

HEALTH PROMOTION SERVICE  
AMBULATORY AND PRIMARY HEALTH CARE

# ANNUAL REVIEW 2018 - 19



**Health**  
Illawarra Shoalhaven  
Local Health District



# ABOUT US

## The who, what, when & why

### WHO are we?

The Health Promotion Service implements community initiatives to improve the health and wellbeing of people who live in the Illawarra and Shoalhaven. We are an integral part of the Illawarra Shoalhaven Local Health District and assist to promote, protect and maintain the health of the community.

### WHAT do we do?

Our work focuses on making an early investment in people's lives to prevent disease and injury from occurring in the first place.

The Health Promotion Service leads and delivers evidence-based programs and campaigns that inform, motivate and enable people in the Illawarra and Shoalhaven to lead healthy lives.

In practical terms, we provide advice, resources and tools to a wide range of individuals and groups. But we don't do this alone. Strong partnerships are key to our success and we have established successful working relationships with partner organisations, community groups and government.

### WHEN did we do it?

This report covers our achievements between July 2018 and June 2019.

### WHY do we do it?



The evidence tells us that Health Promotion practice can keep half a million Australians out of hospital every year by preventing chronic diseases like diabetes, cancers, stroke and depression.

> Check out [Health Moves](#), [Stepping On](#) and the [Get Healthy Service](#)



Every \$1 invested in prevention can save over \$5 in health spending.



Obesity costs \$120 billion every year in Australia.

> Check out our [Healthy Children's Initiatives](#) including growth assessments and [Go4Fun](#)



Every 4% reduction in tobacco smoking saves 3,000 lives in Australia per year.

> Check out [Stamp Out Smoking](#), [Smoking in Pregnancy](#) and [Smoke Free Health Care](#)



Every \$1 invested in preschools saves as much as \$13 in future costs.

> Check out [Munch & Move](#)



People living in walkable neighbourhoods are on average 3kg lighter than those in non-walkable neighbourhoods.

> Check out the [Healthy Town Challenge](#) and [Healthy Environment](#) projects



Reducing disadvantage and promoting mental health can create 17,000 jobs and generate \$8 billion in earnings.

> Check out what we are doing with the [Make Healthy Normal](#) projects





# MESSAGE FROM THE MANAGER

Some weeks it can be hard to get enough exercise into our day-to-day routines or eat all the healthy foods we should. Life gets busy, we totally understand!

Our lives are also dominated by sitting; at work, at school and at home. Much of our time is spent sitting behind a computer or electronic device. We also have easy access to foods that are highly processed and high in fat and sugar.

It is a complex problem and we need to look at how we make it easier for people to eat better and be more active across all areas of society. But we can't do it alone. Action by many people at an individual and community level is needed to change these individual, societal and environmental factors that are impacting our health.

The Health Promotion Service has been working hard to immerse ourselves into people's lives to support people to make healthy living choices. We continually build on our partnerships with local councils, schools, early childhood centres, non-government organisations and community groups. We have met some wonderful people of all ages who participated in a range of our healthy eating and activity living programs.

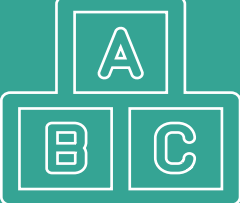
Complex problems are difficult to change and they requires skill, talent, patience, and good communication. We are fortunate that our community has a capable and enthusiastic team of professional who can deliver this.

*Lisa Franco*

Manager  
Health Promotion Service




# OUR 2018/19 HIGHLIGHTS




**95%** of early childhood services provided intentional learning activities on healthy eating

## HEALTHY CHILDREN


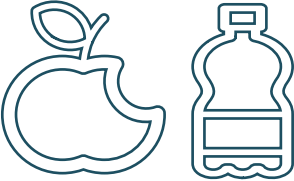


**90** children aged 7-13 years participated in 9 *Go4Fun* programs

**86** local primary school teachers attended at least 1 Health & PE network workshop



**97%** of schools had veggie/fruit breaks and water in classrooms




**56.7%** of schools complied with the *Great Choice @ School Canteen Strategy*, far exceeding the state average

**2** workshop sessions were held to assist clinicians embed growth assessments as part of routine health care



## R E S E A R C H

Data analysis and evaluation has commenced for ***DTEXT*** and ***BEST at Home***




We became an active partner in the *Prevention Research Support Program (PRSP)*

All **22** high schools involved in the *Thirsty? Drink Water! Project* had a chilled water station installed



After one year, some schools had recorded over 20,000 refills!

