

A session for those  
working in both the  
ECEC and Public  
Health spaces



**NATIONAL NUTRITION NETWORK**  
—EARLY CHILDHOOD EDUCATION AND CARE—

# Achieving System Level Change and Support in Early Childhood Nutrition

Exploring narratives and pathways for  
advocating system level change

**TUES 23 NOV 2021**

**1:00PM–4:00PM AEDT**  
(CANBERRA TIME)

**ONLINE**



**Knowledge Exchange  
Session No. 3**

**A**chieving public health objectives, meeting quality standard assessments and meeting set public health policies and dietary guidelines are regular justifications put forward by those advocating for public health support services and outcomes in ECEC settings.

**However, can system level advocacy narratives and pathways be explored more broadly and in the contexts of the multiple sectors it is trying to change?**

Knowledge Exchange Session 3 explores and discusses the various pathways and approaches that can be taken, the collaborations that can be developed and the narratives that can be adopted to highlight the role and importance of early childhood nutrition. It does this by mapping cross-sectoral objectives and concepts which can support further advocacy of the role and importance of nutrition in early childhood.

This knowledge exchange session draws on knowledge and expertise from the not-for-profit sector, academia, policy and practice across a range of sectors and disciplines to explore:

**What are the various narratives and pathways that can be adopted for system level change to support early childhood nutrition?**

This Session will begin with an overview case study and then split into three themes which will incorporate a mix of presentations and discussions.

**Stream 1**

Food Security and  
Nutrition Security

**Stream 2**

ECEC Workforce  
Support

**Stream 3**

Early Childhood  
Development

**Who should attend?**

This session has been designed specifically for those working in the areas of public health, ECEC, and Early Childhood Development, in practice, government, not-for-profit or academia.



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](#).

## Introduction and Case Study

### A Case Study: Needs Assessment of Food and Nutrition Provision in Early Childhood Education and Care Services across Queensland, with an Equity Focus

**Janny Goris** Dietitian and Public Health Nutritionist • Health and Wellbeing Queensland • Queensland Government

**Nicole Bentley** Nutrition Services Manager • Nutrition Australia QLD

**Alanna Philipson** Centre for Children's Health and Wellbeing

**Kirsty Elliot** Nutritionist–Dietitian • Centre for Children's Health and Wellbeing

## Stream 1 Food Security and Nutrition Security

### Addressing Food Insecurity in Australia

This session will draw on research about the human right to food in the Australian context and consider how both localised immediate and longer-term national responses may be implemented to reduce food insecurity.

**Dr Rebecca Lindberg** Institute for Physical Activity and Nutrition and School of Exercise and Nutrition Sciences • Deakin University

### Food Security, Starting from the Ground

Over 2020 and 2021 AMSANT undertook extensive Aboriginal community and service provider consultation to understand the barriers and issues impacting community and household food security. This has led to work to inform new ways governments and services can better support and address food insecurity in Aboriginal communities in the Northern Territory.

**Ben Pike** Aboriginal Medical Services Alliance Northern Territory

## Stream 2 ECEC Workforce Support

### Wellness @ Work: YOU Matter Too! A Be You and Munch & Move Collaboration

An overview of the successful collaboration between national mental health initiative in education, Be You, and Northern Sydney Local Health District Early Years Health Promotion Team aimed to support the physical health and wellbeing of children through an educator wellbeing lens. Hear how the initiatives aligned their individual objectives to meet the current needs of the Early Childhood Education and Care Sector.

**Amanda Kidd** Be You Consultant • Early Childhood Australia

**Nicole Tate** Early Years Program Manager • Northern Sydney Local Health District (NSLHD)

### Factors Influencing Food Service Provision Decisions in Centre-based Early Childhood Education and Care Services: A Cook's Perspective

**Dr Louisa Matwiejczyk** Senior Lecturer • Flinders University • Caring Futures Institute

## Stream 3 Early Childhood Development

### The First 1000 Days: Nutrition and other Factors Shaping Development

This session will focus on the first 1000 days—the period from conception to end of the second year—which is the period of greatest developmental plasticity. The nutritional and other key factors that impact development during this period will be outlined.

**Dr Tim Moore** Senior Research Fellow • Centre for Community Child Health (CCCH) • Murdoch Children's Research Institute

### The First 1000 Days Project

The ACT's First 1000 Days Project and Action Plan

**Simone Woods** A/g Assistant Director First 1000 Days Project • ACT Health Directorate

# Presenters

## **Janny Goris**

**Dietitian and Public Health Nutritionist**  
**HEALTH AND WELLBEING QUEENSLAND ·**  
**QUEENSLAND GOVERNMENT**

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Janny is an Accredited Practising Dietitian and Public Health Nutritionist with Health and Wellbeing Queensland, Queensland Government. She has over 35 years experience in primary care, community and public health, and research in the The Netherlands, South Africa, Australia and Papua New Guinea. Her passion is making a positive impact to health in the first 2000 days of life within an equitable framework. She enjoys working in collaboration.

## **Nicole Bentley**

**Nutrition Services Manager**  
**NUTRITION AUSTRALIA QLD**

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As the Nutrition Services Manager, Nicole is responsible for the management of the Nutrition Services offered at NAQ. Nicole has worked as an Accredited Practising Dietitian for over 15 years and has been with NAQ for over 12 years. Nicole has a long history working in all areas of NAQ Nutrition's services, particularly in the Early years area (which she managed for 10 years). Nicole has a strong history liaising with partner organisations including government departments and has managed many state and national projects.

