

Supplement Workshop:

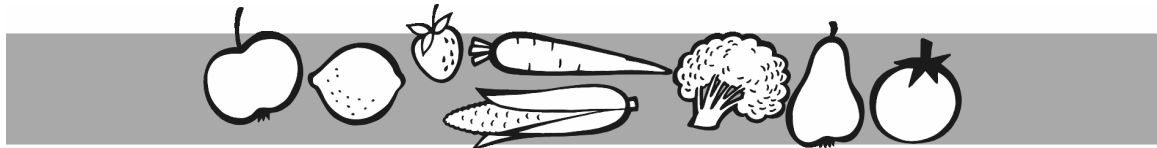
Healthy Communities

Part 2:
Presentation and Background Information

The Healthy Communities Supplement provides information to parents about how they can improve their children's food and physical activity choices outside the home.

When adding 'Healthy Communities' to another PGR parent workshop, use the 30 minute Lesson Plan. You may need to shorten the workshop to allow time for 'Healthy Communities.' Use Healthy Communities Evaluation 1.

When running 'Healthy Communities' as a stand alone session use the 45 minute Lesson Plan. Why not contact P&C/P&F and other parent groups, and offer PGR workshops and/or the Healthy Communities Supplement? Use Healthy Communities Evaluation 2.



Purpose

At the end of this section parents should be able to:

- Identify a nutrition and/or physical activity issue they can act on
- Identify how to contact other parents or community members for support
- Develop a physical activity/nutrition-related vision, mission, objectives and strategies relevant to their children/community.

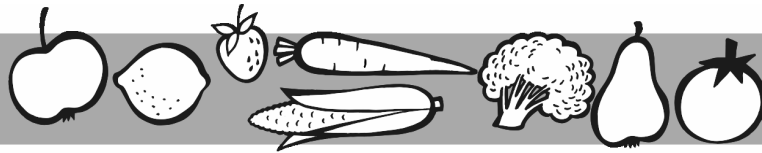
Parent Action Groups

It is expected that some parents will want to form a group, or use an existing group (P&C/P&F, playgroup, etc) to improve nutrition and physical activity options for children in their community. It is hoped that PGR Educators will be able to provide initial support to parent groups. Ideally other health professionals in your local area (e.g. community or school nurses, dietitians, or health promotion officers) will be available to assist you. The PGR Project Officer at the Cancer Council Western Australia is available to support both you and the parent group. Organisations like the Western Institute of Self Help (WISH) can also provide advice and support to help parents start and maintain their group.

Tip: It is often easier to work with existing groups than to create new groups. You may like to invite both individual parents and local parent groups to PGR sessions.

What is a community?

A community is a group of people who share a common geography (live near one another), occupation, social contacts and/or leisure interests. Most people are part of a number of different communities. ¹



2-4min

Introduction



- Ice breaker (educator to provide own)
- Parent expectations - what topics parents would like to see covered in the PGR workshop (e.g. how to form a group or advocate for change in a community facility). Write expectations on a board and address during the session, or advise parents to contact the PGR Project Officer ph: (08) 9212 4333 for more advice.

Introduction

You can ensure that your children are active and eating well at home, but what about at other times?

Children spend a significant amount of their time *away* from home (up to 8 hours per day in childcare, at least 6½ hours per day at school and other time spent playing sport, playing in the park, going to the shops etc). As children get older they often spend even less time at home.

What your children eat and how active they are at school and in the wider community, can have a major impact on their developing eating and physical activity patterns. These patterns are often continued into adulthood and affect children's current and future health.

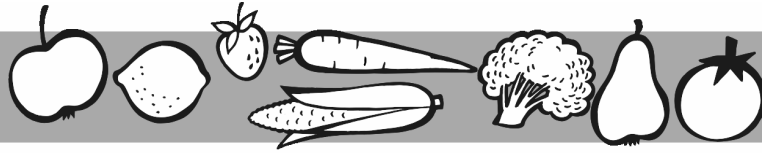
Parents and other community members can improve children's nutrition and physical activity options outside the home. If no one takes responsibility, then no improvements will be made.