**100%** of sugar-sweetened drinks removed from our health facilities



# OUR 2018/19 HIGHLIGHTS

Of the **962**  
*Get Healthy Service*  
referrals, 75%  
were from a health  
professional meeting  
the KPI by  
**167%**



**84%** of woman  
participating in *Get  
Healthy in Pregnancy*  
stayed within or under  
the guidelines for  
gestational weight gain



**243**  
people aged  
65+ attended  
at least 5 of the  
7 sessions of  
*Stepping On*



## HEALTHY ADULTS

**60**  
people signed up to  
the *Ulladulla Healthy  
Town Challenge*



**183**  
participants  
completed the  
healthy living  
***Health Moves***  
program



**450+**  
community  
members  
engaged in  
local *Make  
Healthy  
Normal* project  
activities



*Patches Plus In-services*  
were run on  
**54 occasions**  
across 28 wards  
to 360 nursing and  
allied health staff  
and 54 medical officers  
to address smoking



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**135+**  
adults and  
**450** children  
attended 60  
healthy eating  
activities run by  
***Stir It Up***



**100**  
people  
attended a  
booked out  
physical  
activity and  
mental health  
seminar

Tobacco training  
was conducted with



**36 staff**  
from 11  
community service  
organisations

The *No Butts Baby* animation was  
viewed **28,000** times  
on YouTube and was the most  
viewed ISLHD video





# HEALTHY

# CHILDREN

**Food availability, fast-paced family life, the dominance of the car and the popularity of the electronic screen has dramatically changed the health of this generation of children. Today, only 5% of children are eating the recommended amounts of vegetables, and only one third are undertaking the recommended levels of physical activity.**

**The Healthy Children's Initiative team work in partnership with schools, preschools, childcare centres and with families to create opportunities for children to eat healthy food and drinks and to participate in physical activity as part of everyday life.**

Over a quarter of children in the Illawarra and Shoalhaven are overweight or obese



Link to the bigger picture

We work towards meeting objectives of:

- The Premier's Priority to reduce overweight and obesity rates of children by five percentage points by 2025.
- The First 2000 Days Framework.

## You asked...

for more support to help Canteens to meet the *NSW Healthy School Canteen Strategy*.

## So we did!

90 face-to-face meetings with canteen managers. This was in addition to attending P&C meetings, hosting Canteen Network meetings, responding to questions on Facebook and daily telephone and email correspondence.





# Munch

# & Move

*Munch & Move* is a NSW Health initiative that supports the healthy development of children birth to 5 years. We provided support to over 200 childcare, preschools and family and daycares to strengthen their approach to healthy lifestyles of young children and their families.

## Our highlights:



**84%** included fundamental movement skills daily



**95%** provided intentional learning activities on healthy eating



**91%** provided health information to families

## Munch & Move Network

We launched the *Munch & Move Network* this year to provide quality professional development for educators.

So far, 110 educators have participated across 4 network meetings. We are also partnering with other health services to build skills and improve understanding of services available for families in the local area as well as reinforce healthy eating and physical activity.

- A *Munch & Move* conference was held in Kiama with 47 directors or educators attending.
- 4 healthy menu planning workshops were held that aimed to increase healthy foods and drinks on childcare menus.
- The closed Facebook page for educators grew to 320 members. This page shares ideas for health related learning activities.



## Looking forward...

Developing and supporting learning activities around developing movement skills.



# nutrition Goals

1 new fruit & 1 new vegetable this week  
 replace 1 unhealthy snack (chocolate) for 1 healthy snack (yoghurt) twice a week  
 no soft drink for water as my dinner drink 5 days this week  
 a piece of fruit in my lunch box 3 days this week  
 physical activity goals  
 to school & back four times this week  
 for 30mins three times a week  
 walk next week

Specific  
 Measurable  
 achievable



## Go4Fun

**Go4Fun is a free, family lifestyle program to help children and their families lead a healthier and more active life. The program is for children 7-13 years of age who are above a healthy weight.**

*“As a Go4Fun leader, it’s been extremely rewarding to see how families grow and evolve throughout a term, what information they take on board and the fun they have during the sessions. Running into families who have attended prior programs and hearing about the continuing efforts they are making as families in regards to their health and wellbeing is great to see. Go4Fun has often been the starting point they have needed to make some important lifestyle changes.”*

**Matt – Go4Fun Leader**



### Looking forward...

- Continue *Aboriginal Go4Fun* programs across the District.
- Promote *Go4Fun Online* as an alternative option for families who cannot attend a face-to-face program.

### Our highlights:



**9** programs were run



**2** Aboriginal programs were run



**90** children enrolled in the program in the past 12 months



There was a **0.3kg/m<sup>2</sup>** reduction in BMI units in participants

### Participant results from start to finish

- An increase in hours per week being physically active
- Improved fitness
- 73% decrease in sweet snack food consumption
- 48% decrease in sugar sweetened drink consumption
- 51% increase in daily vegetable consumption.







**Live Life Well @ School** is a joint initiative between the NSW Department of Education and the NSW Ministry of Health. The program aims to get more students more active, more often, as well as improving their eating habits.

We work with school communities to create a supportive environment for healthy choices.

## Our highlights:



**97%** of schools had veggie / fruit breaks and water in classrooms



**90%** of schools provided health information to families



**61%** of schools assessed fundamental movement skills as part of PDHPE from K to Stage 3

## Health & PE Network

The Health and Physical Education (HPE) Network provides local primary school teachers with professional development opportunities to support quality teaching of the Personal Development Health and Physical Education (PDHPE) curriculum.

- 3 HPE Network workshops were held featuring fundamental movement skill games, cooking in the classroom, and games with minimal equipment.
- 86 local primary school teachers, representing 30 schools, attended at least 1 HPE Network workshop.
- Teachers have rated the workshops 'very relevant' and 'very useful' and learnt new skills and information that they will 'definitely' use back at school.



