

Submission to the Health and Ambulance Services Committee

hasc@parliament.qld.gov.au

From :
The Executive Management
The Australian Nutrition Foundation (QLD DIV)Inc t/a NAQ Nutrition

Mailing address:
6/100 Campbell Street
Bowen Hills Qld 4006
[REDACTED]

Contact person: Aloysa Hourigan

Email : [REDACTED]

Terms of Reference for the inquiry include consideration of:

1. That the Health and Ambulance Services Committee inquire into and report on personal health promotion interventions using telephone and web-based technologies.
2. And also consideration of:
 - Evidence for the effectiveness and cost effectiveness of health coaching interventions to :
 - Increase physical activity
 - Improve nutrition ; and
 - Reduce weight
 - Current personal health promotion interventions in Queensland, their scope, resourcing and evaluation;
 - Experience in other jurisdictions in developing, implementing and evaluating relevant health promotion interventions, and
 - Potential opportunities for collaboration and cooperation between government agencies, research institutions, community organisations and the business sector to promote health and well-being through innovative use of information and communication technologies.
3. Further, that the committee report to the Legislative Assembly by 12 June, 2015

Introduction

The Australian Nutrition Foundation (Qld Div) Inc, trading as NAQ Nutrition, is a non profit, non government community nutrition education. NAQ Nutrition has a well-established name as the peak body in nutrition education in Queensland, providing a highly regarded, voice in this arena for the community for over 20 years.

NAQ Nutrition (NAQ) is a member organisation dedicated to helping all Australians achieve "*Optimal health through food variety and physical activity*". As the Queensland Division of Nutrition Australia, NAQ works across Queensland with individual members, organisations, corporate partners and other government and non-government key stakeholders to promote evidence based healthy living messages. These messages are delivered through a variety of strategies including a range of nutrition education and cooking skill programs to various community groups across the lifespan to promote healthy life choices in relation to healthy food selection and physical activity.

NAQ's strives to promote the health and well being of Queenslanders by empowering them to make informed food choices and engage in physical activity.

Our Vision : 'to shape the health and wellbeing of our community through informed food choices. Food is life. Food is you'.

NAQ is regarded as Queensland's most experienced community nutrition organisation. Our overarching strategy is to work closely with population groups in the community to identify client needs; develop creative and innovative solutions; and deliver sustainable outcomes.

NAQ sees its role as empowering the community with skills and knowledge so they are better able to access and prepare healthy food no matter where and in what social circumstance people live. Strengthening the connectedness of audiences, such as regional and remote communities, culturally and linguistically diverse groups and the local community, is key to ensuring skills and knowledge gained through NAQs work is embedded to build and achieve successful long-term community outcomes e.g. healthier, vibrant and inclusive communities.

NAQs work is guided by its values and principles which include:

- A philosophy that eating is about food—supporting the community to increase their knowledge to make informed food choices and build skills and confidence, to protect against risk of developing diet- related chronic disease such as diabetes, high blood pressure, bowel cancer and obesity
- To be caring and compassionate—supporting the community, individuals - especially the most vulnerable
- To provide support where it is needed most—working with partners and stakeholders to develop solutions to nutrition issues
- To always deliver quality and value –working within budgets to find creative solutions to deliver quality program outcomes
- To develop and nurture strong partnerships, enhancing NAQs capacity to better understand the ever changing barriers to healthy nutrition for the whole community
- To actively seek advice and feedback from partners, clients and communities to continually evaluate and improve NAQs work

- To build on experiences, and integrate new skills, resources and capacity to help achieve NAQs vision and mission

NAQ develops and delivers high quality projects and services that support healthy food choices, through collaborative work with community members, organisations, educators, partners and stakeholders, focusing on health and nutrition throughout the lifecycle (from children to families through to the aged). Our organisation employs a team of nutritionists/health promotion officers and business management professionals and administrative staff, who implement the state-wide programs, projects, training, seminars and resources (e.g. fact sheets, posters, recipes) many of which are available in an online format. We are continuing to embrace online and social media technologies to increase the access and reach of our resources.

