

February #01.10
Health Promotion Branch
E-BULLETIN

Dear Readers

Welcome to the first edition of the Health Promotion Branch E-Bulletin for 2010.

This edition features information on project outcomes, events of interest, and latest research and literature relating to health. I would like to draw your attention to the launch of the Obesity Prevention and Lifestyle's (OPAL) 'water theme' on 1 February 2010.

I hope you enjoy reading this February edition and find it useful. We look forward to your continued support, and contribution to our E-Bulletin throughout this year.

Kind regards

Michele Herriot
Director
Health Promotion Branch

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Article 1. OPAL Launches ‘Water. The Original Cool Drink.’

The launching of ‘Water. The Original Cool Drink.’ on 1 February 2010 by Minister Hill sees the first OPAL (Obesity, Prevention and Lifestyle) theme being launched into OPAL communities.

OPAL by EPODE is a joint Federal, State and Local government initiative that aims to change social norms around healthy eating and physical activity, making them the preferred option.

‘Water. The Original Cool Drink.’ promotes the benefits of choosing water as the drink of first choice and encourages the replacement of sugary drinks with water. OPAL Local Council Teams will be working within their community to build capacity and promote action around this theme for the next six months.

OPAL Local Council Teams have undertaken an extensive whole of community consultation process and are set to initiate their local action plans, as well as looking to partner with and support those projects and programs that address healthy eating and physical activity – OPAL’s core business.

In order to keep local communities engaged, OPAL will have a new theme every six months. However, OPAL Local Council Teams will work beyond the message and more holistically, to promote healthy eating and physical activity throughout this long-term initiative.

Key Contacts:

City of Marion: fraser.keegan@marion.sa.gov.au

City of Mount Gambier: dagnev@mountgambier.sa.gov.au

City of Onkaparinga: terlam@onkaparinga.sa.gov.au

City of Playford: latwell@playford.sa.gov.au

City of Port Augusta: camilla.leaver@portaugusta.sa.gov.au

City of Salisbury: gfairbrother@salisbury.sa.gov.au

OPAL State Co-ordination Unit: mark.williams@health.sa.gov.au

Web Link: www.opal.sa.gov.au

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Article 2. Community and Neighbourhood Housing (CANH) Association ‘Fruit and Vegetables Small Grants’

Small grants were provided last year to community and neighbourhood houses to support the increased consumption of more fruit and veg. Here is some feedback:

‘Easy as 1,2,3, Smart Cooking, Budgeting and Shopping’

According to CANH, the Fruit and Vegetable Small Grants positively affected people’s lives at many levels, and addressed social isolation, built community capacity, and enhanced learning and skill development. An example of the many layers of impact from this funding is outlined in the case study below.

Case study

Mitchell Park Neighbourhood Centre provided a six week smart budget, shopping and healthy cooking course, in line with the Healthy Eating Promotion Day, to assist people gain a positive understanding that healthy eating is neither a timely nor an expensive life style. The focus on shopping skills, budgeting, and provision of information aimed to develop a positive approach, and enhance confidence in using fruit and vegetables.

Participant: “I am Alison Wang. I came to Adelaide this April with my three year old daughter Emily to join my husband. As a newcomer, I wanted to know more about Australia, and get involved in local life as soon as possible. However, we also know that it’s very difficult. One

day in May, I found a display about healthy eating - Go for 2 & 5@. I immediately decided to go, and also spread the news to friends. Then on that day I got to know the Mitchell Park Neighbourhood Centre, and Eileen, who I thought was a guest chef, to show us how to make healthy food.

In the following feedback talk, we got to know more about the role of the community centre and activities and training they offered, and we immediately volunteered to help out in any activity.

I feel fortunate to know of the Neighbourhood Centre that provides many services to people around. It promotes healthy eating, and offers opportunities for learning to broaden personal interests."



