



Western NSW Local Health District  
Health Promotion Annual Report  
2020–2021



Western NSW Local Health District acknowledges the traditional custodians of lands across our region. We acknowledge that we live and work on Aboriginal lands. We pay our respects to Elders past and present and to all Aboriginal people.

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WARNING, Aboriginal and Torres Strait Islander viewers are warned that the following may contain images of a deceased persons.

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# MANAGER'S *Report*



2020–21 has been another challenging year with all programs impacted by the arrival of COVID-19 in NSW. This report provides an overview of what was achieved in Health Promotion (HP) across Western New South Wales Local Health District (WNSWLHD) and Far West LHD (FWLHD) under challenging conditions at times.

The report builds on the foundations of previous years as we endeavour to improve health outcomes of the community in the areas of healthy eating and active living (HEAL) and Tobacco Control. The work undertaken by the HP Unit is based on the goals outlined in the Western NSW Local Health District Health Promotion Strategy 2018–2023.

This year we have continued to align our programs to populations with the poorest health outcomes. This builds on our strong track record of ensuring the programs we deliver are evidence informed and are evaluated. It is important to build on the evidence of what works in the rural and remote settings.

Many of the programs covered in this report have undergone redesign based on the results of literature reviews and evaluations undertaken in previous years. This year we have worked to embed best practice into our programs especially Marang Dhali Eating Well (MDEW), Physically Active Communities (PAC) and Tobacco programs.

HP lead the redesign of the District's response to Tobacco Control with the development and approval of the WNSWLHD Tobacco Framework. This Framework sets the agenda for future action by the District. An annual work plan has also been developed as part of this process.

I sincerely thank the whole Team for their hard work and partnership building over 2020–21.

I hope you enjoy reading about the contribution we make towards improving the health of the Western NSW (WNSW) community.



Lyndal O'Leary  
Manager Health Promotion  
WNSW & FW Local Health  
Districts



## WHY ARE WE DOING THIS?

Childhood overweight and obesity is recognised as a population health issue in New South Wales (NSW). Children who are overweight or obese are at a greater risk of developing heart disease, type 2 diabetes and reduced life expectancy.<sup>1</sup> As a substantial number of children attend early childhood education and care (ECEC) services, it is an ideal setting to improve their health and wellbeing. Evidence shows that children who develop healthy eating and physical activity (PA) habits from a young age are more likely to lead a healthy life and maintain a healthy weight. However, many children need assistance to meet the daily PA and healthy eating recommendations.



## PARTNERS

WNSWLHD ECEC services and FDC Service Providers  
NSW Centre for Population Health  
Local Health Districts  
Early Childhood Training and Resource Centre

## HOW ARE WE DOING IT?

Through the promotion of PA, healthy eating and reduced small screen time, *Munch & Move* supports the healthy development of children from birth to five years in NSW ECEC and family day care (FDC) services. The state wide, play-based program aligns to the National Quality Framework and the Early Years Learning Framework which outlines actions to give children the best start to life.

Our local team supports services across WNSWLHD and FWLHD through the provision of state-wide resources and by providing:

- Free professional development opportunities;
- Localised resources;
- Support to develop and implement *Munch & Move* based policies/practices;
- Family-focused support materials that provide practical ideas to engage children in active play and healthy eating;
- Regular contact and support to meet the service's needs.

## TRAINING OFFERED

The WNSWLHD Healthy Children Initiative team joined forces to support local early childcare services and schools through the COVID-19 lockdown by engaging Dr Darren Morton to present the Be Well, Teach Well webinar in August 2020.

Given the COVID-19 pandemic in 2020-21 the Engage. Empower. Embed. *Munch & Move* face-to-face workshops were remodelled and offered via webinar. Services from both WNSW and Far West (FW) LHDs were invited to participate in each series of webinars (2 x 2.5 hour webinars) conducted in September 2020, March 2021 and May 2021. A total of 55 educators completed the training via webinar and 15 others attended one session throughout 2020-21.

BE WELL, TEACH WELL WEBINAR

44 participants that joined from 13 services; 16 from schools; 13 Health Promotion staff and 2 others. Another 56 watched the recording within six weeks.

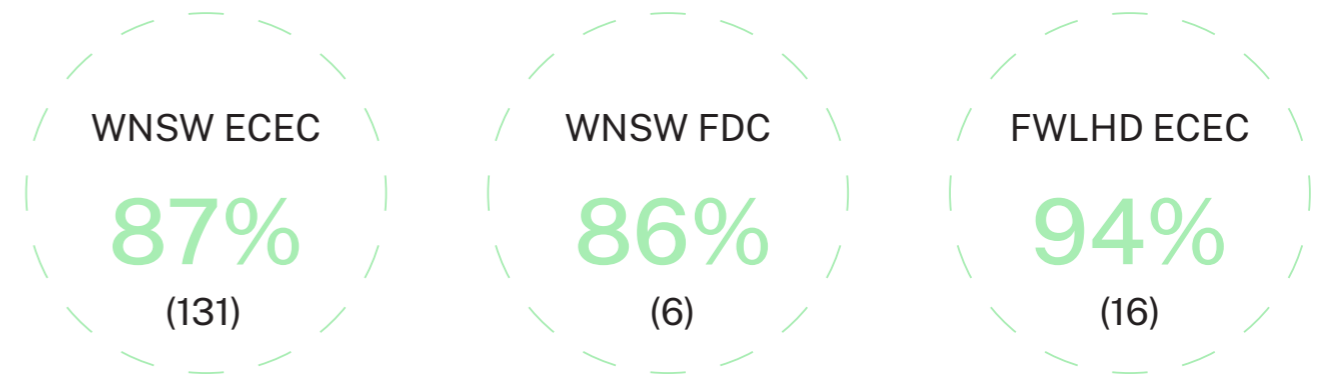
## SOCIAL MEDIA SNAPSHOT

 After almost three years, the *Munch & Move* - Western NSW closed Facebook group has 247 current members.

The group runs exclusively for staff of ECEC and FDC services located in WNSWLHD and FWLHD. The group provides a forum for educators to ask questions, share their ideas and for the general sharing of information, resources, program updates and professional development opportunities.

## GOALS MET

Service Providers trained in *Munch & Move* as at 30 June 2021:



The *Munch & Move* Team ran a menu review blitz from February 2021 – June 2021 for all services that provide meals to children. Fourteen of the 21 menus submitted for review during the blitz were updated to meet the Caring for Children guidelines. A total of 27/65 (42%) service menus were submitted throughout 2020-21. Seventeen of the 27 services were updated to align with the guidelines, resulting in a 63% success rate for submitted menus. Nineteen services were offered an incentive to meet a variety of *Munch & Move* practices including professional development, policy development, healthy menus or active play hours. Five services (26%) took up the offer and improved their implementation of *Munch & Move*. A survey of services was used to guide *Munch & Move* support strategies. Responses (from 9.3% of trained services), were used to inform our regular support in 2021 and incorporated into the 2021-22 business planning process.

A total of 15 services received the *Munch & Move* Certificate of Excellence for implementing *Munch & Move* to a high standard and achieving 80% or more of program practices.

## IMPROVEMENT MEASURES

65% of *Munch & Move* trained ECEC adopt 70% of Enhanced Practices

Results:

- WNSWLHD achieved: 65%
- FWLHD achieved: 88%

60% of *Munch & Move* trained FDC Service Providers achieving 60% program practices

Results:

- WNSWLHD achieved: 86%

## LOOK OUT FOR

- *Munch & Move* workshops or webinars in WNSWLHD and FWLHD
- Healthy Menu Planning/Cooks Workshops in WNSWLHD
- The Yummy Tummy Book recipe resources



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# LIVE LIFE WELL @ SCHOOL

WNSWLHD  
FWLHD

WHY ARE WE DOING THIS?

Both WNSW & FW LHDs have high rates of overweight and obesity in children with more than 1 in 5 children in NSW overweight or obese according to the Population Health Survey, 2018.<sup>ii</sup> Overweight and obesity rates are similar across NSW, though outer regional and remote areas have a higher incidence with this having an impact on the health of children aged 5-16 years in our district.<sup>iii</sup> Obesity is a major risk factor for many chronic diseases and unhealthy habits can track from childhood into adulthood. Live Life Well @ School (LLW@S) aims to create a supportive environment to help combat obesity in children.

It is known students who eat well and are physically active are more attentive in the classroom. The school environment is a great place for students to learn skills which encourage healthy eating and PA and develop healthy habits to take with them into adulthood. The LLW@S program takes a whole of school approach and incorporates learning in the classroom, building healthy school policy and connecting with families and the local community.



## PARTNERS

NSW Ministry of Health  
NSW Department of Education  
Centre of Population Health  
Association of Independent Schools of NSW  
Catholic Education NSW  
Janice Atkin, Education Consultant  
Healthy Kids Association  
Western and Far West NSW primary schools  
Office of Sport  
Cancer Council  
Jennifer Madz, NSW Healthy Canteens workshop facilitator

## HOW ARE WE DOING IT?

LLW@S is a joint state-wide initiative between the NSW Ministry of Health (MoH) and NSW Department of Education. It targets NSW primary schools with a focus on creating a whole of school approach, which 'get more students, more active, more often', and has an emphasis on healthy eating both at school and in the home.

Local support is provided to all trained LLW@S primary schools in WNSWLHD & FWLHD to provide support and advice on program implementation, to work towards achieving the 11 Desirable Practices. These evidence-based practices centre on PA, healthy eating and providing a safe and healthy whole-of-school environment. Given the widely spread and diverse population within WNSWLHD and FWLHD, a localised approach has been implemented to ensure the best possible support is provided to all of our schools.

The LLW@S team offers professional development to support schools to achieve the 11 state-wide LLW@S Practices in both face-to-face and virtual settings. Teachers are supported through a closed LLW@S Facebook group. Teachers are also provided with one-on-one support via email or phone to help them to implement the LLW@S Practices. A number of programs are promoted to support the LLW@S messages including Q4:H2O, Fruit and Veg month and the Premier's Sporting Challenge each year.

## TRAINING OFFERED

Annual face-to-face workshops were rescheduled until 2022 as a result of the restrictions imposed from COVID-19. LLW@S webinars continued to be held in lieu of face-to-face training for teaching staff to refresh their skills and knowledge in creating a whole school approach to healthy eating and PA.

