

**Parliamentary Inquiry into the Potential for
Developing Opportunities for Schools to Become
a Focus for Promoting Healthy Community Living**

September 2009



Contents

1	Introduction	4
1.1	Nutrition Australia Victorian Division (NA Vic)	4
1.1.1	Current Victorian projects include:	4
2	The Rationale	6
PART A		8
3	NA Vic Health Promotion Programs for Schools	8
3.1	The 'Go for your life' Healthy Canteens Advisory Service	8
3.1.1	Service Aims, Objectives and Key Outcomes	9
3.1.2	Aim	9
3.1.3	Objectives.....	9
3.1.4	Key Outcomes.....	10
3.2	The Healthy Eating Schools Program	13
3.2.1	Aim of service	13
3.2.2	The Victorian pilot provided	13
3.2.3	The Outcome: The Healthy Eating Schools program	14
3.2.4	Objectives.....	14
3.2.5	Methods.....	14
3.2.6	Setting.....	15
3.2.7	Results	15
3.2.8	Discussion/Conclusion.....	15
3.2.9	HES - Reclaim the Lunchbox	15
3.2.10	HES current activities - 2009	16
3.2.10.1	Healthy Lunchbox Workshops	16
3.2.10.2	Resources On Healthy Lunches And Healthy Eating	17
3.2.10.3	Canteen Menu Advice	18
3.2.10.4	Healthy Fundraising Initiatives	18
3.2.10.5	Reaching "at-risk", disadvantaged groups	18
3.3	Lifting the Lid on Lunchboxes.....	19
3.3.1	Project description.....	19
3.3.2	Aims.....	20
3.3.3	Method	20
3.3.4	Target Group	21
3.3.5	This film will be used by.....	21
3.3.6	Links to.....	22
3.3.7	Need that is being addressed	22
3.3.8	Benefits, outputs and outcomes of the project	23
3.3.9	Evaluation.....	23
4	NA Vic health promotion programs for the wider community	25
4.1	State wide Nutrition Information Service, Nutrition Resource Centre and publications	25
4.1.1	Nutrition Information Service	25
4.1.2	Nutrition Resource Centre	25
4.2	Website www.nutritionaustralia.org	25
4.3	Childcare Advisory Service	25
4.4	Aged Care Service	25
4.4.1	Cooking for One or Two.....	26
4.5	Work Place Health and Wellbeing Program.....	26
4.6	Green light eat right program.....	27
4.6.1	Project Overview	27

4.6.2	How does the program help food proprietors?	27
4.6.3	Objectives of the Green Light, Eat Right program	28
4.7	Volunteer and Tertiary Student Placement Programs	28
4.8	Professional Development Activities	28
4.9	National Membership	29
4.10	National Nutrition Week	29
5	Other successful programs for schools or communities, from within Australia or overseas	31
6	The role of schools in promoting healthy community living	32
6.1	Do you believe that schools should have a role in promoting healthy living in the wider community? Why or why not?	32
6.2	If schools have such a role, what models or mechanisms could they use?	32
6.2.1	The Canteen & Health Promoting Schools Approach	33
6.3	How could health, education and other organisations work together more effectively to coordinate health promotion activities between communities and schools?	34
6.3.1	Recommendations	35
7	References	36
8	Appendix 1	37
8.1	'Go for your life' Canteens Advisory Service	37

1 Introduction

In response to the Inquiry into the Potential for Developing Opportunities for Schools to Become a Focus for Promoting Healthy Community Living, a submission has been prepared by The Victorian Division of Nutrition Australia. We appreciate the opportunity to submit to this significant inquiry.

1.1 Nutrition Australia Victorian Division (NA Vic)

Since 1979, NA Vic has been active in the provision of evidence based nutrition information, nutrition education and health promotion programs for the public, schools, health professionals and the corporate sector. Nutrition Australia is a member based organisation that operates at both National, State and Territory levels. NA Vic aims to be a highly effective nutrition advocate in preventative health; this is achieved by 'Inspiring Healthy Eating' through the delivery of products, programs and services to stakeholders. The Victorian Division of Nutrition Australia is staffed by 6 paid employees and supported by 150 people, of which more than 100 are dedicated and highly skilled volunteers and final year tertiary students who commit on average a total of 180 unpaid volunteer hours per week.

1.1.1 Current Victorian projects include:

- 'Go for your life' Healthy Canteens Advisory Service
 - Services 2300 Victorian primary schools
 - NA Vic currently provides the 'Go for your life' Healthy Canteens Advisory Service, funded by the Department of Human Services; this is the key service supporting primary schools to implement DEECD's 'Go for your life' School Food Services Policy.
- Healthy Eating Schools Program
 - 122 Victorian primary schools (42,000 students, their families and the wider school community)
- 'Lifting the lid on lunches'
 - Culturally appropriate DVD, dubbed into various languages accessible to all Victorians specifically CALD communities.
- State wide Nutrition Information Service, Nutrition Resource Centre and publications
 - General public in Victoria
- Website www.nutritionaustralia.org
 - Receives more than 4 million hits per month

- Childcare Advisory Service
- Aged Care Service
 - 'Cooking for One or Two' - widowed men and women
 - Menu Assessments – aged care facilities
- Work Place Health and Wellbeing Program
 - Nutrition education in the workplace (corporate and community)
 - Delivery of nutrition presentations and cooking demonstrations
 - Menu assessments
- Volunteer and Tertiary Student Placement Programs
 - Providing practical placements with more than 100 on the annual database
- Professional Development Activities
 - Health Professionals, students and teachers
- National Membership
 - Available to all Australians with more the 35% residing in Victoria
- National Nutrition Week
 - Downloadable web based activities as well as nutrition education seminars to the general public, schools and workplaces

2 The Rationale

Overweight and obesity in children is a major public health issue in Australia. The most recent 2007 National Child Nutrition and Physical Activity Survey reports that 23% of children are either overweight or obese (1). It is projected that approximately 50% of young Australians will be overweight by year 2025 (2). Key factors leading to the development of this condition include increased consumption of energy dense and nutrient poor foods, combined with reduced levels of physical activity. One key environmental strategy to assist child overweight and obesity is to address the food made available to children. Not only will the consumption of healthy food in childhood help to prevent obesity but will promote optimal childhood health, growth, and intellectual development; prevent immediate health problems, such as eating disorders, nutrient deficiencies, and dental caries; and may prevent long-term health problems, such as Type 2 Diabetes, Coronary Heart Disease, cancer, high blood pressure, osteoporosis and stroke.

Unhealthy eating practices that contribute to chronic disease are established early in life and young persons having unhealthy eating habits tend to maintain these habits as they age. Furthermore, obese children have a 25% to 50% chance of becoming obese as adults and consequently suffering lifestyle disease as an adult.

Schools are a natural setting for influencing the food and physical activity habits of children as 37% of total energy intake is consumed at school (3). Research into the eating patterns of Australian children through the 2007 National Child Nutrition and Physical Activity Survey reveals a poor intake of fruit and vegetables and a high intake of snack foods, confectionary and energy dense beverages. Only 4% of 4-8 year olds met the recommendations for vegetable (excluding potato) serves and only 61% were consuming the recommended serves of fruit. Overall, children had a higher than recommended macronutrient intake (total fat, saturated fat and sugar) and lower than recommended micronutrient (i.e. calcium) intake (1). Research carried out in Victorian schools demonstrates an almost identical trend, with energy dense foods, such as packaged snacks, biscuits, fat spreads and sugary drinks making a significant contribution to energy intake (4). Interestingly, approximately 10% of children use the school canteen, with these children more likely to have high energy intakes from fast foods, packaged snacks, soft drinks and confectionary, than non-canteen users (3, 4). These foods are likely to predispose children to overweight and obesity. While fruit intake was low, consumption was generally greater at school, indicating schools could be appropriate environments to positively influence the eating habits of young children (4).

