

# CO-OPS 2009 National Workshop

November 26<sup>th</sup> & 27<sup>th</sup> 2009

Crest Room, Etihad Stadium, Melbourne

## Program

### Day 1 (Thursday 26<sup>th</sup> November)

Time	Session
8.30 am – 9.00 am	<b>Registration and coffee</b>
9.00 am – 9.15 am	<b>Welcome and overview of the workshop</b>
9.15 am – 9.45 am	<b>The Commonwealth's approach to obesity prevention</b> <i>Janet Quigley</i> <i>A/g Assistant Secretary</i> <i>Healthy Living Branch - Population Health Division</i> <i>Commonwealth Department of Health and Ageing</i>
9.45 am – 10.15 am	<b>Update on CO-OPS</b>
10.15 am – 10.20 am	<b>Introduction to the networking session 1</b>
10.20 am – 11.00 am	<b>Networking session 1 - including icebreaker activity and morning tea</b>
10.40 am – 11.00 am	<b>Morning tea</b>
11.00 am – 11.10 am	<b>Introduction to case study sessions 1, 2 and 3</b>
11.10 am – 11.55 pm	<b>Case study session 1 – Design and planning (15 min each – 10 min presenting, 5 min questions)</b> - Case study (1) - Suzy Honisett: Developing a childhood obesity prevention program for early childhood services and primary schools in Victoria – Kids – 'Go for Your Life' - Case Study (2) - Nicole Nathan: A population health approach to implementing vegetable and fruit breaks in primary schools – 'Good for kids good for life' - Case Study (3) - Jane Dixon: 'Tootie Fruity Vegie' in preschools project
11.55 pm – 12.30 pm	<b>Case study session 2 – Community engagement (15 min each – 10 min presenting, 5 min questions)</b> - Case Study (4) - Sue Elliott: 'Community and Neighbourhood Houses' healthy eating initiative - Pilot within the Southern Adelaide Health Service region - Case Study (5) - Suzette Fullerton: 'Go for Your Life' community partnership projects - Linking public land with public health!
12.30 pm – 1.15 pm	<b>Lunch and poster presentations</b>
1.15 pm – 2.00 pm	<b>Obesity prevention in early childhood – Evaluation design and findings from the 'Romp and Chomp' project</b> <i>Dr Andrea Sanigorski</i> <i>Research Fellow</i> <i>Deakin University</i>
2.00 pm – 2.30 pm	<b>Case study session 3 – Evaluation (15 min each – 10 min presenting, 5 min questions)</b> - Case Study (6) - Dorothy McCartney: Nine years on: Reflections on the evaluation of a community-based peer education program – 'Family Food Patch' - Case Study (7) - Tahna Pettman: Evaluation methods of a community-based obesity prevention program in South Australia – 'eat well be active' community programs
2.30 pm – 3.00 pm	<b>Afternoon tea</b>
3.00 pm – 5.00 pm	<b>Workshop 1 – Learning best practice from case studies</b> Delegates will have the opportunity to consider learnings from each case study presented earlier in the day and apply these to their own work. The case studies will showcase how existing projects have met the following Best Practice Principles: - <i>Community engagement</i> - <i>Design and planning</i> - <i>Evaluation</i>
5.00 pm – 6.00 pm	<b>Cocktail networking hour - Complimentary refreshments and canapés</b>



Day 2 (Friday 27<sup>th</sup> November)

Time	Session
8.30 am – 9.00 am	<b>Registration and coffee</b>
9.00 am – 9.15 am	<b>Summary of day 1 and what's to come for day 2</b> <ul style="list-style-type: none"> <li>- Plenary session themes and learnings</li> <li>- Workshop 1</li> <li>- Day 2 overview</li> </ul>
9.15 am – 9.25 am	<b>Introduction to workshop 2</b>
9.25 am – 10.00 am	<b>Workshop 2 (2 streams):</b> <ol style="list-style-type: none"> <li>Rural projects - Tim Gill</li> <li>Presentation on the three Evidence Summaries - Elizabeth Waters &amp; Rachel Clark</li> </ol>
10.00 am – 10.45 am	<b>Socio-cultural aspects of obesity prevention among migrants: Acculturation framework, family functioning, and parenting style</b> <i>Dr Andre Renzaho</i> <i>Research Fellow</i> <i>Deakin University</i>
10.45 am – 10.50 am	<b>Introduction to networking session 2</b>
10.50 am – 11.30 am	<b>Networking session 2 - including icebreaker activity and morning tea</b>
11.10 am – 11.30 am	<b>Morning tea</b>
11.30 am – 11.40 am	<b>Introduction to case study sessions 4, 5 and 6</b>
11.40 am – 12.40 pm	<b>Case study session 4 – Implementation and sustainability (15 min each – 10 min presenting, 5 min questions)</b> <ul style="list-style-type: none"> <li>- Case Study (8) - Lisa Gibbs: Learnings from 'Fun 'n healthy in Moreland!' – A school community-based child health promotion and obesity prevention trial</li> <li>- Case Study (9) - Peta Lucas: 'Munch and Move' - A healthy eating and physical activity program for the NSW early childhood sector</li> <li>- Case Study (10) - Marian McAllister: 'eat well be active' Community Programs intervention methodology</li> <li>- Case Study (11) - Rachael Ryan: 'Power of partnerships: The Glenelg Healthy Schools network' – Kids - 'Go for Your life', Portland</li> </ul>
12.40 pm – 1.10 pm	<b>Case study session 5 – Governance and transparency (15 min each – 10 min presenting, 5 min questions)</b> <ul style="list-style-type: none"> <li>- Case Study (12) - Rebecca Doherty: Governance &amp; government: Lessons from the 'Go for Your life' health promoting communities program</li> <li>- Case Study (13) - Kellie Crossley: 'b ur best' - Partnerships across Campaspe</li> </ul>
1.10 pm - 1.45 pm	<b>Lunch</b>
1.45 pm – 2.15 pm	<b>Case study session 6 – Indigenous focus (15 min each – 10 min presenting, 5 min questions)</b> <ul style="list-style-type: none"> <li>- Case Study (14) - Annabelle Wilson: Aboriginal peoples' experiences with a mainstream healthy eating and physical activity program – 'eat well be active' community programs</li> <li>- Case Study (15) - Scott Trindall: Beyond chips and devon – Strategies for enhancing reach of a childhood obesity prevention health promotion program for Aboriginal children and parents – 'Good for kids good for life'</li> </ul>
2.15 pm – 3.30 pm	<b>Workshop 3 – Learning best practice from case studies</b> Delegates will have the opportunity to consider learnings from each case study presented earlier in the day and apply these to their own work. The case studies will showcase how existing projects have met the following Best Practice Principles: <ul style="list-style-type: none"> <li>- Implementation and sustainability</li> <li>- Governance and transparency</li> </ul>
3.30 pm – 3.45 pm	<b>Next steps and future directions</b> <ul style="list-style-type: none"> <li>- Discussion and evaluation form</li> </ul>
3.45 pm	<b>Close &amp; light afternoon tea</b>