### Webinars held


- LLW@S and *Munch & Move* combined forces to offer a Be Well, Teach Well webinar to all trained service staff members. This was a popular webinar with 44 participants on the day, 34 teachers from 23 schools registered. Additionally, the recording has been viewed 56 times since 1st October 2021.
- HP and the NSW Office of Sport's Jason French partnered to offer a Traditional Indigenous Games Webinar to all trained LLW@S schools. As a result, 34 staff from 22 schools registered for the webinar and 28 staff from 18 schools attended on the day. Participants were asked to complete an evaluation post webinar and the results showed an average 4.3 stars overall rating and 4.7 stars being relevant to attendee's current roles.

### TRADITIONAL INDIGENOUS GAMES WEBINAR ★★★★★ 4.3 STARS OVERALL RATING

- HP partnered up with professional Dietitian, Kate Wengier from FOOST, to deliver a 'Healthy Eating Journey' webinar to teachers. Kate focused on healthy eating behaviours, and the learnt process of eating and creating supportive healthy eating environments, both in the home and at school. 10 teachers registered from 10 schools, 8 teachers attended the webinar.
- In lieu of face-to-face training for teachers, Virtual LLW@S Meetings to all LLW@S trained schools was provided. This meeting was one-on-one with a Health Promotion Officer (HPO) and the school attendees to provide a quick overview of LLW@S and how it relates to the School Wellbeing Framework. These meetings also offered the opportunity for the staff to chat to their local LLW@S HPOs and to ask any questions. Since beginning the virtual meetings in January 2021, 33 schools have taken part. As this was a great success with schools, virtual meetings will be included in any future planning for LLW@S.

Collaboration with other Local Health Districts (LHD) and partners has allowed teachers of WNSWLHD and FWLHD to attend webinars held outside of our district. This has the opportunity to impact more teachers and increase their knowledge and skills on key topics, further supporting schools to achieve the 11 state-wide LLW@S practices.

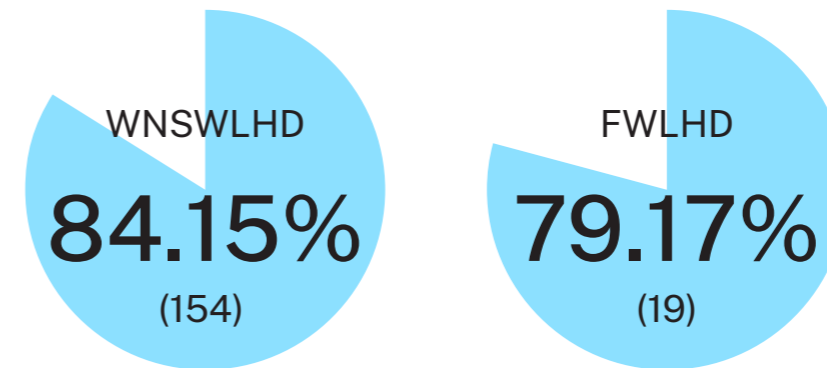
## SOCIAL MEDIA SNAPSHOT

 The closed Facebook group, Live Life Well @ School – Western NSW, has been active since May 2019.

It allows the HPT to provide quick tips and tricks, resources and updates to the LLW@S teaching staff. There are 58 members in total.

## GOALS MET

Schools trained in LLW@S



As of the 30 June 2021, there are 64.28% (n=99 out of 154) of trained schools in WNSW and 57.89% (n=11 out of 19) of schools in FW achieving ≥70% practices.

## LOOK OUT FOR

- State-wide LLW@S review and refresh
- Professional development opportunities in the form of LLW@S workshops and webinars
- LLW@S Quick Bites, emails and phone calls
- Practice-specific incentive offers
- New and updated LLW@S resources
- New partners presenting at LLW@S workshops in 2022



**Live Life Well  
@ School**

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# NSW HEALTHY SCHOOL CANTEEN

## *Strategy Support*

WNSWLHD  
FWLHD

### WHY ARE WE DOING THIS?

Obesity is a major risk factor for many chronic diseases and that habits developed as children often track through to adulthood. Australian children consume one-third of their daily energy at school and school canteens represent the largest take away food outlet for children. Current findings from What NSW Children Eat and Drink, 2017 indicate that children are not meeting the recommended fruit or vegetable intake for their age and a significant number of children are consuming unhealthy snacks or sugar-sweetened drinks. The NSW Healthy School Canteen Strategy helps make the healthy choice the easy choice by increasing the availability of healthy food and drink items in school canteens.



### PARTNERS

NSW Ministry of Health  
NSW Department of Education  
NSW Menu Check Service  
Healthy Food Information Service  
Centre of Population Health  
Association of Independent Schools of NSW  
Catholic Schools NSW  
Healthy Kids Association  
WNSW & FW primary schools  
WNSW & FW canteen managers  
Jenn Madz, NSW Healthy Canteen Strategy workshop facilitator  
Cancer Council



## HOW ARE WE DOING IT?

The Healthy Canteens Team within HP support canteen managers to meet the NSW Healthy School Canteen Strategy. One-on-one support is offered to all LLW@S trained primary school canteens in FWLHD and WNSWLHDs. This includes phone, email, face-to-face site visits and virtual networking meetings to best enable school canteens to pass the NSW Menu Check (support model shown below). HP also offers support through a closed Facebook group where updates, networking and tips are provided to canteen managers.

## TRAINING OFFERED



## SOCIAL MEDIA SNAPSHOT

The Western NSW Canteen Managers closed Facebook group was commissioned in September 2018.

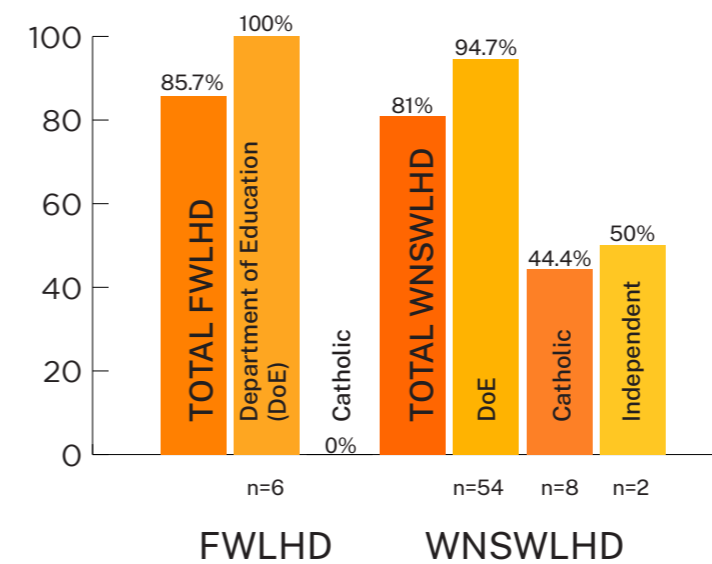
Canteen Managers from across WNSWLHD and FWLHD use the closed group to access healthy canteen tips, recipes, strategy and workshop updates. The team provide resources, information and opportunities and use the platform as a way of networking with other canteen managers across the region. There are 102 members in the closed group, including 93 Canteen Managers or canteen staff.

**17% increase in members from the previous financial year.**

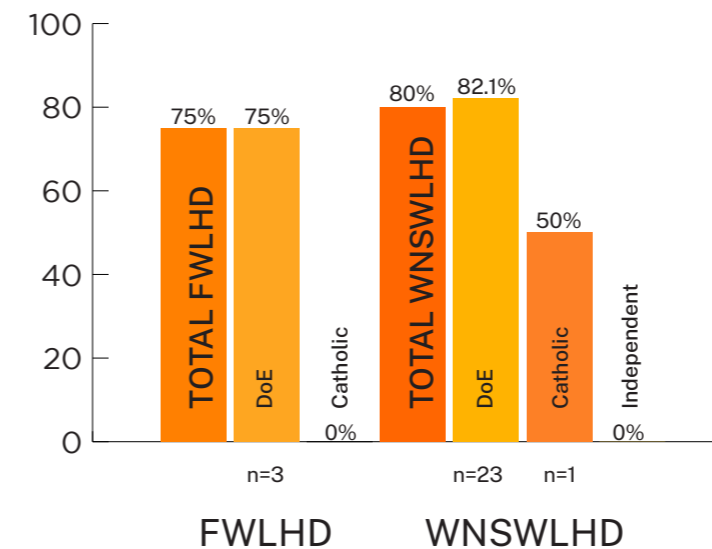


## GOALS MET

Primary schools that have met the Strategy and have passed the Menu Check



Primary schools that have passed the 2-year Menu Check



## LOOK OUT FOR

- Local Health District (LHD) run Healthy Canteen Workshops, including for high schools
- Healthy Kids Association Profitability workshops (Inc. virtual)
- Canteen Quick Bites
- Canteen site visits
- Western NSW Canteen Managers closed Facebook group
- Canteen Manager Network Meetings
- Two year Menu Check review incentive offers
- New Menu Check Application form (currently in trial phase)
- Healthy Food Information Service
- New HPAs to the team