Schools are a key setting to reach children in an environment where not only can the food environment be altered to make healthy choices easy choices, but this can also be linked in with students' key knowledge and life skill acquisition which occurs in schools.

The National Healthy Weight 2008 and Eat Well Australia strategies identified improving school environments and educational activities as important components in promoting healthy eating and physical activity in children (5, 6). Many state governments have adopted healthy canteen policies and strategies. In 2003, the Department of Education and Early Childhood Development, Victoria (DEECD) released draft guidelines on the provision of healthy foods in schools. Kids – 'Go for your life' (KGFYL), a comprehensive state-wide service supporting children's settings to promote healthy eating and physical activity, was launched in December 2004 identifying healthy food in schools as a key area to address.

PART A

3 NA Vic Health Promotion Programs for Schools

3.1 The 'Go for your life' Healthy Canteens Advisory Service

In 2005, the Department of Human Services funded the Victorian Division of Nutrition Australia to be the service provider for the 'Go for your life' Healthy Canteens Advisory Service. The demand for the service is extremely high, with funding from the Department of Human Services not covering secondary schools. The service provides Professional Development opportunities in all DHS regions for primary school canteen managers, school staff and food industry, and greater accessibility and support via website, fact sheets, email and the 1300 Infoline. The service is the key point of contact for primary schools to call with enquiries on the implementation of the DEECD 'Go for your life' Healthy School Food Services Policy.

Since its inception the service has now reached well over one third of Victorian primary schools. The Service has successfully given support and resources to schools and other stakeholders across the state in providing and promoting healthy food choices within school food services.

Evaluation results indicate that almost all preliminary targets set by the Service have been exceeded, both in effectiveness and reach, thereby increasing service equity. As has been the outcome of previous evaluations, the Service continues to have a positive impact on increasing the availability of healthy choices and decreasing the availability of unhealthy choices within schools.

With 37% of total energy intake consumed by children at school, the Service is providing increasing numbers of children the opportunity to meet almost half of their required daily intakes. Research in 2007 revealed that only 4% of 4-8 year olds met the recommendations for vegetables and only 61% met the recommended daily fruit intake, a statistic the Service helps to counteract by strongly encouraging **Green - Everyday** items which include vegetables, fruit and grains to dominate the menu, and incorporating more fruits and vegetables within **Amber – Select Carefully** items to make the menu "**Greener**".

Furthermore, the Service has had a significant impact on the dietary habits of the 10% (approximately) of school children who frequent school canteens by eliminating confectionary and minimising other fast foods that previously comprised a considerable portion of their purchases. Knowing that the majority of overweight and obese children maintain their body composition into

adulthood, it is not unjustified to presume that the Service will help to mitigate the prediction that approximately 50% of young Australians today will be overweight by the year 2025.

As today's primary school students' progress to adulthood, there will be an increasing need for the healthy eating principles instilled by the Service to be carried through into secondary schools. Creating supportive environments for good health is not only a fundamental aim of health promotion, but a necessity for secondary schools if they are to support the good health behaviour learnt by primary school graduates. The Service has continued to record increasing demand from secondary schools to receive support and advice to provide and promote health food choices. Unfortunately, without additional funding, Nutrition Australia Victorian Division does not have the financial capacity to provide the support needed by schools beyond the primary sector.

Nutrition Australia Victorian Division recommends that due to the successful outcomes from the Service and continued demand, the Service should continue in its current capacity for primary schools and be expanded further to support secondary schools through increased support by the Victorian Government.

3.1.1 Service Aims, Objectives and Key Outcomes

3.1.2 Aim

To increase the availability of healthy food/drink choices, and decrease the availability of unhealthy food/drink choices, within Victorian primary schools in line with the 'Go for your life' (GFYL) School Canteens and Other School Food Services Policy.

3.1.3 Objectives

1. Increase the capacity (knowledge and skills) of primary schools regarding the provision of healthy school food services using a whole of school approach.
2. Support food industry to provide healthier choices to schools (with a local focus).
3. Enhance the capacity of health professionals to support local schools in providing and promoting healthy food choices.
4. Link with key stakeholders to support the Service and its aims and objectives.
5. Link with, and complement, the Kids – 'Go for your life' (KGFYL) Service and other relevant components of the GFYL initiative.
6. Develop and operate as an effective service.

3.1.4 Key Outcomes

1. Increased capacity (knowledge and skills) of primary schools regarding the provision of healthy school food services
 - a. The Service has provided information, advice, support and training to stakeholders involved with food provision in schools to assist them in implementing the 'Go for your life' School Canteen and other School Food Services Policy.
 - b. **Canteen workshops** and training has reached a total of 375 People
 - c. In 2008 – 2009 **69 menu assessments** were conducted, this is a **32% increase** in menu assessments from the previous year.
 - d. Advice via the **1300 Infoline has reached a total of 709 callers**, of these calls, 59% were from primary schools, 4% from P-12 schools, 7% were from secondary schools and 15% were from other organisations, such as health services and 14% were inaccurate calls.
 - e. GFYL Canteen Website www.goforyourlife.vic.gov.au/canteens. A comprehensive, practical website for schools, canteens and health professionals has been developed and updated as part of the GFYL website. There were **9868 hits to the GFYL Canteen website homepage** for the 12 month period starting July 1st, 2008 until June 30th, 2009.
2. The Service has assisted the food industry with the development, distribution and promotion of healthier alternatives to schools. This has occurred through:
 - a. Provision of phone advice. **Food industry representatives accounted for 9.5%** (66) of calls taken on the Info line;
 - b. Provision of **information sessions on various aspects of the GFYL Canteen Policy**, reaching 86 food industry representatives
 - c. Provision of samples, product information and product recommendations to schools;
 - d. **Advice on food product development** and suitability via the Info line. In addition to this, approximately **13 detailed food product or recipe nutrient assessments** were provided via the e-mail enquiry service.

e. Consultation and communication with food industry stakeholders. For example, advice and consultation was to **approximately 124 food industry representatives at various trade expos**

3. Enhancing the capacity of health professionals to support schools in providing and promoting healthy food choices, this occurred through:

- Provision of resources, support and advice on healthy canteens to health professionals via the Infoline, website and e-mail enquiry service. The **Infoline received 111 calls** from health professionals (16% of total calls);
- Provision of the GFYL Canteen Policy resources to health professionals working with schools. A total of 82 GFYL Canteen Policy posters and 12 GFYL Canteen Kits were sent upon request;
- Provision of **professional development** sessions on healthy canteens, **reaching 190 health professionals**, including: the ACHPER Conference, Nov 2008, KGFYL Health Professional Forums, Nov 2008 and April 2009; and GFYL Confectionery Policy information sessions, Mar 2009.

Production of a **GFYL Canteen Workshop Facilitators Kit** to support health professionals working locally with schools in running healthy canteen workshops.

