

ANNUAL REPORT
2018 - 2019



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WE ARE NUTRITION AUSTRALIA NSW

Our Mission

To inspire and empower healthy eating for all Australia.

Our Vision

To be the leading nutrition advocate in preventative health.

Our Objectives

- To act as a source of scientific information on key nutrition issues.
- To produce and disseminate material on nutrition to policy makers, the media, educators, food industry and consumers.
- To act as consultants to government departments, food industry and consumer groups as required on issues related to food and nutrition.
- To encourage innovation in the dissemination of nutritional knowledge.

Our Values



WE ARE NUTRITION AUSTRALIA NSW

Our Pillars



Our Services



Schools - Reclaim the Lunchbox



Cooking Demonstrations



Early Childhood & OSHC Training



Corporate Wellbeing Programs



Menu & Canteen Assessment



Community Outreach & Team Building



Education on Good Nutrition



Seminars



Health Displays & Events

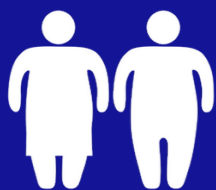


One-on-One & Family Consultations

THE GLOBAL NUTRITION CRISIS IN NSW

“Obesity is one of today’s most blatantly visible – yet most neglected – public health problems. Paradoxically coexisting with undernutrition, an escalating global epidemic of overweight and obesity – “globesity” – is taking over many parts of the world.” – WHO

Obesity is not only a chronic condition but also increases the risk of developing other diet-related chronic diseases including type 2 diabetes, hypertension, heart disease and some cancers.



47.2% 61.3%

Around 1 in 2 adults (52.8%) are overweight or obese

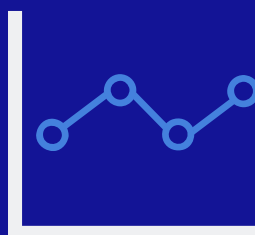


26.5% 21.3%

24% of children aged 5–16 years are overweight or obese



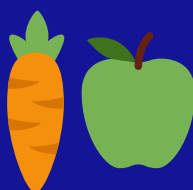
Obesity rates have increased (from 14.7% in 2002 to 21.4% in 2018)



Overweight rates have remained stable (31.2% in 2002 to 32.9% in 2018)



39.8% of adults have insufficient physical activity



94.1% of adults do not meet fruit and vegetable intake recommendations

PRESIDENT'S REPORT



In 2018-19 we focused our efforts on emerging areas not only in the nutrition space but well-being as a whole. This has been challenging as well as presented us with many opportunities.

According to Ministry of Health, in NSW 16.3% of people are over the age of 65 and Australia has an ageing population. Good nutritious food and physical activity are major issues for older people who either live at home independently, or in aged care homes. Lack of knowledge and nutritious food, and or availability of food does lead to malnutrition and considerably diminishes quality of life. Conversely there is an epidemic of obesity. There is also an increase in various illness such as diabetes, dementia, cancer, depression and allergies, which are all related to nutrition.

Our key achievements include developing programs and awareness/education programs to address some of the above gaps through understanding the changing needs of the community. We have started dialogue with clinicians to improve nutrition knowledge, its impact on wellbeing and develop new ways of delivering our product and services. We commenced robust discussions with various local councils and community groups in rural and remote areas of NSW, particularly given the challenges our farmers face during the drought. NANSW is planning comprehensive, balanced and coordinated wellbeing services that will maintain and improve the health and wellbeing of the rural communities.

We have supported the Premier's and NSW Health's priorities particularly in tackling childhood obesity. We are delighted to work with Dr Richards, the Head of Rheumatology at Royal Prince Alfred Hospital, who said "We want to empower them to look after their wellbeing, not only during training but ideally set good patterns for the rest of their careers "

I thank everyone for their continued support of NANSW. Some of our members have decided to move onto other activities and I would like to thank our long standing Treasurer Todd Dewey, Prof Margaret Morris and Rahul Nand for their contribution and commitment to NANSW. Despite their own busy lives they have put the community before themselves - on behalf of everyone Thank You. I would also like to acknowledge the hard work of Saba Imran in ensuring the continued smooth operation of our organisation. Thanks also to our many consultants for their on-the-ground delivery of our services and leadership in the community to promote well-being programs.

