

CHILDREN'S GROUND'S IMPACT



HEALTH

Children's Ground's universal and targeted health promotion and support for children through Western and cultural health practices is leading to improved child development, wellbeing and behaviour change.

Building health literacy from children's earliest years lays the foundations for healthy life choices. Health promotion provided in community and in first languages is increasing health agency and early intervention and prevention.

Evidence demonstrates that **Children's Ground's unique approach and system is improving positive health behaviours, health literacy, increasing engagement with local clinical health services and creating an environment for families to have agency and control over their health.**

Empowerment is being evidenced as a significant contributor to improved mental and physical health and wellbeing and progress in key Closing the Gap outcome areas.

EVIDENCE OF EFFECTIVENESS AND IMPACT

Child and family health promotion and prevention is intergenerational.

Between 2017 and 2023:

3130 children and their family members engaged in targeted and universal health promotion and support.

400+ children aged 0-8 years engaged in targeted and universal health promotion and support in 2023 alone.

695 people engaged social/emotional wellbeing promotion and support in 2023.

This impact is leading to:

Improved nutrition knowledge; improved hygiene practices with reduced skin, ear, eye and dental infections; positive health behaviours role-modelled; health behaviour change in homes.

Since Children's Ground started:

91% of families reported their children's physical health has improved.
(Central Australia, Evaluation 2020-2022)

Mothers and babies have targeted support.

493 First Nations children and families engaged maternal and child health promotion in 2023.

Maternal and child health support includes cultural and Western health promotion and responses from pregnancy through to mother and baby health postnatally.

Children's Ground's Family Health & Wellbeing progress data shows:

- Children are engaging in health promotion and support more frequently and with more confidence.
- Healthy behaviours are becoming normalised.
- People are more willing to access health services.

Keeping them healthy. Make sure they get healthy food all the time. It is important for their body so they don't have to get sick and so they can grow stronger.

First Nations staff/family member
2023

RESPONSE TO CLOSING THE GAP OUTCOMES

Children's Ground's approach to health promotion, support and education is actively contributing to Closing the Gap outcomes in the Northern Territory.

Target 1
Long and healthy lives

Target 2
Born healthy and strong

Target 4
Children thriving

Target 14
Social and emotional wellbeing