

# OCTOBER

## 2010 calendar

**WESTS CAMPBELLTOWN**  
10 OLD LEUMEAH ROAD,  
LEUMEAH NSW 2560  
T 4628 4188  
WEEKDAYS 10AM - 4AM  
WEEKENDS 9AM - 6AM

**WESTS TENNIS CLUB**  
16 OLD LEUMEAH ROAD,  
LEUMEAH NSW 2560  
T 4628 2088  
MON - WED 10AM - 11PM  
THU - SAT 10AM - 12AM  
SUN 10AM - 10PM

**FRIDAY 1**  
2.00pm Spin for Rewards  
10.45am Cash House  
12.15pm Bingo

**SATURDAY 2**  
2.00pm Spin for Rewards

**SUNDAY 3**  
2.30pm Voucher Express  
5.00pm Member Badge Draw  
5.00pm NRL Grand Final  
Televised in Barbu  
2.30pm APL Poker  
6.30pm Raffle

**MONDAY 4**  
2.00pm Spin for Rewards  
7.00pm Monday Mania  
7.30pm APL Poker  
10.45am Cash House  
12.15pm Bingo  
7.30pm Cash House  
8.40pm Bingo

**TUESDAY 5**  
1.30pm Tuesday Treats  
7.00pm Trivia  
7.30pm Cash House  
8.30pm Spin for Rewards  
7.30pm APL Poker

**WEDNESDAY 6**  
1.00pm Pirate Treasure  
7.00pm Spring Into  
Summer Raffle  
8.30pm Voucher Express  
10.45am Cash House  
12.15pm Bingo  
7.30pm APL Poker

**THURSDAY 7**  
1.00pm Tempting Thursday  
7.00pm Member Badge Draw  
7.30pm Cash House  
8.30pm Spin for Rewards  
6.30pm Bingo

**FRIDAY 8**  
2.00pm Spin for Rewards  
7.30pm MEDIUM  
Ezio de Angelis  
Doors open at 7.00pm  
for the 7.30pm show  
All tickets \$30  
10.45am Cash House  
12.15pm Bingo

**SATURDAY 9**  
2.00pm Spin for Rewards

**SUNDAY 10**  
2.30pm Voucher Express  
5.00pm Member Badge Draw  
2.30pm APL Poker  
6.30pm Raffle



**MONDAY 11**  
2.00pm Spin for Rewards  
7.00pm Monday Mania  
7.30pm APL Poker  
10.45am Cash House  
12.15pm Bingo  
7.30pm Cash House  
8.40pm Bingo

**TUESDAY 12**  
1.30pm Tuesday Treats  
7.00pm Trivia  
7.30pm Cash House  
8.30pm Spin for Rewards  
7.30pm APL Poker

**WEDNESDAY 13**  
1.00pm Pirate Treasure  
7.00pm Wednesday Raffle  
8.30pm Voucher Express  
10.45am Cash House  
12.15pm Bingo  
7.30pm APL Poker

**THURSDAY 14**  
1.00pm Tempting Thursday  
7.00pm Member Badge Draw  
7.30pm Cash House  
8.30pm Spin for Rewards  
6.30pm Bingo

**FRIDAY 15**  
2.00pm Spin for Rewards  
10.45am Cash House  
12.15pm Bingo

**SATURDAY 16**  
2.00pm Spin for Rewards  
7.00pm Fundraising Event  
Children's Hope  
Foundation  
Tickets \$100

**SUNDAY 17**  
2.30pm Voucher Express  
5.00pm Member Badge Draw  
2.30pm APL Poker  
6.30pm Raffle

**MONDAY 18**  
2.00pm Spin for Rewards  
7.00pm Monday Mania  
7.30pm APL Poker  
10.45am Cash House  
12.15pm Bingo  
7.30pm Cash House  
8.40pm Bingo