Let's talk briefly about improvements you can make to your children's nutrition and physical activity options at school and in the wider community.

Creating Healthy Communities can help make healthier choices easier choices.

For example:

1. It is hard for a family to give children fruit at recess if the fruit sold at local shops is expensive and/or of poor quality.
2. If children see their friends eating unhealthy foods at school such as chips, chocolates and doughnuts it is more likely they will request these from you in their lunchbox and may choose not to eat the healthy lunch you have provided.
3. It is hard to get your children to be more active if busy roads make it unsafe for them to walk or ride to school, they have a small backyard to play in and there are no safe parks nearby.



4-6min

Healthy Food and Drink Choices in Schools



The WA Government, through the Department of Education and Training, has set policy and standards for the provision of healthy food and drink choices in public schools. The standards are based on a traffic light system: GREEN - fill the menu; AMBER - select carefully; and RED - off the menu.

Please refer to workshop A page 34, for details about 'Healthy Food and Drink Choices in Schools'.

Western Australian School Canteen Association Inc. (WASCA) assists schools of all education systems to establish and maintain healthy, profitable school canteens by providing information, advice, resources and training. In partnership with government health and education sectors, non-government health organisations and the business community, the Association contributes to programs designed to improve the health of Western Australian school-aged children and adolescents.

WASCA has been contracted by the Department of Education and Training to provide "Traffic Light Training" and support to schools in implementing the policy and standards. Training is offered throughout WA. Canteen staff, P&C Association representatives and school staff are encouraged to attend the training.

Further information

- Support, resources and training:

Western Australian School Canteen Association Inc

Phone: (08) 9264 4999

Fax: (08) 9264 4981

Email: wasca@det.wa.edu.au

Website: www.waschoolcanteens.org.au

- Healthy food and drink choices in schools:
Department of Education and Training
Strategic Policy and Planning
Phone: (08) 9264 5077
Website: www.det.wa.edu.au/healthyfoodanddrink

Crunch&Sip®

Crunch&Sip® is a set break to eat fruit or salad vegetables and drink water in the classroom. Students 're-fuel' with fruit or vegetables during the morning or afternoon - assisting physical and mental performance and concentration.

When schools become Crunch&Sip® certified they receive support material for the program. For more information please visit: www.crunchandsip.com.au.

Handout: Crunch&Sip® Brochure

Order from The Department of Health WA, Health Info on 1300 135 030 or by visiting their website: www.dohpackcentre.com.au/DOH/Login.aspx. Please allow 7 - 10 days for the order to be mailed to you.

Crunch&Sip® Project Officer

Ph: (08) 9212 4333

Email: education@cancerwa.asn.au

Parent/Carer Education

Parent education about healthy lunch box choices is very important. When children do not buy their lunch from the canteen it is up to parents to provide their children with healthy lunch and snacks at school.

Does the school need to provide better storage options for children's lunch, such as refrigeration?

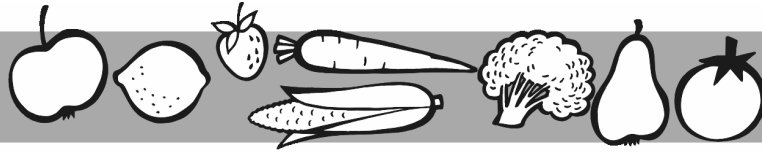
Do parents need education on what makes a healthy lunch box?

Handout HC1: Scrumptious School Lunches

Does the school have healthy fundraising events?

Handout HC2: Fantastic Fundraising Ideas!


Ask the group to brainstorm other areas where food and drink choices can be improved in schools.



4-6 min


Let's Talk About How Food Choices Can be Improved in the Community

Activity: Allow the group to brainstorm areas where food choices can be improved in the community (sporting facilities, community centres, sports/arts events, fairs, etc.). If the group is small write their responses up on a board. If the group is larger break up into groups of 3-4, hand out butchers paper and ask the group to write their responses, then feedback to the larger group.