Web Link: <http://www.marion.sa.gov.au/site/page.cfm?u=245>

Key Contacts:

Jill Daviess at Cooina Neighbourhood Centre

Phone: (08) 8375 6703

Email: Jill.Daviess@marion.sa.gov.au

Eileen Phan at Mitchell Park Neighbourhood Centre

Phone: (08) 8277 8435

Email: Eileen.phan@marion.sa.gov.au

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Article 3. [The Australian Early Development Index \(AEDI\)](#)

The Australian Early Development Index (AEDI) is a tool for tracking five areas of childhood development: physical health and wellbeing, social competence, emotional maturity, language and cognitive skills (school-based), communication skills and general knowledge. The AEDI is conducted by the Centre for Community Child Health in Melbourne, in partnership with the Telethon Institute for Child Health Research, Perth. In 2009 this nationwide tool collected information from 97.5 per cent of the estimated five-year old population in their first year of full-time school between May and July 2009. Because the AEDI generates specific data on local children's health and development it will provide local communities with invaluable information to improve services and support for children and their families.

The website provides useful information for South Australian children.

A Snapshot of Early Childhood Development in Australia—Australian Early Development Index (AEDI) National Report 2009 summarises the findings nationally.

Source: Centre for Community Child Health and Telethon Institute for Child Health Research 2009. *A Snapshot of Early Childhood Development in Australia – AEDI National Report 2009*, Australian Government, Canberra.

Web Link: http://www.rch.org.au/aedi/index.cfm?doc_id=13051

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Article 4. 'Risks associated with low functional health literacy' and 'Building health literacy in Australia'

The two articles were published in the Medical Journal of Australia, Volume 191, No. 10 dated 16 November 2009.

The first article's research focused on how to measure the level of functional health literacy (FHL), and its associated levels of risk in an environment where the onus of maintaining and managing one's own health and chronic conditions is a critical clinical and policy issue. The second article is an editorial and recommends three strategies to empower patients through knowledge gained from research.

Web Link: http://www.mja.com.au/public/issues/191_10_161109/ada10529_fm.html
http://www.mja.com.au/public/issues/191_10_161109/nut10984_fm.html
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Article 5. 'Thinking about getting pregnant in 2010 – vital information'

On 20 January 2010 Food Standards Australia New Zealand (FSANZ) launched their multi-media information package about seven tips for safe eating and drinking before and during pregnancy. Dr Paul Brent, FSANZ's Chief Scientist said their current advice is based on latest science. Taking in context changes in storage, handling and consumption of foods, Dr Brent states for example, 'Listeria is a food poisoning bacteria that causes few or no symptoms in most people but can be very dangerous if you are pregnant for your unborn child or newborn baby'. The seven general recommended tips for safe eating and drinking recommended by FSANZ for healthy women before and during pregnancy are:

1. Eat a healthy balanced diet.
2. Ensure you get enough folic acid.
3. Ensure you get enough iodine.
4. Eat two to three serves of fish a week but avoid those fish with high levels of naturally occurring mercury: shark, broadbill, marlin, swordfish and orange roughy.
5. Avoid foods that could contain listeria, such as soft cheeses, pate, chilled seafood, salads and fruit/vegetables that are prepared, pre-packaged or served from smorgasboards or salad bars, cold cooked meats from sandwich bars, and packaged ready-to-eat meats.
6. Don't drink alcohol during pregnancy or while breastfeeding.
7. Limit your caffeine intake to four cups of tea, or three cups of instant coffee, or four cola drinks or one expresso coffee a day.

It is recommended by FSANZ that advice is sought from doctors or an Accredited Practising Dietitian (APD) on individual needs.

Web Link: For more detailed information visit the following websites:
<http://www.foodstandards.gov.au/consumerinformation/adviceforpregnantwomen/>

Look for the brochure outlining
http://www.foodstandards.gov.au/_srcfiles/FSANZ%20Pregnancy_WEB.pdf

Look for the web videos on healthy eating in pregnancy, folic acid, iodine, listeria and mercury in fish at:
<http://www.foodstandards.gov.au/educationalmaterial/learningcentre/pregnancyvideos/>

Translations of brochures and videos at
<http://www.foodstandards.gov.au/educationalmaterial/translatedmaterial/>

You can order copies of the brochure using this form and select 'publications and brochures' from the drop down menu.
<http://www.foodstandards.gov.au/contactus/contactform.cfm>

Media Contact:

Lydia Buchtman, FSANZ

Phone: (02) 6271 2620 or

Mobile: 0401 714 265

Email: Lydia.buchtman@foodstandards.gov.au

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Article 6. [‘Promoting Health in Schools: From Evidence to Action’](#)

International Union for Health Promotion and Education (IUHPE) announces the 2010 publication of *Promoting Health in Schools: from Evidence to Action* document which complements the recommendations to establish and sustain health promotion in schools. This is set out in the *Achieving Health Promoting Schools: Guidelines for Promoting Health in Schools*. It is an advocacy document for the health and education sectors to undertake school health promotion activities based on the evidence of effectiveness. It provides succinct evidence-based arguments to support the need for school health promotion. Finally, it advocates for a whole school (Health Promoting Schools) approach to strategically plan and implement school health initiatives.

