

The Munch and Move program – Integrating healthy eating and physical activity into NSW children's services

Elissa Rao
Northern Sydney Central
Coast Area Health

Peta Lucas
NSW Department of Health



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Acknowledgement

Munch & Move acknowledges the Tooty Fruity Vegie for Preschools program.



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About Munch and Move



- Launched 5 July 2008;
- NSW Department of Health led initiative, in partnership with the NSW Department of Community Services and supported by the Physical Activity Nutrition & Obesity Research Group (PANORG);



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Program Resources



Program Manual



Fact Sheet Series



Promotional Flyer



Game Board



Message Poster

Munch

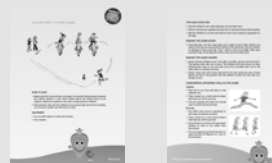
- Links to NHMRC Dietary Guidelines;
- Messages: Water, Healthy snacks, Fruit and vegetables;
- Activity cards & how/when they could be used to support day to day practice; and
- Food related activities.



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Move

- Active play & a games-based approach to FMS; (Locomotor, manipulative and stability skills);
- Activity cards (FMS, warm-ups, cool-downs)



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Monitor

- What is small screen recreation and why limit it?
- Role of childcare services in supporting this message; and
- Tips to try.



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Making it happen

- Policies and practices:
 - fundraising
 - healthy lunchboxes
 - physical activity
- Safety (allergies, injury, sun protection, water)
- Special needs
- Parent fact sheets & FAQ's



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Program Delivery

- Phase 1 – preschools (18 months);
- Free full-day preschool training workshop run by the Early Childhood Training and Resource Centre;
- 52 workshops scheduled for Phase 1;
- Area Health Services recruit participants and provide support to preschools (advice, equipment grants, incentive grant, local newsletters).



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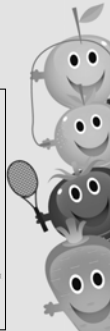
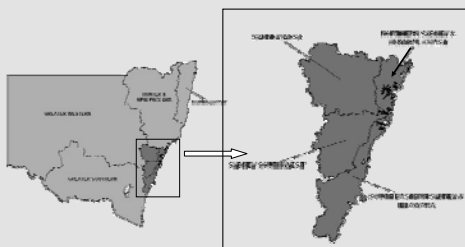
Evaluation

- 29 DET preschools;
- 15 intervention/14 control preschools;
- Pre and post measures to determine:
 - effects on staff efficacy and skills;
 - organisational impacts (policy);
 - Program sustainability;
 - Director interview;
 - Staff surveys;
 - Parent survey;
 - Children's movement skills; and
 - Lunchbox audit



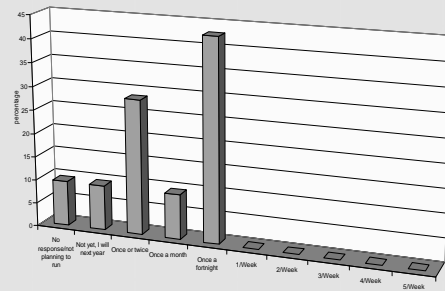
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Northern Sydney Central Coast Area Health Service



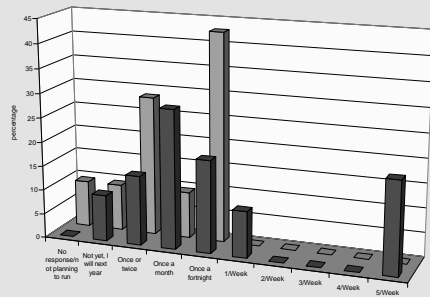
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2008 NSCC Feedback - Munch



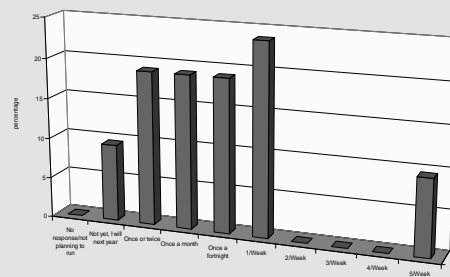
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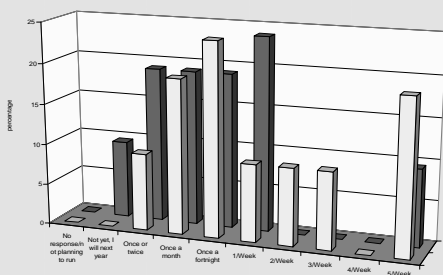
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2008 NSCC Feedback - Move



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Next steps for Munch and Move: Phase 2

- Rollout currently being planned for 2010
- Changes to age of children in care will require adaptation of materials
- Strategic links with PA Recs, EC Guidelines, Curriculum framework, EYLF



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Phase 1 Munch & Move Partners

- Department of Health:
 - Centre for Health Advancement
 - Local Area Health Services
- Department of Community Services
- PANORG
- Local council
- NSW Early childhood sector (peak bodies and providers)



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Munch & Move
www.healthykids.nsw.gov.au

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