

# Mina Aigud, Matha Zizimika Eat Well Be Active – Healthy Kids for Life Badu Island



Rita Kebisu

Eat Well Be Active Healthy Kids for Life  
– Badu Island Project Coordinator  
Tagai State College – Badu Island

Kani Thompson

Nutrition Promotion Officer  
Tropical Population Health Unit –  
Cairns

# Outline

- Background
- Goals
- Objectives
- Baseline Evaluation Survey
- Launch
- Where are we now?



# Overall Goals

- PROJECT GOAL: To develop, implement and evaluate approaches and strategies which promote healthy weight in children (0 – 12 years) on Badu Island over a 2 year period
- To increase the proportion of children who are a healthy weight

Encourage and support community based initiatives which influence healthy eating and physical activity in children and young people

Strengthen the capacity of the community to influence healthy eating and physical activity participation in children and young people

Strengthen partnerships (between government, non-government and community agencies) which influence healthy eating and physical activity in children and young people

# Agencies Involved – Steering Group Members

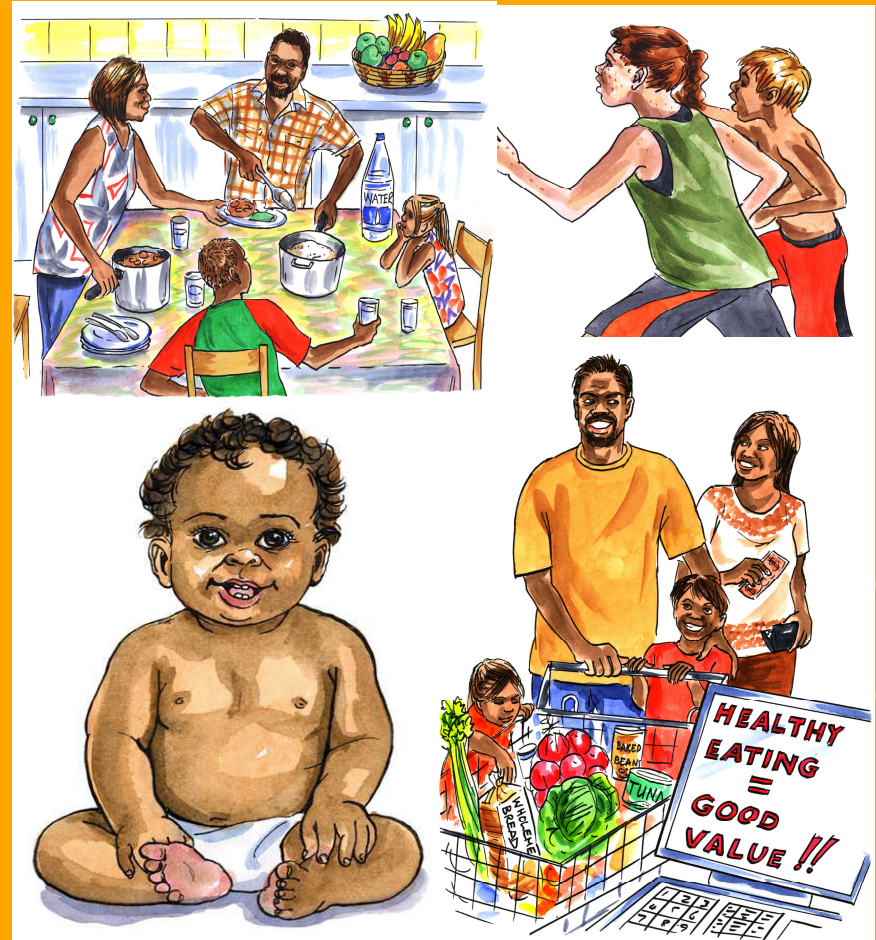
- Tagai State College - Badu Island Campus (leading agency)
- Badu Island Community Council
- Badu Island Primary Health Centre
- Badu Island Sport and Recreation
- Aragun Childcare Centre
- Badu Island Nursery
- Elders Group
- Take-away/food outlet

