

2024/2025 Graduate Scholarship Recipient

Samantha Elliott

National Nutrition Foundation

About me

I recently completed my final semester at Edith Cowan University, studying a Bachelor of Health Science, majoring in Nutrition and Health Promotion. Throughout my studies, I developed a passion for health and wellness, driven by the desire to ensure individuals in the community have access to quality health information. My enthusiasm for helping others aligns with my aspiration to become a health promotion project officer. I am excited about empowering individuals to make informed decisions about their health and that of their loved ones, and I believe this graduate scholarship will be a significant step toward achieving that goal.



About the project

My project aims to create health promotion and nutrition education messages specifically tailored for adolescents aged 12-17. I will conduct a comprehensive needs assessment to ensure the initiatives are implemented not only in secondary schools but also in extracurricular activities that engage this age group, including TAFEs and sports and recreation clubs.

Within the National Nutrition Foundation, I will be working under FreshSNAP (Fresh School Nutrition Advisory Program), an advisory service that provides effective and relevant nutrition education for schools across Western Australia. This partnership positions the program uniquely, as the National Nutrition Foundation and FreshSNAP have already established strong relationships with health officials, facilitating the effective rollout of our program.

Through a variety of strategies, including stakeholder mapping, gap analysis, measurement tool development, data collection, evaluation, and co-design, this project aims to:

- Create engaging health promotion and nutrition education messages for adolescents, delivered through appealing modalities.
- Enhance nutrition knowledge and literacy among the target audience.
- Boost confidence in making nutritious food and drink choices.
- Increase access to evidence-based nutrition education for adolescents.
- Establish a framework for ongoing evaluation of the messaging to ensure continuous quality improvement.