## Looking forward...

Continuing to promote the online training to teachers.





# Healthy Canteens



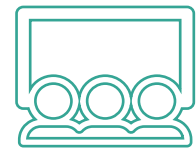
Since the introduction of the *NSW Healthy School Canteen Strategy* we have worked intensively with canteen managers and workers from primary and secondary schools to meet the strategy before the end of 2019 deadline.

*Great Choice @ School: Grant for a healthy school canteen incentive program* was offered to the first 30 Department of Education primary schools that were deemed compliant by the menu check service. An incentive of \$500 gift vouchers encouraged early compliance with the *Strategy*.

## Our highlights:



Membership to the closed Facebook group increased by 50 new members to **195**



The *Great Choice @ School Canteen and P&C Workshop* attracted **63** participants



**100%** reported *'the workshop sessions relevant and will use what I have learnt to make improvements to my school'*



As of June 2019, **57%** of our schools were complying with the policy (NSW average was 43%)



We were also pleased that **23%** of our high schools complied (compared to a 17% NSW average)

## Looking forward...



Continuing to build on the successes that canteens have already achieved.



# On the go snack

## Healthy Grabs

**Healthy Grabs** are pictures which promote health to the community in an easy, attractive and positive way.

*Healthy Grabs* aim to nudge people into making positive health choices and reinforce healthy behaviours. The grabs are based around key health messages promoting fruit and vegetables, drinking water, being active each day, limiting screen time and addressing smoking.

Images are shared via the *Healthy Grabs Facebook Page* to allow schools, early childhood education services and organisations to easily share via social media, websites or newsletters to their community. The images are uploaded to the Facebook page with extra information to explain the health message and provide a link to other resources.

### You asked...

for more messages on screen time for families.

### So we did!

We created 47 new messages based on feedback from community organisations and early childhood services.

### Our highlights:



A total of 136 *Healthy Grabs* have been created, with **47** new grabs created



*Healthy Grabs* are displayed on TV screens in **5** hospital and community health centre waiting rooms across the District



Our *Healthy Grabs Facebook page* has **439** followers. This is an increase of 14.3% of followers than last year

### Looking forward...



- Displaying *Healthy Grabs* in more waiting room TV screens in ISLHD
- Creating more *Healthy Grabs* around other key messages including sleep and mental health.





# Growth Assessments

The NSW Health Service Measure for 2018/2019 indicates that all children who come into contact with a NSW Health facility have their growth assessed as part of good clinical care.

We have been working with different clinical teams to build staff skills, knowledge and confidence to accurately measure a child's growth and promote the 8 Healthy Habits to help protect children's health. We have also encouraged referrals to support services like the *Go4Fun* or *Get Healthy Service* where necessary.



2 workshops were held for clinicians to embed growth assessments as part of routine health care. The *Can you raise the issue* workshops were facilitated by the NSW Ministry of Health and ISLHD's Head of Nutrition and Dietetics.



Workshops were attended by a range of health care teams including paediatric nursing, child & family health nurses and allied and oral health teams.



210 clinicians from ISLHD completed the 2 core online units of the *Weight4Kids* training..



New equipment was introduced to ensure staff complete measures accurately. Local resources were developed to support staff to meet this indicator.

**healthykids**  
for professionals

Weight management resources for health professionals

Be healthy together





# HEALTHY

# ADULTS

**Overweight and obesity is now the norm for Australians and with it has come an increasing burden from many diseases but especially diabetes, heart disease, arthritis and some cancers.**

*“To help overcome this we need a combined approach for the whole population and the individual. We need to redesign our society and communities so it is easier for individuals to make healthier choices and achieve a healthy weight and then we need to provide ways that help individuals lose their excess weight and get healthy again.”*

Professor Ian Caterson, Foundation Director of the Boden Institute of Obesity, Nutrition, Exercise and Eating



Link to the bigger picture

We are working towards meeting objectives of:

- NSW Healthy Eating and Active Living Strategy: Preventing Overweight and Obesity in New South Wales 2013-2018.

Almost two-thirds of adults in our region are overweight or obese

You asked...

for more programs to be run in Shoalhaven and southern regions.

So we did...

an expansion of our *Health Moves* programs in Ulladulla and Kiama and initiated the *Ulladulla Healthy Town Challenge*.





# Stepping On

## Our highlights:

**Stepping On is a popular, friendly and free program for older people. It is designed to increase strength, improve balance, confidence and knowledge to prevent falls and stay fit.**

The program runs throughout the Illawarra and Shoalhaven.

Sessions run for 2 hours per week for 7 weeks with a booster session 2 months later.

*“Stepping On was a life changing experience”.*  
*“One of the best things I’ve ever done”.*  
*“Provided awareness and confidence”.*



**243** participants completed 5 or more sessions



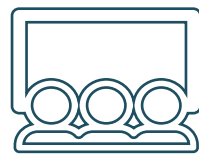
**18** programs were delivered



**2 CALD groups:** 1 Indian and the other Greek/Italian



**6** people completed facilitator training



2 previous *Stepping On* participants presented at the *2018 CEC Falls Forum* in Kiama (approx. 200 ISLHD staff attended)



### Looking forward...

A new *Healthy and Active* program for older adults who are currently not participating in physical activity will be implemented across the District.



