

Health Promotion Innovation Fund (Closed 19 October 2015) Recommended Project descriptions

ACT Tongan Language and Cultural School Inc	Funding Recommended: \$15,000 (ex GST)
A journey to a new body image	
<p>The project will consist of a diverse range of workshops, sporting, cultural and artistic activities for the Pacific Island communities of Canberra. The project will highlight different areas of health, but with a main focus on improving healthy eating and increasing physical activity, as well as reducing smoking and alcohol related harm. These activities will be supported and promoted through a regular community radio program.</p>	
Asthma Foundation ACT	Funding Recommended: \$14,750 (ex GST)
Smoking Cessation Support for People with Asthma	
<p>Asthma Foundation ACT (AFACT) will work with the Pharmacy Guild ACT to support smokers with asthma, to quit smoking and control their asthma. AFACT will:</p> <ul style="list-style-type: none"> • create Asthma & Smoking Resource Kits for pharmacists and consumers including script folders to deliver behaviour change advice and tips; • train AFACT and pharmacy staff in smoking cessation and asthma management to ensure consistent messaging and evidence based-advice; and • provide additional health coaching around asthma management to smokers through the Asthma Assist program. 	
Canberra Christian School	Funding Recommended: \$13,452 (ex GST)
Outdoor Classroom	
<p>Funding will support the implementation of the Stephanie Alexander Kitchen Garden program and an outdoor classroom, which will be used in the school curriculum as well as for nature play.</p> <p>The wider school community will be involved in constructing the garden that will be central to this project.</p>	
Foundation for Alcohol Research and Education Ltd	Funding Recommended: \$15,000 (ex GST)
Game Changer+ alcohol counter marketing campaign	
<p>Game Changer+ will work with Year 9 students in three ACT schools to increase their media literacy and their ability to interpret and challenge unhealthy product advertising (alcohol, gambling and fast food) in sport. Teachers will be provided with information and resources to confidently teach skills to critically assess alcohol advertising to complement their health education programs. Game Changer+ promotional materials will be displayed in school grounds, in newsletters, and distributed at school events.</p>	

Garran Primary School	Funding Recommended: \$4,563 (ex GST)
It's All About Nutrition	
The project will support the implementation of the Fresh Tastes program with a series of workshops and activities that focus on raising nutritional awareness both in the classroom and the wider school community. The project will feature a series of educational sessions about 'Healthy Lunch Boxes.'	

Ozharvest Canberra	Funding Recommended: \$9,800 (ex GST)
Nutrition Education Sustenance and Training (NEST)	
NEST is a training program that equips people in need, those facing food insecurity and charitable agency staff with valuable skills and knowledge on nutritious healthy eating choices, low cost meal planning, budgeting, shopping, healthy cooking and ways to minimise food waste. The program is tailored to meet the needs of participating agencies and incorporates training for service users, staff and volunteers. The NEST program will be expanded in the ACT to enable participation by agencies who cannot afford to pay the running cost of the program.	

YMCA of Canberra	Funding Recommended: \$15,000 (ex GST)
Indoor, Outdoor and Beyond	
<p>This multi-faceted project will encourage a love, appreciation of and connection to nature, by families attending the Holt Early Learning Centre and provide support for staff to achieve healthy lifestyles and increase their physical activity levels.</p> <p>The project will consist of three elements.</p> <ol style="list-style-type: none"> 1. The establishment of a Family Nature Club to provide opportunities to explore a variety of outdoor bush settings on weekends. Participation in a range of physical activities like walking on uneven terrain, balancing, climbing and jumping will be encouraged as well as the use of natural materials for bush play. 2. The establishment and maintenance of a co-operatively managed vegetable garden which will be embedded into the daily program. 3. The engagement of a short-term "health coach" for staff who will offer individualised support, reflection and a tool kit of resources to meet goals. Social media will be used to provide ongoing support for healthy behaviours. 	