

2023 Graduate Scholarship recipient: Tiffany King
Nutrition Australia- Whole of School Healthy Eating Program (WOSHEP)



About me

I have always had a passion for health and wellbeing, and I could always envision myself in a role where I was actively helping individuals to promote their health and wellbeing in one way or another. I was however unsure in the way that I wanted to go about this and how to best promote health messages to the community and work to improve people's lives within in a way that felt authentic and meaningful to me. This prompted me to enrol and complete a Bachelor of Arts (Psychology) at Edith Cowan University. I realised in my final year that clinical Psychology wasn't an area I wanted to work in, but after taking a short period of time off I developed an interest in the role that nutrition plays on mental as well as physical health. This led me to apply and complete a Bachelor of Health Science (Majoring in Nutrition and Health Promotion) at Edith Cowan University. Through my studies I completed various units that expanded my knowledge in nutrition, however I was drawn to the units focusing on child and adolescent health, as I could see the direct correlation of teaching early health and good nutritional habits to children with their overall wellbeing as an adult. With this in mind, I completed a placement with Refresh.ED a resource to help teachers imbed food and nutrition education into their classrooms, which only enhanced my interest in this important field. This placement truly amplified my passion for promoting health and good nutritional habits to children and more widely within the general school community.

About my AHPA scholarship project

I will be working with Nutrition Australia, in the WA Whole of School Healthy Eating Program (WOSHEP). WOSHEP will be a comprehensive service where the whole school community (that is leadership, teachers, canteen and food service staff, students and families, including professionals supporting schools) will be able to access tools and resources that will build their capacity to create and sustain healthy school food environments. In particular I will be determining the educational needs and preferred modalities of delivery for key target groups of the whole school community. This involves completing a needs assessment on principals, teachers, canteen/food services staff,

parents, Parents and Citizens Associations and professionals who work within the school. Some of the key activities I will be undertaking are stakeholder mapping, a gap analysis of existing school-related resources from across Australia, developing measurement tools, collecting qualitative and quantitative data from stakeholders and target groups, evaluating results and co-designing resources to address the identified gaps with the target group of need. I am greatly looking forward to working within the WOSHEP team with the support of AHPA and Heathway.