

HEALTH PROMOTION ACTION

2016 - 2017
Year in Review



Health
Central Coast
Local Health District

Central Coast Health Promotion Service
Level 1, 4-6 Watt Street
Gosford NSW 2250
Tel. (02) 4320 9700
Fax: (02) 4320 9725
healthpromotion.com.au

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

healthpromotion.com.au

2017

DIRECTORS REPORT



It's been another busy year for Health Promotion! I hope you enjoy reading about some of the many achievements and mile stones that we are very proud of...

We couldn't achieve what we do without strong partnerships with other District departments and solid relationships with organisations outside the health service. The Health Promotion team constantly come across dedicated, passionate people outside of our Service, who realise the potential impact of being in 'good health' and work so hard to help put the conditions in place to help achieve this. I would like to say a sincere thank you to all those who have worked with us to improve the health of our community.

Some of the highlights from this year....

Reduce adult smoking rates by 1% point with a focus on Aboriginal community	2016/17 rates: 20.1% (1.3% decrease from 2015/16)
Achieve 95% compliance with Smoke free Healthcare policy	98%
Reduce sales of alcohol to young people without ID by 5%	2016/17 rates: 25.86% (19.14% decrease from 2015/16)
Meet the targets for HCI and increasing referrals to GHS by CCLHD Health Professionals by 10% on 2015/16 numbers	HCI targets exceeded GHS HP referrals: 383 (target 182)

Partnerships – all shapes and sizes

Activate Your Space is working in new ways and bridging traditional boundaries to change the way that children and young people use outdoor spaces in low socioeconomic communities. It is a collaborative journey that utilises strong cross agency support and authentic community partnerships to enhance neighbourhood walkability and use of recreational areas.

Agencies collaborating on the project include Office of Sport, Central Coast Council, Department of Education, Department of Families and Communities, and NSW Police. The Advocate for Children and Young People has generously shared their findings from consultations with children and young people in North Wyong to inform the development of the project. Of particular note, the Wallarah Area Learning Community and Schools Community Centres at Blue Haven and Northlakes have made important contributions to knowledge sharing and stakeholder engagement. Our community partners are highly motivated to ensure that children and young people in the local area have opportunities for healthy futures. These partners include North Lakes AFL Club, San Remo Neighbourhood Centre, Evolution Youth Service, Youth Off The Streets, Northlakes High School, and the Central Coast Council.

New research partnership

We were also successful in gaining a Translational Research Grant – which explicitly mandates partnerships, in recognition of the importance of these in the effectiveness of any good population health reach intervention. In collaboration with partners in South West Sydney and Illawarra Local Health Districts we will build on the work of a pilot project addressing soft drink consumption in year 7 students. The research project will establish the effectiveness of a behavioural intervention and the provision of chilled water stations on increasing water consumption, changing year 7 secondary school students' knowledge and attitudes, and/or reducing the consumption of sugar sweetened beverages. The project addresses a gap, as to date there are few initiatives addressing overweight and obesity in the High School setting.

Nicole Kajons
Director

Health Promotion and Population Health Improvement
ph: 43209704
e: Nicole.evans@health.nsw.gov.au



CONTENTS



Overweight & Obesity Prevention	4
Activate your Space	4
Urban Planning4Health	6
Go Active 2 Work	9
Park & Walk @ Gosford Hospital	10
Get Healthy Service	12
Thirsty? Choose Water.	14
Vege Adventure	16
Munch & Move	18
Live Life Well@School	22
Central Coast School Garden Interest Group	24
Central Coast Healthy School Canteens	26



Alcohol	28
Alcohol Sales2Minors	28



Falls Prevention	30
Falls are Preventable	30
Active Over 50 Central Coast to Active & Healthy NSW	32



Tobacco	34
Towards a Smoke-free Local Health District	34
Developments in the smoking space	35



Website	38
Health Promotion Website	38



Short&Sharp	40
Keeping in touch with Families	40
Central Coast Primary School PDHPE Network	41
Healthier food and drinks on the Menu at Gosford and Wyong Hospitals	42
Coast Diabetes Prevention: Over 40? Check your risk! What's your score?	43
5 Lands Walk 2017	44
Liquor License Applications	44

And new to the Health Promotion Team in 2017	45
---	-----------

Major Committees	46
-------------------------	-----------



OVERWEIGHT & OBESITY PREVENTION

...partnership and collaboration with stakeholders is an important aspect in building capacity and sustainability to promote behaviour and policy change...

... in 2016 the twelve Premier's' Priorities were announced, including the priority to reduce the rate of childhood overweight and obesity in NSW children by 5% over 10 years...

... 2014-15 National Health Survey showed that more than half of Australian adults consider themselves to be in "excellent" health despite statistics revealing that 63.4 percent of the country classifies as "overweight or obese"...

Activate your Space

Why are we doing this?

Activate Your Space is a 12 month pilot project to June 2018 to support children and young people from socioeconomically disadvantaged communities to be more physically active in their local environment. The focus of the pilot is in the communities of Blue Haven and San Remo located to the north of Wyong. The North Wyong region is recognised as an area of acute disadvantage where low socioeconomic conditions exacerbate the cycle of overweight and obesity for children and their families. Living in low socioeconomic neighbourhoods can contribute to overweight and obesity in a myriad of ways, including lower rates of participation in outdoor activities due to factors such as perceived safety.

How did we do it?

Activate Your Space uses a place-based approach to identify and enhance the community's strengths and assets that have potential to promote active living for children and families. The Blue Haven and San Remo area has an abundance of scenic open spaces, natural areas for recreation and extensive sealed pathway networks that connect to Tuggerah Lakes and other waterways. However, these spaces are currently under-utilised and not widely known as a destination option for active living. Activate Your Space is working collaboratively to increase awareness and use of the local environment for active living through cross-agency responses and community-led activities. Working together with the local community to improve recreational use, neighbourhood walkability and social connectedness is a key factor to success.

What did we achieve?

Activate Your Space is working in new ways and bridging traditional boundaries to change the way that children and young people use outdoor spaces in low socioeconomic communities. It is a collaborative journey that utilises strong cross agency support and authentic community partnerships to enhance neighbourhood walkability and use of recreational areas.

Agencies collaborating on the project include Office of Sport, Central Coast Council, Department of Education, Department of Families and Communities, and NSW Police. The Advocate for Children and Young People has generously shared their findings from consultations with children and young people in North Wyong to inform the development of the project. Of particular note, the Wallarah Area Learning Community and Schools As Community Centres at Blue Haven and Northlakes have made important contributions to knowledge sharing and stakeholder engagement. .

Our community partners are highly motivated to ensure that children and young people in the local area have opportunities for healthy futures. These partners include North Lakes AFL Club, San Remo Neighbourhood Centre, Evolution Youth Service, Youth off the Streets, Northlakes High School, and the Central Coast Council.

Look out for ...

Watch out for a new Park Run to be held along the waterfront at San Remo over the summer months! Park Run is a free, weekly event that encourages people of all abilities to have a go at a 5 kilometre run (or walk), everyone is welcome to join in.

Partners

North Lakes AFL Club, San Remo Neighbourhood Centre, Evolution Youth Service, Youth Off The Streets, Northlakes High School, and the Central Coast Council.



Urban Planning4Health

Why are we doing this?

Urban planning can facilitate and support preventative health approaches, especially for those who are disadvantaged and older, or who are high users of primary health care services. This can include development of social infrastructure that encourages healthy lifestyles; such as incorporating parks, walking/ jogging/ cycling/fitness tracks, swimming pools, sports facilities, clubs, community centres and ovals and providing easy access to primary health care facilities and community health services.

How did we do it?

Partnering with the District's Public Health Unit and Health Services Planning Unit, we advocate for the planning, design, development and management of healthy built environments. As a legacy of many years of action in this area, our advocacy for healthy built environments is strongly supported by the NSW Department of Planning & Environment-Central Coast and Heart Foundation NSW.

Over the course of the year we attended a number of planning and development industry events, networking with and developing relationships with government, non-government and industry professionals.

With the Public Health Unit we contribute to the NSW Healthy Built Environment LHD Network, which was established mid-2016. The Network provides an opportunity for information exchange and professional development.

Above all, we identified and responded to a number of possible health impacting proposals by way of written submissions for example; Central Coast Regional Plan.

What did we achieve?

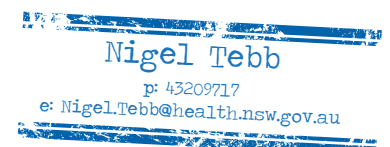
- Inclusion of healthy built environment principles in final Central Coast Regional Plan.
- Workplace Travel Plan and Bicycle Facilities (including bicycle parking and end-of-trip facilities such as lockers, change and shower facilities) included as a condition of State Significant Development Consent for Gosford Hospital.

Look out for ...

As a consequence of the collective efforts of many Local Health Districts and health organisations in NSW, we hope to see explicit inclusion of 'health' within the amended NSW Environmental Planning & Assessment Act. Involvement in the development of the first ever Community Strategic Plan for the whole Central Coast region, will help to ensuring health is built in to this high level planning document for the benefit of the community over the next 10 years.

Partners

Central Coast Local Health Public Health Unit and Health Services Planning Unit, NSW Department of Planning & Environment-Central Coast and Heart Foundation NSW.







GA2W e-news

issued monthly to over

350 staff and
community
subscribers



Go Active 2 Work

Why are we doing this?

