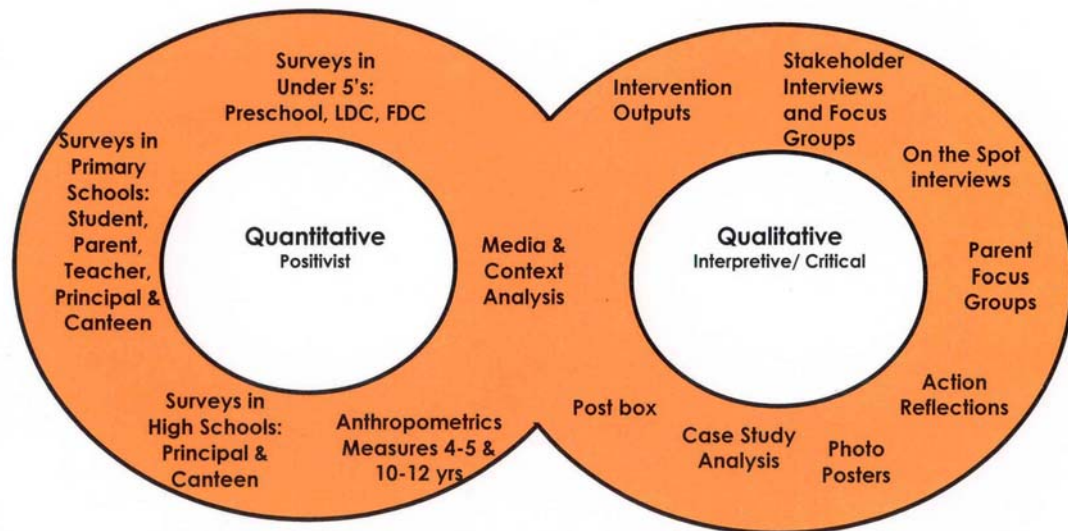


Figure 4: Revised Evaluation Framework 2008

### 4.2 Quantitative Evaluation Update

The cross-sectional quasi-experimental pre-post quantitative evaluation design with comparison groups compares the *ewba* rural and metropolitan communities with one rural and one metropolitan community that do not receive the intervention.

Part 1 Baseline Data Report has been released (see Appendix 7 for executive summary). This report contains a summary of the anthropometric measures of the 10-12 year old students detailing levels of overweight and obesity and also includes a summary of the findings from the student nutrition and physical activity surveys completed at baseline in 2006. The sample size of 1637 children with anthropometric and survey data is the largest data size of this kind in SA since 1995.

Part 2 of the Baseline Data Report, which contains all other survey data from Primary School parents, principals, teachers, canteen managers and OSHC collected in 2006, will be completed by September 2008. This report also includes surveys from Under 5 sector (Family Day Care, Long Day Care and Pre-school) as well as Youth sector (High School Principals and High School Canteen Managers). The post-intervention collection of quantitative data is due to occur in September – December 2009.

Child Youth and Women's Health Service (CYWHS) has provided *ewba* access to 4-5 year old de-identified anthropometric data from 2006 in our intervention and comparison locations. This data will be analysed by the assistance of an international student from Glasgow University.

The *ewba* child nutrition questionnaire has been found to be a reliable and valid tool, and this has been published in the International Journal of Behavioral Nutrition and Physical Activity<sup>1</sup> (IJBNPA). Since the article was published in IJBNPA in January 2008 the total access to this article has been 2328 (Note this does not include accesses from PubMed Central or other archive sites - hence access is likely higher than what this figure suggests) and the article is now officially rated as 'highly accessed'. The *ewba* Evaluation team have been contacted by several parties interested in using the tool, with three parties being international and one interested in translating the tool into Spanish.

#### 4.3 Qualitative Evaluation Update

*Post box* - The intention of this method is to explore the children's perceived changes that have resulted through *ewba*. This method is in two parts. Firstly there will be a creative process whereby designs for the front of two postcards are developed – one with a nutrition focus, the other with a physical activity focus. Secondly, three to four evaluation questions form the reverse side. As part of a nutrition or physical activity themed activity the students will be invited to complete their own answers to the questions and post it in the *ewba* letter box at the end of the activity/class. The nutrition component of the Post box evaluation method was undertaken in Sept-Nov 2007. Three schools in metropolitan and three schools in rural intervention sites undertook this evaluation method. The winning entries to the artwork competition (Figure 5) were made into postcards with evaluation questions on the reverse. A total of 264 completed postcards were returned from students and parents. The data has been analysed and a report is being prepared. The physical activity Post box evaluation will be undertaken in school Terms 3 & 4 2008.

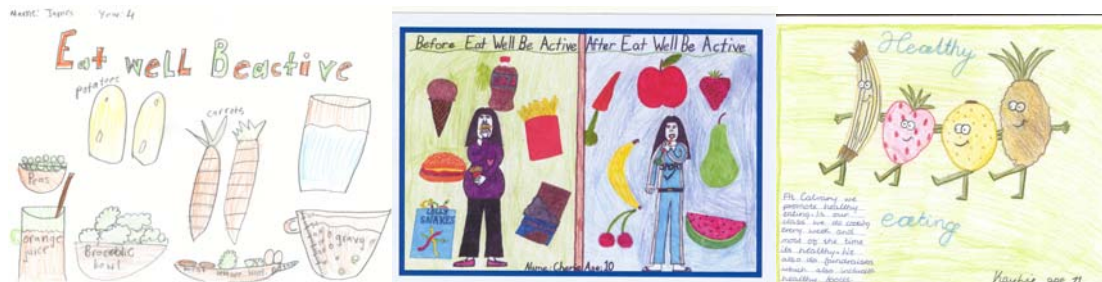


Figure 5. Post box method artwork winners

On the spot data interviews in community locations - This evaluation method aims to greater understand the effects (intended and unintended) on local communities of *ewba*. Key areas of interest include respondents' awareness of *ewba* and its messages, and if their understanding of whether there have been local changes in factors that support healthy eating and physical activity. This method was trialled in Murray Bridge Centro shopping centre in October 2007 and then conducted in Murray Bridge and Noarlunga Centro shopping centres in April 2008. Data has been collected and analysis is underway.

*Focus groups with action groups* were undertaken at the end of 2007 and as a result a revitalising strategy was put in place early 2008 to re-engage and consider the role and function of the action groups.

#### *Action reflections and intervention outputs*

Intervention workers continue to maintain their reflective journals and team reflective sessions are held quarterly. In addition, intervention outputs continue to be recorded in a *ewba* access data base.

#### *Case Studies*

Case studies (n=8) will be developed about *ewba* interventions. The Best Practice in Primary Health Care schema developed by Legge et al (1996) will be the analytical and organising framework for the case studies. Several data sources will be used to inform the case studies: site visit and interviews with key informants of the project, policy/ procedure/ documentation/ archival analysis, *ewba* project coordinator reflections and interviews

with *ewba* project coordinators. This allows for triangulation of the data. Data collection is underway. Physical Activity in Family Day Care Policy forms one of the case studies and focus groups and interviews have been undertaken.

#### *Photo Poster*

Primary School Students from one school (which has completed the *ewba* peer leaders intervention) in each intervention site will be invited to be part of an evaluative process aimed at exploring the messages received about *ewba* and the subsequent changes. The students will then be asked to develop a photo poster of the differences or changes that *ewba* has made in their school. The final product or photo-poster resource will be used within the same school for promotions. As part of this method sessions with the students will be video recorded as they work on the photo-poster project. The video will be analysed for discussion threads and themes in conversations between the students. The Photo Poster evaluation activity will be linked with the *ewba* Peer Leaders intervention and undertaken in schools in Term 1 2009.

#### *Context and Media Analysis*

*ewba* is taking place in a wider public environment where there is much media and public coverage of overweight and obesity related issues. To understand this context more and the discursive constructions of childhood obesity, a print media analysis for a one month period in each year of the project is being undertaken (June 2005–09). Data collection is ongoing.

#### 4.4 Evaluation Academic Team

The Evaluation Academic Team consisting of Dr Anthea Magarey, Dr Jim Dollman, Dr Fiona Verity continues to meet quarterly to direct and lead the *ewba* evaluation process. Discussions have included publication plan and process, student physical activity survey reliability/validity study, measures of underweight, sharing of survey tools and value of child waist circumference measures.

#### 4.5 *ewba* PhD candidate

Annabelle Wilson (B Nut Diet) has been awarded a SA Health *ewba* PhD scholarship for one year. This PhD project commenced on March 11 2008. The following is a brief report on the nature and scope of her project.