As a business, NAQ seeks out opportunities to enhance our engagement to increase reach and sustainability of our products and services. We utilise ongoing communication with our audiences, and program evaluations, to improve quality and value of our products and services.

NAQ is a registered training organisations delivering nutrition and food safety education to the early childhood, schools and aged care sectors through a range of delivery formats including: face-to-face interactive sessions; online training; blended learning.

NAQ has a proven track record of working with communities to build capacity at both national, state and local levels. NAQ is highly regarded for providing value to the community, and has demonstrated innovation skills and ability to work in the physical world.

NAQ's current scope of work includes:

- Nutrition education programs and services aimed at specific target groups in the Queensland population as per Table1. below –

Table 1 – NAQs Programs

NAQ Program	Services provided
<p data-bbox="375 1356 634 1423">Food Foundations program</p> <p data-bbox="337 1461 513 1493"><i>Target group:</i></p> <ul data-bbox="375 1535 675 1877" style="list-style-type: none"> • Managers, educators, & cooks in the early childhood sector • Parents with young children • Children under 5 	<ul data-bbox="753 1356 1385 1877" style="list-style-type: none"> • Monthly e-newsletter providing information on nutrition in early childhood and food safety • Access to a paediatric dietitian to answer nutrition queries • Resources related to providing safe and nutritious food in early childhood settings, and meeting requirements relating to the National Quality Standard and the Early Years Learning Framework, including the Get Up & Grow guidelines relating to nutrition, food safety & physical activity • Review of menus and menu planning advice • Professional development for childcare staff on early childhood nutrition and food safety

<p>years</p>	<ul style="list-style-type: none"> Information sessions and workshops for parents on early childhood nutrition, cooking skills and healthy eating for families
<p>Nutrition in Outside Hours Care Advisory Service (NOSHCAS)</p> <p><i>Target group:</i></p> <ul style="list-style-type: none"> Staff in Outside School Hours Care (OSHC) services Parents School aged children 	<ul style="list-style-type: none"> Monthly newsletter providing information on nutrition for school aged children and food safety Access to a dietitian/nutritionist to answer nutrition queries Resources related to providing safe and nutritious food in the OSHC setting, and meeting requirements under the National Quality Standard & related Frameworks relating to nutrition & food safety Review of menus and menu planning advice Professional development for OSHC staff on early childhood nutrition and food safety Information sessions and workshops for parents on childhood nutrition, cooking skills and healthy eating for families
<p>Food Smart Schools program</p> <p><i>Target group:</i></p> <ul style="list-style-type: none"> Tuckshop convenors and volunteers Teachers School aged children Parents 	<ul style="list-style-type: none"> Monthly newsletter providing information on promoting healthy eating at school tuckshops, implementing the Smart Choices food and drink strategy for schools, nutrition for school aged children and food safety Access to a dietitian to answer nutrition queries Resources related to providing safe and nutritious food that meets Smart Choices guidelines in school tuckshops Development of curriculum based nutrition education resources for teachers Professional development about nutrition for school aged children for tuckshop staff & volunteers and teachers Information sessions and workshops for parents on childhood nutrition, cooking skills and healthy eating for families
<p>Aged Care Nutrition Advisory Service (ACNAS)</p> <p><i>Target group:</i></p> <ul style="list-style-type: none"> Nursing staff and catering staff in 	<ul style="list-style-type: none"> Monthly newsletter providing information on nutrition issues for the elderly Access to a dietitian to answer nutrition queries Resources related to providing safe and nutritious food in the aged care setting, and meeting accreditation guidelines relating to

<p>aged care facilities</p> <ul style="list-style-type: none"> • Aged care residents • Staff in respite centres 	<p>nutrition & food safety</p> <ul style="list-style-type: none"> • Professional development for aged care staff on nutrition for the elderly and menu planning
<p>Workplace Wellbeing Program</p> <p><i>Target group:</i></p> <ul style="list-style-type: none"> • Employers and Staff in any workplace setting 	<ul style="list-style-type: none"> • Nutrition education sessions on a variety of topics relating to prevention of chronic disease, promoting healthy food choices and physical activity, maintaining wellbeing • Cooking demonstrations and workshops • Consultancy for healthy lifestyle programs at work • Menu review and development for staff canteens

