



# **Amanda Rishworth MP**

## **Member for Kingston**

### **MEDIA RELEASE**

#### **\$280,000 TO PROMOTE HEALTHY LIFESTYLES IN KINGSTON ELECTORATE**

The Rudd Government has today announced funding of more than \$17.6 million for 190 school and community organisations to run local programs promoting healthy and active lifestyles.

“It is with great pleasure that I announce that two schools has been provided with funding of \$280,000 through the Healthy Active Australia Community and School Grants Program, part of the Australian Better Health Initiative (ABHI), Ms Rishworth MP said.”

Hackham South Primary School will receive \$80,000 to encourage physical activity and healthy eating. The second successful school, Woodcroft Primary, will receive \$200,000 to introduce healthy eating initiatives, promote information sharing, and enhance commonality of healthy eating.

The Government is committed to measures that prevent the development of chronic diseases. It starts with educating our children to help them make positive and healthy life choices.

Several of the exciting projects funded around Australia include:

- a project which will engage a whole school community to create an expectation that exercise, healthy food options and the potential for positive wellbeing are in everybody's personal reach;
- a project which will increase physical activity and healthy eating in a school by introducing programs including dance (hip hop), aerobics, Pilates, yoga, gym, and fitness circuit. Physical activities will be supported by students designing menus and preparing healthy lunches through nutrition information sessions; and
- a project which will train teachers and Aboriginal community leaders to develop and sustain healthy living programs, through a multi-level strategy of using undergraduate students from health disciplines to work with local groups on locally designed nutrition or active living projects, supported by cultural mentors.

Successful applicants included a mix of government and non-government schools as well as TAFE and childcare centres. A small number of community organisations have also been provided with grants.

“Local issues require local solutions and the two southern suburbs successful schools are in a good position to identify these and act accordingly. The Community and Schools Grants Program provides funding for local programs that promote healthier lifestyles, Ms Rishworth said.”

The Rudd Government has taken vital steps to ensure the health of our community and in particular our children. In addition to establishing the new Preventative Health Taskforce, the Government has committed to several other initiatives including:

- guidelines on healthy eating and physical activity in early childhood settings;
- a Healthy Kids Check for all four year olds to help ensure they are healthy, fit and ready to learn when they start school (approximately 250,000 children will receive this check);
- a guide for parents which will provide information about healthy living habits for young children such as healthy diet, regular exercise, sun protection and hygiene; and
- a kitchen garden program, which will be implemented in up to 190 schools nationally and will provide children with first hand appreciation of growing, cooking and eating healthy food.

A list of the successful applicants is available at <http://www.healthyactive.gov.au/internet/healthyactive/publishing.nsf/Content/com-schools-grants-funding-2nd>