

Project Summary

Project Title: A one-stop workshop for teachers - Move More, Eat Well and Feel Good
(活出健康好身形全方位工作坊)

Name of Organization: World Cancer Research Fund Hong Kong (WCRF HK)

Goals:

1. To help secondary school teachers identify barriers to adopting a healthy diet and active lifestyle while putting forward solutions to overcome these barriers
2. To prevent cancer in Hong Kong where teachers act as role models for students and help to make healthy diet and lifestyle choices a widely adopted standard of living in Hong Kong

Objectives:

- Provide teachers with science-based information on healthy food and nutrition, physical activity, weight management and disease prevention
- Offer channels for teachers to access accurate health information
- Help teachers identify barriers to adopting a healthy diet and lifestyle through individual health consultation, plus offering personal advice and guidance
- Provide practical tips for teachers to incorporate a healthy diet and physical activities into their daily life through tutorials and demonstrations
- Offer a meaningful source of activities for schools, especially for staff development day

Targets and Expected Number of Beneficiaries:

1,200 teachers and principals of 20 secondary schools in Hong Kong (with the added potential to influence over 20,000 students)

Implementation Plan:

Duration: This is a one-year project running from 1st October 2009 to 30th September 2010.

Process: The project will start by liaising with secondary schools that have already confirmed their interest in participating in the workshop. After a date and time has been agreed upon with a participating school, WCRF HK's dietitian and personal trainer will conduct a 4-hour workshop by visiting the school. The workshop will include a pre-workshop questionnaire, a one-on-one health consultation for each participant, interactive health talks on physical activity and diet, cooking and exercise demonstrations. After two months, post-workshop questionnaires will be sent to all participants to evaluate the changes in diet and lifestyle habits. Follow-up services will also be made available to ensure outcome sustainability.

Project Product:

A "Move More, Eat Well and Feel Good" booklet - a practical and handy tool to help teachers incorporate a healthy diet and lifestyle into daily life - will be produced and offered to every participant. Contents of the booklet will include WCRF HK's diet and physical activity Recommendations, recipes and sample meal plans, suggested food and snack shopping list, practical exercise tips and a 20-minute VCD with exercise demonstration.

Budget total to be funded by QEF (The project will cost around HK\$300,000 in total):

Staff Cost:	HK\$ 48,000
Services:	HK\$ 107,600
Supporting Materials:	HK\$ 22,200
Equipment for Workshops:	HK\$ 960
General Expenses:	HK\$ 11,800
Grant Total:	HK\$ 190,560 (Round up to \$190,600)

Evaluation:

Every participant will be asked to complete an evaluation form at the end of the workshop. The information will be used to evaluate the content of the workshop, the presentation of the dietitian and personal trainer, and the usefulness of the educational materials. In order to evaluate the effectiveness of this project, participants will be asked to complete a pre-workshop questionnaire to gather information on their diet and lifestyle habits. Two months after the workshop, participants will be asked to do the same questionnaire again. Data collected from these two questionnaires will be used as the outcome measurements of the project.