- Other nutrition education and cooking skill programs for vulnerable groups eg young mums, refugee families, people with mental health problems and their carers
- Development of resources (including our website: www.naqlld.org) to support the work of the above programs
- Healthy Food; Healthy Planet menu planning tool www.healthyfoodhealthyplanet.org
- availability on email, telephone, social media (Facebook pages for: NAQ Nutrition; Food Smart Schools; Healthy Food;Healthy Planet) to respond to nutrition queries from the general public
- a distribution service for clinical nutrition supplements to hospitals, aged care facilities and the general public, especially those transitioning from hospital to home. Many of the people using this service need to do so because of issues arising from chronic disease, especially cancer, type 2 diabetes and stroke.

Many of the above services are carried out in collaboration with a range of partners including government (eg Queensland Health, Department of Communities, Department

of Immigration & Citizenship, Department of Education and Training, Department of Justice and the Attorney General), other non profit, non government agencies (eg Playgroup Queensland, Workforce Council, Medicare Locals), academic institutions and industry.

NAQ has well-established networks and links which position NAQ to be well-placed to engage in projects that promote healthy lifestyle messages to people in Queensland in all the above-mentioned target groups.

NAQ welcomes the opportunity to respond to the Inquiry into Personal Health Promotion Interventions Using Telephone and Web-based Technologies being undertaken by the Health and Ambulance Services Committee .

This submission will focus on three of the four items for consideration in the terms of reference for this inquiry :

- Evidence for the effectiveness and cost effectiveness of health coaching interventions to :
 - Increase physical activity
 - Improve nutrition ; and
 - Reduce weight
- Experience in other jurisdictions in developing, implementing and evaluating relevant health promotion interventions, and
- Potential opportunities for collaboration and cooperation between government agencies, research institutions, community organisations and the business sector to promote health and well-being through innovative use of information and communication technologies.

1) Evidence for the effectiveness and cost effectiveness of health coaching interventions to :

- **Increase physical activity**
- **Improve nutrition ; and**
- **Reduce weight**

Such health coaching interventions have been extensively trialled and evaluation by the Greater Metro South Brisbane Medicare Local. It has successfully demonstrated that this can be an effective strategy for weight management for those who have limited funds to access other health services for this support. It adopts a health coaching approach and is facilitated by health professionals, often accredited practising dietitians, who are provided with additional training to deliver this service.

Recommendation:

NAQ asks that the government funds a broadening of the reach of these interventions especially to areas where access to allied health and medical services is limited. NAQ Nutrition staff have the qualifications and training that would enable them to be considered as facilitators for the delivery of these services.

2) Experience in other jurisdictions in developing, implementing and evaluating relevant health promotion interventions, and

NAQ can demonstrate this experience through its current scope of work including:

- Nutrition education programs and services aimed at specific target groups in the Queensland population as per Table1. below –

Table 1 – NAQs Programs

NAQ Program	Services provided
<p>Food Foundations program</p> <p><i>Target group:</i></p> <ul style="list-style-type: none"> • Managers, educators, & cooks in the early childhood sector • Parents with young children • Children under 5 years 	<ul style="list-style-type: none"> • Monthly e-newsletter providing information on nutrition in early childhood and food safety • Access to a paediatric dietitian to answer nutrition queries • Resources related to providing safe and nutritious food in early childhood settings, and meeting requirements relating to the National Quality Standard and the Early Years Learning Framework, including the Get Up & Grow guidelines relating to nutrition, food safety & physical activity • Review of menus and menu planning advice • Professional development for childcare staff on early childhood nutrition and food safety • Information sessions and workshops for parents on early childhood nutrition, cooking skills and healthy eating for families
<p>Nutrition in Outside Hours Care Advisory Service (NOSHCAS)</p> <p><i>Target group:</i></p> <ul style="list-style-type: none"> • Staff in Outside School Hours Care (OSHC) services • Parents • School aged children 	<ul style="list-style-type: none"> • Monthly e-newsletter providing information on nutrition for school aged children and food safety • Access to a dietitian/nutritionist to answer nutrition queries • Resources related to providing safe and nutritious food in the OSHC setting, and meeting requirements under the National Quality Standard & related Frameworks relating to nutrition & food safety • Review of menus and menu planning advice • Professional development for OSHC staff on early childhood nutrition and food safety • Information sessions and workshops for parents on childhood nutrition, cooking skills and healthy eating for families
<p>Food Smart Schools program</p>	<ul style="list-style-type: none"> • Monthly e-newsletter providing information on promoting healthy eating at school tuckshops, implementing the Smart Choices