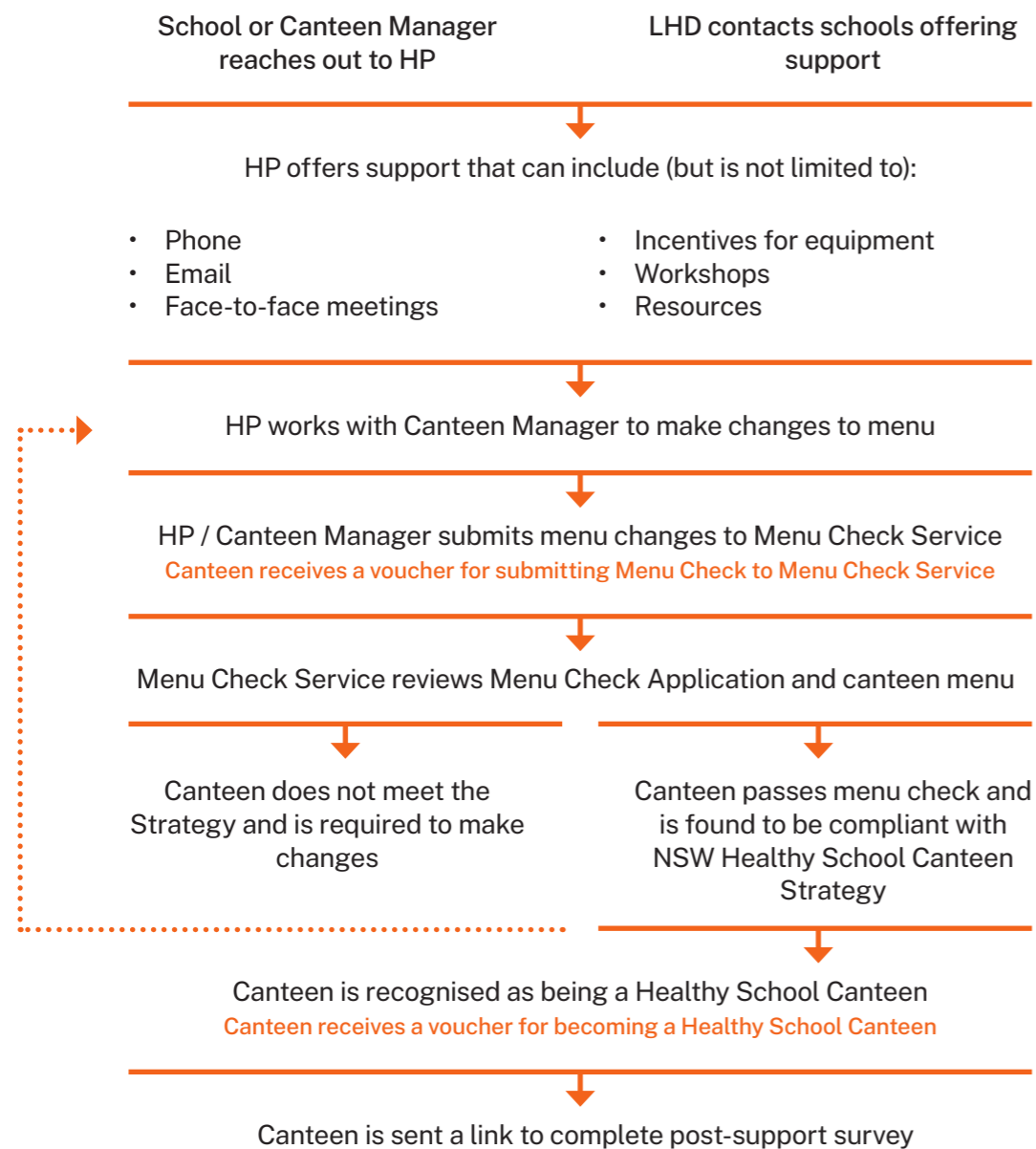
NSW HEALTHY  
SCHOOL CANTEEN  
*Strategy Support*

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# WNSWLHD SUPPORT MODEL



# SUCCESS STORY



**Location**  
Mudgee

**Canteen Manager**  
Tina Barnes

**Number of Students**  
570

P&C run • Open 5 days a week  
Open before school, recess and lunch for counter service  
Lunch orders available everyday via online or counter before school

### Can you outline any challenges you had to meeting the strategy?

The biggest challenge was actually making some changes — like eliminating the favourite Honey Soy Chips!! Plus finding healthy and affordable items to add to the menu that the children would buy — but there were plenty of alternatives offered!

### How did you get your school's community on board to support the change to a healthy choice canteen?

Our principal made mention of it in her report in the weekly newsletter. We also put an article in the newsletter outlining the changes and the date they would be implemented.

### What is one piece of advice you would give to canteen managers who are trying to maintain the 75/25 ratio?

Aim to offer as many everyday items as you can — the more, the better!!! I've found that kids will almost always buy something even if you don't have what they specifically came to buy — the money will burn a hole in their pockets!





## WHY ARE WE DOING THIS?

Go4Fun is a free 10-week healthy lifestyle program available to children 7-13 years of age who are above a healthy weight, and their families. Go4Fun leaders support children and their families to develop new healthy habits around eating well, being active and leading a healthy lifestyle, all while having lots of fun.

Children who completed Go4Fun programs show statistically significant improvements in measured health outcomes such as an increase in fruit and vegetable consumption and decreased sedentary time.

Aboriginal Go4Fun is currently offered in WNSWLHD and Go4Fun Online is offered across both WNSWLHD and FWLHD. Aboriginal Go4Fun provides healthy lifestyle information, delivered in a culturally tailored way for Aboriginal families and communities. Go4Fun Online has been adapted to a virtual format for families who are unable to attend a face-to-face program, which is particularly important for families living in rural and remote areas.



## PARTNERS

Creative Community Concepts &  
Murdi Paaki Regional Rugby League Council  
Galari

Centre for Population Health  
Better Health Company  
Families, schools, community centres across our  
community who assist with recruiting and  
providing spaces to hold the program.

Allied Health, Child and Family Health, Community Health,  
Oral Health and other clinical staff  
across WNSWLHD and FWLHD

Medical centres  
Communication and Engagement  
Directorate, WNSWLHD and FWLHD  
Primary schools  
Cowra PCYC  
Aboriginal Learning and Healing Centre,  
Peak Hill



## HOW ARE WE DOING IT?

Aboriginal Go4Fun is delivered under a co-delivery model with Aboriginal led partner organisations. This year we connected with a new partner organisation, Galari in Cowra, in addition to Creative Community Concepts: a subsidiary of Murdi Paaki Regional Rugby League Council (MPRRLC). Our objective is to deliver a high quality evidence-based program to the community in line with HEAL initiatives while building the capacity of partner organisations.

HP continued to engage LHD health professionals to use Go4Fun Online as a referral pathway for children identified as being above a healthy weight aged between 7 and 13 years of age. For clinicians measuring height and weight, such as oral health therapists, we provided Go4Fun in services and resources. We engaged non-LHD organisations and community members through targeted communications.

## TRAINING OFFERED

Due to COVID-19 restrictions, Aboriginal Go4Fun leader training was held virtually this year. The HPT facilitated the virtual training in Dubbo with 3 new leaders from MPRRLC, and in Cowra with 3 new leaders from Galari and 1 new HPO.

HP staff and some leaders attended the week of virtual professional development in November.

## SOCIAL MEDIA SNAPSHOT

HP boosted Facebook posts each term to advertise Go4Fun Online to our community and reached an average of over 8,000 people per post.

## GOALS MET

COVID-19 restrictions have delayed the delivery of programs and as a result two Aboriginal Go4Fun programs were completed this financial year. MPRRLC ran a program in Term 2 in Peak Hill and Galari ran their first program in Cowra. The success of both programs led to positive community engagement with local families to support a healthy lifestyle.

WNSWLHD

12

CHILDREN

Over 2 programs completed Aboriginal Go4Fun

WNSWLHD

30

CHILDREN

Completed Go4Fun Online

FWLHD

4

CHILDREN

Completed Go4Fun Online

To showcase the Go4Fun program the HPT connected with local families who have completed the Online and Aboriginal Go4Fun to gather their insight into their experience with the program.

Videos were filmed with families from Dubbo and Gilgandra and will be a valuable tool to encourage families to participate in future Go4Fun programs.

## LOOK OUT FOR

- Next financial year, Aboriginal Go4Fun programs will be delivered in new communities across the WNSWLHD.
- The team will continue to work on expanding current partnerships with Galari and MPRRLC as well as exploring opportunities for new partnerships.



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WHY ARE WE DOING THIS?

NSW has high rates of overweight and obesity in both adults and children which has a major impact on the health outcomes of our population. The Get Healthy Service (GHS) is a population-wide telephone-based program aimed at assisting adults to implement lifestyle improvements with a focus on healthy eating and active living. Participants receive up to 13 telephone health coaching sessions across 6 months. The GHS targets adults in the community most at need, due to their risk of chronic disease as well as seeking to reach the population as a whole to maximise the population health impact.

Healthy weight gain during pregnancy is important for the health of women and their babies. Get Healthy in Pregnancy (GHiP) is a specific module of the GHS for all pregnant women regardless of BMI to achieve or maintain a healthy pregnancy with a focus on healthy gestational weight gain.

Referrals of pregnant women to GHiP is a Tier 2 key performance indicator (KPI) in the service agreement in WNSWLHD and FWLHDs. Health professional referrals to the GHS are a service improvement measure in the Performance Agreement with the MoH in both WNSWLHD and FWLHD.

PARTNERS

Western Primary Health Network  
 Ministry of Health  
 Centre of Population Health  
 WNSW & FW LHD workforce:  
 Senior Management  
 Midwifery Care Navigators  
 Child & Family Health  
 Height & Weight Routine Assessment  
 Aboriginal Health and Wellbeing (AH&W)  
 Chronic Care Team  
 Communications  
 Integrated Care Team;  
 Aboriginal Maternal Infant Health Service (AMIHS)

General Practitioners (GP),  
 Specialist Clinics & Practice Managers  
 Aboriginal Health Services  
 Local Government

# Get Healthy INFORMATION AND COACHING SERVICE

WNSWLHD  
FWLHD






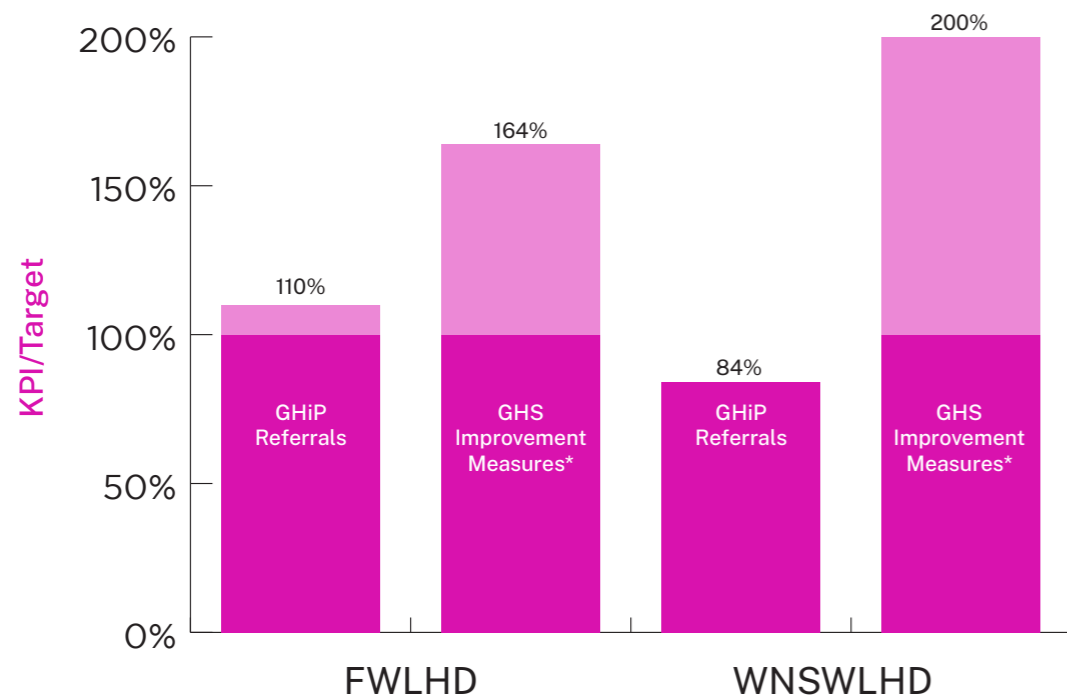
## HOW ARE WE DOING IT?