To contribute to an increase in incidental, moderate and vigorous physical activity by encouraging and supporting increased use of active transport through walking, cycling and public transport for trips to work, particularly short trips of 2km (walkable) and 5km (bikeable).

How did we do it?

Through wide promotion of the Go Active 2 Work (GA2W) program, we endeavour to raise awareness amongst CCLHD staff and the Central Coast community about the benefits of active transport, the enablers and the opportunities e.g. new walking and cycling infrastructure, programs and events.

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

Central Coast GA2W Day provides Coasties with a regular nudge and opportunity to join in a cycle, walk or public transport trip to work. For those that work in Gosford there is the added 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 and National Ride2Work Day were supported, raising the profile of cycling and walking as healthy, easy, low cost and environmentally friendly transport options for short trips.

As part of the Gosford Hospital Redevelopment and the need to create a temporary staff car park 1km from the hospital, we developed the Park & Walk initiative and successfully encouraged staff to embrace the opportunity to walk to &/or from work.

In a bid to get more local business and workplaces on board the Active Transport bandwagon, we cross promote the NSW Government's Get Healthy at Work program, particularly the Active Travel focus area.

What did we achieve?

- GA2W e-news issued monthly to over 350 staff and community subscribers
- Workplace Travel Plan and Bicycle Facilities (including bicycle parking and end-of-trip facilities such as lockers, change and shower facilities) are to be provided as a condition of State Significant Development Consent for Gosford Hospital.
- Transport for NSW Walking & Cycling Program funding opportunity identified and applications lodged for 2017-18.

Look out for ...

The Workplace Travel Plan for Gosford Hospital.

Partners

Transport for NSW: Roads & Maritime Services - NSW Bike Week 2016 funding, Central Coast Council, Central Coast Local Health District Redevelopment, Central Coast Bicycle User Group (CCBUG), Gosford Business Improvement District (GBID) and local bike shops.

Nigel Tebb
 p: 43209717
 e: Nigel.Tebb@health.nsw.gov.au

Park & Walk @ Gosford Hospital

Why are we doing this?

It was a step in the right direction when the Health Promotion Service joined forces with local partners to promote active walking to Gosford Hospital staff.

In February, 2016, a new temporary staff car park on Showground Rd opened, during the redevelopment of the hospital site.

With the car park being just 1km / 10-15min walk from the hospital, we seized the opportunity to encourage and support staff to park at the new facility and walk to and from work.



How did we do it?

One of the most valuable partnerships formed was with Gary, the friendly driver of the Central Coast Shuttle Bus Service.

Gary provided us with valuable insights from his perspective, into the pros and cons of walking to and from the car park.

Without his support, we would not have had the same number of staff “to try walking”, even if it was catching the bus one way and walking back the other.

Along with Gary, our other “team players” made it possible to create the atmosphere for healthy behaviour change in some staff’s new daily routines.

With support from Corporate Communications and the Redevelopment Team:

- Permanent Park&Walk signage has been installed at the car park (posters and bunting)
- GoActive2Work Day promotions were held on the third Wednesday of every month – event promotion was promoted via internal communications and the GoActive2Work and HealthBUG Email groups.



Staff Health participated in promotions:

- Incentives and promotional material were given to staff that walked (coffee vouchers, water, fruit, GoActive2 Work reflective wrist bands and reuseable coffee mugs).
- Seasonally themed street art and entertainment along the footpath appeared at each Go Active2 Work day (pavement art, posters, live music, decorations).

Central Coast Council supported by:

- Approving promotional events on council property each month
- Addressing trip hazards and maintaining lawns along the footpath

Gosford Hospital staff encouraged:

- Work colleagues to walk together
- Feedback about the walkability of the route
- Feedback about the pros and cons of walking

Gosford High School wowed us with:

- Amazing musical entertainment on promotional days as staff walked to work

What did we achieve?

As a brief opportunistic intervention of 9 months, we had some impact in increasing the number of Gosford Hospital staff walking between the Showground Rd car park and Gosford Hospital.

Together we achieved:

- An increase in the number of staff walking and a decrease in the number of people catching the bus
- An increase in the number of cars parking at the car park compared to when the car park first opened
- An increase in the number of staff walking particularly on the Go Active 2 Work promotional days

Many staff who now walking say it's a convenient way to add a little exercise into their busy days, and catch up with their work mates for a chat. Some are now planning to meet and walk regularly each weekly.

Look out for ...

After 9 months, many staff are now in the habit of parking and walking, with the number of staff using the car park and walking plateauing.

Go Active 2 Work continues to be promoted each month to encourage and remind staff to park and walk.

Central Coast Council has continued to provide a supportive environment for walkers by recently upgrading the section of footpath near Gosford High School!

Partners

Central Coast Shuttle Bus Service, Corporate Communications, Redevelopment Team, Central Coast Council, Gosford High School.



Leanne Andrew
 ph: 43209700
 e: Leanne.Andrew@health.nsw.gov.au

Get Healthy Service

Why are we doing this?

Current data shows that 64% of the Central Coast adult population are overweight or obese. Only 4.9% of Central Coast adults eat the recommended serves of vegetables, 42.6% eat the recommended serves of fruit and only 34% meet adequate physical activity guidelines. The Get Healthy Service (GHS) is one initiative that can support the development of healthy lifestyles

The Central Coast Local Health District's (LHD) Service Agreement with the Secretary NSW Health identifies a target for health professional referrals GHS. The role of Health Promotion is to work towards ensuring that the District meets 100% of the set target.

How did we do it?

Partnership building was the essence if we were to achieve our targets for 2016-2017.

A tailored program Get Healthy in Pregnancy (GHIP) had a staged role out across NSW. Our LHD Midwives were amongst the first in the State to receive GHS in-service training, information and resources.

The support, enthusiasm and commitment of the midwives resulted in all pregnant women attending clinics being offered the program.

Following the successful role out of the GHIP in the LHD a partnership was formed with the Gosford Private Hospital, the only private hospital on the Coast that has an Obstetrics Department. The program was likewise embraced and all women were offered the program.

- GPs that 'Antenatal share care' pregnant women were also targeted to facilitate referral into the GHIP program.
- GPs received information regarding the GHIP program via an in-service through the Primary Health Network (PHN) ante-natal update.
- An opportunity to include GHS and GHIP in the PHN Healthpathways resulted in a comprehensive promotion across the LHD

We worked with Nunyarra Aboriginal Service to include GHS referrals during NADIOC Day. Over 90 referrals were made.

What did we achieve?

The GHS referral targets are measured quarterly. Within the District the health professional referral target was set at 182. This target was met in the second quarter. By end of June 2017, the health professional referrals totalled 383.

Coaching recipients on the Coast lost an average of 2.3kg and 4.7cm off their waist. The reduction in waist measurements for Central Coast participants was higher than the NSW average of 4.3cm.

Look out for ...

Healthy eating, increasing physical activity, alcohol reduction, achieving and maintain a healthy weight are lifestyle changes that can be achieved through the GHS.

New partnerships, including the LHD Orthopaedic Department patients on the waiting list for surgery, will be explored into the future, to ensure that patients accessing health care within the Central Coast region who would benefit from the GHS are appropriately referred by health professionals.

Partners

CCLHD Midwives, Nunyarra Aboriginal Service, Gosford Private Hospital, Primary Health Network.



Helen Kale
P: 4320 9720
E: Helen.Kale@health.nsw.gov.au

GHS coaching recipients on the Coast

lost an average of
↓ 2.3kg



and



4.7cm ↓
off their waist.

The reduction in waist measurements for Central Coast participants was higher than the NSW average of 4.3cm



Thirsty? Choose Water.

Why are we doing this?

The issue of childhood overweight and obesity has been identified as a Premier's Priority, with a target to reduce overweight and obesity rates of children in NSW by 5% by 2025.

Children above a healthy weight range are more likely to develop chronic conditions including asthma, T2 diabetes, poor emotional wellbeing, and possibly poor academic performance compared to children in a healthy weight range. In addition children who are obese are more likely to become obese adults

A key contributing factor to overweight and obesity in children is the consumption of sugar sweetened beverages (SSBs).

How did we do it?

During 2016 the Health Promotion Service in partnership with the School Immunisation Team piloted Thirsty? Choose Water! with Central Coast Y7 high school students. The primary message of the intervention was to choose water as a preferred drink and to generate discussion regarding SSBs during the 15 minute post-immunisation period. This period of time when students are observed for any adverse reactions to the immunisation is a possible opportunity which to offer health messages

Messages were delivered through playing the 'spouts and straws' game, guitar pick (as a game token to keep), postcard with information about water, sugary drinks and the quiz, and by accessing the website.

healthpromotion.com.au/choosewater/More_Info.html

Relying on strong collaboration and consultation between Health Promotion, the District's School Immunisation Team, Central Coast High School Principals, PDHPE teachers, the Secondary School Immunisation co-ordinators and students enabled a successful delivery of the pilot program.



What did we achieve?

Over 3,500 Central Coast Year 7 Students were exposed to the Thirsty? Choose water program. The evaluation was positive with students' increasing their knowledge and awareness about sugary drinks, and some changes to drinking pattern were shown.

Using the post-immunisation waiting period was a novel and innovative approach to deliver health messages to students in the secondary school setting, and was considered practical and effective.

Look out for ...

During Term 4 2017 we will continue to offer the updated game and resources to the 2017 Year 7's. Instead of the online quiz we are offering an Instagram photographic competition and to offer chilled water stations as the school prize.