**TUESDAY 19**  
1.30pm Tuesday Treats  
7.00pm Trivia  
7.30pm Cash House  
8.30pm Spin for Rewards  
7.30pm APL Poker

**WEDNESDAY 20**  
1.00pm Pirate Treasure  
7.00pm Wednesday Raffle  
8.30pm Voucher Express  
10.45am Cash House  
12.15pm Bingo  
7.30pm APL Poker

**THURSDAY 21**  
1.00pm Tempting Thursday  
7.00pm Member Badge Draw  
7.30pm Cash House  
8.30pm Spin for Rewards  
6.30pm Bingo

**FRIDAY 22**  
2.00pm Spin for Rewards  
10.45am Cash House  
12.15pm Bingo

**SATURDAY 23**  
2.00pm Spin for Rewards

**SUNDAY 24**  
2.30pm Voucher Express  
5.00pm Member Badge Draw  
2.30pm APL Poker  
6.30pm Raffle

**MONDAY 25**  
2.00pm Spin for Rewards  
7.00pm Monday Mania  
7.30pm APL Poker  
10.45am Cash House  
12.15pm Bingo  
7.30pm Cash House  
8.40pm Bingo

**TUESDAY 26**  
1.30pm Tuesday Treats  
7.00pm Trivia  
7.30pm Cash House  
8.30pm Spin for Rewards  
7.30pm APL Poker

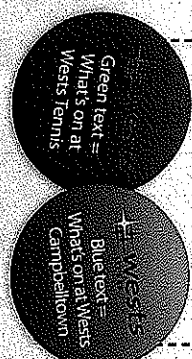
**WEDNESDAY 27**  
1.00pm Pirate Treasure  
7.00pm Wednesday Raffle  
8.30pm Voucher Express  
10.45am Cash House  
12.15pm Bingo  
7.30pm APL Poker

**THURSDAY 28**  
1.00pm Tempting Thursday  
7.00pm Member Badge Draw  
7.30pm Cash House  
8.30pm Spin for Rewards  
9.00pm Monthly/Gold Members  
Frequent Rewards  
Draw  
6.30pm Bingo

**FRIDAY 29**  
2.00pm Spin for Rewards  
10.45am Cash House  
12.15pm Bingo

**SATURDAY 30**  
2.00pm Spin for Rewards

**SUNDAY 31**  
2.30pm Voucher Express  
5.00pm Member Badge Draw  
2.30pm APL Poker  
6.30pm Raffle



## Certificate of Registration of a Company

This is to certify that

**HEALTHY KIDS FOUNDATION LIMITED**

**Australian Company Number 125 069 678**

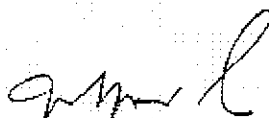
is a registered company under the Corporations Act 2001 and  
is taken to be registered in New South Wales.

The company is limited by guarantee.

The company is a public company.

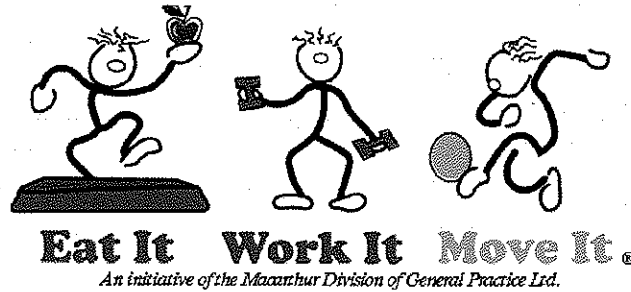
The day of commencement of registration is  
the twenty-fourth day of April 2007.

Issued by the  
Australian Securities and Investments Commission  
on this twenty-fourth day of April, 2007.