# External Support

- Thursday Island Primary Health Care
  - Quality Lifestyle Team
  - Health Promotion Team
  - Child Health Team
- Education Queensland Torres Strait District
- Tropical Population Health Network
  - Health Promotion (Physical Activity)
  - Nutrition
  - Health Surveillance

# Consultation with the Badu Island Community

- 4 action areas
  - Mums and bubs
  - Less junk and more healthy foods and drinks
  - Budgeting (includes label reading)
  - More organised physical activity and sport (and education on importance of physical activity)



# Objectives

- 9 Objectives with a number of strategies for each objective
- Objective 1: A decrease in consumption of high sugar drinks in children aged up to 12 years.
- Objective 2: Decrease in consumption of high fat foods.

# Objectives Cont.

- Objective 3: Increase the consumption of fruit.
- Objective 4: Increase the consumption of vegetables (not potatoes).



# Objectives Cont.

- Objective 5: Increase in consumption of water.



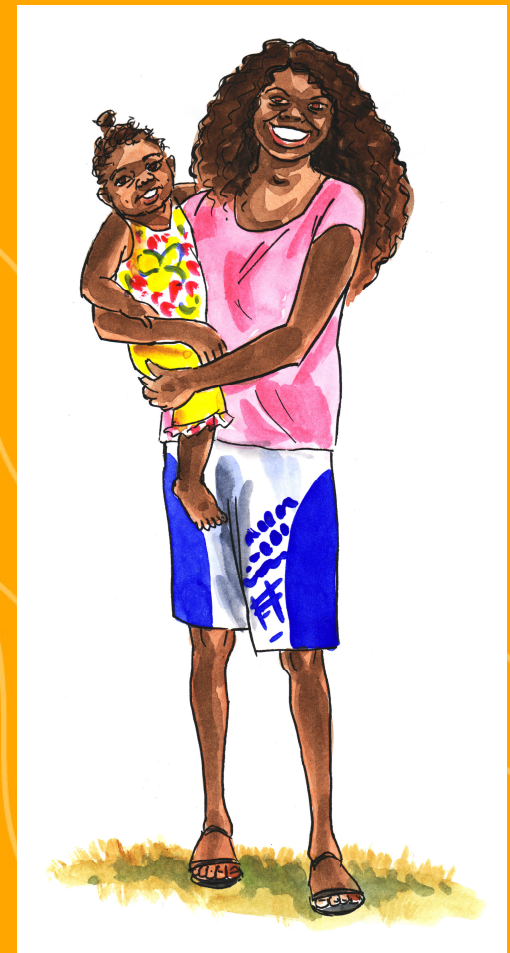
# Objectives Cont.

- Objective 6: To increase knowledge about managing finances to purchase healthy food and drink choices.



# Objectives Cont.

- Objective 7: Increase in the knowledge of nutrition and physical activity for mothers, babies and young children.
- Objective 8: Increase the level of physical activity.
- Objective 9: Create supportive environments to increase participation in physical activity.



# Baseline Evaluation Survey

- When?
- Who?
- How?
  - Interviewed children from years 5 – 7
  - Interviewed children from prep – yr 4 with their parents
  - Visual prompts
  - Measured children