4. Linking with key stakeholders to support the Service and its aims and objectives, this occurred through:

- a. **Project Steering Committee** coordination and facilitation of key stakeholder involvement;
- b. Coordination of a technical nutrition reference group;
- c. Coordination of planning and service activities with key stakeholders, for example, a key achievement this year was a **partnership with the Service, the VSCA and the DEECD in implementing the GFYL Confectionery Guidelines Information Sessions;**
- d. Promotion of the Service through stakeholder groups and other avenues. This included both general promotion of the Service and healthy canteens in on TV and in newspaper and newsletter articles, as well as ongoing and regular promotion of the Service's events and activities through stakeholder networks, such as e-mails, newsletters and websites;

- e. **Increasing Principals' awareness of their role in implementing the GFYL Canteen Policy.** For example, we liaised with the DEECD to include another mention of the GFYL Canteen Policy in an official DEECD Principals' Circular memo reminding them of their responsibility of ensuring the policy is implemented, and encouraging them to support their canteen staff.
 - f. **Increasing the involvement from parents in healthy school canteens.** The Service has been encouraging parents to become involved in healthy canteens at their local school, via a promotion through the Parent's Jury website.
5. Linking with and complementing the Kids – 'Go for your life' Service and other relevant GFYL Programs, this occurred through:
- a. **Coordination and input into strategic planning,** evaluation and service activities;
 - b. Centralisation of the canteen and KGFYL Infoline into the overall Kinect Australia GFYL Infoline;
 - c. **Capacity building of health professionals and KGFYL staff.** Presentations and workshops were been provided by the Service at the KGFYL Health Professional Forums in November 2008 and April 2009, reaching 143 health professionals;
 - d. Planning, promoting and running the canteen workshops in conjunction with the DEECD GFYL Confectionery Guidelines;
 - e. **Continuing to work with the DEECD to support the implementation, evaluation and review of the GFYL Canteen Policy;** and
6. To operate as an effective service, an example of the many activities implemented this project period to assist in delivering an efficient, high quality service has included:
- a. Revision and update of GFYL Canteen fact sheets. Maintenance of a resource revision and development log;
 - b. **Development of a detailed website update plan with monthly update times scheduled.**
 - c. **Review of menu assessment templates** to improve it's quality, and the efficiency of the process;
 - d. **Development of a menu assessment procedure document** for consistency of menu assessments conducted by different staff.

Whilst not funded to provide support to Secondary Schools in implementing healthy canteen changes, Nutrition Australia does provide considerable support to Secondary Schools through this Primary Schools service (please refer to Appendix 1 *Secondary Schools Needs Data 2006 – 2009*). Furthermore the Victorian Division of Nutrition Australia provides considerable expert advice and support to DEECD on issues concerning the Canteens Policy that is presently not covered under any funding.

A full progress report of the 'Go for your life' Canteens Advisory Service from July 2008 – June 2009 has been provided as a separate document for your information.



3.2 The Healthy Eating Schools Program

In 2003 NA Vic project managed the pilot expansion and implementation of our Queensland Division's 'Nutrition in Schools Advisory Service' into thirty schools across Victoria and NSW.

3.2.1 Aim of service

The 'Nutrition in Schools Advisory Service' (NISAS) provided support to teachers, parents/carers, children & canteen managers to assist with nutrition education, policy development & the promotion of healthy eating in schools.

3.2.2 The Victorian pilot provided

- A quarterly newsletter for teachers, principal and canteen staff containing case studies, competitions, up & coming events, parent fact sheets

- Notification, support & direction to:
 - Nutrition resources & teaching tools for the classroom that are linked with Curriculum Standards Framework II.
 - Developing nutrition programs & policies for canteens & schools that are health promoting.
- Professional development seminar for teachers
- Information sharing between schools via NISAS email
- Access to website showcasing successful school initiatives
- Healthy Eating Pyramid poster for classroom and canteen
- Certificate of participation in the pilot

Throughout the pilot, surveys were conducted with teachers and canteen managers to ensure that a targeted service has been developed specific to the needs of teachers and the school community.

3.2.3 The Outcome: The Healthy Eating Schools program

In 2004, NA Vic launched the *Healthy Eating Schools* (HES) Program, with the aim of improving the eating habits of Victorian primary school children. The program follows the principles of the World Health Organisation's Health Promoting Schools model, which seeks to influence all sectors of the school environment, including, 'Children, Teachers and the Classroom'; 'School Environment and Food Service' and 'Family and Community'.

3.2.4 Objectives

To evaluate the impact of the HES Program on the development of nutrition policies and initiatives, which have improved nutritional intake within participating schools and to investigate the schools level of satisfaction with and the perceived quality of the HES process and resources provided to participating schools.

To determine if HES is a useful framework schools can use to increase the availability of healthy foods and decrease the availability of unhealthy foods and if the HES framework has increased the capacity of schools to implement healthy eating activities and policies across the whole school community.

3.2.5 Methods

Information gathering - data from documentation submitted by schools applying to become accredited Healthy Eating Schools was collated for all schools who had reached this phase of the program. The remaining data was collected during subsequent telephone interviews to determine the types of activities undertaken since initiation of the program.

Quality Questionnaire - completed during a 20 minute telephone interview in August 2006 by the schools nominated HES representative/s.

Case Study Interview- held in August 2006 with 'outstanding schools' to gather detailed information on successful healthy eating initiatives and the processes used to achieve such accomplishments.

3.2.6 Setting

Forty-eight primary schools (37 metropolitan; 11 rural/regional) located throughout Victoria participating in the HES program, since its commencement in November 2004.

3.2.7 Results

Thirty -eight schools achieved accreditation as a 'Healthy Eating School'. Ninety-three percent had formed a nutrition committee and developed a healthy eating action plan/policy, as outlined in the HES framework. A variety of healthy eating initiatives were employed across all sectors of school environments. Under the umbrella of 'Teachers, Children and the Classroom' all schools had implemented nutrition related activities into the curriculum to varying degrees, whilst 75% ran nutrition-related professional development sessions for teaching staff. In 'Environment and Foodservice', 96% of schools had a water/hydration initiative and 91% had implemented daily fruit and vegetable breaks. Of the schools with a canteen service, 89% had made menu changes, including 9 schools with outsourced or local business services. Within the 'Family & Community' component, 50% of schools had forged links with local businesses/services, and held parent information sessions. 91% placed some form of healthy eating inserts in the school newsletter. Evaluation of the level of satisfaction with and usefulness of the various resources provided throughout the program was also conducted, yielding varied results.

3.2.8 Discussion/Conclusion

The results reflect the success of the program in reaching all aspects of the school community, which has prompted the creation of an environment supportive of healthy eating and an increase in the knowledge and awareness of nutrition issues. This in turn, is likely to lead to significant changes in eating behaviours with many schools already reporting anecdotal evidence of this shift. Generally, the various resources and the overall HES framework were reported as being successful in building the capacity of schools to develop a nutrition policy and implementing nutrition and health promoting activities (which is consistent with the HPS model), however, refinement of these resources and the HES process is still needed to further improve the effectiveness of the program.

3.2.9 HES - Reclaim the Lunchbox

Since the inception of the HES program, it has grown from strength to strength supporting nearly 250 schools in Victoria alone. Constant project evaluation has steered the direction of the project

and enabled the program to stay relevant by providing practical information to support the whole school environment.

3.2.10 HES current activities - 2009

3.2.10.1 Healthy Lunchbox Workshops

Healthy lunchbox workshops have been delivered in 20 of the 50 primary schools (40%), providing approximately 381 families with information and skills on preparing healthy lunches for their children. Workshops address nutrition requirements for children, food safety, fussy eating, provides healthy food and drink ideas for their children’s lunchbox and includes a food label reading activity to assist parents in choosing healthier products at the supermarket. Recipe books are provided to parents featuring child friendly calcium-rich recipes to encourage children to be involved in the kitchen. Other additional fact sheets listing sandwich and snack ideas are also distributed. The remaining workshops will be held in Terms 3 and 4, 2009.



parent lunchbox workshop

Feedback from these workshops has been very positive. Below are some of the comments received to-date.

*"All of the parents who attended the workshop commented on its usefulness. They were pleased with the ideas they were provided with and allowed them to think of new healthy and simple ideas for their children."*Helen Lester. Wallarano Primary School

*"For the parents that attended, it was extremely useful. I would love to be able to run another one for parents. They felt the information they were given was beneficial and would assist them in their planning and shopping for their family meals."*Libby Sheedy, St Oliver Plunkett School

"The parents that attended gave some good feedback which has helped them pay more attention to what they put in their child's lunch." Perry Kick, Mentone Park Primary School

3.2.10.2 Resources On Healthy Lunches And Healthy Eating

Information on healthy lunches and healthy eating for children has been provided to the 50 primary schools in the form of newsletter inserts, healthy lunchbox posters, a photographic healthy lunchbox/budgeting display, term newsletters and regular emails, reaching families within these school communities – approximately 17,500 children.

