

Health Promotion Action

2019-2020

Year in Review



Health Promotion Action

2019-2020

Year in Review

Acknowledgement of Country

We wish to acknowledge the Darkinjung people as traditional custodians of the land on which we live and work, and pay our respects to Elders past, present and future.

Health Promotion Action
2019-2020
Year in Review

Central Coast Health Promotion Service
Level 1, 4-6 Watt Street
Gosford NSW 2250
02 4320 9700
www.healthpromotion.com.au

Further copies of this document can be downloaded from the Health Promotion Service website.



Director's Report

Thank you for taking the time to read about the excellent work of Health Promotion over the past 12 months. Each year our annual report focuses on a theme – usually a principle that drives our work. Recent editions have focused on our research focus, partnerships and advocacy. It will come as no surprise that this year we have drawn out how our work has adapted in response to the global COVID-19 pandemic.

The Health Promotion team has responded to the challenge of 2020 with the energetic passion, commitment and professionalism that continues to define our approach. To this set of attributes, we can now unequivocally add adaptability! From providing additional contact tracing and daily follow-up support to the Public Health Unit, to developing new content that our stakeholders and the community will find invaluable for years to come, the team has shown incredible flexibility and creativity.

This adaptation has taken many forms. For example, in response to a number of programs involving face-to-face delivery being placed on hold, the Health Promotion team has refocused its efforts toward electronic delivery. Some of these examples are profiled in this edition and include:

- Adapting a behavioural change research program to provide online lessons, student activities and surveys to ensure the study could continue (page 9).
- Personalised Skype sessions with early childhood educators to support them in developing action plans to adopt practices that foster healthy child development (page 11)
- Curriculum-based Health Week resources offered to schools in both printed and electronic format, with resources adapted where necessary (page 15).
- Online versions of our healthy lifestyle programs for families along with additional bespoke telephone support offered to participating families on the Coast (page 21).
- A series of videos covering healthy eating and physical activity for the family, as well as an animation to engage young children, that will feature on our website (page 32).
- A new Health Promotion e-newsletter established to highlight and share resources with key stakeholders and the local community (page 61).
- A new portal on our website to support families and individuals spending more time at home during the pandemic (page 61).

This year's report also features health promotion activity delivered by other services, such as Youth Health, Drug & Alcohol, Mental Health, Aboriginal Health and Nutrition, providing an even greater overview of the fantastic breadth of health promotion work delivered across the District.

This year has certainly reinforced the importance of health promotion; there has never been a greater need to optimise the overall health of the population in order to be more resilient to threats to good health.

We continue to monitor the impacts of COVID-19. The circumstances of many people in the local community have changed – not just with working from home, but also in terms of job losses, changes to careers, study patterns, as well as other economic and social impacts – which could, in turn, have an impact on their health. And, while we don't know just how long the impact of COVID-19 will be felt across our communities, in truth, the way we deliver our work has probably changed forever.

Alongside continuing to deliver some of the adaptations outlined above, we are striving to communicate more explicitly, and in economic terms, about

the value high-quality, evidence-based health promotion can contribute, with two major projects undertaking a full economic evaluation. We are also very excited about exploring other opportunities to build the capacity of our team to employ economic evaluation more routinely in our project work.

As I reflect on the work to get us to this point, I thank our Admin and Support team, Project Officers, Communications team and Managers sincerely for their hard work over the past 12 months. I hope you enjoy looking back on the results of their efforts as much as I do.

Nicole Kajons

Director

Health Promotion &
Population Health Improvement

Contents

Health Promotion *Service*

Healthy Eating *Active Living*

Thirsty? Choose Water!.....	9
Munch & Move	11
Move like a Mariner	13
Live Life Well @ School	15
Central Coast School Garden Interest Group.....	17
Central Coast Healthy School Canteens.....	19
Go4Fun.....	21
Get Healthy Information and Coaching Service	23
Urban Planning 4 Health.....	25
Go Active 2 Work.....	27
Get Healthy at Work.....	29
Healthy Food and Drink Framework.....	31
Video production.....	33

Alcohol

Alcohol Sales to Minors.....	35
Advertising and the impact on drinking.....	37

Tobacco

Smoking cessation support in mental health.....	39
Quit smoking support from financial counsellors.....	41
Smoke-free LHD patrols.....	43

Older *Adults*

Falls are preventable.....	45
----------------------------	----

Aboriginal *Health*

Central Coast NAIDOC Community Day.....	47
---	----

Youth Health *Service*

Youth Booth.....	49
Koori Knockout.....	51
Tradies	53

HIV & *Related Programs*

Clearing the Path.....	55
Rainbow Inclusion Network.....	57

Short & *Sharp*

Health Promotion Service	59
Activate Your Space	
Liquor license responses	
Outdoor learning workshop	
Thirsty? Choose Water! chilled water station competition	
SWAP IT	
Linking People to Programs	
Refresh @ Home	
HIV & Related Programs	63
NSW Health HIV Testing Week and Viral Hepatitis Awareness Week	
Coastal Twist Fair Day	
World AIDS Day	

Major Committees & *Networks*

Publications & *Presentations*

66



Thirsty? Choose Water!

A research project to get students swapping sugary drinks for water

Why are we doing this?

During adolescence sugar sweetened beverage (SSB) consumption increases, with nearly a quarter of NSW children aged 12–17 years consuming at least five per week.

The Thirsty? Choose Water! research aims to find out the best ways to increase students' water consumption and displace or reduce SSB consumption.

It promotes water as the drink of choice among NSW secondary schools through the installation of chilled water stations, stage 4 curriculum resources and promotional materials. The current phase of Thirsty? Choose Water! is funded through the Medical Research Future Fund (MRFF) and builds on the previous Translational Research Grant Scheme project by extending the trial to regional areas.

How did we do it?

Thirsty? Choose Water! is a randomised controlled trial and uses a two-by-two factorial study design to see if education alone or combined with providing chilled water stations makes a difference to secondary students knowledge and behaviour in regards to their water and SSB consumption.

The project has now been delivered in five local health

districts, with the current phase offered to secondary schools in Hunter New England and Mid North Coast local health districts in partnership with local health promotion services.

The delivery of Thirsty? Choose Water! in 2019–20 encountered challenges related to the bushfires, floods and disruptions to secondary schools associated with COVID-19. The program was adapted for students learning at home, including online self-directed lessons, student activities and survey completion. This would not have been possible without the ongoing support of both health promotion and secondary school staff.

Achievements

- 85 schools across NSW have now taken part in the research project.
- Of those, 24 schools from two LHDs took part in the MRFF research project.
- Program implementation was completed, despite challenges of reduced school attendance and associated COVID-19 disruptions.
- Resilience of secondary schools and local health districts in a challenging time was evident.
- 100% of school staff key contacts completed the school follow-up survey.

- 100% of teachers said teaching the Thirsty message in PDHPE classes was 'very to extremely effective' and indicated they will continue to use the information in future class planning.
- 100% of teachers in the chilled water station-only group reported they were well received by students.

Look out for . . .

- Publication of the Translational Research Grant Scheme research papers.
- Exciting and innovative translational activities due to launch in September 2020, including a new look Thirsty? Choose Water! website, school toolkit, fundraising pack, animation and game available on the app stores.
- Outcomes of the MRFF research (data currently under analysis).

Partners

Hunter New England Local Health District
Mid North Coast Local Health District
NSW School Infrastructure – Hunter New England and Mid North Coast
Secondary schools within each health district

“The program provided great support in teachers implementing engaging lessons as well as encouraging healthy behaviour habits for life.”

Mark Williams, PDHPE teacher, Nambucca Valley Christian Community School

Munch & Move

Introducing healthy habits at an early age

Why are we doing this?

A child's first 2,000 days (conception to five) is critical for their physical, cognitive, social and emotional development. However, nearly a quarter of Australian children are already above a healthy weight by the age of four. This is why excess body weight in childhood is a national and state priority.

Major causes of overweight and obesity, such as physical inactivity, excess screen time and poor diet, can be addressed. What's more, research indicates that healthy practices established early in life continue into adolescence and adulthood.

Children spend a significant amount of time in early childhood settings, which makes them an excellent setting to promote healthy eating and physical activity habits.

How did we do it?

Munch & Move is a state-wide program based on 16 recommended practices for early childhood education services. These evidence-based

recommendations focus on four key areas – encouraging healthy eating, daily physical activity, policies, and educating and monitoring.

Munch & Move is a voluntary program, so for services to participate it needs to be attractive and help them meet their objectives. To achieve this, our focus is on providing a fun, play-based approach that is well resourced and supported. Crucially, the program assists services to meet their regulatory requirements by aligning with the early childhood sector's National Quality Framework.

Locally, the Health Promotion team supports early childhood centres on the Central Coast by providing:

- Consultation with individual services to develop a tailored, whole-of-service approach to healthy eating and physical activity.
- Training opportunities that improve educators' knowledge and skills and contribute to their professional development. Workshops this year included

fundamental movement skills through dance, outdoor learning and kitchen gardens.

- Tailored support to cooks through facilitation of a Cooks' Support Network. Workshops this year included assessing your service menu, milk and milk alternatives, introducing solid foods, and supporting families to prepare healthy school lunches.
- Review and advice on menus so services meet state guidelines. This year, we introduced a new Healthy Menu Award Scheme to help services meet NSW Health Caring for Children guidelines – historically the toughest of Munch & Move practices to meet.
- Resources such as equipment, activity ideas, factsheets, infographics and posters to ensure services are well equipped to support families and children in their transition to school. Some of the resources developed this year included a healthy lunchbox jigsaw, Magic Lunchbox fridge magnet, 'How will I get active today' game

“Thank you for your support throughout this COVID-19 pandemic and for developing such great local Munch & Move programs.”

Cheryl Irvine, Director, Wyong Preschool

card, and Jack's FUNtastic Day storybook.

- Presentations on the Munch & Move program to TAFE early childhood certificate and diploma students to support the next generation of educators.

In addition, this year Health Promotion identified early childhood services that were disengaged from local Munch & Move initiatives and/or were achieving less than 70% of practices, which is the benchmark set by NSW Health.

These services were offered additional bespoke support. Forty-eight services received face-to-face visits from our Munch & Move project officer during the year to come up with an action plan to help them adopt recommended practices.

Due to COVID-19 restrictions, face-to-face visits were postponed during the final quarter of the year. The support model adapted by providing an increased email presence and by offering personalised Munch & Move meetings by phone and Skype.

Achievements

- A significant rise in the number of early childhood centres now meeting at least 70% of the recommended Munch & Move practices – from 51% last year to 65% this year.
- Within just six months of introducing the Healthy Menu Award Scheme, a 66% rise in the number of services with menus compliant with NSW Health's Caring for Children guidelines.
- Four professional development workshops attended by more than 200 educators.
- Three Cooks' Support Network workshops attracting up to 20 services per workshop.
- 72 early childhood services requested our selection of transition to school resources for families.
- With staff numbers maintained and child attendance numbers down due to COVID, there was a surge in the number of ECEC staff enrolling in, and completing, Munch & Move eLearning. April saw 34 new enrolments and

20 completions, compared to a monthly average of 4.5 enrolments and completions for the six preceding months.

Look out for ...

- Local workshops being offered by webinar in response to COVID-19 restrictions.
- A new reward program to increase the number of services that have:
 - policies that include key physical activity and screen time elements recommended by Munch & Move.
 - seen at least 50% of their staff complete Munch & Move training.

Partners

CCLHD Nunyara Aboriginal Health Unit
CCLHD Nutrition Services
Central Coast Early Childhood Educators' Network
NSW Department of Education
NSW local health districts
NSW Office of Preventative Health
TAFE NSW Ourimbah



Move like a Mariner

Partnering with Central Coast Mariners to promote fundamental movement skills to pre-school children

Why are we doing this?

Move like a Mariner is a joint initiative between Central Coast Health Promotion Service and A-League football team Central Coast Mariners.

It is a six-week program that addresses some of the Munch & Move (see page 10) physical activity practices, particularly around providing daily opportunities for fundamental movement and skill development.

The program was introduced last year and received overwhelmingly positive feedback from children and educators.

How did we do it?

More than 2,000 children from 37 different Central Coast early childhood services participated. Every child received fundamental movement skill intentional learning experiences every day they were in care for six weeks.

