

# SOUTH LAKE OTTEY FAMILY AND NEIGHBOURHOOD CENTRE

## Healthy Active Community Initiative

### Project Date:

October – December 2011

### Project Location:

South Lake

### Target Group:

People from low SES areas aged 25-70 years

## Background

The South Lake Ottey Family and Neighbourhood Centre developed the program with the intention of promoting a healthy and active lifestyle for local residents. Participants from diverse backgrounds were encouraged to participate, promoting cultural food sharing along with an increased knowledge of healthy eating.

## Objectives

- Facilitate workshops that increase knowledge of healthy, tasty, low cost food preparation.
- Increase awareness of poor nutrition and associated life-style related diseases.
- Increase the amount of physical activity undertaken by the participants.
- Collate recipes from participants to create a low cost, culturally diverse recipe booklet.

## What happened?

- Weekly healthy eating workshops were conducted with a focus on low cost meals.

- Weekly walking groups were held, including a Nordic walking session.
- Swimming sessions were offered at the local aquatic centre.
- An exercise bike and vegetable juicer were both purchased for the centre.
- A guest speaker discussed nutrition, healthy eating, physical well-being, and chronic disease.

## Results

- Approximately 120 people participated in the Healthy Active Community Initiative.
- The program produced excellent results, proven by an increased awareness of healthy eating and physical activity by all participants.
- One major outcome from the program is the development of a healthy eating cookbook.
- The exercise bike and vegetable juicer is frequently used by people attending the centre.

## Tips for others

- Consider using a guest speaker to encourage attendance at workshops.

## Where to from here?

The South Lake Ottey Family and Neighbourhood Centre continue to run the Nordic walking group and plan to maintain the healthy eating workshops.

## Organisation contact

**Maria Bakas-Booker**

**South Lake Ottey Family and Neighbourhood Centre**

**P: 08 9417 2372**

**E: maria@otteyfamilycentre.com.au**