Health professionals in the LHD are encouraged to include referrals to GHS into their care pathways. The GHS team collaborate with maternity services across the LHD to increase referrals to GHiP. The team use multiple platforms to promote the benefits of the GHiP program to Health workers and the community. We have also extended promotion of the GHS & GHiP programs to external agencies.

## SOCIAL MEDIA SNAPSHOT

 LHD Facebook pages were utilised to promote local testimonials and encourage the community to sign up to the GHS.

## GOALS MET



\*Ministry of Health improvement measure for Health Professional referrals to GHS

The eMaternity upgrade saw a boost in GHiP referrals as the electronic referral pathway streamlined referrals to the service. Approximately 11% of bookings were referred to GHiP across WNSWLHD and almost 12% in FWLHD.

In November 2020, the HPT hosted a joint Get Healthy in Pregnancy and First 2000 Days of Life health education forum virtually for FWLHD and WNSWLHD staff. Eighty people attended from both LHDs.

**Associate Professor Elisabeth Murphy delivered her presentation, First 2000 Days: Conception to age 5 - Messages from the new evidence to inform delivery of primary health care.** The content focused on the importance of maintaining a healthy lifestyle during pregnancy to benefit the health of mothers and their babies.

FWLHD took part in a pilot program for the GHS Cancer module. This is a tailored module which focuses on health professional referrals for patients undergoing cancer treatment. As part of the trial, 8 cancer patients were referred to the GHS, 6 enrolled in the coaching service and 1 elected to receive brief intervention.

## LOOK OUT FOR

- Get Healthy stand at AgFair, Broken Hill
- Opportunities to refer patients to the GHS
- New pull up banners across our health facilities targeting Aboriginal communities and cancer patients
- Rollout of the GHS Cancer Module





WHY ARE WE DOING THIS?

MDEW is a healthy food and cooking program for Aboriginal and Torres Strait Islander people. The program consists of practical cooking and education sessions, delivered over 2 hours and run for 4 to 6 weeks. The cooking program covers food preparation, safety, storage, budget shopping and healthy eating, and using locally available and affordable ingredients. The Project Organising Committee (POC) provides advice on MDEW program development and implementation. The POC currently consists of 3 Aboriginal Health Workers/Practitioners (AHWs) and 2 HPOs.

Our program aim is to build the capacity of AHWs to facilitate MDEW programs across WNSWLHD communities.

# MARANG DAHLI

## *Eating Well*

WNSWLHD



### PARTNERS

Aboriginal Health Workers  
HSMs/Line managers  
Aboriginal Health Leadership team  
Marathon Health  
CentaCare  
CatholicCare Wilcannia Forbes



## HOW ARE WE DOING IT?

The MDEW team provides ongoing training for new and existing MDEW facilitators, as well as supporting current facilitators to deliver the program in their local community.

After a decade, the MDEW program has recently undergone a review and reinvigoration in consultation with the POC and trained MDEW facilitators.


An external consultant was engaged to develop a database that accurately captures programmatic information from across the district. New program manuals and resources were developed to ensure facilitators had the most up to date and accurate nutrition and food safety advice, as well as current administrative processes required to run a successful program.

## TRAINING OFFERED

Training capacity was reduced due to COVID-19 restrictions with 9 attendees in Dubbo in October 2020. The annual professional development Yarning Day at the Winhanganha Aboriginal Learning Centre, Orange was held in March 2021 with 12 facilitators attending



## SOCIAL MEDIA SNAPSHOT

 MDEW posts are always favourably received on the WNSWLHD Facebook page.

Our closed Facebook group for Facilitators, supports and builds community between facilitators implementing the program.

## GOALS MET

Eleven MDEW programs were facilitated in 2020-21 with 160 occasions of service (OoS).

Program participants had positive reviews of the program, including the impact of the program on increasing their knowledge of food safety as well as improving their confidence to try new foods and recipes at home.

Programs had an **OVERALL ATTENDANCE RATE OF 72%**

“It’s a good way to meet new people and learn new recipes.”

“I’ve learned to be creative with new foods and meals and to try new things”

“I loved cooking, laughing, hanging with the mob”

One participant also indicated they “would love to volunteer [their] time” to help with future programs!



During our 2020 Facilitator training, newly designed nutrition flipbooks were introduced. These flipbooks enhance the education component of MDEW sessions, enabling facilitators and participants to have accurate and easy to see information at hand during discussions. They are also an excellent resource for sharing nutrition information when local Dieticians are unavailable.

The team also continued to redevelop and expand our resource collection to include backpacks and tablecloths for Facilitators, plus drink bottles, portion plates and tea towels for participants. This is in addition to the shopping bags, tea towels and aprons previously developed.

There are currently 40 trained facilitators across 16 sites in the LHD.

## LOOK OUT FOR

- The Marang Dhali Cookbook is in the final stages of redevelopment and will be ready for publication in 2022.
- The MDEW team are also looking forward to offering increased support to our Facilitators to assist them in feeling better equipped to deliver programs in more communities.

## CONTACT

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WHY ARE WE DOING THIS?

The Healthy Food and Drink in NSW Health Facilities for Staff and Visitors Framework (the Framework) seeks to create a supportive food and drink environment for everyone who works in or visits NSW Health facilities. The state-wide Framework provides a set of best-practice guidelines for NSW Health facilities to use in working towards healthier food and drink ranges in their food outlets. WNSWLHD is working with a range of stakeholders to implement the Framework and make the healthy choice, the easy choice.

# HEALTHY FOOD AND DRINK *Framework*

WNSWLHD



## PARTNERS

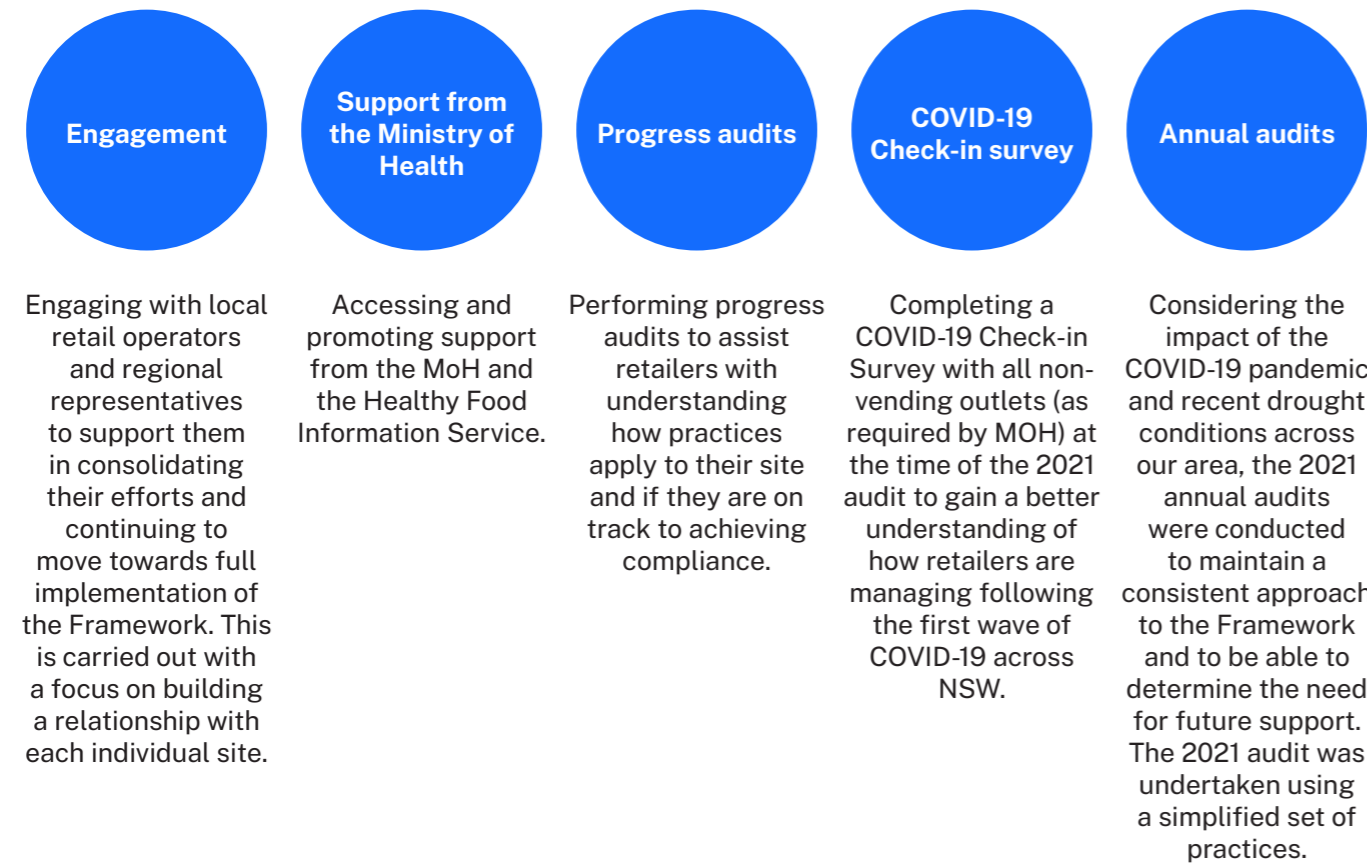
Ministry of Health and Healthy Food Information Service  
Local retail operators  
Contracts and procurements  
Regional Coca-Cola Amatil and Outback Vending representatives  
Health management and administration  
Media and Communications team





# HOW ARE WE DOING IT?

HP along with the support of key stakeholders locally implements The Healthy Food and Drink in NSW Health Facilities for Staff and Visitors Framework. Our team implements the Framework by:



## SOCIAL MEDIA SNAPSHOT

Social media formed part of the method to assist distribution of the importance of healthy food and drink in health facilities messages.