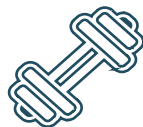


# Health Moves

**Health Moves is a community-based physical activity and healthy living program for people either with, or at risk of developing chronic disease to help self-manage their condition.**

Health Moves is a partnership between with Wollongong, Kiama and Shoalhaven Councils. It is managed by the Health Promotion Service, ISLHD Integrated Chronic Disease Management and the Illawarra Shoalhaven Diabetes Service.

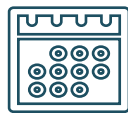
## Our highlights:



**12** sessions were conducted each week. This included 6 sessions offered in Wollongong and new programs set up in Ulladulla (2 sessions) and Kiama (2 sessions)



**183** people participated in the program



Shoalhaven and Kiama began their second **14 week** program after successful pilots



**8** new leaders were trained

*“Little by little I started noticing all these small improvements that sort of crept up on me. I could stand for longer, walk further with fewer rest stops to catch my breath... I could lift my arms over my head to wash my hair without pain or breathlessness...I had become very accustomed to feeling very fragile.”*

**Belinda - participant**

## Looking forward...

- Discussions with Shellharbour City Council to deliver programs in Shellharbour.
- Expanding the program to other leisure centres in Shoalhaven.

You asked.. for sessions after work hours.

We did... offer 2 after-hours sessions per week in Wollongong.





# Healthy Environments

**We are committed to working with planners, local councils and local organisations on healthy environments and urban planning.**

Support is offered to councils towards the healthy living goals identified in their Community Strategic Plans. Providing reliable evidence about health statistics and what works in addressing the known health challenges is also a key role.

People who live in suburbs where 95% of homes are within 400m of a public open space are over 3 times more likely to do moderate-to-vigorous physical activity

(NSW Healthy Planning Expert Working Group, 2018)



ISLHD Health Promotion staff and Strategic Planners engaged with our four councils to discuss the core goals of the two organisations, and a better coordinated approach on shared objectives.



The Illawarra Shoalhaven Walk Alliance was formed with Illawarra Shoalhaven Joint Organisation (ISJO), councils, the Local Health District and non-government organisations to pursue partnership strategies (through a walking lens).



Advocacy for the Local Strategic Planning Statements for councils to include healthy living principles in the community's vision for land use.



The Alliance developed a Walkability Briefing Paper for regional advocacy and are working towards walking evaluation measures that could be used by all partners to monitor progress.



**Looking forward...** 

- Work with councils to increase awareness and action on walkable neighbourhoods.





# Ulladulla Healthy Town Challenge

The **Healthy Town Challenge** is an initiative of the Office of Preventative Health and the Heart Foundation to help people in regional communities become healthier by getting active, eating well and meeting people. The Challenge encouraged people to get active by making the most of the natural beauty in Ulladulla, including walks at beaches, bushland and creek lines.

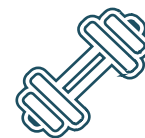
Free activities were held such as *Come and Try* workshops at an outdoor gym run by Shoalhaven City Council, community walking events, mindful walking and Zumba Gold. Participants had the opportunity to try new ways of keeping fit and making new friends.

All people who joined the Challenge have were offered support by the *Get Healthy Service* to assist them in setting individual health goals.

## Our highlights:



**60** people signed up to the Challenge



**3** *Health Moves* programs were delivered with support of the local Diabetes Educators

## Heart Week 2019

The Heart Foundation and *Ulladulla Healthy Town Challenge* celebrated Heart Week by holding a community walk and picnic day at the Ulladulla Harbour. The local Heart Foundation Walking Group, Happy Feet, led the walk.

59 people enjoyed a spectacular coastal walk and a delicious healthy lunch.

## Looking forward...

The *Ulladulla Healthy Town Challenge* runs until the end of August 2019.

Other locations for future Healthy Town Challenges will be considered.





# Make Healthy Normal Community Project

**The *Make Healthy Normal Community Project* supports not-for-profit, non-government community service organisations across ISLHD to apply for funding of up to \$1000 to implement innovative local projects which promote healthy eating and active living.**

The project runs in partnership with the Community Industry Group (CIG) and with local organisations and their community members. The focus has been on supporting local projects to connect with community members who want to move more, increase their daily physical activity and reduce sedentary time.

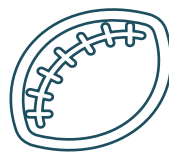
## Case Study: Warilla North

A pilot *10 Week Spring Challenge* exercise program was run by a qualified instructor at Warilla North Community Centre.

Initially 10 women joined the program. It has since become an ongoing group. All participants lost weight and reported making other lifestyle changes around diet, alcohol and daily physical activity.

The Centre Coordinator reported *“One participant had not exercised for years. Now she is walking every day, has made new friendships and wants to keep going.”*

## Our highlights:



**9** Illawarra and **2** Shoalhaven projects were funded



**11** projects in under served communities



Over **450** community members engaged in the local project activities (221 adults, 231 children and youth)



Community members reached included children and families, homeless youth, disadvantaged young women and older people

## Looking forward...

Support community organisations to promote physical activity for improved mental health and wellbeing.





