



Health Promotion Service

2020 – 2021 SNAPSHOT



**South Eastern Sydney
Local Health District**
HEALTH PROMOTION SERVICE

Acknowledgement of Country

South Eastern Sydney Local Health District Health Promotion Service would like to acknowledge the Traditional Custodians on whose land we stand, and the lands our facilities are located on; the lands of the Dharawal, Gadigal, Wangal, Gweagal and Bidjigal peoples. We would like to pay our respects to the Elders past, present and those of the future.

Artwork by
Brenden Broadbent



About our service

The Health Promotion Service (HPS) forms part of the Population and Community Health (PaCH) Directorate in South Eastern Sydney Local Health District (SESLHD).

We deliver a range of local and state-wide programs and initiatives aimed at improving the health and well-being of our community. Our focus areas include **smoking cessation, healthy eating, physical activity, falls prevention and creating healthy places and spaces.**

The COVID-19 pandemic brought many challenges but also opportunities for innovation in the delivery of our programs. Virtual delivery methods were adopted for some programs, and in some cases extended to participants outside of SESLHD. Virtual delivery methods have lessened the impacts of COVID-19 in achieving our outcomes in 2020-21 and will continue to do so in the year ahead.

Our role is to empower people to have more control over their health by partnering to deliver evidence-informed behaviour change interventions, influence environments and social factors, and promote healthy lifestyles.

WE DO THIS BY...

- collaborating with health professionals, communities, local government, and non-government organisations to integrate health promotion into their work
- informing people about what they can do to stay healthy, and incorporating these messages and actions into existing programs and services
- developing skills to improve health literacy and promote behaviours that support healthy lifestyles
- addressing conditions in the community that influence health and well-being the most, and foster health-supporting environments
- strengthening community-led action.



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2020-2021 KEY ACHIEVEMENTS

We provided training for
851
community members

We funded and supported
41
community-led health promotion projects

4028
health professionals referred to our preventative health programs

2317
community members participated in our programs

525
early years childcare services and schools participated in NSW Healthy Children Initiatives (HCI)

We provided training for
220
health professionals

COVID-19 PANDEMIC RESPONSE

Our staff contributed to the SESLHD Public Health Unit's efforts to manage community transmission of COVID-19 through contact tracing and case management. HPS also provided tailored support and assistance for Aboriginal community members. Our response included working closely with local councils to convey essential messages regarding COVID-19 to our communities.

Collaborating with SESLHD Services & Facilities

Smoking Cessation

HPS developed the SESLHD Smoking Cessation Action Plan 2020-2023 to outline practical actions we can undertake to make smoking cessation, and the management of nicotine dependence, an integral part of routine health service delivery.

OUR ACHIEVEMENTS INCLUDED:

Collaborating with clinical services to facilitate integration of smoking cessation interventions into routine clinical care.

Developing a **Smoking Cessation Slide Deck** with the University of New South Wales to assist our communication efforts and workforce training.

Establishing a **Smoking Cessation Hub** on the SESLHD intranet for health professionals to easily access the latest smoking cessation evidence and upskill their teams.

Hosting a webinar on World No Tobacco Day for **over 200** professionals with a panel of experts sharing the latest insights into smoking and vaping.

Hosting an event for SESLHD staff to show their commitment to work towards a smoke free Aboriginal community. The 'Commit to Quit' dance was viewed on the SESLHD Facebook page **3,225 times**.

Organising a smoking cessation expert to join our Chief Executive (CE) livestream, which was viewed by **170** SESLHD staff.



Watch the
Commit to Quit
dance at the

[SESLHD YouTube Channel](#)



Get Healthy Information & Coaching Service

Get Healthy Information & Coaching Service (GHS) is an evidence-based telephone coaching service that compliments the healthcare provided in our hospitals and community health.