Training offered & number attending

18 CCLHD Immunisation Nurses attended the Thirsty? Choose Water update

Presentations and Publications

- 2016 NSW Immunisation Nurses Teleconference
- 2016 CCLHD Research Forum
- 2017 NSW Health Promotion Forum

Partners

Central Coast Local Health District School Immunisation Nurses, High School Principals, PDHPE Teachers, Secondary School Immunisation Coordinator and Central Coast Y7 students

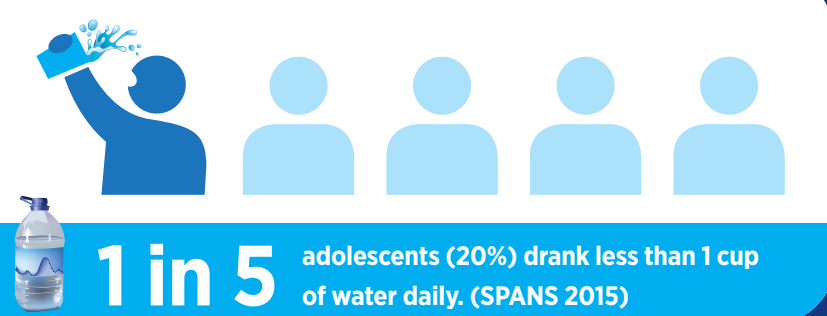
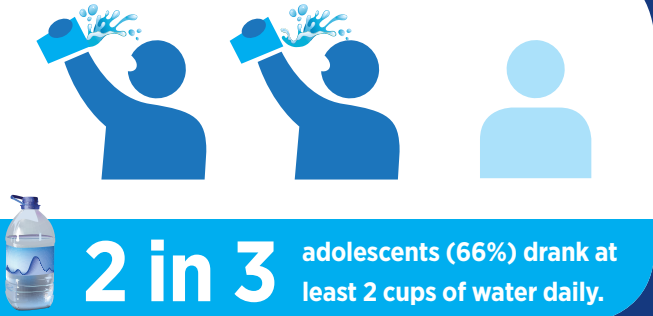
BREAKING NEWS

Can chilled water stations alone or combined with a behavioural intervention increase water consumption of Year 7 students?

We have been successful in our Translational Research Grant application which will provide funds to further investigate the question. Research led by the Central Coast Health Promotion Service will be conducted in a sample of secondary schools across Central Coast, Illawarra and South West Sydney.

The research will be linking into the existing school immunisation program to provide students with a board game to deliver the "Thirsty? Drink water!" message. Schools will also receive chilled water stations and classroom lessons as part of the intervention.

This study follows a successful pilot conducted in Central Coast Secondary Schools in 2016.



Justine Gowland-Ella
 p: 4320 9705
 e: Justine.Gowland@health.nsw.gov.au

Vege Adventure

Why are we doing this?

The consumption of fruit and especially vegetables in children is low.

It is recommended younger children (5-8 years) eat 1.5 serves of fruit each day and older children (9-15 years) 2 serves each day. Only about 3 in 5 children aged 5-15 years (62%) ate the recommended number of serves of fruit daily in 2016.

It is recommended children eat 4.5 to 5.5 serves of vegetables each day depending on their age and sex. Only 1 in 20 children (4.8%) eat the recommended serves of vegetables daily.

How did we do it?

The Vege Adventure activity is a primary school project which aims to encourage;

- vegetable and fruit consumption as part of the Crunch&Sip® fruit and vegetable break program in Stage 1 (Years 1 and 2) in Central Coast primary schools.
- students to eat a different coloured fruit or vegetable over the week.

Resources were developed for teachers, students and their families to promote a variety of fruit and vegetables and to consider equity and seasonality.

Nunyara Aboriginal Health gave permission to add their logo to the resources.

What did we achieve?

The Vege Adventure activity was piloted in two Central Coast primary schools.

Overall feedback was very positive from both teachers and families of Stage 1 students.

Teachers reported that students enjoyed the activity, found it easy to record the points on the card, and most students brought a different colour fruit/vegetable each day. They also stated that the activity encouraged students to bring in and try new fruit or vegetables, and increased student participation in Crunch&Sip®.

Families reported that it was fun and easy to provide the suggested colour fruit or vegetable each day, and most stated that their child talked to them about the activity with many 'excited to pick the different colour to take for the next day'.

One parent commented 'Great activity, hope it continues. Our son is more interested in healthy food and trying to impress us by trying new foods.'

Look out for ...

Based on this feedback, the Vege Adventure activity will be offered to all Central Coast primary schools in Term 3 2017, as part of the Central Coast Health Promotion Primary School Health Week.

Partners

Tacoma Public School and Woongarrah Public School, the Central Coast Local Health District Nutrition Service, and the Central Coast Transition to School Projects Coordinator, Learning and Wellbeing, Public Schools NSW.

Jane Whatnall
p: 4320 9714
e: Jane.Whatnall@health.nsw.gov.au



Vege Adventure

Bring a rainbow of different fruit and vegetables for your Crunch&Sip® this week.



Only about 3 in 5 children aged 5-15 years (62%) ate the recommended number of serves of fruit daily in 2016.



Only 1 in 20 children (4.8%) eat the recommended serves of vegetables daily.





Practices with highest increase in adoption:



Practice 4

water and age-appropriate milk provided: increase from **84.5%** to **89.2%**



Practice 12

services with a small screen policy: increase from **76%** to **80.6%**



Practice 13

information provided to families: increase **62.8%** to **68.2%**



Practice 14

educator training in healthy eating and physical activity: increase from **52%** to **57.4%**

Munch & Move

Why are we doing this?

The aim of Munch & Move is to build healthy habits in children and families attending early childhood education and care (ECEC) services, particularly around healthy eating, physical activity, and reduced small screen time. This is in response to a high childhood overweight and obesity rate in NSW, which currently sees approximately 1 in 4 children being above a healthy weight.

Munch & Move is being implemented in ECEC services at a state-wide level through the NSW Office of Preventive Health as part of the Healthy Children Initiative. It involves strong partnerships with the early childhood education and care sector.

There is increased focus on childhood overweight and obesity as a result of this issue being identified as a Premier's Priority. The target for the Premier's Priority is to reduce overweight and obesity rates of children by 5% over 10 years.

How did we do it?

Munch & Move aims to support ECEC services and educators to implement a fun, play-based approach to supporting healthy eating and physical activity habits in young children and their families. The Munch & Move program fits within the National Quality Framework which guides ECEC services. Munch & Move strategies focus on the following areas:

1. Improve ECEC educator knowledge, confidence and skills in the provision of a supportive environment for healthy eating, physical activity and reducing small screen recreation for children
2. Promote and support the adoption of Munch & Move key performance indicators by ECEC services (including those catering to disadvantaged populations)

In working towards these objectives, a variety of training, resources, follow up and support strategies are provided to ECEC services.

What did we achieve?

Services participating in Munch & Move: 129

Total number of ECEC services on Central Coast: 137

Key Performance Indicator achievement:

- 75% of services achieving 80% of program practices

Practices with highest increase in adoption:

- Practice 4 – water and age-appropriate milk provided: increase from 84.5% to 89.2%
- Practice 12 – services with a small screen policy: increase from 76% to 80.6%
- Practice 13 – information provided to families: increase 62.8% to 68.2%
- Practice 14 – educator training in healthy eating and physical activity: increase from 52% to 57.4%

Look out for ...

- New staff member
- New program practices
- New resources and support mechanisms to assist services with meeting new practices (e.g. cooks training)
- New training package to support educator professional development
- Updated program resources (including the release of the new Fun Moves DVD developed by Central Coast Health Promotion Service)
- Greater engagement with family day care service providers
- Munch & Move LHD key contacts - ongoing strategic guidance, ideas sharing, and addressing of Munch & Move operational issues

Training offered & number attending

3 Munch & Move professional development workshops were provided throughout 2016/17 on:

- Healthy adults raising healthy kids
- Online training options
- Fundamental movement skills workshop

Total attendance of educators: 52

Total number of services at workshops: 30

Unique services represented at workshops: 28

Workshop evaluation results

96%

of workshop participants found workshop content either 'very relevant' or 'extremely relevant'.

90%

of workshop participants would 'likely' or 'definitely' incorporate workshop physical activity ideas into their childcare practice

Cooks Network

The Cooks Network, coordinated by CCLHD Nutrition Services, provides professional development and networking opportunities for Central Coast ECEC service cooks. The Network is held once per term. Topics covered this year included food safety and hygiene, fussy eaters, and Health Star Ratings.

Total attendance at the Cooks Network was 57 cooks, and 31 services were represented at the Cooks Network throughout the year.

Webinars

6 educators from 5 services attended the Munch & Move webinar series in 2016/17. Additionally, 3 staff from 2 family day care service providers attended the Munch & Move family day care webinar series.

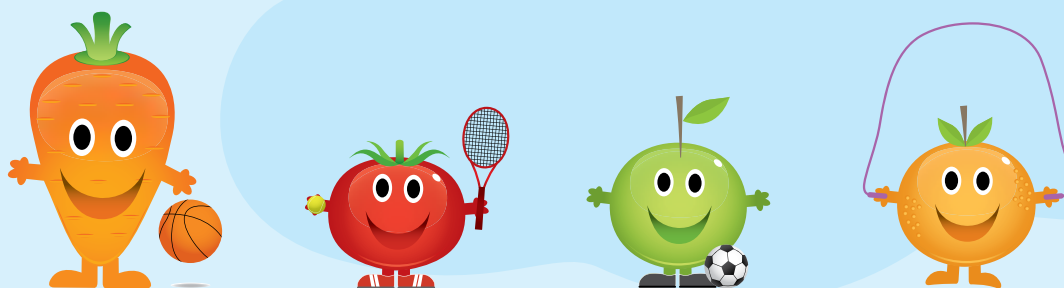
For the first time, a Munch & Move Healthy Eating and Active Play conference was available for Central Coast services. The conference was held on 29 May at Mingara Recreation Club. This was one of 10 conferences that were to be held across NSW in 2017. The conference featured expert speakers on the topics of healthy eating, active play, screen time, and communication with families. 42 participants from 39 services attended the conference.

