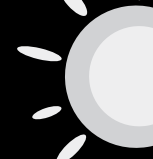


# HEALTHY LIFESTYLES Issue: 1.4 Nutrition



**Objective(s):**

- Improve the level of nutrition information in the community

|       | Strategy   | Lead Agency and Key Partners   | Timeframe | Performance Indicators/ Desired Outcomes   |
|-------|--|--|-----------|--|
| 1.4.1 | <p>Increase nutrition literacy at a local level through a partnership approach: -</p> <ul style="list-style-type: none"> <li>• implementation of ‘Eat Well Queensland’ at the local level in Townsville</li> <li>• disseminate nutrition documents to stakeholders eg tuck shops and sporting organisations</li> <li>• promote health and nutritional messages on fast food to reduce misinformation</li> <li>• greater food safety monitoring at sporting events and fast food outlets</li> <li>• encourage the development of a nutrition policy by Education Queensland and other educational systems</li> <li>• work collaboratively with food businesses to promote a balanced message about good nutrition</li> <li>• support the Heart Foundation strategy to promote a balanced promotion of nutrition in food advertising</li> <li>• develop guidelines that support healthy food choices in canteens at sporting venues</li> </ul> | <ul style="list-style-type: none"> <li>• <b>Tropical Public Health Unit – Nutrition Unit</b></li> <li>• Townsville City Council Environmental Health</li> <li>• James Cook University School of Public Health and Tropical Medicine</li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Education Queensland</li> <li>• District Sporting associations</li> <li>• Sport &amp; Recreation Qld</li> <li>• Nutrition Australia</li> <li>• Queensland Academy of Sport</li> <li>• Heart Foundation</li> </ul> | Medium    | <ul style="list-style-type: none"> <li>• Implementation of ‘Eat Well Queensland’ at the Local Level</li> <li>• Raise community awareness by nutrition editorials</li> <li>• Targeted strategies for groups of the population i.e. school age, adult, elderly</li> <li>• Guidelines developed using Queensland Health documents</li> <li>• Distribution of nutrition guidelines</li> <li>• The provision of healthy choices and the up-take of these choices</li> </ul> |
| 1.4.2 | <p>Work with individuals and groups to increase nutrition knowledge and skills in managing food choices, budgeting, food preparation and cooking including: -</p> <ul style="list-style-type: none"> <li>• provision of Food Cents Programs focusing on budgeting, shopping and cooking skills</li> <li>• supermarket tours to promote better food choice</li> <li>• chronic Disease Self Management Programs</li> </ul>   | <ul style="list-style-type: none"> <li>• THSD Institute of Community Health and Ambulatory Care                             <ul style="list-style-type: none"> <li>• Community Health</li> <li>• TTH</li> </ul> </li> </ul> <p><u>Stakeholders</u></p> <ul style="list-style-type: none"> <li>• Department of Families</li> <li>• Supermarkets</li> <li>• Disability Services Qld</li> <li>• Youth Groups</li> </ul>   | Ongoing   | <ul style="list-style-type: none"> <li>• Improved skills in the community for the preparation of a healthier range of food</li> <li>• Increased ‘hands on’ food choice skills</li> </ul>   |