The service provides individualised advice and support for up to six months to help people aged 16 years and over address modifiable risk factors for chronic diseases. Tailored programs are available for Aboriginal people, people at risk of type 2 diabetes, pregnant women and people from a Chinese speaking background. Participants who complete the coaching program achieve an average of 2.2kg weight loss and 2.5cm reduction in waist circumference.

OUR ACHIEVEMENTS:

Our clinical services made **2,093 referrals**, which was almost double our target.

We helped facilitate **1,033 enrolments** to the coaching program.

Our staff trained **21 Diabetes NSW/ACT professionals** on GHS, which led to **14 referrals.**

“ All our new patients are referred at their initial assessment and I include a quick question about Get Healthy Service in my three monthly follow up. One of my patients reported looking forward to the phone calls and has developed good rapport with her Get Healthy coach. She stated the coach was very patient and speaks in a clear manner which she understands as she is from a non-English speaking background. She also appreciated the written information about diet and exercise. She reported an 80% improvement in her knee pain and is now keen to avoid a knee replacement. ”

Osteoarthritis Chronic Care Program Coordinator, SESLHD





“It helped me to guide my pregnancy journey.”

GHiP participant

get healthy
in pregnancy

OUR ACHIEVEMENTS:

Our maternity services made **1,712 referrals**, which is 143% of our target.

We collaborated with clinicians to facilitate **595 enrolments** to the coaching service.

Our service continued to support the **roll-out of GHiP electronic referrals** in eMaternity.

Get Healthy in Pregnancy

Get Healthy in Pregnancy (GHiP) is an evidence-based telephone health coaching service that supports women to achieve a healthy gestational weight gain. Participants also receive support to abstain from alcohol and meet the specific nutrition and exercise recommendations during pregnancy. Of the women who participate, **94%** gain an appropriate amount of weight during pregnancy, within or under the Institute of Medicine Guidelines.

Routine Growth Assessment of Children

All children who come into contact with NSW Health facilities and services have their height, length and weight measured as part of a child's health assessment. Routine growth assessments provide opportunities to monitor a child's health and development. Health professionals can offer tips and advice on healthy habits to help a child's growth remain on track, and provide a referral for further support if needed.

OUR ACHIEVEMENTS:

We provided training for

38

health professionals

Our service collaborated with SESLHD clinical services to embed paediatric growth assessments into routine clinical care.

Health professionals performed growth assessments on

77%

of children visiting health facilities, exceeding our target of

70%





Stepping On

Stepping On is a free 7-week evidence-based falls prevention program for adults aged 65+ years, or Aboriginal people 45+ years. The program supports participants to reduce their risk of falling and maximise their independence and ability to perform every day activities. Evidence has proven that Stepping On reduces falls by 31% in the community.

OUR ACHIEVEMENTS:

Our clinical services made **200 referrals, 164 (82%)** went on to participate and **123 (75%)** completed the program.

HPS delivered **22 Stepping On groups**, including for people from a CALD background.

We provided training for **51 health professionals.**

While our face-to-face programs were suspended, **3 telehealth groups** were delivered by SESLHD facilities.

Participants (14) reported they felt:

- an increase in socialisation with their peers
- an increase in knowledge of falls prevention risk factors
- an increase in knowledge of strategies to reduce the risk of falling
- a sense of accomplishment in participating in an online program.



Our service offered over **100 phone coach calls** to individuals who chose not to participate in a virtual program. Virtual support included welfare checks and support around falls prevention and safe physical activity.

Stepping On has been embedded into clinical pathways at **67%** of our SESLHD health facilities, with **50%** of these facilities now delivering the program across more than one clinical stream.



“Having a phone coach is making a huge difference.”

HAL Online participant

Healthy and Active for Life (HAL Online)

HAL Online is a free 10-week healthy lifestyle program for adults aged 60+ years and Aboriginal people aged 45+ years. Participants receive weekly online healthy lifestyle modules, online exercise programs and telephone support to keep participants motivated. The online modules and exercise programs can be accessed for up to 12 months.