Participating services received a training workshop, educator resources and a physical activity equipment kit from the Mariners worth \$350.

Every participating service also received a personalised video message from players including Jack Clisby, Jacob Melling, Jordan Murray, Matt Simon and Tommy Oar. Thanks to a prize draw, children from Bright Start Preschool in Bateau Bay received a surprise visit from the entire team.

Achievements

- Nearly half of all eligible services have completed the program since its introduction in 2018.
- Surveys conducted pre- and post-program demonstrated an excellent improvement in daily fundamental movement skills:
 - The number of services providing opportunities to learn fundamental movement skills 2–4 times a week increased from 78% to 100%.
 - Services who were 'confident' or 'very confident' to teach fundamental movement skills rose from 53% to 97%.

Partners

Central Coast Mariners

“Sensational program that should run every year as it is very beneficial to children and educators.”

Caterina Doyle, Director, Juniors at Wadalba

“Our enthusiasm and confidence for implementing fundamental movement activities has grown exponentially as the program progressed.”

Lynne O'Donnell, Director, Peninsula Occasional Care



Live Life Well @ School

Using a whole-school approach to promote healthy eating and physical activity in primary schools

Why are we doing this?

Research shows healthy eating and physical activity improves children's physical wellbeing, as well as their cognitive and emotional health. Schools can play a crucial role in promoting healthy behaviours and setting children off on a path to a healthy life. But it's important they are supported to do so.

This is where Live Life Well @ School (LLW@S) comes in. The LLW@S program is a collaboration between NSW Health and primary

schools across NSW that aims to get more students more active, more often, as well as improve on healthy eating habits.

LLW@S trains and supports primary school teachers to promote healthy eating and physical activity using a whole-of-school approach. This includes classroom learning, school policy and connecting with families.

It also provides relevant, evidence-based healthy eating and physical activity resources to families at

the crucial time their child is transitioning from early childcare services to 'big' school.

How did we do it?

A variety of evidence-based resources and learning opportunities were offered to schools:

- Professional development for teachers through the Personal Development Health and Physical Education Network (PDHPE) Network and School Garden Interest Group

workshops. These groups are convened by Health Promotion and workshops are registered to provide NSW Education Standards Authority professional development points.

- To cater for students learning online from home during COVID-19, we offered our curriculum-based Health Week resources in both printed and electronic format this year. Resources were updated with links to the new PDHPE syllabus and included:
 - Vege Adventure card to promote fruit and vegetables during Crunch&Sip break for kindergarten, year 1 and 2 students.

- Q4:H2O card for year 3 and 4 students to track how much water they drink during the week.
- 'How RU Travelling?' card for year 5 and 6 students to record physical activity, healthy food and active travel to school across the week.
- A calendar with dates of other health activities schools could promote or get involved in throughout the year.
- New transition to school resources to support families, including a jigsaw puzzle with information on lunchbox foods and a game on the reverse side. By popular demand, our Make Their Meals Count pictorial healthy eating resource also returned.
- Infographics with healthy eating and physical activity messages emailed to schools for distribution to families via the school newsletter or to post on social media.

Achievements

- Health Week resources delivered to 79 schools reaching approximately 7,000 students.
- More than 100 education professionals attended our two LLW@S-associated events (see pages 17 and 59).
- More than three-quarters (78%) of Central Coast primary schools ordered resources to include in their transition to school packs for new families.
- More than 3,800 copies of both the Make Their Meals Count and

Healthy Lunchbox jigsaw puzzle distributed to families on the Central Coast.

- A survey asking for feedback on the jigsaw resource and completed by 45 parents at a local school revealed 79% had used the jigsaw in some way, while 36% had used the game on the back.
- Of those that used the jigsaw, 94% said they completed the jigsaw with their child or discussed it with them, while others said it was used at family day care or with a grandparent or sibling.

Look out for ...

A series of videos based on both the Make Their Meals Count and Family ACTIVation resources (see page 32 for more information).

A state-wide review of the LLW@S program was put on hold due to COVID-19, delaying the rollout of a new model. It is anticipated this review will resume as soon as practicable.

Partners

- Central Coast primary schools
- Association of Independent Schools
- Broken Bay Diocese Catholic Education Commission
- CCLHD Nutrition Services
- Central Coast School Education Region
- Healthy Kids Association
- NSW Department of Education
- NSW Office of Preventive Health

Central Coast School Garden Interest Group

Connecting schools with an interest in school gardens and cooking

Why are we doing this?

The latest NSW School Physical Activity and Nutrition Survey published in 2017 revealed around 40% of schools have a school garden.

There is strong evidence that school vegetable gardens and associated activity contributes to improved:

- student learning and behaviour
- food choices and greater willingness to try new foods
- kitchen lifestyle behaviours (e.g. greater preparation of food at home)

The Central Coast School Garden Interest Group (CCSGIG) is linked to the Live Life Well @ School and Crunch&Sip programs, as well as the NSW Government's Nutrition in Schools Policy. Its philosophy is underpinned by encouraging healthy eating and physical activity, all the while providing a stimulating environment for students beyond using small screen technology.

How did we do it?

The CCSGIG has been meeting twice-yearly since 2017 to help connect schools with an interest in school gardens and cooking.

A different local school hosts each meeting, providing a tour of their vegetable garden and sharing their school's experiences. Guest

speakers provide information on topics of interest. The meetings provide registered professional development for teachers towards maintaining proficient teacher accreditation in NSW.

Kanwal Public School hosted the term 3, 2019 meeting. The guest speaker was Christine Freeman, Principal of Rumbalara Environmental Education Centre, who outlined the NSW Department of Education's new 'Kitchen Gardening for sustainability and wellbeing K-6' resource, and led the group through a range of curriculum activities. A copy of the resource was provided to each school attending, along with a selection of gardening resources donated by Bunnings.

Last year, to support promoting cooking skills and healthy eating in the student community, schools on the Central Coast were invited to submit recipes to compile into a recipe book. The result was 'Patch to Plate: Recipes from Central Coast primary schools 2019' and included 14 recipes that local teachers from four schools have made with their students.

Copies of the book were provided to attendees at the term 3 meeting, while an electronic copy was made available on the Health Promotion website and circulated to all CCSGIG member schools.

A short survey is conducted after each meeting to gather feedback on the meeting content, usefulness of previous topics, as well as suggestions for future meeting topics.

Achievements

- 14 teachers from 11 schools attended the term 3 CCSGIG meeting.
- 50 copies of the Patch to Plate recipe book distributed to local schools and 26 copies downloaded.
- 98% of attendees surveyed found the term 3 meeting either 'very useful' or 'useful'.

Look out for ...

- Patch to Plate will come to life with videos of four recipes soon to be available on the Health Promotion website.
- A practical cooking and school gardening workshop at Killarney Vale Public School was planned for May 2020. Although this was cancelled due to COVID-19, we hope to reschedule the event later in the year.

Partners

Central Coast primary schools
Rumbalara Environmental Education Centre





Central Coast Healthy School Canteens

Supporting canteen managers in primary and secondary schools to make it easier for children to choose healthy foods

Why are we doing this?

School canteens have been identified as a critical component in influencing the decisions students make surrounding their food and drink choices.

Statistics from the 2018–19 NSW Population Health Survey revealed:

- Nearly a quarter (24.9%) of children aged 5–16 are above a healthy weight range.
- Just 6.1% of boys and 8.9% of girls aged 2–15 eat the recommended servings of vegetables.
- One in two children (50%) are eating unhealthy snacks every day.
- Almost one in two children (45%) regularly consume sugar-sweetened drinks.

How did we do it?

To improve the health of the school community, we provide ongoing opportunities for canteen managers to develop and maintain their knowledge and skills in providing nutritional food and drink through the school canteen.

Over the past year we have:

- Worked with canteen managers to evaluate their menus and provide feedback on areas to improve.

- Provided funding incentives for canteens to purchase equipment that would help provide better food and drink options for students.
- Convened canteen network meetings for both primary and secondary schools to provide opportunities to discuss a range of healthy food topics.
- Continued to moderate and develop content for the Central Coast Canteen Manager's Facebook group, providing information and resources, as well as opportunities for networking between canteens.
- Conducted virtual training in how to complete the NSW Menu Check application form and provided opportunities for canteens to ask questions.

These activities have helped support the continual implementation of the NSW Healthy School Canteen Strategy.

Achievements

- During the past 12 months, 14 more primary schools and nine more secondary schools have achieved the NSW Healthy School Canteen Strategy. This means they have passed a Menu Check which assesses a school canteen's menu against nutritional food and drink criteria.

- 90% of government primary schools and 94% of government secondary schools on the Central Coast are now meeting the NSW Healthy School Canteen Strategy.
- Four primary schools have passed their first two-year Menu Check.

Look out for . . .

We will continue our support for school canteens and the great work they are doing on the Central Coast to make the healthy choice, the easy choice for students. This will include providing stronger opportunities for canteens to become self-sustainable in making decisions surrounding the continual implementation of the NSW Healthy School Canteen Strategy and completion of the NSW Menu Check application process.

Partners

CCLHD Nutrition Services
Central Coast canteen managers
Central Coast school principals
Healthy Kids Association
NSW Menu Check Service
NSW Ministry of Health
Parents and Citizens' Association staff

Central Coast government schools meeting NSW Healthy School Canteen Strategy:
primary schools **90%**
secondary schools **94%**



“Her confidence has grown, she’s wanted to be more active and she loved coming every week. She’s choosing to eat a lot more vegetables without Mum hassling her too!”

Jo, Woy Woy term 4, 2019, on her daughter Charlie

this year, showing greater family engagement and commitment to making healthy lifestyle changes.

- Continued partnerships with Central Coast schools as venues each term.
- Integration of cooking and practical skills for kids and families into sessions.
- Continued support to Go4Fun families despite the implications of COVID-19. As a testament to the program and delivery team, the majority of participants have chosen to re-join the waiting list for a future program.

Look out for . . .

- Go4Fun Online as an accessible alternative for families who can't attend face-to-face programs.
- Aboriginal Go4Fun to be delivered in more locations and locally-tailored with the support of the Central Coast Aboriginal community.
- Making a splash of Go4Fun! The reintroduction of pool-based programs in the summer terms.
- Go4Fun Family Fun Day.
- New Go4Fun online learning module for clinical staff across all local health districts.

Partners

- Better Health Company
- CCLHD health professionals
- Central Coast primary schools
- Central Coast Schools as Community Centres
- NSW Office of Preventive Health
- Yerin Eleanor Duncan Aboriginal Health Centre

Go4Fun

Improving the self-esteem, eating habits and physical activity levels of children above a healthy weight

Why are we doing this?

Go4Fun is a free 10-week program for NSW children aged 7–13 who are above a healthy weight, and their families. Run by trained health professionals, it's a fun way for children to build self-esteem and learn about eating well, staying active and living a healthy life. It also fosters family learning, supporting parents and carers to provide healthy home environments.

According to the 2018–19 NSW Population Health Survey:

- Only 6.7% of NSW children aged 2–15 years eat the recommended servings of vegetables.

- More than a third don't eat the recommended servings of fruit.
- More than two in five (41.9%) drink sugar-sweetened beverages regularly.

Additionally, on the Central Coast less than 30% of children between the ages of 7–13 engage in an adequate amount of physical activity.

On average, children who complete the Go4Fun program achieve statistically-significant improvements in self-esteem, increases in vegetable, fruit and water consumption, and increases in physical activity.

How did we do it?

We placed a focus on continuing partnerships with community organisations and increasing community engagement. This has been achieved through:

- Partnerships with Central Coast primary schools and Central Coast Schools as Community Centres for promotion and venue provision.
- A partnership with Yerin Eleanor Duncan Aboriginal Health Centre to provide the Aboriginal Go4Fun program.
- Promoting to the local Aboriginal community at NAIDOC Day 2019.

- Ongoing clinical engagement with referring health professionals.
- Representation on the Childhood Obesity Steering Committee and local consultation to inform development of a state-wide Go4Fun training module for NSW Health staff.

We have also maintained a strong focus on continually increasing engagement, accessibility and value for families through:

- Our enthusiastic and skilled leaders who brought diverse skills and passion for the program despite disruptions from COVID-19.
- Creative and fun celebrations for end-of-program rewards, such as circus-themed activities and smoothie biking.
- Offering free family veggie boxes for Aboriginal Go4Fun as part of the supermarket tour.