# Mental Health and Physical Activity

**We responded to emerging evidence regarding the benefits of physical activity in prevention and management of mental illness by organising a professional development seminar for health staff, community workers, exercise leaders, council staff, volunteers and community members.**

Professor Fiatarone Singh provided inspiration and evidence on the importance of physical activity on mental wellbeing for conditions such as depression, anxiety, substance abuse as well as its benefits in combating medication side effects. She also discussed integrating physical activity delivery in sustainable ways into mental health care.

Thank you to Shellharbour and Wollongong City Councils for supporting this initiative.

*“Food is the most abused anxiety drug.  
Exercise is the most underutilised anti-depressant”*

Professor Fiatarone Singh

## Our highlights:



**Over 100** people attended the seminar. This included health staff, community workers, exercise leaders, council staff, volunteers and community members.



Man Walk Australia (Kiama), Lighthouse Youth Initiative and Active8 (run by Neami Wollongong) presented on their local community physical activity projects.

## Looking forward...



Promoting the message that exercise is the best medicine and the important role it has on a mental wellbeing.





# Food Security Projects

**The Health Promotion Service has been a key stakeholder in a number of food security projects for many years.**

*“Food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life.” (FAO 2009).*

## Food Fairness Illawarra

We have been a key stakeholder in Food Fairness Illawarra along with Wollongong City Council, Shellharbour City Council, Kiama Municipal Council, Healthy Cities Illawarra and the University of Wollongong.

Highlights of the year include:

- Development of a strategic plan.
- Coordination of a community event. *Connecting Over Fair Food* brought together 150 community members to discuss the theme *Together shaping the future* with a focus on exploring the question *How do we best equip the next generation to enjoy good food and create a sustainable food future?*

Approximately 7.2% of our region's population (21,604 people) are not food secure  
(NSW Health 2015)

## Healthy Eating in Australia DVD

*The Healthy Eating in Australia DVD* is a multi-lingual community education resource promoting healthy eating in newly arrived refugee communities. The resource provides targeted, accurate and culturally appropriate advice on food choices in Australia and was produced in Arabic, Dari, English, Karen and Tibetan. The videos are supported by a *How to Use* guide for use in community groups, and classroom resources for use in English classes, settlement orientation programs, community settings and health programs.

We partnered with NSW Refugee Health Service, Northern Sydney and South Western Sydney Local Health Districts Health Promotion and Multicultural Health Services, Promoting Health Outcomes for Refugees (PHoR), TAFE Illawarra (Wollongong Campus) and Max Solutions (Wollongong).





## Stir It Up

The *Stir It Up* project trains volunteer peer-educators to promote healthy eating in their local area. It is run in partnership with Healthy Cities Illawarra.

Peer-educators are supported to conduct activities such as recipe demonstrations, talks, cooking groups and supermarket and garden tours in a variety of community settings.

*Stir It Up* is continually evolving to meet the needs of our volunteers and the local community. Over the past year the changes have included:

- A number of new training pathways for volunteers, including a revised course delivered by Kiama Community College, other appropriate courses, and employment experience.
- The establishment of a 2 day workshop to ensure that potential volunteers are informed about the philosophy and messages of the project, have adequate skills and are aware of the resources and support available.
- The development of workbooks for 2 units for Certificate II in Hospitality.

## Our highlights:



**135+** adults and 450 children attended 60 healthy eating activities run by *Stir It Up* volunteers



**20** women and 4 men completed training to be volunteers



**145** people have completed the training since 2010



**45** volunteer peer-educators are currently registered with ISLHD



**19** volunteer peer-educators are registered with companion organisations



**6** local organisations have registered graduates from *Stir It Up* training as volunteer peer-educators and provide a staff member to encourage, support and guide them to deliver healthy eating activities within their organisation





# Get Healthy Service

The *Get Healthy Service* is a telephone health coaching and information service for adults 16 years and over in NSW. We encourage and promote health professional referrals to the service.

## Our highlights:



**75% of the 962 referrals were from a health professional** (exceeding our target)



**3.5kg** was the average weight loss for participants



**3.5cm** was the average waist reduction



Participants increased their fruit and vegetable consumption by 1 serve per day



New support resources including a postcard to prompt health professionals to refer to the program were also developed and distributed

## Get Healthy in Pregnancy

- An increase in engagement with all maternity units across the District.
- 84% of participants in ISLHD stayed within or under the guidelines for gestational weight gain.
- The Pregnancy Weight Gain Calculator became available which allows woman to track and save their weight gain throughout their pregnancy, offering tips and support along the way.



## Looking forward...

The launch and release of the *Get Healthy in Pregnancy* app to help woman to track their weight gain during pregnancy.





# Healthy Food and Drink in NSW Facilities

**The *Healthy Food and Drink in NSW Health Facilities for Staff and Visitors Framework* provides a set of best-practice guidelines for food outlets in NSW Health Facilities to make healthy choices an easy choice for staff and visitors.**

We worked alongside national, state and local vendors who operate 4 cafeterias, 3 coffee-carts and over 40 vending machines across the District.

We now see a wider range of healthy choices including sandwiches, wraps, salads and sushi in our cafeterias. This is proving favourable among staff and visitors.