In light of the lack of evidence about the effectiveness of community-based, childhood obesity prevention interventions in different sociocultural groups, the aim of this PhD project is to investigate the effectiveness of the *ewba* Community Programs in (a) Morphett Vale compared with Murray Bridge (metro and rural sites), (b) Aboriginal compared with non-Aboriginal groups and (c) groups of different SES. The appropriateness of the evaluation framework in these groups will also be considered.

Data collected at baseline in 2006 and those collected post-intervention in 2009 will be used in this project. There will be a focus on the data from the child nutrition and physical activity questionnaires, parent and teacher questionnaires. The child nutrition questionnaire has previously been shown to be valid and reliable<sup>1</sup>. Data has been collected to test the validity and reliability of the child physical activity questionnaire and it is likely that reliability of the parent and teacher questionnaires will also be tested in late 2008. Additional data will also need to be collected from Aboriginal participants in light of the small sample size at baseline (n=61). This is likely to take the format of focus groups or similar. Data analysis will focus on key project outcomes which include attitudes, behaviours, knowledge and environments associated with physical activity and healthy eating. Some examples of relationships that will be explored include: healthy eating and physical activity attitudes of children, teachers and parents; the extent to which the school and home environment promotes obesity; and changes to food intake and physical activity over time, in relation to specific changes in the home and/ or school environment. Any relationships that are established will provide insight into childhood obesity and allow for conclusions to be made about effectiveness of prevention strategies.

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1. Wilson A, Magarey A, Mastersson N. Reliability and relative validity of a child nutrition questionnaire to simultaneously assess dietary patterns associated with positive energy balance and food behaviours, attitudes, knowledge and environments associated with healthy eating. *International Journal of Behavioral Nutrition and Physical Activity*, 2008 5.
  2. Legge D, Wilson G, Butler P, Wright M, McBride T & R Attewell Best Practice in Primary Health Care 1996 Centre for Development and Innovation in Health and Commonwealth Department of Health and Family Services.


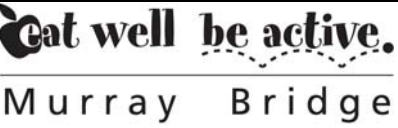
## 5. Appendices

- Appendix 1      *ewba* Morphett Vale Action Plan (available on website)
- Appendix 2      *ewba* Murray Bridge Action Plan (available on *ewba* webpages)
- Appendix 3      *ewba* Settings and Target Populations
- Appendix 4      *ewba* Intervention “Menus” for Early Childhood Settings, Primary School, Youth and Community
- Appendix 5      *ewba* Action Implementation (July 2007-June 2008)
- Appendix 6      Wilson, AM., Magarey AM. & Mastersson, N (2008) ‘Reliability and relative validity of a child nutrition questionnaire to simultaneously assess dietary patterns associated with positive energy balance and food behaviours, attitudes, knowledge and environments associated with health eating’ *International Journal of Behavioural Nutrition and Physical Activity* 2008, 5: 5. Abstract. <http://www.ijbnpa.org/content/5/1/5>
- Appendix 7      *ewba* Evaluation report: Part 1 Baseline Data Collection Executive Summary (available on *ewba* webpages)

Appendix 3:

*ewba* Settings and Target Populations 07/08

Appendix 3: *ewba* Population Targets and Settings 07/08

SETTINGS & POPULATION TARGETS		
<p><b><u>EDUCATION SECTOR:</u></b></p> <p>PRE-SCHOOLS</p> <p>PRIMARY SCHOOLS</p> <p>OUT OF SCHOOL HOURS CARE (OSHC)</p> <p>HIGH SCHOOLS</p> <p>DEPARTMENT OF EDUCATION &amp; CHILDREN'S SERVICES (DECS)</p>	<p><b>Preschools:</b></p> <ul style="list-style-type: none"> <li>• 8 (of 8) preschools, including 1 Aboriginal kindergarten, engaged</li> <li>• 4 representatives are members of the <i>ewba</i> Under 5s Action Group</li> </ul> <p><b>Primary schools:</b></p> <ul style="list-style-type: none"> <li>• 12 (of 12) primary schools (6 private, 6 public) engaged</li> <li>• Engaged Principals, teachers, School Service Officers, students &amp; parents</li> <li>• 6 representatives are members of the <i>ewba</i> Primary Schools Action Group</li> </ul> <p><b>OSHC:</b> 8 (of 8) OSHC engaged</p> <p><b>High schools:</b></p> <ul style="list-style-type: none"> <li>• 4 (of 4) high schools (2 private R-12 schools, 2 public)</li> <li>• Engaged Principals, teaching staff, student leadership &amp; canteen staff</li> <li>• 2 representatives are members of the <i>ewba</i> Youth Action Group</li> </ul> <p><b>DECS:</b> Engaged DECS Healthy Food Supply Project Officers</p>	<p><b>Preschools:</b></p> <ul style="list-style-type: none"> <li>• 4 (of 4) preschools, including 1 Indigenous Kindergarten, engaged</li> <li>• 5 representatives are members of the <i>ewba</i> Under 5 Action Group</li> </ul> <p><b>Primary Schools:</b></p> <ul style="list-style-type: none"> <li>• 9 (of 10) primary schools (1 private R-12; 6 Public, 1 special school and 2 private schools) engaged</li> <li>• Engaged Principals, teachers, canteen staff, parents, volunteers, Governing Council</li> <li>• 6 representatives are members of the <i>ewba</i> Primary Schools Action Group</li> </ul> <p><b>OSHC:</b> 3 (of 3) OSHC engaged</p> <p><b>High Schools:</b></p> <ul style="list-style-type: none"> <li>• 2 (of 2) high schools (1 R-12 school) engaged.</li> <li>• Engaged Principals, teachers, student leadership &amp; canteen staff</li> <li>• 2 Representatives are members of the Murraylands Youth Sector Network that <i>ewba</i> attends</li> </ul> <p><b>DECS:</b> Engaged DECS Regional and State Office Policy &amp; Program Officers/Managers in Physical Activity and Early Childhood &amp; other District DECS staff.</p>
<p><b>CHILD CARE</b></p>	<ul style="list-style-type: none"> <li>• 5 (of 5) Child Care Centres (3 private, 2 community-based) engaged</li> <li>• Engaged Directors &amp; Child Care workers</li> <li>• 2 representatives are members of the <i>ewba</i> Under 5s Action Group</li> </ul>	<ul style="list-style-type: none"> <li>• 4 (of 4) Child Care Centres (2 private, 2 community-based), including 1 indigenous child care engaged</li> <li>• Engaged Directors &amp; Child Care workers, parent group and cooks</li> <li>• No longer representatives from child care on <i>ewba</i> Under 5s Action Group</li> </ul>
<p><b>FAMILY DAY CARE</b></p>	<ul style="list-style-type: none"> <li>• Operations Manager, 3 Field workers &amp; 19 Care Providers engaged</li> <li>• 1 Field worker is a member of <i>ewba</i> Under 5s Action Group</li> </ul>	<ul style="list-style-type: none"> <li>• Operations Manager, 1 Field workers &amp; 12 Care Providers engaged</li> <li>• 1 Field worker is a member of <i>ewba</i> Under 5s Action Group</li> </ul>

