



ANNUAL REPORT 2023

NUTRITION AUSTRALIA ACT INCORPORATED



Nutrition Australia ACT Incorporated - A05428

Chifley Health & Wellbeing Hub

5/70 Maclaurin Crescent

Chifley ACT 2606

NA ACT is also the Registered office of the Australia Nutrition Foundation Incorporated

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Nutrition Australia ACT Incorporated is a registered Health Promotion Charity with the ACNC and has deductible gift recipient status with the Australian Taxation Office.



ACT Nutrition Support Service is the registered Trademark of Nutrition Australia ACT.

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ABOUT US

Nutrition Australia ACT Inc. (NAACT) is a not-for-profit, non-government, registered health promotion charity. NAACT operates through a Committee of Management ensuring good governance practices and management.

The ACT Nutrition Support Service is a registered business name of Nutrition Australia ACT Inc.

Committee of Management

The Committee of Management comprises of volunteer committee members with experience in policy, education, regulation, clinical dietetics, research and health promotion.

Chair Gillian Duffy

Secretary Sarah Cooper

Treasurer Amanda Borowski

Members Brad Tarrant

Elysha Nheu

Lauren Resnick

Michelle Minehan

Julie Priestly

Scott Smith

Public Officer Leanne Elliston

National Directors Gillian Duffy

NAACT Staff Leanne Elliston APD, Executive Officer (full time)

Courtney Best APD, Part time (until June 2023)

Amanda Borowski APD, Project Officer (part time)

Freya Vos APD, Project Officer (casual)

Accounts Mary Harrison, Bookkeeper

Financial Auditor See Accounting

Our purpose

To enable people in the ACT to make informed food choices and create healthier communities.

Our strategic objectives for 2022 – 2024

Support, inform and engage

- Be a credible and independent voice of nutrition information
- Engage with individuals, organisations and members
- Collaborate with community groups and organisations
- Translate evidence-based scientific information into practical knowledge
- Provide consistent and timely messaging and information

Build a leading not-for profit

- Grow our profile in the region
- Demonstrate public health nutrition leadership
- Maintain awareness of the nutrition related issues for the region
- Encourage and empower staff to deliver quality services
- Maintain and build on existing governance structures

Advocate for sustainable healthy food environment

- Raise the profile on importance of nutrition
- Influence and encourage government and organisations
- Develop strategic alliances
- Influence policy direction
- Promote equitable access to healthy affordable food

Our commitments

As an incorporated association, NAACT adheres to the obligations of the ACNC and is compliant with the ACT Incorporated Association legislation and regulations. We undertake independent financial audits and maintain appropriate insurance policies. In addition, all our staff and volunteers adhere to legislative requirements including the Working with Vulnerable People Act 2011.

NAACT employees hold current accreditation with relevant health professional bodies to ensure best practice guidelines are adhered to at all times.



2023 HIGHLIGHTS

NDIS SERVICES

COOKING CLINICS

NAACT cooking clinics are tailored to meet individual needs of participants enabling greater confidence and skills to prepare nutritious meals, make healthy food choices and manage individual dietary requirements.

As a NDIS registered service provider, NAACT delivered a total of 57 cooking clinics in 2023 among 11 NDIS participants.



Registered
NDIS
Provider



PAEDIATRIC SERVICES

In 2023 we launched our paediatric nutrition therapy service targeting children with atypical eating behaviour. Sessions are individualised for each child and held in our designated consultation room and/or food skills kitchen within Chifley Health Hub with an experienced dietitian.

In our first year of paediatric service delivery, we delivered 13 food therapy sessions to five paediatric NDIS participants.



KIDS COOKING CLASSES

Our popular children's cooking program was a great success, with week-long cooking classes held each school holidays. In 2023 we delivered five separate weeks of holiday workshops to a combined total of 88 children.



“The whole experience was great. It was well organised, in a happy and joyful environment and well received by the kids and parents.”

