

A session for those  
in public health  
working in ECEC  
settings



## Understanding the ECEC and Public Health Interface— A Focus on ECEC Educators

**MON 6 SEPT 2021**  
**1:00PM-3:30PM AEST**  
**ONLINE**

Understanding ECEC educators—  
Viewing nutrition interventions  
through an educator's lens



**Knowledge Exchange  
Session No. 2**

The benefits of healthy eating in the early years is accepted and understood by all working in ECEC settings as demonstrated through the inclusion of Quality Area 2.1.3 of the National Quality Standards. The public health sector understands the potential of engaging with the ECEC sector in terms of broad and efficient reach and timely intervention to ensure healthy eating outcomes are achieved and foundational, regularly stating the opportunities to address public health objectives in the ECEC sector. Consequently there are many programs across the country that deliver healthy eating based support services and resources to the ECEC sector, which are usually developed and driven by those working in public health.

**However as the public health sector intervenes in and collaborates with the ECEC space what are the assumptions and ways of knowing and doing which it brings with it and does this affect how initiatives and interventions are designed, delivered and experienced?**

This knowledge exchange session is being hosted by the National Nutrition Network to meet the knowledge needs of those working in public health and specifically within ECEC settings.

This knowledge exchange session draws on knowledge and expertise from research and practice from both education and public health and asks the questions:

**How do ECEC educators undertake and experience their work?**

**What can or does a public health resource for educators look like?**

This knowledge exchange session will include a mix of research presentation, practice-based case studies, lived experiences, knowledge sharing and reflective and critical discussion to understand and discuss these two key questions.

**Who should attend?**

This session has been designed specifically for both practitioners and academics working in public health with a specific focus on nutrition in ECEC settings and contexts.



This Knowledge Exchange Session is being hosted by the National Nutrition Network – ECEC.

To find out more about the National Nutrition Network – ECEC visit [www.nationalnutritionnetwork.com.au](http://www.nationalnutritionnetwork.com.au).



This session was designed and coordinated with the support of the [Knowledge Brokering Group](http://www.knowledgebrokeringgroup.com.au).

# Presenters

## **Dr Tamara Cumming**

**CHARLES STURT UNIVERSITY**

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Dr Tamara Cumming is a Senior Lecturer in Early Childhood Education at Charles Sturt University, Australia. She is a leading researcher in conceptualising and assessing educator well-being, and has focused continuously on the influences on early childhood workforce sustainability, well-being and complexity for over 15 years. Tamara is a co-leader of the Early Childhood Educators' Well-being Project, and an experienced Chief Investigator on research projects funded by the Australian Government and other organisations.

## **Jenny Tartaglia**

**Food Sensations Parents &  
Superhero Foods—Coordinator  
FOODBANK WA**

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Jennifer is a registered Public Health Nutritionist and has worked at Foodbank WA since 2011. Jennifer is currently the coordinator for Foodbank's statewide Food Sensations® for Parents of 0–5 year old program and the Superhero Foods® initiative. Jennifer has steered the development and implementation of the Superhero Foods nutrition resources, which includes writing two children's storybooks and developing a range of nutrition literacy resources for children.

Jennifer is currently completing a Master of Philosophy in Public Health and her research project is to develop, implement and evaluate a food literacy program to suit the needs of parents of 0–5 year olds living in areas of disadvantage throughout WA.

## **Leanne Elliston**

**Program Manager/Accredited  
Practising Dietitian  
NUTRITION AUSTRALIA ACT**

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Leanne is an Accredited Practising Dietitian with over 20 years' experience working in clinical and public health nutrition. She has a special interest in early childhood food and nutrition literacy and has developed nutrition education curriculum material for early childhood services and schools in the ACT. Leanne is currently the lead dietitian and program manager of Nutrition Australia ACT (NAACT).

Leanne will provide an overview on her latest ECEC project called 'Nourishing Little Minds' which aims to strengthen healthy food and drink culture and build healthy eating behaviours in young children through positive education experiences.

# Presenters

## **Erin Kerr**

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Erin is a dietitian and passionate about promoting healthy eating and positive feeding practices in Early Childhood Education and Care Services. Erin's current research focuses on healthy eating and physical activity in family day care services.

## **Dr Suzie Harte**

**UNIVERSITY OF QUEENSLAND**

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Dr Suzie Harte has more than 30 years' experience as a health professional, as a children's health researcher, paediatric dietitian and registered nurse.

Suzie's PhD research explored early life eating behaviour in early childhood education and care centres, and was recognised for having a contribution to interdisciplinary research for children and nutrition across the lifespan. Her postdoctoral fellowship in the field of neuroscience with the University of Queensland, Faculty of Medicine involves support for local and national clinical trials with children and adults diagnosed with autism, and acquired brain injury attending the Queensland Children's Hospital and RBWH.

Suzie's clinical practice supports a multi-disciplinary approach to paediatric and adult health, specialising in overweight and obesity in addition to facilitating a state-wide health promotion program for adult groups, with the aim of reducing the risk of chronic disease. Ongoing research interests include examining the role of novel treatment for children and adults diagnosed with disordered eating.