<b>HOMES/FAMILIES</b>	<p><i>ewba</i> works primarily with stakeholders, such as early childhood providers, schools and welfare agencies, who interact directly with parents. This increases sustainability and reach of the programs.</p> <ul style="list-style-type: none"> <li>• Parents trained as <i>ewba</i> 'Active Foodies' continue to be supported</li> </ul>	<p><i>ewba</i> works primarily with stakeholders, such as early childhood providers, schools and welfare agencies, who interact directly with parents. This increases sustainability and reach of the programs.</p> <ul style="list-style-type: none"> <li>• Parents trained as <i>ewba</i> 'Active Foodies' continue to be supported</li> </ul>
<b>INDIGENOUS STAKEHOLDERS</b>	<ul style="list-style-type: none"> <li>• 1 Indigenous kindergarten</li> <li>• 1 Aboriginal parent trained as an <i>ewba</i> 'Active Foodie' continue to be supported</li> <li>• Living Kaurna Cultural Centre at Warriparinga – Innovative Community Action Networks Initiative</li> <li>• SPH ATSI team (limited)</li> </ul>	<ul style="list-style-type: none"> <li>• Aboriginal Primary Health Care Unit (APHCU) Manager</li> <li>• Aboriginal Primary Health Care Access Program (APHCAP)</li> <li>• Nunga play group Child Care Workers</li> <li>• Lower Murray Nunga Club- Women's Health Worker</li> <li>• Minya Porla Creche - Indigenous Child Care Centre Director and Child Care Workers</li> <li>• Murray Mallee Community Health Service Aboriginal Health Unit- Team Leader, Early Childhood Worker and outreach workers</li> <li>• Lower Murray Nunga Club -Youth Workers and fitness instructors</li> <li>• Aboriginal Healthy Living Coordinator (CHSA – APHCAP)</li> <li>• Aboriginal Education officers at 2 schools</li> </ul>
<p><b><u>OTHER LOCAL STAKEHOLDER AGENCIES:</u></b></p> <p>LOCAL GOVERNMENT</p> <p>HEALTH</p> <p>YOUTH &amp; WELFARE</p>	<p><b>Local government:</b></p> <ul style="list-style-type: none"> <li>• Playgrounds Coordinator</li> <li>• Community Development Worker</li> <li>• Special Projects Coordinator</li> </ul> <p><b>Health services:</b> Noarlunga Village &amp; Woodcroft Community Health Services</p> <ul style="list-style-type: none"> <li>• 6 Dietitians</li> <li>• 1 Speech Pathologist</li> <li>• 2 Occupational Therapists</li> </ul> <p><b>Regional youth &amp; welfare agencies:</b></p> <ul style="list-style-type: none"> <li>• <u>Mission Australia</u> <ul style="list-style-type: none"> <li>• Engaged 12 staff &amp; Manager</li> <li>• a representative is a member of the <i>ewba</i> Youth Action Group.</li> </ul> </li> <li>• <u>The Second Story</u> <ul style="list-style-type: none"> <li>• Engaged 1 staff</li> </ul> </li> </ul>	<p><b>Local Government:</b></p> <ul style="list-style-type: none"> <li>• Aboriginal and Youth Liaison Officer</li> <li>• Marketing &amp; Special Projects Officer</li> </ul> <p><b>Murray Mallee Community Health Service (MMCHS):</b></p> <ul style="list-style-type: none"> <li>• Community Health Manager</li> <li>• 2 Dietitians</li> <li>• Diabetes Educator</li> <li>• Healthy Living Team Manager</li> <li>• Women's Health Project Workers</li> <li>• Aboriginal Health Workers</li> <li>• Be Active Field Officer</li> <li>• Senior Health Promotion Officer</li> <li>• Occupational Therapists</li> <li>• Murray Bridge Soldiers Memorial Hospital Community Midwife</li> </ul> <p><b>Youth &amp; welfare agencies:</b> <i>ewba</i> has chosen to utilise membership of the existing Murraylands Youth Sector Network as a more efficient way of engaging this sector rather than the <i>ewba</i> Youth Action Group. Members represented on this network include:</p> <ul style="list-style-type: none"> <li>• CentaCare</li> </ul>

<p>COMMUNITIES FOR CHILDREN <i>(Commonwealth funded early childhood project)</i></p> <p>COMMUNITY CENTRES</p>	<ul style="list-style-type: none"> <li>• <u>Southern Junction Community Services</u> <ul style="list-style-type: none"> <li>• A representative is a member of the ewba Youth Action Group.</li> </ul> </li> </ul> <p><b>Communities for Children:</b></p> <ul style="list-style-type: none"> <li>• Manager</li> <li>• 1-3 'Playgroups on the Move' Project Coordinators are members of the ewba Under 5s Action Group</li> </ul> <p><b>Community Centres:</b></p> <p>3 of 4 centres (3 located outside Morphett Vale suburb) engaged</p> <ul style="list-style-type: none"> <li>• An early childhood workers is a member of the ewba Under 5s Action Group</li> <li>• 'Playgroups on the Move' Coordinators</li> </ul>	<ul style="list-style-type: none"> <li>• Housing SA</li> <li>• Job Placement Employment and Training</li> <li>• Centrelink</li> <li>• Employment Options Inc.</li> <li>• Families SA</li> <li>• Headspace</li> <li>• Local government</li> <li>• Anglican Community Care Inc.</li> <li>• Lutheran Community Care</li> <li>• Carers SA</li> <li>• Tafe SA</li> <li>• Workskil</li> <li>• Department of Further Education, Employment, Science &amp; Technology</li> <li>• Youth Advisory Council of SA</li> <li>• MMCHS</li> <li>• Be Active Field Officers Program, ORS</li> <li>• DECS</li> <li>• Lower Murray Nunga Club (LMNC)</li> </ul> <p><b>Communities for Children:</b></p> <ul style="list-style-type: none"> <li>• 3 Project Coordinators</li> <li>• 1 coordinator is a member of the ewba U5 action group</li> </ul> <p><b>Community Centres:</b></p> <p>2 (of 3) centres significantly engaged</p> <ul style="list-style-type: none"> <li>• 3 Youth workers</li> <li>• 1 Centre Manager/Director</li> </ul>
<p><b><u>FOOD SERVICES:</u></b></p> <p>SCHOOL CANTEENS</p>	<p>7 (of 7) including both formal and informal canteens, engaged across private and public schools.</p> <ul style="list-style-type: none"> <li>• paid canteen staff</li> <li>• volunteers</li> <li>• teaching staff</li> </ul>	<p>10 (of 10), including both formal and informal canteens, engaged across private and public schools.</p> <ul style="list-style-type: none"> <li>• paid canteen staff</li> <li>• volunteers</li> <li>• teaching staff</li> </ul>
<p><b>RECREATION SPACES &amp; PROVIDERS</b></p>	<ul style="list-style-type: none"> <li>• Onkaparinga Council engaged on Parks Redevelopment process.</li> </ul>	<ul style="list-style-type: none"> <li>• Engaged Rural City of Murray Bridge Youth and Indigenous Officer</li> <li>• Engaged Be Active Field Officer</li> <li>• Member of Recreation and Open Space Planning Committee</li> </ul>
<p><b>OTHER COMMUNITY GROUPS</b></p>	<ul style="list-style-type: none"> <li>• Attended Healthy Cities Onkaparinga Community Consultation and General Meeting in April, 2008.</li> <li>• Attended SACOSS 'Fair Food Forum' in June, 2008.</li> </ul>	<ul style="list-style-type: none"> <li>• Attended Regional Community Consultation Committee forum</li> </ul>
<p><b>LOCAL BUSINESSES</b></p>	<p>No new activity</p>	<p>No new activity</p>

Appendix 4:

*ewba* Menus of Interventions



## Community Programs

### *Under 5's*

#### *Workforce development & Peer Education*

Fundamental Movement Skills  
Lets Dance Lets Move  
Food ads to Kids  
Active Community Foodies

#### *Policy*

FDC physical activity (PA) policy & resources  
Child care/Pre-school PA & nutrition policy  
Healthy fundraising & catering & resources

#### *Infrastructure*

Drinking water facilities  
Reinvigorating outdoor environments  
Active play packs for parent loan  
Healthy Eating Kits for parent loan

#### *Programs & Resources*

Talking w/Families about Nutrition & Active Play  
Learning Stories



## Community Programs

### *Promotion*

Large signage (of 3 key messages)  
Photo displays (20 different topics)  
Newsletter inserts & parent handouts  
Local media and ewba webpages

### *Community Development*

Local Stakeholder Action Groups  
Support for community groups & events  
Grant writing support

### *Side Orders*

Start Right Eat Right  
Walk & Talk  
Playtime  
Breastfeeding Welcome policy



## Community Programs

### *Primary school aged*

#### *Workforce development & Peer Education*

Range of Nutrition & Physical Activity training  
Integrating healthy eating into curriculum  
Fundamental Movement Skills  
Outdoor games  
Food ads to Kids  
OSHC nutrition & activity training  
Training & mentoring for Canteens  
Active Community Foodies  
eat well be active Peer Student Leadership

#### *Policy*

School Nutrition Guidelines & Action Plan  
Fruit, veg & water break (inc. Crunch & Sip)  
Healthy fundraising & catering

#### *Infrastructure*

Drinking water facilities  
Reinvigorating outdoor environments  
Physical activity equipment packs  
Classroom cooking kits  
Canteen menu improvements



## Community Programs

### *Programs & Resources*

Healthy curriculum & calendar resources  
Healthy homework  
Food & financial literacy program

### *Promotion*

Signage and photo displays  
Newsletter inserts & parent handouts  
Local media and ewba webpages

### *Community Development*

Local Stakeholder Action Groups  
Support for community groups & events  
Grant writing support