Jeffrey Lucy  
Chairman





## Quick Facts

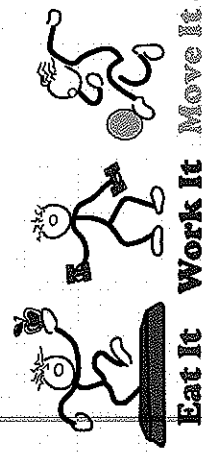
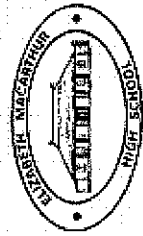
- Eat it Work it Move (EWM) won the 2009 Australian General Practice Network (AGPN) Excellence in Program Delivery Award  
(1 of only 3 Awards presented by the national body annually)
- Currently 13,000 students and almost 1200 staff are involved in EWM
- All 3 major education sectors- Public, Catholic and Independent currently participate in EWM
- EWM provides resources, GPs and Allied Health professionals to improve the health and wellbeing of local communities
- The University of Western Sydney School of Medicine- GP Unit evaluates the efficacy of the program
- The Macarthur Division of General Practice Ltd will deliver a national rollout of their HEAL (Healthy eating, Activity and Lifestyle) program from 2010. HEAL was adapted for schools to create EWM in 2006
- The results of EWM speak for themselves...
  - 15% average increase in physical activity in the high schools involved.
  - 40 percent increase in water consumptions in one high school
  - Almost 100 percent increase in water purchasing at one high school
  - 74 percent increase in skim milk consumption
  - 59 percent decrease in flavoured milk purchased
  - 32% Increase in kids eating 3 serves per day
  - 50% Increase in kids eating the recommended 5 serves of vegetables per day.
  - 61% Increase in student's knowledge of having to be active for at least 60 Mins per day
  - 62% Increase in students knowledge of a maximum of two hours in front of a TV/DVD/Computer/Games Console per day.



**MACARTHUR DIVISION OF GENERAL PRACTICE LTD**

**PRESENTS:**

# **EAT IT WORK IT MOVE IT A SCHOOL BASED OBESITY PROGRAM**

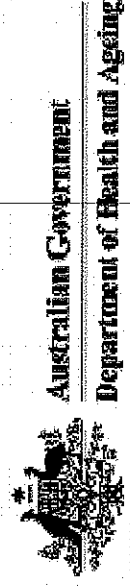
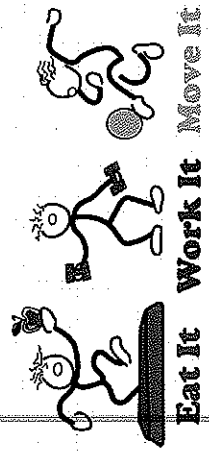
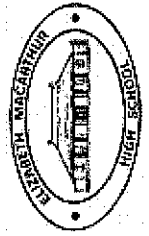
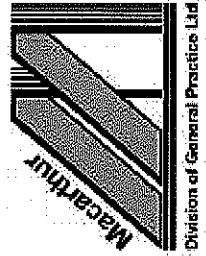


**Australian Government  
Department of Health and Ageing**

# WHAT IS..

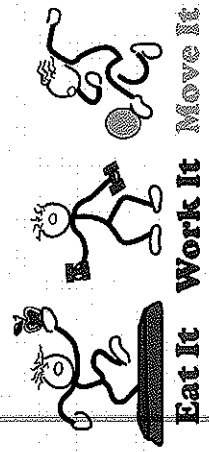
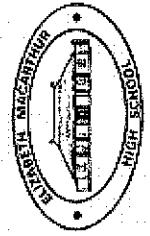
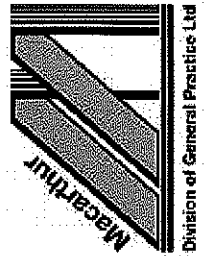
## Eat it Work it Move it ?