Healthy Food Choices in the Community

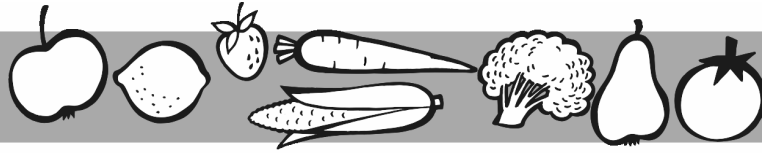
- Childcare
- Food sold at sports venues
- Community food gardens
- Food variety - multicultural foods
- Food advertising to children
- People power



Handout HC3 - Tasty, Healthy Food in the Community

Discuss the examples of how to improve children's food intake in the community and where parents can go for further advice/assistance.

If parents have identified additional ways to improve their children's food intake in the community, discuss these and ask parents to write them on the handout for future reference.



4-6 min

Let's Talk About How Physical Activity Options Can be Improved

Activity: Allow the group to brainstorm areas where physical activity options can be improved in school and the wider community. If the group is small write their responses up on a board. If the group is larger break up into groups of 3-4, hand out butchers paper and ask the group to write their responses, then feedback to the larger group.

Keeping Children Active

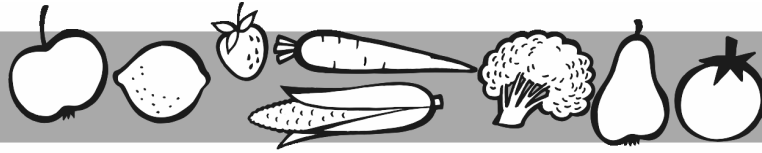
- Active transport to and from school
- Outdoor facilities
- Fundraising
- Physical activity at school
- Organised sport

Handout HC4 - Keeping Children Active

Discuss the examples of how to improve children's physical activity options at school and in the community and where parents can go for further advice/assistance.

If parents have identified additional ways to improve their children's physical activity options at school and in the community, discuss these and ask parents to write them on the handout for future reference.


For additional information about physical activity please refer to Workshop D: Physical Activity, Fit for Life.



2 min

Let's Talk About How to Find People Who Agree With Your Ideas and Want to Help

Activity: Allow the group to brainstorm methods parents can use to find other people who want to improve children's food intake/physical activity options. If the group is small write their responses up on a board. If the group is larger break up into groups of 3-4, hand out butchers paper and ask the group to write their responses, then feedback to the larger group.



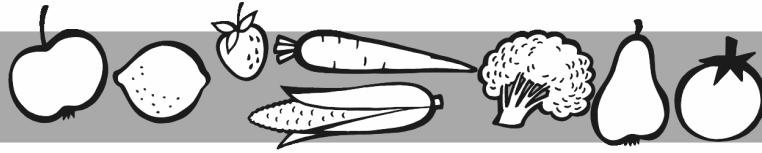
Finding Others

- Other parents
- P&C/P&F members. Go to a meeting!
- Community groups. Go to a meeting!
- School teachers
- School principal
- Notice in school newsletter
- Notice in local community newspaper

Handout HC5 - Finding Others

If parents have identified additional ways to find others who want to improve children's food intake and physical activity options, ask them to write these on the handout.


Ask parents to choose **3 methods** of 'finding others' that they would use.



10-15min



Let's Talk About Choosing a Vision, a Mission, Objectives and Strategies

Explain to parents that they will be asked to choose **one** priority nutrition or physical activity issue from those identified in the previous activities. They will then plan ways to solve this issue by choosing a vision, a mission, objectives and strategies. Firstly, you will need to explain what these terms mean.





Create a Vision

- Healthy Children


Create a Mission

- Encourage healthy food choices in the kiosk at the local recreation centre, to increase children's consumption of healthy foods.

Create an Objective

- Specific
- Measurable
- Achievable
- Relevant
- Timed (how much and by when)
- At least half (50%) of the foods and drinks for sale at the recreation centre kiosk will be healthy choices by the end of second term, 2009.