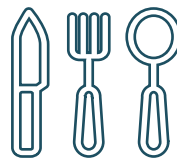
Significant changes are also evident within vending machines with a focus on healthier snack options, as well as alternate items such as phone chargers, ear phones and hygiene items.

*"I now have something I can choose when I go to a vending machine, whereas previously I wouldn't have stopped to look at what was on offer."*

## Our highlights:



**100%** removal of sugar-sweetened drinks



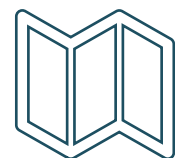
Increase in everyday (healthy) options to at least **75%** of food & drink



**100%** of our flavoured milks now have a Health Star Rating of 3.5 stars or above



**100%** of our sweet muffins and salty snacks are now a suitable portion size



**100%** of our checkouts and **83%** of marketing material now support healthy choices



## Looking forward...

- Providing continued support and engagement to make healthy choices the easy choice.





# Fitness

# Passport

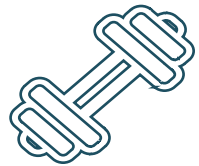
**The *Fitness Passport* program encourages ISLHD employees to be more physically active.**

This program allows staff and their families to gain access to the gym closest to work on weekdays, closest to home on weekends and take the whole family to the pool as often as they like at a discounted price.

## Our highlights:



**2,969** staff (including family members) have a Fitness Passport



**18%** of staff have a Fitness Passport membership



**764** staff have their family on their membership



**50%** are family memberships (1,527 family members)



**50%** are single memberships



**87%** of members did not belong to a gym prior to signing up to Fitness Passport

*“There are so many gyms to choose from which is awesome. It means I can fit my workout in around my schedule so I get to the gym more often than if I was restricted to one gym.”*

*“I love my family membership because my kids love going to the pool and I can use my Fitness Passport at the pool as well.”*

- Fitness Passport Members





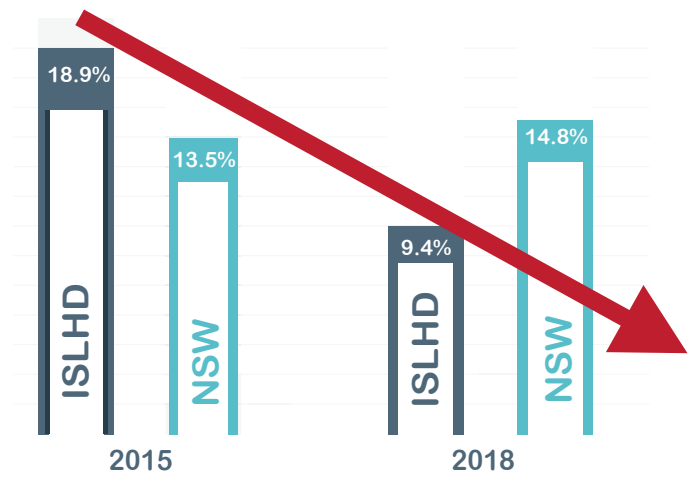


# TOBACCO

Smoking remains the leading cause of preventable disease and death in NSW, however the portfolio of projects that we have been implementing over the last 4 years is having an effect. The percentage of current smokers in ISLHD has halved from 19% in 2015 to 9.4% in 2018.

We know from our work with community service organisations and clinical services that the rate of smoking is much higher in clients experiencing social and economic disadvantage so reducing the prevalence of smoking within these groups and pregnant women is a priority.

We continue to develop innovative methods to engage with the services and clients in our priority communities.



Link to the bigger picture

We are working towards meeting objectives of:

- NSW Health Tobacco Strategy Work Plan 2019-2021.

You asked...

for more assistance for ISLHD staff to use nicotine replacement therapy.

So we did!

We held a number of information kiosks at Shoalhaven and Wollongong Hospitals.





# Smoke Free Health Care


**The *Smoke Free Health Care Policy* is to protect non-smokers from harm and provide smokers with the opportunity to manage their nicotine dependence while in a health care setting.**

We work in partnership with the Drug and Alcohol Service and all clinical services.

**While you are in hospital you will not be able to smoke.**



Your doctor or nurse can give you nicotine replacement products to keep you comfortable.




## Our highlights:



We continued to deliver the *Patches Plus* In-services to support clinical staff to manage nicotine dependence in a smoke-free facility. 54 In-services were held across 28 wards to 360 nursing and allied health staff and 54 medical officers



*Let's Treat It*; a one day workshop was run for health professionals to increase the number of workers who can provide evidence-based support for smokers



Information kiosks held to promote the staff nicotine therapy replacement program at Shoalhaven District Memorial Hospital and The Wollongong Hospital



Supported 39 staff to make a quit attempt through the promotion of the *Staff Nicotine Replacement Therapy* program



## Looking forward...

Working in partnership with ISLHD outpatient and community services to embed smoking cessation support into their services.



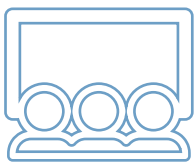
# Stamp Out Smoking

The *Stamp Out Smoking* project has built partnerships with community service organisations to create environments that protect the health of staff and clients and encourage cessation of smoking. It puts systems in place within the organisation to better monitor, manage, support and refer clients who smoke.