Partners

Central Coast early childhood education and care services, Central Coast family day care service providers, TAFE NSW Hunter Institute, ECTARC, CCLHD Nutrition Service, NSW Office of Preventive Health, other NSW Local Health District Health Promotion Services.

Presentations and Publications

Presentation at Munch & Move LHD conference – overview of the new Fun Moves DVD





Fun Moves DVD report

In mid-2016, Central Coast Health Promotion Service (CCHPS) was commissioned by the NSW Office of Preventive Health to develop an updated version of the Munch & Move Fun Moves DVD resource. The DVD is an instructional resource for educators detailing the components of the fundamental movement skills.

CCHPS developed the content for the updated DVD, including collecting feedback from other LHDs, reviewing existing resources from other jurisdictions, and incorporating the latest information on fundamental movement skills. This was done in collaboration with the project Advisory Group, to ensure that considerations from an ECEC perspective were considered.

CCHPS worked with Erina Kindergarten, a local ECEC service, to coach children in correctly performing the fundamental movement skills. NBN Central Coast were engaged to conduct the filming and production of the DVD.

A local photographer was also involved in the project, taking images of the children performing the fundamental movement skills. These images were used by the NSW Office of Preventive Health to update the fundamental movement skill lanyard cards, a resource designed to help educators teach the skills in the service.

This work was completed in the second half of 2016, with the NSW Office of Preventive Health distributing the resources from July 2017.

Luke Giles
 p: 4320 9709
 e: Luke.Giles@health.nsw.gov.au

Live Life Well@School

Why are we doing this?

The Statewide Live Life Well @ School primary school program began in 2008 to help combat the high rates of childhood overweight and obesity in NSW.

Approximately 1 in 5 (22.9%) primary school children were overweight or obese in 2015. Combined overweight and obesity rates in primary school children in NSW have stabilised between 2010 and 2015 (SPANS 2015)

This program aims to;

- develop teachers' knowledge and skills in teaching about nutrition and movement, and
- support schools in creating environments which enable children to eat healthily and be physically active.

How did we do it?

On 28th March this year, 57 teachers from 59 Central Coast primary schools attended a local 'K-6 Physical Activity and Health Conference'.

This professional development opportunity provided support for teachers to integrate physical activity and healthy eating in the school curriculum.

The day opened with a keynote presentation by Professor Tony Okely, University of Wollongong on 'Physical Activity and Academic Performance'.

A range of workshop options provided information and practical skills in Gymnastics, Physically Active Classrooms, School Vegetable Gardens, Dance and Healthy Eating Activities.

What did we achieve?

Teachers reported they found the information and content from the day very informative and came away with many ideas to use back at school and to share with other staff.

To further support these schools to implement a sustainable strategy from the Conference, Central Coast Health Promotion has offered a small award. 30 schools were successful in receiving this award. The initiatives that schools are planning range from establishing vegetable gardens, integrating movement into literacy and numeracy sessions, providing classroom healthy eating experiences, promoting Fundamental Movement Skills, and promoting physical activity at recess and lunch breaks.

We look forward to hearing about the success of these great ideas back at their schools.

Partners

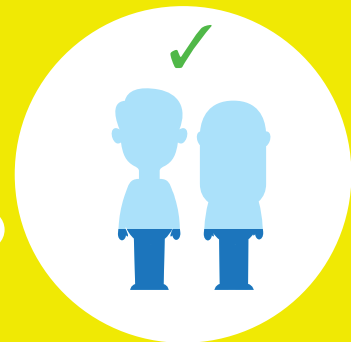
Central Coast Primary Schools, NSW Ministry of Health, Office of Preventive Health, CCLHD Nutrition Service.



Jane Whatnall
p: 4320 9714
e: Jane.Whatnall@health.nsw.gov.au



Almost three-quarters (73%) of parents of children in the overweight category...



...and approximately one-third (30%) of parents of children in the obese category, perceive their child to be 'about the right weight'.

Central Coast School Garden Interest Group

Why are we doing this?

More and more schools on the Central Coast have introduced kitchen gardens on the school grounds... the Central Coast Garden Interest Group aims to share ideas and connect Central Coast schools with an interest in school gardens and cooking and support schools to promote education about healthy food and garden environments to students.

How did we do it?

In 2016, a new Central Coast School Garden Interest Group met to share ideas and enhance their knowledge, skills and confidence in providing healthy eating learning experiences at school.

Jane Whatnall
p: 4320 9714
e: Jane.Whatnall@health.nsw.gov.au

Justine Gowland-Ella
p: 4320 9705
e: Justine.Gowland@health.nsw.gov.au

What did we achieve?

The second meeting of this group was at Woy Woy Public School in Term 4, 2016. Teachers from the School provided a tour of their gardens and discussed how they link the garden and cooking to the curriculum.

22 teachers attended from 10 schools.

Gosford Public School hosted the Term 2, 2017 meeting. 21 teachers attended from 17 schools.

A tour of the Gosford PS garden was followed by a hands-on cooking class using produce from the garden. Christine Freeman, relieving Principal, Rumbalara Environmental Education Centre spoke on "Waste free lunches, healthy eating and low food miles".

Look out for ...

To provide a forum for the network to plant and grow new ideas a closed Facebook site has been set up. Initiated by the Network and administered by Health Promotion, the 36 members share, for example; grant opportunities, nifty ideas, and recipes and showcase 'What's Happening in Our Garden' with great photos.

Partners

Central Coast Primary Schools.





Central Coast Healthy School Canteens

To improve the health of the school community Health Promotion provides ongoing opportunities for Canteen Managers to develop and maintain their knowledge and skills in providing nutritional food and drink through the school canteen.

Why are we doing this?

NSW Healthy School Canteen Strategy was one of the recommendations of the recent Parliamentary Inquiry into childhood obesity, and is a particular interest of the Premier's Implementation Unit driving the Premier's Priority for childhood obesity.

The issue of childhood overweight and obesity has been identified as a Premier's Priority, with a target to reduce overweight and obesity rates of children in NSW by 5% over 10 years.

Our aim is to maintain and increase the proportion of healthy food and drinks in Central Coast school canteens.

How did we do it?

- 2016 Canteen Award and spot check visit
- Produce Great Ideas book
- Conduct regular Canteen Network Meetings
- Closed Facebook page
- Telephone consultation & support to local schools

What did we achieve?

- 22 Schools achieved the CC Canteen Award
- CC Great Ideas booklet produced – jam packed with ideas for school canteens such as menus, promotion ideas, policies, food safety and hygiene tips
- Network attendance has increased due to interest in learning about the new strategy
- Facebook page. The closed group has 61 active members who share ideas and issues to assist them running a canteen.

Look out for ...

New Healthy Canteen Strategy has been introduced which will require extra support to our local school canteen managers.

Training offered & number attending

2016

- Term 3 Combined Meeting 35 attended from 31 schools (25 Primary Schools & 6 High Schools)
- Term 4 Primary School Awards Ceremony 21 attended from 21 Primary Schools