- Offering phone sessions, content, and resources after the early cancellation of programs due to COVID-19, including an increased focus on how to maintain healthy lifestyles in the home.
- Offering Go4Fun Online to Central Coast families during COVID-19 as an alternative to face-to-face programs.

Achievements

- Eight programs delivered this year across the Central Coast with 67 children and their families, including three Aboriginal Go4Fun programs run in partnership with Yerin Eleanor Duncan Aboriginal Health Centre.
- Successful integration of local Aboriginal culture into Aboriginal Go4Fun sessions through art and language.
- Increase in program completion rates from 65% last year to 77%



“My coach has been a brilliant support and is genuinely interested in my issues...every call has been extremely helpful in more ways than one.”

Robert, 55, Central Coast resident

Get Healthy Information and Coaching Service

Supporting people to create and achieve personalised healthy lifestyle goals

Why are we doing this?

Being inactive, overweight and generally leading an unhealthy lifestyle can cause serious conditions like type-2 diabetes, high blood pressure, heart disease, strokes, some cancers and many chronic diseases.

The Get Healthy Information and Coaching Service (GHS) is a free, telephone-based coaching service designed to help people aged 16 and above make positive lifestyle changes.

The service is run by NSW Health and is based on evidence that telephone and web-based coaching are effective in changing healthy eating and physical activity behaviours.

GHS has the potential to support many Central Coast adults as 2019 data shows:

- 57.3% of adults on the Central Coast are overweight or obese.
- Only 9.3% of adults eat the recommended servings of vegetables each day and 36.3% of adults eat the recommended servings of fruit each day.
- Well over a third (38.1%) of adults are insufficiently active.
- More than a quarter (28.9%) of adults consume alcohol at levels posing immediate risk to health and more than third (36.4%) consume at levels posing long-term health risks.

NSW Health identifies referrals from health professionals, particularly midwives, to GHS as a key target. The Health Promotion Service works in partnership with clinical services across the District to support achievement of these targets.

How did we do it?

We provide ongoing support to health professionals working across a number of disciplines within the District, including midwifery, physiotherapy, dietetics, occupational therapy, osteopathy and endocrinology. This involves arming them with all the information, resources and additional support they need to refer people to GHS.

This year, a new Healthy Pregnancy flipchart was modified that combined Get Healthy in Pregnancy and smoking cessation into one resource for midwifery clinics.

We also worked with scientists at CCLHD’s Sleep Investigation Unit to support research it is undertaking to see if its patients would benefit from being referred to GHS.

We have worked with external organisations, too; partnering with the Pharmaceutical Society of Australia to present at its state conference. The presentation helped demonstrate how GHS could support pharmacists in providing continuity of care and has opened the door for further work with the Society in future.

Achievements

- More than a thousand (1,005) referrals by health professionals made to GHS, representing 258% of the LHD target set by NSW Health.
- 601 referrals made to Get Healthy in Pregnancy, representing 206% of the LHD target.
- 83% of participants from the lowest three socioeconomic quintiles, supporting those at greatest need.

- 11% of referred participants were Aboriginal, which is higher than the NSW average of 7%.
- A survey of Central Coast residents who participated in the program found several positive behaviour changes:
 - The proportion of participants who met guidelines for recommended fruit intake increased from 56% to 74%.
 - Vegetable intake increased from 21% to 37%.
 - Participants who achieved recommended levels of physical activity increased from 40% to 50%.

Look out for . . .

Further support for local pharmacists, including working with the Pharmaceutical Society of Australia to deliver professional development training in weight management and GHS, and offering prescription covers promoting GHS to pharmacists.

Partners

CCLHD health professionals including midwives, physiotherapists, dietitians and occupational therapists

CCLHD departments - Diabetes Service; Osteoporosis Re-fracture Prevention and Transition Care; and Sleep Investigation Unit

NSW Office of Preventive Health
Pharmaceutical Society of Australia



Urban Planning 4 Health

Advocating for built environments that protect and promote our health and wellbeing

Why are we doing this?

The natural and built environments in which we live can have a major impact on our health. There is also strong evidence demonstrating the links between chronic disease and lifestyles characterised by car-dominated transport, reduced opportunities for exercise, increased fast food availability and lack of social connection.

The built environment comprises physical design patterns of land use, and the transport system. Each of these influences:

- physical activity opportunities
- healthy food access

- opportunities for social and community interactions

It therefore has a key role to play in supporting human health as part of everyday living and can contribute significantly to achieving NSW Health's number one direction of 'keeping people healthy'.

How did we do it?

Using strong and ever-emerging evidence, our Service advocates for the planning, design, development and management of healthy places, which support people to lead physically-active, well-nourished, socially-connected and healthy lives.

During 2019–20, the service:

- Lodged written submissions advocating for environments to support the health and wellbeing of the Central Coast community.
- Actively participated in the NSW Healthy Built Environments LHD Network to collaborate on state-wide healthy built environment issues and capacity building events such as a Local Strategic Planning Statement Debrief workshop and Movement and Place Approach workshop.
- Engaged with partners and key stakeholders including local and state government

planning, transport and health departments and non-government (e.g. local architects in relation to Gosford-based state significant development).

- Helped facilitate an Active Living NSW workshop on the Central Coast.

Achievements

- CCLHD was one of only four NSW LHDs nominated to host a regional Active Living NSW workshop. Held in Gosford on 13 August 2019, it brought together representatives from CCLHD, Central Coast Council, NSW DPIE, Transport for NSW, Roads and Maritime Service, NSW Ministry of Health and Active Living NSW to discuss ways to embed healthy eating and active living into Council's strategic planning processes.
- Invited to be involved in development of the Central

Coast Future Transport Plan (pending finalisation).

- Invited to join Central Coast Regional Leadership Executive – Delivery Coordination Monitoring Committee – Traffic and Parking Subcommittee, which included involvement in development of the Gosford City Centre Transport Plan.
- Submissions lodged regarding strategic plans:
 - Central Coast Local Strategic Planning Statement
 - Central Coast Draft Urban Spatial Plan
- Submissions lodged regarding Gosford City Centre-based state significant development proposals:
 - John Whiteway Drive residential development
 - Northside Private Hospital development

- Gateway Centre mixed use development
- Gosford Alive mixed use development
- Central Coast Quarter mixed use development

Look out for . .

The final Central Coast Future Transport Plan and Gosford City Centre Transport Plan, and generally healthier development on the Central Coast.

Partners

Active Living NSW (National Heart Foundation – NSW Division)
 Central Coast Council
 CCLHD Health Planning
 CCLHD Public Health Unit
 NSW Ministry of Health
 NSW Department of Planning, Industry and Environment
 Transport for NSW



Go Active 2 Work

Encouraging people to walk, cycle or take public transport to work

Why are we doing this?

In 2019, 38.1% of people aged 16 and above living on the Central Coast were insufficiently active.

Active transport – walking, cycling or taking public transport – provides adults with a convenient way to accumulate some, if not all, of the physical activity required to maintain and improve their health and wellbeing.

Go Active 2 Work (GA2W) aims to get more Central Coast adults active by encouraging and supporting increased use of active transport for trips to work.

How did we do it?

We used a variety of communication channels and engagement activities to raise awareness amongst CCLHD staff and the Central Coast community

of the benefits of active transport, the enablers and the opportunities (new walking and cycling infrastructure, programs, events, etc.).

Whilst recognising the real and perceived barriers to active transport, we endeavoured to attract ‘champions’ that could help normalise walking and cycling as modes of transport on the Coast.

Staff and community were encouraged to register on the GA2W webpage, after which they received a GA2W welcome pack and the monthly GA2W e-news, including a reminder about Central Coast Go Active 2 Work Day – the third Wednesday every month.

The Central Coast GA2W Days provided active-transporters with a regular nudge and opportunity to join in a cycle, walk or public transport trip to work. Those that worked in Gosford had the opportunity to join like-minded active transporters for an early morning ‘cuppa’ and chat before heading off to work happier and healthier for the experience.

Major events such as NSW Bike Week, Diabetes Australia Walk to Work Day, National Ride2Work Day and World Bicycle Day were promoted through a variety of internal and external communications channels, raising the profile of cycling and walking as healthy, easy, low cost and environmentally-friendly transport options for short trips.

As part of our Urban Planning 4 Health program, on behalf of the Central Coast community, we advocate for environments supportive of active transport. This involved participation in transport planning workshops for the Central Coast and Gosford City Centre, written submissions regarding strategic plans and state significant developments (see page 24).

On behalf of CCLHD staff, we continue to work with CCLHD Redevelopment on delivery of the Gosford Hospital Workplace Travel Plan and the Wyong Hospital Green/Workplace Travel Plan and maintain advocacy for the provision of bicycle parking and end-of-trip facilities (change, shower and locker facilities).

In a bid to get more local business and workplaces on board the active transport bandwagon, we cross-promote NSW Health’s Get Healthy at Work program, particularly the Active Travel focus area, September and Biketober events.

Achievements

- Secured 17 new GA2W registrations.
- Issued monthly GA2W e-newsletter to an audience of 386 staff and community subscribers per edition.
- Facilitated monthly Central Coast GA2W Day gatherings in Gosford City, attended by a committed group of local workers/active transport champions. For the first time in GA2W’s history, in line with COVID-19 public health orders and restrictions, some gatherings were cancelled. With restrictions eased, people got back on their bikes and rolled up to gather and connect again, albeit at a safe physical distance from one another.
- Successfully applied for NSW Bike Week 2019 funding resulting in

Bike2Gosford breakfast event being delivered in Gosford. The event generated local media coverage and attracted around 50 participants, including 11 new participants, all of whom registered for GA2W on the day.

- Delivered National Ride2Work Day 2019/Central Coast GA2W Day breakfast event at Gosford, attracting more than 50 participants.
- Secured 15% Bicycle NSW membership discount for CCLHD staff and community.

Look out for ...

- New bicycle parking and end-of-trip facilities at the Central Coast Medical School and Research Institute building, due to open in 2021.
- Future population and transport statistics, which should provide great insight into how the 2019–20 floods, fires and COVID-19 pandemic impacted people’s work and transport patterns.
- Further support for the many who have taken up cycling during the COVID-19 pandemic.

Partners

Bicycle Network
Bicycle NSW
Central Coast Bicycle User Group
Central Coast Council
Roads and Maritime Services,
Transport for NSW



Get Healthy at Work

Supporting employees and employers to lead and promote healthier lifestyles

Why are we doing this?

Australians spend about one-third of their lives at work, so being healthy in the workplace is vital to maintaining and improving health.

No matter how big or small a workplace, a workplace health program can help address the individual, behavioural and workplace factors that contribute to poor health. It can also support workers to achieve their personal health goals.

Get Healthy at Work (GHaW) is a NSW Health program that aims

to do just that. It seeks to improve the health of working adults and reduce the prevalence of chronic disease by helping them make small changes to modifiable lifestyle risk factors and create health-promoting workplace environments.

It focuses on priority areas such as quitting smoking, healthy eating, physical activity, active travel, alcohol consumption and mental wellbeing.

The program can help address a number of factors locally. For

example, 2019 statistics for the Central Coast indicated:

- More than one in five (21.4%) of adults are current smokers.
- Nearly a quarter (23.6%) of adults suffer high or very high psychological distress.

How did we do it?

Following five years under co-leadership with SafeWork NSW, from 1 July 2019, NSW Ministry of Health has been leading and managing all aspects of a revised GHaW program. The revised

program continues to be available to all NSW workplaces, including both the private and public sector, is delivered in partnership with a number of key stakeholders, and supported by CCLHD.

Key features of the revised program include:

- A new digital platform (www.gethealthyatwork.com.au) based on a more intuitive, customer-centric design to guide businesses through the program journey and provide them with the right tools and resources at the right program step.
- Businesses can now develop and implement workplace health programs through the online portal, with all the tools

and resources needed to put together a simple action plan to address a priority health area in the workplace. The program is available online, with additional tailored telephone support for interested businesses.

- Expanded free and confidential Healthy Lifestyle Checks that include both physical and mental health components. Individuals are provided with immediate feedback about their lifestyle habits and risks of developing type-2 diabetes, heart disease and mental ill-health, as well as being offered tailored advice on how to make small and achievable changes for better health. They are also provided with referrals to medical and health support services as needed, including the Get Healthy Information and Coaching Service, NSW Quitline and Mindspot.
- Inclusion of Mental Health as a new priority area in the Workplace Health Program and Healthy Lifestyle Checks.
- A refreshed suite of evidence-based resources to help individuals become healthier and support organisations to promote health and create healthier workplace environments.
- Monthly theme-based activities and campaigns for workplaces such as the Biketober Business Challenge.

