

SEA Change Portland Celebrate

dates to remember

17th of November	Portland District Health Market
1 st of December	SEA Change Celebration breakfast

Portland Primary School Invites Others to Use Their Grounds in Training Loops.

Due to its central location, Portland Primary School is easy to access. The school invites others, including sporting clubs to train on the grounds. Local residents are invited to play basketball, use the playgrounds and run or walk through grounds as part of larger loops of the town.

The school recently upgraded fitness opportunities in the playground thanks to United Way funding.

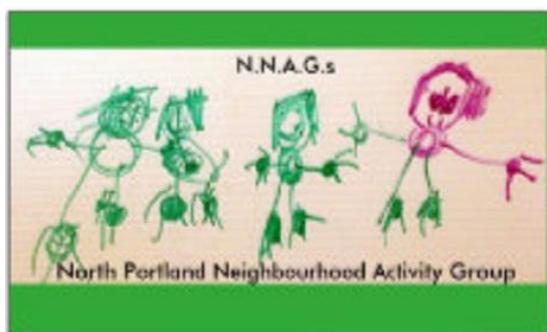
"We applaud Portland Primary School for their holistic approach to healthy living," Nicole, United Way.



All Portland Children live, learn & play in a community that makes it easy for them to eat healthy & be active!



The NNAG's get busy with LandCare grant funding



The North Neighbourhood Activity Group (NNAG's) sought help from PDH to get funding through a Landcare grant to help people learn about caring for plants. The NNAG's included the SEA Change 'Smoothie Bike' in their October 2017 Mitchell Park event. The bike was great for delivering healthy eating/health literacy messages such as 'What is a serve?', 'energy out/energy in', 'eat a range of fruit & veg' and 'low fat milk is for everyone over the age of 2yrs'. Families attended the free Sunday event, eating almost three large slow cookers of fried rice and two large cookers of curry chicken and 35 children aged 4 to 15 lined up to use the Smoothie Bike.

With NNAG's events attracting up to 100 people and healthy eating and activity always included, NNAG's is making a huge contribution towards creating a healthier community.

The 'Little Chef'



My 'Little Chef' is six years old and cooks whenever she visits my kitchen. She has her own stool, apron and ideas! "I'm making muffins today Nanna!", she states confidently as she jumps out of the family vehicle. She knows how to measure using scales and de-shell eggs. She also understands that you can change recipes to make them healthier, by using whole grain flours, reducing the recommended amount of sugar and adding fresh fruit and seeds.

TAFE's Portland VCAL program provides nutritional Breakfast cereal information

Here is another example of a SEA Change favourite! The 'Sugar Wall'. Portland TAFE's VCAL students have set up this mazing display which could be seen by the four hundred people who passed the window display during August. An added bonus is the bowl of cereal which clearly shows what 'one serve' looks like.



Gymnastics Club Adds Fresh Fruit to Catering

My kids had their Gymnastics Competition last weekend. The food available included cut up fresh fruit tubs. These all sold out! "We'll have to do more next year" was overheard being said by participant's parent. (Rachel Siemon) Club Coordinator, Head Coach and Exercise Physiologist Brooke Smith explained that they had begun offering fruit salad as a menu item last year and it was such big hit that they will be continuing it in coming years. "It gives people another option to choose from rather than just the usual hot dogs and dim sims".

The club also found that they had a lot of soft drink left over this year, with water selling better. "We were considering offering smoothies this year but decided against it due to the cost, however due to the popularity of

the fruit salad it is definitely something we will be considering carefully for future competitions”.

The club had approximately 175 kids competing across the day ranging in ages from 5-17, from beginners to more advanced levels. Being a ‘local’ competition a lot of the gymnasts also brought family and friends to watch, so it was a very busy day in the canteen!



SEA Change Smoothie Bike

The SEA Change Smoothie Bike provides Health Presentations, Workshops & Demonstrations. Or we can provide a display at your Festival/Expo or event. Our events focus on educating people about the nutritional value of healthy eating in a fun, engaging environment. Smoothies are an easy, quick and fun way to gain a nutritious diet.

SEA Change Bike Smoothie is a collaboration partnership between Portland District Health, Glenelg Shire Council. It's a positive approach, with a focus on community-level changes that can help to make the healthier choice the easy choice. We aim to work with children's biggest influences – families, friends and peers across the places where children live, learn and play.

So the SEA Change 'Smoothie Bike' is a great asset to Portland. The bike can be used to deliver health literacy messages and is available for hire by groups for community events.

Portland District Health, Health Promotion Team Leader Kelly Edwards is urging Portland community groups and event organisers to include this activity in their event plan. “It's a great way to provide health literacy messaging either by having a PDH HP staff member attend the event or by encouraging one of the group's members to receive training on the SEA Change approach to using the bike”.

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Portion Control

By Kristi Harris, Dietitian. Portland District Health

It seems to be one of the main barriers that stops people from losing weight. What are the portion recommendations of each food group?

