

TASKFORCESUBMISSION: submission

NAME: Leanne Cooper

POSITION: Director

ORGANISATION: Cadence Health

SUBMISSION1: I would like to raise for discussion the use of our Healthy Eating Coordinators program which is currently training one teaching staff member of a school to undertake all areas of healthy eating within their school community. Our HECs are trained in the fundamental building blocks of healthy eating and healthy lifestyles. They are responsible for all areas of healthy eating within their school, they are also supported in being strongly proactive in their approach.

We believe our program would address a number of issues mentioned in the Case for Prevention: Overweight and Obesity. For example the program:

- * Uniquely has a 'strong population-level response' by creating direct shifts in the healthy eating attitudes of parents, students, teachers, canteen staff, school staff and potentially the wider community.
- * Carefully addresses issues in 'safe eating practices' and creates a platform for staff to cope more effectively with childrens' concerns over body image.
- * Is well centred in prevention; much like the environment movement quickly realised that it was the beliefs and values of our children that would largely shape the future of our environmental progress, so to will our children teacher us and mould community health. As stated in your paper 'learning by doing' approach.
- * Following on from the previous point, has the potential to greatly reduce the cost burden of obesity and many other dietary-related health issues.
- * When rolled out nationally has the potential to 'close the gap' for disadvantaged communities by the training of members within their respected and local community. We believe initiatives that engender compliance through positive self-determination are central to their success in such communities.
- * Provides a method for ensuring the ongoing success of the many initiatives being rolled out by State and Federal Agencies as well as those already in the community. Governments spend a great deal of money on revolving public education campaigns, the HEC program will ensure full benefit from them.
- * As a school based program will help achieve the action of 'school communities support...'. Programs such as the Red Cross Good Start Breakfast Club for example can gain support from our HECs and the program facilities in general.
- * Allows for stronger community networking and clearer referral systems by educating parents, carers, teachers and children about the professional health services available in their local and broader community.

We already have just a handful of schools participating in this program, with great success as indicated by parent feedback, teacher involvement and via the documented canteen improvements (physically of the food and the staff knowledge). One school has now attained a fully organic and green canteen.

I look forward to discussing this program with you. We strongly believe that the HEC program is the corner-stone to a health revolution. We truly can be the Healthiest Country by 2020 if we act now by shifting the future of our healthy eating values at the grass roots level.

Best regards
Leanne Cooper
Nutritionist

PRIVACY: yes

SUBMIT: Submit