CCLHD supports the Get Healthy at Work program by promoting it to both our staff and our community. Using a variety of internal and external communication channels

and events, and leveraging other relevant programs such as Go Active 2 Work and Munch & Move, we contribute to an increase in business registration and engagement.

Achievements

Having ended the previous version of the Get Healthy at Work program (1 July 2014 – 30 June 2019) with a total of 211 business registrations and a potential reach of 19,785 workers across 301 worksites, we began 2019–20 with the baseline reset at zero.

Between 1 July 2019 and 30 June 2020:

- 22 Central Coast businesses – with a potential reach of 10,660 workers across 27 worksites – registered.
- 97 Healthy Lifestyle Checks were completed by workers from seven registered businesses.
- 18 referrals to support programs were accepted by workers following Healthy Lifestyle Checks (12 of these referrals were to the Get Healthy Information and Coaching Service).
- Workplace Health Programs were introduced by 14 worksites from 11 registered businesses.

Look out for ...

- An increasing number of business registrations (and program reach), Healthy Lifestyle Checks and Workplace Health Programs completed.
- Healthier Central Coast workers and workplaces!

Partners

NSW Ministry of Health



Healthy Food and Drink Framework

Making healthy food and drink more accessible for staff and visitors of our health facilities

Why are we doing this?

Eating too many unhealthy options and not enough healthy foods and drinks is a major contributor to poor health. As a health service provider, CCLHD needs to set a good example.

The Healthy Food and Drink in NSW Health Facilities for Staff and Visitors Framework provides best practice guidelines to increase the availability of healthy options to make the healthy choice, the easy choice for our staff and visitors.

The third annual state-wide audit of Framework was conducted in February–March 2020. The audit measured progress made by CCLHD food and drink outlets against a set of 13 practices required by the Framework.

How did we do it?

All CCLHD vending machines and outlets – including cafés, cafeterias, kiosks and a convenience store – were assessed against Framework practices.

The practices vary depending on the food outlet type and include:

- Ready-to-drink pre-packaged drinks for sale are free from added sugar.
- At least 75% of foods and drinks offered are everyday products

(e.g. vegetables, fruits, dairy foods, lean meat and poultry, water, breads, rice, pasta, noodles and cereals).

- Some everyday food and drink products, such as muesli bars and pre-packaged flavoured milks, have a Health Star Rating of 3.5 stars or above.
- Portion size limits applied to certain everyday foods and drinks such as muffins, confectionary and packaged salty snacks.
- Only everyday foods and drinks are placed in prominent locations such as tills and at eye level on shelves.
- Package deals are for everyday foods and drinks only.

The audit team, made up of a representative from Nutrition Services and Health Promotion, visited Gosford, Wyong and Woy Woy hospitals to liaise with retailers at each outlet and inspect vending machines.

The audit was conducted using a tablet device, pre-loaded with the survey tool and resources developed specifically by NSW Ministry of Health's Healthy Food Information Service.

- All food and drink retailers and vending machines at

each hospital demonstrated outstanding compliance by meeting all relevant Framework practices.

- Print materials and resources, including the Healthy Food Finder website, were made available to retailers to display, support and to help communicate Framework practices to their customers.

Look out for . . .

The Framework is under review, with plans for it to be continued in 2021. We will continue to work in partnership with food and drink retailers to support them in implementing the practices and to carry out the 2021 audit.

Partners

CCLHD Nutrition Services
CCLHD Contracts & Leasing

Coca Cola Amatil (vending machine owners)

Healthy Food Information Service, Ministry of Health

Retailers at Gosford, Wyong and Woy Woy hospitals



Video production

Why are we doing this?

To build on, and enhance, existing Healthy Eating Active Living (HEAL) resources by creating fresh, engaging and shareable content.

The content will be used to increase awareness of Health Promotion's programs and resources amongst target populations – such as Central Coast families, Aboriginal families, primary school teachers, and early childcare educators – by driving traffic to the Health Promotion website.

How did we do it?

In response to a number of Go4Fun programs being paused due to COVID-19 the Health Promotion team responded by refocusing its efforts toward creating digital media assets.

Funding was redistributed to create a series of videos based on existing resources developed as part of the Healthy Eating Active Living (HEAL) Strategy. Videos were based on the following resources:

- *Patch to Plate* – a recipe book containing a collection of tasty and healthy meals from primary schools on the Central Coast, curated by the Central Coast School Garden Interest Group.
- *Quick Meals for Kooris* – a 'hands-on' cooking program designed

Using video to bring Healthy Eating Active Living resources to life

by CCLHD Nutrition Services to assist urban Aboriginal people to cook healthy meals for the family.

- *Make Their Meals Count* – a pictorial resource showing families how to feed a child aged 4–8 years throughout the day using healthy foods.
- *Family ACTIVation* – a pack containing a number of fun, quick and simple games for families to play at home to help teach fundamental movements skills.
- *The Magic Lunchbox* – a fun, captivating storybook developed by Health Promotion about packing a healthy lunchbox for school aimed at children in their transition to 'big' school.

The Health Promotion team worked with two external agencies to film and produce the videos – local media company Graphic by Design and cooking school and health studio Sprout.

Team members from Health Promotion and Nutrition Services oversaw the production of the videos, which involved:

- Selecting and sourcing props, costumes, ingredients, equipment and cooking utensils for each shoot and preparing most meals the day

before filming to enable quick progression of the storyboard on set.

- Securing local families to appear in most videos and hiring a local actor, Maddison Prince, to read *The Magic Lunchbox* to further bring the story to life.
- Responding to the challenges of COVID-19, which had an impact on available filming locations, accessing talent, and health and safety considerations for all involved. NSW Health COVID protocols were implemented prior to, and on the days of, filming.
- Developing storyboards for each video series featuring detailed drawings of each scene, supers and filming instructions (e.g. what angles to shoot from).
- Regular, clear and consistent communication between the team and media production companies to ensure timelines were met and filming days ran smoothly, and to time.

Achievements

- *Patch to Plate* – four 90-second videos were produced, demonstrating how to prepare and cook selected recipes from the cookbook.
- *Quick Meals for Kooris* – local Aboriginal families featured

in four 90-second videos demonstrating how to prepare and cook recipes from the cookbook.

- *Make Their Meals Count* – six cooking demonstration videos were created using selected recipes from the pictorial resource, along with two supporting videos providing an introduction to the initiative and how to prepare to cook.
- *Family ACTIVation* – six 90-second videos were filmed and produced, each showing a local family playing a different game from the resource.
- *The Magic Lunchbox* – this video featured a mixture of live action and animation to help bring the story to life.

Look out for ...

The finished videos uploaded onto the Health Promotion website and distributed strategically to families, professionals and the wider community via a number of digital platforms.

Partners

Central Coast families
CCLHD Nunyara Aboriginal Health Unit
CCLHD Nutrition Services

Alcohol Sales to Minors

Working in partnership with NSW Liquor & Gaming to reduce the supply of alcohol to under-18s

Why are we doing this?

There have been a number of studies outlining the ease in which young people in Australia can purchase alcohol without having to produce identification. This is a major contributor to the fact 15–17-year-olds currently have the second highest rate of alcohol-related Emergency Department visits in NSW.

Studies also indicate young people are more likely to partake in risky drinking behaviour such as binge drinking if they purchase their own alcohol. Drinking at a young age is also associated with higher risks of social and mental harms and increases the likelihood of suffering from an alcohol use disorder later in life.

Interventions such as using a minor to test compliance with ID checks have proven to be effective in reducing supply of alcohol to minors.

How did we do it?

We recruited 18 and 19-year-olds to approach packaged liquor outlets and attempt to purchase alcohol without producing ID. Although such a sale is legal, it represents a breach in industry protocol that requires outlets to check identification of people who

looked under the age of 25. It also indicates a higher likelihood of selling to minors at other times.

Surveys took place to check if outlets were asking for ID. These were followed up with several educative interventions in a bid to increase to checks with young people, such as:

- Letters to all outlets detailing survey results, co-signed by local police district Superintendent Commanders, the Liquor & Gaming Compliance Director and the CCLHD Chief Executive.
- Presentations at local liquor accord meetings.
- Sharing survey results with local licencing police and Liquor & Gaming NSW for possible further surveillance.

We continue to monitor retailer compliance with ID checks and site visits are conducted with Liquor & Gaming inspectors at retailers who fail to ask for ID. Retailers are presented with their results both verbally and in writing and asked two questions on compliance:

1. Why do you think a sale was made without requesting ID?
2. What do you think are the barriers to obtaining consistent ID checks?

Outlets are resurveyed after these site visits to determine if there are any changes to practice.

Achievements

- Since the introduction of site visits with Liquor and Gaming NSW inspectors in 2018, the percentage of retailers on the Central Coast carrying out ID checks has increased from 66.7% to 93.3%.
- Increased retailer engagement with survey, with more enquiries from stores about their individual results.
- Strong partnerships formed with Liquor & Gaming and police and ongoing collaboration to increase compliance.

Look out for . . .

Published results of our latest surveys and interventions. We have also received grant funding to conduct an economic evaluation of the project, to be completed by June 2021.

Partners

Brisbane Waters Police District
Liquor & Gaming NSW
Tuggerah Lakes Police District

“ . . . the percentage of retailers on the Central Coast carrying out ID checks has increased from 66.7% to 93.3%.”

Advertising and the impact on drinking

Studying the impact of DrinkWise adverts on young people

Why are we doing this?

Strong evidence exists linking harmful drinking patterns in young people to alcohol advertising.

Exposure to alcohol advertising influences a young person's attitudes and beliefs about drinking and increases drinking in young people who already drink. This can have a huge impact on a young person's health. Indeed, 18–24-year-olds account for the highest rate of alcohol-related Emergency Department visits in NSW.

DrinkWise is a not-for-profit organisation that aims to “bring about a healthier and safer drinking culture in Australia”. However, it is made up in large part by alcohol producers themselves, presenting a conflict of interest. Product promotion can therefore be at odds with health warnings, and is often reflected in the strength and balance of message. DrinkWise has been condemned by public health experts as ineffective in addressing risky drinking behaviour and undermining public health messaging.

The Alcohol Beverages Advertising Code (ABAC) is designed to ensure that alcohol is marketed responsibly. However, DrinkWise's 'How to Drink Properly' campaign is exempt from the ABAC as it claims to be educational. Given a third of 18–24-year-olds are reported to have seen the campaign, we wanted to investigate whether this exemption is warranted, and what impact it has on young people's attitudes towards drinking.

How did we do it?

We developed a study in partnership with medical students from the University of Newcastle to determine any differences in young people's intention to drink. Attitudes towards drinking were recorded before and after viewing three different drinking messages and a control clip:

1. A DrinkWise 'How to Drink Properly' educational advertisement
2. An alcohol promotion advertisement from a drink brand
3. A public health alcohol consumption message

4. An advertisement unrelated to drinking (control ad)

This study is currently in progress and results are still pending. During the COVID-19 crisis, students have adapted aspects of the study to ensure it continues to progress. Some of these changes include developing digital surveys and recruiting participants on an online platform.

Students have also shown extensive flexibility by meeting online, as opposed to planned face-to-face meetings, as they work through the research process.

Achievements

Although results are pending, the study has already helped foster a successful partnership between Health Promotion and the University of Newcastle and shows potential for collaboration on future research projects.

Look out for . . .

Results of the study.

Partners

University of Newcastle, Australia

“It was an absolute pleasure to work with the team, the experience has highlighted the importance of public health and motivated me as a future doctor to take part in community-related projects.”

William Fong, medical student, University of Newcastle



Smoking cessation support in mental health

Reorienting psychologists and psychiatrists to view smoking cessation as a way to manage anxiety and depression

Why are we doing this?

People suffering depression and/or anxiety have high smoking rates (25% and 27% respectively) and represent one of the remaining 'harder target' groups for smoking cessation. However, mental health professionals have only addressed smoking cessation with enthusiasm in isolated pockets.

