



#### PROJECT ECHO®

# Building the prevention capabilities of Queensland workforces.

#### The story of Project ECHO® in Queensland, Australia

Project ECHO® (Extension for Community Healthcare Outcomes) is a virtual knowledge sharing model that expands the capability of health and other professionals by engaging, interactive conversational communities of practice. Project ECHO® Learning Series bring together experts and participants to share evidence-based knowledge, discuss cases or scenarios and develop new professional skills.

The Health and Wellbeing Queensland (HWQld) Project ECHO® Hub aims to build prevention capabilities of targeted workforces based on learning needs in partnership with key stakeholders.

In 2021, three Project ECHO® Learning Series were developed and delivered to 77 participants.

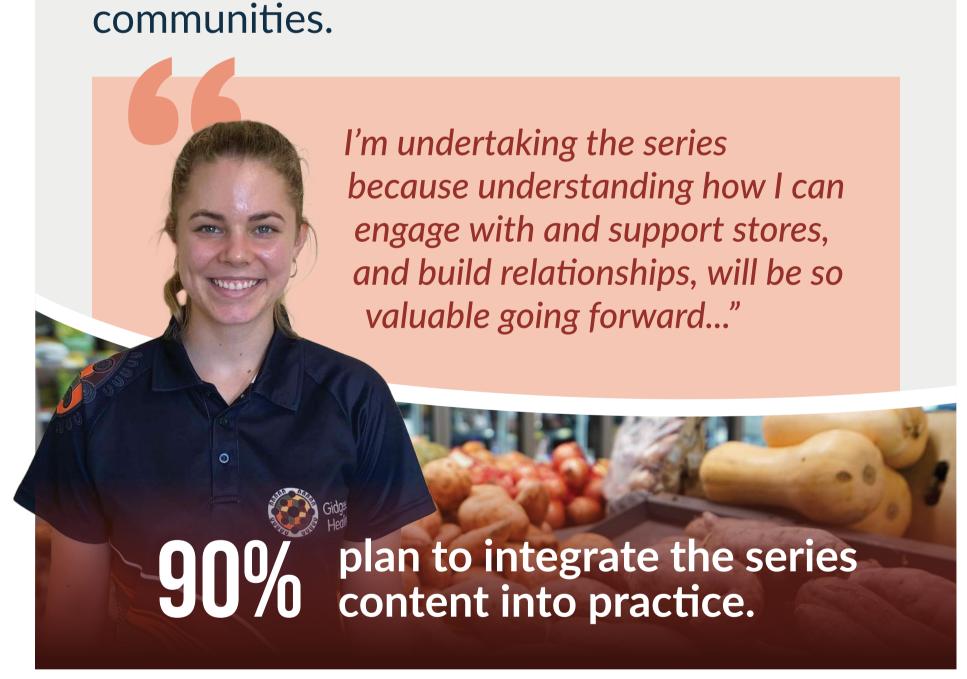


### Creating a healthier remote food stores environment

Why? In remote communities, food and drink purchased from the local store makes up ≈90% of total food and drink consumption.

Aim: To provide participants with insights on key areas for working effectively with remote store business owners and operators and how to facilitate best-practice change in the remote food environment.

Target audience: Community dietitians,
Public health nutritionists, Policy officers,
Health Practitioners working in remote



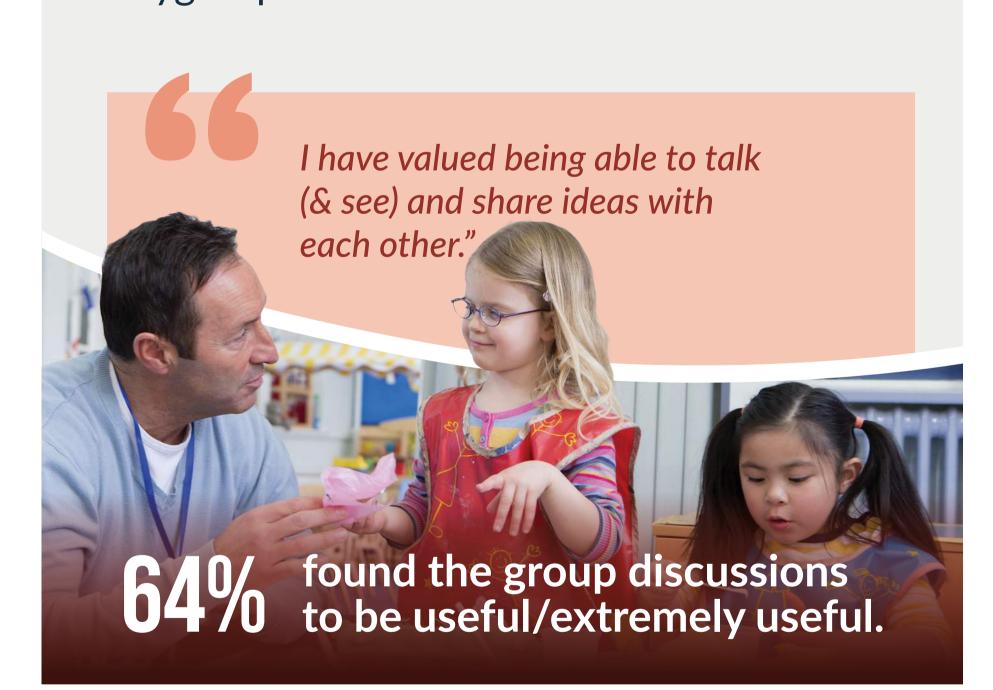
2

## Develop skills in early childhood nutrition

Why? ≈65% of Australian children aged 1–4 years attend some form of childcare and children receive at least 50% of their daily food intake while attending early childhood education settings.

Aim: To provide participants with a thorough understanding of key nutrition topics for children aged 0-5 years.

Target audience: Early childhood educators, Family day care providers, Playgroup facilitators.



3

# Tuckshop menu planning series

Why? Only 4.6% of Queensland children aged 8–11 years eat the recommended amount of vegetables. 37% of a child's energy is consumed at school.

Aim: To upskill and empower tuckshop convenors in reviewing and updating tuckshop menus to align with the Qld Smart Choices Healthy Food and Drink Supply Strategy.

Target audience: Tuckshop convenors.



#### Method

HWQld Project ECHO® Hub established

Partnerships formed

(Universities, health sector, NGOs)

Learner needs
assessment to
identify gaps in
knowledge, skills
and practice.

Co-development of series and research study

Delivery of Project ECHO® series Pre and Post series questionnaire evaluating change in practice, confidence, attitude, and knowledge of the participants

#### **Next steps**

Research activities are ongoing and will provide a greater understanding of the changes in practice, confidence, attitudes and knowledge of series participants. Preliminary data from evaluation indicates that the Project ECHO® model was well received by participants and deemed beneficial to build prevention capabilities of targeted workforces beyond clinical settings.







Jacqueline Walker<sup>1</sup>, Joanna Munro<sup>2</sup>, Lorissa Raethke<sup>2</sup>, Robyn Littlewood<sup>2</sup>

1: School of Human Movement and Nutrition Sciences, The University of Queensland,

2: Health and Wellbeing Queensland













