

Minutes of the General Meeting

Date:	17 August 2021		
Time:	4 - 5pm		
Venue:	Fresh Finesse Office, Suite 29, Crossways Shopping Centre, Corner Rokeby Road and Bagot Road, Subiaco.		
Chairperson:	Leisha Aberle	A/Minute Secretary:	Jill Darby

Meeting opened at: 4:05pm

1. Welcome and apologies

Office Bearers Present:

President	Leisha Aberle	East Metropolitan Health Service
Vice President	Amanda Ferguson	WA School Canteen Assoc.
Treasurer	Noelene Swain	Fresh Finesse
A/Secretary	Jill Darby	ECU
Committee member	Va Bola	Child & Adolescent Health Service
Committee member	Corey Chalmers	Cancer Council WA
Committee member	Sophie Nolan	WA School Canteen Assoc.
Committee member	Sue McLaren	Animal Fun
Committee member	Mikaela Atkinson	Cancer Council WA

Other Attendees:

Chris Vavakis	Better Health Company (member)
Andy Preiato	Helping Minds (member)
Sally Blane	Cancer Council WA (Member)
Gemma West	Foodbank WA (member)
Aileen Lewis	Dental Health Services, Department of Health (zoom)
Peri Hawks	Teacher at St Andrews PS and Health Promotion student

Apologies: Ruth Wallace, Sue Dimitrijevic

2. Acceptance of previous minutes

General Meeting held 17 June 2021. Minutes were confirmed.
Motion to accept minutes, moved by Leisha and seconded by Sue McLaren.

3. Business arising from previous minutes

3.1. Nil

4. General and Other Business

4.1. Membership invoices update

Treasurer Noelene has followed up with 8 member agencies with outstanding invoices issued in March.

ACTION/S: New membership enquiries can be raised with the Executive via wahpsa@gmail.com.

5. Executive Report (P/VP/T/S)

5.1. End of Year Networking Breakfast

Tentative date of Friday 5 November. Executive is currently considering themes and guest speakers - members are encouraged to share their ideas with the Executive (wahpsa@gmail.com).

ACTION/S: Check the meetings tab of the website and next e-news for further information to be released in the coming weeks. Some members have indicated the E-news has landed in their junk email folder, check this folder and if you're still not receiving the e-news please get in touch with the committee wahpsa@gmail.com.

6. Guest Presentation

6.1. Chris Vavakis -Accredited Practicing Dietitian and WA Program Manager of the [Better Health Company](#).

The program is available to 7-13 year old's above a healthy weight. Department of Health funds program delivery occurring both in person and online. Regionally, the WA Country Health Service supports online program delivery across 7 regions.

Referral to the Better Health Program is available through self-referral or via a health professional including through Perth Children's Hospital (PCH) clinical services. The program is currently supporting a significant backlog at PCH so acting as an interim support for families with limited capacity.

Online program is delivered in the form of online modules and phone coaching suiting regional participants. The in person version runs over 10 weeks with 2 hour weekly workshops and a follow up weekly coaching call. Maximum group size for the program is 6-15 students plus family members. The in person program has targeted students and families living in low SES locations in the Perth metropolitan area.

Program is highly engaging for children and includes rewards for example sticker incentives and has a large focus on engaging the family members who attend.

Programs are regularly evaluated and consistently provide positive changes in physical activity and weight measures as well as family attitudinal changes to support young people.

Online training program '[Talking with parents about children's weight](#)' is offered in WA, NSW and NT where 2500 health professionals have completed the training. This program is currently undergoing review as part of a quality improvement process.

In 2022, a Randomised Control Trial will be conducted in Melbourne, Victoria to measure the impact of the online program and support evidence for continued delivery of the program.

Chris welcomed volunteers to contact him if they would like to support the program. If interested visit the wahpsa website. Program information can be found under the 'Health areas', 'Food and nutrition' tabs of the website, where Chris's details are also included.

Better Health Program promotional resources kit is on the wahpsa website, found here:
<https://wahpsa.org.au/better-health-program-promotional-resources-kit/>

7. Organisational updates

New observer member Peri Hawks shared she has a strong interest in health promotion and is currently completing study in this area in addition to her current role teaching Health & Physical Education at St Andrews PS in Mirrabooka.

8. Meeting closed at: 4.53pm