Starter packs of nutrition curriculum resources and newsletters have been provided to support approximately 1,250 primary school teachers in imparting the healthy eating message to students.

Healthy eating stickers featuring cartoon characters promoting the five food groups will be provided to all 50 primary schools in Term 3, 2009 to allow teachers to reward students with healthy lunchboxes. A lunchbox classroom activity sheet will accompany these stickers to assist teachers in engaging students with the healthy eating message.



Nutrition Newsletter Inserts

Quarterly HES newsletter

Photo Display Kit

"I have seen a change in children's attitudes and lunchboxes and also parents' awareness of the budgeting, price per kilo issue." Heather Bridges, Hume Valley Special Development School

"This resource (the Lunchbox Dilemma Photo Display Kit) was extremely useful – I give it a 10+! It is a handy "in your face" resource. I have used it for a student who lives out of home to educate them on alternatives to chips. It is a great resource to grab and make copies of the different pictures to give to carers and students. The budgeting slides have a great impact on the parents."

Heather Bridges, Hume Valley Special Development School

3.2.10.3 Canteen Menu Advice

Canteen menu assessments and dietetic advice on changing to a healthier food service have been provided to 11 primary schools (22%). Only schools with a regular food service, such as a canteen, require this aspect of the Program. The uptake of having a canteen menu assessment appears low, as not all of the 50 schools require a menu assessment given they don't have a food service.

3.2.10.4 Healthy Fundraising Initiatives

A healthy fundraising manual has been provided to all of the 50 primary schools to support them in implementing fundraising activities that reinforce the healthy eating message. It includes a range of advice and information to assist in replacing traditional chocolate drives, including flyers featuring healthy fundraising initiatives such as toothbrush drives and grocery delivery services. Schools have also been informed of new fundraising initiatives and case studies via email throughout the year.

3.2.10.5 Reaching "at-risk", disadvantaged groups

Due to the well-established health inequalities and poorer food intake and nutrition statistics in low socio-economic areas and with high Culturally and Linguistically Diverse (CALD) populations, the Program has recruited primary schools particularly focussing on low Socio-Economic Indexes for Areas (SEIFA).

Strategies of the Program have had a focus on effectively educating these groups. For example, pictorial educational tools, a photographic display and messages and themes encouraging groups to retain their traditional foods and cooking and that "westernised snacks" are not necessarily good for their children as is the common perception in newly arrived groups. Often translators are used in lunchbox workshops to accommodate parents from a Non-English Speaking background.

A second edition of the Nutrition Newsletter Inserts CD ROM is in the final editing stages. It will contain nutrition inserts for school newsletters providing simple healthy eating messages and ideas for healthy lunchboxes for children, with a particular focus on parents and families from CALD backgrounds and low SES areas. A copy will be sent out to all schools late 2009.

"Thanks very much for presenting the information at Debney Meadows Primary School last week. Some Somali mums have even been out and bought the shape cutters for the sandwiches with good results." Many thanks, Anne Tuke



**Parent lunchbox workshop
held at Maralinga Primary School**

"We are starting to see a change in our children's lunches. I think it has been a combination of the lunchbox display, the workshop for parents, healthy eating days at school, teachers' attitudes, teachers' discussions with children about their lunches, changes in the canteen menu and participation in Free Fruit Fridays. I am now also teaching Health in the classrooms. The children are enjoying this Program." Helen Lester, Wallarano Primary School

3.3 Lifting the Lid on Lunchboxes (completion Oct 2009)

3.3.1 Project description

The production of a 10 – 15 minute educational film in English with translations into two other languages (Vietnamese and Arabic) on the subject of healthy lunchboxes to be viewed by the entire family and / or to be used in a variety of settings such as childcare centres, preschool, primary school and rural / aboriginal settings, supported play groups, community centres and cultural groups.

The DVD will be produced by Nutrition Australia and will encourage and provide parents with very practical hands-on information and skills to supply healthy lunches for their children. Filming will be with children and families from many different cultural backgrounds and the foods demonstrated will be based on a variety of foods appropriate for assimilation within Australian culture and social connectedness.

All three films will be available on one single DVD and 5000 DVD dubs will be produced for distribution throughout Australia. In the future the film will also have the opportunity to be downloadable from the Nutrition Australia website www.nutritionaustralia.org

3.3.2 Aims

- To provide parents / carers and children with basic, easy to understand fundamentals of good nutrition and its role in optimal health;
- To encourage parents to understand the importance of the foods eaten at school and its role in their childrens' nutritional health.
- To encourage and support parents to provide children with healthy and nutritious food options that are inexpensive, easy and practical;
- To empower parents with the confidence, knowledge and skills to overcome barriers in providing healthy lunchboxes – dealing with peer group pressure, introducing new foods, budgeting, making the best possible food choices;
- To increase awareness about lunchboxes, the environment and waste management. For example: minimising wrappers saves money, improves health and is also beneficial for the environment
- To educate families about food safety in the home and that the lunchbox contents are safe from contamination.
- To ensure the widest possible access to this information throughout Australia for schools, preschools, child care centres and community health centres through obtaining a DVD copy free of charge (there are plans in the future to make the film accessible to all Australians by downloading the film from the Nutrition Australia website).
- To have a Nutritionist / Dietitian available from Nutrition Australia to support the film and provide assistance to viewers if required.

3.3.3 Method

Using a creative approach, the film will be documentary in style, combining pictures / models / shots of foods and people preparing foods, and interviews with parents / carers and health professionals, as well as short, interview-style comments from primary school students.

The filming will take place at city/rural schools with multicultural and indigenous aspects included. The primary schools will also demonstrate successful health promoting schools activities such as school veggie gardens, school canteen promotions, the coordination of classroom teachings with messages given about healthy lunch choices.

The script will be written to the appropriate community level, in plain English, in a style which is simple and straightforward to be easily understood by the entire family. The film will be structured so that information about the various aspects of preparing healthy lunchboxes will be clear and concise. There will be focus testing of the script prior to final production.

Comments from experts such as paediatric Dietitians will be included in the film and they will be briefed to speak in clear, simple language that can be easily understood by the target community groups.

This will greatly assist those with low literacy skills to understand the essential messages of the DVD.

For two CALD communities (Vietnamese and Arabic) within Australia where there is known to be a poor command of English there will be translations of the film. It is intended that further translations be undertaken once the initial run of the film has been distributed and evaluation has been completed.

3.3.4 Target Group

The educational DVD will be accessible to all preschools and primary schools at no cost, (schools can pick up a copy from Nutrition Australia Victorian Division office free or can pay postage and handling).

3.3.5 This film will be used by

Preschools to show to parents / carers / children in a group or lent to parents to take home and watch as a family; primary schools as part of their transition program; any primary schools working with Nutrition Australia to introduce the "whole school approach" i.e. professional development workshops delivered to schools as part of their nutrition education programs to schools i.e. Nutrition in Schools Advisory Service (NISAS) and Healthy Eating Schools (HES) program; community health centres (metro and regional); maternal and child health centres (metro and regional); Child Care Centres (metro and regional); Organisations such as 'Lady Gowrie' and YMCA Holiday program School nurses; wider school community in particular the indigenous communities.

Parents who have seen the film at a preschool or primary school setting but wish to have a further viewing can download the film from the Nutrition Australia website on their own computer at home or at work, on a computer at the local library. They can also borrow a copy of the DVD from the school or preschool.