“The staff and the recipes were outstanding. My son now enjoys cooking but also is cooking nutritious healthy foods from the bottom of my heart thank you so much.”

“Our children loved the program again. They ate lots of the food they brought home and are keen to keep cooking at home. It's a great experience, thanks!”

FEEDING HEALTHY FUTURES™

Funded by ACT Health, Healthy Canberra Grant 2022-2025

Feeding Healthy Futures is a first-1000-days program that aims to improve maternal and infant nutrition and establish lasting healthy eating habits in children.

The group-based program serves the dual purpose of reaching parents from the public and parents from vulnerable backgrounds in association with partnering organisations.

The public group sessions follow participants from pregnancy until their child turns 12 months providing three separate stages of nutrition education intervention in the form of 3-week face-to-face group sessions. In 2023, 6 x 3-week group sessions were delivered to a combined total of 45 pregnant women across Canberra. Once their babies were born, these women were then invited to attend the infant feeding sessions to help manage the introduction of solids which begun in 2023 and are planned to continue into 2024.



VALUED PARTNERSHIPS

- In 2023, we partnered with Karinya House and CCCares at Canberra College to deliver specially tailored 3-week sessions that were integrated into established group-based activities supporting parents of children from birth to 2 years of age.
- Feeding Healthy Futures partnered with Australian Breastfeeding Association ensuring all participants received free 12-month membership for breastfeeding support and social connection.



FUELLING EVERYBODY EVERY DAY (FEED)[™]

Funded by ACT Health, 2022-2025 Healthy Canberra Grants: Focus on Supporting Healthy and Active Living for Children and Young People

Fuelling Everybody Every Day (FEED) was developed in response to the critical gap in current strategies addressing atypical or disordered eating behaviours, as identified in the 2022 ACT Auditor General's Report on ACT Childhood Healthy Eating and Active Living Programs.

The FEED program aims to improve health outcomes of participating ACT children and young people living with atypical or disordered eating behaviours, with limited food preferences, by increasing consumption of nutritious foods especially vegetables.



FEED uses food play and experiential learning to help build a positive relationship with food. The 8-week intervention reaches three age cohorts: early childhood (2-5 years), childhood (6-12 years), and adolescence (13-18 years).

Extensive program planning and resource development took place in 2023 with program delivery to commence in 2024.

VALUED PARTNERSHIPS

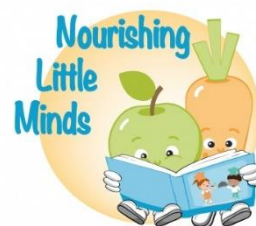
- FEED partners with About Play Therapy, providing Occupational Therapy and Play Therapy expertise for co-design of integrative play models in planning and facilitation of the program.
- Canberra Health Services, Women Youth and Children's Community Nutrition Service refer clients to the program providing an adjunct to community paediatric nutrition services.
- University of Canberra Discipline of Nutrition and Dietetics Faculty of Health provide research expertise and Master of Nutrition and Dietetic placement students to support planning and evaluation.



NOURISHING LITTLE MINDS®

Funded by ACT Health Healthy Canberra Grant 2019 - 2022

Delivered in partnership with Libraries ACT, Nourishing Little Minds was a 4-week program that aimed to improve healthy eating habits among children under 5 years through positive food experiences. Delivered in partnership with ACT libraries, NLM was delivered from 2019 to 2022.



In 2023, statistical analysis of the data, collected from 489 child participants, was completed. Key outcomes were presented at the Dietitians Australia conference as follows:

- Both the 0-2 year and 3-5 year age cohorts significantly increased their vegetable intake 3 months after participating in the program.
 - 0-2 years saw an average 0.5 vegetable serve increase representing 39% rise in daily vegetable consumption.
 - 3-5 years saw an average 0.3 vegetable serve increase representing 17% rise in daily vegetable consumption.
- 97% of parents from the 0-2 year old cohort and 89% from the 3-5 year-old cohort found the sessions improved their confidence in providing healthy food to their children.
- 77% of parents/carers in the 0-2 year cohort and 83% of parents in the 3-5 year old cohort reported the sessions increased their child's willingness to eat healthy foods.

