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

现有的积极和成功的相互关系和合作伙伴关系在整个南贝尔法斯特

战略性地联系了社区组织通过南贝尔法斯特伙伴关系董事会和南贝尔法斯特发展基金的创建由公共健康署

关键组织通过PHA联系起来，以交付针对男人和女人的肥胖和体重管理计划，与‘为了更好的生活而选择’的运动相关

20名参与者通过‘Weigh to Health’项目（BHSCT）和动机性访谈培训

提交并接受到BHSCT - Fit Futures基金提供的资金提案
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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)
<table>
<thead>
<tr>
<th>Week and theme</th>
<th>Key message</th>
<th>Resource</th>
</tr>
</thead>
</table>
| Week 1 - Introducing the Eatwell plate | • Eat a variety of foods from the 4 main food groups for good health | • Eat well mat  
• Food models  
• Eat well poster  
• Nutrition poster set  
• Healthy choices flashcards and activity ideas |
| Week 2 - Fun with fruit and vegetables | • Eat more fruit and vegetables  
• Eat a variety of colours and types at least 5 portions a day  
• Vitamins, minerals and fibre. | • Eat well poster  
• Nutrition poster set (fruit and veg poster) |
| Week 3 - Better snacking: reduce high sugar foods and drinks | • Choose healthier snacks to prevent tooth decay and keep a healthy weight.  
• Drink sugary less often  
• Eat sugary foods less often | • Sugar display |
| Week 4: Better snacking: reduce high fat snacks | • Being physically active and eating less high fat foods helps keep hearts healthy and keep a healthy weight | • 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 | • The body needs enough fluid to keep well/hydrated  
• A lot of the body is made up of water | • 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 | • Improving our choices at lunchtime can help improve our overall diet | • 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
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<thead>
<tr>
<th>Question</th>
<th>Happy</th>
<th>Ok</th>
<th>Sad</th>
<th>Total</th>
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</thead>
<tbody>
<tr>
<td>Question 1: Did you enjoy the project you took part in with the coaches?</td>
<td>94</td>
<td>15</td>
<td>1</td>
<td>110</td>
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<td>Question 2: Did you enjoy the project you took part in with the health information?</td>
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<td>21</td>
<td>2</td>
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<td>Question 3: Did you like working with the coaches?</td>
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<td>12</td>
<td>0</td>
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<td>Question 4: Did you like to hear about the health information?</td>
<td>82</td>
<td>27</td>
<td>1</td>
<td>110</td>
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<td>Question 5: Have you tried any new fruits at home or school?</td>
<td>61</td>
<td>27</td>
<td>22</td>
<td>110</td>
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<tr>
<td>Question 6: Have you tried any new vegetables at home or school?</td>
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<td>22</td>
<td>17</td>
<td>110</td>
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<td>Question 7: Overall how good was the programme?</td>
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<td>28</td>
<td>4</td>
<td>110</td>
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<td>Question 8: What stuck in your head about the programme</td>
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<td>Staying hydrated</td>
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<td>The hoop game</td>
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<td>Exercise</td>
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<td>Eating healthy</td>
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<td>Relay</td>
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<td>The octopus game</td>
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<td>The information about fat in foods</td>
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<td>Team work games</td>
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<td>Enjoyed the game that you passed the pole to the person</td>
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<td>Not to eat doughnuts</td>
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<td>Running on the islands in the playground</td>
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<td>Not to eat a double cheese burger</td>
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<tr>
<td>Tasting the fruit and vegetables</td>
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<td>Don’t take cigarettes</td>
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<td>Jumping over the cones</td>
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<td>Long Jump activity</td>
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<td>Speed bounce game</td>
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<td>Not to eat a double cheese burger</td>
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<td>Legs Parallel game</td>
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<td>Seeing a dragon fruit</td>
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<td>Exercising is fun</td>
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