Communications included staff targeted Intranet banners, Facebook posts for retailers and the general community, emails to site managers and other internal correspondence.

## GOALS MET

Relationships with local retailers were maintained through the provision of support, progress review feedback and up to date information.

- A total of 67 audits were undertaken during February and March 2021 across WNSWLHD. A further 13 sites were not audited due to COVID-19 closures or were no longer in operation. Refer to Table 1.
- Of all open retail sites, 43.3% of were found to be compliant with the Framework. Refer to Table 2.
- 100% of retailers removed sugar sweetened drinks from sale in their retail outlet. See Graph 1 for the increase in removal of sugar sweetened drinks rates since its inception in 2018, increasing from 87% in 2018 to 100% compliance during the 2021 audit.
- From the COVID-19 Check-in Survey, 11 of the 16 contracted retail outlets are non-vending and 6 of 11 (55%) non-vending outlets were UHA run sites. Over half (55%) of the sites were closed for a period since the COVID-19 pandemic began in March 2020. For those that closed, the length of time varied from 9 weeks to 12 months. Five sites were still closed at the time of contact. The most common issues reported as a result of COVID-19 in 2020 were reduced operating times, reduced foot traffic and staffing issues. Some also indicated that the priority became needs related to COVID-19 e.g. COVID-19 Safety Plan including cleaning and contamination practices; QR codes; complying with requirements and filling staff vacancies.

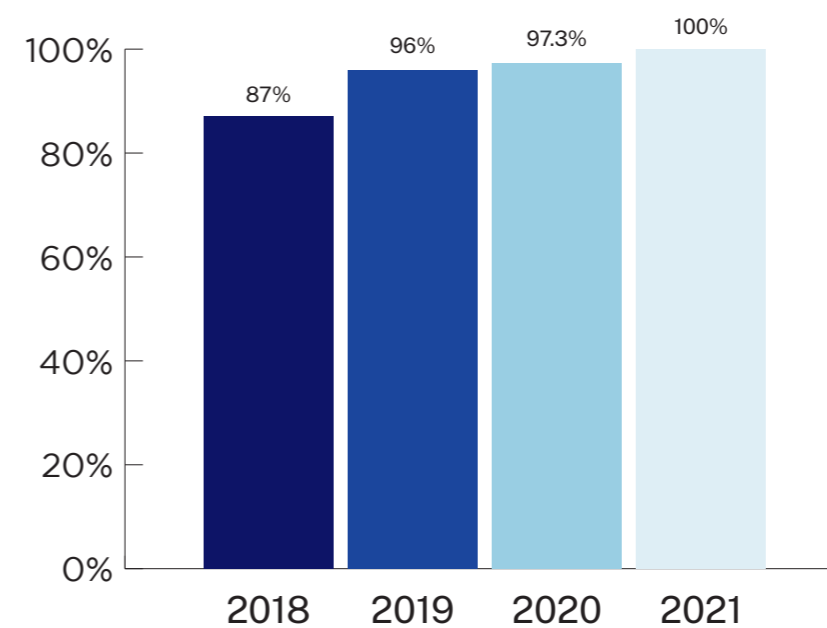
Table 1

Category	All sites (n=80)	Private lease / UHA / Staff operated (n=16)
Compliant	29 (36%)	5 (31.25%)
Non-compliant	38 (48%)	4 (25%)
Not audited <i>ie. closed due to COVID-19 or recently re-opened</i>	5 (6%)	5 (31.25%)
Closed since last audit and removed as food/drink provider	8 (10%)	2 (12.5%)

Table 2

2020–21 Area of in WNSWLHD	Outcome Evaluation	Status
Removal of sugary drinks from sale, as per the HF&D Framework (practice 1)	Percentage of facilities in WNSWLHD meeting the Food and Drink Benchmark for sugary drinks	45 sites audited for P1 45/45 = 100%
Increase compliance with the HF&D Framework in WNSWLHD facilities	Percentage of compliance to HF&D Framework for all food outlets	29/80 = 36.3%
2021 HF&D Annual Audit Compliance for audited sites only	Compliant sites = 29 Non-Compliant sites = 38	29/67 = 43.3%

Removal of Sugar Sweetened Drinks in WNSWLHD Annual Audits



## LOOK OUT FOR

- Promotion and implementation of the revised Framework Criteria and Assessment measures
- Promotion and encouragement of Making Healthy Catering Normal to staff responsible for ordering catering in WNSWLHD health facilities.



### CONTACT

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## WHY ARE WE DOING THIS?

Regular PA is essential for overall health and wellbeing. Engaging in organised exercise programs is one approach that individuals can use to address physical inactivity. The PAC program was designed to increase access to PA opportunities for socio-economically disadvantaged and rural-remote communities across the WNSW and FW LHDs. In particular, the PAC program was designed to train and support local residents to lead or assist with PA classes in aqua fitness (AF) and community exercise (CE), within their own communities.

# PHYSICALLY ACTIVE *Communities*

WNSWLHD  
FWLHD



### PARTNERS

Physical Activity Leaders – Staff & Volunteers  
Aqua Fitness & Community Exercise Trainers  
HSMs/Line Managers  
External Contractor for PA Evaluation  
Database Consultant



## HOW ARE WE DOING IT?

PAC is a program that provides a framework to build the capacity of and provide support to leaders to deliver quality PA classes in AF and CE. The HPT supports leaders to deliver classes by providing:

Training courses for both new and existing leaders

Opportunities to receive First Aid/Cardio-pulmonary Resuscitation (CPR) certification

Insurance coverage

Promotion of classes in local communities

Advice on setting up and running PA classes

Resources used to deliver classes

The PAC team also provides overall program governance by collecting group session data and connecting with leaders throughout the year to maintain positive relationships. The team aims to engage and partner with local community organisations to find local residents willing to deliver classes in their communities, with a focus on our more disadvantaged communities.

## TRAINING OFFERED

Virtual AF training was held in November 2020 with 52 existing AF leaders attending. This was the first time AF training was offered in a virtual environment, allowing many leaders the opportunity to attend where distance is often an issue.

March 2020 saw CE training held in Dubbo. Eighteen existing leaders received refresher training and 20 new leaders returned to their communities ready to lead classes.

## SOCIAL MEDIA SNAPSHOT

 This year the PAC team have implemented new ways to engage and support our network of leaders.

As a way to further our relationship with leaders, a closed Facebook group has been used as a place to provide information, ideas and resources as well as to answer leaders' questions. Many of our leaders have joined and are interacting with various posts that have been shared.



## GOALS MET

2020-21 saw our program name change to Physically Active Communities, including our new design feature, reinvigorated program resources and social media presence.

There are currently 181 leaders from across WNSW and FW LHDs receiving support from the HPT. Between July 2020 and June 2021 these leaders were able to deliver an average of 54 classes, providing the opportunity for 451 OoS to occur, each week. Unfortunately, the ongoing impacts of COVID-19 in NSW continued to influence overall numbers during 2020-21.



YEAR TO DATE TOTALS FOR THE PAC PROGRAM

A major achievement for the PAC team this year was completing a Pilot Study to determine the short-term impact our PA programs have on the health and wellbeing of class participants, the results of which are in draft and will be released in 2022.

This year existing relationships between the HPT and our PA leaders have been developed and strengthened, which is reflected in leaders increased willingness to respond to communications from the team and provide group data.

In June 2021 the PAC program successfully submitted an abstract to the 9th Biennial Australia and New Zealand Falls Prevention Conference to present an e-poster on "Providing Physical Activity opportunities across Western NSW".

## LOOK OUT FOR

- New and exciting promotional videos, interviews and print resources for both AF and CE – they may just reach a radio, television or billboard near you!
- Training for AF will take place during September 2021. This training will be for new and existing leaders across WNSW and FW LHDs.
- Training for new CE Leaders will be held in March 2022. We will also be trialling a new method of delivery for refresher training for CE with planned visits to communities in FWLHD.
- The launch of the newly designed and updated CE Leader manual.
- Most of all look out for classes happening in YOUR community. Our leaders would love to see you.



### CONTACT

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## WHY ARE WE DOING THIS?