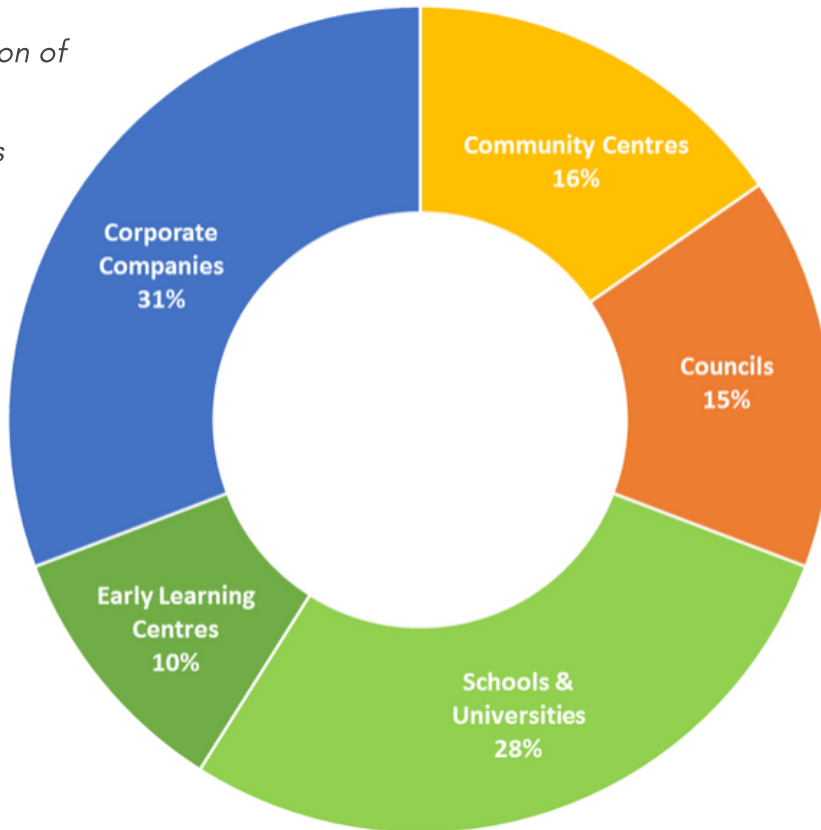
We are entering into a new phase of our strategy and it is timely to review our overarching plan: (i) A platform for communication, (ii) Education opportunities (iii) A community of practice (iv) Thought leadership. While we are on the way to achieving these goals there is still much to do in 2020. With the help of the new board and new energy we look forward to completion of the above. Next year we have a lot of exciting events and activities in place. I look forward to working with you all in 2020.

Barbara Ward

OVERVIEW OF PROGRAMS

FIGURE 1.

*Distribution of
NANSW
programs*



OVERVIEW OF PROGRAMS

Aged Care

NANSW offered a range of presentations designed to help educate older individuals on nutrients of particular importance and how to achieve a healthy lifestyle to maintain a greater quality of life.

We partnered with a number of aged care organisations and offered cooking demonstrations and engaging discussion but also reliable and practical dietary advice.

Early Childcare & Schools

NANSW provides training, resources, menu assessments and support for early childhood education and care services to promote healthy eating. We also continue to run 'Reclaim the Lunchbox' programs at NSW schools.

Some schools include:

- Fairfield Public School
- St Aidan's Catholic Primary School
- Berla Public School
- Banksia Rd Public School

Community

We continued to partner with several councils and community groups. Our programs are tailored to various CALD communities including Aboriginal and Torres Strait Islanders. Partners include:

- Penrith City Council
- George River Council
- City of Sydney
- Canterbury Bankstown Council
- Cumberland Council
- Padstow Community Centre
- Youthworks
- Cliff Noble Community Centre
- 3 Bridges Community Centre

Workplaces

We have experienced incredible growth in workplace nutrition services, which included cooking demonstrations, seminars, health displays, one on one consultations and menu assessments.