Web Link: The document is available in English on the IUHPE website at:

http://www.iuhpe.org/index.html?page=516&lang=en#sh_advevid

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Article 7. [UK – The Marmot Review ‘Fair Society, Healthy Lives’](#)

The Strategic Review of Health Inequalities in England Post-2010 (Marmot Review) - *Fair Society, Healthy Lives*, has six policy objectives. The top policy, Objective A, Giving Every Child the Best Start in Life has the following priority objectives:

1. Reduce inequalities in the early development of physical and emotional health, and cognitive, linguistic, and social skills.
2. Ensure high quality maternity services, parenting programmes, childcare and early years education to meet need across the social gradient.
3. Build the resilience and well-being of young children across the social gradient.

The other five policy objectives are:

- B. Enable all children, young people and adults to maximise their capabilities and have control over their lives.
- C. Create fair employment and good work for all.
- D. Ensure a healthy standard of living for all.
- E. Create and develop healthy and sustainable places and communities.
- F. Strengthen the role and impact of ill-health prevention.

The aim of the Strategic Review was to propose the most effective evidence-based strategies for reducing health inequalities in England from 2010. The strategy includes policies and interventions that address the social determinants of health inequalities. The review builds on the recommendations from the WHO Commission on Social Determinants of Health and the British Government's commitment to reducing health inequalities in England.

Web Link: The ‘Fair, Society, Healthy Lives’ is available for downloading as a pdf (24MB) at:

<http://www.marmot-review.org.uk/>

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Article 8. From Plains to Plate: The Future of Food in South Australia

From Plains to Plate: The Future of Food in South Australia event was held from the 10 - 13 February 2010. The outcome of this successful event can be accessed through the web link provided below.

The event was coordinated by Joe Catchlove to bring together the community, business and government, to address the questions on the impact of climate change, water scarcity, peaking of world oil supplies, sustainability of our food systems against questions of justice, fairness and health, as more than a billion people worldwide go hungry and there is increasing incident of diet related illness in our communities.

An outline of the event and its global context is detailed in the 2 pdf files below



P2PProg120110.pdf
(644 KB)



P2PRego120110.pdf
(737 KB)

Web Link: <http://www.foe.org.au/sustainable-food/media/news-items/front-page-news-feed-1/2018from-plains-to-plate2019-the-future-of-food-in-sa>

Key Contacts:

Joel Catchlove (Friends of the Earth Adelaide)
Phone: 0435 631 524
Email: joel.catchlove@foe.org.au

Narelle Walker (Friends of the Earth Adelaide)
Phone: 0432 982 213
Email: narelle.walker@foe.org.au

Bruce Guerin (Slow Food)
Phone: 0408 083 249:
Email: blcguerin@bigpond.com

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Article 9. Parenting, Eating and Activity for Child Health (PEACH) Program

The PEACH program provided positive outcomes for families in areas of weight management, healthy eating and activity. It incorporates parenting information that supports families. The Health Promotion Branch, SA Health have funded Flinders University to translate this evidence based program into a community program, provide the resources and tools needed, and undertake a comprehensive evaluation of the program outcomes. This program is targeting families with children 4-10 years of age, and has a broad scope to promote healthy eating and activity, as well as those with weight issues.

Key Dates:

Training for the PEACH (Parenting, Eating and Activity for Child Health – in the Community) program was held on 5 and 8 February 2010.
Further dates are set for 22 - 23 April 2010.
The training is free of charge and will be held at Flinders University.

Key Contacts:

Jo Hartley and
Anthea Magarey
Phone: (08) 8204 6304
Email: anthea.magarey@flinders.edu.au

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Article 10. Food Security: 'Beyond Backyards – Food Production in the City'

This seminar will explore the role that social and community planners, urban and landscape design professionals, environmental planners and others likely to become involved in the area of local food production can play in supporting the range of related activities.