The NLM program is a proven model that provides positive food exposure to children, helping increase their interest in trying new foods and improving dietary intake.



NOURISHING LITTLE MINDS® IN EARLY CHILDHOOD SETTINGS

Funded by ACT Health, Healthy Canberra Grant 2021 - 2023

Nourishing Little Minds in Early Childhood (NLMEC) Program for Canberra's early childhood education and care (ECEC) service providers was successfully completed in 2023. Aligning with the Early Years Learning Framework (EYLF) and the National Quality Standards (NQS), the NLM program aimed to enhance educators' knowledge, skills and confidence in facilitating positive food experiences for children, promoting healthy eating practices.

ECEC services that took part in the program received free on-site professional development (PD) for educators and a resource kit comprising of an educator manual, templates and storybooks to help embed a range of healthy educational activities into daily programming.

The program evaluation was completed and submitted to ACT Health. Key highlights are as follows:

- 83 face-to-face two-hour PD sessions were delivered between November 2021 to May 2023 reaching 1075 educators.
- After completing the PD session, over a third of educators reported increased confidence in engaging children in healthy food-based experiences with over 50% of educators demonstrating increased knowledge around fussy eating behaviours.
- Three months after receiving the PD session, over 60% of educators included food-based songs, games, and activities at least weekly, and 27% included these daily.
- The program was highly valued by participating ECEC services with 93% of ECEC services still implementing aspects of the NLMEC program 6-months after receiving the training.

This program was found to be an effective strategy for fostering a healthy food culture within ECEC settings further supporting children's positive relationship with healthy food.



ACT NUTRITION SUPPORT SERVICE®

The ACT Nutrition Support Service® (ACTNSS) provides locally targeted nutrition support and advice across the ACT.

Through multi-phased communication strategies, practical nutrition information is developed and disseminated among the ACT community via subscribers, social media and the ACTNSS website.

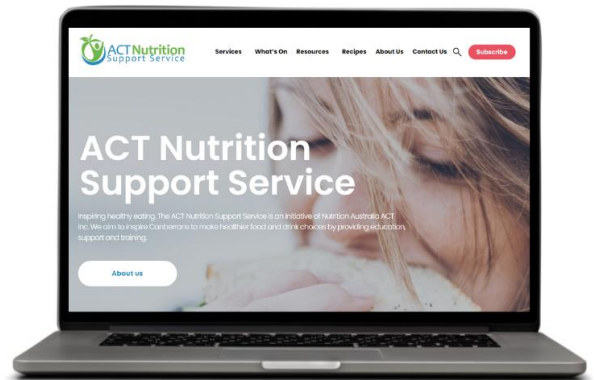


2023 Website stats

- 13.7K Users ↑12% from 2022
- 50K Pageviews ↑ 43% from 2022

Most popular pages


- Recipes: 4.5K
- Homepage: 3K
- Kids school holiday cooking classes: 2K



Social Media

In 2023, the ACTNSS continued its active social media presence using Facebook as its key social media platform. We also got on board with Instagram.

 Facebook @ACTNutritionSupportService
3,650 followers

 Instagram @actnutritionsupportservice
98 followers

2023 Social media stats

Facebook	Instagram
<ul style="list-style-type: none">• 80 Posts• 31K Total Reach• 3.5K Engagements	<ul style="list-style-type: none">• 28 Posts• 653 Total Reach