Create Strategies

Increase parents' awareness of the importance of good nutrition, e.g.


- Holding PGR parent nutrition workshops.
- Putting 'healthy food ideas' articles in the school newsletter.

Increase the kiosk owner's awareness of parents' wishes for healthier food choices at the swimming pool kiosk, e.g.

- Asking parents and/or school representatives to approach the kiosk owner.

If this is not successful try, e.g.

- Asking parents, school staff, students and community members to sign a petition which a parent and/or school representative can give to the kiosk owner (and perhaps the local council).



Create Strategies cont..

Increase the kiosk owner's awareness of how food and drink choices can be improved, e.g.

- Organising a nutrition 'expert' (e.g. local dietitian, school nurse or health education teacher) to discuss with the kiosk owner, healthy food and drink choices suitable for sale at the kiosk.
- Discuss strategies such as pricing healthy items more cheaply, and renaming menu items to make them more appealing to children.
- Encourage food and drink items sold in the kiosk to meet the traffic light guidelines as per school canteens.

Choosing a Vision, a Mission, Objectives and Strategies provides the group with a destination and the route to get there. They give the group an aim and allow them to monitor their achievements.

Vision: The group's dream or ideal. The vision is concise and shared by all.
E.g. 'Healthy Children.'

Mission: A broad statement of what the group needs to do and why.
E.g. 'Encourage healthy food choices in the kiosk at the local recreation centre, to increase children's consumption of healthy foods.'

Objective: A specific statement of what your group plans to do to achieve their mission. An objective must be **SMART**

Specific

Measurable

Achievable

Relevant (to the mission) and

Timed (including a date for completion).

Often several objectives relate to the same mission. E.g. 'At least half (50%) of the foods and drinks for sale at the recreation centre kiosk will be healthy choices by the end of second term, 2009.'

Strategies: A strategy details what your group will *actually do* to achieve your objective.

Increase parents' awareness of the importance of good nutrition, e.g.

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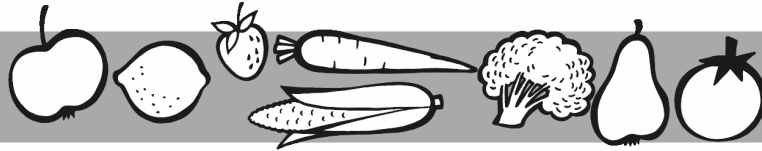
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- Encourage food and drink items sold in the kiosk to meet the traffic light guidelines as per school canteens.


Handout HC6 - Your Roadmap to Success: a Vision, a Mission, Objectives & Strategies

Activity: As a group, or by splitting into smaller groups, ask parents to choose one nutrition and/or physical activity option which needs improving and is of most importance/relevance to their children. Ask parents to write a vision, a mission, objectives and strategies to address this. Discuss all ideas. Encourage parents to think of more objectives and strategies at home.



2-3 min

Let's Talk About What You Can Do Next

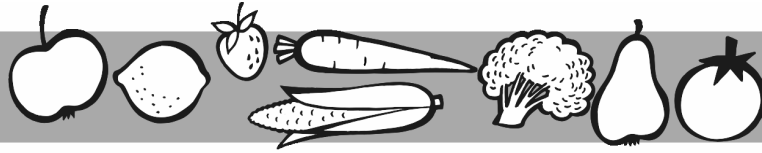


What to do Next?

Support for your parent group is available from:

- Your PGR Educator
- PGR Project Officer at the Cancer Council WA
- WISH

Ask parents whether any of them would like to form a group, to improve food and/or physical activity options for their children at school and in the community. The group can invite school staff and community members to join if they wish. Ask parents to record their names and contact details on the evaluation sheet if they would like to be contacted later about forming a parent group. Mention that if parents would like help getting their group started, assistance is available from you (the PGR Educator) and/or the PGR Project Officer and/or the Western Institute of Self Help (WISH).



