

NEWDEGATE COMMUNITY RESOURCE CENTRE

Lifestyle Changes

Project Location

Newdegate, a small town in the south eastern Wheatbelt about 400km south east of Perth

Project Date

February – May 2012

Target Group

Adults from rural, regional and remote communities

Background

A five-week program was planned focusing on both physical activity and nutrition and led by qualified health professionals. Week one focused on label reading and healthy cooking skills. Week two comprised a fitball session and review of previous week. Week three was exercise and injury prevention along with stretching. Week four included a zumba class and bringing healthy recipes to class. Week five involved a water awareness/safety course along with a review of the previous weeks. Health promotion support was provided throughout the program.

Objectives

- Increase participants' knowledge and understanding of healthy choices and disease prevention as well as lifestyle modification
- Increase the understanding of food labels and nutrition information panels
- Increase the ability of adults to make healthy catering dishes.
- Promote physical activity throughout the community

- Increase knowledge of safer exercise strategies
- Promote the safe use of new outdoor gym equipment among adults
- Increase number of adults using the public pool and their water awareness

How Was It Implemented?

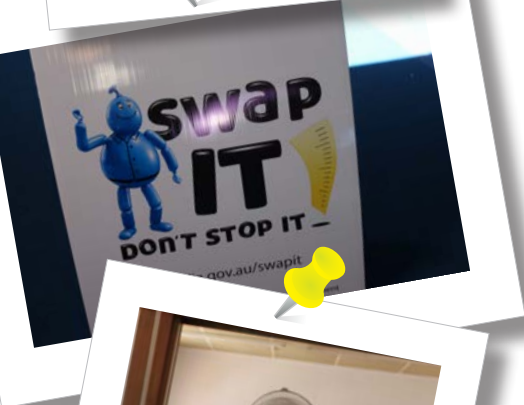
- Posters advertising the activities were displayed in local businesses
- Advertisements were placed in the local newspaper
- Show bags comprising merchandise and health resources from the Heart Foundation were issued to participants. These included water bottles, T shirts, Swap It measuring tapes, booklets and information pamphlets, etc. Other merchandise such as resistance bands, cook books and dog leads were given as prizes
- Emails were sent to participants' advising of exercises, stretches etc that could be followed at home

What Happened?

- Nutrition workshop arranged to cover budgeting, food labels and healthy eating pyramids. Swap It messages, were promoted in these workshops
- Two supermarket tours were held to explain healthy food options
- Exercise classes scheduled to run for five weeks. But because an instructor cancelled, unspent funding meant money was available for course to run for 12 weeks

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Obstacles

- No men, only women, attended the programs
- Turnout started high but a fall in numbers was experienced. However, the smaller number of participants remained loyal to the program
- A water awareness/safety session and water aerobics class was cancelled due to inclement weather and replaced by a talk and a circuit class

Feedback

- Questionnaires were completed regularly and were largely positive.
- For example, 91 per cent of attendees rated one nutrition workshop “good” or “excellent”.
- Food labeling instructions were particularly well received with many participants saying they hadn’t previously understood the information on labels

What Now?

- There were funds left over due to a paid instructor cancelling, so extra exercise equipment was bought for the classes
- Due to popular demand, exercise classes have continued after the program officially finished

Contact

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