The Federal Department of Immigration and Citizenship has a top 18 high demand languages list, of which Arabic and Vietnamese are in the top three. SBS Language Services, which will undertake the

translations, has advised that Arabic and Vietnamese should be the first two languages to be translated to meet the needs of those communities. If this project is successful, we shall investigate fully before making a final recommendation on which two languages to translate first.

3.3.6 Links to

This film will complement Nutrition Australia Nutrition Education Programs in childcare, pre-schools and schools. This DVD will complement both of these statewide programs by providing on the ground support and resources to assist schools in implementing and achieving these programs. A resource as simple as a DVD would massively increase the limited capacity of current health professionals working on the ground with schools. It would be a very efficient way for workers such as school nurses and community Dietitians, who are currently ,limited in time and man-power, to extend their reach in educating families.

3.3.7 Need that is being addressed

Pre-schools and primary schools are a key setting to reach children / adolescents in an environment where a significant amount of food is consumed. Government statistics have reported that families living in regions of Victoria with a high index of relative socio-economic disadvantage (IRSED) have a lower consumption of fruit and vegetables and a higher rate of overweight and obesity (1)

The Eat Well Australia document identifies as objectives to increase the proportion of children within the healthy weight range, through improved growth monitoring, and promotion of good eating habits and physical activity.

- Increase the availability of healthy meals and snacks for children from institutional food services(canteens, pre-schools, daycare) through policies, training incentives and by working with industry.
- To promote a wide range of food experiences and positive attitudes to food and body image among children

For many people in Australia, reading English is not easy. For many Australians with low literacy levels, dense written material is hard to comprehend and absorb. Within culturally and linguistically diverse communities (CALD), whilst many people might have a grasp of spoken English they still lack the ability to read English. Scoping of the issue has identified very limited resources in this area nationally at present. The only audio-visual resources on healthy lunches for children and families is that developed by the Dietitians Association of Australia (DAA) which targets only 1-5 year olds and is not appropriate for multicultural groups

There is an identified need (refer to attached report 'preschool, primary and beyond), for a culturally appropriate resource that address's healthy eating for childrens' lunches. A need has also been identified by school nurses and community workers with little or no nutrition expertise that would benefit from a film.

By using film, the message is delivered audio-visually. This means viewers can listen to the narration, which is illustrated by appropriate images.

3.3.8 Benefits, outputs and outcomes of the project

Overall it is expected that there will be improvements in the overall health and well being of Victorian children and families particularly those from culturally and linguistically diverse communities (Vietnamese and Arabic) within Australia where there is known to be a poor command of English as well as the aboriginal or other marginalised communities.

It is expected that parents / carers and children will understand the fundamentals of good nutrition and its role in optimal health. Parents will understand the importance of the foods eaten at school and its role in their childrens' nutritional health. Parents / carers will be able to provide children with healthy and nutritious food options that are inexpensive, easy and practical. Parents will be empowered with the confidence, knowledge and skills to overcome barriers in providing healthy lunchboxes – dealing with peer group pressure, introducing new foods, budgeting, making the best possible food choices. There will be an increased awareness about lunchboxes, the environment and waste management. For example: minimising wrappers saves money, improves health and is also beneficial for the environment. Finally families will have a greater knowledge about food safety in the home and ensuring that the lunchbox contents are safe from contamination.

3.3.9 Evaluation – How and by whom will the effectiveness of the project be measured

Process, impact evaluation and contextual evaluation will be conducted over a 12 month period by Nutrition Australia's health promotion / statistition.

Process Evaluation

- (i) Assess whether the project is reaching the target group, i.e. survey whether target group is aware of Nutrition Australia and the DVD,
- (ii) Assess target group satisfaction with the project i.e. test how effective the DVD is with those that are using the DVD
- (iii) Assess whether all activities of the project are being implemented
- (iv) Assess the quality and relevance of all project resources e.g. style, clarity, legibility, user friendliness.

(v) Assess the quality, reach and sustainability of communication campaign

Evaluation will include:

Sample distribution survey

- Initial survey conducted with recipients (parents / carers / teachers / Students For example a survey slip may be inserted into the DVD case which can be returned alternatively or post, e-mail the survey asking them how they liked and used the resource. This will be easy as we will collect contact details of everyone who calls to request a resource.
- Final surveys conducted with recipients (parents / carers/ teachers / Students)
- Phone interviews with a small proportion of participants for qualitative data
- Analysis of all data collected from surveys and interviews
- Formulation of recommendations or report.
- Documentation of evaluation

Impact Evaluation

(i) Assess whether the 'educational DVD' program has an impact on the improved nutritional content of food in the lunch boxes, via questionnaire to be sent out post the program –

Unintended impacts will also be recorded:

- The involvement of local communities taking on the program
- Collaborative partnerships with community organisations
- Publicity or media coverage
- Social connectedness – socialisation of the two CALD communities

4 NA Vic health promotion programs for the wider community

4.1 State wide Nutrition Information Service, Nutrition Resource Centre and publications

4.1.1 Nutrition Information Service

Nutrition Australia Victorian Division operates a telephone and email enquiry service for the general public. This service is staffed by nutrition professionals who answer queries ranging from specific diet issues to general food product information.

4.1.2 Nutrition Resource Centre

The 'Shop Front' service for the general public at the Nutrition Australia Victorian Office features publications, posters and videos. The resource centre is also equipped with nutrition and health journals, video-tapes and reference books, which are available for loan.

4.2 Website www.nutritionaustralia.org

Nutrition Australia's national website features which receives more than 4 million hits per month has downloadable frequently asked questions, position papers, recipes, information for the media and Nutrition Australia events occurring in each State and Territory. NA Vic was responsible for developing and coordinating the 2002 and 2003 National Nutrition Week web based kit used as a resource by educators, workplace and hospitals to assist with the implementation of the Nutrition Week themes.

4.3 Childcare Advisory Service

This service was instigated by Nutrition Australia to provide child care centres with access to accurate nutrition information so they can provide nutritious foods to children and parents about healthy eating. The service provides childcare workers with current information on nutrition and food issues via newsletter and telephone enquiry service. Nutrition Australia has produced a video and booklet that assist child care centres achieve the necessary standard for accreditation. In addition, Nutrition Australia conducts nutrition and hygiene courses for child care workers.

4.4 Aged Care Service

This service provides practical support to the aged care sector; in particular NA Vic focuses on undertaking detailed menu assessments for aged care facilities and nutrition education for staff /

carers. NA Vic also provides support to widowed men and women through the adaptation of the 'Cooking for one or two' program developed by the Queensland Division of Nutrition Australia.

4.4.1 Cooking for One or Two



Nutrition Australia's 'Cooking for One or Two' program for veterans and older adults has been running in Victoria since 2004. It aims to improve the health, social connectedness and independence of veterans and the wider community, and evaluation has shown that the program is well received and has positive effects on nutrition knowledge, confidence in preparing meals and social health. Increasing the reach and sustainability of this program would ensure that these benefits can be shared with a wider audience. This is particularly important considering the size and geographical diversity of the veteran population in Victoria (DVA 2008), with need for the program reported to be present throughout the state (personal communication, see summary of interview transcripts).

4.5 Work Place Health and Wellbeing Program

The "Workplace Health and Wellbeing" program is a National program of Nutrition Australia that was developed by the Victorian Division in 2002. The workplace program was originally developed as Nutrition Australia had identified a gap in the marketplace and had received numerous enquiries regarding nutrition education seminars in the workplace.

Nutrition Australia has delivered a series of targeted nutrition education presentations / workshops to employees, members, carers and volunteers of community aged care and disability organisations in order to:

- Increase their knowledge via nutrition education
- Improve their overall health and wellbeing

- Provide them with skills to promote and support healthy eating to the wider community

Topics include 'Boost your Energy', 'Food Labelling', 'Food Variety and Physical Activity', 'Healthy Eating on a Budget', 'Demystifying Fad Diets' and 'Nutrition for Travellers'. Evaluation of the program indicates that the workplace health and well being delivered by Nutrition Australia to other organisations, is successful in improving attitudes and knowledge about nutrition, and is highly valued by attendants. Benefits to participants include improvements in their health, increase productivity, concentration, energy levels and moral.