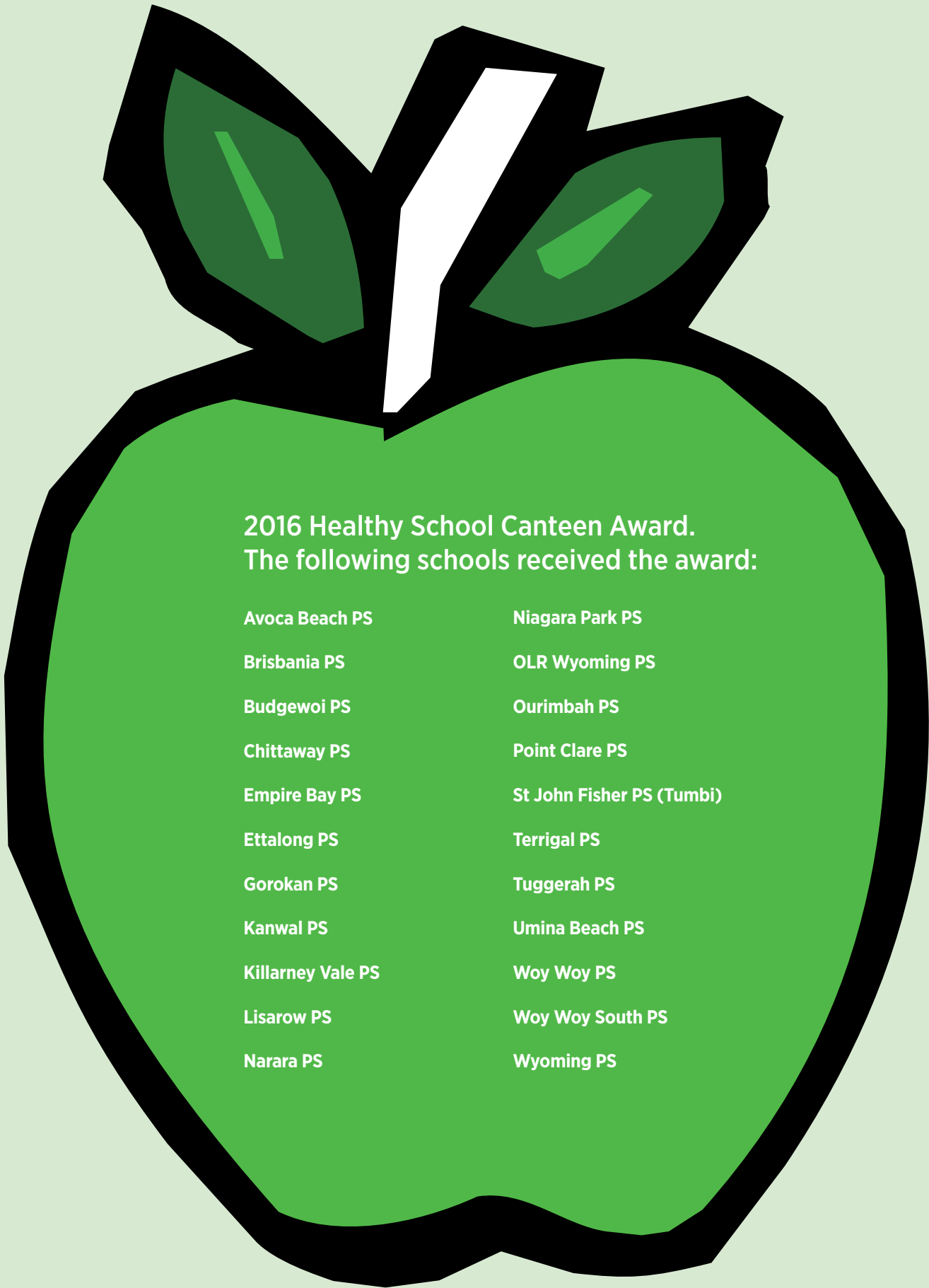
2017

- Term 1 Canteen Strategy Launch
Total attendance 97
Central Coast Primary Schools: 65 attended representing 42 primary schools
67% of CC Primary School canteens represented
61% of CC High School canteens represented
K-12 Schools: 6 people attended representing 4 Schools (added to % for Primary Schools & High Schools)
- Term 2 Primary School Meeting 34 attended from 29 schools (3 High Schools & 26 Public Schools)
- Term 2 High School Meeting 15 attended from 9 schools (7 High Schools & 2 Public Schools)

Partners

CCLHD Nutrition Service, Healthy Kids Association, Local Food Distributors, Local School Canteen Managers, CC School Principals, School P&Cs, NSW Ministry of Health.

Justine Gowland-Ella
p: 4320 9705
e: Justine.Gowland@health.nsw.gov.au



**2016 Healthy School Canteen Award.
The following schools received the award:**

- | | |
|-------------------|---------------------------|
| Avoca Beach PS | Niagara Park PS |
| Brisbania PS | OLR Wyoming PS |
| Budgewoi PS | Ourimbah PS |
| Chittaway PS | Point Clare PS |
| Empire Bay PS | St John Fisher PS (Tumbi) |
| Ettalong PS | Terrigal PS |
| Gorokan PS | Tuggerah PS |
| Kanwal PS | Umina Beach PS |
| Killarney Vale PS | Woy Woy PS |
| Lisarow PS | Woy Woy South PS |
| Narara PS | Wyoming PS |



ALCOHOL

...risky behaviours can occur when teenagers drink alcohol. Risky behaviour can have both short-term and long-term impacts, which are why it is important to change the community attitudes surrounding alcohol ... alcohol related hospitalisations for 15-24 year olds have decreased over the last 9 years ...

Alcohol Sales2Minors

Why are we doing this?

Currently 15 to 17 year olds are second only to 18 to 24 year olds for emergency department presentations for alcohol related injury. This is despite the fact that 15 to 17 year olds should legally only have access to alcohol under supervision of their parents. Parental education is having a positive impact, but our surveys between 2012 and 2017 indicate that a substantial number of bottle shops will sell alcohol to teenagers without checking ID. All five surveys have demonstrated sales rates greater than 20% and two have been greater than 40%.

Making progress in this area has required an array of interesting partnerships, including partnering an industry recognised shopping surveying organisation, Liquor and Gaming NSW, Central Sydney Health District looking to replicate our surveys, the four Central Coast Liquor Accords, direct involvement of our Chief Executive in communications with local Bottle Shops Re their responsibilities, and New Zealand Health Promotion Agency and New Zealand Police.

New Zealand has made world leading steps towards controlling sale of alcohol to minors through Controlled Purchase Operations. We have made similar very positive strides with Tobacco Sales to Minors, but our law currently prevents us from organising minors to attempt to purchase alcohol for the purpose of enforcement.





How did we do it?

While we are specifically prohibited from organising minors to attempt to purchase alcohol, we are free to check compliance with the ID25 protocol. That protocol requires that the Bottle Shop check the ID of all clients who might be less than 25 years of age before they sell them alcohol. An industry recognised shopping survey organization, checks bottle shops compliance with ID25 with 18 and 19 year olds. The surveyors are “teenagers” who are legally allowed to buy alcohol. Failure to comply with ID25 is not illegal, but it does indicate that in that instance to bottle shop would have been at risk of making an illegal sale.

Central Sydney attempted to replicate our results; however in their survey fully three quarters of bottle shops did not check ID. In this current 12 months we have not had another Liquor and Gaming prosecution as we did in early 2015; however we continue to communicate the risk of a prosecution through letters to bottle shops and communications and presentations at our local liquor accords.

What did we achieve?

Our key achievement in this 12 month period is a survey of over three quarters of all bottle shops on the Central Coast, which has returned a preliminary result of around 25%, which is one of our best results , and second only to the time immediately following the 2015 prosecution.

Look out for...

We have been selected for publication in an upcoming injury supplement in the Health Promotion Journal of Australia. Providing the journal is happy with any suggested alterations we will be published soon.

It is likely that evidence like our paper, including the success in New Zealand might support NGOs Like FARE (The Foundation for Alcohol Research and Education) in raising the issue of legislative change to allow for Controlled Purchase Operations, which will keep bottle shops on their best game, as they know they can realistically be tested for the possibility of selling alcohol to a minor.

Partners

Liquor & Gaming NSW, Brisbane Water Local Area Command, NSW Police.





FALLS PREVENTION

*...more than half, 36,289
or 57 percent of all NSW
fall related hospitalisations
with injury in primary
diagnosis were of patients
aged 65 years or over...*

Falls are Preventable

Why are we doing this?

NSW Health is committed to preventing falls and fall-related injury

The NSW Falls Prevention Program seeks to promote a comprehensive, systemic approach to falls prevention and to reducing fall injury within NSW. The program involves collaboration between NSW Ministry of Health, the Clinical Excellence Commission, and the Agency for Clinical Innovation, Ambulance NSW and the Local Health Districts.

No other single cause of injury, including road trauma, costs the health system more than falls. More than one in three people aged 65 or over fall at least once a year and many fall more often

How did we do it?

- Providing older people, their families and carers' information and actions they can take to reduce risk of falls and injury from falls.
- Support allied health professionals with resources to assist in spreading the falls prevention message.

What did we achieve?

500 seniors adults received a 'Falls are Preventable' presentation through various clubs and organisations. A presentation with a very different audience was to 'whole of staff' including maintenance and gardening staff at a Central Coast retirement village. A new form of partnership!

Some 2,000 resource packs distributed to hospital inpatients by our Occupational Therapist and Geriatric Rehabilitation Unit who conduct education to those patients who have experienced a fall.

Ongoing requests for the Falls DVD from Australia, New York and Florida.



Look out for ...

- Using our successful intervention model in conducting CPD training in falls prevention to allied health groups, avenues to be explored targeting Optometrists.
- A brief report- Special Injury Prevention Issues- Health Promotion Journal-Falls Prevention in Central Coast Pharmacies.



distributed to hospital inpatients by our Occupational Therapist and Geriatric Rehabilitation Unit who conduct education to those patients who have experienced a fall.

Active Over 50 Central Coast to Active & Healthy NSW

Why are we doing this?

Ultimately, the Active Over 50 program aims to keep people healthy and out of hospital. More specifically, the program contributes to a reduction in hospitalisations due to falls and chronic health conditions associated with physical inactivity.

Active Over 50 and Active and Healthy aim to engage the over 50's community in lifelong physical activity. Staying physically active is the single most important thing people aged 50 and over can do to stay fit and independent as they get older. Physical activity is good for both body and mind. It also helps people to remain independent and to get the most out of life. Research shows that people aged 50 and over can substantially reduce their risk of a fall by doing moderate exercise for at least 30 minutes on most days of the week, and by incorporating balance and leg strength exercises, such as those available within Active Over 50 classes and other programs found on the Active & Healthy website, into their daily routine.

How did we do it?

2016-17 was a year of both program delivery and program transition. As has been done for the past 20 years, the Active Over 50 program continued to provide affordable group exercise classes, specifically for older adults, in Aqua Fitness, Ballroom Dancing, Gentle Exercise, Strength Training and Tai Chi, across 25 Central Coast venues.