## **Alanna Philipson**

**CENTRE FOR CHILDREN'S HEALTH**  
**AND WELLBEING**

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Alanna Philipson has been a practising public health and health promotion professional since 2002. She has worked for the Queensland state government developing, implementing and evaluating programs and initiatives with a particular emphasis on cross sector partnerships and systems change for health advancement. Alanna has a particular interest in health promotion in the early years, having completed a Masters of Public Health and Graduate Certificate in Perinatal and Infant Mental Health to support her work. Alanna currently works part time for the Centre for Children's Health and Wellbeing, Children's Health Queensland Hospital and Health Services.

## **Rebecca Lindberg**

**INSTITUTE FOR PHYSICAL ACTIVITY**  
**AND NUTRITION AND SCHOOL OF**  
**EXERCISE AND NUTRITION SCIENCES ·**  
**DEAKIN UNIVERSITY**

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A mixed methods public health researcher with applied and academic experience. Expertise in not-for-profit food programs, social and health policy, nutrition inequities and chronic disease prevention. Currently at the Institute for Physical Activity and Nutrition and School of Exercise and Nutrition Sciences, Deakin University as a Post-Doctoral Research Fellow. Director of The Community Grocer

# Presenters

## **Ben Pike**

**ABORIGINAL MEDICAL SERVICES ALLIANCE  
NORTHERN TERRITORY**

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Ben Pike works for AMSANT the peak Aboriginal medical services body in the Northern Territory. Over the last 18 months AMSANT have been leading a food security project aimed at developing and supporting community-led solutions to underlying issues related to food security.

Prior to working at AMSANT for 10 years Ben has been working in the Northern Territory and Pacific Islands in public health nutrition.

## **Amanda Kidd**

**Be You Consultant  
EARLY CHILDHOOD AUSTRALIA**

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Amanda Kidd is a Be You Consultant at Early Childhood Australia. She is an Early Childhood Teacher based in Sydney with more than 17 years' experience working with children aged birth to 18 years in a range of practitioner and leadership roles. Amanda is a strong advocate for the crucial role that quality education and care and educators can play in building a resilient Australian society. She has a passion for holistic approaches to mental health and wellbeing, particularly the healing powers of positive relationships, nature and play.

## **Nicole Tate**

**Early Years Program Manager  
NORTHERN SYDNEY LOCAL HEALTH  
DISTRICT (NSLHD)**

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Nicole Tate is the Early Years Program Manager for Northern Sydney Local Health District (NSLHD) Health Promotion team. She is an Early Childhood Teacher based in Northern Sydney, with experience working in the Early Childhood Sector, working for the Australian Sports Commission as a Regional Coordinator on the Active After-school Communities program, and for the last 10 years the Coordinator and Manager of NSLHD's Munch & Move program and Early Years team. Nicole is also a Mum of 6 and 8 year old daughters so is well versed in the many and varied influences that play a role in children's connection to food and healthy eating. She is extremely passionate about the importance of children's experiences and interactions in their first 2000 days and how these inevitably shape their futures.



# Presenters

## Louisa Matwiejczyk

Senior Lecturer

FLINDERS UNIVERSITY · CARING  
FUTURES INSTITUTE

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Before moving to Flinders University, Louisa worked for many years with the ECEC sector as a Dietitian-Nutritionist developing and delivering multi-strategy nutrition initiatives, training workshops, resources and healthy eating policy frameworks and toolkits for Family Day Care and Long Day Care services. Following the observation that many of these strategies could not continue without external or researcher support, Louisa's PhD explored the translation of nutrition best practice into daily routines of centre-based childcare. Now with the Caring for Futures Institute, Louisa is continuing her research focus on strengthening healthy nutrition in this important setting.

## Dr Tim Moore

Senior Research Fellow

CENTRE FOR COMMUNITY CHILD  
HEALTH (CCCH) · MURDOCH CHILDREN'S  
RESEARCH INSTITUTE

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Dr Tim Moore is a Senior Research Fellow at the Centre for Community Child Health (CCCH) at the Murdoch Children's Research Institute, The Royal Children's Hospital, Melbourne. Prior to joining CCCH, Tim worked as an educational and developmental psychologist in a variety of settings, including early childhood intervention services for young children with developmental disabilities and their families. In his current position, he heads a small team with responsibility for monitoring, reviewing and synthesising research literature on a wide range of topics relating to child development, family functioning and service systems. He has been the principal writer on numerous CCCH reviews, reports and policy briefs, many of which have had a significant impact on policy and practice, nationally and internationally.

## Simone Woods

**Acting Assistant Director  
First 1000 Days Project  
ACT HEALTH DIRECTORATE**

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*R.N. B.Nursing, PostGradDip.Comm&HealthDev.  
GradCertIntCareN*

I worked as a clinical Registered Nurse in Intensive Care for close to 20 years. As my career progressed, I moved into the Preventive and Population Health Policy space with the ACT Health Directorate. I have been involved in the development of policies including the Safer Festivals Policy (Pill Testing), organ and tissue donation, gene technology, the ACT Preventive Health Plan and now the development of the ACT's First 1000 Days Action Plan. I have a passion for improving health literacy within communities and empowering people to live healthy and thriving lives through all stages.

## Kirsty Elliot

**Senior Nutritionist-Dietitian  
CENTRE FOR CHILDREN'S HEALTH AND  
WELLBEING**

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Kirsty Elliott has over 15 years experience working in community and public health nutrition, predominantly within remote Aboriginal and Torres Strait Islander communities until returning to Brisbane in 2018. Kirsty has worked for Children's Health Queensland HHS for the past three years. Kirsty enjoys forming strong partnerships and recently co-led a needs analysis around supporting adequate food and nutrition provision in ECEC services across Queensland within an equitable framework.

