



**CREATING HEALTHY
COMMUNITIES**

Nutrition is vital for maintaining health at all stages of life. In fact, nutrition has never been more important as we move into a future where rates of obesity and chronic conditions are increasing. It's not just about what somebody eats, there are many aspects that contribute to health, such as environmental, behavioural, biological, societal and genetic factors. Flinders University Nutrition and Dietetics (FUND) provide nutrition-based projects tailored to the health problems that your community face.

Creating healthy communities

Flinders University has established a collaboration project to help communities implement impactful evidence-based nutrition projects. By working together with community groups, we have developed, implemented and evaluated the following types of projects;

- Nutrition & food security
- Community gardens
- Regional Public Health Plan
- Food & Wellbeing Events
- Youth nutrition projects
- Early learning resource manual
- Train the trainer packages
- Healthy canteen policies
- Nutrition & wellbeing policies

How does the collaborative partnership work?

Our financial co-investment partnership is a collaboration with objectives and deliverables negotiated with you. We work with you to take a critical look at the needs of your community and develop a nutrition project within your time & budget. We utilise final year Bachelor and Masters of Dietetics & Nutrition placement students to carry out the nutrition project under supervision of a highly experienced and qualified FUND staff member. A collaboration of our skills and knowledge with you will create an individualised sustainable nutrition project.



The framework we follow to develop a project

Our nutrition projects developed in partnership follow a model which incorporates capacity-building strategies and principles. This occurs in stages.

1. Community consultation and investigation of the nutrition problem

The FUND team will work with you to identify critical nutrition and wellbeing needs in your community. This generally involves face-to-face workshop or surveying relevant stakeholders.

2. Development of an evidenced-based project supported by the current literature

The FUND team will then look to evidenced-based research to develop a project specific to your community's needs, timing and budget. This will involve further consultation meetings with stakeholders to discuss project structure, logistics and outcome indicators.

3. Implementation - Rollout of the nutrition project

The nutrition project will then be actioned in collaboration with you. The nutrition project will then be actioned in collaboration with you. This may involve development of a product or service.

4. Evaluation & adjustment - Understanding the successes of the project and reporting

It is important to evaluate the success of any project at various times throughout its lifecycle. Evaluation will be carried out by the FUND team in conjunction with the community at various times of the project. A final report will be provided at the completion of the project.

Some projects can take on only a portion of this framework or include the full complement.

Your investment

The financial component of this investment will be dependent on the specific initiatives or project size and your budget. In terms of the resource investment, the partnership is best supported at your organisation with a support person/s accessible most days of the week.

We find the support person will generally:

- Be involved in project meetings with FUND staff and help guide project direction.
- Introduce FUND students to the organisation's staff and relevant stakeholders.
- Organises working space for FUND placement students to work on-site.
- Involve FUND students in relevant community/organisational activities.

Flinders University investment will be to:

- Help you to identify needs in your community.
- Utilise the nutrition expertise of the FUND team to develop an appropriate project that meets your needs.
- Facilitate project meetings and manage project direction with you and FUND students.
- Provide academic supervision and support community presentations.
- Provide project reports and ensure resources are achieved to the highest standard.

Flinders University are committed to driving health and wellbeing in our communities. We have been providing education in nutrition and dietetics for over 40 years and our extensive and ongoing research in nutrition and dietetics is rated above world standard [1].

[1] Excellence in Research for Australia, 2018

Explore a partnership with us

Contact the Community Nutrition Engagement Officer on:

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