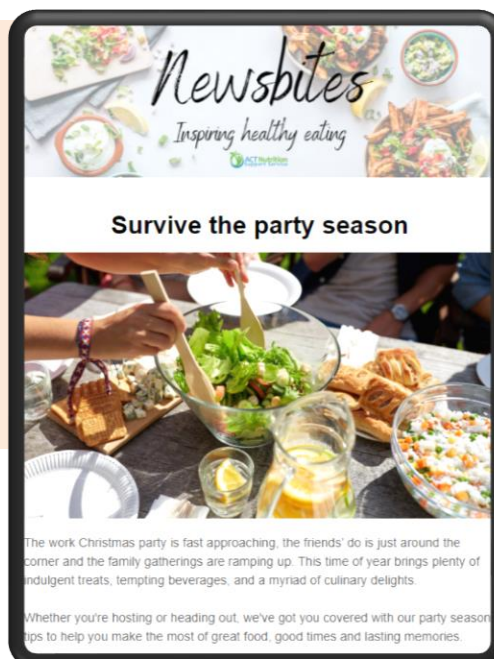


E-newsletters





Organisations and individuals that subscribe to the ACTNSS received a fortnightly 'Newsbite' e-newsletter, containing topical nutrition information.

Newsbite stats

- 1,488 subscribers.
- 22 Newsbite's authored
- 11K Newsbites opened
- The most popular Newsbite topic for 2023 was 'Party time' with an open rate of 48%



In 2023 sector specific e-newsletters were distributed to subscribers across four key sectors in the community.

Workplaces	Schools	Early childhood	Disability
			
551 subscribers	600 subscribers	600 subscribers	300 subscribers

The 'ACT Nutrition Support Service' is a registered trademark of Nutrition Australia ACT Inc.

COMMUNITY NUTRITION ACTIVITIES AND PARTNERSHIPS

NAACT prides itself in building strong relationships with local government and non-government organisations to deliver successful services and programs supporting healthy food choices in the ACT community.

In 2023, we worked with and delivered a range of tailored nutrition services for the following community organisations:

- Barnardo's 'Cook-a-long, play-a-long' program
- Canberra Development Clinic
- Carers ACT
- Communities at work – 'Growing Healthy Communities' program
- Duntroon Community Centre
- Erindale High School
- Kippax Uniting Care
- Telopea Park Out of School Care - weekly afterschool cooking club
- LDK Greenway Views
- Migrant and Refugee Settlement Services – youth cooking workshops



ADVOCACY AND PARTNERSHIPS

NAACT strives to work in collaboration with local organisations and networks that share a common goal of supporting healthy eating for all Canberrans.

Our key partners and stakeholders in 2023 included:

- ACT Health, Preventative and Population Health, ACT Government
- ACT Health, Health Protection Service, ACT Government
- Barnardos
- Carers ACT
- Community Services Directorate, ACT Government
- Dietitians Australia
- Migrant and Refugee Settlement Service
- University of Canberra
- Yerrabi Yurwang Child & Family Aboriginal Corporation



NAACT staff participate in networking events and meetings to improve the health of the ACT population. In 2023, this included representation at:

- ACT Food at School Collaborative Working Group
- ACT Healthy Schools Network
- ACT Public Health Nutrition Network
- Food Environment Policy Index Australia (Global Centre for Preventive Health and Nutrition Research)
- Federation of Canteens in Schools
- Health Protection Food Regulation Advisory Committee, ACT Government
- National Nutrition Network for early childhood education and care
- National School Food Network
- University of Canberra Discipline of Nutrition and Dietetics Program Advisory Committee



MEDIA

In 2023, NAACT experienced 29 media appearances across 16 media outlets.

