



Longitudinal Food and Nutrition related Health and Wellbeing Investigation in Secondary Teachers



Calling all Secondary School Teachers

Be part of a new research study, that looks at the important contribution of food and nutrition to the health and wellbeing of our secondary school teachers.

The contribution of food and nutrition to health and wellbeing among schoolteachers is an emerging area of interest. Identifying ways to support secondary school teachers to achieve optimal health and wellbeing is important.

This University of Newcastle led research study aims to collect data on the food and nutrition-related factors that contribute to, and influence teachers' overall health and wellbeing.

Who can participate: Individuals over 18, currently employed as a secondary (high school) teacher in Australia

What is involved: To complete an online questionnaire at four different time points from September 2023 through to June 2024, approximately 3 months apart. Each questionnaire is estimated to take 20-minutes to complete.

Acknowledgement of your time contribution: In appreciation of your time and assistance, all participants who complete each questionnaire will be placed in a draw to potentially receive one of ten \$150 GiftPay vouchers. There will be a draw at the end of each round, with an opportunity to be selected each time you participate.

This study is voluntary, you may opt out of the research study at any time, with no consequence. For more information, please read the [participant information statement](#)

How to participate: Scan the QR code below to go directly to the [recruitment survey](#).



This study is being undertaken by The University of Newcastle and has ethics approval from The University of Newcastle College Ethics Committee H-2023-0120, with assistance from the Hunter Medical Research Institute Food and Nutrition Research Program, with funding from the Teachers' Health Foundation.