### *Side Orders*

Rite Bite for Canteens  
Kids Eat Fresh in the Canteen  
Active After Schools Program  
Premiers Be Active Challenge  
Switch Play  
Safe Routes to School  
Walking School Bus  
Playing for Life Community Coaches Nunga Porla  
Nutrition Program  
Yarnin' it up



## Community Programs

### *Youth*

#### *Workforce development & Peer Education*

Youth Worker Nutrition & Activity training

Teacher wellbeing sessions

Mentoring for Canteens

Active Community Foodies

*eat well be active* Peer Student Leadership

#### *Policy*

School Nutrition Guidelines & Action Plan

Youth agency nutrition policy

Healthy fundraising & catering

#### *Infrastructure*

Drinking water facilities

Physical activity equipment packs



## Community Programs

### *Programs & Resources*

Healthy Curriculum resources in schools

Food & financial literacy program

### *Promotion*

Youth directed promotions

Local media and *ewba* webpages

### *Community Development*

Local Stakeholder Action Groups

Support for community groups & events

Grant writing support

### *Side Orders*

Rite Bite for Canteens

Rock & Water program



## Community Programs

### *Community*

#### *Workforce development & Peer Education*

Active Community Foodies

#### *Policy*

Public liability insurance supporting activity

Healthy fundraising & catering

#### *Infrastructure*

Drinking water facilities

Supporting improvements to active spaces



## Community Programs

### *Programs & Resources*

Food & financial literacy program

### *Promotion*

Large signage (of 3 key messages)

Photo displays (20 different topics)

Newsletter inserts

Local media and *ewba* webpages

### *Community Development*

Local Stakeholder Action Groups

Support for community groups & events

Grant writing support



### *Side Orders*

Breastfeeding Welcome policy

Appendix 5:

*ewba* Action Implementation (July 2007 – June 2008)

Appendix 5: *ewba* Interventions/Strategies (July 2007 - June 2008)

INTERVENTIONS	 Morphett Vale	 Murray Bridge
POLICY		
PRESCHOOL/SCHOOLS HEALTHY EATING POLICY/ACTION PLAN	<p>To date, 10 (of 12) sites have initiated a healthy eating policy although finalisation of planning is still pending in most cases</p> <p><b>Support Service:</b></p> <ul style="list-style-type: none"> <li>• Approximately 15 visits to individual school sites to support implementation of Healthy Eating Policies or Action Plans. These visits have been organised on a needs basis, often initiated by school staff.</li> <li>• Additional site visits as a result of leadership or key staffing changes or limited contact with <i>ewba</i>.</li> </ul> <p><b>DECS Healthy Eating Guidelines (HEGs) Follow-up Workshop:</b></p> <ul style="list-style-type: none"> <li>• 7 sites attended</li> <li>• Workshop included participant presentations on their experiences, discussion of challenges implementing the HEGs and discussion of future links with <i>ewba</i>.</li> </ul>	<p>To date, 7 (of 10) sites have initiated a healthy eating policy although finalisation of planning is still pending in most cases</p> <p><b>Support Service:</b></p> <ul style="list-style-type: none"> <li>• Approximately 11 visits to individual school sites to support implementation of Healthy Eating Policies or Action Plans. These visits have been organised on a needs basis, often initiated by school staff.</li> <li>• Additional site visits as a result of leadership or key staffing changes or limited contact with <i>ewba</i>.</li> </ul> <p><b>DECS Healthy Eating Guidelines Follow-up Workshop:</b></p> <ul style="list-style-type: none"> <li>• Members of the <i>ewba</i> Primary School Action Group have indicated interest in this workshop for early 2009 to allow time for individual site policy progression.</li> </ul>
NUTRITION ACCREDITATION FOR CHILD CARE CENTRES ('START RIGHT EAT RIGHT')	<p>No further action needed at this time, as</p> <ul style="list-style-type: none"> <li>• 4 (of 5) eligible Child Care Centres are Start Right Eat Right accredited</li> <li>• One new centre, opened late 2007, is undertaking the accreditation process.</li> </ul>	<p>No further action needed at this time as 2 (of the 2 eligible) childcare centres are <i>Start Right Eat Right</i> accredited.</p>
FAMILY DAY CARE (FDC) PHYSICAL ACTIVITY (PA) POLICY  AND ASSOCIATED TRAINING AND RESOURCES	<p>Refer to <i>ewba</i> Murray Bridge notes</p>	<p>The FDC PA Policy developed by <i>ewba</i> in collaboration with FDC was distributed to all FDC providers in Murray Bridge and Morphett Vale in mid 2007.</p> <p>The following supported the rollout of this policy in each site;</p> <ul style="list-style-type: none"> <li>• Introductory workshop to support the policy in practice</li> <li>• Fundamental movement skills (FMS) resource and workshop (developed by a Uni SA physio student with <i>ewba</i>)</li> <li>• 'Walk and Talk' (existing PA and literacy program) and 'Talking with Families about Nutrition and Physical Activity' (communicating with parents resource updated by <i>ewba</i>) workshop</li> </ul>

		<p>A total of 35 FDC Providers attended the workshops across both Murray Bridge and Morphett Vale (17% were from outside the <i>ewba</i> Catchment Area)</p> <ul style="list-style-type: none"> <li>Attendance at 3 workshops = two thirds of the total Providers in <i>ewba</i> sites.</li> </ul>
EARLY CHILDHOOD PHYSICAL ACTIVITY POLICY	<p>Further <i>ewba</i> action in this area has been on hold awaiting the introduction of the National Physical Activity Guidelines for Australian children under 5. As the finalisation and dissemination of these Guidelines is likely to take at least a further 12 months, <i>ewba</i> has planned to commence supporting early childhood settings to develop physical activity policies, based on the draft National Guidelines.</p>	Refer to <i>ewba</i> Morphett Vale notes
HEALTH SERVICE POLICY & PLANNING	<p>Awaiting finalisation and implementation of the state-wide 'Healthy Food in SA Health Services' Policy.</p>	<p>Contributed comments to the draft state-wide 'Healthy Food in SA Health Services' Policy.</p> <p>Development of a 'Healthy Health Site policy' for Murray Mallee Community Health Service in collaboration with <i>ewba</i> continues. The policy will include work/ life balance, quit smoking and workplace physical activity to accompany the 'Healthy Food in SA Health Services' Policy.</p>
FRUIT, VEG & WATER BREAKS  CRUNCH & SIP® PROGRAM	<ul style="list-style-type: none"> <li>8 out of 12 primary schools have some type of fruit, veg and water break ranging from once a week 'Fruity Friday' to daily in class breaks for 'Fruit time'.</li> <li>Of these, 4 schools have registered as <i>Crunch &amp; Sip®</i> schools.</li> </ul> <p><i>Crunch and Sip</i> will be rolled out state-wide in late 2008.</p>	<ul style="list-style-type: none"> <li>7 (of 10) primary schools have some type of fruit, veg and water break ranging from once a week 'Fruity Friday' to daily in class breaks for 'Fruit time'.</li> <li>Of these, 2 schools have registered as <i>Crunch &amp; Sip®</i> schools.</li> </ul>
HEALTHY POLICIES FOR OTHER STAKEHOLDERS	<p>Southern Youth Xchange are developing a Healthy Eating Framework for their site, focusing on healthy catering for young people. A chocolate machine has already been removed from the foyer.</p>	<p>Murraylands Headspace Youth Centre is developing a nutrition policy to cover catering and all foodservices within the facility.</p>
AUSTRALIAN BREASTFEEDING ASSOCIATION (ABA) 'BREASTFEEDING WELCOME HERE'	<ul style="list-style-type: none"> <li>No further sites have been registered.</li> <li>16 sites total registered in Morphett Vale.</li> </ul>	<ul style="list-style-type: none"> <li>No further sites have been registered.</li> <li>10 sites total registered in Murray Bridge.</li> <li>MMCHS registered in late 2007 and established a breast feeding room for public access</li> <li>A breast feeding audit (to encourage more businesses to register, ensure breast feeding facilities are well maintained and increase dedicated</li> </ul>