Recent research has clearly concluded that smoking cessation leads to improvements in mood equal to or greater than treatment with antidepressants.

The project aims to reorient mental health practitioners to see smoking cessation as a potential treatment for anxiety and depression, and not just a secondary long-term physical health concern. In this way, we can help people improve both their mental health and their physical health.

The first step was to collect data on current practice from psychiatrists and psychologists.

How did we do it?

A mixed-methods survey was developed to explore the knowledge, attitudes, confidence and practices of psychiatrists

and psychologists in regards to smoking and smoking cessation with their clients. A literature search was conducted to explore the links between smoking cessation and mental health outcomes.

Participants were recruited from Central Coast Mental Health Service, other CCLHD services, and community-based practices. Data collection was conducted by telephone or face-to-face interviews with participants. Interviews were recorded, and transcription was completed by an external organisation.

Qualitative data was analysed thematically and coded into nodes and sub-nodes using NVivo 12 software.

The team had to negotiate the challenge of two project partners going on maternity leave, working flexibility around timescales for both partners returning from leave.

Achievements

- Project partners secured to support with participant recruitment, data collection and analysis.
- Research Office approval for the study granted.

- 15 interviews with psychiatrists and 15 interviews with psychologists conducted.
- 75% of data analysed to date.

Look out for ...

A published report on the findings from both the psychiatrist and psychologist data.

Further work is planned to advocate to relevant professional bodies (e.g. Royal Australian and New Zealand College of Psychiatrists, Australian Psychological Society) for changes to be made to their clinical guidelines relating to the benefits of smoking cessation for improvements in mood.

Partners

Central Coast Mental Health Service, CCLHD

Community psychiatrists and psychologists

Dr Aspasia Karageorge – clinical psychologist and researcher (qualitative data analysis)

Dr Brooke Short – consultant psychiatrist, Lecturer in Psychiatry, CCLHD and University of Newcastle (literature review and data collection)

"If there's new evidence that suggests there's an improvement [in mood as a result of smoking cessation], I'd very much be interested in getting my hands on it, familiarising myself with it, and making it part of my overall repertoire."

Central Coast psychiatrist



Quit smoking support from financial counsellors

Building the capacity of financial counsellors to provide their clients with smoking cessation support

Why are we doing this?

People from lower socioeconomic populations are much more likely to smoke. In 2019, 17.7% of adults in the most socioeconomic disadvantaged quintile smoked daily, compared to 5% in the least disadvantaged quintile.

Financial stress not only increases the likelihood of smoking, but is a barrier to its cessation.

Accessing disadvantaged smokers to provide smoking cessation support is also a challenge. Social and community service organisations are a possible access point, and both staff and clients find smoking cessation interventions within this setting acceptable and helpful.

A survey of local financial counsellors indicated they see a need for the provision of smoking cessation support to their clients, and that they are willing to participate in delivering this support.

How did we do it?

In 2019, Central Coast Health Promotion Service approached the University of Newcastle and University of New England's Joint

Medical Program to pitch the research as a project for third- and fourth-year medical students.

Since then, a group of students from the program have been involved in project planning and, in early 2020, began a six-week research block to recruit and train financial counsellors. Due to COVID-19, however, the project could not be rolled out as originally planned.

As an alternative to the original research project, the student group began working on a systematic review. The research question being investigated is: 'Does smoking cessation counselling, initiated by non-health professionals, increase smoking cessation rates in adult smokers, compared to no intervention?'

The systematic review will inform future work to encourage smoking cessation through settings outside of the health sector, and for smokers with motivations for quitting other than health.

Achievements

- Ethics application for research project completed and approved.

- Systematic review research question and search strategy completed.
- Database searching returned 981 possibly relevant articles for the systematic review. These were screened based on article titles and abstracts, with 958 excluded and 23 included. A further 19 articles were excluded after full text screening, resulting in four papers being included.

Look out for ...

The systematic review will be finalised by the end of 2020, when the student's research subject concludes.

We will seek to implement the original project working with financial counsellors when circumstances allow. In deciding when to proceed, we are mindful of the economic climate and possible increased demand for financial counselling services in the post-COVID-19 world.

Partners

University of Newcastle and University of New England (Joint Medical Program, School of Medicine and Public Health)



“Only four instances of aggression were experienced, a rate of 2%. Each of the aggressive events were limited to verbal aggression of a low level.”

Smoke-free LHD patrols

Assessing the responses of smokers requested to stop smoking on hospital grounds

Why are we doing this?

In 2013, CCLHD introduced a smoke-free by-law to enhance existing no smoking policies. The by-law made it an offence to smoke on CCLHD grounds, with a \$300 fine applicable for breaches.

Enforcement of the by-law is the responsibility of Health Promotion, Public Health and Security, as these departments have authorised inspectors who can issue fines. However, all staff can advise smokers that it is not permitted on

CCLHD grounds, if they feel safe to do so.

Fear of aggression is often cited as an issue for health service staff in approaching smokers who are breaching smoke-free policies. The project's aim was to collect evidence of the aggression risk to staff when approaching smokers within hospital grounds, and to develop a standard protocol to facilitate low-risk and effective interactions between staff and smokers.

How did we do it?

We developed and tested a standard protocol for interacting with smokers, based on de-escalation techniques used by security and police, and now utilised in health settings.

We measured the aggression of smokers and their level of compliance in response to instructions to extinguish their cigarette. Aggression was recorded using the Modified Overt Aggression Scale.

Two hundred interactions were conducted during business hours with smokers by Health Promotion Service staff between May 2018 and January 2020. The first 100 interactions were based on an enforcement methodology typically delivered by staff who are authorised inspectors under the smoke-free by-law. The second 100 interactions were based on an information and assistance methodology to reflect those that could be delivered by general health service staff.

Our procedure was fine-tuned as we encountered and developed solutions to more difficult situations.

Achievements

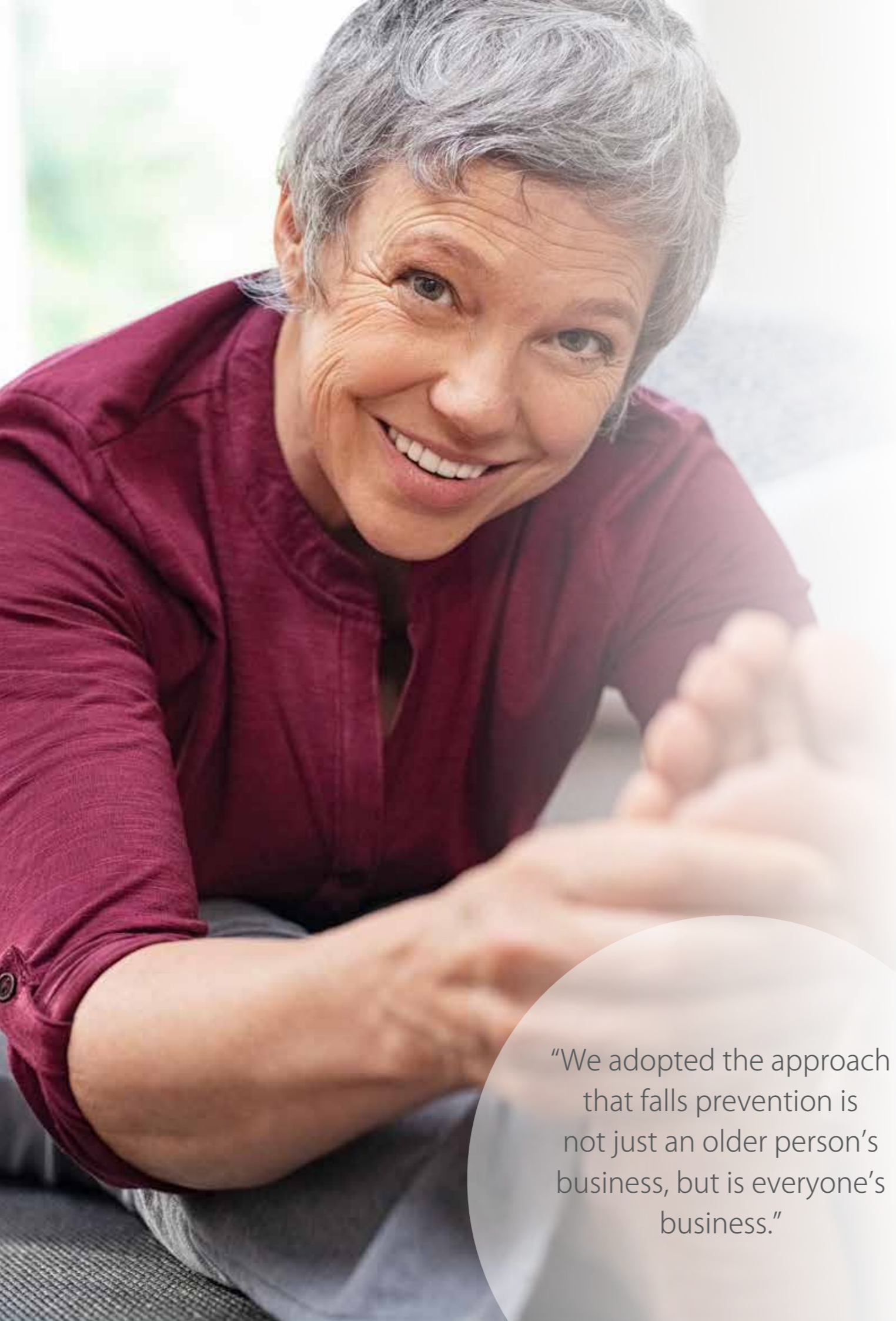
- Only four instances of aggression were experienced, a rate of 2%. Each of the aggressive events were limited to verbal aggression of a low level (i.e. where the person shouts angrily, curses mildly, or makes personal insults).
- No self-aggression, aggression against property, or physical aggression was encountered.
- Smokers were more compliant to instructions to extinguish their cigarette in the enforcement method– 64% were compliant in the enforcement method compared to 45% in the information and assistance method.

- Our results show the risk of encountering aggression when approaching smokers is minimal and health staff can conduct low-risk interactions with smokers when following our protocol.

Look out for . . .

The methodology developed from this study has been included in the Smoke-Free Workplace procedure, to guide CCLHD staff in interactions when they approach smokers on hospital grounds. A short video is being developed to support staff to feel equipped to make approaches.

A journal article outlining the project has recently been submitted to the Health Promotion Journal of Australia for consideration.



Falls are preventable

Keeping older people healthy, active and living independently at home

Why are we doing this?

For an older person, a fall can be serious and lead to loss of confidence and independence. Falls are one of the main reasons older people go into residential care.

Approximately a quarter of people aged 65 and above experience a fall at least once a year, with 50% falling more than once.

Between 2016 and 2026, the number of people aged 60 and above on the Central Coast is expected to increase by 20,295 (23.2%) and comprise 28.9% of the total population. This makes falls prevention an increasingly important part of health promotion work.

How did we do it?

Presentations on active healthy ageing were delivered to senior groups to help empower individuals to take actions that reduce their risk of falls.

To help support the next generation of aged care staff, presentations on falls prevention were also delivered to students at Gosford TAFE studying a Certificate III in Individual Support (Ageing, Home and Community). Due

to COVID-19, several in-person presentations were replaced with virtual meetings.

Following consultation with partners, a new resource was produced on what to do if you fall at home that has been distributed to people 65+ years of age, patients, aged care providers and health professionals including podiatrists and pharmacists. Falls prevention resource packs were also provided to hospital patients who require surgery following a fall.

We adopted the approach that falls prevention is not just an older person's business, but is everyone's business. We identified organisations that could play a key role in helping empower older people to prevent falls. This saw a new partnership formed with aged care providers to upskill the knowledge and confidence of direct care workers and identify falls risks for their clients. This empowered both aged care staff and their clients.

Achievements

- Six presentations given to 250 people aged 65+.
- Four presentations delivered to TAFE students.

- 2,000 falls prevention packs distributed to patients.
- An aged care provider presentation given to 45 direct care workers, resulting in positive feedback submitted via a post-presentation survey.
- 10 Falls are Preventable DVD requests from health professionals.
- 'Stay On Your Feet' webinar presentation delivered to general practitioners and practise nurses representing 79 GP practices.

Look out for ...

Expansion of the Falls Prevention program so it is promoted to all aged care providers, regardless of services offered or number of clients.