The program was marketed through print advertising and articles in specialist publications e.g. Seniors on the Coast, Growing Older and Loving Life (GOALL) and Seniors Newspaper (Central Coast) and the Seniors Week Guide feature. We also invested in a Central Coast radio advertising campaign with 2GOFM, included was exposure on the radio stations website and social media. The campaign ran from February – June 2016 directing people to visit www.activeandhealthy.nsw.gov.au.

Industry standard professional development and continuing education was offered to Active Over 50 program providers. A flexible approach was adopted offering the many and varied Active Over 50 providers the opportunity to select training suitable for them in terms of subject, time, place, continuing education points, delivery method.

Active Over 50 program providers, past and present, were strongly encouraged to register their programs on the Active & Healthy website. Links to the Active & healthy website were added to the Active over 50 webpage for both the community audience and exercise providers. Community members, who didn't have access to, or capacity to use a computer to find an exercise program on the Active & Healthy website, were assisted by Health Promotion staff. This will continue as we transition people from the Active Over 50 program to Active & Healthy and the many programs it offers.





What did we achieve?

With the announcement to 2015-16 Active Over 50 providers, that the Health Promotion Service would cease coordinating the Active Over 50 program as of 30 June 2017, it was expected that there would be some decline in provider numbers for 2016-17. Renewing their annual agreements with us for 2016-17 were 10 of 13 2015-16 community venue providers and 3 of 6 2015-16 fitness centre providers.

This represents 13 out of 19 of the 2015-16 providers .

A reduction in the number of Active Over 50 providers unfortunately meant a reduction in the number of Active Over 50 classes available to the community. In saying that, of the 6 providers (3 community venue and 3 fitness centre providers) who declined the opportunity or failed to return annual agreements, the 3 community venue providers registered and commenced offering programs via the Active & Healthy website immediately.

On the Active & Healthy website, as at 30 June 2017, there were 51 programs available to people aged 50 and over on the Central Coast. This includes Tai Chi, Qigong, Gentle Exercise, Aqua, Cycling Groups, Yoga, Pilates, LiFE & Otago Exercise Programs, Dance and Stepping On. Of those 51 programs, 23 are current or former Active Over 50 providers.

The Active Over 50 webpage was amongst the most visited healthpromotion.com.au webpages. There were 5261 unique visitors to the site during the year and 7865 downloads of the timetable. Hopefully this means there are many computer/internet savvy over 50's on the Coast who go on to visit www.activeandhealthy.nsw.gov.au to find an exercise program.

Look out for!

Keep visiting activeandhealthy.nsw.gov.au to witness the increasing number of exercise providers and exercise programs available to over 50's on the Central Coast!

Partners:

Central Coast fitness centres, fitness instructors, Central Coast Council.

Nigel Tebb
p: 4320 9717
e: Nigel.Tebb@health.nsw.gov.au



TOBACCO

... in 2016 current smoking rate for the District was recorded as 20.1% after several years of fluctuation in the smoking rate, down as low as 15% in 2010, and as high as 25.1% in 2004... there were 2482 smoking attributable hospitalisations in 2014/15 and 337 smoking attributable deaths in 2013...

... 36.5% of Aboriginal women and 11.3% of non-Aboriginal women smoked during their pregnancy (2015 data).

Towards a Smoke-free Local Health District

Why are we doing this?

Smoking is the leading cause of preventable disease in Australia. According to the most recently available statistics, 337 deaths attributed to smoking were recorded in CCLHD, and 2482 hospitalisations were related to smoking. This is despite the fact that adult smoking in NSW is down to around 15%. However smoking rates remain much higher in certain groups, such as people from a lower socioeconomic group, indigenous people, people with mental health problems or other drug and alcohol problems. Combine that with the fact that people who choose to smoke often suffer from serious illness and it becomes clear that hospitals often have more than the expected number of smokers.

It is important to provide a healthy smoke free environment for the vulnerable members of our community such as children babies and pregnant mothers, as well as people with respiratory problems. It's also important to keep our facilities smoke free to support people who are trying to quit smoking, often because of a health scare. It does them no good at all to have the urge to smoke triggered by smelling someone else smoking.

In 2013, CCLHD decided to clear the air at its hospitals from environmental tobacco smoke. Central Coast Health Promotion Service has been involved in the monitoring and enforcement of the CCLHD smoke-free by-law since it was implemented.

Developments in the smoking space



ADULTS



7.6% of adults across NSW have ever used an e-cigarette

1% of adults are current users

(2015/16 data)

HIGH SCHOOL AGED STUDENTS



14.6% have ever used an e-cigarette

4.1% have used an e-cigarette in the last 4 weeks

(2014 data)

How did we do it?

While Central Coast Health Promotion has an important role in achieving smoke free compliance, everyone has a role. It is only through strong partnerships and lasting commitment that we have been gradually seeing improvement. Public Health have partnered us and Security in doing regular smoke free compliance rounds, And Public Health have chaired the Smoke Free Working Groups which have brought together representatives from both hospital sites and many different disciplines such as nursing, pharmacy, education and training etc. Thanks go out to all those disciplines, but especially to security, who are so often at the coal face of tobacco compliance work.

After more than ten years of asking people not to smoke around hospitals, it is not unreasonable that we have now introduced fines for blatant examples of smoking on hospital grounds. Equally we are being as supportive as possible by providing comprehensive signage, loud speaker advice, nicotine vending machines for visitors, and a range of different types of NRT for patients.

Continued implementation and enforcement of CCLHD smoke-free by-law occurs through:

- Smoking counts are conducted quarterly for a two-hour period in high-profile areas of hospital grounds, to check compliance with the smoke-free by-law
- Enforcement patrols on hospital grounds are used to regularly check compliance with the smoke-free by-law, and issue warnings and fines as appropriate
- Provision of NRT gum through vending machines to support compliance with the smoke-free by-law. Vending machines are located at Gosford and Wyong hospitals in the Emergency Department to help manage the nicotine dependence of visitors.

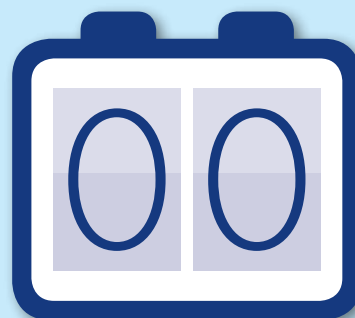
What did we achieve?

We now have regular high profile smoking patrols, wearing high visibility vests. The possibility of fines has greatly changed the response of smokers, who, in the past used to be much less keen to comply.

Our high profile smoking counts conducted over 2 hour sessions have for the first time in more than 10 years, shown no smoking at all.

NRT vending machines – since the start of January, 19 sales of NRT have been made through the vending machines.

Despite the increase in cost of NRT we now have both losenges and patches available to patients on the ward. We are also running a cost benefit trial of a Nicotine oral spray which promises improved behavior response in the short term. Many thanks to Pharmacy, in particular Wyong Pharmacy for their contribution.



Our high profile smoking counts conducted over 2 hour sessions have for the first time in more than 10 years, have shown no smoking at all.

Look out for ...

Evidence shows that cessation skill training is effective at increasing cessation. When health professionals are appropriately trained, cessation increases by around 60%.

Training sessions will be based on applied skills with a focus on Nicotine Replacement Therapy and intervening with practical cognitive and behavioural skills using the 5A's framework and will be delivered to LHD clinicians in the coming months. The training will also focus on the NSW Health Smoke-free Health Care Policy, and guide clinicians in documenting smoking status and referring patients to ongoing support. Training will be delivered by recognised smoking cessation trainers Tracey Greenberg and James McLennan.

In addition, training on the use of Nicotine Replacement Therapy is being developed by the Educational Content Advisory Group, led by the Education and Training Service of CCLHD. The finalisation and roll out of this training will occur later in 2017.

Partners

Central Coast Local Health District (CCLHD) Education and Training Service, CCLHD Public Health, CCLHD Security, Smoke Free Health Care working group, Pharmacy, Staff Health and Wellbeing.

Lyndon Bauer
PH: 43209703
E: Lyndon.Bauer@health.gov.nsw.au

Luke Giles
Ph: 43209709
E: Luke.Giles@health.nsw.gov.au



Health Promotion Website

➤ www.healthpromotion.com.au

The healthpromotion.com.au website offers a versatile platform for promoting health promotion projects, distributing information and resources, and engaging with the community and other stakeholders.

How did we do it?

The website is designed, developed and published by the Central Coast Health Promotion Team. It contains local content together with links to relevant resources and information available on a national and international level.

It is the on-line home for 20 current Health Promotion projects that address identified health priority areas plus archival material from previous health promotion initiatives.

What did we achieve?

In August 2016 we transitioned to a new server for the website which has enabled improvement in the sites analytics and function.

Between August 2017 and June 2017 we had:

- 31,541 unique visitors with March 2017 having the highest number of unique visitors at 4,055
- 90,519 page views (1.83 pages per visit)
- the most popular download with 10,020 hits was the 'Nutrition Resources for the Classrooms' followed by the Active over 50 Timetable with 7,865 hits
- during this time the most popular page visited was the Magic Lunchbox homepage which scored 7,511 hits followed by the Active over 50 homepage with 5,261 hits

The website is complemented by our other major on-line platform the Central Coast Health Promotion YouTube Channel, CC Health Promotion.

Who watches?

Most people viewing the site are in the 18-44 years age range.

35-44 years of age  22%
22% of views and 20% of total watch time

25-34 years of age  30%
30% of views and total watch time

18-24 years of age  19%
19% of views and 22% of total watch time

The total views number 37,761 with a total watch time of 78,995 minutes. The most popular video being 'Game Sense', Netball Session #1 followed by Falls Prevention 'Reducing Hazards at Home' with 3,308 views and 'Getting off the floor safely after a fall' with 2,971 views.