Topics of discussion will include:

- Does the involvement of professionals help or hinder the process?
- What kinds of governance models work best and why?
- Do we need a policy?
- Edible Landscapes,
- Community Gardens,
- The Adelaide Showgrounds Farmers Market, and
- Lochiel Park.

Guest speakers include:

- Zannie Flanagan (CEO of the Adelaide Showground Farmers Market), and
- Debbie Saegenschnitter (OuterSpace).

Followed by:

- A Panel Discussion.

Key Dates:

Thursday 25 February 2010, 1.30 pm for 2 pm – 5 pm.

Venue: Ballroom 3, Sebel Playford, 120 North Terrace, Adelaide.

Web Link for flyer: [attached flyer and form](#)

Web Link: www.planning.org.au/sa

Key Contact:

Tessa Reynolds, Communications and Membership Officer, Planning Institute of Australia, South Australian Division.

Phone: (08) 8410 2988

Fax: (08) 8410 0338

Email: admin.sa.@planning.org.au

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Article 11. AWASH – The Australian Division of World Action on Salt & Health

AWASH – the Australian Division of World Action on 'Salt & Health' - promoted Salt Awareness Week from the 1 - 7 February 2010. The theme Salt and Your Health, aims to raise awareness that a high salt diet can not only lead to high blood pressure, but to osteoporosis, obesity, stomach cancer, kidney stones, and stroke.

Links to articles are available below.

Web Link: <http://www.awash.org.au/>

Statement on Australian Salt Intakes:

<http://www.awash.org.au/documents/AWASH-Statement-on-Australian-Salt-Intakes.pdf>

Key Contact:

Email: edunford@george.org.au

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Article 12. The 2010 Sport, Health & Physical Education (Shape) Conference

The 2010 Sport, Health & Physical Education Conference will be held at Flinders University, Adelaide. It will include keynote and invited speakers, concurrent sessions, and facilitated discussions on research and practice relating to physical activity and nutrition orientated lifestyle programs in schools. Themes include Physical Activity (programs & research), Body Image and Nutrition, and Teaching Games for Understanding.

Invited speakers include:

- Professor Derek Colquhoun (University of Hull, UK).
- Associate Professor Jennifer O’Dea (University of Sydney, Australia).
- Dr Jim Dollman (University of South Australia, Australia).
- Mr Mark Williams (State Manager, Opal Obesity, Prevention & Lifestyle, SA Health).
- Mr Jeff Emmel (Executive Director, ACHPER National).

Full details on the conference is available on the pdf file, and the web link below.



SHAPE 2010
Flyer.pdf

Key Dates: 26 February 2010

Web Link: www.caef.flinders.edu.au/events.html

Key Contact: Polly Holmes

Phone: (08) 8201 3390

Email: educationalfutures@flinders.edu.au

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Article 13. International Women’s Day Forum ‘Gender, Power & Revitalising Feminism’ 2010

Feminism has pushed the boundaries of critical thinking and equitable practice and action in many aspects of our lives and culture. Key to the influence of feminism has been its specialisation over several decades in academia, women’s organisations and activism. While each has developed its own capacity, these forms of feminism have progressively lost their connections to each other and to broader social movements, making them vulnerable to many forms of attack from entrenched dominant interests.

The Gender, Power & Revitalising Feminism forum aims to explore potential spaces for revitalising feminism through reconnecting thinking, practice and activism. It will be of interest to women and men in communities, services and education institutions who are concerned about gender, power and social justice. This event follows the Families@Flinders forum in August 2009 entitled Gender & Power as Social Determinants of Health & Wellbeing in which academics and women’s services managers and practitioners explored the ways that service systems reflect and reproduce gender and power inequities.

The Forum is supported by the Public Health Association Australia, and Working Women’s Centre SA Inc.

Keynote speakers include:

- Dr Zora Simic – Contemporary feminism: moving beyond the branding ‘problem’.
- Associate Professor Barbara Baird - Thinking critically about gender: The legacy of the Howard era.
- Chair: Professor Fran Baum.

Please check flyer on the following page for more details.

An entrance fee of \$5 will be collected at the door.



Southgate IWD
Forum_9 Mar.pdf

Key Dates:

Tuesday 9 March 2010, 2.45 - 6.00 pm, Hetzel Lecture Theatre, State Library of SA.
RSVP by 5 March 2010, via email to Southgate.admin@flinders.edu.au.