		<p>breast feeding rooms) is planned in collaboration with Communities for Children.</p> <ul style="list-style-type: none"> <li>Supporting Murray Bridge Soldiers Memorial Hospital move towards WHO 'baby friendly' accreditation.</li> </ul>
<b>INFRASTRUCTURE</b>		
<b>DRINKING WATER FACILITIES</b>	<p>ewba has funded installation/improvement of drinking water facilities in education sector sites with limited facilities including:</p> <ul style="list-style-type: none"> <li>1 Aboriginal Preschool: 1 filter tap</li> <li>8 primary schools: 3 filter taps each</li> <li>1 primary school: refillable water coolers for each classroom</li> <li>1 High school: water facility upgraded.</li> <li>1 R-12 school: water facilities upgraded.</li> </ul> <p>All involved sites have been encouraged to develop drinking water policy to ensure consistent practice amongst staff &amp; to guide new staff.</p>	<p>ewba has funded installation/improvement of drinking water facilities in education sector sites with limited facilities including:</p> <ul style="list-style-type: none"> <li>1 Aboriginal Preschool: 1 filter tap</li> <li>6 primary schools: 3 filter taps each</li> <li>1 primary school: rainwater tank</li> <li>1 High school: water facility upgraded.</li> </ul> <p>All involved sites have been encouraged to develop drinking water policy to ensure consistent practice amongst staff &amp; to guide new staff.</p>
<b>ACTIVE SPACES</b> (eg. parks & playgrounds)	<p>EWBA facilitated the establishment of the '<b>Morphett Vale Active Spaces' (parks &amp; playgrounds) working group</b> in 2006, with membership from ewba, the City of Onkaparinga, Mission Australia. And Communities for Children.</p> <ul style="list-style-type: none"> <li>The focus is a park in a high disadvantage area with fewer facilities</li> <li>4 community events to seek consultation with the local community with approx 40 attendances including children, young people and families.</li> <li>3 local schools are involved in the redevelopment process involving a 'Schools Day in the Park' to carve clay tiles and paint a mural with 'eat well, be active' messages.</li> </ul>	<p>Murray Bridge Council in partnership with EWBA and the Be Active Field Officer have formed a <b>Sport &amp; open space planning project team</b> with the intention of improving open space and park facilities in Murray Bridge. The team is currently developing a tender document for a feasibility study for a multi purpose sport and recreation centre. Funding has been dedicated by council with support from external ORS funding.</p> <p>ewba continues to liaise with local council and Be Active regarding current <b>planning for an Outdoor Gymnasium</b> accessible to the whole community.</p> <p>The proposed <b>Murray Bridge Skate Park at Sturt Reserve</b> has been completed and was officially launched during youth week in April 2008.</p>
<b>ENERGISING OUTDOOR LEARNING ENVIRONMENT (PRIMARY SCHOOL)</b> <i>ewba program that provides schools with the tools to audit their outdoor environment, identify inexpensive ways of making changes to their environment &amp; how to increase</i>	<p><b>Energising Outdoor Learning Environment (Primary School) workshop &amp; resource:</b></p> <p>ewba appointed a 0.2 Project Officer for 3 terms in 2007 to develop the project &amp; its various components, including a workshop and individual site visits/support.</p> <p>The following outcomes were achieved:</p>	<p><b>Energising Outdoor Learning Environment (Primary School) workshop &amp; resource:</b></p> <ul style="list-style-type: none"> <li>A workshop was held in October 2007 for 6 schools (8 staff total). As a result of this workshop; <ul style="list-style-type: none"> <li>3 schools have each had 4 outdoor games painted on their asphalt</li> </ul> </li> </ul>

<p><i>student physical activity.</i></p>	<ul style="list-style-type: none"> <li>• 2 pilot sites were recruited to undertake the project and report back their experiences to other schools at workshops in Morphett Vale and Murray Bridge.</li> <li>• 8 out of 10 remaining schools participated in workshop</li> <li>• Orienteering workshop and site map of orienteering course on school grounds developed for 6 individual schools</li> <li>• 7 schools have contributed to <i>ewba</i> funding for up to 4 Playground line markings to be installed at their school.</li> <li>• 7 schools applied for the <i>ewba</i> Garden establishment grant</li> <li>• 1 site selected as 'trial site' for Kids Grow national project conducted by Horticultural Industries.</li> </ul>	<p>(with 2 more schools booked for late 08)</p> <ul style="list-style-type: none"> <li>• 5 schools have started school garden projects.</li> </ul>
<p>SCHOOL CANTEENS</p>	<p><b>Support Service:</b></p> <p>There have been a number of Canteen workshops run by DECS as part of the State 'Right Bite initiative'.</p> <ul style="list-style-type: none"> <li>• Rather than additional workshops, <i>ewba</i> has primarily given support visits to canteens on request, such as advice on healthier items to replace unhealthy items from their menus.</li> <li>• One High School continues to be well known for their healthy Canteen, and supports other local sites.</li> </ul> <p><b>Canteen Catch-up + small appliance grant:</b></p> <p>A meeting of local canteens was held to discuss progress of the Right Bite strategy. It was also identified that some sites were finding it more time consuming to prepare healthier menu items. Hence, Canteen Managers and Volunteers were offered a 'small appliance grant', to purchase a small electrical appliance to assist with preparation of healthy foods.</p> <p><b>Canteen Cookbook:</b></p> <p>After purchasing their appliance, Canteens have been asked to photograph the appliance 'in action' and contribute 3 recipes for a 'Canteen Cookbook' that will be distributed to participating Canteens.</p>	<p><b>Support Service:</b></p> <p>As per <i>ewba</i> Morphett Vale</p> <p>Dissemination of <b><i>ewba</i> Canteen Calendar of Special Events</b>, identifying opportunities each month to run specific healthy food theme days, to create opportunities to launch &amp; expand their healthy menus.</p>
<p>SAFE ROUTES TO SCHOOL PROGRAM (SRTS) is run by the Department of Transport, Energy &amp; Infrastructure, in conjunction with local council &amp; primary schools. SRTS aims to increase active transport to/from school by</p>	<ul style="list-style-type: none"> <li>• 9 out of 12 schools are currently engaged in the SRTS Program, with the other 3 enrolled in previous years.</li> <li>• 9 out of 9 active schools have completed their Travel Survey data collections.</li> <li>• 8 out of 9 active schools attended 2 day SRTS training, with follow up training for</li> </ul>	<ul style="list-style-type: none"> <li>• 8 schools have engaged in the Program</li> <li>• 8 of the 11 schools have completed their Travel Survey data collections</li> <li>• One school is receiving infrastructure upgrades, such as new one way traffic zones and parking areas, as a result of their involvement.</li> </ul>

<p><i>making the environment surrounding schools safer for primary school children to walk or ride to school.</i></p>	<p>the remaining site</p> <ul style="list-style-type: none"> <li>Local Council is helping to implement structural changes during 2008/09.</li> </ul>	
<p><b>PEER EDUCATION &amp; WORKFORCE DEVELOPMENT</b></p>		
<p><b>PEER EDUCATION</b></p> <p><b>FOR COMMUNITY MEMBERS – “ACTIVE FOODIES”</b>  <i>Community Foodies trains community members to run healthy eating educational activities for children, parents &amp; families.</i>  <i>Expansion to “Active Foodies” by ewba in 2006 includes extra training for in physical activity and child specific information.</i></p> <p><b>FOR STUDENTS:</b></p> <p><b>“FIT TO LEAD”</b>  <i>A physical activity peer leadership program from CYWHS for high school PE whole of class curriculum program targeting females.</i>  <i>Modification by ewba to suit upper primary students (both male &amp; female), &amp; involved 2 day training of peer leaders who then run ongoing lunchtime physical activities for younger students.</i></p> <p><b>“EAT WELL” PEER LEADERSHIP</b>  <i>Developed &amp; run as a pilot at one ewba MorphettVale Primary School in 2007 to train upper primary students to conduct nutrition education activities with their peers.</i></p> <p>See also YOUTH PEER LEADERSHIP PROGRAM described in this table under “Promotion &amp; Marketing”</p>	<p><b>“Active Foodies”:</b></p> <ul style="list-style-type: none"> <li>A small number of the 11 trained “Active Foodies” continue to run programs. In particular, 2 ‘Foodies’ play an ongoing role in their children’s preschool &amp; school and have been instrumental in increasing parent involvement in healthy eating activities and ensuring healthy catering &amp; fundraisers.</li> <li>A catch up session for all “Active Foodies” is planned in late 2008.</li> </ul> <p><b>Fit to Lead:</b></p> <ul style="list-style-type: none"> <li>Successfully piloted by 2 schools in 2006. One school continues to deliver program.</li> <li>4 schools have applied for staff to attend a ‘train-the-trainer’ session, to be held in Term 3, 2008.</li> </ul> <p><b>Eat Well Peer Leadership Program:</b></p> <ul style="list-style-type: none"> <li>3 schools have implemented program</li> <li>Over 40 students are trained <i>eat well</i> Leaders and have conducted various nutrition sessions with their peers and 1 governing council meeting for parents</li> <li>A further 2 schools have expressed interest in receiving the train-the-trainer support.</li> </ul>	<p><b>“Active Foodies”:</b></p> <ul style="list-style-type: none"> <li>A small number of the 2007 trained “Active Foodies” continue activity, and are linked into ongoing programs.</li> <li>An “Active Foodies” Murray Bridge steering group has now been formed with representatives from key including health, Housing, Welfare and Education. Promotion of the program and recruiting new members is planned for late 2008.</li> <li>MMCHS has committed to training more staff as Leaders to ensure the long term sustainability of the program.</li> </ul> <p><b>Fit to Lead:</b></p> <ul style="list-style-type: none"> <li>The <i>ewba</i> Primary Action Group have requested Fit to Lead in 2009, and will be linked to the <i>eat well</i> Peer Leadership program.</li> </ul> <p><b>Eat Well Be Active Peer Leadership Program</b></p> <ul style="list-style-type: none"> <li>1 school implemented a shortened version of program, with 10 students trained. Limited outcomes from students.</li> <li>5 schools have expressed interest in receiving the train-the-trainer support in late 2008. 3 of the smallest schools will run the program as a year level project.</li> </ul>
<p><b>HEALTHY EATING TRAINING</b></p>	<p><b>Nutrition in OSHC workshop</b>  Past <i>ewba</i> nutrition workshops have had high rates of attendance from OSHC staff.</p>	<p><b>OSHC</b></p> <ul style="list-style-type: none"> <li>Continued support with policy development and accreditation</li> </ul>



