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MEDIA RELEASE

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Australian Government funds healthy lifestyles in Tasmania

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

Four organisations in Denison have been allocated more than \$392,000 through the Healthy Active Australia Community and School Grants Program, which is part of the Australian Better Health Initiative.

“Encouraging healthy lifestyles, especially amongst children, has big payoffs for the entire community,” said federal Denison MP Duncan Kerr.

“By teaching children to eat well and exercise we’re putting them on the path to a healthier future as adults. That means less chronic illness, especially diabetes and obesity.”

The projects funded in Denison are:

Hobart Police and Community Youth Club: \$125,490 for its Rural and Regional Mobile Activity Centre

The project will provide opportunities for young people to be involved in physical activity (football, soccer, bocce, tug-o-war, etc) using a mobile activity centre. A trained coordinator will also provide information regarding nutrition and healthy lifestyles.

Eat Well Tasmania Inc: \$125,222 to develop Eat Well Grow Well Communities

The project will increase healthy eating by providing workshops and resources to schools. The project will also establish a garden in one school and coordinate a number of other community gardens to develop a DVD and 'How-to Manual' to encourage future healthy eating through garden development.

Taroona Primary School: \$115,759 to produce an Active Schools DVD

The project will share a variety of school physical activity programs including seaside festivals, athletics carnivals and fitness testing which has been successfully implemented for many years with other schools through the development of a promotional physical activity DVD.

Mount Stuart Primary School: \$26,142 for its Daily Fitness Program

The project will increase physical activity by establishing a Daily Fitness Program. Students will be trained and encouraged to develop peer training programs. The project will also educate students about the links between physical activity, healthy eating and healthy lifestyle choices.

“Local issues require local solutions,” Mr Kerr said. “The Tasmanian organisations that have received this funding will promote healthier lifestyles amongst our children, putting them on the road to brighter, fitter futures.”

In addition to establishing the new Preventative Health Taskforce, the Australian 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 (about 250,000 children will receive this check);
- a guide for parents that 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 that 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 www.healthyactive.gov.au/internet/healthyactive/publishing.nsf/Content/com-schools-grants-funding-2nd

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