- Health promotion/intervention focused on nutrition & physical activity
- Collaboration between health & education
- Targets the entire high school community (currently 13 local high schools involved).
- Promotes change to the school environment & culture
- Program wholly owned and driven by the Board of Macarthur Division of General Practice



# HISTORY of Eat it Work it Move it

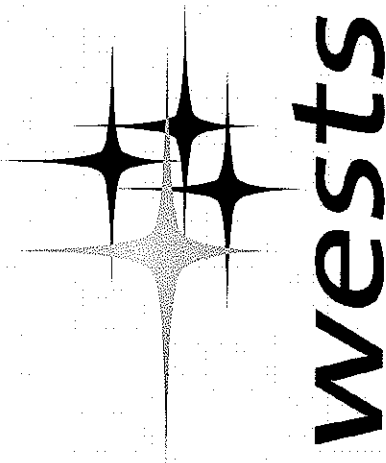
- Elizabeth Macarthur High School (EMHS) approached MDGP
- MDGP Mission:  
*“To assist General Practitioners in providing optimum care to health consumers in the Macarthur area”*
- Metabolic Management Program running successfully in the Macarthur community since 2004
- Development & implementation of a pilot EWM program at EMHS
- Corporate sponsorship for 6 local high schools



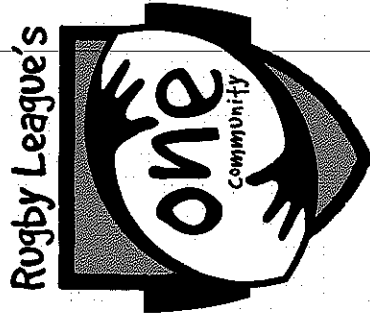
Australian Government  
Department of Health and Ageing

Who provided the initial funding?

**PROTON**

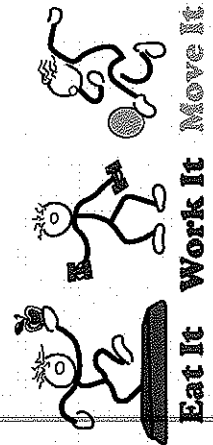
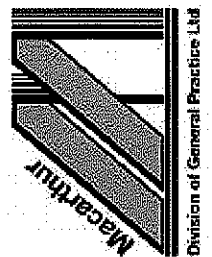


THE HOME OF SPORT



With further funding recently announced through

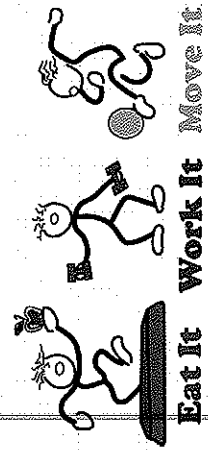
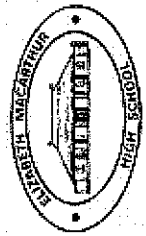
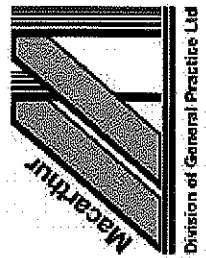
Department of Health and Ageing – Healthy Active Australia Grant



Australian Government  
Department of Health and Ageing

# GOALS of Eat it Work it Move it

- To increase the school's awareness about the importance of healthy eating & regular physical activity
- To improve the availability & acceptability of healthy food options
- To teach, encourage and support a healthy lifestyle for students & staff
- To include the broader community & businesses to support high schools in their endeavours to adopt EWM



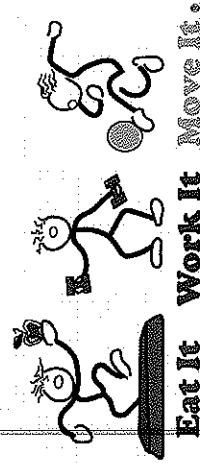
Australian Government  
Department of Health and Ageing



# STRATEGIES of

## Eat it Work it Move it

- Program launch – Initial & each school
- Lunch time, before and after school sport
- Removal of vending machines
- Healthy food options available at canteens
- EWM logo on stationery, uniforms and sports equipment
- Pedometer challenges for school staff
- Healthy Fundraising
- Jump Rope for Heart
- EWM newsletters
- Curriculum links



Australian Government  
Department of Health and Ageing

# PILOT RESULTS of Eat it Work it Move it

Year 7 students were surveyed on their physical activity and nutrition habits.