<p>FOR YOUTH WORKERS</p>	<p>Year 12 nutrition students and one primary school ran it for their own staff.</p> <p><b>Youth worker nutrition training &amp; resource:</b></p> <ul style="list-style-type: none"> <li>• The Youth worker nutrition manual and training was delivered to 7 staff groups in 2007/2008 (to the 3 Mission Australia youth services, Southern Youth Xchange (twice), Reynella Enterprise &amp; Youth Centre &amp; Aldinga Volt Centre.</li> <li>• The manual has been provided to Southern Junction and the training session will be delivered to staff in 2008.</li> <li>• The manual was also requested by the Noarlunga Village Primary Health Care Nurse (designated to work with young mothers or mothers-to-be), to add to the educational resources used with this client group.</li> </ul>	<p><b>Youth worker nutrition training &amp; resources</b></p> <ul style="list-style-type: none"> <li>• The Youth worker nutrition manual and full day training was delivered in term 2 2008 to 7 Youth Workers, 1 Aboriginal worker and 2 additional workers from outside the <i>EWBA</i> catchment</li> </ul>
<p><b>HEALTHY FUNDRAISING/CATERING</b></p>	<p>The comprehensive resources on healthy fundraising &amp; catering, developed by <i>ewba</i> Morphett Vale in 2006, have continually been requested by, &amp; provided to stakeholders across the education sector.</p> <p>The initial training in 2006 involved 6 preschools, 6 primary schools &amp; 2 high schools reported positive healthy changes to their fundraising &amp; catering practices. To date, no further workshops have been requested and will only be run again on a needs basis.</p>	<ul style="list-style-type: none"> <li>• No further activity in 2007/8.</li> </ul>
<p><b>ACTIVE AFTER SCHOOLS COMMUNITIES (AASC)</b></p> <p><i>Commonwealth funded, national program offered to all primary schools across Australia that trains physical activity providers to run non-competitive activity sessions. AASC organises suitable physical activity providers for schools to provide activities up to 3 times a week after school for up to 50 students per session.</i></p>	<p>AASC involves free, organised after school activities for inactive 3 years:</p> <ul style="list-style-type: none"> <li>• A total of 6 out of 12 schools involved with AASC</li> <li>• 2 primary schools continue with the program after becoming part of AASC when <i>ewba</i> commenced</li> <li>• <i>ewba</i> supported the applications for 4 additional primary schools to join AASC in 2008.</li> </ul>	<ul style="list-style-type: none"> <li>• 1 school is currently involved in AASC</li> <li>• <i>ewba</i> will support other schools to participate in 08/09.</li> </ul>
<p><b>PHYSICAL ACTIVITY TRAINING AUSTRALIAN COUNCIL FOR HEALTH, PHYSICAL EDUCATION AND RECREATION (ACHPER) WORKSHOPS FOR</b></p>	<p><b>ACHPER workshops</b></p> <p>9 out of 12 schools nominated for ACHPER workshops during Terms 1 and 2, 2008. Each school was able to select 2 of 3 sessions, and were offered a subsidised physical activity kit as incentive for</p>	<p><b>ACHPER workshops</b></p> <p>Schools were able to select 2 of 3 sessions, and were offered a subsidised physical activity kit as incentive for attendance (see Physical Activity Resources).</p> <p>The following sessions have been held so</p>

<p>PRIMARY SCHOOL TEACHERS <i>ACHERPER were contracted by ewba to run onsite workshops, targeting non-PE teachers, linked to Energising Outdoor Environments Program.</i></p> <p>FUNDAMENTAL MOVEMENT SKILLS</p> <p>HIGH SCHOOL STAFF PHYSICAL ACTIVITY WELLBEING SESSION</p>	<p>attendance (see Physical Activity Resources).</p> <p>The following sessions have been held so far:</p> <ul style="list-style-type: none"> <li>• 4 sessions on 'Fundamental Movements Skills', covering 5 schools with approximately 70 staff)</li> <li>• 2 sessions on '100 ways to get kids active in a confined space' covering 2 schools with approximately 40 staff.</li> <li>• 5 sessions on 'Outdoor games across the curriculum' covering 5 schools with a total of 70 staff.</li> </ul> <p>Further 3 sessions planned for Term 3 08.</p> <p><b>Fundamental Movement Skills (FMS):</b> FMS training for Family Day Care, refer to Policy FDC heading above in this table.</p> <p><b>High School staff physical activity wellbeing workshop:</b> Based on the success of the staff Nutrition Wellbeing session, a Physical Activity Wellbeing session was developed by ewba and the Morphett Vale Youth Action Group.</p> <ul style="list-style-type: none"> <li>• 1 High school has undertaken the training. This session was well received and as a result, several staff have purchased a pedometer.</li> <li>• The workshop is still on offer to the remaining 3 high schools for 2008/9.</li> </ul>	<p>far:</p> <ul style="list-style-type: none"> <li>• 1 session on 'Fundamental Movements Skills' covering 4 schools &amp; 1 kindy (total 40 staff)</li> <li>• 3 sessions on 'Outdoor games across the curriculum' covering 6 schools (total 54 staff)</li> </ul> <p>A further 3 sessions, of the '100 ways to get kids active in a confined space' workshop, are planned for late 2008.</p> <p><b>Fundamental Movement Skills (FMS):</b> FMS training for Family Day Care, refer to Policy FDC heading above in this table.</p>
<p><b>COMMUNICATING WITH PARENTS</b> TALKING WITH FAMILIES ABOUT NUTRITION AND ACTIVE PLAY <i>An extension of an existing resource developed by the Lady Gowrie Child Centre SA (Talking with families about nutrition) to include an active play component &amp; expand on the range of communication strategies &amp; tools.</i></p>	<p><b>'Talking with families about nutrition &amp; active play' training and resource:</b></p> <ul style="list-style-type: none"> <li>• A one day workshop was delivered to 10 SPH early childhood and preschool staff in September 2007.</li> <li>• A 3 hour modified workshop was delivered on site to 3 (of 5) childcare centres and 1 preschool in 2007/08.</li> </ul>	<p><b>'Talking with families about nutrition &amp; active play' project:</b></p> <ul style="list-style-type: none"> <li>• A workshop session was run with 15 family day care providers in early 2008.</li> <li>• Workshops for the updated resource are planned for preschools/child care settings in late 2008/early 2009</li> </ul>
<p><b>FOOD CENT\$</b></p>	<p>Plans to offer Food Cent\$ programs in the schools and the community have now been approved and will be rolled out in 2008/09</p>	<p>As per ewba Morphett Vale</p>

