



*5th Healthy Cities: Working
Together to Achieve Liveable Cities
Conference*

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**Community Capacity Building in the Kitchen:
Stir it up! A Healthy Eating Project**

What is *Stir it up!*?

- Peer education project which provides training and support to community members to run healthy eating activities in their local communities
- Healthy eating activities: cooking demonstrations, talks, supermarket tours, involvement in community gardens and cooking groups



Context

- Illawarra area – August 2010
- 6.8% experienced food insecurity (NSW Health 2002)
- Part of a wider food security framework



Project Goal

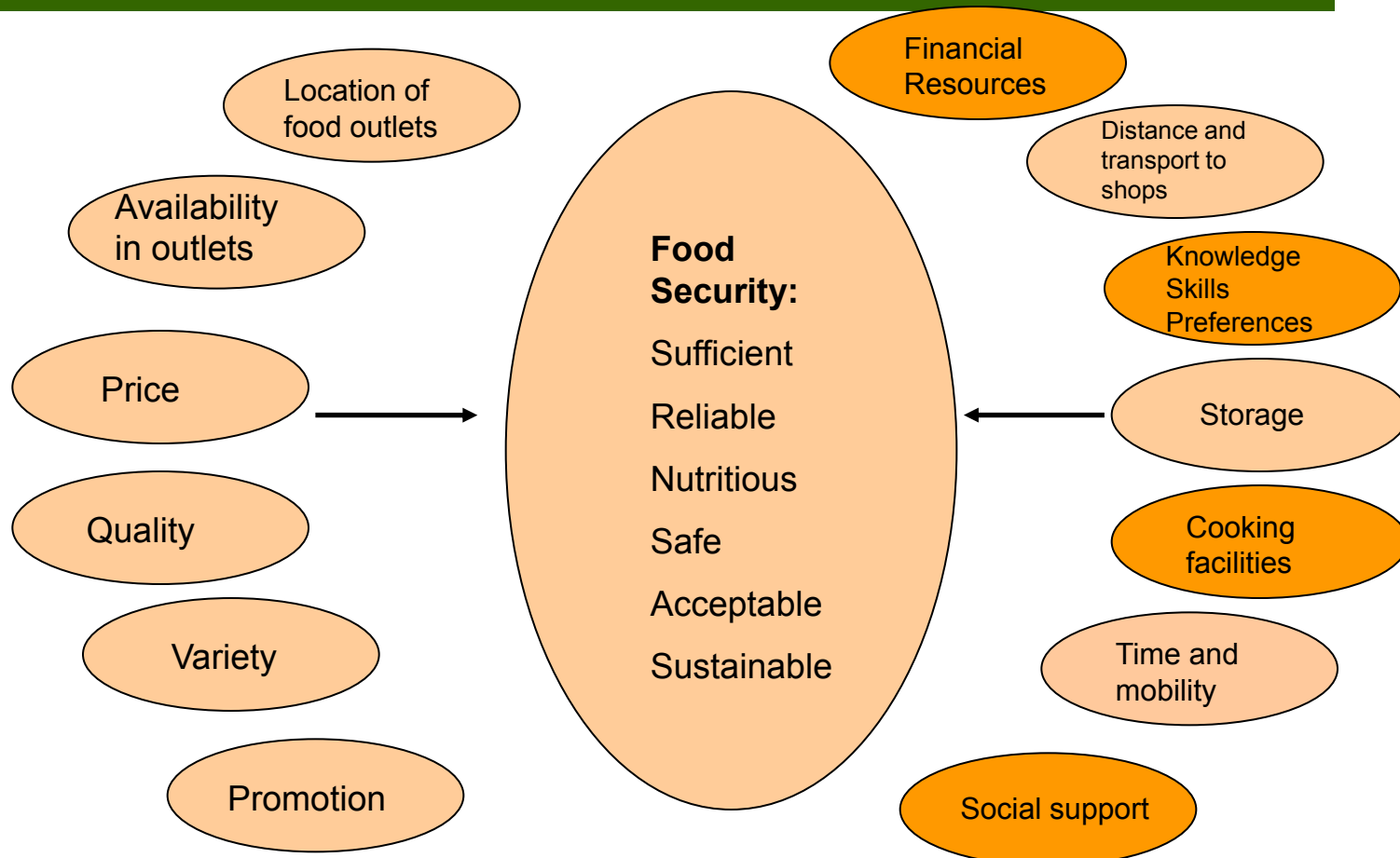
To improve the food security status of low-income communities in the Illawarra area, using a peer-education model