## Results after 12 months indicate:

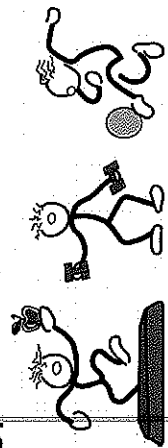
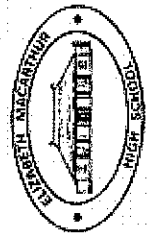
- 6.5% ↓ in students consuming packaged snack foods on most, if not all days of the week
- 7% ↓ in students drinking 2 or more cans of soft drink per day
- Active transport (eg. walking, cycling) to and from school ↑ by 9%
- Organised sports after school on 3 or more days/week ↑ by 15%
- Students watching 4 or more hrs of TV/day ↓ by 8%

# Eat it Work it Move it Where to from here .....

Involve Division Network in our program



Contact: Lyn Long  
Business Manager, MDGP  
02 4625 9522  
[lyn@macdivgp.com.au](mailto:lyn@macdivgp.com.au)



**Eat It Work It Move It.**



**Australian Government  
Department of Health and Ageing**

ANNEXURE C

CAMPBELLTOWN

# Macarthur Chronicle

TUESDAY, FEBRUARY 5, 2008

YOUR LOCAL CUMBERLAND NEWSPAPER

PHONE (02) 4620 1500 80c incl. GST

Big first day

School's in

PAGES 24 & 25



WIN ITALY

New records

Little stars



# Battle of the bulge

VERA BERTOLA

A MACARTHUR area politician and leading paediatrician believes it will take several generations before people fully recognise the health risks of the obesity epidemic sweeping the Macarthur region.

Macquarie Fields State Labor MP Andrew McDonald made the prediction following the release of NSW Health's latest annual report finding one in every two people aged over 16 in the Macarthur region is obese or overweight.

The region's residents weighed in as the second fattest in the Sydney metropolitan area, behind Hawkesbury, with almost 56 per cent of adults tipping the top end of the scales.

After spending the past week dissecting the report, and based on his own experiences as south-western Sydney's paediatrics chief,

## SYDNEY'S FATTEST AREAS

- Hawkesbury (58.2 per cent)
- Macarthur (55.9 per cent)
- Nepean (55.6 per cent)
- Liverpool (53.7 per cent)
- Bankstown (51.4 per cent)

Dr McDonald said the obesity issue could be compared with smoking.

"Obesity is now where smoking was when we were first told it caused lung cancer," he said.

"It goes beyond party politics and any change will be slow."

He said he knew for a fact the State Government was extremely worried about obesity.

"It costs big time and is a major public health issue."

■ To Page 6



## How weight loss can change your life

ST Helens Park father of two Rodney King (pictured, left) lost 75kg and became a NSW finalist in the 2007 Weight Watchers' Slimmer of the Year competition.

He discusses how his weight loss changed his life for the better on Page 6. And the secret of his success? Be patient and set realistic weight loss targets.

GO AHEAD MAKE MY ROSE  
Sudden Impact for Roses

1.5KG \$13.95 10KG \$45.95  
15KG \$55.95



27/1-5  
ANZAC AVE,  
SMEATON  
GRANGE  
Opp. VOLVO

4646 1313  
OPEN 7 DAYS

## CAR OF THE WEEK!



VE SSV SEDAN 6.0L V8,  
6SP AUTO DEMONSTRATOR

20 Airbag, Lowered Suspension, Window tint  
\$59,579 DRIVE AWAY

SAVE OVER  
\$6,607  
off MSRP

See dealership for more details

CAMDEN HOLDEN  
Your Local Holden Dealer

EDWARD STREET  
CAMDEN  
PH 4555 5660



\*MSRP includes 10% GST. Prices for illustrative purposes only. PMS/6/03/08 02/08/08

## NEWS

www.macarthurchronicle.com.au

# Car culture is making us fat

■ From Page 1

Like smoking, it is the associated health conditions – such as diabetes, high blood pressure, heart conditions and pregnancy complications – that put pressure on the hospital system.