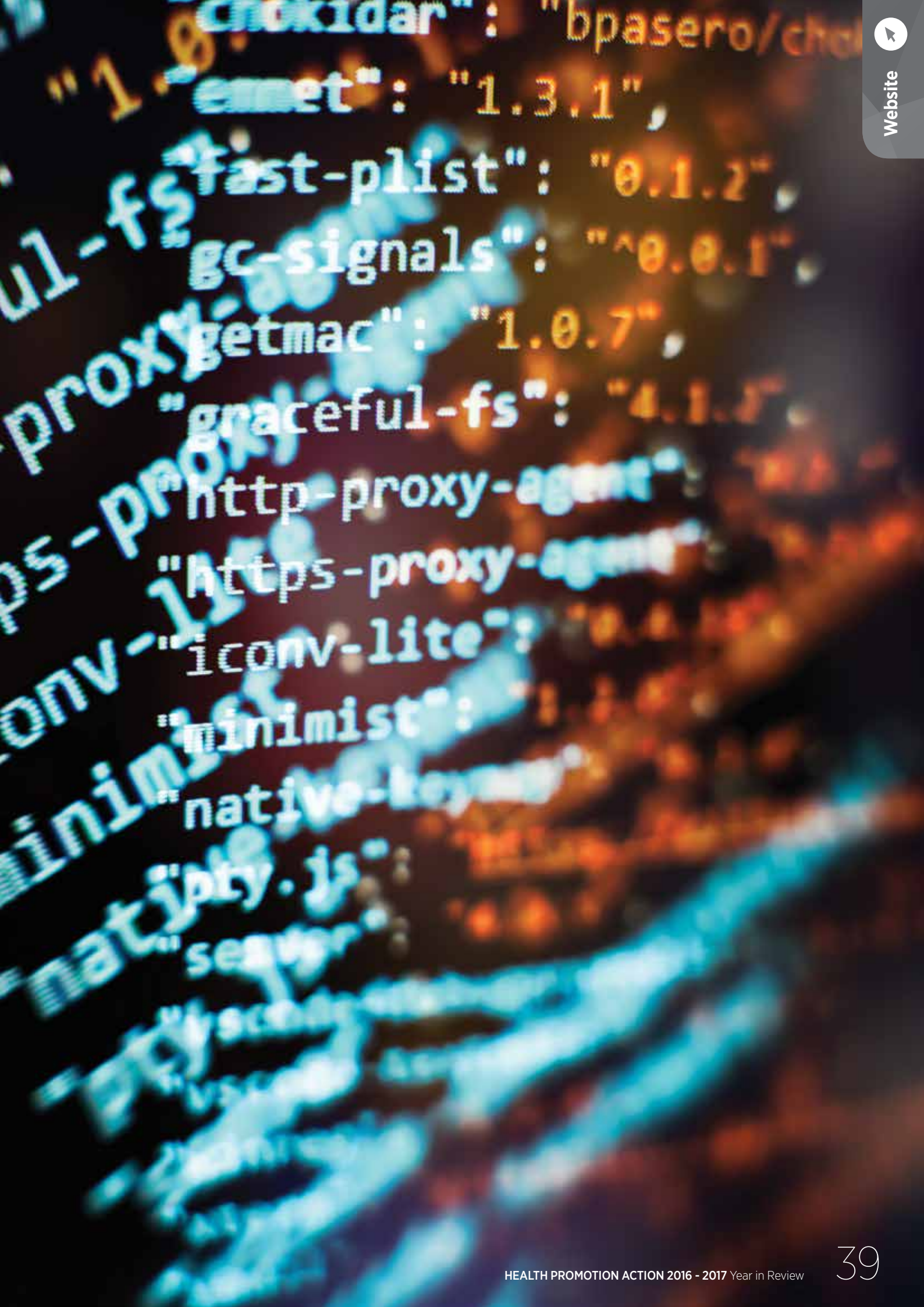
Only one third of the views are from Australia – 32%. The rest are from overseas, giving our work an international profile;

- United Kingdom 20%
- United States of America 15%
- New Zealand 15%
- Other Countries 5%
- The rest unknown

Look out for ...

healthpromotion.com.au transitioning to Wordpress for a new look and feel to the website in 2017.

Luke Giles
ph: 4320 9709
e: luke.giles@health.nsw.gov.au



Keeping in touch with Families

The NSW Health Healthy Children Initiative (HCI) Programs aim to promote healthy eating, physical activity and reduced screen time for children in childcare services and primary schools across NSW. These programs include Munch&Move in early childhood, and Live Life Well @School in primary schools. One of the key performance indicators of both these programs are directed at providing health information to families.

This review of how we provide information to families began in 2016 with two University of Newcastle Bachelor of Nutrition and Dietetics students. As part of the requirements of their degree, their project was to provide new content and useful methods of providing health messages to families through these programs within the CCLHD.

The students report provided valuable information from schools and childcare services on how information could be provided, how often and which health topics.

Recommendations were that information to be provided in the format of newsletter snippets and infographics, with an initial focus on healthy lunchboxes, fussy eating, wet weather ideas and screen time. This is to be delivered to schools and services as emailed PDF's and word documents with a frequency of once a school term.

In Term 1 this year a set of infographics were emailed to all primary schools and childcare services. The health topics covered were based on those requested. A number of these have been included in newsletters provided to parents.

A new set of infographics will be emailed out each term to Central Coast primary schools and childcare services.

Partners

Central Coast Primary Schools and Childcare Services.



MOST FRUITS

have their own

packaging and are **EASY TO OPEN**

Central Coast Primary School

PDHPE Network

Why are we doing this?

- The Central Coast Primary School Personal Development, Health & Physical Education Network (PDHPE) supports teachers and schools to address healthy weight aspects of the PDHPE syllabus by improving teacher's knowledge and the confidence to teach in the fields of physical activity and healthy eating.
- The issue of childhood overweight and obesity has been identified as a Premier's Priority, with a target to reduce overweight and obesity rates of children in NSW by 5% over 10 years.

How did we do it?

Conduct regular PDHPE Teacher Network Meetings
3 times per year.

What did we achieve?

70% of teachers increased their confidence to implement physical activity in their classroom as a result of attending network meetings.

Term 2 PDHPE Network Meeting.

Using IT in PE with a focus on Cricket.

18 teachers from 15 (19%) local schools attended the Term 2 after school meeting at Niagara Park Public School. As this was a specific workshop looking at IT this attracted fewer teachers than normal. However of those that attended, 80% rated the workshop as very useful. The guest presenter showed the participants the skills required for students to improve their participation in cricket while using their IT skills to create an automated score sheet.

Look out for:

Term 3 PDHPE Network Meeting.

The guest speaker for the Term 3, 2017 Meeting will be the NSW Personal Development, Health and Physical Education Advisor K-6. The presentation will cover current research and government priorities regarding the Health and wellbeing of children in Australia. Also what we know about the new PDHPE syllabus direction and therefore programming from an inquiry/ strengths based approach, for a comprehensive whole school approach.

Training offered & number attending

2016

Term 3 Number of teachers attended 38 teachers, 15 (40%) of these teachers claimed BOSTES professional learning points.

Number of schools represented 22/81 (27%)

Public Schools 14

Independent Schools 1

Catholic Schools 4

Special Purpose Schools 3

2017

Term 1 No PDHPE Network meeting offered due to the ACHPER/Health Conference

Term 2 Primary School Meeting: Using IT in PE /Cricket
16 teachers from 12/81 (15%) schools attended.

This was a specific workshop which only attracted a small number of very interested teachers

Justine Gowland-Ella
p: 4320 9705
e: Justine.Gowland@health.nsw.gov.au

Healthier food and drinks on the Menu at Gosford and Wyong Hospitals

We are taking the first step towards making healthier food and drink options an easier choice for staff and visitors at our facilities, including Gosford and Wyong Hospitals. Healthier options will be available in our retail outlets such as cafeterias, vending machines, catering services and florists. Changes to the types of food and drinks available will be made gradually over 12 months as part of the new Healthy Choices in Health Facilities policy framework—with sugary drinks set to be phased out by December 2017. The roll out of the new policy initiative is being led by a Policy Implementation Group which includes representatives from:

- Nutrition
- Staff Health and Wellbeing
- Corporate Services
- Health Services Union
- NSW Nurses and Midwives Association
- Resident Medical Officers
- Corporate Communications

Rosina Johnson
ph: 4320 9710
e: Rosina.Johnson@health.nsw.gov.au



Coast Diabetes Prevention: Over 40? Check your risk! What's your score?

Partners

Central Coast Diabetes Advisory Group,
Public Health Unit.

Why are we doing this?

Many Central Coast adults, particularly those over 40, are at risk of developing type 2 diabetes through lifestyle factors such as physical inactivity, poor nutrition, being overweight or smoking. Other factors that increase risk include being male, having a family history of diabetes and being of Aboriginal or Torres Strait Islander descent.

The 2014 Central Coast Community Health Survey found over 10% of Central Coast adults aged 18 years and over, that is approximately 26,000 adults, had been told by a doctor or hospital they had diabetes and of these, most had type 2 diabetes. These numbers represent a significant increase on the 2006 survey findings. What's most concerning is that these numbers only represent the diagnosed or known cases of diabetes in our community. For every person diagnosed there may be another undiagnosed.