Valued clients include:

- DLL financials
- Site Minder
- Reckon
- SUEZ Resources and Recovery Park
- Ticketmaster
- Coleman Greig Lawyers
- Attention Experts

OVERVIEW OF PROGRAMS



Updates

Live Well Work Well

This year NANSW restructured its workplace health and wellbeing program as 'Live Well Work Well'. This allowed us to develop tailored industry programs including "The Healthy Eating Toolbox" specially designed for the construction industry and "The Healthy Eating Briefcase" designed for corporate business.

The Healthy Eating Toolbox

This year NANSW worked with major Australian construction company Hansen Yuncken to provide our new initiative "The Healthy Eating Toolbox"

This program covers:

- Healthy snack & meal prep ideas for busy workers and early start shift workers
- Best choices when buying food out
- National recommendations for alcohol
- The importance of diet and exercise for mental health



For every \$1 spent on employee health and wellbeing programs, there is a return on investment of \$5.81

ADVOCACY

Barbara Ward has represented NANSW at various events, conferences, forums, seminars and community events to build strong relationships with key stakeholders in initiating change on a state and federal level.

The Hon. Gladys Berejiklian, Premier; The Hon Brad Hazzard, Minister for Health and Medical Research; The Hon. Tanya Davies MP, Minister for Mental Health, Minister for Women and Minister for Ageing were all amongst some of the individuals Barbara has formed strong relationships with.

Our special thanks to the Hon Minister Brad Hazzard MP and Mr Mark Coure MP Member for Oatley, Assistant Speaker for their commitment to the people of NSW and support for NANSW.

Noteworthy events included the:

- ACCF Inaugural Women's Conference
- Australian Chinese Mental Health Professionals High Level Forum
- Care in our Community Forum
- Indian Community Afternoon Tea at Parliament House
- Premier's Harmony Dinner at the Grand Pavilion, Rosehill Racecourse



From right: Dr Currie; Barbara Ward; Arti Barti; Governor of NSW Margaret Beazley AO, QC



The Hon Brad Hazzard, Minister for Health and Medical Research



Left to right: The Hon Brad Hazzard, Minister for Health and Medical Research; Barbara Ward, Mr Mark Coure MP, Member for Oatley, Parliamentary Secretary for Transport and Infrastructure, NANSW Treasurer Todd Dewey, Saba Imran at NANSW head office



Indian Community Afternoon Tea at Parliament House

PARTNERING WITH A PURPOSE

NA NSW delivered programs addressing nutrition issues affecting many Australians. We aim to tackle the entrenched issues of food insecurity, food unsustainability and malnutrition leading to falls.

We will continue to educate people on healthy choices, how to shop, and prepare quick and easy meals to support disenfranchised communities. Community engagement was made possible through cross-sector partnerships.



Reaching

Food hampers from Reaching are assessed by our qualified consultants and provided ideas for meals. Our partnership aspires to provide access to healthy and nutritious food that is affordable, quick and easy to prepare. We are able to provide support to disadvantaged people who are at greatest risk of financial and social exclusion.



Barbara Ward (2nd from left), Lord Mayor Clover Moore (2nd from right) and Volunteers

Rural & Regional Engagement

NA NSW proudly partnered with SHARE SMR INC. to launch the farmer's health initiative on 15th and 16th of September at the Pyrmont food and wine festival. This served to raise awareness and funds for struggling farmers. Our engagement included stalls, cooking demonstrations and advice on the health benefits of good nutrition and exercise.



Falls Prevention

This year we also partnered with SHARE to offer the nutrition component of their Falls Prevention programs for the NSW government Stepping On initiative. Together, we exhibited our services at the NSW Falls Prevention Network Forum and hosted independent events to raise awareness for healthy ageing.



“ Alone We Can Do So Little: Together We Can Do So Much ”

- Helen Keller



AWARENESS & COMMUNICATIONS



NSW Seniors Expo

A stall was held with SHARE to increase awareness of the importance of healthy eating and an active lifestyle in older life stages.