This year our service registered **18 participants** to HAL Online and provided training for **8 phone coaches.**

Healthy Children & Young People



Munch & Move is a NSW Health initiative that supports the healthy development of children birth to five years by promoting physical activity, healthy eating and reduced small screen time. Early Childhood Education and Care (ECEC) services in SESLHD are offered fun, play based training and resources for their setting to support healthy lifestyle behaviours.

OUR ACHIEVEMENTS:

73% of ECEC services reached the target achievements for healthy eating, physical activity and reduced screen time recommendations.

97% of ECEC services created a positive healthy eating environment, such as educators encouraging children to try new foods.

96% of ECEC services provided a supportive physical activity environment for children which includes indoor/ outdoor physical activities, dancing and movement role modelling.



We delivered 7 online training webinars, **reaching over 510** educators/directors on topics relating to healthy eating and physical activity.



We provided all services with virtual support and established a network of **50 educators** and directors to enhance working collaboratively together during COVID-19.



“This is fantastic!! My families will be so excited. I’ve actually already begun the learning journey to healthy eating due to your workshop. I found it extremely helpful & inspiring. We look forward to many healthy cooking experiences with the children moving forward also.”

Family Day Care Educator,
Renata’s Family Day Care



Live Life Well @ School

Live Life Well @ School is a collaborative initiative between NSW Ministry of Health and the school sectors in NSW. The program aims to create a school culture where children can be active and eat well. This is achieved using a whole of school approach through classroom learning, school policy and connecting with families.

OUR ACHIEVEMENTS:

169 (82%) of SESLHD primary schools participated in the program.

88 (96%) of SESLHD government primary schools with a canteen are compliant with the [NSW Healthy School Canteen Strategy](#).

We provided professional development webinars for **164** teachers and canteen managers.

In response to COVID-19, we conducted a needs assessment survey and provided tailored support to **68** primary schools.

14,068 students across **51 primary schools** participated in 'Vegetable Week' and The Big Veggie Crunch' whole of school annual health promotion event.

We adapted our program resources for Culturally and Linguistically Diverse communities, with a focus on improving health literacy.

Go4FUN[®] HEALTHY ACTIVE HAPPY KIDS

Go4Fun is a free evidence-based 10 week healthy lifestyle program that helps children and their families to become fitter, healthier and happier.

OUR ACHIEVEMENTS:


HPS delivered three face-to-face programs and promoted the [Go4Fun online program](#) when COVID-19 restrictions were in place.

We provided Go4Fun information and referral support to SESLHD health professionals, delivering an in-service for St George Dietetics Department.

A total of **52** children and families participated in either a face-to-face or Go4Fun online program, with an overall completion rate of **92%**.

Program outcomes included **improved eating habits**, increased physical activity and reduced Body Mass Index (BMI).

Health professional referrals accounted for **44%** of all SESLHD Go4Fun program enrolments this year.



“ Since implementing the NSW Healthy School Canteen Strategy I have seen positive changes. Students have been trying new Everyday choices on the menu, and the sale of items such as fruit salad cups, yoghurt, carrot sticks and hummus has improved.”

*Loftus Public School
Canteen Manager*



“ We would like to say a big thank you to the entire Go4Fun team. Moksh definitely enjoyed the program and has surely improved since then. While shopping, he now always reads the label to check if it is Go4Fun friendly. And he also enjoys advising extended family about healthy eating and exercising. We have noticed a boost of confidence in Moksh, since we started this program.”

*Go4Fun Randwick participant
(parent), Term 2 2021*

Eat Smart, Play Smart - Out of School Hours Care (OOSH)

Eat Smart, Play Smart aims to embed healthy eating and physical activity guidelines into OOSH services to support child health and wellbeing.