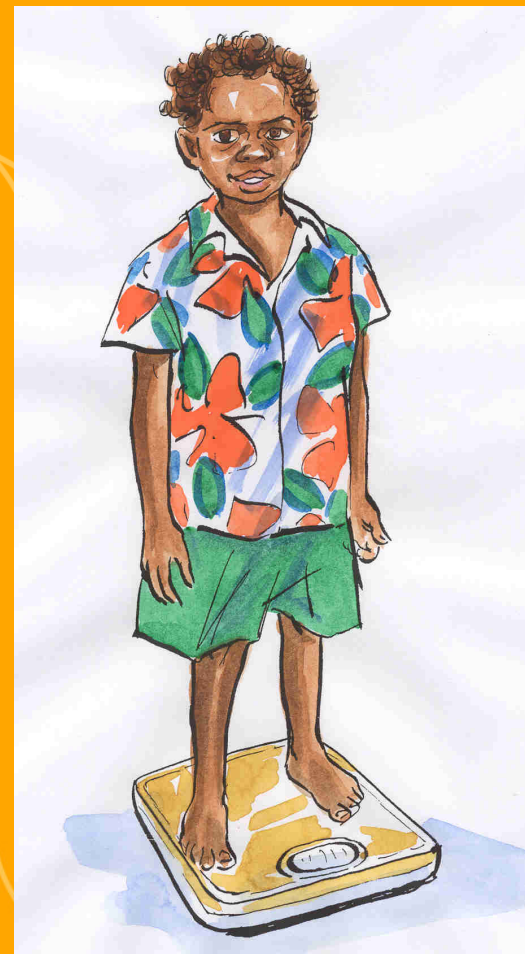


# Baseline Evaluation Survey (Cont.)

- Demographic information
  - Age
  - Gender
  - Ethnicity
  - Number of household residents
  - Who the child lived with ie parents

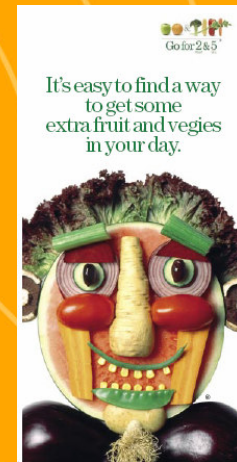
# Baseline Evaluation Survey Cont.

- Anthropometric measurements
  - Weight
  - Height
  - Body Mass Index
  - Waist
- Foods eaten in the last 24 hours
- Foods eaten in the last week
- Physical activity



# Baseline Evaluation Survey Cont.

- Children's measurements were categorised
- Referral
- Results and information pack