In the United States obesity is associated with about 300,000 deaths a year.

Dr McDonald said education wasn't the answer.

"As a group, kids are quite well-educated about healthy eating. It's more a matter of societal change than education."

He pinpointed society's car dependence as one of the greatest contributors to our every-increasing stomachs.

"The motor car is not our friend," he said. "They have made it more difficult for our children to walk or cycle, both parents work, they are time-poor so they drive and the traffic is bad so they are more time-poor."

Campbelltown Hospital's head of medicine Prof Annemarie Hennessy said she wasn't surprised by the NSW Health figures.

"Certainly I see an over-representation of overweight patients," she said. "The numbers are increasing; they put a lot of burden on their own hearts and health and the chances of getting better. Forgive the pun, it's a huge problem."

Macarthur Clinical School's inaugural dean Prof Brad Frankum

## SILENT KILLER

■ WHAT: Obesity

■ WHY: Lack of exercise, larger meal portions, high-fat food, urban design

■ THE BOTTOM LINE: This generation will be the first to die younger than their parents

agreed the issue of obesity was complex and there was still divided opinion whether it was caused by diet or lack of exercise or a combination of both.

"The Government needs to take more leadership in this regard... the figures don't surprise me - I see them every day as people access the hospital and health system," he said.

Macarthur Division of General Practice dietitian Christine Wirtz said the NSW Health report focused on weight and obesity rather than healthy lifestyle and good nutrition.

"People overweight can be fit and healthy," she said.

She pointed out that as the Macarthur region was recognised as a lower socio-economic area, overweight people needed continuing support and regular services from health professionals.

"Information about services, the costs and transport all impact on people's opportunities to access support and improve their health," she said.

# Rod moves a mountain... from himself

VERA BERTOLA



Rodney King doesn't miss his old lifestyle and the baggage that went with it.

ST Helens Park dad Rodney King defied the statistics when he beat the bulge last year.

The father of two shed 75kg and became a role model for all weight watchers with his never-ending positive attitude.

Six months on, and still a trim 86kg, Mr King is loving life and all the possibilities that have been thrown his way.

"The whole Weight Watchers thing, I completely changed my lifestyle and had to get used to different habits – but they were healthy and better ones," he said.

Mr King admitted it was difficult to motivate himself to do something about his weight, but once he took the first step – and got past the first week – he was on a roll.

"I lost 5kg in the first week. I knew straight away it was working and that drove me further and further to keep working," he said.

"I never thought I would make the end of it when I first joined... it was a progression. I just concentrated on the next 10kg and the next."

Mr King said he was "absolutely" certain his weight loss had been good for his life.

"I'm fighting fit and loving it," he said.

## John Therry Catholic High School

Under the patronage of Mary Help of Christians  
A Catholic Co-Educational High School to serve the Macarthur Region  
Demetrius Rd Rosemeadow NSW 2560 PO Box 540 Campbelltown NSW 2560  
Telephone: (02) 4626 3322 Facsimile: (02) 4626 5664

### Enrolments for Year 7/2009

An Information Evening for prospective students and their parents  
Will be held on Tuesday 26th February, 2008 at 7.30pm  
In The William E. Murray Hall

Application forms will be available on the evening and also at the local Catholic Primary Schools from 27th February 2008  
A limited number of scholarships will be available.  
Any further enquiries please contact the School Office.

