

A Guide to Working Together

Move Well Eat Well and health and community workers working towards healthy eating and active lifestyles for primary schools, early childhood services and their communities

Many health and community workers are working hard to improve the health of children and families. *Move Well Eat Well* (MWEW) offers a framework to make healthy eating and physical activity a normal, easy and positive part of every child's day. Let's work together to get the best results for our local communities.

What can health and community workers do?

1. **Get the information you need.** You can access a list of MWEW members, award schools/services and info about their ideas and achievements at www.movewelleatwell.tas.gov.au
2. **Encourage membership.** If the schools/services you are working with are not MWEW members, tell them about us and offer a membership form www.movewelleatwell.tas.gov.au
3. **Join the MWEW Community Support Network.** Be kept regularly in touch with new ideas, incentives and resources for schools and services. Join at www.surveymonkey.com/s/CSN
4. **Encourage progress.** Working with a member just starting out on MWEW?
 - Offer to join their MWEW action team and assist them to schedule regular meetings
 - Offer to meet with their action team to plan how to get started
 - Offer to present a simple overview of MWEW to parents/ teachers/ volunteers etc. Contact us for resources to help you do this movewelleatwell@dhhs.tas.gov.au
 - Talk to the school/service MWEW action team about success stories from other members. Find success stories at movewelleatwell.tas.gov.au/news

Working with a MWEW member well on the way to award status?

- Offer to join their MWEW action team and schedule regular meetings
 - Offer to assist with policy development: read drafts, make suggestions
 - Discuss healthy fundraising
 - Assist them to promote MWEW to families movewelleatwell.tas.gov.au/families
5. **Encourage the creation of supportive networks.** Use your knowledge of local people and organisations and link them with MWEW schools/services.
 - A local fruit and veg grower/seller interested in promoting healthy eating
 - A keen local/volunteer to assist with the school veg patch
 - Someone to assist with mapping out safe walking/riding routes to service/school (eg. local council)
 - Local community houses, service clubs etc

Remember: MWEW links with work already going on in schools/services. It doesn't have to be an 'extra.' These busy places will appreciate ideas that fit in with existing activities and help make simple changes easy.

June 2013

Department of Health and Human Services

The Tasmanian *Move Well Eat Well* Award Program is adapted from the Kids – 'Go for your life' program © State of Victoria, Australia. It is a joint Australian and State Government initiative under the National Partnership Agreement on Preventive Health.