We actively encouraged seniors to sign up to the NSW Health's Get Healthy Program, which provides free telephone-based coaching to support individuals to reach their own healthy lifestyle goals

Try For 5

A stall was held at Queen Victoria Building where hundreds of people enjoyed free fresh fruits and watermelon juice. Different flavoured fava beans and chickpeas were also given out promoting the theme of "Try for 5" by encouraging legume consumption.

This was made possible through our generous supporters Sydney markets Kellogg's, Sanitarium, The Happy Snack Company, H2COCO Water and Edgell.

Barbara Ward also engaged in promoting the theme through multiple radio interviews and media outlets.



Lifestyle Medicine Expo

NANSW was proud to be a conference sponsor for the Lifestyle Medicine Expo 2018. We gained insight into a comprehensive approach to address chronic and lifestyle-related disease problems. It was great to be a part of the growing, international movement for change in healthcare.



NSW Health: Justice Health & Forensic Mental Health Network Expo

An expo of organisations was held with the theme of "Well being in the Work Place". Our stall aligned with the theme by increasing staff awareness of the importance of healthy eating to improve energy levels and productivity in the workplace.



Social Media

NANSW engages with all social media (Facebook, Twitter and Instagram) both as a state division and through NA National. These platforms allowed promotion of NSW Health services including Get Healthy, Go4Fun, LLWeschool, Make Healthy Normal and SteppingOn.



Media

Board member Professor Margaret Morris engaged with key media outlet "The Conversation" and spoke of the benefits associated with consuming a balanced, varied diet high in vegetables and fruit on cognition and heart health.

Margaret's article has been mentioned just under 1000 times on social media outlets including Facebook and Twitter. Margaret was also featured on the 2NM radio station and websites including SBS and TIME for Kids.



Health Check: can eating certain foods make you smarter?

OUR VOLUNTEERS

Training Day

Volunteers are integral to the delivery of important services as we would not be able to deliver our programs without their contributions.

More than 70 volunteers have given us their precious time. We are grateful for having the opportunity to work with a great mix of people.

Feedback included: "NA NSW provides varied training and a strong base upon which to build. It helped us identify areas for to strengthen our skills, increase our knowledge and make nutrition advice fun".

NA NSW provides an environment that develops skills.

Our volunteers have updated existing programs by developing Live Well Work Well. Volunteers also assisted with cooking demonstrations and events, developed promotional brochures and banners, researched and wrote evidence based presentations and grant applications.

As part of our student placement program, five students worked on specific projects to promote health and wellbeing for Australians.

Thank you to all our amazing volunteers.



Current Volunteers

Over the last year NANSW has been fortunate to have many enthusiastic volunteers join our mission to inspire and empower healthy eating for all Australia. Amongst all, Andriana, Celina and Sarah's efforts and dedication to the organisation have been invaluable.

They have been volunteering on an interim basis as Andriana and Celina are currently studying Masters of Nutrition & Dietetics at the University of Sydney, and Sarah is undertaking a Bachelor of Nutrition Science at Wollongong University. Their contributions to NANSW include although are not limited to event promotion and coordination; completing grant applications; preparing marketing and education materials and website updates.

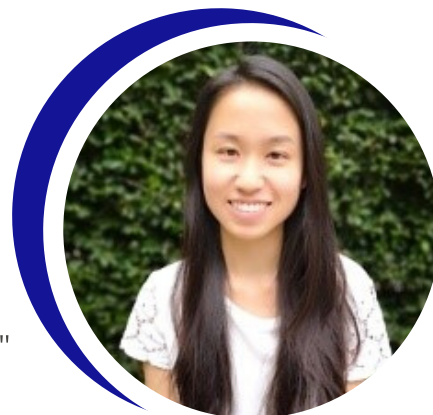


"NANSW has pushed me to learn new skills, such as graphic design, in trying to produce innovative outcomes and has allowed me to network with industry leaders. The entire team have been very supportive for volunteers to build confidence in our work."

- Andriana Korai

"NANSW has helped me to realise the power of effective communication to spread public nutrition messages. I have thoroughly enjoyed working with like-minded individuals who are passionate about nutrition and would strongly recommend volunteering for NANSW."