The Coast Diabetes Prevention initiative aims to contribute to reducing the prevalence of type 2 diabetes within the Central Coast community. This is to be achieved by:

- Raising community awareness of the modifiable/ lifestyle related risk factors for type 2 diabetes, namely overweight and obesity, physical inactivity, poor diet and tobacco smoking.
- Increasing use of key type 2 diabetes prevention services and early detection tools i.e. NSW Get Healthy Information & Coaching Service, Quitline, AUSDRISK tool and Medicare Health Assessments available to target populations of 40-49 year olds and Aboriginal and Torres Strait Islander people.
- Increasing GP referrals to the NSW Get Healthy Information & Coaching Service.

Nigel Tebb
p: 4320 9717
e: Nigel.Tebb@health.nsw.gov.au

How did we do it?

Working in partnership with the Public Health Unit and the Central Coast Diabetes Advisory Group, particularly those over 40 were targeted and encouraged to use the Australian Type 2 Diabetes Risk Assessment (AUSDRISK) tool to check their risk and take appropriate action.

National Diabetes Week 9-15 July 2016, Diabetes Australia Walk to Work Day 7 October 2016 and World Diabetes Day 14 November 2016 were embraced as opportunities for publicity and community engagement. The campaign employed several mediums to reach the target audience. These included the healthpromotion.com website, mail outs to GPs, print and electronic advertising and various digital media platforms.

What did we achieve?

- 1162 unique visits to the healthpromotion.com.au 'Check your risk' webpage and over 192 downloads of the AUDRISK tool from the site and 223 downloads of the 'Check your risk' brochure.
- Over 181 sessions on the Australian Government Department of Health Website (interactive AUSDRISK tool), referred from www.healthpromotion.com.au. This does not include countless other sessions (likely hundreds and possibly thousands) on the Australian Government Department of Health website (interactive AUSDRISK tool), referred from digital advertising, QR codes on print ads and printed promotional materials, digital advertising and self-referral as a result of the campaign.
- Significant increases in unique visits to the healthpromotion.com.au 'Check your risk' webpage and sessions on the interactive AUSDRISK tool associated with National Diabetes Week 2016 and World Diabetes Day (14 November) 2016 campaigns.

Look out for ...

New Central Coast Diabetes Plan, featuring a strong prevention component in partnership with key stakeholders.

5 Lands Walk 2017

Why are we doing this?

To promote healthy lifestyles, and support what is arguably the largest community participation event on the Central Coast.

How did we do it?

- A key engagement strategy was the inaugural District's Staff Teams Walk, championed by our CE, Dr. Andrew Montague.
- Promotion included display of CCLHD tailored 5LW banners and posters at hospital sites, Staff Newsletter articles, Area Communication emails and social media posts, media including ABC Radio interview and articles in the Central Coast Express Advocate, GA2W e-news articles, Health Promotion website, Make Healthy Normal (MHN) website and a comprehensive social media presence facilitated by the 5 Lands Walk steering committee.
- As part of the event we managed to attract one of eight MHN activation events scheduled for NSW. This was held in Hunter Park, Avoca Beach, with approximately 3000 people make a stop to check out the action.

What did we achieve?

Of those who stopped at the Zone, 940 were engaged in activities or took the opportunity to talk to a health professional.

Look out for ...

An even bigger Lands Walk 2018, proudly supported by Central Coast Local Health District.

Partners: 5 Lands Walk Steering Committee, NSW Ministry of Health, Centre for Population Health Make Healthy Normal Team, N2N Communications and Central Coast Local Health District.

Nigel Tebb
p: 4320 9717
e: Nigel.Tebb@health.nsw.gov.au

20,000+

walkers turned out, the sun was shining, the whales were breaching, the art and cultural festivities were amazing and the people were smiling. The only winter blues were those being performed on stage.

Liquor License Applications

The Central Coast Health Local Health District opposes liquor license applications where increased outlet density is likely to increase alcohol related harm.

Niki Kajons
p: 4320 9704
e: Nicole.Evans@health.nsw.gov.au

AND NEW TO THE HEALTH PROMOTION TEAM IN 2017

Rosina Johnson (HEAL)

As a social policy professional with more than 15 years of experience, Rosina brings with her innovation and creative thinking. Rosina has worked with government and the not-for-profit sector to promote vibrant, healthy communities. She has a knack and skill for building relationships with a diverse range of stakeholders and bringing them together to work towards a shared vision over the long term.

Rosina holds a Bachelor of Social Science in Sociology and Anthropology as well as a Graduate Certificate in Addiction Studies. She has contributed to policy initiatives such as the Australian Government's plan to improve outcomes for Aboriginal and Torres Strait Islander people with disability. At Health Promotion, she is fostering cross agency support to address childhood overweight and obesity at a regional level and developing strategies to increase physical activity in disadvantaged neighbourhoods.

When she's not consulting with stakeholders or working on projects, you can find her whipping up recipes from The Modern Preserver or reading novels at the beach.

Welcome to Rosina.

Liesl Greenwood (Munch & Move)

Bringing with her passion, enthusiasm and a can do attitude for Health Promotion, Liesl, born and bred on the Central Coast, adds her skills to the Health Promotion Team.

Her younger years were spent at Terrigal Beach during summer or during winter at Adcock Park playing for Apollo Netball Club.

Completing a Bachelor of Education in Secondary PDHPE at the University of Newcastle Liesl taught here then went on to explore teaching in the UK before starting her Health Promotion career with the Australian Sports Commission (ASC), a real highlight of working for the ASC was seeing students who didn't show a particular interest in the "popular" sports; find their niche in something a little different like Judo or Orienteering.

More recently, Liesl still tries to join in with netball when she can, however the knees and ankles don't rehabilitate from injury quite like they used to. More success has been found with yoga, swimming and walking.

Welcome to Liesl.

Amanda McLaughlin (GO4FUN)

Having managed the Go4Fun program for the past 6 years Amanda's drive and energy is a welcome resource for the Health Promotion Service. Holding a Masters in Public Health has added to her ability to work across settings targeting children and families, and to support and engage with these families in addressing the issue of overweight and obesity.

Developing strategies for referral into the program has required Amanda to work closely with Central Coast schools, primary care practitioners and the community.

Amanda has had diverse project management experience. Before coming on board to work in the health sector she worked on projects such as the Sydney Cross City Tunnel and with the P&O Ports Risk Management.

Spending seven of her earlier years studying classical ballet Amanda continues her passion with the arts by attending performances when time allows, a balancing act which also has her enjoying the beautiful outdoors on her property

Welcome to Amanda.

MAJOR COMMITTEES

Committees

- **Live Life Well @ School State-wide Key Contact Group** guides and supports the implementation of the statewide Live Life Well @ School program in primary schools.
- **NSW Crunch & Sip Advisory Group** guides and supports the implementation of the Crunch&Sip® in primary schools. Crunch&Sip® is a set time in primary schools for students to 'refuel' on vegetables, salad and fruit and 'rehydrate' with water. Students who are not hungry and are well hydrated perform better in the classroom, show increased concentration, and are less likely to be irritable and disruptive. Many students are not eating enough vegetables and fruit or keeping sufficiently hydrated.
- **Munch & Move State-wide Key Contact Group** led by the Office of Preventative Health, this group supports the implementation of the Munch & Move program in Early Childhood Education and Care Services.
- **CCLHD Breastfeeding and Infant Feeding Reference Group** support the implementation of a comprehensive and integrated plan for breastfeeding on the Central Coast in line with the policy framework document.
- **NSW LHD Canteen Advisory Network** supports and shares canteen related issues amongst all the Local Health District members across NSW.
- **Healthy Built Environment Local Health District Network** (HBE LHD Network) serves as an informal network for collaboration on, and collective resolution of, built environment issues across 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.
- **Central Coast Diabetes Advisory Group** The Central Coast Diabetes Advisory Group comprises various departments of the Central Coast Local Health District and the Hunter New England and Central Coast Primary Health Network. The Group meets regularly throughout the year to discuss and plan action on diabetes prevention and management on the Central Coast. As a result of a consultative planning day in 2016 with both local and state stakeholders a new Central Coast Diabetes Plan, is being finalised.
- **Wyong Licensed Premises Liaison Group** Discusses and provides advice on Development Applications, Social Impact Statements and license applications in relation to licensed premises as well as other alcohol related issues. Includes representation from CCLHD, Tuggerah Police Command and Central Coast Council.
- **Tuggerah Lakes and Brisbane Waters Liquor Accords** –Liquor Accords are made up of local liquor retailers including clubs, pubs and packaged liquor outlets, as well as local police commands, local councils, RMS, NSW Liquor and Gaming, and the Local Health District. Accords aim to improve safety in entertainment areas and reduce alcohol-related anti-social behaviour, offences and violence.
- **Smoke-free Health Care Working group** works to implement the NSW Health Smoke-free Health Care Policy by ensuring that:
 - All CCLHD buildings, grounds and vehicles are smoke free
 - All clients are asked about their smoking status, and that smokers are supported to manage their nicotine dependence
 - A system is in place to support staff to quit or manage their nicotine dependence
- **NRT Educational Content Advisory Group** provides advice, direction and guidance to ensure that education and training around the NSW Health Smoke-free Health Care Policy is best practice and educationally sound.





... thank you
dedicated, to the
passionate
people outside our Service who
realise the *potential*
of our Community being in
'good health'
and who
work so hard
to help put the conditions
in place to achieve this ...