Applications close Thursday 4th April 2008

Trying to Quit  
**SMOKING?**  
When all else fails let  
**HYPNOSIS** make it easy!  
Quit cigarettes in 60 min  
Specialist  
Lifetime Guaranteed

Call your local  
Hypnotherapist  
Gezina at  
Macarthur  
Hypnotherapy/NLP  
Centre NOW



**1300 88 71 33**

The Biggest & Finest in Macarthur

## MINTO'S

FRUIT ORCHARD

**BACK TO SCHOOL  
BARGAINS - GIVE YOUR  
KIDS A HEALTHY START  
WITH THESE GREAT  
SPECIALS**

TURN TO PAGE 13 FOR MORE OF  
OUR FANTASTIC WEEKLY SPECIALS

**BEN LOMOND RD, MINTO  
PH: 9603 9458**

## NEW WAVE AIR CONDITIONING

Inverter Ducted  
Systems installed



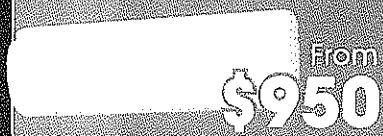
From  
**\$5,500**

Free Whirlybird installed with  
every ducted system sold  
Conditions apply

**FUJITSU**



Inverter Split  
Systems



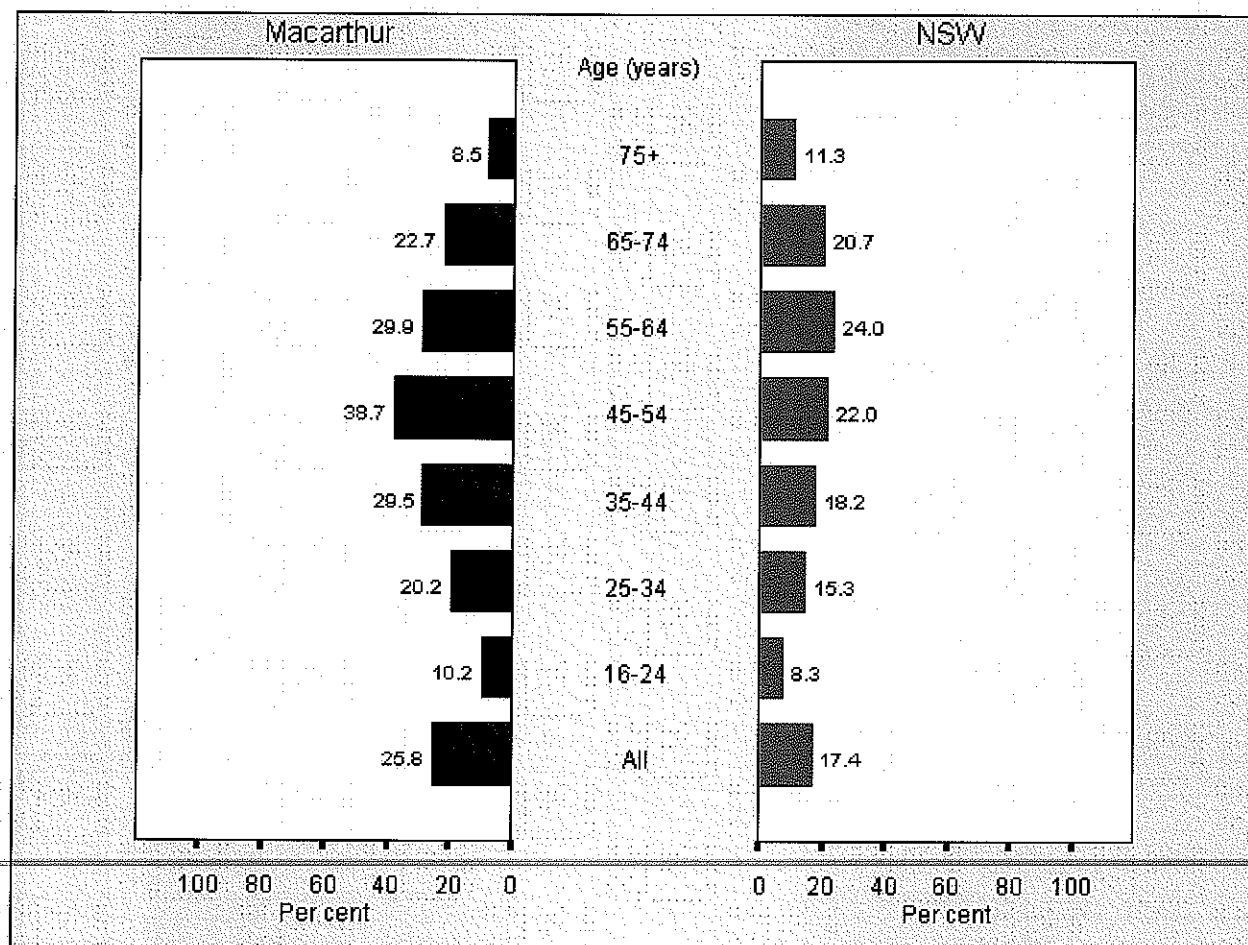
From  
**\$950**

**FREE QUOTES: 4627 4436**

SHOWROOM: 9am-5pm Mon-Fri  
1,17 Watsford Rd, Campbelltown

Annexure C search

**Macarthur, obesity by age,  
persons aged 16 years and over, NSW, 2005-2007**



Age (years)	Macarthur			NSW		
	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)	Males % (95% CI)	Females % (95% CI)	Persons % (95% CI)
16-24	13.5 (0.2-26.8)	3.7 (0.0-10.9)	10.2 (1.0-19.4)	9.2 (7.0-11.3)	7.3 (5.6-9.1)	8.3 (6.9-9.7)