## Our highlights:



5 new partnerships were formed with Illawarra Multicultural Services, Neami, Wollongong City Council's Youth Services, Wollongong Flexible Learning Centre and the BADV program at the Illawarra Koori Men's Group



Tobacco training was conducted with 36 staff from 11 community service organisations



Regular capacity building and tobacco support was provided to another 6 services including CHAIN, Darcy House, Illawarra Koori Men's Group, Housing Trust, Aftercare and Carinya House

## Breathe Strong, Live Long

The *Breathe Strong, Live Long* project produced 7 short films for Facebook, reaching 13,266 people in the Illawarra.

Another 926 individuals engaged with the Facebook page and paused to like, share or comment.

The films were made with members of the Koori community to encourage people to talk with family about quitting and call the Quitline.



## Looking forward...

Piloting a quit smoking project using text messages.





# Support to Quit..

...in pregnancy

Health Promotion, Drug and Alcohol Service and Aboriginal Maternal Infant Child Health (AMICH) worked together on the *No Butts Baby* project to reduce the number of pregnant women who smoke.

Smoking cessation training was provided to midwives on nicotine addiction and correct use of nicotine replacement therapy.



## No Butts Baby animation - myths and facts

An animated video clip was developed to address the myths about smoking during pregnancy. The video highlights that there is no safe amount of smoking. Following positive feedback, the video has formed part of NSW Health's online education training for midwives.

The animation has been a great way to get viewers attention with 28,000 views.

...in targeted community groups

Culturally appropriate interventions were trialled in Warilla and Nowra to encourage vulnerable population groups to quit smoking, create smoke free environments and seek support through the Quitline, apps and websites.

## Case Study: Our Mia Mia

We partnered with East Nowra Public School to improve access to health services. Individualised advice and support was provided to address smoking and discuss the correct use of Nicotine Replacement Therapy.

The program was integral to promoting healthy lifestyles to children and their families and has assisted some parents to reduce from 40 cigarettes a day to none.

*"I have quit smoking all together and my wife is only smoking one cigarette a day. Over 3 months, we have saved over \$7,000."*

- John, participant.

## Looking forward...



Launch of a second short animated video with quit support for pregnant women who smoke.





# RESEARCH

## BEST at home

**We have a dynamic team of researchers who conduct projects that address a range of health issues including chronic disease, falls prevention and childhood obesity. The team continues to explore opportunities for the translation of research findings into policy and practice.**

We are working in partnership with Early Start, University of Wollongong and the University of Sydney on projects funded under the Prevention Research Support Program (NSW Ministry of Health), NH&MRC Partnership Project grant and Translational Research Grants Scheme (NSW Ministry of Health).

The aim of the *BEST (Balance Exercise Strength Training) at home* project is to determine the effectiveness and cost effectiveness of the exercise program to prevent falls and upper limb dysfunction in older people.

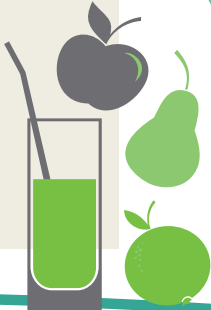
Participants were randomly allocated to either an exercise program to prevent falls or an exercise program designed to reduce shoulder problems. They attended three exercise sessions delivered by physiotherapists and were given exercises to do at home over the course of the study.

Data analysis for *BEST at home* has commenced. Preliminary results indicate that the people who started the program were mostly female (64%) and had an average age of 73 years. About one-quarter of participants had fallen at least once within three months of starting and one-third did not have good balance.

### Looking forward:



The results on the benefits of the home-based exercise programs will be available in 2020.





# DTEXT

## Diabetes text messages

**The *DTEXT* research program is a randomised controlled trial we conducted with the University of Sydney. *DTEXT* is funded through the NSW Ministry of Health Translational Research Grants Scheme (2016).**

The program aims to investigate if a 6 month text message intervention can lead to improvements in glycated haemoglobin (HbA1c) and diabetes self-management among people with type 2 diabetes. Text message topics were on nutrition, physical activity, diabetes care, weight management, medication adherence and smoking cessation.

People from across NSW were recruited. Preliminary process evaluation indicates that the majority of participants found the intervention helpful and would recommend the text message program to people with type 2 diabetes.

### Acceptability of a text message study for Aboriginal and Torres Strait Islanders

20 Aboriginal and Torres Strait Islanders with, or at risk of, a chronic disease were recruited from the Aunty Jean's Chronic Care Program and the Illawarra Koori Men's Support Group. Participants received a 6 month text message program similar to the one for the *DTEXT* program.

Preliminary results showed that the intervention was well received as they were no withdrawals and people found it useful.

There was a significant improvement in vegetable consumption; and trends towards an increase in fruit consumption; and a reduction in sugary drinks and alcohol. A couple of participants reported to have stopped smoking.





# Prevention Research

## Support Program

**We are an active partner in the *Prevention Research Support Program (PRSP)* that was awarded to Early Start, University of Wollongong in 2017.**

The *PRSP* grant supports research into the design, implementation and evaluation of interventions to promote physical activity and healthy eating, with special emphasis on obesity prevention and management.

