

## Health Promotion Innovation Fund (Closed 17 October 2016)

### Recommended applications – Project descriptions

<b>Applicant Name:</b>	Arthritis ACT
<b>Project Title:</b>	Body-time To Exercise
<b>Brief Project Description:</b>	<p>This pilot program will have 100 participants with arthritis involved in 3-months of daily monitoring of key physiological data. This will enable them to predict when “good” and “bad” days may occur to determine the type and intensity of physical activity they can undertake. This should lead to an increase in physical activity levels for participants with a commensurate health benefit. A fitness-tracking device called a 'Suunto heart rate belt' will be used (approximately 2 min/day), to measure heart rate variability, which is a key physiological marker. Heart rate variability has been previously examined in athletes and other healthy people to be a valid predictor of health markers such as inflammation and fatigue. This can be adapted for use in people living with arthritis. The data obtained will be uploaded onto a computer in the participant's home and an exercise physiologist and/or an exercise physiology honours student will analyse, in real-time, heart rate variability and provide practical advice regarding physical activity and exercise prescription to the program participants.</p> <p>Providing practical advice regarding physical activity and exercise based upon objective physiological data, will mean people in the project will be able to engage in more rigorous activity when physiologically prepared and also be able to modify their activity when required. It is thought that this will have a positive effect on participants' health and wellbeing.</p>
<b>Outcome:</b>	<b>Recommended for funding of \$14,985 (GST exclusive)</b>

<b>Applicant Name:</b>	Capital Region Muscular Dystrophy
<b>Project Title:</b>	Facioscapulohumeral Dystrophy Lifestyle Education and Exercise Program (FSHD LEEP) – Pilot Project
<b>Brief Project Description:</b>	<p>FSHD is a muscle wasting disease whereby there is a slow progressive decline in muscle wastage over several years. The rates of progression vary between individuals. This project proposes to provide support for people with FSHD through an exercise and lifestyle education management program. Research suggests that the disease mechanisms of FSHD are a barrier to exercise engagement, but has also shown the benefits of exercise in maintaining strength, balance and enhanced confidence. By educating individuals on techniques for exercise adherence and compliance, good nutrition and managing anxiety, complemented by a tailored exercise program, participants' quality of life and independence as the disease progresses can improve.</p> <p>The project will involve a 10 week lifestyle education and exercise program which will be augmented by two supervised exercise sessions per week and fortnightly education sessions on topics including healthy eating, exercise adherence, anxiety management delivered by a range of medical and allied health professionals. The pilot project will be conducted out of the Faculty of Health Clinics at the University of Canberra.</p> <p>Participants will be provided a range of material to support them through the 10 week program including self-assessments, educational notes, goal setting and monitoring improvements.</p> <p>The expected outcomes from this project will be:</p> <ul style="list-style-type: none"> <li>• Exposure of the target group to healthy living and its benefits</li> <li>• Social engagement with people with similar lifestyle restrictions</li> <li>• Provision of a suitable evidence based program to meet local need</li> </ul> <p>The project will also collect quantitative data including validated questionnaires, balance and strength tests and analysis of key movement patterns (walking, standing and sitting) to assist in their daily lives.</p>
<b>Outcome:</b>	<b>Recommended for funding of \$15,000 (GST exclusive)</b>

<b>Applicant Name:</b>	CIT Student Association
<b>Project Title:</b>	Supporting Healthy ACT Apprentices
<b>Brief Project Description:</b>	<p>CIT Student Association in collaboration with CIT's Trade Skills and Vocational Learning College and Nutrition Australia ACT will pilot a series of 'healthy choices' sessions to build the nutrition literacy of ACT apprentices, as well as resource them with tools to lead to better food choices. Importantly, whilst the project will deliver identified resources such as how to cook cards, budgeting tools, and practical experience in cooking or purchasing within their salary and time parameters, a key outcome is to help apprentices to determine resources that they will use to actually change behaviour.</p> <p>The proposed activities will include nutrition education seminars, project dinnertime workshops, cooking for one training, and information about alcohol reduction and cessation. A flow on opportunity will be identification of other existing ACT based services and resources that can be linked with the needs of the 1st year ACT apprentices.</p>
<b>Outcome:</b>	<b>Recommended for funding of \$15,000 (GST exclusive)</b>