Falls are the most common cause of hospitalised injury and have a huge financial impact on the health care system.<sup>iv</sup> More than one in three people aged 65 years or over fall at least once a year and many fall more often. Falls are often serious and can result in loss of confidence, injury and even death. Fortunately however, falls can often be prevented. When we age our body changes and we lose strength and balance, increasing our risk of falling. The Stepping On program was introduced in 2006 to improve strength, balance and confidence in older adults. It has continued to be implemented across WNSWLHD and FWLHDs to manage and prevent falls. With older people making up a considerable proportion of the Australian population (1 in 6 aged 65+), falls prevention is an increasingly important part of HP work.<sup>v</sup>



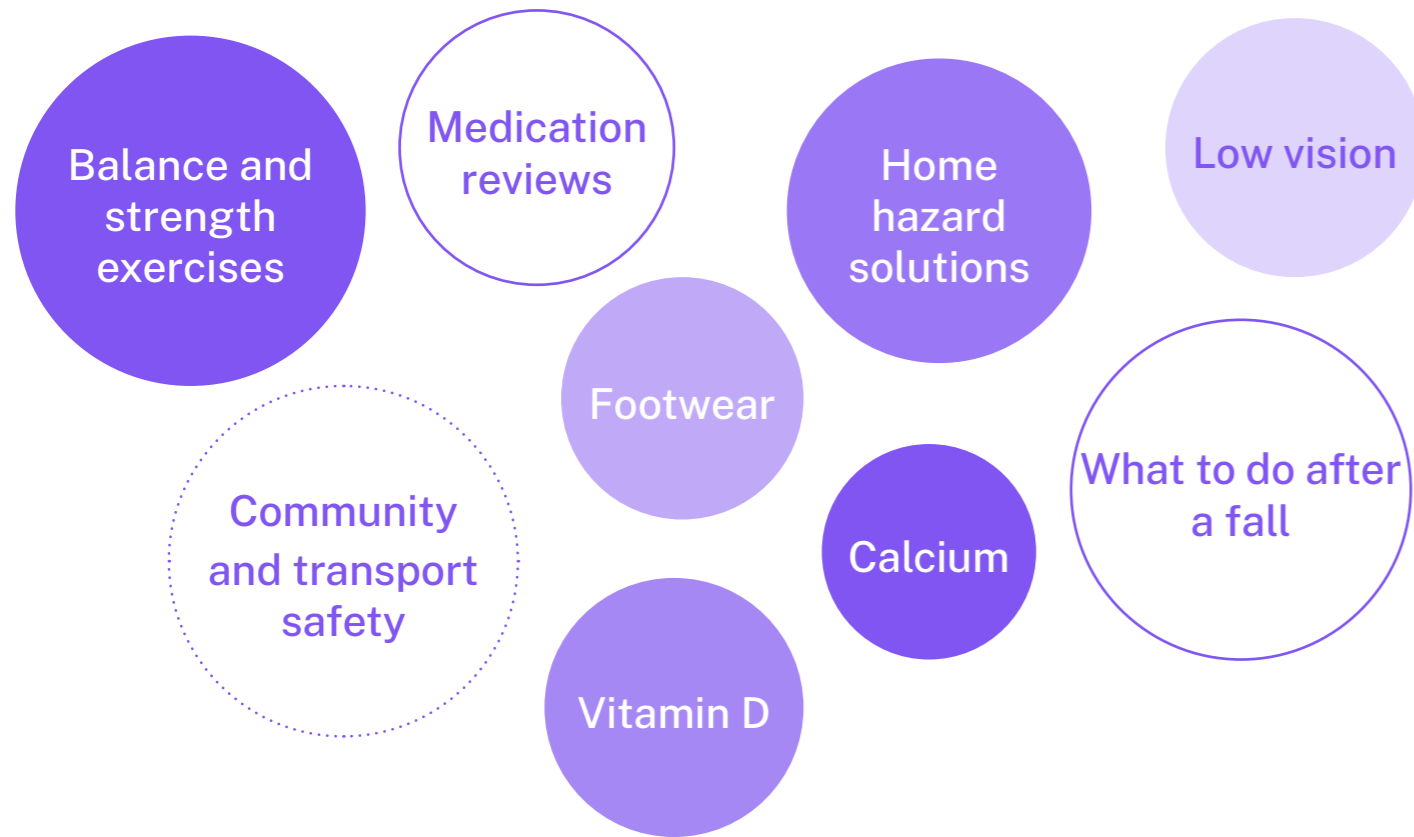
## PARTNERS

Manager Evaluation and Strategic Programs – CPH  
State Project Officer-Active Ageing -CPH  
Stepping On Coordinators  
Stepping On Facilitators  
Western NSW and Far West LHD Physical Activity Leaders  
Health Service Managers



## HOW ARE WE DOING IT?

Stepping On is a community-based program for older adults to build confidence and reduce falls. The program runs for 7 weeks and involves two-hourly weekly group sessions.




Training is provided by HP to upskill clinicians and health professionals to facilitate programs in their local communities. HP provides support and resources to trained facilitators to ensure the effective delivery of programs for optimal participant outcomes.

## TRAINING OFFERED

Currently, annual training is provided for health care workers (HCWs) to become a Stepping On facilitator.

## SOCIAL MEDIA SNAPSHOT

 Regular Active Ageing posts to the WNSWLHD Facebook page have been greatly received by health staff and the wider community.

## GOALS MET

In September 2020, the team successfully ran a pilot Virtual Stepping On training session with 6 attendees. From this training, 3 Virtual Stepping On programs were implemented, with one being delivered to participants in Balranald, in the FW. Face-to-face Stepping On training was also run in February 2021, in Dubbo, with 22 attendees.

Due to COVID-19, there were no Stepping On programs delivered in quarter 1 of 2020-21. Programs were delivered virtually in quarter 2 and 3. Virtual Stepping On programs were delivered with 31 registered participants. Out of the registered participants, 25 were shown to have completed the program (attended at least five of the seven sessions). Stepping On returned to face-to-face in 2021 and 18 programs were delivered with 160 participants registered. Out of the registered participants, 109 were shown to have completed the programs. Of these 18 programs, 2 were delivered in the FW, in Balranald and Broken Hill.

## LOOK OUT FOR

- The return of Stepping On programs early next year, in 2022.
- Check out the NSW Falls Prevention Network for upcoming events and the latest research <https://fallsnetwork.neura.edu.au/>



Stepping  
On

### CONTACT

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## WHY ARE WE DOING THIS?

Healthy ageing is fundamental for wellbeing and improved quality of life in older adults. Promoting an active way of life is critical to help maintain health as we age. Physical activity, healthy eating and social support are key factors which play a significant role in improving functional ability, helping to reduce the burden of age-related disease and illness and reduce the risk of falling. Preventive factors help to maintain independence, keep people fit and mobile, prevent social isolation, reduce the risk of falls and prevent onset of chronic disease such as cancer, diabetes and heart diseases.

To prevent falls, improve mobility, balance and confidence, a new evidence-based program Healthy and Active for Life Online (HAL Online) was developed by Centre for Population Health (CPH) in consultation with a range of stakeholders for state-wide implementation in 2020.

# HEALTHY AND ACTIVE FOR LIFE *Online*

WNSWLHD  
FWLHD



## PARTNERS

Manager Evaluation and Strategic Programs – CPH  
State Project Officer-Active Ageing - CPH  
Healthy and Active for Life Online Coordinators  
Healthy and Active for Life Online Phone Coaches  
Health Service Managers




## HOW ARE WE DOING IT?

HAL Online is a FREE, 10 week healthy lifestyle program which provides participants with the skills and knowledge to make informed decisions and improve their overall health and wellbeing. The program is delivered online in the comfort of the home, for adults aged 60 years and over (45+ for Aboriginal participants). Participants simply log in to their online account to complete the weekly modules and exercises. Participants receive weekly phone support from trained local phone coaches, an exercise manual and weekly handouts on various healthy eating and active lifestyle topics.

## TRAINING OFFERED

Training for HAL Online occurs through online modules that prospective Phone Coaches must complete prior to supporting any HAL Online groups. The LHD Active Ageing Coordinator is the first point of contact to arrange this training, which can be completed any time throughout the year. Prospective HAL Online Phone Coaches must be qualified exercise and/or health professionals with experience working with older adults.

## SOCIAL MEDIA SNAPSHOT

 Regular Active Ageing posts to the WNSWLHD Facebook page have been greatly received by health staff and the wider community.

## GOALS MET

In August 2020, existing HAL facilitators completed the brand new HAL Online Phone Coach training modules.

As part of a pre-trial program, 3 of these newly trained Phone Coaches then delivered 2 HAL Online programs to 5 participants. All 5 participants successfully completed the program.

A total of 9 HAL Online Phone Coaches have been trained to deliver the HAL Online program, reaching across WNSWLHD and FWLHD. Since the pre-trial program in August, 8 programs have been delivered over the course of 2020-21, with 26 participants registering. Out of the registered participants, 21 were shown to have completed the programs.

## LOOK OUT FOR

- Visit the Active and Healthy website [www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au) to find an exercise program near you.



### CONTACT

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## WHY ARE WE DOING THIS?

Tobacco smoking poses a significant risk to the health and wellbeing of the community and is the leading preventable cause of death and disease. It is a significant health issue in WNSWLHD & FWLHD.

In comparison to the 2020 daily smoking rate of 9.2% in the NSW general population, 11.2% of WNSWLHD residents and 8.1% of FWLHD residents are daily smokers.<sup>vi</sup> The rates are often even higher in vulnerable populations, including rural residents, Aboriginal and disadvantaged groups, particularly Aboriginal pregnant women. In 2020, the daily smoking rates for non-Aboriginal people was 8.7% and 22.9% for Aboriginal people in NSW.<sup>vii</sup> Our region has some of the highest rates of smoking in pregnancy (SIP) across NSW. In 2019, 7.1% of non-Aboriginal women smoked while pregnant, whereas 43.2% of Aboriginal women across NSW reported smoking some time during pregnancy.<sup>viii</sup> For WNSWLHD 49.5% and 69.8% in FWLHD reported smoking some time during pregnancy.<sup>vii</sup> The impacts of smoking on the unborn baby can cause complications during pregnancy and labour, as well as health issues at birth and as the baby ages.

### PROGRAMS INCLUDE:

Western NSW Tobacco Framework

World No Tobacco Day

Smokefree Bub & Me (SFB&M)

Yarning about Quitting (YaQ)

### PARTNERS

Health Service Managers  
LHD Senior Management  
WNSW and FW LHD staff

Integrated Care -

Chronic Care Coordinator  
Smoking Cessation Coordinator  
AMIHS  
First 2000 Day CNE

Tobacco Advisory Committee (TAC) and Health Promotion Manager (Representative)

Tobacco Compliance Officer

Communications & Engagement Unit

Smoking Cessation Coordinator

Executive Director Of Aboriginal Health and Wellbeing

Manager of Environmental Health

Cancer Institute NSW

Iscariot Media





# HOW ARE WE DOING IT?

## WESTERN NSW TOBACCO FRAMEWORK

HP led the development of the Western NSW LHD Tobacco Framework and accompanying annual work plan template. A Tobacco Framework Working Party (WP) was formed in February 2021 with representation from key internal stakeholders. Health Service Planning and Population Health Consultant, Deborah Radvan, was engaged to facilitate a WP workshop and series of meetings which resulted in the Western NSW LHD Tobacco Framework and annual work plan template being developed.