Key Contact: Rama Ramanathan, Research Development Manager
Southgate Institute for Health, Society and Equity
Room 2.28, Health Sciences Building, North Ridge Precinct
Registry Road, Flinders University, Adelaide

Phone: (08) 7221 8486
Fax: (08) 7221 8424
Email: Southgate.admin@flinders.edu.au

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[Article 14. Symposium: Vietnam - Australian Oral Health Collaborative Initiatives](#)

The symposium is an initiative of the Cooperative Research Centre for Oral Health Science in collaboration with the Nossal Institute for Global Health.

The aims of the symposium are to demonstrate achievements of existing Vietnam-Australian health collaborations and to develop a plan for future initiatives in oral health.

The symposium will take place at Jean Falkner Tahija Lecture Theatre, Melbourne Dental School, 720 Swanston Street, Carlton, Victoria, from 9 am – 5 p.m. at a cost of \$50.

Key Dates: Friday 23 April 2010.

Web Link: <http://www.crcoralhealthscience.org.au/>

Key Contact:
Jenny Sifonios
Email: sifonios@unimelb.edu.au

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[Article 15. Healthy Cities Conference 2010](#)

The 2010 Healthy Cities Conference will be held at the Stamford Plaza, Brisbane on 12 – 13 July 2010. Calls for abstracts and registrations are now open.

The conference will provide a platform for Government and Industry sector professionals to discuss causes, effects and solutions that relate to population health, sustainability, natural resource management, transport, climate change and urban design. The Conference will examine the prerequisites for a Healthy City.

Key Dates: 12 – 13 July 2010.
Optional tour day: 14 July 2010.

Web Link: <http://www.healthycities.com.au/>

Key Contact:

Sophie Seacombe
Phone: (07) 5528 2501
Fax: (07) 5528 5291
Email: conference@healthycities.com.au

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Article 16. Food Futures: An Australian Approach

This two - day conference, held by the Public Health Association of Australia, aims to encourage the development in Australia of a comprehensive, integrated, national approach to food, recognising its biological, economic, social and environmental dimensions.

Professor W. Philip T. James, Chairman of the International Obesity Task Force heads up a list of eminent speakers and the conference will conclude with 'Taking things forward – Conference Resolutions'.

The conference will be held at Hotel Realm, Canberra.

Key Dates: Tuesday and Wednesday 20 - 21 April 2010.

Web Link: <http://www.phaa.net.au/FoodFuturesConference.php>

Web Link: A future for food: call for action
<http://www.phaa.net.au/documents/PHAA%20Report.pdf>



[Food Futures: An Australian Approach](#)

Key Contact: PHAA secretariat

Phone: (02) 6285 2373
Fax: (02) 6282 5438
Email: phaa@phaa.net.au

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Article 17. The Way Forward for Indigenous Health: A Focus on Food and Nutrition

This symposium, facilitated by Dr Norman Swan, aims to highlight how investing in nutrition initiatives in Indigenous communities can make a difference to health status, through evidence-based initiatives in maternal and child nutrition, as well as food security in remote, urban and regional areas.

The target participants include those responsible for Indigenous health, education, housing and policy.

The Symposium is organised by the National Aboriginal and Torres Strait Islander Nutrition Strategy and Action Plan (NATSINSAP) Steering Committee, and is supported by the Public Health Association of Australia and the Australian Government Department of Health and Ageing.

Key Dates: Thursday 22 April 2010.



Web Link: Program and registration

http://www.phaa.net.au/documents/Natsinsap_%20program2.pdf

Key Contact: Katherine.cullerton@heartfoundation.org.au

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Article 18. SA Health Plans

Work is underway to develop an Aboriginal Health Care Plan for SA Health. Considerable work has been done to develop more detailed analysis of health data for 11 SA regions and consultations held last week with regions and with the Aboriginal Health Council SA have provided clearer directions for the Plan. This includes a stronger focus on primary health care and prevention as well as the best possible patient journeys. Please contact Ray Smith at ray.smith@health.sa.gov.au for further information.

In the meantime, the finalisation of the Primary Prevention Plan has been delayed slightly but should not be too far away.

These plans complement others with a clinical focus such as Cardiology or a population basis such as the Health Service Framework for Older People 2009-16.