Radio



- ABC Radio Canberra
- ABC Radio Sydney
- ABC Radio Adelaide
- ABC Radio Melbourne
- Amplify CBR (Mix 106.3 Hit 104.7)

Online



- ABC News online
- Canberra Weekly
- The Canberra Times
- House of Wellness
- Healthy Male
- The Bursar
- The Daily Mail

Print



- The Canberra Times
- Education Australia
- The Daily Telegraph

Television



- Channel 10 The Project

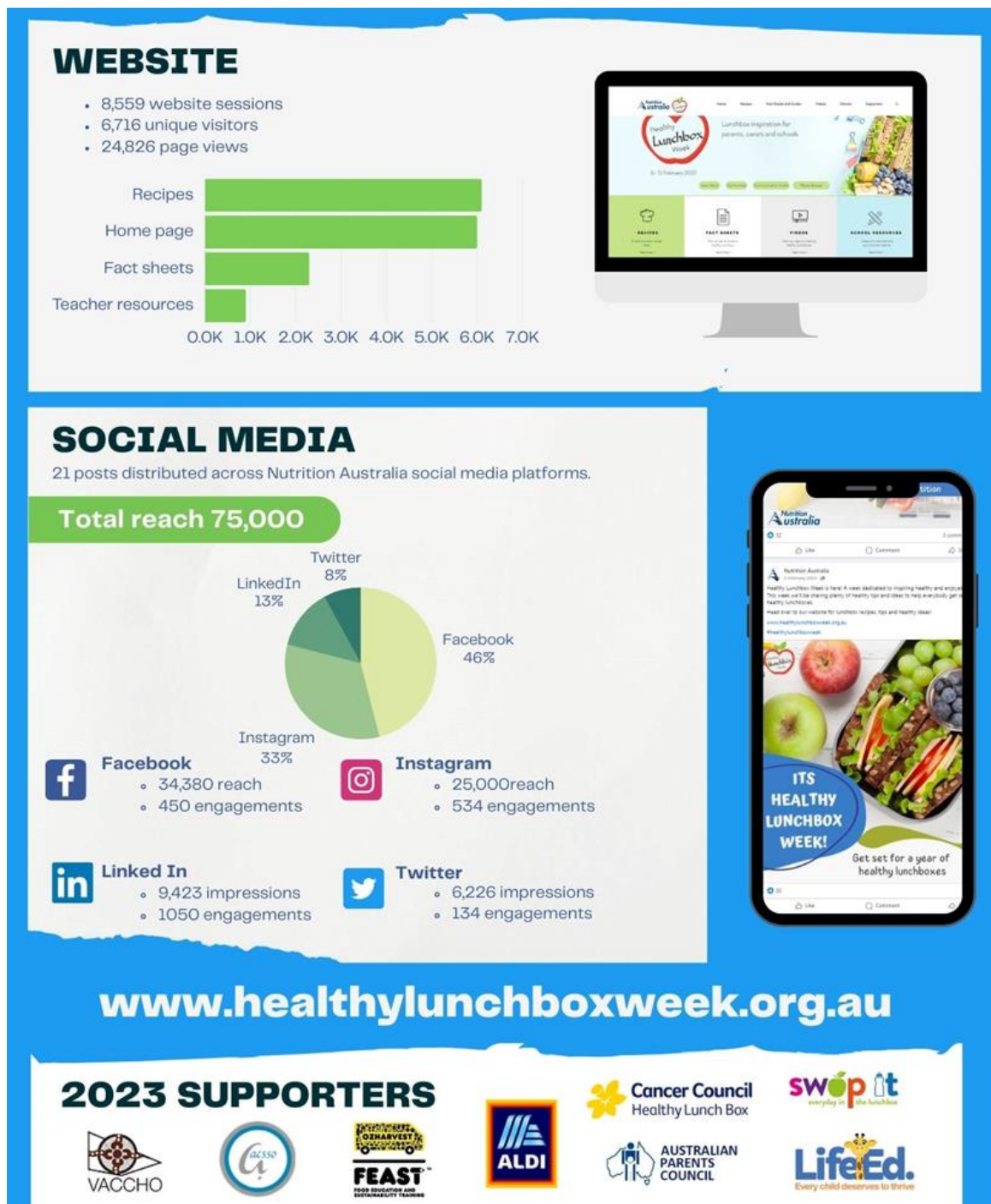


NATIONAL HEALTHY LUNCHBOX WEEK 6-12 FEBRUARY 2023

NAACT coordinates the national Healthy Lunchbox Week (HLW) campaign which aims to inspire Australian families to create healthy and enjoyable lunchboxes.