The Framework provides clear focused direction for tobacco initiatives across all Directorates District wide under four key action pillars;



## WORLD NO TOBACCO DAY 2021

Each year, 31 May marks World No Tobacco Day as a World Health Organisation (WHO) global campaign. The key theme varies every year but always aims to raise awareness of the dangers of smoking and encourages quitting. The yearlong theme for 2021 encouraged smokers to make the pledge to 'Commit to Quit' for ourselves, our families and our communities.

## SFB&M

Prevention strategies were prioritised from the findings of the 2020 SFB&M Literature Review to reduce WNSWLHD smoking rates in pregnancy with a focus on pregnant Aboriginal women. A population focused program, SFB&M raises awareness of and seeks to prevent the harmful effects of smoking during pregnancy to both the mother and her unborn baby. The program aims to support pregnant women to quit smoking and remain smoke free. The program objectives were to:


- Increase completion of the My Health Learning SIP training (consisting of two online modules and a 2hr workshop) by targeted Maternal Service Staff (MSS) in WNSWLHD to be able to provide routine smoking cessation brief intervention.
- Partner with the Cancer Institute NSW (CINSW) to enhance health professional referral pathways for pregnant women who smoke.
- Develop and promote quit smoking media assets featuring local people and stories.

## YAQ


YaQ training is aimed at MSS who see pregnant women. The training workshop focuses on developing their communication skills to build effective and culturally appropriate conversations, "yarns", with clients and their families about smoking.

# SOCIAL MEDIA SNAPSHOT

## WORLD NO TOBACCO DAY 2021

 Both WNSWLHD and FWLHD posted social media tiles leading into World No Tobacco Day 2021 promoting the WHO theme of 'Commit to Quit'. The key messages of the posts were around what's your reason to Quit; 'All puffed out' from Stop Smoking Start Living (SSSL); pledge to quit and contact the Quitline if you need help to quit smoking.

## SFB&M

 SFB&M has posted social media articles to the WNSWLHD and FWLHD Facebook pages for Quitline services and as part of the 2021 World No Tobacco Day campaign.

# GOALS MET

## WESTERN NSW TOBACCO FRAMEWORK

The Western NSW LHD Tobacco Framework and annual work plan template were finalised by the Western NSW LHD Executive Leadership Team



Artwork by Trudy Sloane, a proud Wiradjuri woman.

*"The Painting as a whole represents the circle of life, the connection between a mother and her baby, and a healthy knowledge rich lifestyle. The bright colours used, signify all that is healthy and beautiful in life. The Mum and her baby are shown connected to each other through out their journey of life. Through Learning, teachings, cultural growth and education comes a healthy and knowledgeable lifestyle. This showing the importance of the mother's guidance through the journey of life."*



## WORLD NO TOBACCO DAY 2021

A short video encouraging smokers to commit to quit was developed. The video clip was launched on WNSWLHD Facebook at <https://fb.watch/9s4yLk51YY/> reaching 1,964 users and 187 instances of engagements.

Vaping and Smoking Webinar facilitated by South East Sydney LHD was promoted with a series of social media posts for WNSWLHD and FWLHD Facebook pages posted in the weeks leading up to May 31 with hashtags #WNTD2021 #CommitToQuit. WNSWLHD shared a Murrumbidgee LHD post on 'Do you know when you're being played?' to highlight vaping, tobacco use and the tobacco industry manipulation.

Media releases were issued to coincide with World No Tobacco Day where two radio interviews were conducted for FWLHD on ABC Broken Hill AM, with a total of 8,200 viewership.

## SFB&M

- A partnership was established with the First 2000 Day Clinical Nurse Educator (CNE) and a strong working relationship developed with the Maternity Unit Managers (MUMs)
- A baseline of WNSWLHD MSS was established (including MUMs, Aboriginal Maternal & Infant Health Service (AMIHS), birthing sites, community midwives). Completion of training pathway components and staff movements were recorded to keep an up to date register.
- From October 2020, the use of resource incentives (branded KeepCups, pens, water bottles, lunch bags, coffee vouchers) were trialled to increase pre-incentive baseline training percentage of targeted current MSS completing the three mandated SIP training. The overall percentage trained as at 30 June 2021 was 39.6%, giving an increase of over 70% from baseline.
- A partnership with the CINSW and Iscarlot Media produced assets to enhance Quitline and Koori Quitline as quit smoking referral pathways. The assets feature local people telling their story in a way they wanted them told. They personalise a pregnant woman's quitting journey and show how MSS support them, and promote the Aboriginal Quitline as a referral pathway. The first asset was launched in June 2021, being distributed Australia wide and others will follow.
- A literature review of mobile phone apps was undertaken to determine if there were evidence informed apps that can be recommended to MSS to use when supporting women who smoke to quit. The MARS (mobile app rating scale) rating tool was used to assess apps identified by the review. The review revealed very few apps are supported by evidence and even less that were specifically designed for Aboriginal women.
- Local MSS were surveyed to determine what apps they are using, their knowledge of and experience with using Apps as a tool to support pregnant women to quit. The Findings Report was collated by an external consultant and is in draft stages.
- Yarning groups with two Aboriginal community groups were held to gather their thoughts about what a SFB&M art work should include and why, plus identified the preferred delivery methods for SFB&M messages. The team engaged a local Aboriginal artist and provided them with the common themes from the yarning groups to design an art work that will be displayed on future LHD tobacco resources.

## YAQ

- HP built the capacity by supporting 2 FWLHD staff to facilitate YaQ Training in FWLHD. YaQ was held in Dareton on 26 May with 5 participants who see pregnant women as part of their work role. HP funded YaQ venue, catering and travel costs.
- A 'YaQ in FWLHD' article was featured in the Far West in Focus June 2021 Edition.



## LOOK OUT FOR

### WESTERN NSW TOBACCO FRAMEWORK

- HPT capacity was redirected to the COVID-19 Pandemic response in the first half of 2021. When staff return to the Team, the Tobacco Framework and annual work plan will be distributed. HP will develop and distribute a quarterly work plan reporting tool to key Directorate contacts to report their progress on tobacco strategies. The Tobacco Framework Advisory Committee will be reformed with revised membership and Terms of Reference.

### WORLD NO TOBACCO DAY 2021

- WHO's World No Tobacco Day 2022 theme.

### SFB&M

- With reduced capacity in the HPT, work in Tobacco Control over 2021-22 will be limited to the promotion of the existing social media assets highlighting quit services offered by the Quitline.

## TOBACCO CONTROL

### CONTACT

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WHY ARE WE DOING THIS?

The SSSL project was an initiative of the WNSWLHD HPT, designed to combat the effects of intergenerational smoking among Aboriginal families in eight communities with high Aboriginal populations. It was funded through the CINSW Innovations in Cancer Control Grant and managed by the WNSWLHD HPT.

Key components of the project included:

1. The development of bespoke, locally-relevant smoke-free messages for each community through yarning with Aboriginal community members.
2. The production of resources or advertisements (assets) as a means of delivering smoke-free messages.
3. The promotion and distribution of assets through traditional and digital/social media platforms.
4. The engagement of communities at each stage of asset development and production to ensure 'community ownership' of assets.
5. The enabling of AHW to complete smoking cessation care (SCC) training.

# STOP SMOKING *Start Living*

WNSWLHD



**“Only chimneys smoke.”**

WELLINGTON INFORMATION AND NEIGHBOURHOOD SERVICES  
WOMEN'S ELDERS GROUP

## PARTNERS

Cancer Institute NSW  
Bila Muuji  
Royal Flying Doctors Service  
Chief Executive  
Aboriginal Sector Managers  
Communications & Engagement Unit  
Smoking Cessation Coordinator



## HOW ARE WE DOING IT?


In 2018-19, Phase I of the project was implemented in the four Northern Sector communities of Brewarrina, Collarenebri, Coonamble and Gilgandra. In 2019-20, Phase II of the project was rolled out to the four Southern Sector communities of Condobolin, Mudgee, Peak Hill and Wellington.

Strategies of the project were to:

1. Engage eight identified communities: with four located in each of the Northern and Southern Sectors of WNSWLHD, respectively.
2. Yarn with Aboriginal community members to develop bespoke, locally-relevant smokefree messages for each of the eight communities.
3. Produce resources (hereafter referred to as 'assets'), including videos, posters and calendars, as platforms for the delivery of smokefree messages.
4. Promote and distribute assets through a multi-strategy approach that involved traditional and digital media platforms, such as radio, print and social media as well as through local community and sporting events.
5. Generate a sense of 'community ownership' of the SSSL assets by engaging each community at every stage of the project from conception, to production, through to the promotion and delivery of smokefree messages.
6. Support AHWs within the WNSWLHD region to complete training in SCC.

During 2020-21, the SSSL program was in its final stages and nearing completion. The main objective during this time was the completion of the projects evaluation and project reporting requirements. This included completing the projects evaluation and developing a final report for the funding body, CINSW.

## SOCIAL MEDIA SNAPSHOT

 The 19 resources, most of which have been posted on the WNSWLHD Facebook page have had a combined reach of more than 102,364 users.

Some of the SSSL resources were used as part of the 2021 World No Tobacco Day WNTD campaign – Commit to Quit.



## GOALS MET

The SSSL project was successful at engaging eight communities in WNSWLHD to participate in the co-design and development of locally-relevant smokefree messages through yarning with Aboriginal community members.

Combined we created –



**14 videos**

COONAMBLE, BREWARRINA, CONDOBOLIN, GILGANDRA, PEAK HILL, MUDGEES



**2 banners**

COLLARENEBRI



**2 posters**

GILGANDRA



**1 calendar**

WELLINGTON

The Project Team was also successful at building relationships and trust with community members and encouraging them to tell their own personal stories through a range of different media as identified through asset development meetings with each community.

