

# 2019-2020 Research and Innovation Driven and Supported by Mid North Coast Local Health District Health Promotion

PROJECT	RESEARCH FUNDING	LEAD	AIM	TARGET POPULATION								PRIORITY HEALTH AREA					
				0 – 2 years	Pre-school 3 – 5 years	Primary School (5–12 years)	High School (12–18 years)	Adults	Ageing	Aboriginal	CALD	Nutrition Education	Physical Activity Education	Aging Falls Injury Prevention	Screen Time Education	All preventive health focused	
Childhood obesity training and education for medical students	MNC	MNCLHD UNSW	Lectures designed to increase medical students knowledge on child obesity, and to improve their motivation, confidence and skills to treat this chronic condition.	●	●	●	●						●	●		●	
Kilometre Club Evaluation	MNC	MNCLHD	An evaluation to understand barriers and facilitators of implementing and participating in a primary school based physical activity program on the MNC.			●								●			
Parents in Child Nutrition Informing Community (PICNIC)	MNC	MNCLHD	To understand parent’s perceptions of a peer education feeding practice program (PICNIC), created to support new parents feeding their infants and toddlers on the MNC. Also a referral pathway for clinicians.	●									●				
PICNIC - Kempsey Place Plan	MNC	MNCLHD	To address some of the underlying issues that contribute to childhood obesity in Kempsey, using the PICNIC program.	●							●		●				
Physical Activity for Everyone (PA4E1)	TRGS	HNELHD	A program which aims to improve the implementation of physical activity promoting practices in socio-economically disadvantaged secondary schools.				●							●			
SWAP-It	TRGS	HNELHD	This project will assess the effectiveness of an intervention using a school online communication application to improve the kilojoule content of foods and drinks packed in children’s lunchboxes.			●							●				
Thirsty? Choose Water!	MRFF	CCLHD	To determine if a behavioural intervention and chilled water stations, alone or combined, will increase water consumption and effect changes in students' knowledge, attitudes or consumption of Sugar Sweetened Beverages in year 7 secondary school students in regional locations.				●						●				
SkoolBag	MRFF	HNELHD	An evaluation of an evidence based School Communication app delivering health information and referral programs direct to parents across 3 LHDs.			●							●	●			
Physical Activity Children in Education (PACE)	MRFF	HNELHD	To scale up an effective model of implementation support to enhance NSW primary schools’ implementation of a mandatory physical activity policy (150 minutes of Physical Activity per week).			●								●			
Community Chronic Disease Prevention	NHMRC	UoN	To investigate how high school students, buy their food in the school canteen to design changes in canteens to encourage healthy food buying and support the NSW Government’s Healthy School Canteen strategy.			●	●						●	●			
Perceptions and experiences of clinicians and parents who participate in the implementation of routine height and weight measurements	RRCBP	MNCLHD	To optimise the implementation of evidence-based policies and practices in community settings to maximise their impact on reducing modifiable chronic disease risks.			●	●						●	●		●	
Standing Tall-er	NHMRC	UNSW	Seeks to implement the Standing Tall program across 2 NSW and 1 Victorian site to investigate how the proposed implementation model is adopted and identify factors that will facilitate the embedding of Standing Tall in usual care.						●	●			●	●	●		
Creating, Understanding and Evaluating How Healthy Communities Work: A Collaborative Action Research Project	MNC	MNCLHD & CSU	An evaluation of the effectiveness and impact of the Healthy Communities Mid North Coast Innovation Fund (small grants). Recommendations from the evaluation (of rounds 1 & 2) will inform future rounds of the Innovation Fund.				●	●	●	●			●	●	●		
Development of a scalable and sustainable framework to re-orient local health services towards a whole of Mid North Coast LHD preventive health model.	MNC	MNCLHD & CSU	To develop a scalable and sustainable framework to re-orient local health services towards a whole of MNCLHD preventive health model.	●	●	●	●	●	●	●	●						●

MNC	Mid North Coast	UoN	University of Newcastle	HNE	Hunter New England	LRA	Local Research Agenda	TRGS	Transitional Research Grant Scheme	LHD	Local Health District	LRA	Local Research Agenda
UNSW	University of New South Wales	CSU	Charles Sturt University	CC	Central Coast	MRFF	Medical Research Future Fund	NHMRC	National Health and Medical Research Council	RRCBP	Rural Research Capacity Building Program	MRFF	Medical Research Future Fund