25-34	11.4 (0.0-23.7)	26.8 (11.1-42.5)	20.2 (9.3-31.1)	16.3 (13.4-19.1)	14.2 (12.1-16.4)	15.3 (13.5-17.1)
35-44	32.2 (13.7-50.7)	27.2 (12.8-41.5)	29.5 (17.9-41.0)	18.9 (16.3-21.4)	17.5 (15.6-19.5)	18.2 (16.6-19.8)
45-54	45.7 (29.9-61.4)	30.4 (18.5-42.3)	38.7 (28.2-49.2)	22.3 (19.8-24.7)	21.7 (19.7-23.6)	22.0 (20.4-23.5)
55-64	20.9 (7.7-34.1)	38.5 (26.1-50.8)	29.9 (20.5-39.2)	23.1 (20.8-25.4)	25.0 (23.1-27.0)	24.0 (22.5-25.5)
65-74	20.0 (1.0-39.0)	24.6 (9.7-39.6)	22.7 (10.8-34.5)	19.2 (17.1-21.4)	22.1 (20.2-24.0)	20.7 (19.3-22.1)
75+	11.9 (0.0-30.0)	4.2 (0.0-12.3)	8.5 (0.0-19.6)	10.5 (8.6-12.4)	11.9 (10.3-13.6)	11.3 (10.1-12.6)
All	25.5 (18.5-32.5)	26.1 (20.1-32.2)	25.8 (21.2-30.5)	17.6 (16.6-18.6)	17.1 (16.4-17.9)	17.4 (16.8-18.0)

**Note:**

Estimates are based on 538 respondents in Macarthur and 26,010 in NSW. For this indicator 21 (3.76%) were 'not stated' (Don't know or Refused) in Macarthur and 995 (3.68%) were 'not stated' (Don't know or Refused) in NSW. The indicator includes those who are obese: that is, with a Body Mass Index (BMI) of 30 or higher. The questions used to define the indicator were: How tall are you without shoes? How much do you weigh without clothes or shoes? BMI is calculated as follows  $BMI = \text{weight(kg)} / \text{height}^2(\text{m})$ .