

Hauora Initiative Across BestStart Early Childcare Centres

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Research funded by BestStart, Education and Care Centres in 2016 found a lack of confidence, skills and knowledge in teachers to teach and integrate physical activity into the early childhood curriculum. BestStart recognised the need for a collaborative approach and partnered with Jumping Beans and the Heart Foundation to tailor a programme for their centres. The Hauora Wellbeing Initiative was developed to support all 270 Best Start Centres to achieve the highest level of the Heart Foundation's Healthy Heart Award. The focus was on the provision of training and support around physical activity and nutrition for individual centres and ensuring national policies aligned to best practice. This initiative influences the health and wellbeing of over 15,000 children in BestStart's care each day.

This presentation will showcase the Hauora Wellbeing Initiative and how BestStart and the Heart Foundation collaborated to achieve a shared outcome. It will highlight the key successes and challenges of implementing changes in approaches to nutrition and physical activity at a regional and national level.

Key take home messages:

- Sometimes the biggest health gains are made outside of the health sector
- Collaboration enables greater reach and impact
- For a successful collaboration, you need to have shared goals and measures of success

Funding source: Ministry of Health, BestStart