# Household Information

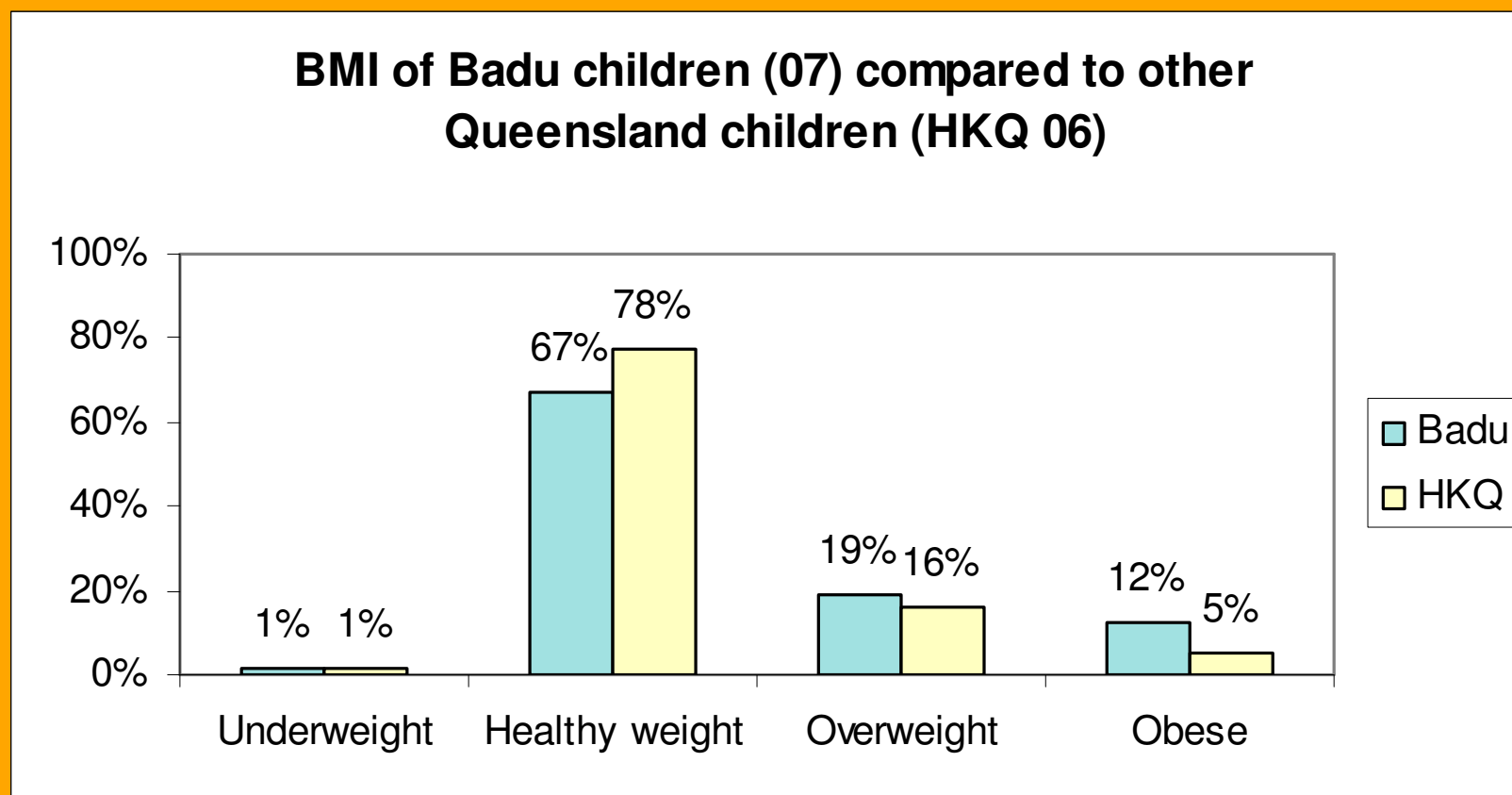
- The average child lived in a household with 6.8 people:
  - 2.9 adults
  - 0.7 high school aged
  - 2.2 primary school aged
  - 0.96 children under school age