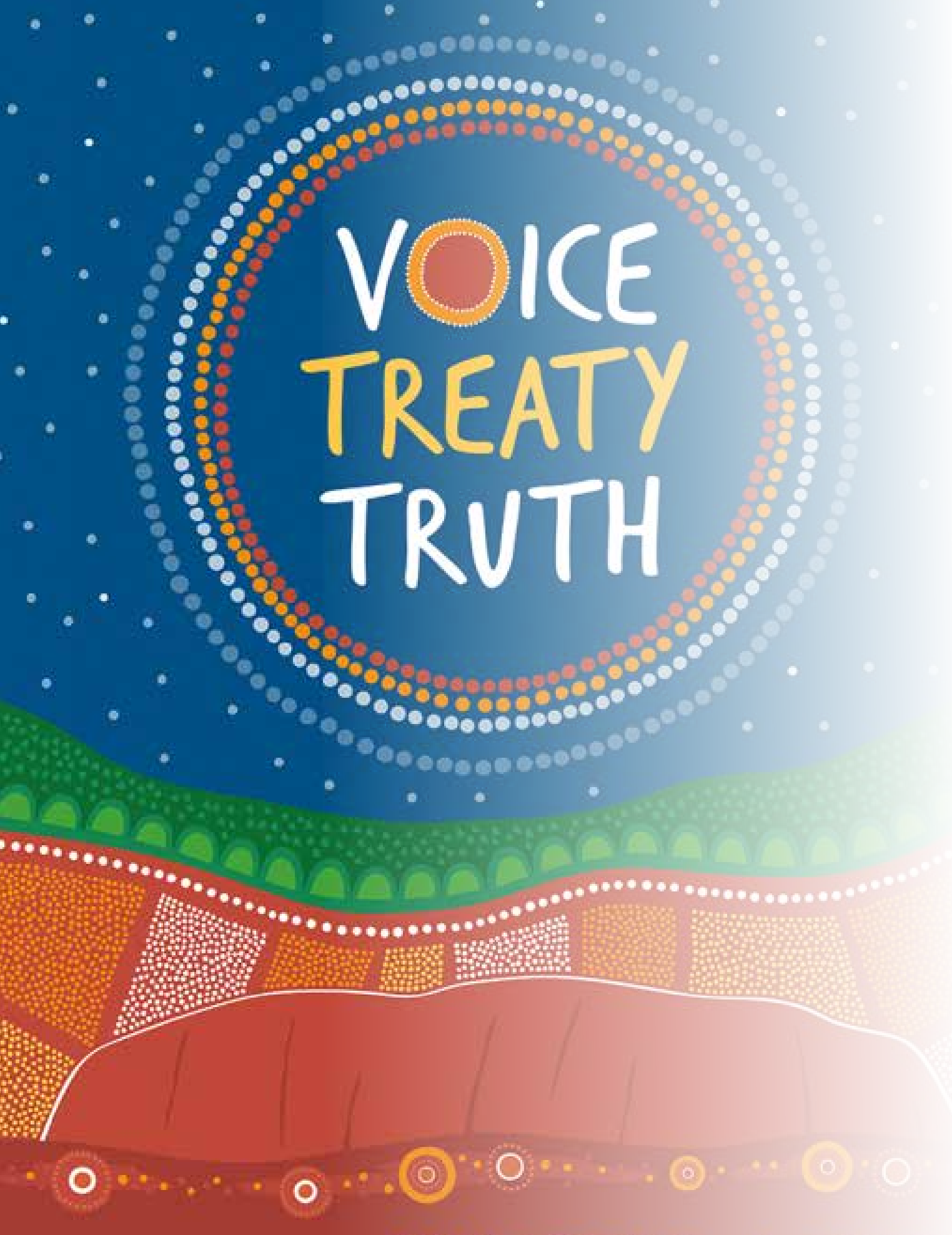
Partners

CCLHD departments – Occupational Therapy; Geriatric Rehabilitating Unit; and Osteoporosis Re-fracture Prevention and Transition Care
Central Coast aged care providers
TAFE NSW Gosford

“We adopted the approach that falls prevention is not just an older person's business, but is everyone's business.”

Central Coast NAIDOC Community Day

Providing health checks for the Aboriginal community at a family fun day



VOICE
TREATY
TRUTH

Why are we doing this?

NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

Central Coast NAIDOC Community Day is hosted by the District's Nunyara Aboriginal Health Unit and has been running for 22 years. The event engages the local community in a family-friendly, culturally-suitable way, as well as encouraging reconciliation.

It is also an opportunity to showcase CCLHD and community services and programs that can benefit the local Aboriginal community. The main focus is to facilitate a range of health checks for our Aboriginal community to identify significant health needs and provide referrals to manage these needs.

How did we do it?

The NAIDOC Day 2019 celebrations were held at Gosford Racecourse. Activities and services were organised in different areas and precincts:

- *Health Check Hall:* A comprehensive health assessment through 10 health stations, this included areas such as diabetes, cardiology, respiratory, podiatry, nutrition,

pathology, mental health, drug and alcohol, and more. All assessments were made by a senior endocrinologist and referrals to GPs were completed for follow-up.

- *Community Stall Precinct:* An opportunity for community organisations to showcase their services and how to access them. This precinct also allowed small community Aboriginal businesses and hobbyists to showcase their wares to community.
- *Health Services Precinct:* A number of CCLHD health services provided information on what they offer and how to access their service. They also took the opportunity to educate the community on different health conditions.
- *Kids' Precinct:* Fun activities such as jumping castles, rock climbing, animal farms and a marquee with a Bike n' Blend, face painting and other artwork activities for kids and young people.
- *Entertainment Precinct:* A main stage area where local performers were given a set time on stage to entertain the community with singing, dancing and other acts.

Achievements

- More than 2,500 people attended the event.
- 306 screenings completed at the Health Check Hall.
- 137 people received a QKidney test to check for increased risk of developing chronic kidney disease in the next five years, with 38 recommended for follow-up with a GP, of which 13 were identified as having significant hypertension requiring review in the next two weeks.
- 167 women and 80 men underwent cardiac assessments.
- 243 people seen by podiatry with 95 referrals.
- 70 people vaccinated.
- 101 people referred to the Get Healthy Service.
- 31 people recommended an oral glucose tolerant test through their GP and a further 17 referred to the Diabetes Complications Clinic.

Look out for . . .

NAIDOC 2020 has been postponed due to COVID-19, but we hope to return in 2021.

Partners

CCLHD departments
Central Coast Council

NAIDOC Week 2019

NAIDOC Week 2019 invites you to walk in a moment for a better future. For generations, Aboriginal and Torres Strait Islander people have sought recognition of our unique place in Australian history and society. Now is the time to celebrate our culture on the nation's

Early dawn light over Uluru, symbolising our continued spirit and unbroken connection to the land. Our message, developed through generations, is echoed throughout the land. Hear our words and recognise our truth.

#NAIDOC2019 #VoiceTreatyTruth

Facebook.com/NAIDOC Twitter Instagram



Youth Booth

Bringing health services to young people through a mobile booth

Why are we doing this?

Youth Booth is a mobile outreach service that enables young people (14–24 years old) to access a variety of health services from one location. Recognising young people fail to access many health services, the booth travels to locations they visit with the aim of addressing their basic health needs on the day and facilitating speciality healthcare follow-ups and referrals.

The booth gives young people as well as community organisations an opportunity to have positive interactions with healthcare workers. This assists in breaking down the fear, stigma and discrimination associated with accessing health services.

The District's Youth Health Service has worked with partners to operate Youth Booth since 2006.

During this time, Youth Booth has evolved to directly address the current and emerging health needs and concerns of young people, which include risk-taking behaviour with drug and alcohol use and sexual health. This is particularly important given gonorrhoea notification rates across NSW were 13% higher in 2019 than 2018, while chlamydia notification rates were 2% higher.

Organising and facilitating Youth Booth provides an opportunity for partner organisations to build relationships and increase awareness and knowledge of other health services. This can assist in making appropriate referrals and directing young people to the most appropriate service.

How did we do it?

This year, the booth visited the following locations:

- National Aboriginal Islander Skills Development Association (NAISDA)
- Coast Shelter Refuge
- TLK Alesco School (alternative school)
- ET Australia Secondary College (alternative school)
- Regional Youth Support Service

Responding to changing community needs, Youth Health consulted each host agency to determine what their needs and expectations were for the day. This ensured positive outcomes were achieved and emerging health needs of young people were addressed.

Each booth was tailored for each host organisation to ensure the specific needs of their clientele were met and was achieved by bringing along relevant health

organisations. For example, for NAISDA Youth Booth, Youth Health involved Aboriginal health organisations, such as Yerin, to ensure a culturally-appropriate health intervention.

Young people visiting the booth spent one-on-one time with a health worker, allowing an individualised health assessment to be completed, with recommendations for follow-up.

Visitors could also discuss any health concerns or questions they had with health professionals from a variety of different services within a harm minimisation and sex positive framework. Health issues discussed included:

- oral health check-ups
- building healthy relationships
- catch-up immunisations
- mental health check-ins
- safer behaviours surrounding alcohol and other drugs and sexual health

Achievements

- Despite the cancellation of one Youth Booth due to COVID-19 109 young people visited Youth Booths at five strategic locations, providing an opportunity for them to engage with health services on their terms.
- On average, young people attended the booths for approximately three hours, providing a comprehensive window to address their concerns and deliver key health messages in a relatable way.
- A third of young people visiting booths completed a screen for chlamydia and gonorrhoea.
- Key partnerships were nurtured and formed between partner health organisations both within the District and across the wider health network.
- Youth Health has received direct counselling referrals as a result of issues identified at Youth Booths. Furthermore, young people

have also been linked into other appropriate services as per their health needs.

Look out for ...

Youth Booths in 2020! Youth Health plans for a further six with host agencies in the local community.

Partners

Aboriginal health services – CCLHD Nunyara Aboriginal Health Unit; NYGIANG; and Yerin Eleanor Duncan Aboriginal Health Centre Biala Sexual Assault Service

CCLHD departments and services – Drug and Alcohol; HIV & Related Programs; Holden Street Sexual Clinic; Out of Home Care Health Pathways; Oral Health; Sexual Health; and Youth Health

Headspace

Youth Booth host venues (listed above)



Koori Knockout

STI testing and education at NSW's largest gathering of Aboriginal people

Why are we doing this?

In 2016, rates of notification for most sexually transmitted infections (STIs) and blood-borne viruses for the Indigenous population were at least two and sometimes as much as five times higher than the non-Indigenous population.

Koori Knockout is an annual Aboriginal and Torres Strait Islander

rugby league tournament and was the largest gathering of Aboriginal people in NSW in 2019. This presented a unique opportunity to reach our target demographic.

How did we do it?

Youth Health partnered with NSW STI Programs Unit (STIPU) and Drug and Alcohol, and HIV & Related Programs to assemble an experienced team of specialist

staff. This included nurses, health promotion officers, social workers, an Aboriginal Health Worker and the Aboriginal Drug and Alcohol Manager.

This specialist team provided opportunistic STI screening and testing from a branded stand at the event. Sexual health education was also delivered using a sex positive approach to empower the

community to make healthy and informed decisions about their sexual health.

Young people also assisted the team, with peer educators from the Sexual Health and Peer Education (SHAPE) program on hand to deliver key health messages.

In addition to health professionals, Play Safe Aboriginal working group, Take Blaktion, provided two ambassadors from ABC television show Black Comedy, Carly Wallace and Steven Oliver, to further engage attendees.

The Aboriginal community can be difficult to engage in conversations around sexual health. To address

this, the team provided engaging activities such as guess how many condoms were in a jar and how many oranges could be fit in a condom. Promotional stock, such as hats, thongs and portable phone chargers, was also given away. Attendees were provided with condoms to support safe sex and in order to minimise the risk of unplanned pregnancies.

Koori Knockout is an all-age event, so there was the possibility that people outside of the team's age criteria (14–24 years old) would be engaged. The team were flexible, applying a holistic approach by engaging the whole family in conversations around general

health. The approach aligned with the Caring for the Coast value of building capacity to access services across the wider community.

