



May 2013 Campaign Update

Heart Foundation Update

Resources and Merchandise

Limited supplies of hard copy resources are still available. Please visit www.swapitwa.com.au/resources.html to download an order form. Electronic copies will be available online until late 2013.

Nine *Swap It, Don't Stop It* tear drop banners are looking for a new home. Please contact Maddy on 9382 5939 if you would like a banner.

Community Healthy Eating and Physical Activity Grants

Case studies from round three are now available to view at www.swapitwa.com.au/grants.html

A selection of photos from all three grant rounds can be found on page 5.

Final evaluation results are currently being compiled. Key results will be presented in the June campaign update and at the Heart Foundation, Australian Health Promotion Association (AHPA) and International Union for Health Promotion and Education (IUHPE) conferences this year.

If you have any questions about the *Swap It, Don't Stop It* campaign, or associated local support program, Heart Foundation staff will be available until June 26, 2013 (contact details on page 5).



Non-English Speaking Background (NESB) Program Update



The final stage of evaluating the Non English Speaking Background program (NESB) has begun with a survey sent out to stakeholders in late April. The survey was designed to determine how well the Swap It, Don't Stop It campaign and associated NESB activities have reached the Culturally and Linguistically Diverse (CaLD) communities in Western Australia.

Participation in the survey is voluntary and takes approximately five minutes to complete. Everyone that enters can add their name into the draw to receive one of five \$50 gifts. The winners will be announced in late May. Please contact Myat on 9375 2224 if you would like to participate in the survey.

Ngulluk Koolbaang (Us Mob – Moving Forward) Program Update

Cook-ups and taste of exercise: practical, visual, hands on activities that work!

"I've been reading food labels and I've been sharing it with my daughter." (Participant)

Ngulluk Koolbaang provided our team at the North Metro Public Health Unit with a uniquely precious opportunity to forge strong connections with numerous pockets of the metropolitan Aboriginal



community. Our team successfully engaged the community by strategically and ethically respecting guidelines set out by the community through prior consultations.

The provision of practical experiences as a medium for health promotion education was very important. Getting out there into the community and facilitating cook-ups to demonstrate how to cook and increase nutritional value worked incredibly well to increase the knowledge, skills and confidence of community members. It is also about being responsive to diverse economic, social and literacy barriers that can limit access to on-line and written health promotion messages.

The Ngulluk Koolbaang project organised more than ten cook-ups across the Perth metropolitan area in response to requests from the community. Participants wanted to be shown practical skills on what, how and why people needed to eat better and be more physically active.



I was involved in the Wanneroo and Cullacabardee cook-ups. The Wanneroo program was run at the Maaman Yira Maya Centre in Clarkson over nine weeks, with 39 community members participating in total. The program began in late February and finished with a bus trip to Kings Park where participants enjoyed a healthy barbeque and bushland nature trail walk. Additionally, the program integrated holistic support by introducing participants to a wider network of community agencies including Diabetes WA, Nyoongar Sports Association, Moort Boodjari Mia and the Pindi Pindi Perinatal Program for Aboriginal men. Some comments from participants were:

"I liked learning about changing ingredients for healthier recipes. I like knowing what you can replace to make a feed healthier."

"The Taste of Exercise was good with Nyoongar Sports. When we were tagging, stealing the tags from each other, that was great... A little bit of fitness... Would love to do that again."

The Cullacabardee Ngulluk Koolbaang program was run at the Cullacabardee Community Centre over ten weeks, with 26 community members participating in total. The program began in early March and finished on May 7 with a bus trip to Whiteman Park. Participants enjoyed a healthy barbeque and nature trail walk at the Mussel Pool. The program raised community spirit, working togetherness and health awareness as a topic of frequent discussion. Additionally, the program integrated holistic support by facilitating the Cook-ups to coincide with Derbarl Yerrigan's outreach clinic. This enabled both services to cross-promote and increase participation numbers. The program introduced participants to a wider network of community agencies as previously listed. Some of the highlights from the community include:



"I always knew but I never visualised how much fat is in things. It was good to get a visual and talk about it. And also the sugar! In everyday sugar! People say 'oh I don't want sugar in my tea' but they don't think about the sugar that's in everything you don't even realise."

"I've been doing more exercise... I've lost five kilos since I've been coming here."

I am very proud that our team has achieved many positive outcomes through delivering practical health promotion activities to the community through the Ngulluk Koolbaang Cook-Ups and Taste of Exercise programs.

State Nutrition and Physical Activity Campaigns and Programs

LiveLighter

Our perception of what being healthy looks like seems to be expanding at the same rate as our waistlines. One in six obese Australians rate their health as very good and one in seven rate their health as poor, highlighting the importance of public education campaigns to promote healthier habits.



LiveLighter encourages Western Australian adults to lead healthier lifestyles by making a few simple changes to their daily habits. Among the information and tools is the free LiveLighter smartphone app available through Apple's App Store. Designed with the LiveLighter experts, the app will give you access to your personalised meal plan, packed with delicious recipes, a physical activity schedule and a progress tracker. It's a great tool for those on the go, wanting to achieve or maintain a healthier weight.