The Australian Guide to Healthy Eating (AGHE) recommends:

5-6 serves of Vegetables

2 serves of Fruit

2.5 serves of Dairy

2-3 serves of Meat/alternatives

6 serves of Grain

0-3 serves Oils/Discretionary

(approx. recommendations for the average Australian aged 19-50yo – please see www.eatforhealth.gov.au for individualised guidelines for age/gender)

This will help you realise which food groups you're not meeting the guidelines for and create a more balanced eating pattern.

There are 3 food groups which I tend to see people over-eat frequently, these are; fruit, "highly processed" grain and discretionary groups – if you over eat one group it is likely you will miss out on nutrients from another important group listed above.

What is a Serve? 1 serve of:

	Vegetables = ½C cooked/raw or 1 cup leafy salad veg	
	Fruit = 1 medium (apple, banana) 2 small (mandarin)	
	Dairy = 1 cup milk, 30g cheese, 200g plain yoghurt	
	Meat = 80g chicken, 65g red meat, 100g tuna, 30g nuts,	
	Grain = 1 bread, ½C rice/pasta,	
	2 weet-bix, ½C porridge	

Now for the one you've been waiting for:



The discretionary food group:

1 serve =

1/3 of meat pie/pastie, 12 hot chips, 4 squares chocolate (25g), 5-6 small lollies, 2 slices processed meat (salami), 30g potato chips etc. (see AGHE website for more examples)

Portion Distortion:

It can be quite easy to make a few swaps that save on extra calories. Obviously the first one is increasing vegetables in a meal as this group provides the lowest amount of calories per serve than any other group. Let's make a few comparisons:

all the below pictures contain the same amount of calories – if you eat more calories than your body needs it stores them and leads to weight gain.

	
100g Chicken breast (lean, grilled)	55g Chicken nuggets (fried)
	
240g Yoghurt (natural, low fat)	75g Ice cream (2 scoops)
	
230g Potato (unpeeled, boiled)	30g Potato crisps

For further examples of portion comparisons visit

<http://www.quitnow.gov.au>

As you can see from the images above the options on the left are obviously healthier but take note of how much larger the serves are – eating healthy doesn't always mean eating less – often is actually involves eating more, but of the right foods. Many people struggling to lose weight will tell you they are eating nothing without realising just how many calories are in that extremely small portion of discretionary food or they're no longer eating regular balanced meals to the point that metabolism may have slowed down. The first steps to losing weight are improving diet quality, regulating eating patterns and ensuring adequate fluid intake. If you feel you need more assistance with incorporating a healthy balanced diet or weight loss advice. Contact your local Dietitian or GP for a referral.

References:

Australian Guide to Healthy Eating: www.eatforhealth.gov.au

Australian National Preventive Health Agency: <http://www.quitnow.gov.au>

SEA Change is an exciting, new and innovative approach about making the healthy choice the easy choice for everyone in the Portland region.

Like many communities across Australia, the reality is that in the Portland region, when it comes to healthy eating and physical activity, the healthy choice is not the easy one.

SEA Change is about the whole community coming together and making changes so that the healthy choice is the much easier choice, especially for children.

This is an ambitious approach and it needs your involvement to make it a reality, there has been some fantastic work being done in our community.

Be part of the change you want to see in Portland and join us on December 1. Come along and join us for a healthy breakfast to hear about the great local actions, how health behaviours are trending and help take the lead to a healthy community.

Celebration details:

Where: Glenelg Shire Council, Reception Room - Cliff Street (Enter via the Glenelg Street entrance)

When: December 1. 2017

SEA Change Portland presents

Healthy Breakfast

1ST DECEMBER
7:30am - 9:00am

Community Celebration Breakfast



SEA Change had the ambitious idea in 2014 to tackle healthy eating and find ways to increase physical activity, like many communities across Australia, the reality is our region is no different and in working with the community we are looking at ways 'to make the healthy choice the easy choice'

Highly accurate data collected with the assistance Deakin University (2nd interval), has shown that far too many children in the Portland and surrounding areas are still not reaching a healthy weight range but this is improving and the work that the SEA change champions are doing is contributing to making our community a healthier place for our children.

You are invited to the 2018 workshop to celebrate the great work that has happened in our area, hear about the trending data results from the Deakin research and to explore together the possible changes that our community has the power to make moving forward.

FREE

WHERE?
Glenelg Shire Reception Room
(entrance via rear of building)
(Glenelg St)

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RSVP Essential:

Call Kelly on 0437 043 550, or email your RSVP to Iquartermaine.pdh@swarh.vic.gov.au

Feedback and Contact

“We listen to the SEA Change radio program every week”, Robyn

Contact: Thanks for the feedback and to those who sent their 'news' in. If you would like to include an update of your SEA Change activity, please forward details to Leyla at Iquartermaine.pdh@swarh.vic.gov.au or view our webpage on www.seachangeportland.com.au

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