Achievements

- One participant within Youth Health's age criteria returned a positive STI sample. Youth Health was able to link them in with their local GP, who provided them with treatment as they resided out of area.
- More than 1,200 condoms handed out to the Aboriginal community.
- More than 200 people engaged in conversations and hands-on activities relating to their sexual health.
- Strong partnerships developed with NSW STI Program Unit and Take Blaktion.
- Strengthening of relationships between Youth Health and CCLHD's Drug and Alcohol Service and HIV & Related Programs.
- Partnerships built with the Aboriginal community resulting in increased service awareness.

Look out for . . .

A Youth Health presence at other targeted community events.

Partners

CCLHD departments – Drug and Alcohol Service; HIV & Related Programs; and Sexual Health

CCLHD peer educators
NSW STI Programs Unit
Take Blaktion



Tradies

Providing drug and alcohol and sexual health education to 'tradies' at Ourimbah TAFE

“Outcomes from the program include increased knowledge and awareness of the harms from drug and alcohol use, and increased confidence to know where to seek help for drug and alcohol and sexual health issues.”

Leanne Fuelling, Senior Community Development Officer, Alcohol and Drug Foundation

Why are we doing this?

Ourimbah TAFE identified students in first year carpentry and construction classes were participating in risky behaviour associates with sexual activities and drug and alcohol use.

How did we do it?

A harm minimisation and sex positive framework was applied in order to provide education and facilitate positive discussions around sexual health and drug and alcohol use to an at-risk group.

The District's Youth Health, Drug and Alcohol Service and Community Drug and Action Team combined to deliver a practical and interactive two-hour workshop to students. This included condom demonstrations, recovery position demonstrations and overdose management advice.

Young people were also given the opportunity to have a sexually transmitted infection (STI) test in a supportive environment.

Information was also provided to the Ourimbah TAFE teachers so they could re-enforce key health messages and provide support to the vulnerable young people post-session and throughout the rest of their carpentry and construction training.

Students were also provided with resources to take home, such as:

- USB stick with sexual health and alcohol and other drug

information. Service information was also included as an opportunistic way to increase their service knowledge.

- Standard drink cup to encourage participants to be mindful of self-pouring drinks.
- Builder pencils featuring creative logos such as 'Cover ya stump while ya hump' and the 'Get the effects by text' number to provide a conversation starter at TAFE or on the building site amongst peers.
- Condoms and lubricant as a means of prevention of STIs and unplanned pregnancies.

Attendees were asked to complete a pre- and post-session evaluation of their knowledge asking them how confident they felt in six areas:

1. Helping a friend that asks for help around drug use
2. How to respond if a friend has taken too much and has overdosed
3. How to reduce some of the risks of using drugs or alcohol if I am choosing to use
4. How to go about getting an STI check
5. How to practice safer sex
6. How to have consent in a sexual relationship

Achievements

- 94 young people attended the workshop, with enthusiastic

contributions and engagements from participants.

- More than two-thirds (67%) took the option to complete an STI screen for chlamydia and gonorrhoea, with one positive detected that was followed up and treated by Youth Health.
- 94% pre- and post-survey completion rate.
- Across the six areas of sexual health behaviours and safe drug and alcohol use, an average of 71% rated themselves as feeling confident, with percentages ranging from 67.4% to 78%.
- Students and Ourimbah TAFE teachers have since reported increased knowledge of services available on the Central Coast, which included GPs and drug and alcohol treatment services. Youth health services also increased visibility of service provision with this vulnerable population.

Look out for . . .

Drug and alcohol and sexual health education for 'tradies' in 2021.

Partners

CCLHD Community Drug Action Team

CCLHD Drug and Alcohol Service
TAFE NSW Ourimbah

ASK ME WHAT HEP C TREATMENT IS LIKE.

NO WORRIES.
SUPER SIMPLE.
LESS SIDE EFFECTS.

You can be
free of hep C.

Talk to us now

1800 803 990 hep.c.org.au

“Having a peer worker in the service to engage with people when they dropped in added a lot of impact to what we are trying to achieve. The materials we gave away also helped to engage clients.”

**Sharon Boden – Nursing Unit
Manager, Liver Clinic**

Clearing the Path

A peer education project to increase screening, testing and treatment rates for hepatitis C amongst people who inject drugs

Why are we doing this?

People who inject drugs are at high risk of being exposed to hepatitis C (HCV), yet due to issues such as the stigma and discrimination they may face or feel because of their drug use, many members of the community do not access the screening, testing and treatment services available to them.

The availability of simple treatments for HCV with cure rates of 90% – and with no restrictions based on current or previous drug use – means a cure is achievable. However, on the Central Coast there are around 2,500 people estimated to be living with HCV and in NSW an estimated 29% of the population have the virus. In NSW more than 23,500 people have now been treated, yet 58,000 people across the state are yet to seek treatment.

How did we do it?

Building on the state-wide NSW Hepatitis C Strategy, peer workers were invited into the District’s Needle and Syringe Programs (NSP)

to provide peer support to people who inject drugs.

Working in partnership, NSP health education officers and peer workers engaged people who inject drugs as they were accessing the NSP on a number of issues, including:

- debunking myths regarding HCV transmission and treatment
- addressing concerns in a non-judgemental manner
- reassessment of existing assumptions
- prompting renewed consideration of HCV testing and treatment as a possibility

Liver Clinic staff also offered clients:

- screening, testing, fibroscans and treatment
- follow-up and delivery of results
- hepatitis B vaccination

Achievements

- Education and vaccination for hepatitis B provided at two locations for 12 months.

- Education, screening and, if required, testing and treatment for hepatitis C provided at two locations for 12 months.
- Clients who had previous testing but may not have attended further appointments were followed up.
- Clients received up-to-date information and education regarding HCV testing treatment and prevention, with some started on treatment.
- Clients given the opportunity to talk to peer workers and other staff about concerns they had.

Look out for . . .

The campaign will return with the launch of Clearing the Path 2.

Partners

CCLHD Liver Clinic
Hepatitis NSW
NSW Ministry of Health
NSW Users and AIDS Association

Rainbow Inclusion Network

Removing stigma and discrimination for sexuality and gender-identity diverse groups of people

Why are we doing this?

Historically, there has been an absence of communication channels and networks between health professionals who work with sexuality and gender identity-diverse clients and groups. This constituted a barrier to effective promotion of health messages.

A number of NSW Health strategies – including for HIV, sexually transmitted infections and hepatitis B and C – identified the need for engagement with this community, and to recognise the unique barriers, such as stigma and discrimination, it can face.

How did we do it?

The Rainbow Inclusion Network Central Coast (RINCC) was established to adopt a collaborative approach to reducing stigma and discrimination, providing more inclusive services, and improving health outcomes for the region's sexuality and gender identity-diverse populations.

It was devised and is maintained by representatives from the District's HIV & Related Programs team in partnership with ACON, and was established with support from Central Coast Community Council and Uniting.

Members were recruited based on types of stakeholders identified across various state health strategies. Invitations were extended through other existing

networks and inter-agencies. Many others requested membership based on word of mouth or following recommendation from an existing member.

Although in its infancy, RINCC has already established an innovative model, unique to other sexuality and gender identity programs across NSW. Its multi-sectoral and whole-of-life approach provides a broad scope that captures all stakeholders working with this particular community.

There has also been a conscious effort not to be perceived as a de facto "voice" for the sexuality and gender-identity diverse community. The focus is on member organisations sharing networks, resources and information, as well as being mutually supportive.

Achievements

- RINCC's online HSNet forum already includes:
 - 65 individual members, with new members joining on a monthly basis.
 - 32 organisational members including a broad range of expertise from local government, police, volunteering, social services and housing.
 - Eight Central Coast Health District services.
- An average of 10 posts a month on the forum that share

expertise, information and resources with fellow members.

- Shortlisted for a Caring for the Coast Award for Excellence in Inclusion and Diversity.

By establishing two-way dialogue between the District and non-governmental organisations, awareness of services such as sexual health, drug and alcohol and mental health has increased within the community. RINCC members are also more acutely aware of health referral pathways and emerging technologies such as dried blood spot testing.

The District is now providing leadership on sexuality and gender identity-diverse issues, is more responsive to its community's needs, and providing greater reassurance to patients that our health services are both safe and inclusive.

Look out for . . .

- Use of member feedback to ensure continuing relevance of RINCC and inform members of latest practices and approaches in the sector.
- Targeted recruitment of organisations to fill gaps in sectors not covered by the existing member base.

Partners

ACON
Central Coast Community Council
Uniting



"The Network has increased members' capacity to transform the health experience for gender positively and sexually-diverse people living and working on the Central Coast."

Colin Henson (He, Him, His), People and Culture Manager, ADSSI Ltd



Short & Sharp

Health Promotion Service

Activate Your Space

Increasing opportunities for participation in physical activity continues to be an important public health priority, particularly in areas of socioeconomic disadvantage. In 2019, 47% of NSW adults in the most disadvantaged quintile were insufficiently physically active, compared with 30% in the least disadvantaged quintile.

Activate Your Space aims to maximise physical activity participation in local communities, utilising existing outdoor environments and assets, in partnership with key stakeholders. A parkrun was successfully introduced in the San Remo community in January 2018, attracting an average of more than 150 locals weekly. A letterbox drop promoting San Remo parkrun in April 2019 resulted in a small increase of new runners and walkers to the group, before COVID-19 stymied parkrun in 2020.

Future strategies to increase physical activity in San Remo will continue to focus on maximising the use of outdoor spaces, in partnership with key stakeholders. This includes promotion of a new children's playground (planned for 2021) and installation of outdoor exercise equipment for older

people. Any initiatives will need to consider physical activity in the context of COVID-19, which may impact physical activity group sizes.

Liquor licence responses

There is a strong relationship between alcohol outlet density and alcohol-related harm. On the Central Coast there are higher rates of both alcohol-related domestic and non-domestic assaults than in NSW as a whole. In 2016–2017, alcohol-attributed hospitalisations were also significantly higher (688.6 to 584 per 100,000 of the population, respectively).

The Health Promotion Service continues to monitor development applications, notices of intent and liquor licence applications submitted on the Central Coast. Each application is reviewed for potential to increase alcohol related-harm in the proposed community and surrounding areas. This involves collaboration with the police, council and local community, combined with further research, to compile a response in the form of an objection or recommendations. Responses are submitted to the Independent Liquor & Gaming Authority and outline the unacceptable risk of harm if the applications were approved.

This year, responses have been submitted on the expansion of BWS to Dan Murphy's in Lake Haven and an application for a new packaged liquor licence in The Entrance. Outcomes on both applications are pending.

Outdoor learning workshop

As part of the Live Life Well @ School and Munch & Move programs, in February 2020 the Health Promotion Service facilitated a professional development workshop for teachers and educators on outdoor learning.

Dr Amanda Lloyd, Executive Officer of Outdoors NSW, discussed the research behind outdoor learning and how it can support overall health and wellbeing for both students and staff in schools and childcare centres.

The session offered NSW Education Standards Authority professional development points and saw 90 education professionals in attendance, made up of childcare educators, primary and secondary school teachers.

Feedback from the event was overwhelmingly positive, with a post-event survey revealing all found it useful, with 91% saying it was 'extremely' or 'very useful'.



Thirsty? Choose Water! chilled water station competition

The Health Promotion Service ran a competition for Central Coast secondary schools to win two fully-installed chilled water stations.

Schools were asked to suggest activities to promote water consumption in the classroom, the school environment and to the wider school community. Points were awarded for creativity and student involvement.

Seven high-quality applications were received featuring ideas covering cross-curricular links, whole-school community involvement and consideration of the environmental impacts of reusable water bottles. All applicants described their intention to continue using resources developed as part of the Thirsty? Choose Water! research program.

Henry Kendall High School was selected for its innovative ideas such as the formation of a year 8 Water Group and lobbying to its Parents and Citizens' Association

to provide reusable water bottles, as well as its creative presentation that included a stop-motion video and rap.

Kariong Mountains High School was also a winner for its suggestions of a range of student-led activities, staff role-modelling and partnerships with the wider community for the promotion of water. This included a competition across their learning community, liaison with local businesses and Parklands management to promote water to Parklands visitors.

The competition will contribute to the broader Thirsty? translational activities, with the winning schools currently working towards implementing planned activities.

SWAP IT program

The SWAP IT program aims to support parents and carers to pack healthier lunchboxes by providing information about how to swap 'sometimes' foods for 'everyday' foods. The primary outcome of the trial is to reduce the average energy content (kilojoules) of discretionary

food and drinks packed in the lunchbox. It is based on the knowledge that 86% of students bring a packed lunch from home and that food in school lunchboxes accounts for up to a third of a child's daily energy intake.