<b>Applicant Name:</b>	Monash Primary School
<b>Project Title:</b>	Growing Good Habits @ Monash
<b>Brief Project Description:</b>	<p>The project will build upon and embed existing activities at Monash School with a focus on improving teaching programs for students about growing and cooking food and promoting sustainability. One of the innovative angles of the project is to engage the community in healthy eating by targeting parents and families to come in and use the garden. Activities within this project that complement the existing 'Fresh Tastes' program include:</p> <ul style="list-style-type: none"> <li>• Installing garden beds at the community hub to encourage adults to grow and cook food within the school community</li> <li>• Nutrition education sessions for parents and carers, incorporating demonstrations and community cooking projects</li> <li>• Planting an orchard of fruit trees to provide a range of sustainable fruits</li> <li>• Incorporating garden beds in other areas across the school to allow all teachers to access fruit and vegetables to teach and embed healthy eating learning and skills and as an option for families to provide their children with 'fruit break'</li> <li>• Gardening and Cooking KidsMatter clubs run by teachers during lunch/recess times guided by 'Fresh Tastes'</li> <li>• Involving students and parents in creating canteen menu items and naming them</li> <li>• Whole school events such as the multicultural dinner and community barbeques</li> </ul>
<b>Outcome:</b>	<b>Recommended for funding of \$6,254 (GST exclusive)</b>

<b>Applicant Name:</b>	Nutrition Australia ACT
<b>Project Title:</b>	Fuel Up With Food
<b>Brief Project Description:</b>	<p>Fuel Up With Food involves the development of an online nutrition education video series and corresponding fact sheets aimed at young adults and adults in trades based industries.</p> <p>The videos will be produced by a professional production company and tailored specifically to the target audience with support and input from OzHelp as a peak organisation supporting this population group.</p> <p>The videos will then be incorporated into OzHelp's online "Tune-up" health assessment. They will also be housed on the ACT Nutrition Support Service website under Workplaces with links to OzHelp's website and assessment tool.</p> <p>The videos and corresponding fact sheets will be launched in conjunction with OzHelp.</p>
<b>Outcome:</b>	<b>Recommended for funding of \$14,916 (GST exclusive)</b>

<b>Applicant Name:</b>	Nutrition Australia ACT
<b>Project Title:</b>	Nourishing Little Minds
<b>Brief Project Description:</b>	<p>Nourishing Little Minds links literacy and hands-on food skills to support healthy eating habits of young children and their families, within a library setting. It aims to empower parents and carers to develop a healthy eating culture within their families and set up healthy eating habits for their young children.</p> <p>In association with Nutrition Australia ACT (NAACT), Libraries ACT will host a themed Nourishing Little Minds month across five ACT libraries. Each week for four weeks, a selection of stories that provide a healthy eating message will be read to participating children by the librarian as part of Story Time. Story Time will be followed by a 20–30 minute hands-on interactive food and nutrition awareness activity in the library’s community room. This will be delivered by a NAACT Accredited Practising Dietitian. Parents/carers and children will have the opportunity to engage with healthy food activities and learn basic food preparation techniques together. Each session will carry a healthy eating theme with accompanying fact sheets and take home activities that parents will be encouraged to undertake with their children at home.</p> <p>Key messages for each session/week are as follows:</p> <ol style="list-style-type: none"> <li>1. Healthy start for kids - focus on setting healthy eating habits in association with healthy role modelling and importance of breakfast.</li> <li>2. Establishing a healthy relationship with food using Ellyn Satter's "Division of Responsibility in Feeding" model.</li> <li>3. Out and about - healthy family foods on the go including packing a healthy lunchbox and encouraging water as drink of choice.</li> <li>4. Family dinnertime - embracing happy and healthy family meal times.</li> </ol>
<b>Outcome:</b>	<b>Recommended for funding of \$14,900 (GST exclusive)</b>

<b>Applicant Name:</b>	Tuggeranong Child and Family Centre
<b>Project Title:</b>	Freshen It Up
<b>Brief Project Description:</b>	<p>The project is a partnership with Narrabundah Early Childhood School. The focus is to work with Aboriginal and Torres Strait Islander families at the school to assist them to plan and prepare healthy meals for their families. The project will be implemented across two terms in 2017 and will include 16 group sessions with families.</p> <p>A nutritionist will be available at the group every week to offer support and advice. The project will include a range of educational and practical activities such as healthy cooking classes, and visits to the local fresh fruit and veg market and Foodbank facilities. Culturally appropriate recipes will be given to the families at the end of each session.</p>
<b>Outcome:</b>	<b>Recommended for funding of \$14,852 (GST exclusive)</b>