In 2023, NAACT led a successful Healthy Lunchbox Week across the National Nutrition Australia social media channels and through the designated Healthy Lunchbox Week website.

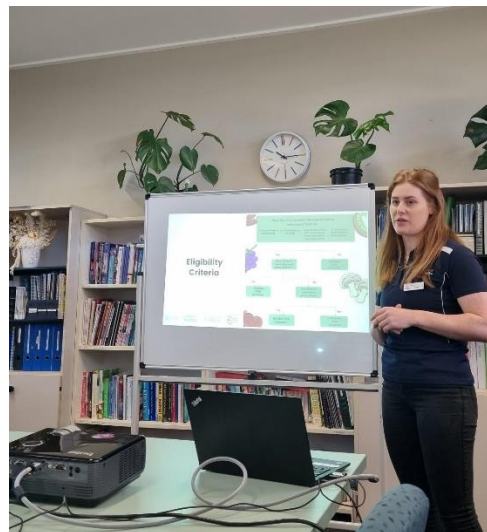


UNIVERSITY OF CANBERRA STUDENT PLACEMENTS AND INTERNS

In 2023, NAACT continued its strong relationship with the University of Canberra (UC) by supervising six Master of Nutrition and Dietetics students, each undertaking six weeks of community nutrition placement. Placement projects included:

- Feeding Healthy Futures – project planning, needs assessment and pilot implementation
- Fuelling Everybody Every Day (FEED) - evaluation strategy and planning
- Fuelling Everybody Every Day (FEED) - project planning and pilot

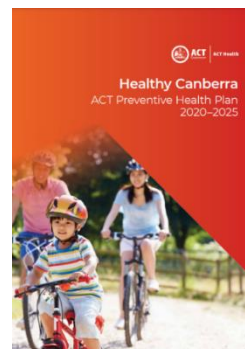
NAACT supervised one intern dietitian graduate and one Bachelor of Nutrition internship under the UC Work Integrated Learning program.



FUTURE DIRECTIONS

Guided by our Strategic Plan 2022-2024, NAACT will continue to serve the ACT community by providing credible, evidence-based nutrition information that will enable Canberra's to build the skills and knowledge they need to make healthy food choices.

In recognition of the ACT Preventive Health Plan 2020-2025, NAACT plays a crucial role in partnering with the ACT Government to reduce the prevalence of chronic disease and support good health across all stages of life. Through consultative processes and key deliverables, NAACT will seek to ensure the plan effectively addresses the priority area of 'increasing healthy eating' through equitable and sustainable activities reaching population groups with the most to gain from such program activities.



New projects for 2024 and beyond

MEALS AT SCHOOLS PILOT

NAACT looks forward to working with the ACT Education Directorate on the Meals at Schools pilot, by providing nutrition support for the project that will include:

- creating menus and recipes based on the capabilities and infrastructure of the five participating schools.
- ensuring the Meals at School provision meets requirements of the ACT Public School Food and Drink Policy and;
- facilitating the consultation process with the five participating schools and relevant stakeholders.

NUTRITION SUPPORT SERVICE IN SCHOOLS

The ACT government reinstated funded menu assessments in the 2023-24 territory budget, with \$418,000 allocated over four years. NAACT submitted a tender application in December 2023 to re-establish the Nutrition Support Service in schools. Anticipated outcome is expected to be received March 2023 with contract commencement April 2024.

RECONCILIATION ACTION PLAN (RAP)

In recognition of our increasing contribution to nutrition education among the Ngunnawal people, we will be undertaking a RAP that will acknowledge our commitment to walk with Aboriginal and Torres Strait Islander people within the ACT and surrounds.



Thank you to our Committee of Management, staff, partners, supporters, students and volunteers. Your generous contribution of time, expertise and support provide an important part of the success of Nutrition Australia ACT.