This research was led by Hunter New England Local Health District, in partnership with Mid North Coast and Central Coast local health districts. In 2019–20, four Central Coast primary schools were involved in the trial, with two intervention and two control schools. The program was found to be effective in reducing the amount of discretionary ('sometimes') foods packed in lunchboxes.

Central Coast schools who were due to take part the program in 2020 were unable to receive resources as planned due to the disruptions surrounding COVID-19. Since face-to-face learning resumed, all schools have been contacted to offer resources. We plan to continue offering SWAP IT program resources as part of the

Live Life Well @ School primary schools health promotion support in future.

Linking People to Programs

Linking People to Programs (LaPP) aims to increase the use of existing evidence-based preventive health services among children and families. These services are provided by government free of charge to the community, however are underutilised, despite demonstrating health outcomes. This intervention aims to connect the community with services through the use of messages via a schools-based communication application, SkoolBag, and increase their utilisation.

This research is led by Hunter New England Local Health District, in partnership with Mid North Coast and Central Coast Local health districts. It supports existing Health Promotion work within Central Coast Local Health District by promoting Go4Fun, the Get Healthy Service and Active Kids Voucher.

Sixteen Central Coast primary schools were involved in the program and weekly messages were sent via SkoolBag during term 1, 2020. Seven out of 10 planned messages were delivered prior to the disruptions surrounding COVID-19. These messages are planned to resume in term 3, 2020. The evaluation will be conducted by Hunter New England Local Health District and will help inform future communication strategies for health promotion. These insights will be especially valuable in the context of restrictions around in-person interaction and the necessity for online innovation.

Refresh @ Home

With many families on the Coast spending more time at home due to COVID-19, the Refresh Kids & Families page on the Health Promotion website was adapted to become Refresh @ Home.

Refresh @ Home is a collection of resources, as well as information and advice from the Health Promotion Service and other

trusted sources on a number of topics, from exercising at home, to cooking healthy meals, mental health support, activities and games. The page is updated regularly with new resources to support families on the Central Coast.

In addition to the new webpage, a Refresh e-newsletter launched in May to highlight updates, drive traffic to the page and directly share these resources with stakeholders. The newsletter already has more than 50 subscribers, including local educators and health professionals, as well as members of the community.

Across five editions, the newsletter has an open rate of 74.5% against a government sector average of 42.44% and a click-through rate of 31.2% against a government sector average of 9.6%

You can view the webpage and subscribe to the Refresh newsletter at www.healthpromotion.com.au/refresh.



“The LHD World AIDS Day morning tea and network meeting was a great opportunity to connect with colleagues and friends to recognise the poignancy of the efforts in combating AIDS and HIV. The hospitality was welcome and facilitated a great atmosphere.”

**Fiona Morrison, Executive Officer,
Volunteering Central Coast**

World
AIDS
Day

Short & Sharp

HIV & Related Programs

NSW Health HIV Testing Week and Viral Hepatitis Awareness Week

The HIV & Related Programs team used awareness weeks to reinforce the need to prevent HIV and viral hepatitis transmission through safe behaviours and accessing testing and treatment, stigma, discrimination and misunderstanding.

Clinicians were made available during Viral Hepatitis Awareness Week in July 2019 through outlets from the District’s Needle and Syringe Program, offering testing and access to treatment for hepatitis C along with hepatitis B vaccination to people who inject drugs.

HETI (Health Education and Training Institute) training on stigma was promoted to staff and campaign messages were distributed through all-staff broadcast emails and the internal newsletter. Staff were also engaged through a stall in the staff cafeteria at Gosford Hospital, run by the Liver Clinic and the Blood-borne Virus Health Promotion Officer.

Information was also distributed through interagency networks, while traditional media and social media channels were used to raise awareness amongst the wider community.

COVID-19 did not allow for the full range of activities for HIV Testing Week in June 2020,

however, social media content was posted on Holden Street Clinic’s Facebook page and information was distributed electronically through networks. Banners were also displayed at the District’s Long Jetty, Wyong, Woy Woy and Gosford campuses.

Communications across both weeks were targeted at priority at-risk groups, including men who have sex with men, people who inject drugs, people living with HIV, and multicultural and Aboriginal community members. Messages were disseminated in the context of sex positivity and harm minimisation.

Coastal Twist Fair Day

The event marked the first time an LGBTQIA+ pride festival was run on the Central Coast and provided an ideal opportunity to engage with a priority community – gay men and men who have sex with men.

Recognising the significance of the event, a branded stand was organised. Staff from the District’s Holden Street Sexual Health Clinic – including doctors, nurses and a counsellor – alongside harm minimisation and HIV & Related Programs were on hand to answer questions, provide information and give out resources to festival goers.

This included the latest information on testing and staying safe, including specific promotion of pre-exposure prophylaxis, dried

blood spot testing, condom usage and the Undetectable = Untransmittable campaign.

More than 6,000 people across all ages, abilities, genders and sexualities attended the Coastal Twist Fair Day, providing an opportunity for the team to engage with and hear a broad range of community perspectives.

World AIDS Day

The HIV & Related Programs team marked World AIDS Day (WAD) 2019 with a mixture of communications and engagement activity to help dismantle forms of stigma, discrimination and marginalization impacting people living with HIV and priority populations.

The WAD Red Ribbon symbol was displayed on outdoor banners and pull-up banners at various District locations including Gosford and Wyong Hospital, and there was further promotion through social media via internal staff communication channels.

Stakeholders including community groups, health services, law enforcement, social services and members of the community were invited to morning tea at Holden Street Clinic. Support was provided by ACON Hunter, who organised a Red Ribbon-themed drag bingo evening at a local hotel as both an awareness and fundraiser.

Major Committees and Networks

CCLHD Breastfeeding and Infant Feeding Reference Group

Supports the implementation of a comprehensive and integrated plan for breastfeeding on the Central Coast.

CCLHD Childhood Obesity Steering Committee

Supports the implementation of the Routine Growth Assessment of Children Policy in CCLHD and includes key representatives across the District's clinical, community and population health services. Formerly the Premier's Priority Childhood Obesity Steering Group.

CCLHD Health Literacy Committee

Ensures information developed across the CCLHD for access or distribution to patients, clients, consumers and carers is clear and can be understood so that people can make effective decisions about their health and care. This includes reviewing and providing feedback on written information and audio-visual material.

CCLHD Immunisation Taskforce

Supports healthcare providers and the community by disseminating information and developing immunisation strategies with the

aim of protecting the community from vaccine preventable diseases. As well as CCLHD service representatives, membership also includes Hunter New England Central Coast Primary Health Network and Yerin.

Central Coast Canteen Network

Supports and shares canteen-related issues for primary and high schools amongst all local health district members across NSW.

Central Coast Regional Leadership Executive – Delivery Coordination Monitoring Committee – Traffic and Parking Subcommittee

Serves to identify, analyse and resolve traffic, parking and movement issues within Gosford city centre.

Central Coast Health Eating and Active Living (COHEAL) Subcommittee

Chaired by the Health Promotion Service, the committee includes representatives from a range of Central Coast government agencies who work together to reduce the prevalence of overweight and obesity in the community.

Get Healthy at Work LHD Network

Facilitates information sharing about local and state-wide promotion and internal implementation of GHaW.

Get Healthy Service LHD Network

State health-led group that includes representation from each LHD within NSW. The network updates, shares and disseminates information related to the Get Healthy Service.

Health Promotion Forum Working Group

State-wide working group led by the Ministry of Health with local health district representatives responsible for planning the annual health promotion forum, a professional development and networking day for local health district staff. Prior to its postponement due to COVID-19, the forum agenda had a focus on citizen science with both presentations from experts in the field and opportunities for local health districts to showcase their work.

Healthy Built Environments LHD Network

Informal network for collaboration on, and collective resolution of,

built environment issues across NSW LHDs. The network also facilitates information exchange about local and state-wide healthy built environment initiatives and built environment-related issues of interest and relevance to LHDs both nationally and internationally.

Live Life Well @ School Key Contacts Group

Made up of support officers from LHDs around the state, the group guides and supports the implementation of the state-wide Live Life Well @ School program in primary schools.

Munch & Move Key Contacts Group

Guides and supports the implementation of the state-wide Munch & Move program in early childhood education and care services. Includes representation from the Office of Preventative Health and LHDs across NSW.

NSW Health Promotion Communications Network

Network of communications professionals that shares experiences and resources to support best practice communications across the state.

NSW Health Promotion Leadership Group

Provides an opportunity for effective strategic and practical collaboration between the Centre for Population Health, Office of Preventive Health and health promotion teams from local health districts throughout NSW. This includes identifying strategic priorities for health promotion in NSW, working collaboratively on major programs and initiatives, advocating for health promotion in NSW, as well as providing leadership, mentoring and oversight of professional networks and other endorsed activities.

Rumbalara Environmental Education Centre School Planning Advisory Group

Central Coast Health Promotion Service works closely with Rumbalara to develop content for the School Garden Interest Group. As result, last year we were invited to join its Advisory Group to help develop teacher capacity, alongside a number of community stakeholders.

Smoke-Free Hospital Grounds Working Group

Develops and implement strategies to support CCLHD grounds being

smoke-free and consults with services who may be impacted by smoke-free by-law expansion.

Tobacco Control Network

A forum for tobacco control staff from LHDs, Cancer Institute and NSW Ministry of Health to share information about projects, ideas and challenges in tobacco control and the implementation of the NSW Tobacco Strategy.

Thirsty? Choose Water! Advisory Group

Supports the Thirsty? Choose Water! Medical Research Future Fund project. It includes representation from LHD Health Promotion Service partners, Public Health, Office of Preventive Health, NSW Ministry of Health, Department of Education, Hunter Medical Research Institute, Aboriginal Health, a biostatistician and health economist.

Tuggerah Lakes and Brisbane Waters Liquor Accords

Aim to improve safety and reduce alcohol-related anti-social behaviour, offences and violence. The Accords are made up of local liquor retailers including pubs, clubs, and packaged liquor outlets, NSW Liquor & Gaming, police, Central Coast Council and CCLHD.

Publications

Australian Indigenous Health Bulletin

Giles L, Bauer L (October 2019). *Working towards a tobacco-free Aboriginal community through an arts-based intervention.*

Health Promotion Journal of Australia

Giles L, Bauer L (January 2020). *Implementing and enforcing a smoke-free policy and by-law on hospital grounds at Central Coast Local Health District.*

Giles L, Bauer L (June 2020). *Supporting visitor compliance with a smoke-free policy at hospital using a nicotine replacement therapy vending machine.*

Presentations

Public Health Prevention Conference: 'Smashing the Silos' (June 2019)

Make Their Meals Count Improves Indicators of Food Literacy for Parents

Sydney Partnership for Health, Education, Research & Enterprise (SPHERE) International Conference: 'Partnership for Better Health' (August 2019)

Presentation on the Thirsty? Choose Water! project.

Primary Principals Network (September 2019)

Presentation on Go4Fun to outline potential partnerships including hosting, promotion and referrals in schools.

Central Coast Schools as Community Centres Advisory Group (September 2019)

Presentation on Go4Fun and Aboriginal Go4Fun to outline potential partnership and cross promotion opportunities.

Oceania Tobacco Control Conference (October 2019)

Can we reorient mental health treatment practitioners to see smoking cessation as mental health treatment, and not just a long term secondary physical health issue?

Creating a tobacco free Aboriginal community through art – partnerships, successes and challenges from a community-based smoking cessation art competition

Investigating the feasibility of partnering with financial counsellors to address smoking cessation with low socioeconomic smokers

CCLHD Research and Innovation Symposium (November 2019)

Assessing the responses of smokers to requests to stop smoking in areas covered by CCLHD's smoke-free by-law – preliminary results

Investigating the feasibility of partnering with financial counsellors to address smoking cessation with low socioeconomic smokers

Investigating the behavioural drivers of the provision of smoking cessation support by midwives in CCLHD maternity Service

Thirsty? Choose Water! Enticing secondary students to choose water as their preferred drink, preliminary results

Pharmaceutical Society of Australia Annual Therapeutic Conference (March 2020)

Clinical interventions in diabetes and weight management: screening, prevention and treatment optimisation