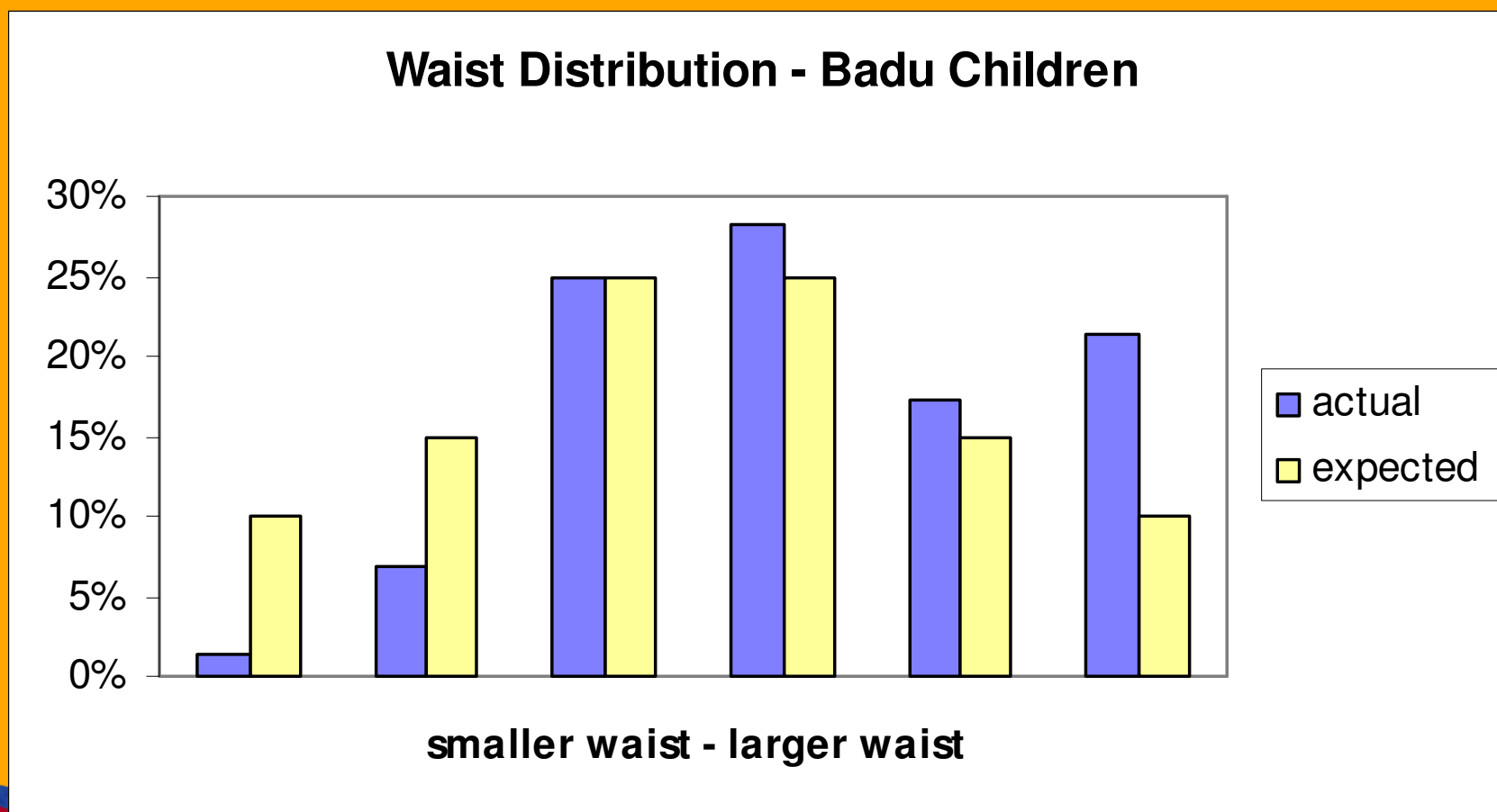
# Body Measurement Categories for Badu Island Children

- 97 (66.8%) children were a healthy weight
- 28 (19.3%) children were overweight
- 18 (12.4%) children were obese
- 2 (1.0%) children were underweight

# Body Measurement Categories for Badu Island Children Cont.



# Body Measurement Categories for Badu Island Children Cont.



# 24 hour recall

- 129 children (and some parents) were interviewed
- Fruit
- Vegetables
- Sugary drinks
- Sweet foods
- Fatty foods
- Water



# 24 hour recall

- The average child ate:
  - 1.85 serves of fruit a day
  - 0.76 serves of vegetables a day



# How active are Badu Island children?

- 86% of children do 60 mins or more of physical activity each day
  - Basketball and football were the most popular sports
- Traditional activities
  - Fishing, bushwalking, traditional dancing



# Launch

- Health Checks provided by the Health Centre staff
- Free raffle
- “Guess how many grapes in the jar” competition
- Healthy food samples
- Cooking demonstrations
- Presentations

# What's happening now

- Local logo
- Traditional language name
- Smart Choices Strategy
- Fruit breaks continuing
- Veggie breaks
- Nutrition and physical activity education sessions
- Focus on vegetables and physical activity



# Thank you

- Rita Kebisu  
Eat Well Be Active Healthy Kids for Life – Badu Island  
Project Coordinator  
Tagai College – Badu Island Campus  
Ph 4069 4125  
E [rkebi2@eq.edu.au](mailto:rkebi2@eq.edu.au)
- Kani Thompson  
Nutrition Promotion Officer  
Tropical Population Health Unit - Cairns  
Ph 4050 3655  
E [Kani\\_Thompson@health.qld.gov.au](mailto:Kani_Thompson@health.qld.gov.au)