Healthy Lifestyles Project:
A school based healthy lifestyle project for vulnerable newly arrived migrants and refugee young people

Aim Statement
• Increase engagement of newly arrived migrant and refugee young people in health promoting behaviours in a school setting by 10% by December 2019

Background to problem worth solving
• Emerging trend of refugee and migrant young people arriving in Australia who are experiencing overweight and obesity.
• Range of evidence based programs available for children and adults; no effective referral pathways for students identified as overweight or obese.

Team members
Project Sponsor:
• Tony Jackson, Deputy Director, Population and Community Health
Health staff:
• Lisa Woodland, Manager, Priority Populations
• Patty Loukas, Refugee Health Program Manager
• Stanya Sharota, Youth Health Program Manager
• Diana O’Brien, Caren Thomas, Jody Stokes, School Nurses
School staff:
• Michael Harney, Deputy Principal, BHIEC
• Lisa Lum, Head Teacher, BHIEC

Link to National Standard or Strategic Imperative
• Standard 2: Partnering with consumers
• NSW Health Priority: reduce childhood obesity

Literature review undertaken:

Driver Diagram

Results: Process measure - number of students participating in health promoting initiatives

Results: Outcome measures – engagement of students in health promoting behaviours

No. students engaged in health promoting behaviours Baseline (April 2019) Follow up (Oct 2019) % change
Drinking Water
• 8 or more glasses per day 12 (15%) 15 (21%) 6%
Healthy snacks
• 3 or more snacks per day 36 (46%) 12 (17%) 29%
• Food from home 59 (76%) 66 (91%) 15%
Screen time
• 4 hours or less per day 36 (46%) 34 (47%) 1%
Physical activity
• 60 mins or more per day 7 (9%) 24 (33%) 24%
• Exercise at lunch time 28 (36%) 43 (60%) 24%
Sleep
• 8 hours or more per day 33 (42%) 36 (50%) 8%

Overall outcome of the project
• 100% students reported being engaged in one or more healthy lifestyle initiatives
• Over 10% increase in reported health lifestyle behaviours to physical activity and healthy eating
• 86% of students reported that they would continue these changes when they left the Intensive English Centre.

Strategies for sustaining improvements
• Nurse led health coaching - embedded into routine care
• Successful grant applications (Healthy Children, Healthy Communities 2019/20 grants x 2) supported purchase of equipment and engagement of Red Cross
• Co-designed whole of school initiatives - all initiatives routinely embedded into the school environment
• Ongoing partnership with the school

Strategies for spreading
• Presentation to Head Teachers Intensive English Centres meeting in November 2019
• Provide support to establish similar projects

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