2-3 min

Conclusion



"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed it's the only thing that ever has" (*Margaret Mead*)

BUT

We are not suggesting you change the world

Even small changes are better than no changes & are a wonderful achievement

Improvements in eating and physical activity habits may be achieved faster and more effectively by working with other people in your community. It is up to you and other community members to improve nutrition and physical activity options for your children and future generations of children.

Children learn by example, so places like schools, childcare centres, recreation centres, local shops and supermarkets are ideal for reinforcing positive nutrition and physical activity messages.

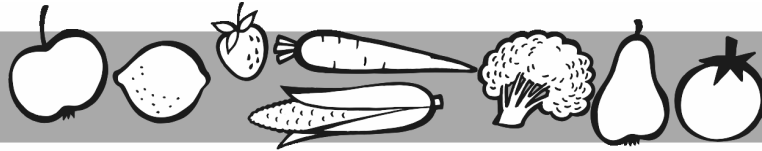
All communities are unique, with different problems requiring different solutions. That is why local knowledge, like your own, has the best chance of success.

Meeting with other people to achieve common goals can boost self-esteem and be an enjoyable. You may like to form a new group, or branch from an existing group like the P&C/P&F, playgroups or other groups.

Your local PGR Educator, Cancer Council WA PGR Project Officer and/or WISH are all available to provide help and support.

If you are interested in forming a parent group to improve children's food and physical activity options, leave your contact details with your PGR Educator or write them on the workshop evaluation form.

A suggested name for your group is 'CHAT' (short for 'Child Health Advocacy Team'). You can get together with other parents, teachers and interested community members to 'chat' about better food and physical activity options for your children. You may like to choose another name for your group.
Good luck!



3 min

Evaluation

Healthy Communities Workshop: Evaluation Form 1

If you have **added** the Healthy Communities Supplement to Workshop A, B, C or D, attach *Healthy Communities Evaluation Form 1* to the Workshop A, B, C or D Evaluation Form.

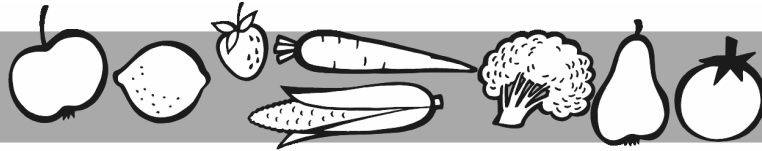
Ask each person to complete the forms and return them to you. Thank each person for attending.

OR

Healthy Communities Workshop: Evaluation Form 2

If you have **only** run the Healthy Communities Workshop Supplement, hand out *Healthy Communities Evaluation Form 2*.

Ask each person to complete the form and return it to you. Thank each person for attending.



Useful Contacts

Nutrition, Physical Activity and Cancer Program/PGR Project Officer
Cancer Council Western Australia
46 Ventnor Avenue, West Perth WA 6005
Ph: (08) 9212 4333
Fax: (08) 9212 4334
Email: education@cancerwa.asn.au
www.cancerwa.asn.au

Community Development Officer
Western Institute of Self Help (WISH) Inc.
Perth Business Centre
335-337 Pier Street, Perth WA 6000
Ph: (08) 9228 4488 or (freecall) 1800 195 575
Fax: (08) 9228 4490

Useful Resource

Altman, D., Balcazar, F., Fawcett, S., Seekins, T., and Young, J. 1994. *Public Health Advocacy: Creating Community Change to Improve Health*. California: Stanford University Press.

Meerilinga, Promoting Positive Childhoods
15 Cambridge Street (Cnr Southport St) WEST LEEDERVILLE WA 6007
Ph: (08) 9489 4022
Email: mycf@meerilinga.org.au
Resources (e.g. Lunch Box Buzz) available to order via:
www.meerilinga.org.au/Resources/Meerilinga%20Resources.aspx

Reference

1. Nutbeam, D. 1986. *Health promotion glossary*. Health Promotion, vol1, no 1, pp. 113-27