For more healthy lifestyle tips and information or to register for the free LiveLighter meal and Activity Planner, visit www.livelighter.com.au.

My Healthy Balance

My Healthy Balance is a [free](#) online, educational healthy lifestyle program which encourages and supports healthy behaviour changes related to physical activity, healthy eating and healthy weight. The program consists of seven weekly sessions with two additional modules for those diagnosed with Impaired Fasting Glucose or Impaired Glucose Tolerance, also known as pre-diabetes. The program consists of various tools to encourage and support healthy behaviour change. Some of these tools include:



- Food Diary
- Physical Activity Planner
- Interactive Energy Balance Tool highlighting the relationship between healthy and unhealthy foods, physical activity, portion size and the impact on energy balance
- Healthy Weight Tracker
- Recipe Library

If you would like further information please visit the website www.myhealthybalance.com.au or contact Diabetes WA on (08) 94366268.

Get On Track

Get on Track is a free, fun and motivating team-based physical activity program to help you make positive steps towards better health. You can form a team and join a public challenge or create your own private challenge that suits your workplace or group. Once registered in a team, you enter your daily physical activity minutes plus the serves of fruit and vegetables you eat into the interactive Get on Track Challenge website. This progresses you along a virtual track created in Google maps. The team who finishes the track first wins!



The new and improved Get on Track website will be launched on the 23rd April, 2013. If you would like further information please visit the website www.getontrackchallenge.com.au or contact Diabetes WA on (08) 94366268.

Food Literacy and Skill Development for Adults

The Food Literacy and Skill Development Program for Adults is being conducted in partnership with Cancer Council WA, Australian Red Cross (WA) and Foodbank WA. The program can be tailored to suit your group's needs and may cover topics such as:

- Basic nutrition and healthy eating
- Meal planning and budgeting
- Label reading
- Lunch box and snack ideas
- Recipe modification for healthier meals
- Food shopping, including supermarket tours
- Food safety



- Basic cooking skills and preparation of simple, low cost dishes

We are particularly targeting **adults and parents living in low socio-economic circumstances**. This may include Aboriginal and Torres Strait Island people and Culturally and Linguistically Diverse (CALD) populations.

For more details please contact:

Cancer Council WA: Sarah Bailiff 9338 4355 or sbailiff@cancerwa.asn.au

Australian Red Cross: Narelle Little 9225 1951 or nlittle@redcross.org.au

Foodbank WA: Vanessa Bobongie 9463 3214 or Vanessa.bobongie@foodbankwa.org.au



TravelSmart

The TravelSmart Workplace program engages workplaces in managing the travel they generate. Fewer cars on the road mean less congestion and increased opportunities for physical activity. The program offers advice, planning tools, training, facilitation and promotional materials to assist organisations to develop a travel plan or TravelSmart campaign tailored to the organisation's needs. Travel plans are about changing the travel behaviour of employees, reducing car-alone trips and promoting the alternatives.

Some examples of actions in a travel plan can include:

- Improving end of trip facilities for cyclists
- Providing information and running workshops for staff on travel options
- Coordinating walking and cycling challenges in the workplace
- Providing pool bicycles for use for business trips.

For more information on how organisation can become TravelSmart workplaces please contact David Wake on 6551 6144 or email david.wake@transport.wa.gov.au



Healthier Workplace WA

Healthier Workplace WA offers free services to all workplaces across WA to help them support and encourage workers to make positive lifestyle changes that benefit everyone. Visit www.healthierworkplace.wa.com.au and take the workplace health check to receive a personalised report with access to plenty of free advice and resources. A helpful adviser is available on 1300 550 271.



HWWA is offering grants of up to \$10,000 to workplaces to implement projects that promote and support workers health and wellbeing. HWWA will launch free Workplace Health and Wellbeing Coordinator training in July 2013. These half-day sessions will focus on how to deliver a cost effective and results focused workplace health and wellbeing program

Register your interest for training and funding alerts at www.healthierworkplacewa.com.au

Heart Foundation Walking

Motivate your community members to swap the couch for the pavement and hit the ground walking with the Heart Foundation Walking Program. The program can provide incentives and motivation for your participants to permanently swap to a more active lifestyle.

Heart Foundation Walking is an established, free, effective and evaluated walking program. It is easy to implement quickly in your area with already developed promotional resources, registration forms, evaluation processes, quality and risk management and support from state Heart Foundation staff. For more information please contact the Heart Foundation's Walking and Cycling Project Officer on 9382 5951 or visit www.heartfoundation.org.au/walking



Community Healthy Eating and Physical Activity Grants – Project Photos

Below is a sample of photos from the 75 projects which received funding over the three grant rounds. As you can see from the photos, there was a diverse range of activities, all of which promoted and integrated the *Swap It, Don't Stop It* campaign.



More Information

General Information

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Government of **Western Australia**
Department of **Health**