Strong links and partners specific to the workplace program

- City of Melbourne (& other municipalities in Melbourne)
- Corporate Health Management companies
- YMCA (more than 108 locations in Victoria)
- Deakin University, Monash University & Royal Melbourne Institute of technology
- Victorian Police

4.6 Green light eat right program



4.6.1 Project Overview

NA Vic and the City of Melbourne (CoM) with support from QV Management are piloting a project to improve and promote healthy (nutritious) food practices of food outlets in the QV Urban Market. The program has a strong educational focus whereby Dietitians from NA Vic work together with proprietors and staff to assist outlets to make some healthy changes in how they prepare their current menu. Menus are assessed by NA Vic using the traffic light system methodology, and using the Dietary Guidelines for Australian Adults and the Healthy Living Pyramid as guiding documents.

4.6.2 How does the program help food proprietors?

- To improve nutritional value of food on offer
- Making staff more aware of their responsibilities on nutritional value of food
- Offer fresh and healthy alternatives for how cook's and staff prepare food
- QV businesses collectively have been targeted by CoM as "best practice" businesses in food safety and therefore have an opportunity to add value to meals.
- Incentives offered such as;
 - An opportunity to gain new clientele and increased patronage by offering healthier options whilst not compromising taste or price



- An opportunity for outlets and the urban market to have a raised profile and free promotion through CoM marketing avenues
- Highlight opportunities for businesses to save money
- A means of proprietors establishing better relationships with QV and CoM

4.6.3 Objectives of the Green Light, Eat Right program

- Through personal visits by Nutrition Australia, educate the proprietor and staff on how to prepare more nutritious and healthy food options
- Increasing the number of healthy options available at each premises as a result of program implementation;
- Developing communications to promote healthy options at the “point of sale” to facilitate consumers making an informed choice
- developing incentive options (by way of accreditation or recognition);
- developing outcome evaluation component as a way to measure program success
- Increased networking between CoM, QV centre Management and small food business
- Identify and develop ‘*Healthy Options Model*’ that is flexible enough to be applied and rolled out to other small/medium food businesses within the city of Melbourne

4.7 Volunteer and Tertiary Student Placement Programs

A network of dedicated volunteers assists the Victorian Division with all aspects of its operations from administration to nutrition expertise; they contribute approximately 100 volunteer hours per week. A volunteer’s kit has been developed to assist individuals wishing to volunteer for Nutrition Australia. Within this Kit potential volunteers are given details about ways in which assistance can be provided including possible project areas.

Nutrition Australia, Victorian Division also supports tertiary students undertake placements varying in duration as specified by their institution. Under the guidance of the Executive Officer and the Institutions Supervisor, students select their project.

4.8 Professional Development Activities

The Victorian Division holds regular nutrition education seminars targeted to all educators, health professionals, students and the general public with a passion for teaching nutrition and the promoting the importance of physical activity for a balanced lifestyle.



4.9 National Membership

Nutrition Australia has a membership consisting of approximately 2,606 corporate and individual members on a National level with more than a quarter of these members residing in Victoria. Our membership includes acknowledged experts in food and nutrition sciences and education.

4.10 National Nutrition Week

Nutrition Week is a public awareness campaign that aims to raise the profile of nutrition within the community and promote optimal health through food variety and physical activity.



Nutrition Week is coordinated nationally, and each State and Territory is encouraged to develop activities for the week, which reflect the key food, nutrition and health issues in the State related to the topic.



5 Other successful programs for schools or communities, from within Australia or overseas

- DHS – Kids Go for Your life (NA Healthy Canteens Advisory Service – one component)
- Vic Health – Out of School Hours Program
- Travel Smart - Walking Bus
- Commonwealth Department of Health and Aging - A National Child Nutrition Program
- Commonwealth Department of Family and Community Services - Health Kids Australia Newsletter
- Australian Sports Commission - Active Australia School Network
- Department of Human Services - Best Start
- Heart Foundation - Eat Smart for Heart
- Adelaide Produce Market - Ideas for Teachers
- Department of Human Services - Veggie Patch in School
- Western Region – Fruit and Water break
- Stephanie Alexanders Kitchen Garden
- Deakin University / Colac pilot obesity site prevention programs

PART B

6 The role of schools in promoting healthy community living

6.1 Do you believe that schools should have a role in promoting healthy living in the wider community? Why or why not?

Yes, definitely, schools are a key setting to reach children and the wider school community in an environment where not only can the food environment be altered to make healthy choices easy choices, but this can also be linked in with students' key knowledge and life skill acquisition which occurs in schools. The Healthy Eating Schools program as previously described is a fantastic example; this is because a health promoting school consciously sets about positively promoting and supporting healthy practices. It regards the health of its students and those in the school and wider community as a high priority. This is reflected through the curriculum, school environment and links with the local community.

.

6.2 If schools have such a role, what models or mechanisms could they use?

The Health Promoting Schools Framework provides a useful model for schools to promote the health of students. The framework highlights the importance of the relationships between:

- curriculum, teaching and learning
- school organisation, ethos (culture) and environment
- community links and partnerships

To ensure the most effective impact on the promotion of health in children, activities that provide and promote healthy food should be linked between all areas of the framework. The school canteen and food service is an important element of the school organisation, ethos and environments component of this framework. The canteen should not only provide nutritious food, but be linked to the curriculum, the school environment (e.g. vegetable garden) and the wider community (e.g. involvement of parents and local businesses).



6.2.1 The Canteen & Health Promoting Schools Approach

To ensure that changes to towards healthier eating in schools are both successful and sustainable, it is important to take a Health Promoting Schools approach.

Linking healthy changes to food/ the canteen to other areas of the school such as:

- Curriculum, teaching and learning school organisation, ethos and environment community links and partnerships will not only ensure the changes to the canteen are successful and sustainable, but will have a greater impact/ effectiveness on promoting healthy eating to children

Linking the school canteen to the curriculum:

- Have grades take it in turns in cooking a healthy product for sale in the school canteen
- In art classes, get students to help with colourful posters, menu boards or promotional material for the healthy choices
- Have students help out in the canteen as part of their food technology subject

Linking the school canteen to the environment:

- If the school has a vegetable patch, use produce from it in canteen recipes.
- Link the canteen to the Sustainable Schools or Waste Wise program – for example, have a recycling system with separate bins for paper, plastic and food scraps in the canteen
- Link in with Clean Up Australia Day activities in the school.

Linking the school canteen to the wider school community:

- Have special family days in the canteen where families are invited to come and have lunch with the students. For example, a Mothers Day menu or a family and friends picnic day.
- Make links with local retailers such as fruit and veg grocers or local bakers to supply fresh, healthy foods for the canteen. Negotiate cheaper prices and delivery for free promotion and advertising.
- Invite the local newspaper to do an interview on your healthy school canteen.

In addition to linking the canteen across all areas of the Health Promoting Schools Framework, the effective promotion of healthy eating in schools also requires schools to implement healthy eating activities and initiatives within the other areas of the Health Promoting Schools Framework.

Examples of this may include:

- Curriculum, teaching and learning – teachers to incorporate nutrition education across all areas of the curriculum, teachers should not provide unhealthy food rewards in class, implementing classroom fruit and water breaks.
- School organisation, ethos and environment – the school could investigate establishing a vegetable patch. The school could establish a breakfast program.
- Community links and partnerships – the school could request sponsorship from a community for supply of fresh fruit and vegetables for a healthy foods expo or fruit and veg week. The school could provide nutrition information in the school newsletter, the school could provide healthy lunchbox workshops for parents

6.3 How could health, education and other organisations work together more effectively to coordinate health promotion activities between communities and schools?

