



GROW WELL DINDI

*Community led, local solutions for
healthy children in Murrindindi Shire*



INFORMATION PACK - JANUARY 2021

GROW WELL DINDI - INFORMATION PACK

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WHAT IS GROW WELL DINDI?

The Murrindindi Shire community voted “Grow Well Dindi” as the name and logo to represent the RESPOND initiative in Murrindindi Shire. RESPOND is a community-based systems approach to improving the health and wellbeing of children across the Ovens Murray – Goulburn region.

A systems approach acknowledges and addresses the many different factors influencing a complex problem. This project addresses the complex issues of physical inactivity and poor nutrition in local children.

The Grow Well Dindi project is supported by a \$1.5 million National Health and Medical Research Fund (NHMRC) Project Partnership Grant and a further \$2.6 million in partner contributions. Deakin University's Global Obesity Centre is partnering with community leaders across the region to deliver the initiative.

The Grow Well Dindi initiative works with the community to drive positive and practical changes from the ground up to support healthy lifestyles among children. This includes helping local residents to identify their own community-specific actions which create healthier food environments and get local children more active. It also works with organisations and community leaders to identify what changes can be driven at an organisational management and policy level.



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INTRODUCING THE GROW WELL DINDI LOGO

The Grow Well Dindi logo was decided through a logo competition and voting process. The logo was chosen by the community.

Grow Well Dindi encourages and celebrates community action that helps local children to eat healthy and be physically active. The logo design for Grow Well Dindi captures the complexities in improving the health and wellbeing of children within the community. The design features images representing different parts of the community led project – “physical activity, healthy eating, mindfulness, piecing everything together (puzzle piece), the health sector involvement (medical case), community ideas and actions (light bulb) and finally the system as a whole (cog).



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KEY MESSAGES OF GROW WELL DINDI

Grow Well Dindi encourages and celebrates community action that helps local children to eat healthy and be physically active. The three key messages of Grow Well Dindi are

INCREASE FRUIT AND VEGETABLE CONSUMPTION

- *Eat five serves of vegetables per day*
- *Eat two serves of fruit per day*

DECREASE CONSUMPTION OF SUGAR SWEETENED DRINKS AND FOOD OF LIMITED NUTRITIONAL VALUE

- *Limit foods and drinks that are high in energy but low in nutrients, such as foods with high saturated fat and/or added sugars, added salt and low fibre. Nutrition Australia recommends no more than one 'discretionary' serve (600kj) per day*
- *Increase nutrient rich foods such as whole grain cereals, vegetables and fruit*

INCREASE PHYSICAL ACTIVITY

- *60 minutes or more of moderate to vigorous physical activity per day*
- *Several hours of a variety of light physical activities like walking or playing*
- *Limit sedentary recreational screen time to no more than 2 hours per day*

We encourage community events and initiatives that support these three key messages to use the Grow Well Dindi logo.

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OUR CURRENT COMMUNITY

In 2019, anthropometric and behavioral data were collected from children in Murrindindi Shire schools.

Key results were

**ONLY
60%
OF CHILDREN IN
GRADES 2, 4 AND
6 ARE A HEALTHY
WEIGHT**



**ONLY
21%
OF GIRLS AND
31%
OF BOYS IN
GRADES 4 AND 6
ARE DOING
ENOUGH PHYSICAL
ACTIVITY**



**56%
OF GIRLS AND
52%
OF BOYS IN
GRADES 4 AND 6
ARE DRINKING
ENOUGH WATER**

**ONLY
17%
OF GIRLS AND
10%
OF BOYS IN GRADES
4 AND 6 ARE
EATING ENOUGH
VEGETABLES**

**54%
OF GIRLS AND
49%
OF BOYS IN
GRADES 4 AND 6
ARE ON SCREENS
LESS THAN 2
HOURS PER DAY**



To view the full report, visit the Lower Hume PCP website at lhpcp.org.au/respond/ You can also download the Respond Murrindindi Health Behaviors 2019 Summary Report [here](#).

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KEY ACTION AREAS OF GROW WELL DINDI

Community workshops were run in both Alexandra and Yea in July of 2019. At this workshop current actions/programs that contributed to increased healthy eating and physical activity were identified and key themes and action areas were determined in each town.

KEY THEMES ALEXANDRA

- PHYSICAL ACTIVITY
- KNOWLEDGE AND COMMUNICATION
- SOCIAL INCLUSION
- FOOD/PRODUCE CO-OP
- INFRASTRUCTURE
- EDUCATION AND CAPACITY BUILDING

KEY THEMES YEA

- ACCESS AND PROMOTION
- PHYSICAL ACTIVITY
- ADVOCACY AND POLICY
- EDUCATION - HEALTHY EATING

To see a more detailed breakdown of key themes and actions visit the Lower Hume PCP website AT lhpcp.org.au/



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CALL TO ACTION

Evidence shows that healthy eating and physical activity initiatives have more longevity and success when they come from within the community for the community. This is why Lower Hume PCP wants to support you, the community, to boost the health of your children by adopting the three key messages of Grow Well Dindi. This can be done through any program or initiative that is existing or brand new. Maybe one of the key themes uncovered in July 2019 will spur a new idea?

Lower Hume PCP's prevention collaborative are able to provide support such as signage (posters and fliers) to promote awareness of the key messages, projects and goals, as well as advice and mentoring for projects taken on. Please contact respondLHPCP@gmail.com for more information.

LOWER HUME PCPS PREVENTION COLLABORATIVE