Eat Smart
Play Smart

“The Eat Smart, Play Smart professional development webinars gave all the educators great ideas and we have found opportunities to improve and expand on some things we are already doing at the service.”

Coordinator, Marton Activity Centre

OUR ACHIEVEMENTS:

Our service supported **12 staff** across four OOSH services to complete the ‘Eat Smart Play Smart Challenge’ (online professional development modules).

We delivered a professional development webinar series for **43 participants** on the topics of ‘Getting children involved in physical activity’ and ‘Practical ways to support healthy eating’.

We supported **5 OOSH services** to enhance their vegetable gardens as part of the “Kickstart your Eat Smart, Play Smart OOSH” Quality Improvement Challenge.



CASE STUDY:

Healthy Children, Happy Families Pilot Intervention

We partnered with the Physical Activity Nutrition Obesity Research Group (PANORG), University of Sydney to design and develop The Healthy Children, Happy Families Pilot Intervention to engage time-poor parents using flexible online approaches.

The pilot provided education and support for parents and carers with children from birth to 12 years to help them adopt healthy lifestyle behaviours.

The intervention occurred during July-August 2021 and consisted of 45-minute weekly webinars over five weeks. Participants also had access to webinar recordings, a weekly electronic newsletter and a closed Facebook group.



A total of **155** parent/carers were recruited to the intervention. Evaluation findings will be used to inform enhancements to local service delivery and support for parents and carers.

The findings will be especially valuable in the context of COVID-19 and the necessity for online innovation.

yhunger

The Yhunger program supports the youth sector to promote physical activity and healthy eating living skills for young people. HPS produced a series of short videos called *Yhunger stories* to demonstrate inspiring and easy ways for services to incorporate healthy eating and/or physical activity into their service delivery.



Yhunger stories are available at the

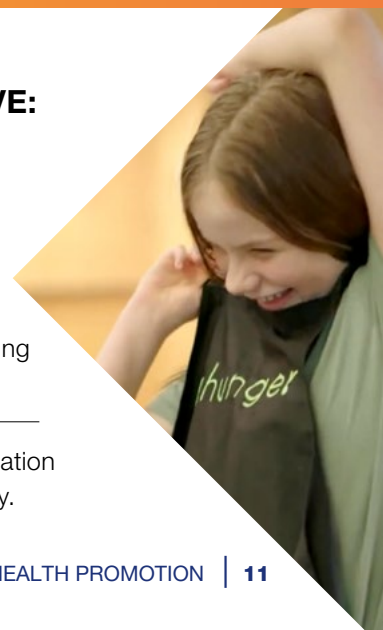
SESLHD YouTube Channel

YHUNGER STORIES HAVE:

Increased awareness, knowledge and confidence of youth service staff to utilise Yhunger resources

Supported youth service planning and implementation of healthy eating and physical activity

Been incorporated into staff orientation processes to support sustainability.





Aboriginal Healthy Lifestyles

HPS recognises that our local Aboriginal community are best placed to identify and meet the needs of their communities. In response to this, we implemented the Aboriginal Healthy Lifestyle Grants Initiative to fund projects that enable children and youth (0-17 years) to be healthy and active.

OUR ACHIEVEMENTS:

We funded **seven projects** from Aboriginal communities in SESLHD to implement projects focusing on healthy eating, physical activity and screen time.

455 children, youth, and families participated in the funded activities.

100% of our grant recipients reported that their project participants are more aware of healthy lifestyle behaviours.



Artwork by: Rhonda Sampson, RS Creative Solutions



CASE STUDY: The Kids School Holiday Program

The Kids School Holiday Program, delivered by The Settlement Neighbourhood Centre was one of seven projects awarded under the Aboriginal Healthy Lifestyle Grants Initiative.

The program was designed for children aged 5-12 years and operated during the school holidays. A different activity or excursion was provided each day with the aim to:

- enhance social and emotional development
- encourage relationship building
- keep children active and enable them to have new experiences.