Determinants of food security

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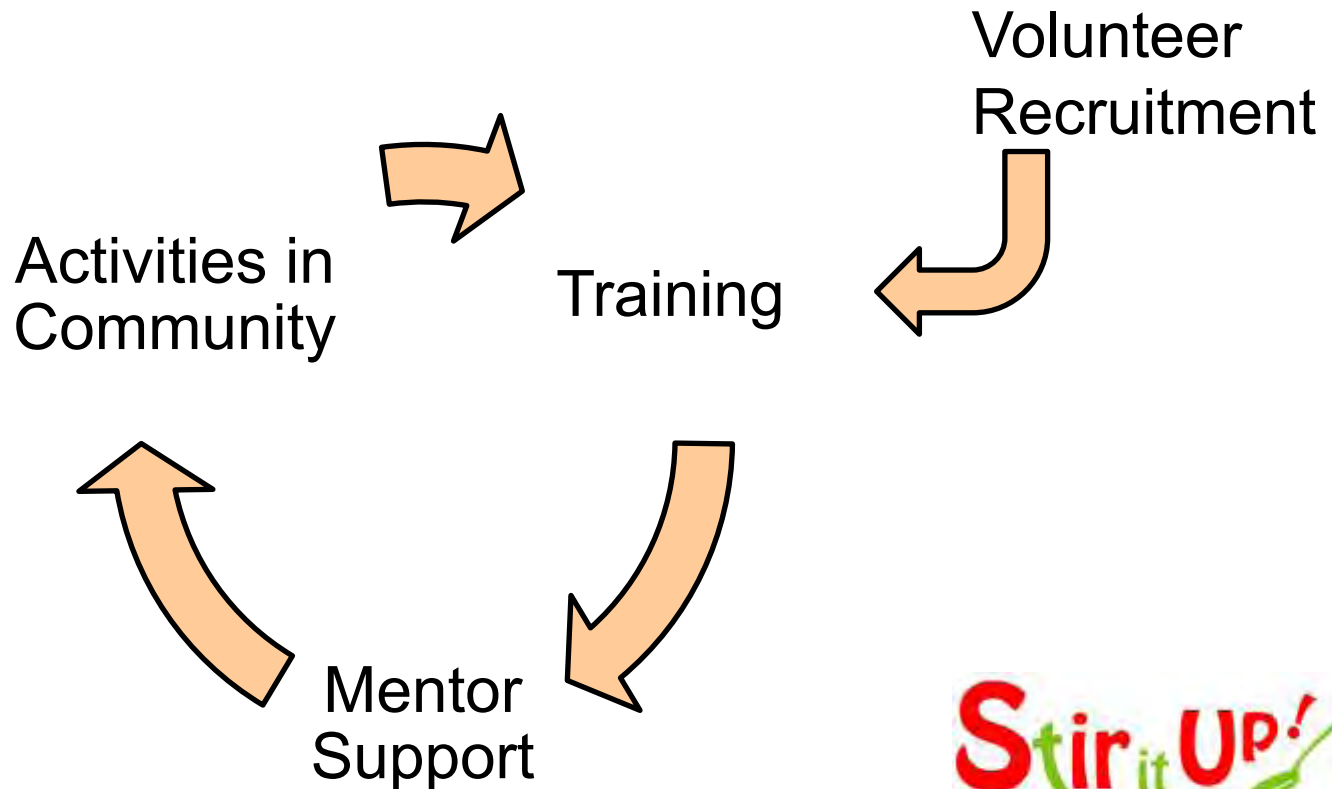
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Peer Education

- Peer educators understand their community, are trusted, use appropriate language. Extends reach of programs
- High level of support and ongoing training needed



Project Design



Project Design

- TAFE Outreach training – 8 weeks
- Certificate II in Access to Work and Training
- Partnered with a mentor
- Ongoing training twice a term
- Access to resources and materials
- Volunteer support key component



Stir it up! messages

- Eat more freshly prepared, whole foods
- Eat more fruit and vegetables
- Eat a healthy breakfast
- Drink more water



Progress

- 4 TAFE training rounds
- 28 Peer Educators
- 10 in training
- 60% Australian: 40% CALD
- Age range from 21-60 yrs
- 20 Mentors
- 8 just recruited
- 81% Volunteer Retention Rate



Stir it up! graduates Sept 2010

Progress

- 145 activities
- ≈ 2200 community members
- Expectations  3 & 5 fold
- 95% of activities in region's most disadvantaged suburbs (ABS, 2006)