We aim to build the research capacity of ISLHD health staff working on *PRSP* program areas. We also have direct involvement with *PRSP* research activities including:

- Healthy eating and physical activity practices and policies in the family daycare setting.
- An audit of the healthy eating and active living environments within out of school hours services.
- Evaluation of Bellambi and Bundaleer Active In-Betweens Programs (Bellza and Bundy 9-12s).
- The High School Healthy Canteen Project.

### Bellambi and Bundaleer Active In-Betweens Program Evaluation

*Active In-Betweens* is an after-school, healthy lifestyle, outdoor activity program for 9-12 year old children that has been running one afternoon a week in the Bellambi and Bundaleer social housing communities since August 2019.

The program, facilitated by Healthy Cities Illawarra, offers opportunities for physical activity, healthy food and social connections.

We are evaluating the impact of the program on children's health and wellbeing. Baseline data, was gathered from children when the program started and this has directly influenced the structure and planning of activities, themes and guest facilitators. Follow-up data collection will begin in August 2019.

### The High School Healthy Canteen Project

The *NSW Healthy School Canteen Strategy* was introduced into high schools across NSW in 2017. One of our key roles is to support schools with their implementation of healthy eating and physical activity strategies.

This study aims to identify and describe the barriers and enablers to implementing the strategy in high schools.

Principals and canteen managers will be invited to participate. Findings will inform the development of future health promotion projects to support and build the capacity of schools and canteen managers to successfully implement the strategy.





# Child Obesity

## Research Projects

**We are working on a Translational Research Grant Project led by Central Coast Local Health District.**

It is hoped that the outcomes of the study will demonstrate how best to get young people drinking water instead of sugar-sweetened beverages.

The *Thirsty? Choose Water* study was rolled out across 60 high schools on the Central Coast, Illawarra Shoalhaven and in South West Sydney and involves providing chilled water stations and providing education to students during their Year 7 immunisation program and PDHPE lessons.

### *Thirsty? Choose Water* in Illawarra and Shoalhaven:

- 22 high schools now have a chilled water station installed and have received all the project resources.
- Chilled water stations have been well received, with some schools installing more chilled water stations.
- Some schools had recorded over 20,000 refills after 1 year.
- Our Public Health immunisation nurses provided guitar picks to all Year 7 students to play the *Sprouts and Straws* board game during the compulsory rest time after immunisation. Nurses reported that this was a good time to provide a health message to students.

*"We love the water chiller, 100% winner."*

- PDHPE Head Teacher

### Looking forward...



Analysis of all results will be published. Recommendations will be made to NSW Department of Education based on the results.

### *Time for Healthy Habits*

We are also active partners in *Time for Healthy Habits*; a research study looking at ways to help parents and carers with healthy eating, physical activity and sleep habits in their young child.

This project is funded by a NSW Ministry of Health Translational Research Grant and delivered in partnership with the University of Wollongong, the University of Newcastle, Murrumbidgee, Southern NSW, Hunter New England, and South Eastern Sydney Local Health Districts.







# Publications & Presentations

## Publications

- **Waller K, Furber S,** Bauman A, Allman-Farinelli M, van den Dolder P, Hayes A, Facci F, **Franco L,** Webb A, Moses R, Colagiuri, S. *DTEXT– text messaging intervention to improve outcomes of people with type 2 diabetes: protocol for randomised controlled trial and cost-effectiveness analysis.* BMC Public Health 2019, 19(1), p.262.

## Conferences & Presentations

- **Bates A.** *BEST at Home - Update 2018.* Presented at the NSW Falls Prevention Network Rural Forum (Illawarra Shoalhaven Local Health District). Kiama, August 2018.
- Facci F, Wright D, Lawler R, **Porter S,** Hall J, Karippanon K. *Breathe Strong Live Long.* Australian Public Health Conference Poster Presentation. Cairns, September 2018.
- **Amer V.** *Getting Healthy – Aligning the Osteoarthritis Chronic Care Program with the NSW Get Healthy Service.* Presented at the Get Healthy Service State-Wide Forum. Mary Mackillop House, April 2019.

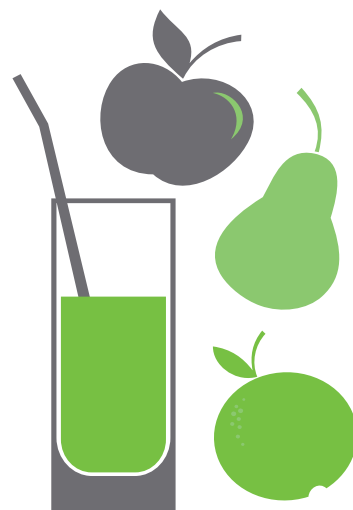
## Awards

Victoria Amer has received several awards for *Getting Healthy – Aligning the Osteoarthritis Chronic Care Program with the NSW Get Healthy Service* as listed below:

- ISLHD Quality & Innovation Forum – The Wollongong Hospital  
Category 4: Keeping People Healthy

## PhD candidates

- Amanda Bates (University of Sydney)
- Karen Waller (University of Wollongong)





FRESH AIR

FITNESS

WATER  
2L  
A DAY

FRUIT

FITNESS

HEALTHY LIFESTYLE

WALKS  
HEALTHY

WATER  
2L  
A DAY

VEGETABLE

VEGETABLE