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Article 19. 2010 PHC Research Conference: Call for abstracts

The Primary Health Care Research & Information Service is seeking abstracts for research and evaluation that relates to the health reform agenda under the following themes:

- Access and equity
- Building research capacity
- Coordinated care of complex conditions
- Education and training of the workforce
- Research and evaluation methodology
- Health care systems
- Health literacy & self management
- Improved workforce conditions
- Knowledge exchange and translation
- Management of health information
- Patient-centred care
- Preventative health
- Quality of care
- Response of local needs

If you would like to present at this event simply visit their website and submit your abstract.

Key Dates:

Abstracts will be accepted on-line until Friday 19 March 2010.

Conference dates: 30 June – 2 July 2010, Darwin, NT.



Web Link:

Advertisement: <http://www.phaa.net.au/documents/email/Conf2010PHCResearchConf.pdf>

Abstract: <http://www.phcris.org.au/conference/2010/abstracts.php>

Email: conference@conlog.com.au

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Article 20. [The 'Healthy Breasts Feed Best'](#)

The 'Healthy Breasts Feed Best' is a pamphlet designed to guide mums to choose the correct bra to maintain breast health whilst they are pregnant/breastfeeding. There is a website for clients to use and those staff who are unable to access the pamphlet can ask their administration to request a bundle from Lynne Kurtzer. This is an appropriate resource for Parent Helpline staff to use for mothers who breastfeed.

As part of CYWHS' commitment to quality improvement, they seek your views on the brochure. This pamphlet evaluation in Word document is available below.

Web Link:

<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=438&np=464&id=2879>

A copy of the pamphlet will be published in the Parenting section of the above website under Breastfeeding – 'Healthy breasts feed best'.



HealthyBreastFeed Bras and BF
sBest.pdf (1 ...) pamphlet evaluatio..

Key Contact:

Lynne Kurtzer, Clinical Practice Consultant

Torrens House/Contact Centre

Child and Family Health Division

Primary and Population Health, CWYHS

Email: lynne.kurtzer@health.sa.gov.au

Mob: 0419902787

Phone: (08) 83031537

Fax: (08) 83031659

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Article 21. [Consensus Report and Workshop Summaries on Childhood Obesity Prevention 2009](#)

Three reports released by the US Institute of Medicine (IOM) in the past few months focus on childhood obesity prevention. The first is a consensus report and the other two are workshop summaries, which contain the opinion of the presenters, but do not reflect the conclusions of the IOM.

(1) Local Government Actions to Prevent Childhood Obesity - IOM consensus report (1 September 2009)

The IOM convened a committee to examine the actions that local governments can take to curb obesity among children. This built on existing IOM reports such as Preventing Childhood Obesity: Health in the Balance and Progress in Preventing Childhood Obesity: How Do We Measure Up? as well as other sources. The report summarized the rationale for selected good practices, discussed other relevant public health benefits of workable practices, and outlined a set of recommendations for strategies based on sustained funding and financing of obesity prevention initiatives.



Government
of South Australia

SA Health

(2)Community Perspectives on Obesity Prevention in Children - Workshop Summary (21 October 2009)

The report provides insight into the challenges involved in policy and programmatic interventions as well as approaches to implementation and evaluation that have shown promise. The effects of environment factors on individual behaviours, and its correlation with food and physical activity were recognised at a policy level. The challenges of unavailability or non affordability of fresh produce, lack of amenable infrastructure to exercise, and policies and economic environment conducive to fast food than healthier alternatives were highlighted. The efforts made by communities to improve the above factors in diverse settings, with diverse populations showed improvement and limitations, in that overall efforts remained fragmented, and little is known about their effectiveness.

(3)Childhood Obesity Prevention in Texas - Workshop Summary (21 October 2009)

Texas has the highest rate of childhood obesity in the US. In 2007, one-third of Texas high school students were either overweight or obese. Moreover, according to the state demographer in January 2009, the number of obese Texans will triple to 15 million by 2040 without preventive measures.

The results and interventions to reduce obesity all factored into the Food and Nutrition Board's decision to hold a workshop. This workshop provided a forum for experts in childhood obesity to meet Texas lawmakers, public officials and community leaders to exchange ideas and to view firsthand strategies that are being implemented effectively at the state and local levels to prevent and reverse childhood obesity.

