

GIRTH

PROJECT REPORT

**First Quarter 2010
As at 10 February 2010**

GIRTH: Get Involved, Reach Top Health! is a healthy lifestyle program aimed at tackling the 'growing' problem of overweight and obesity among Australian males. The program, designed to engage men in a community setting, encourages healthy eating and increased physical activity while also focusing on stress management and good sleep habits. Reduced waistline circumference (GIRTH) is one of the desired outcomes of participating in the program along with a greater sense of wellbeing and improved health outcomes over the longer-term.

Current Project Phase: Design and Development: February 2009 – May 2010

Accomplishments and Activities

- A new Project Coordinator for GIRTH has been appointed: Ms Doreen Salon joined the FFCMH at the end of 2009 (please see blurb below)
- The project has secured funding of \$30,000 from SA Health towards the development of men's health promotion materials and the training of Men's Health Co-ordinators (MHCs) in Adelaide.
- The project has recruited 9 MHCs from Adelaide, 9 from Melbourne, 4 from Sydney and 3 from Northern Territory (NT). Please see list of MHCs on page 2.
- The training dates have been confirmed for Adelaide (includes NT MHCs), Melbourne and Sydney (see table on page 2).
- Materials currently being developed and finalized for the GIRTH project and MHC training include :
 1. GIRTH Men's Health Co-ordinators Training Manual
 2. The CSIRO Total Wellbeing Diet for Men
 3. GIRTH Physical Activity Booklet and program
 4. GIRTH Sleep and Stress Management Guide
 5. GIRTH Self-Monitoring Guide and Checklist

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Freemasons participating in the GIRTH Men's Health Co-ordinator PILOT Training Program

NORTHERN TERRITORY			VICTORIA		
1	Chris	Irvine	1	Geoffrey Roy	Cook
2	Peter	Flink	2	Kenneth James	Drew
3	Michael	Wyatt	3	Eric	Doherty
SOUTH AUSTRALIA			4	Simon	Fox
1	Paul	Bartley	5	Andrew Paul	Klein
2	Ronald William	Boath	6	Rodger	Marsden
3	Terry	Halford	7	Don	Matthews
4	Gary	Holzer	8	Robert (Bob)	Spittle
5	Greville	Knight	9	Edward	Wilfling
6	Ian	Millbank	NEW SOUTH WALES		
7	David	Neilson	1	Thomas	Gayford
8	Fred	Payne	2	Nigel	Hamilton
9	William Alan	Spriggs	3	Karl	Toovey
			4	Robert	Runge

GIRTH MHC Pilot Training Dates:

ADELAIDE	MELBOURNE
Day 1: Saturday, February 27, 2010	Day 1: Saturday, April 10, 2010
Day 2: Sunday, February 28, 2010	Day 2: Sunday April 11, 2010
Day 3: Saturday, March 6, 2010	Day 3: Saturday, April 17, 2010
Day 4: Sunday, March 7, 2010	Day 4: Sunday, April 18, 2010
SYDNEY	
Day 1: Saturday, May 1, 2010	
Day 2: Sunday, May 2, 2010	
Day 3: Saturday, May 8, 2010	
Day 4: Sunday, May 9, 2010	

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Planned Activities

Pilot Study Phase from June 2010 – October 2010

- The pilot study phase includes recruitment of pilot study participants through free public seminars conducted by MHCs in local communities.
- These seminars will focus on creating the motivation to change, on the specific benefits to men of adopting a healthier lifestyle, and on explaining the GIRTH program. Potential participants will be asked to sign a 'pledge' / to make a commitment to work towards their chosen goals and to engage in a 12-month supported program to help them do so.
- After signing the pledge/commitment document, participants will be invited to attend their first support group meeting co-ordinated by the MHC's. At this first meeting, baseline evaluation data will be collected and the program will be explained again.
- Groups will meet weekly under the guidance of the MHC's for the first 10 weeks. The MHC's will operate within a semi-structured program of activities provided by the GIRTH project team. The groups will be encouraged to develop their own fun ideas for activities to maintain interest and sustain involvement (e.g. walking or other exercise groups)
- For the duration of the program, the men will be asked to engage in self-reflection / monitoring using a standardised tool developed for the GIRTH program – this tool will encourage the men to identify their own bad habits, take steps to improve, and monitor their progress.

INTRODUCING OUR NEW PROJECT CO-ORDINATOR, MS DOREEN SALON!

Doreen, who recently moved to Australia from the Philippines, brings strong project management skills developed through her experience on a diverse set of assignments in both countries. She has worked as the coordinator of a South Australian Department of Health software-development project; a project officer for a local government health initiative funded by the United States Agency for International Development (USAID), and a research assistant for capability-building and technical-assistance projects. She has also worked as team leader managing an agricultural sustainability survey and a regional occupational wages survey.

Doreen completed her Masters in Management, majoring in Development Management, at the University of the Philippines studying the sustainability of reproductive health programs. She also has a Bachelor of Science (Agriculture) with an agricultural extension major, focusing on participatory research and community development.

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