Traditionally, the school health curriculum focussed on teaching children about health and its determinants and preventing single, specific causes of ill health (7, 8). However, schools are now recognising their role in enabling children to develop the skills and knowledge to avoid unhealthy lifestyles and promote health (8). Combining education with health promotion helps create a healthy and supportive environment in which to work and learn and students are able to gain skills and knowledge which will not only improve their physical, mental and social health but may also improve their educational outcomes (8).

The Australian Government is recognising the vital role of private, non-government sectors, and the broader community in the success of obesity prevention strategies. Nutrition Australia, Victorian division is a non-profit, non-government, community nutrition organisation that aims to provide nutrition education and information to encourage all Victorians to achieve optimal health through

food variety and physical activity. The organisation works closely with educators, health professionals and the general public and is a key consultation body to the Government on issues surrounding health and nutrition.

6.3.1 Recommendations

- The Government needs to recognise the significance of investing in prevention i.e. prevention / health promotion programs such as the 'Healthy Eating Schools' program. The amount of money that is being invested in modifying ambulances, transport, shops, malls, clothes all to accommodate our increasing overweight and obese environment is outrageous and results in Victorians believing that it is ok to be overweight and obese, this needs to cease and the Government needs to focus on prevention strategies.
- The development of a statewide framework for action will enable key stakeholders to work together to improve health outcomes.
- Greater involvement with key stakeholders in developing guiding principles (such as policies and procedural documents, user guides, communication, protocols etc) is required.
- Development of a map of all service providers working in this area is imperative – this will create greater awareness of which agencies are undertaking what activities as well as provide opportunities for collaboration / partnership. This mapping document should include title, key contacts and target group, working in the space of health promotion in schools
- The Victorian Government needs to develop easily understood strategies to enable schools to clearly and effectively implement activities to encourage positive health outcomes. Using the Health promoting schools framework, accreditation process and guidelines for implementation (reviewed annually).
- In order to achieve long term and sustainable health outcomes, improved support structures to facilitate partnerships and collaboration are vital.

The Victorian Division of Nutrition Australia appreciates the opportunity to submit to this important inquiry and is available to provide further information to the Education and Training Committee.

Compiled by Lucinda Dobson (NAVic), supported by Nutrition Australia Vic Project Staff.

7 References

- (1)** Department of Health and Ageing (2007). 2007 Australian National Children's Nutrition and Physical Activity Survey- Key Findings.
- (2)** Department of Human Services (2008). Future prevalence of overweight and obesity in Australian children and adolescents, 2005-2025; [cited 2009 June 5th]. Available from: (http://www.health.vic.gov.au/healthstatus/publications/future_obesity.htm)
- (3)** Sanigorski AM, Bell AC, Kremer PJ, Swinburn BA. Lunchbox contents of Australian school children: room for improvement. *European Journal of Clinical Nutrition*. 2005 November; 59 (11): 1310-6.
- (4)** Bell AC, Swinburn BA. What are the key food groups to target for preventing obesity and improving nutrition in schools? *European Journal of Clinical Nutrition*. 2004 February; 58 (2): 258-63.
- (5)** Australian Government. Healthy Weight 2008. Canberra: National Obesity Taskforce; [updated 2006 May 26th; cited 2008 July 4th]. Available from: ([http://www.healthyactive.gov.au/internet/healthyactive/Publishing.nsf/Content/healthy_weight08.pdf/\\$File/healthy_weight08.pdf](http://www.healthyactive.gov.au/internet/healthyactive/Publishing.nsf/Content/healthy_weight08.pdf/$File/healthy_weight08.pdf))
- (6)** Eat Well Australia: An Agenda for action for Public Health Nutrition. Australia; [cited: 2008 July 4th]. Available from: (<http://www.nphp.gov.au/publications/signal/eatwell1.pdf>)
- (7)** World Health Organisation (WHO). What is the evidence on school health promotion in improving health or preventing disease, and specifically, what is the effectiveness of the health promoting schools approach? March 2006. Regional Office for Europe's Health Evidence Network (HEN).
- (8)** Burgher M, Barnekow R, Rivett D. The European Network of Health Promoting Schools (ENHPS) [updated 2005 June 3rd] cited 2006 August 31st]. Available from: www.euro.who.int/document/e62361.pdf

8 Appendix 1

8.1 'Go for your life' Canteens Advisory Service Needs data for providing the Service to secondary schools (2006 – 2009)

The 'Go for your life' (GFYL) Canteens Advisory Service is currently funded by the Department of Human Services, Victoria to provide support to primary schools in implementing the Department of Education and Early Childhood Development's GFYL School Canteens and Other School Food Services Policy. However many requests for support and advice are received from secondary schools on a regular basis. Whilst not being formally funded to support secondary schools, the Service attempts to provide advice and resources wherever practical (e.g. when conducting rural and regional workshops, secondary schools are allowed to attend if there are available places as there are very limited support and training opportunities for regional schools).

Both anecdotal and documented evidence of the need for providing support to secondary schools in making healthy changes to their food service has been recorded. Below is a summary of information collected from the Nutrition Australia, Victorian Division and the 'Go for your life' Canteens Advisory Service illustrating this need. Please note however that the real need may be higher than the figures reported, as these figures may not reflect some anecdotal evidence (conversations and requests) not recorded and this information only commenced documentation as of October 2006, 14 months into commencement of the Service. Furthermore, the true need of support by secondary schools would be much higher as the Service is not actively promoted to secondary school.

SUMMARY:

- **Direct support provided to approximately 577 secondary schools**
(via workshops, Info line and menu assessments)
- **E-mail enquires provided to approximately 214 secondary schools**
- **Resources provided to approximately 699 secondary schools**
- **Requests for support from secondary schools received from over 46 secondary schools**

Note: These numbers may be higher, as support is also provided to secondary school Nurses, health professionals and external catering management services who service many secondary schools.

Secondary schools that have attended GFYL canteen workshops:

Date	Event	Number secondary School
2005	Bendigo	10 SS (+ 2 school nurses)*
2005	Moreland (Fun and Healthy Project)	1 SS
2006	VSCA Expo	30 SS

2006	Geelong	6 SS (+ASCA rep)*
2006	Melbourne CBD	4 SS
Feb07	Echuca – Loddon mallee Region	3 SS
Mar07	Geelong (CMS)	3 SS
Mar07	Melbourne CBD	3 SS
Apr07	Benalla – Hume Region	4 SS
May07	St Albans – Western Region	5 SS
May07	Lilydale – Eastern Region	5 SS
April07	HEIA Conference	23 SS
June07	Morwell - Gippsland Region	1 SS
Date	Event	Number secondary School
July07	Hamilton – Barwon SW Region	9 SS
Sept07	VSCA Expo	45 SS
Sept07	Melb CBD	5 SS + (CMS Supervisor)*
Oct07	Mildura – Loddon Mallee Region	7 SS
Feb08	Flemington – Western Region	2 SS
Feb08	Doncaster – Eastern Region	2 SS
Mar08	Narre Warren – Southern Region	3 SS
Mar08	Ballarat – Grampians Region	1 SS (+YMCA)*
Mar08	Bendigo – Loddon Mallee Region	5 SS
May08	Geelong – Barwon SW Region	3 SS + (CMS Supervisor)*
Oct08	Shepparton – Hume Region	2 SS
Nov08	ACHPER Conference	6 SS
Dec 08	CBD - City VSCA Expo	35 SS
Jan 09	CBD – City GFYL networking workshop	1 SS
Mar09	Ringwood – Eastern Region	16 SS + (2 CMS+ ASCA)*
Mar09	Dandenong – Southern Region	8 SS + (1 CMS)*
Mar09	Coburg – Northern Region	13 SS
Mar09	CBD	1 SS
Mar09	Policy kits requested	3 SS
	TOTAL	272

* These attendees have a greater reach, servicing several SS:

- Australian School Canteens Association (ASCA) supports 122 SS,
- External Canteen Management/Catering Services (CMS) Supervisors support between 10 - 40 SS

In addition, resources were provided to Spotless Food Services to distribute to 50 of their secondary school Canteen managers at their internal training conference (June 2008).