Web Link:

<http://www.iom.edu/Reports/2009/ChildhoodObesityPreventionLocalGovernments.aspx>

<http://www.iom.edu/Reports/2009/Community-Perspectives-on-Obesity-Prevention-in-Children.aspx>

<http://www.iom.edu/Reports/2009/Childhood-Obesity-Prevention-in-Texas.aspx>

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Article 22. [Launch of interactive website 'SmallSteps4Life'](#)

On 2 February 2010 the UK Food Standards Agency launched *SmallSteps4Life*, an interactive website to motivate young people to take simple steps towards improving their health and well-being, both inside and outside the classroom.

SmallSteps4Life invites young people to set themselves challenges relating to the themes of eating well, getting active and feeling good, over a period of at least four weeks. Examples include: eat a healthy breakfast every day, walk to and from school, and get more sleep.

Press release: <http://www.food.gov.uk/news/pressreleases/2010/feb/smallstepslaunch>

Website: <http://smallsteps4life.direct.gov.uk/>

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Article 23. [Update on Healthy Weight Healthy Lives Dec 2009](#)

The UK Department of Health's *Healthy Weight Healthy Lives: Progress website* was modified on the 22 December 2009. The four key actions to reverse the rise in obesity by the UK Government are:

- Helping people to make healthier choices.
- Providing quality services that identify, advise, refer and treat those at risk.
- Creating an environment that promotes healthy weight.
- Strengthening the delivery system.



The link to this website is available below.

Web Link:

http://www.dh.gov.uk/en/Publichealth/Healthimprovement/Obesity/HealthyWeight/DH_109065

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Article 24. 'Understanding parent concerns about children's diet, activity and weight status: an important step towards effective obesity prevention interventions' (Public Health Nutrition 2009)

The article from CSIRO Human Nutrition is from their on-line survey regarding parents concerns about their children's (ages 2-16 years) diet, activity and weight. The survey was done as part of the Wellbeing Plan for Children project funded by the Department of Health and Ageing.

This study investigates how Australian parents prioritise healthy eating and activity, their attitudes and concerns about children's diet, activity levels and weight status across different stages of childhood.



Slater et al.pdf
(112 KB)

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Article 25. 'Closing the Nutrition & Physical Activity Gap in Victoria'

The Victorian Aboriginal Nutrition and Physical Activity Strategy, policy proposals for promoting healthy eating and physical activity among Indigenous Victorians 2009 - 2014, embraces changing times and sends messages to Koori men and Koori women. The message is 'to eat the right foods such as fruit and veggies and to exercise and walk as before'. The link to this document can be accessed below.

Web Link: at <http://www.vaccho.org.au/documents/VANPHS.pdf>

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Article 26. 'Physical Activity and Health Update'

The British Heart Foundation National Centre February 2010 Information Update is available for download. Some of the features in February are:

- BHFNC Conference Consultation.
- Active Club Festivals.
- BHF Health at Work news.
- Comprehensive summaries of the latest Health Survey for England and Active People Survey results.
- Change4Life news.

Web Link: http://www.bhfactive.org.uk/downloads/Feb_update2010.pdf

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[Article 27. The Growing Community: Starting and Nurturing Community Gardens Booklet](#)

The Growing Community: Starting and Nurturing Community Gardens booklet was launched on Sunday 14 February 2010, at the Glandore Community Centre. An electronic version of this booklet will soon be available for download from the CANH website listed below. Professionally printed copies will be available from CANH for \$15 (plus postage and handling).

Web Link: <http://www.canh.asn.au/projects/community-gardens.aspx>
[Click here to download the resource kit](#)

Contact: Community and Neighbourhood Houses and Centres Association Inc.
Phone: (08) 8371 4622

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[Article 28. The Community Event Toolkit – Go for 2&5®](#)

The 'Community Event Toolkit' will soon be available for download from the 'Go for 2&5'® website listed below.

Web Link: <http://www.gofor2and5.com.au/campaign.aspx?c=5&a=29&s=72&t=138&n=108>

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Communications

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Health Promotion Branch
SA Health
Level 4, Citi Centre Building
11 Hindmarsh Square
PO Box 287 Rundle Mall
Adelaide SA 5000
Ph: 08 8226 6329
Fax: 08 8226 6133
Email: hpb@health.sa.gov.au

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