RESOURCES		
<p>CURRICULUM NUTRITION RESOURCES</p> <p>PRIMARY SCHOOLS</p> <p>TV FOOD ADS: Educate and Advocate.</p> <p><i>Resource for primary schools on TV food advertising, to teach critical literacy skills through analysing advertising and marketing of food. The resource provides curriculum ideas, and ways to raise awareness about TV foods ads among parents.</i></p> <p>HIGH SCHOOLS</p>	<p><b>Primary Schools- Healthy eating curriculum &amp; calendar resource:</b></p> <ul style="list-style-type: none"> <li>To assist teachers to integrate nutrition into the curriculum in an ongoing basis, ewba developed a calendar of nutrition, health &amp; cultural events, linked to practical ideas for nutrition education activities throughout the year.</li> <li>Disseminated to all sites in August 2007, after final review by the ewba Primary Schools Action Group.</li> </ul> <p><b>TV food advertising:</b></p> <ul style="list-style-type: none"> <li>12 out of 12 primary schools received a classroom resource “TV foods ads: Educate and Advocate”, developed by the Centre for Health Promotion in 2007.</li> <li>Further follow-up on TV advertising resources, including a staff in-service and visual laminated display for parents is planned for distribution in 2008.</li> </ul> <p><b>High school nutrition education resource project:</b></p> <p>High schools have been reminded and reissued with a CD of previously disseminated nutrition education resources through a presentation at a ewba Youth Action Group meeting.</p>	<p>As per ewba Morphett Vale</p> <p><b>TV food advertising:</b></p> <ul style="list-style-type: none"> <li>A 3 hour workshop was delivered to teaching staff and agency staff in March 08.</li> </ul>
<p>FAMILY ACTIVE PLAY PACKS</p>	<p><b>Active Ape Packs</b></p> <ul style="list-style-type: none"> <li>The packs include a range of active “toys” and a ‘persona’ doll (‘Active Ape’) with active play written resources for parents.</li> <li>Packs were launched at the ewba Under 5’s Refresher Workshop in May 2008.</li> <li>A total of 15 packs were provided to each preschool, child care centre, ‘Playgroups On the Move’ and Family Day Care District office to loan to families.</li> <li>On discussion with the Aboriginal child care centre, a culturally appropriate pack was produced with a suitable ‘persona’ doll for this site.</li> <li>On feedback from under 5 stakeholders, an Occupational Therapist is developing pictorial activity cards (to be added to packs) which outline simple ways to use each active toy in the pack.</li> </ul>	<p><b>Literacy in Motion</b></p> <ul style="list-style-type: none"> <li>With the assistance of 2 Physio students from University of South Australia the Families and Children’s Team from Murray Mallee Community Health Service have developed the ‘Literacy in Motion’ packs for pre-schools to loan to parents to promote active play between parents and children at home. ‘Literacy in Motion’ also includes indigenous children’s literature.</li> <li>Following on from the success of this project in the pre-school settings EWBA Murray Bridge developed similar packs for the FDC setting. 8 packs, with 3 books and accompanying PA equipment in each, were developed and have been distributed to FDC providers via the FDC resource library at the regional DECS office.</li> </ul>

<p><b>PHYSICAL ACTIVITY RESOURCES</b></p> <p><b>Switch to play</b> <i>Developed by Deakin University as an evidence-based upper primary curriculum program to reduce students' time spent watching television and increase physical activity.</i></p> <p><b>IDM sports classroom kits</b> <i>IDM kits include physical activity equipment for 30 students and accompanying DVD's with instructions for use by classroom teachers.</i></p> <p><b>Monarto Zoo Walks Teacher Packs</b></p>	<p><b>Switch to play</b></p> <ul style="list-style-type: none"> <li>• Upper Primary teachers from 4 schools were provided with the resource and an incentive physical activity pack, after registering their interest in running it with their students.</li> <li>• To date, the program has not been implemented at any sites, with time constraints within the curriculum sighted as a major barrier among teachers.</li> </ul> <p><b>IDM Sports classroom kits</b></p> <ul style="list-style-type: none"> <li>• Physical activity Kits offered to schools at either a subsidised rate for those achieving a minimum 80% staff attendance to the ACHPER workshops or free for schools committing to 'Fit to Lead' peer leadership.</li> <li>• All interested schools have preferred to receive the kit as part of 'Fit to Lead' training. To date, 4 schools have registered interest in Fit to Lead, and will receive their kits as part of the peer leaders training.</li> </ul>	<p><b>Switch to play</b></p> <ul style="list-style-type: none"> <li>• 2 Primary schools have implemented the program, and received an incentive physical activity pack for participating.</li> <li>• Due to low initial interest, it was re-offered to all schools with no further uptake.</li> </ul> <p><b>IDM Sports classroom kits</b></p> <ul style="list-style-type: none"> <li>• Subsidised PA kits offered to schools achieving a minimum 80% staff attendance to the ACHPER workshops</li> <li>• To date, 3 schools have accepted offer, with a further 3 schools expected in 2008</li> </ul> <p><b>Monarto Zoo Walks Teacher Packs</b></p> <ul style="list-style-type: none"> <li>• Packs encourage link between physical activity and curriculum and include 10 multi-function pedometers, 5 compasses, orienteering lesson plans, student activity sheets, teacher information, guides to other local walking opportunities and links to the SACSAs framework.</li> <li>• 3 packs disseminated to 3 schools who report the packs are being used for other lessons such as math and science.</li> </ul>
<p><b>COMMUNITY DEVELOPMENT</b></p>		
	<p>A high level of engagement with the Morphett Vale stakeholders and community has continued, and many interventions have been driven by the community, rather than driven by <i>ewba</i>. Stakeholders have developed their knowledge, skills &amp; understanding of the project to the level where they can identify what action they want to take in their site &amp; what support they need from <i>ewba</i> to achieve this.</p> <p>In addition, with every intervention planned, <i>ewba</i> continues to look for, or create opportunities to build community capacity, &amp; engage the community in planning, development &amp;/or delivery of interventions.</p>	<p>This year has seen strengthened relationships between <i>ewba</i> and the ATSI staff from the various health units. As a result ATSI staff and community are now identifying ways that <i>ewba</i> can support efforts to improve nutrition and physical activity.</p> <p>Links with the Youth sector have also improved through the Murraylands Youth Sector Network and deliver excellent opportunities for <i>ewba</i> to engage with the youth sector.</p> <p>The schools and Under 5 settings have taken greater ownership over their nutrition and physical activity promotion. These sites utilise <i>ewba</i> as a support to fill gaps and needs they identify and <i>ewba</i> continues to support sites in this sustainable and individual site appropriate approach.</p>

<p><b>ewba LOCAL ACTION GROUPS</b></p> <p><i>These stakeholder groups ensure the project has local relevance, with members having hands-on involvement by helping to coordinate specific strategies and pooling their expertise, local knowledge, resources and networks.</i></p> <p><i>The groups continue to grow in confidence, knowledge &amp; understanding, and often drive the majority of the Agendas and discussions constantly stimulate new ideas &amp; shape interventions planned.</i></p> <p><i>Each Action Group represents a different sector of the ewba target community.</i></p> <p><i>The Groups have recently been reviewed in partnership with the members and purposes and formats have been updated to meet members needs.</i></p>	<p><b>ewba Morphett Vale has 3 Local Action Groups:</b></p> <p><u>Under 5s Action Group:</u></p> <ul style="list-style-type: none"> <li>• Total 8 attending members, 5 additional receive meeting minutes</li> <li>• includes 4 local preschools, 2 Child Care centres, health, 1 Family Day Care, 1 Community centres &amp; family support programs</li> <li>• meet twice/term (ie 8 times/year)</li> </ul> <p><u>Primary Schools Action Group:</u></p> <ul style="list-style-type: none"> <li>• Total 5 members, 2 additional members receive meeting minutes.</li> <li>• Includes representatives from 7 local primary schools.</li> <li>• Meet twice per term (ie 8 times/year)</li> </ul> <p><u>Youth Action Group:</u></p> <ul style="list-style-type: none"> <li>• Total 5 members, 3 additional receive meeting minutes</li> <li>• includes representatives from youth agencies &amp; local high schools</li> <li>• meet twice/term (ie 8 times/year)</li> </ul>	<p><b>ewba Murray Bridge now has 2 Local Action Groups:</b></p> <p><u>Under 5s Action Group</u></p> <ul style="list-style-type: none"> <li>• Total 19 members either attending or receiving meeting minutes</li> <li>• Includes 3 (of 4) Preschools and kindergartens, Communities for Children staff, community midwives, FDC Field officer and MMCHS staff member</li> </ul> <p><u>Primary &amp; Parents Action Group</u></p> <ul style="list-style-type: none"> <li>• Total 25 members either attending or receiving meeting minutes</li> <li>• includes 2 Primary School Principals, 1 Canteen Manager, 1 OSCH Director and several key primary school teachers (with 6 of 10 primary schools represented)</li> <li>• meet once a term (ie 4 times/year)</li> </ul> <p><u>Youth sector</u></p> <p><i>ewba has joined the existing community focused Murraylands Youth Sector Network to minimise duplication for youth focussed stakeholders. The Network has 25 members and meets monthly.</i></p>
<p><b>LOCAL FOOD ACTION GROUP(S)</b></p>	<p>Ewba has not progressed significantly with a Local Food Action Group. Although there was initial interest from other agencies in setting up a Foodbank, a key agency to drive this initiative was unable to be determined. However, after a recent State forum on food security, ewba plans to reconvene with participating local agencies to discuss ways to address local food security issues.</p>	<p>The development of a Food Coop has stalled and the future of this initiative has been handed over to the local Active Foodies Steering Committee.</p> <p>Attendance at a state forum on food security has resulted in plans to reconvene with participating local agencies to discuss ways to address local food security issues.</p>
<p><b>STRENGTHENING PARTNERSHIPS</b></p> <p><i>Please refer to Appendix 3 for additional detail on ewba partnerships.</i></p>	<ul style="list-style-type: none"> <li>• In summary, partnerships continue to be strengthened through mechanisms such as the ewba Local Action Groups, where networking between agencies is encouraged and new membership continually enhanced.</li> <li>• Changes in leadership in key agencies, such as schools, necessitates additional contact from ewba staff to inform &amp; build new partnerships.</li> <li>• Additional individual meetings continue with key stakeholders on a needs basis.</li> <li>• ewba continues as a member of existing &amp; related networks/ committees and is invited to present to many local groups.</li> <li>• ewba also continues to provide formal updates to the local stakeholders &amp; networks eg Local Council.</li> </ul>	<p>As per ewba Morphett Vale</p>

