

SOUTH BELFAST FITNESS 8



BACKGROUND – HEALTH HISTORY

Partner Organisations

 Greater Village Regeneration Trust



 Lower Ormeau Residents Action Group



 Chinese Welfare Association



 Ballynafeigh Community Development Association






 Taughmonagh Community Forum



BACKGROUND – HEALTH HISTORY

- 🏆 Existing positive and successful relationships and partnerships across South Belfast
- 🏆 Strategically linked community organisations through South Belfast Partnership Board and creation of South Belfast Development Fund by Public Health Agency
- 🏆 Key organisations linked through PHA to deliver Obesity and Weight management programmes to Men and Woman linked to the ‘Choose to live better’ campaign
- 🏆 Training provided for 20 participants through ‘Weigh to Health’ programme (BHSCT) and Motivational Interviewing training
- 🏆 Funding proposal submitted and accepted to BHSCT - Fit Futures funding programme

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-  Aimed to deliver a health awareness and physical activity programme to local primary schools, youth clubs/groups and young mums from Sure Start/Child care facilities.
-  Main focus of the South Belfast proposal was on nutrition/obesity/weight management initiatives coupled with structured physical activity and health awareness programmes
-  Concentrating delivery in South West, Inner South, BME community, Ballynafeigh and Taughmonagh

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Programme Detail

- Delivery of 2 x Primary Schools Health based Activity programmes to 8 x primary schools cumulating in a Health and Activity Festival, targeting Key Stage 2 - Year 6 and Year 7 Classes (Indoor Athletics)
- Delivery of 2 x Youth Health based Activity programmes to 11-16 age range at, 8 x youth clubs/groups cumulating in a Health and Activity Festival, with 2 x Health awareness sessions delivered to each group (Multi-Sport/Activity)
- Delivery of Pramtastic Health based Activity programme to 10 x Sure Starts/Child Care facilities, with 2 x Health awareness sessions delivered to each group (Structured Activity)
- Securing of Health and Nutrition based resources to offer a range of nutrition and physical education sessions to suit all ages of programme delivery

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Health Resources

- 🏆 **Deluxe Food Starter Kit**
- 🏆 **10 sided Fitness Dice**
- 🏆 **Fat Chunk model (1lb)**
- 🏆 **Mass of Muscle**
- 🏆 **Ice Breaker Clever Catch Ball**
- 🏆 **Food & Nutrition Clever Catch Ball**
- 🏆 **Exercise Clever Catch Ball**
- 🏆 **Fat Facts: Fast Foods Test Tubes**
- 🏆 **Fat Vest, Adult Size**
- 🏆 **Fat Vest, Child Size**
- 🏆 **Food & Nutrition 5 Minute Activities Book**
- 🏆 **Healthy Choices Flashcards And Activity Ideas**

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Delivery and Training Partners

- 🏆 Active Communities Coaches
- 🏆 Belfast Community Sports Development Network (BCSDN)
- 🏆 Belfast City Council
- 🏆 SportNI
- 🏆 Community Dietetic services
(Providing training on health resources to all coaches and community health facilitators and support offered at health based festivals)

Weekly Health Themes

Week and theme	Key message	Resource
Week 1- Introducing the Eatwell plate	<ul style="list-style-type: none"> • Eat a variety of foods from the 4 main food groups for good health 	<ul style="list-style-type: none"> • Eat well mat • Food models • Eat well poster • Nutrition poster set • Healthy choices flashcards and activity ideas
Week 2- Fun with fruit and vegetables	<ul style="list-style-type: none"> • Eat more fruit and vegetables • Eat a variety of colours and types at least 5 portions a day • Vitamins, minerals and fibre. 	<ul style="list-style-type: none"> • Eat well poster • Nutrition poster set (fruit and veg poster)
Week 3- Better snacking: reduce high sugar foods and drinks	<ul style="list-style-type: none"> • Choose healthier snacks to prevent tooth decay and keep a healthy weight. • Drink sugary less often • Eat sugary foods less often 	<ul style="list-style-type: none"> • Sugar display
Week 4: Better snacking: reduce high fat snacks	<ul style="list-style-type: none"> • Being physically active and eating less high fat foods helps keep hearts healthy and keep a healthy weight 	<ul style="list-style-type: none"> • Eatwell poster • 10 sided fitness dice • Children's Fat vest • Fat test tubes and selection of foods • Fat chunk and Mass of muscle • Fast food chart (poster)
Week 5: Better drinks	<ul style="list-style-type: none"> • The body needs enough fluid to keep well/hydrated • A lot of the body is made up of water 	<ul style="list-style-type: none"> • Sugar display • Water bottle • Cool water poster (CRIS) • Milk bottle or carton • Nutrition poster set (poster on dairy foods)
Week 6: Build a healthier lunch	<ul style="list-style-type: none"> • Improving our choices at lunchtime can help improve our overall diet 	<ul style="list-style-type: none"> • Healthy choices flashcards and activity ideas • Food Models

Overall Outcomes

- 🏆 Increased levels of physical activity and frequency of activity
- 🏆 Increased knowledge and accessibility of existing facilities to the wider community
- 🏆 Increased awareness of the importance of participation in physical activity and the significance of healthy eating
- 🏆 Improved levels of health literacy amongst participants through delivery of health awareness sessions/workshops
- 🏆 Increased participation in activity resulting in reduced levels of obesity
- 🏆 Participants feel more confident about participating in sport and physical activity
- 🏆 Participants are more aware of opportunities that exist within their local community to engage in sport and physical activity
- 🏆 Participants continue to engage in sport and physical activity post the completion of this project – AthleticsNI/NGB Events

Fitness 8 - Moving Forward

- 🏆 Fitness 8 Primary Schools programme adapted and mainstreamed into South Belfast Development Fund for 2014/15
- 🏆 Continued support from community groups engaged to deliver the programme
- 🏆 Continued support from local schools in the South Belfast area to receive the programme
- 🏆 Linking programme to NI School Curriculum for Key Stage 2 through Personal Development and Mutual Understanding (PDMU)
- 🏆 Year 5 – Stay Safe and Healthy
- 🏆 Year 6 – Healthy Habits
- 🏆 Year 7 – Fit for the Future

Fitness 8 – Sept-Nov 2014

	Happy	Ok	Sad	Total
Question 1: Did you enjoy the project you took part in with the coaches?	94	15	1	110
Question 2: Did you enjoy the project you took part in with the health information?	87	21	2	110
Question 3: Did you like working with the coaches?	98	12	0	110
Question 4: Did you like to hear about the health information?	82	27	1	110
Question 5: Have you tried any new fruits at home or school?	61	27	22	110
Question 6: Have you tried any new vegetables at home or school?	71	22	17	110
Question 7: Overall how good was the programme?	78	28	4	110
Question 8: What stuck in your head about the programme	Staying hydrated	Sports	The octopus game	
	The hoop game	Eating healthy	Running	
	Exercise	Relay	Races	
	Sport makes you healthy	The information about fat in foods	Team work games	
	Enjoyed the game that you passed the pole to the person	Not to eat doughnuts	Running on the islands in the playground	
	Tasting the fruit and vegetables	Don't take cigarettes	Jumping over the cones	
	Long Jump activity	Speed bounce game	Not to eat a double cheese burger	
	Legs Parallel game	Seeing a dragon fruit	Exercising is fun	

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Ballynateigh
Development



Community
Association



Toughmonagh
Community
Forum



SOUTH BELFAST
PARTNERSHIP BOARD



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