- Celina Wang



"Without a doubt I have gained valuable nutrition-related work experience. It has given me the reassurance that being a dietician is what I want to do in the future and it is a field I can use to make a difference within communities. The more you get out of your comfort zone with the new projects offered at NANSW, the more you will get out of it."

- Sarah Reardon



AWARDS & RECOGNITIONS

President Barbara Ward received various awards for her tireless work towards building healthier communities and much more.

Community Mental Health Service Award

Presented by Mental Health International
Chairman Prof Richard Lu JP



Paul Harris Fellow Recognition

Presented by The Rotary Foundation of
Rotary International



St George Community Award

Presented by Mr Mark Coure MP Member
for Oatley, Parliamentary Secretary for
Transport and Infrastructure



Office Manager Saba Imran also received acknowledgement of her
commitment to the community.



The Banks Volunteer of the Year

Presented by The Hon Ken Wyatt AM,
MP (left) and The Hon David Coleman
MP (right)

PARTNERS, SPONSORS & SUPPORTERS

We would like to acknowledge our many partners, sponsors and supporters for their continued assistance.

Sponsors & Supporters

- Australian Society of Lifestyle Medicine
- DAA
- Fijian Made
- Healthcare Australia
- Lupus Australia
- Maggie Beer Foundation
- Nutriticia
- SHARE SMR INC
- Chobani
- Edgell
- Emma and Toms
- H2COCO
- Kelloggs
- The Happy Snack Company
- University of Sydney
- University of Wollongong
- City Of Sydney
- George River Council
- Hornsby Council
- Ku ring-gai Council
- Parramatta Council
- Bendigo Bank Lindfield and Turramurra Branch
- Westpac Group
- DLL Financial Solutions
- inQ
- MADE PROPERTY GROUP
- RECKON
- Siteminder
- SP Jain School of Global Management
- The George Institute
- The Heart Foundation

Our special thanks to our partners for their funding support:

- NSW Health
- Sydney Local Health District
- South Eastern Sydney Local Health District

We would particularly like to acknowledge and thank Lara Cooke and Myna Hua from the South Eastern Sydney Local Health District, and Liz Munn from the Ministry of Health.



PLANS FOR 2019-2020

Mission

To inspire and empower healthy eating for all Australia

Strategic Priorities

To support existing NSW Government programs

Routine Advice and Clinical Service Delivery

Environments to Support Healthy Eating and Active Living

Education Campaigns to enable informed, healthy choices

Strategic Objectives

Provide nutrition education programs to parents and carers of children in primary and secondary schools based on Live Life Well @ School, particularly the NSW Healthy School Canteen Strategy Benchmark, Go 4 Fun, Finish with the Right Stuff, Make Healthy Normal

Partner with corporates to encourage development of a healthy food environment in the workplace aligned with NSW Health messaging, including promoting the uptake of Get healthy @ Work, and Brief Health Checks

Partner with organisations specialising in seniors' wellbeing to provide nutrition advice

To support and increase awareness of NSW Health State-wide programs for healthy eating, wellbeing and overweight/obesity into all service delivery

Incorporate Get Health Service promotion and referrals as a routine practice in all services

Promote evidence-based, accredited nutrition practitioners to the public as the leading voices of nutrition science

To work with key stakeholders in sports, recreation centers and parks, organisations, governments and food industry to create supportive food environments and to support people to make use of these environments

To establish partnerships with various levels of government, non-government and relevant industry groups, schools, community groups, hospitals, companies and aged care facilities

To develop and propose state and national strategies to tackle nutrition-related issues: obesity, food security and waste

Increase awareness of the importance of healthy eating and active lifestyles

Provide evidence-based nutrition education which promotes benefits to mental health, chronic disease prevention and preserving quality of life in older life stages

To strategically coordinate NNW campaign across the state to raise awareness of healthy eating and lifestyle choices



ORGANISATION DETAILS

Committee of Management

Barbara Ward – **President**
Todd Dewey – **Treasurer**
Leanne Cook – **Secretary**

Lauren Reeves
Professor Margaret Morris
Chandrashekhar Bapat
Rahul Nand

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“The First Wealth is Health”