<p><b>SUPPORT FOR GRANT APPLICATIONS</b></p> <p><i>Information about relevant grants has been regularly circulated to key stakeholders in the project as they become available, &amp; support is offered to any stakeholders to apply for these grants to support healthy eating &amp;/or physical activity with children, young people or families</i></p>	<p>Coorara Preschool was supported to submit a grant which was successful for \$1000 for the purpose of implementing walking programs with parents and children.</p> <p><i>ewba</i> continues to offered support for grant application by local primary schools, and regularly notifies stakeholders of relevant grants including Parenting SA Grants, Recreation and Sport, and promotions such as Woolworths Fresh Food Kids grant and Bakers Delight Sports grant.</p>	<p>MMCHS were supported to submit a successful application to Office for Recreation and Sport for their 'Playtime' program for \$5250.00 plus training for 12 staff/volunteers.</p> <p>The local Be Active Field Officer was supported to submit an application to Country Health SA for \$30,000 for an Outdoor Gymnasium to be located at Sturt Reserve. This application is still pending.</p>
<p><b>PROMOTION &amp; MARKETING</b></p>		
<p><b>INVOLVEMENT IN OTHER COMMUNITY EVENTS</b></p> <p><i>Stakeholders continue to be informed about free information &amp; promotional resources they can access on healthy eating &amp; physical activity to support their local events.</i></p>	<p>No further activity.</p>	<p><b>Aboriginal Health Fair Day, Oct 07</b> <i>ewba</i>, Be Active and the MMCHS Healthy Living Team Physios ran an educational activity zone for children including games and a commando course. Prizes of drink bottles, tattoos and 'fling things' were distributed. Approx 150 children attended.</p> <p><b>Youth Employment Expo, May 08</b> <i>ewba</i> was invited to talk to groups about career paths. Opportunity was describe the project and provide healthy eating information and <i>be active</i> physical activity merchandise.</p> <p><b>Multicultural Fair, March 08</b> <i>ewba</i> was represented in partnership with MMCHS Children and Families team. Marketing messages, under 5's displays and <i>ewba</i> information were displayed.</p> <p><b>Active aging expo, April 08</b> the Active Foodies represented <i>ewba</i> and ran healthy eating cooking demonstrations and distributed healthy recipes.</p> <p><b>Youth Centre Opening, March 2008</b> <i>ewba</i> &amp; Active Foodies ran a healthy burger stall and distributed recipes and information about potential <i>ewba</i> youth programs that could be run from the new Youth Centre.</p> <p><b>Close the Gap Day, April 2008</b> <i>ewba</i> were invited and distributed Be Active merchandise, healthy eating recipe cards and apple slinkies for the children.</p>
<p><b>MEDIA</b></p>	<p>No local or state media articles have been run this year.</p>	<p>3 articles have appeared in <i>The Standard</i> (Murraylands regional newspaper) on the Monarto School Walks day, the Health Promoting Schools Conference Site Visit to Murray Bridge and <i>ewba</i> involvement in the Close the Gap Day event.</p>

<p>NEWSLETTERS INSERTS</p> <p><u>Under 5s</u> 36 active play inserts 36 healthy eating inserts</p> <p><u>Primary Schools</u> 12 active play inserts 36 healthy eating inserts</p>	<p><b>Under 5 agencies</b> <i>Healthy eating</i> inserts disseminated 2007 <i>Active Play</i> inserts disseminated 2008</p> <p><b>Primary schools</b> <i>Healthy eating</i> inserts disseminated 2007</p> <ul style="list-style-type: none"> <li>• In 2008 these inserts were linked to the <i>ewba</i> Curriculum Calendar to provide messages for parents consistent with school and classroom activities</li> </ul> <p><i>Active Play</i> inserts disseminated 2008</p>	<p><b>Under 5 agencies</b> <i>Healthy eating</i> inserts disseminated 2007 <i>Active Play</i> inserts disseminated 2008</p> <p><b>Primary schools</b> <i>Healthy eating</i> inserts disseminated 2007</p> <ul style="list-style-type: none"> <li>• In 2008 these inserts were linked to the <i>ewba</i> Curriculum Calendar to provide messages for parents consistent with school and classroom activities</li> </ul> <p><i>Active Play</i> inserts disseminated 2008</p>
<p>LOCAL MARKETING MESSAGES</p> <p><b>Parents of Under 5's &amp; Primary school aged children</b> <i>Input received from both parent and service provider consultations, along with evidence from other social marketing campaigns, were used to develop messages &amp; resources for parents.</i></p> <p><b>Youth</b> <i>Following youth consultations a ewba Youth Leadership Program was developed to enable youth to develop their own Social Marketing campaigns. A secondary aim is for students to act as catalysts for change in relation to healthy eating &amp; physical activity in their schools. 10-12 students from each high school participate over 4 training sessions and are supported to develop Action Plans and implement over several terms. Schools train ewba Youth Leaders on a 2 yearly cycle.</i></p>	<p>2 different Promotion Packs, for Parents of Under 5s and Parents of Primary children, each include age-specific;</p> <ul style="list-style-type: none"> <li>• 3 large signs with messages (water, fruit &amp; veg, active play)</li> <li>• 20 photo displays</li> <li>• 20 linked parent pamphlets</li> <li>• newsletter inserts (described above)</li> </ul> <p>Promotion Packs have been distributed to;</p> <ul style="list-style-type: none"> <li>• 15 Early Childhood providers</li> <li>• 12 Primary schools</li> <li>• Other agencies including local library, local health service sites</li> </ul> <p>Distribution of displays is staggered over 2008 to match <i>ewba</i> calendar of events.</p> <p><b>Youth</b></p> <ul style="list-style-type: none"> <li>• 3 out of 4 high schools participated in May 2007 with 36 young people trained as <i>ewba</i> Youth Leaders.</li> <li>• Improvements were made to the Program following 2007 implementation.</li> </ul> <p>The remaining high school trained 10 students in May 2008 who are currently in the process of developing and implementing their action plan.</p>	<p>As per <i>ewba</i> Morphett Vale, except:</p> <p>Promotion Packs have been distributed to;</p> <ul style="list-style-type: none"> <li>• 6 Under 5 settings</li> <li>• 10 Primary schools</li> <li>• Other agencies including local library and local health service sites.</li> </ul> <p>Distribution of all displays occurred in Term 1 2008, with regular reminder emails throughout 2008.</p> <p><b>Youth:</b></p> <ul style="list-style-type: none"> <li>• 2 of the 2 high schools trained 23 students in May 2008 who are currently in the process of developing and implementing their action plan.</li> <li>• A forum will be held in November 2008 which will allow the Morphett Vale and Murray Bridge <i>ewba</i> Peer Leaders to share their action plan outcomes.</li> </ul>

