

Health Promotion Evaluation Snapshot

Changing the World One Policy at a Time, June 2020



Health Promotion aims to make healthy choices easy choices through environments that support healthy living.

We work with Schools, Early Learning Services and Communities to achieve the best health for all



Munch & Move is NSW Health initiative that supports the healthy development of children birth to 5 years by promoting physical activity, healthy eating and reduced small screen time.

“Munch & Move is core to what we do in Bunyip Preschool. The challenge was very useful to help focus and allow us to use information that we knew would be best practice to adapt our policies”

Director - Bunyip Preschool, Harden

What & How?

Best practice incentive policy package for Early Childhood Education and Care Services.

The policy package targeted breastfeeding, nutrition, physical activity and screen time.

A Policy Challenge Kit was provided to participating services. This included;

- Policy Checklist
- Templates
- Incentive vouchers or staff development workshops offered to participants.

Why?

Many services had policies, procedures, guidelines that did not include required Munch & Move elements.

- Policies are an important part of early childhood service provision.
- Assist in setting a consistent standard within the service for nutrition, physical activity, small screen use, breastfeeding.
- Demonstrate how each service meets ACECQA National Quality Framework.

Who?

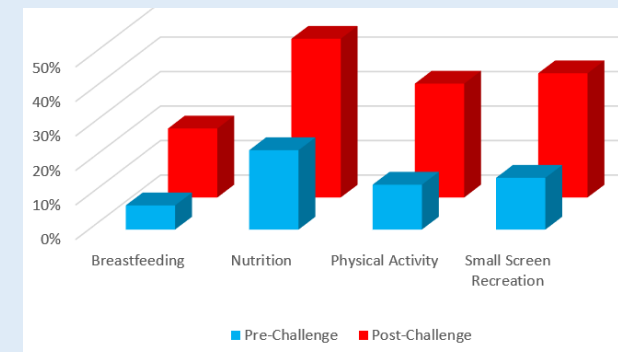
Early Childhood Education and Care Services in MLHD were all offered the opportunity to participate in this package.

- Health Promotion Officers provided needs-based support and resources to Early Childhood Education and Care Services.

Results

The number of MLHD services meeting the policy practices nearly doubled due to the implementation of this package.

- Additional 20 services in the MLHD achieving the Challenge and received their chosen incentive.



More Information?

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