Total secondary schools that have attended workshops/seminars = 272 secondary schools

Total estimated reach of workshops to secondary schools = 359 secondary schools

(Including people working with several schools, e.g. School Nurses, external canteen management services, YMCA)

Calls to 1300 Infoline by Secondary Schools:

For period:

- Feb06 – 15th May07 – 15 months: 136 enquiries = 26% of school calls
- 16th May07 – 12th May08 – 12 months: 83 enquiries = 17% of school calls
- 13th May 08 – 30th June 2009 – 13 months: 87 enquiries = 11% of schools

Total calls to 1300 Infoline by secondary schools = 306 calls

Other E-mail Enquires from Secondary Schools

- General NA e-mail enquiries approximately 155
- Direct secondary school e-mails (CAS): approximately 59

Total other e-mail enquires = 214 secondary schools

Menu Assessments provided to Secondary Schools

Total menu assessments provided for secondary schools = 12 (5 in 2008-2009)

(Including P – 12 and Special Development Schools)

Requests for Kit and Canteen Resources/Fact Sheets

- 113 requests from SS for copies of the Kit (22 in 2008-2009)
- 94 requests from SS for posters/fact sheets (63 in 2008-2009)

Total requests for and distribution of resources to secondary schools = 213 (85 in 2008-2009)

Nutrition Australia Publication Sales to Schools:

For period:

- Feb06 – 15th May07 – 15 months:
 - Canteen Cookbook: 60 units
- 16th May07 – 12th May08 – 12 months:
 - Canteen Cookbook: 34 units
 - Food Challenges: 18 units
 - Healthy Fundraising Ideas Manual: 186 units
 - HES Food Service Manual: 39 units
- 13th May 08 – end may09 – 13 months
 - Canteen Cookbook: 25 units
 - Food Challenges: 3 units
 - Healthy Fundraising Ideas Manual: 121 units

Total canteen-related resource sales to schools = 486

Requests for Support and Advice

Requests to attend workshops:

2006:

- Mornington (PCHS) workshop: 4 secondary schools
- Canteen Management Services (CMS) training: 16 secondary schools (10 metro and 6 regional)
- Casey Workshop: 2 secondary schools
- Geelong Workshop: 3 schools

2007: 6 schools

2008: 6 schools

2009: 9 schools

Total Secondary School requests to attend workshops = 46 secondary schools

Felt Need

Below are some of the requests for assistance we have received in writing. We have received many, many more verbally that have not been formalised in writing.

Saturday 18th November 2006

Thanks for your email (on your canteen workshops for primary schools). Unfortunately I am a Secondary School. I would love to see some information on healthy school canteens for same in the near future as this is a big issue given the teenage obesity problem.

Annie Brownrigg

anniebr@internode.on.net

Tuesday, 5 February 2008

Hi Linden, will there be similar opportunities for providers of secondary school canteens or can we just go to these ones? If not, I will (officially place something in writing to DEECD) under the title of school council president.

Thanks, Gary gary@spadetoblade.com

Tuesday 10th February 2009

From: Koziaris, Helen H [mailto:koziaris.helen.h@edumail.vic.gov.au]

Sent: Tuesday, 10 February 2009 12:15 PM

To: Lind, Naomi H; Middleton, Leonie (Department Of Human Services)

Subject: Information for secondary schools

Hi Leonie and Naomi,

Today I had an inquiry regarding healthy eating for students in Secondary College's. I spoke to Kelly at the 'Go for your life' advisory service and she provided me with your names to further assist me in my inquiry, as the service is funded for primary schools only and she was unable to provide me with a firm response about secondary schools implementing the 'Go for your life' Canteens policy.

Is it possible for the Department or DHS to provide the same service for Secondary College's as it does for the Primary students. Our young people and staff need just as much support and guidance and this service would benefit not only me as an administrator when looking to implement the policy, but also our teaching staff when considering programs and courses in this area.

Thank you for your support in this matter.

Yours sincerely, Helen Koziaris, Assistant Principal

South Oakleigh College Phone: (03) 9579 2322

Wednesday 21st January 2009

From: mmcqualter@ccb.vic.edu.au [mailto:mmcqualter@ccb.vic.edu.au]

Sent: Wednesday, 21 January 2009 1:03 PM

To: lind.naomi.h@edumail.vic.gov.au

Cc: kneville@nutritionaustralia.org

Subject: Healthy Canteen Advice

Dear Naomi, I am writing to express my disappointment with the lack of support to secondary schools in implementing healthy canteens. The 'Go for your life' Canteens advisory service has provided some useful information via their website, however we are limited in accessing more of their support due to their funding being limited to Primary Schools. As your government canteen policy applies to secondary schools, shouldn't the support offered to implement it also apply?

Regards, Margaret McQualter Canteen Manager

La Valla Catholic College Bendigo

Thursday 26th February 2009

From: Lynda M Smith [mailto:lmsmith@swarh.vic.gov.au]

Sent: Thursday, 26 February 2009 3:11 PM

To: Linden Clarke

Subject: Re: 'Go for your life' Confectionery Guidelines

Anything around secondary schools would be great!

Lynda Smith

Children's Health Promotion, "Get a Taste of This" Project Coordinator

Portland District Health

Friday 13th June 2009

From: Chris Wasley [mailto:wasleyc@humehealth.org.au]

Sent: Friday, 13 June 2008 3:19 PM

To: michelle.chiller@dhs.vic.gov.au; lind.naomi.h@edumail.vic.gov.au

Cc: Kelly Neville

Subject: Go for your life' Healthy Canteens Enquiry - support for Secondary Schools

Dear Michelle and Naomi,

Following on from a phone conversation with Kelly Neville, I am writing to discuss my concern about the lack of formal support being given to Victorian Secondary Schools in the implementation of the Healthy Canteen Guidelines.

It is my experience working within the LGA of Murrindindi that it is the secondary schools that would benefit most from support. Within our region, it is only the secondary schools that provide a daily canteen, with considerable pressure on these services to be either 100% self funding or be a source of additional school funds - our primary schools don't seem to have this same degree of reliance on the canteen income. Also, within both our secondary schools the food services are managed with very limited hours by only one person. In contrast the primary schools have less frequent (0-1 times per week) canteen services (if at all), with volunteer parent support more readily available. While I know that the frequency of a canteen service does not in any way lessen the importance of having healthy choices available, it seems to me the hurdles that our secondary school canteens are facing are much higher - with a larger more varied menu to organise, larger numbers to cater for and, with equipment that still only allows for pies/pasties and sausage rolls to be warmed, they can be only so inventive.

As an example, \$6000 GFYL funding was recently available only to primary schools. Within one of our secondary schools, where the sole canteen manager has made amazing progress on her own, this funding would have been a great incentive for her to continue further improvements. With pie warmers subsidised by food producers the most affordable form of kitchen equipment, this makes it all the harder for her to make her new healthier menu items available and attractive to the students. I also note that one canteen manager has remarked that many of the kit's ideas target primary school aged children, and so has found some of the resources less relevant.

As part of my community health promotion role I am very keen to support our schools in implementing guidelines, but certainly believe that this (gradual) change in the school setting has only been possible with the backing of DEECE and DHS. I would be grateful if both DHS and DEECD would consider the above in future planning and funding allocation.

Yours sincerely,

Chris Wasley

Dietitian

Community Health Services

Alexandra & Yea Hospitals

Mobile: 0417 028 100