<p><i>Target group:</i></p> <ul style="list-style-type: none"> • Tuckshop convenors and volunteers • Teachers • School aged children • Parents 	<p>food and drink strategy for schools, nutrition for school aged children and food safety</p> <ul style="list-style-type: none"> • Access to a dietitian to answer nutrition queries • Resources related to providing safe and nutritious food that meets Smart Choices guidelines in school tuckshops • Development of curriculum based nutrition education resources for teachers • Professional development about nutrition for school aged children for tuckshop staff & volunteers and teachers • Information sessions and workshops for parents on childhood nutrition, cooking skills and healthy eating for families
<p>Aged Care Nutrition Advisory Service (ACNAS)</p> <p><i>Target group:</i></p> <ul style="list-style-type: none"> • Nursing staff and catering staff in aged care facilities • Aged care residents • Staff in respite centres 	<ul style="list-style-type: none"> • Monthly enewsletter providing information on nutrition issues for the elderly • Access to a dietitian to answer nutrition queries • Resources related to providing safe and nutritious food in the aged care setting, and meeting accreditation guidelines relating to nutrition & food safety • Professional development for aged care staff on nutrition for the elderly and menu planning
<p>Workplace Wellbeing Program</p> <p><i>Target group:</i></p> <ul style="list-style-type: none"> • Employers and Staff in any workplace setting 	<ul style="list-style-type: none"> • Nutrition education sessions on a variety of topics relating to prevention of chronic disease, promoting healthy food choices and physical activity, maintaining wellbeing • Cooking demonstrations and workshops • Consultancy for healthy lifestyle programs at work • Menu review and development for staff canteens

- Other nutrition education and cooking skill programs for vulnerable groups eg young mums, refugee families, people with mental health problems and their carers
- Development of resources (including our website: www.naqld.org) to support the work of the above programs
- Healthy Food; Healthy Planet menu planning tool
www.healthyfoodhealthyplanet.org
- availability on email, telephone, social media (Facebook pages for: NAQ Nutrition; Food Smart Schools; Healthy Food;Healthy Planet) to respond to nutrition queries from the general public
- a distribution service for clinical nutrition supplements to hospitals, aged care facilities and the general public, especially those transitioning from hospital to home. Many of the people using this service need to do so because of issues arising from chronic disease, especially cancer, type 2 diabetes and stroke.

Many of the above services are carried out in collaboration with a range of partners including government (eg Queensland Health, Department of Communities, Department of Immigration & Citizenship, Department of Education and Training, Department of Justice and the Attorney General), other non profit, non government agencies (eg Playgroup Queensland, Workforce Council, Medicare Locals), academic institutions and industry.

NAQ has well-established networks and links which position NAQ to be well-placed to engage in projects that promote healthy lifestyle messages to people in Queensland in all the above-mentioned target groups.

Recommendation: That the government considers utilising the skills and expertise of the community organisations such as NAQ Nutrition to develop and deliver the Personal Health Promotion Interventions.

3) Potential opportunities for collaboration and cooperation between government agencies, research institutions, community organisations and the business sector to promote health and well-being through innovative use of information and communication technologies.

There exist many well-established networks and links with government and non-government agencies for community agencies such as NAQ in working together collaboratively, for example in the Swap It Qld PR Campaign and the LEAPS project, and with Medicare Locals .

Recommendation: The government utilises the existing strong networks and relationships between nongovernment agencies to support the development and delivery of any proposed Personal Health Promotion Interventions using Telephone and Web-based Technologies.