Consequently, a portfolio of locally relevant, culturally appropriate assets has been developed of which each community has a sense of ownership of. Other project outcomes included:

- Established a SSSL Advisory Committee with membership from WNSWLHD and external partners and organisations.
- Identified and consulted Aboriginal communities targeted for the project.
- Engaged participants and undertook yarning sessions within each community to develop key locally-relevant smokefree messages.
- Mapped the availability of local smoking cessation services in each community.
- Developed a communication strategy to support stakeholder engagement and to promote and distribute assets developed from the project.
- Promoting, facilitated and supported AHWs to participate in SCC training.
- Sought approval from all stakeholders (community, Advisory Committee, funding body) for the developed assets.
- Launched assets in each participating community (physically or virtually).
- Increased access to smoking cessation services for Aboriginal community members of the community who smoke.

An evaluation report was finalised with the assistance of a consultant. Both the evaluation report and final report were submitted to the CINSW on 15th December 2020. SSSL was awarded the Three Rivers University Department of Rural Health Excellence in Aboriginal Healthcare Award at WNSWLHD Safety and Quality Awards in December 2021.

## LOOK OUT FOR

- Resources produced from SSSL are re-posted on the WNSWLHD Facebook page. Look out for our distinctive design feature, which was created by a local Aboriginal artist, Trudy Sloane.

STOP SMOKING  
*Start Living*

CONTACT

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# PRESENTATIONS, PUBLICATIONS, MAJOR COMMITTEES AND RESEARCH & QUALITY IMPROVEMENT PROJECTS

## PRESENTATIONS

- Munch & Move ePoster presented at the Rural Innovations Changing Healthcare Forum – Facilitating Healthy Menu Development in Early Childcare Services
- Be Well, Teach Well Webinar (HCI) held in August 2020. 44 participants attended with another 56 watching the recording within 6 weeks.
- Dubbo Regional Council Seniors Week Festival
- Rural Falls Forum 2020 PAC Fun Fitness, Friendship & Active Ageing
- Smoke Free Bub & Me presentation to the NSW Tobacco Network

## MAJOR COMMITTEES

- NSW HP Leaders Group
- WNSWLHD Respiratory Clinical Stream
- WNSWLHD Older Persons Clinical Stream
- WNSWLHD Diabetes Clinical Stream
- Marang Dhali Eating Well Project Organising Committee
- Aboriginal Go4Fun advisory committee
- Member & Media Liaison – WNSWLHD Future Health Leaders Advisory Group (FHLAG)
- Population Health Information Management System (PHIMS) Champion
- Tobacco Framework Working Party

## PUBLICATIONS

- Health Promotion and Aboriginal Maternal and Infant Health Service staff joined forces to produce social media posts with the Commit to Quit hand movements for 2021 World No Tobacco Day.
- The Tobacco Control team worked with Iscaiot Media and CINSW to produce social media assets using real quit stories with local health staff.
- Tobacco Control resources developed included the SFB&M artwork following guidance from the Yarning Groups, as well as smoke free pen, KeepCup, thermos water bottle and a lunch bag for staff training.

## RESEARCH & QUALITY IMPROVEMENT PROJECTS

- PAC Participant Evaluation: to determine if participating in PAC classes (AF & CE) improves health and wellbeing for new participants



# OUR TEAM IN 2021







**Lyndal O'Leary**  
RGN, GNC(Adv), BAdminLead(Mgmt),  
GradCertGerontology

Lyndal has lead the WNSWLHD HP team since 2006 after many years in management and leadership roles with a focus on the rural and remote settings, chronic disease prevention and getting people active. The mix of skills and experience is invaluable in delivering prevention programs at a population level.



**Therese Channell**  
SecretarialStudies, CertIIIT(NetworkAdmin),  
CertIVIT(TechnicalSupport),  
CertIVAssessment&Workplace Training,  
CertIVBusinessAdmin

Therese commenced as an Administration Officer with Population Health on 2004 and has worked with the HP



**Julie Smith**  
RGN(non-practicing), CertIVFrontlineMgmt,  
DipLeadMgmt, BHSc(Nursing),  
GradDipHealthProm, MHlthSc(HealthProm)

Julie has worked in NSW since 1989 and in HP for over 25 years. Julie is the Coordinator for adult programs currently managing: PACS (AF and CE), Tobacco (SFB&M, World No Tobacco Day, NSW Tobacco Framework Governance), MDEW, Active Ageing (Stepping On, HAL) and Healthy Environments.



**Emma Fitzgerald**  
SkillsII(GeneralOffice), BSocSc(Rec&HM),  
GradDipEd(Sec), GradCertPH

Emma is a long-term member of the HP Team and has continued her passion for Health Promotion through leading the Munch & Move program. Emma worked on the Healthy Food and Drink in NSW Health Facilities Framework and Tobacco Control, primarily around reducing smoking in pregnancy.



**Hayley Vaughan**  
BSc(Hlth), DipLeadMgmt, DipProjMgt

Hayley has been working within HP for over 15 years. Hayley is a HP coordinator currently managing GHS, GHiP, Healthy Food and Drink in Health Facilities and the HCI including LLW@S, Munch & Move and Go4Fun.

**Karen Lloyd**  
DipLeadMgmt, BAppSc(NutrSc),  
GradDip(PHNutr)

Karen works on the PAC, Active Ageing and SFB&M programs. She has been working as a HPO for over 20 years.

**Jennifer Hunt**

Jen leads the Get Healthy Information and Coaching Service Team. Jen has been recruited to deliver CE Leader training and training manual review. Jen also works on HCI. Jen is now on Long Service Leave.

**Sarah Longmore**  
BHlthSci, MPH

Sarah joined the team in 2017 to pursue her passion for improving the health and wellbeing in rural and remote NSW communities. In 2021 Sarah held roles as both a HP Coordinator and HPO involved in programs with a focus on the early years of life including HCI, Go4Fun and GHiP. Sarah was also involved in the Healthy Food & Drink in Health Facilities Framework, GHS and Healthy Environments.

**Lauren Bond**  
BSc(Nutr&ExSc), MSc(Nutr&Diet), APD

Lauren works in the HCI Team on the LLW@S, NSW Healthy School Canteen Strategy and Munch & Move programs. Lauren works part time in HP and is also a Dietician. Lauren is currently on maternity leave.

**Rebecca Crawford**  
DipCommunServ, BA

Rebecca works out of the Broken Hill Community Health Centre in the FWLHD. She is a Barkindji woman and has been part of the HP team for over 5 years, working in the HCI, PAC and GHS programs.

**Emma Meek**  
BHlthSc(Nutr&Dietet), APD

Emma has worked in HP since 2017. She has been involved in the HCI on Munch & Move and LLW@S, and the Tobacco General program.



**Gabriella Barrett**  
*DipLeadMgmt, BDevStud, MPH (IndigHlth)*

Gabriella enjoys working in Health Promotion and making cakes for the Dubbo office. Gab leads the MDEW program and works on the GHS and Go4Fun programs.

**Sara Darney**  
*BHlthSc(IndigHlth), GradDipIndigHProm*

Sara relishes in promoting healthy living to communities in the region and has a love for fun activities. Sara is currently working on the LLW@S, Tobacco and Healthy Built Environment programs.

**Nicole Woldhuis**  
*DipHlthSc(NutrMed), BCom(Mktg), BAppSc(Food&Nutr)*

Nicole joined the HP team at the beginning of 2019. She is the Project Lead for the PAC program. During 2020-21 Nicole was also involved in the MDEW program and joined the Active Ageing (Stepping On, HAL) program team.

**Jessie Parish**  
*Bsc(Nutr)*

Jessie joined the HP Team in 2019. She is currently the Program Manager for Aboriginal Go4Fun as well as working on the Healthy Food and Drink in NSW Health Facilities for Staff and Visitors Framework and LLW@S program.

**Kelly Muldoon**  
*BPH(HealthProm&PHNutr)*

Kelly has worked across a number of HP programs since joining the team. This financial year she became the program lead for LLW@S (including Healthy School Canteen Strategy) and then later the GHS. In her spare time Kelly enjoys baking cheesecakes, making candles and boot camp classes.

**Philipa Wrench**  
*BNutrSc, MPH(HealthProm)*

Philipa commenced work in HP in 2019. Pip is currently coordinating Active Ageing programs (Stepping On and HAL), as well as supporting PA Leaders to deliver group based exercise programs.

**Ella Ibbitson**  
*BSc(Nutr&FoodSc)*

Ella commenced work in HP in April 2021 and is currently coordinating the Active Ageing programs. She also works as a program manager on the Go4Fun and PAC programs.

**Jenny Webber**  
*BHlthSc(Food&Nutrit)*

Jenny started her career in HP in 2020. Since then she has been involved in the HCI on Munch & Move and LLW@S programs and most recently joined the GHS programs team.





# ABBREVIATIONS

Abbreviation	Explanation
AF	Aqua Fitness
AHWs	Aboriginal Health Workers
AMIHS	Aboriginal Maternal & Infant Health Service
CE	Community exercise
CINSW	Cancer Institute New South Wales
CNE	Clinical Nurse Educator
CPH	Centre for Population Health
CPR	Cardio-pulmonary Resuscitation
ECEC	Early Childhood Education and Care
ECTARC	Early Childhood Training and Resource Centre
FDC	Family Day Care
FW	Far West
FWLHD	Far West Local Health District
GHiP	Get Healthy in Pregnancy
GHS	Get Healthy Service
GP	General Practitioner
HAL	Online Healthy & Active for Life Online
HCW	Health Care Worker
HEAL	Healthy Eating Active Living
HP	Health Promotion
HPO	Health Promotion Officer
HPT	Health Promotion Team
KPI	Key Performance Indicator
LHD	Local Health District
LLW@S	Live Life Well @ School
MARS	Mobile app Rating Scale
MDEW	Marang Dhali Eating Well
MoH	Ministry of Health
MPRRLC	Murdi Paaki Regional Rugby League Council
MSS	Maternal Service Staff
MUMs	Maternity Units Managers
NSW	New South Wales
OoS	Occasions of Service
PA	Physical Activity
PAC	Physically Active Communities
PH	Public Health
PHIMS	Population Health Information Management System
POC	Project Organising Committee
SCC	Smoking Cessation Care
SFB&M	Smokefree Bub and Me
SIP	Smoking in Pregnancy
SSSL	Stop Smoking Start Living
TAC	Tobacco Advisory Committee
WHO	World Health Organisation
WNSW	Western New South Wales
WNSWLHD	Western New South Wales Local Health District
WP	Working party
YaQ	Yarning about Quitting





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