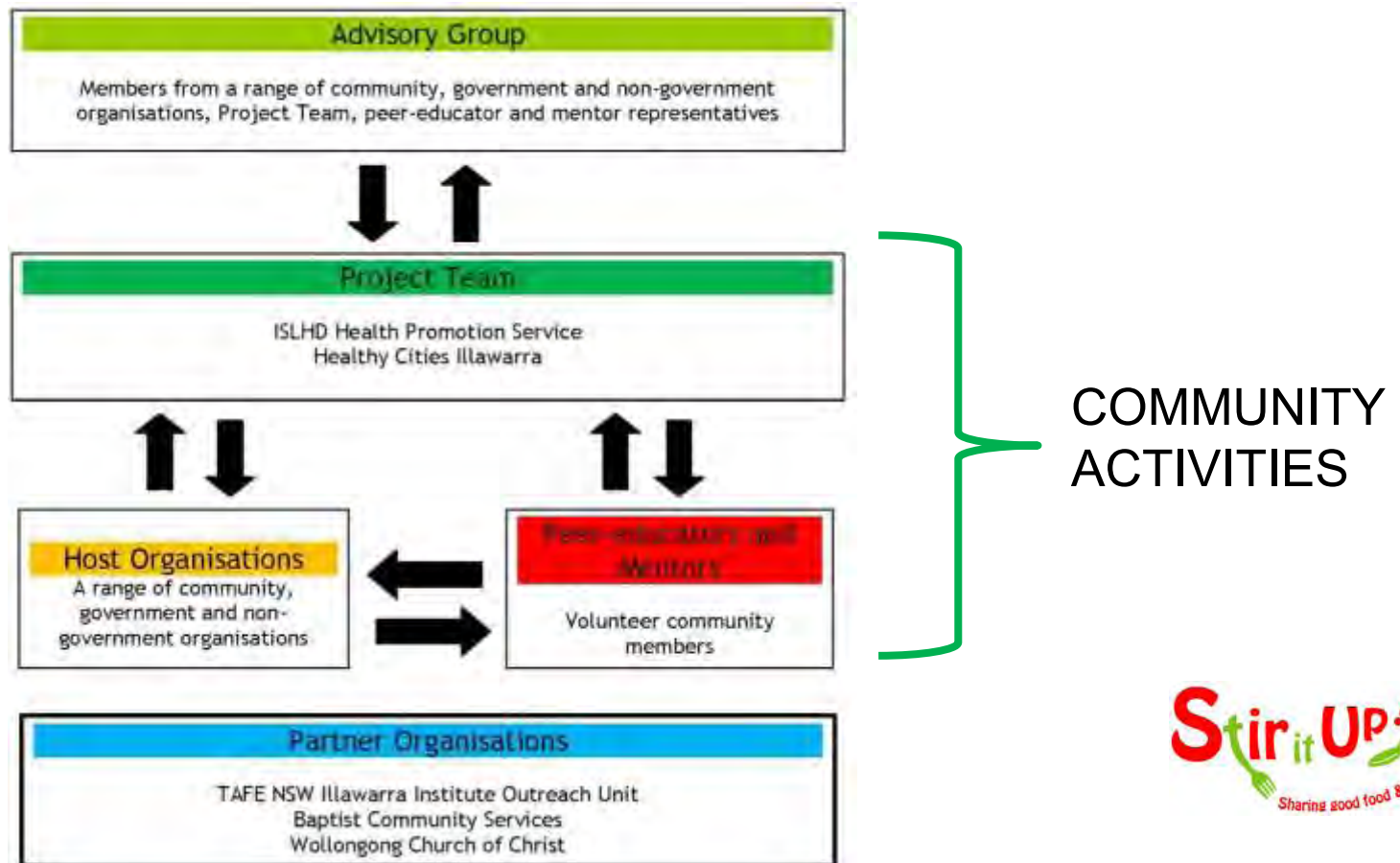
Stir it up! graduates Sept 2011

Healthy Eating Activities

- 30+ host organisations
- Playgroups, preschools, primary schools, community groups, events and community gardens



Structure



Key Partners



- TAFE Illawarra Outreach Unit
- Baptist Community Services
- Wollongong Church of Christ

Project Team

- Health Promotion Service
(Illawarra Shoalhaven Local Health District)
- Healthy Cities Illawarra



Advisory Group

- Provide expertise and strategic direction for project
- Support the development and implementation of the project



Peer educator: Vickie



Peer educator: Noelene



Where to from here..

- Expansion within region
- Project manual
- Further evaluation
- Dependant on funding



For further information.....

Stir it up! Project Team

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