A total of **48** children participated in the program. At the end of the school holidays, children reported that they preferred participating in these activities as opposed to 'just staying at home watching TV'.

The grant also facilitated a partnership with a local leisure centre. The centre now provides access to public pools at a discounted rate for children attending the holiday programs. Free swimming lessons are also offered to children who are unable to afford the cost.



You can watch a

YouTube Video

of the program in action.



Creating Healthy Places & Spaces



Doing It Differently Community Grants Initiative

The **Doing It Differently (DID)** Grants Initiative commenced in 2016 and is now in its concluding stages. DID recognises the importance of health and well-being by tackling issues affecting the everyday lives of people in our local area. We delivered this Initiative across [Bayside](#), [Georges River](#), (including [Calvary Health Care Kogarah](#)) and [Sutherland Shire](#) Local Government Areas.



OUR ACHIEVEMENTS:

We funded a total of **69** projects, with **29** of these projects continuing during 2020-21.

Alongside our partners we supported a **diversity** of projects in the areas of youth health, mental health, physical health, healthy ageing, healthy built environment, arts for wellbeing and child and family health.

We worked together with our partners to provide training for **119** community members and health professionals in the Asset Based Community Development (ABCD) approach. ABCD builds on existing community strengths, assets and resources; rather than focussing on problems deficits.

We partnered with Sutherland Council to develop a



YouTube Video

showcasing the work of our DID grant recipients.



DID relies on bringing communities together and socialising. COVID-19 restrictions meant that all projects were impacted by the inability to meet face to face. As a result, grant recipients were provided with a funding extension and were required to be creative in **adapting their projects to the online environment**. The final reporting outcomes provided by grant recipients will impact the overall results of the Initiative, given the unforeseen challenges of COVID-19.

As a result of DID, our service has established **strong relationships with local councils** in SESLHD. Our intention is to continue collaborating together to work towards better health outcomes for our communities.

“Our partnership with SESLHD in delivering the Doing It Differently grant program has given us the opportunity to engage in innovative strength-based community development that focus on the abilities, aspirations and potential of our local community. From this we have identified key learnings that we’ve been able to implement in the administration and delivery of our other local community grant programs.”

Manager, Business Sport and Community Services Unit,
Sutherland Shire Council



NSW Healthy Food & Drinks Framework

The **Framework** supports staff and visitors to make healthy food and drink choices in NSW health facilities.

OUR ACHIEVEMENTS:

We supported all outlets implementing the Framework to improve compliance, focussing on **removing sugar sweetened drinks from sale**.

We completed annual audits with **105** SESLHD outlets.

89% of SESLHD outlets removed sugar-sweetened drinks from sale.

Our service conducted a **mandatory check-in survey** with all outlets. Results from the survey revealed that COVID-19 significantly impacted business-as-usual for retailers, volunteers and all staff working to implement the Framework due to temporary closures and supply issues with stock. Additionally, limited support could be provided to vending and non-vending outlets.



Healthy Built Environments

The Healthy Communities Collaborative

The Healthy Communities Collaborative aims to work with local councils in SESLHD to improve the health and wellbeing of our communities. The collaborative aims to **build on our existing partnerships with councils** to implement the Doing It Differently Grants Initiative; as well as our recent collaboration in providing essential messages for the community during COVID-19. **Six councils** have expressed their readiness and capability to engage in a **collaborative** process together in 2021-2022.

Alcohol Licencing

Population and Community Health (PaCH) assess and respond to submissions for new and amended liquor licences.

OUR ACHIEVEMENTS:

62 submissions were received from proponents, including **26** notifications of intention to apply and **26** applications.

Thirteen (50%) of the applications were from proponents within City of Sydney LGA, **eleven (42%)** were requests for extended trading authorisation, and **nine** applications were for packaged liquor licences.

We provided responses to **nine** establishments.





Our contributions through research

Our service contributes to the evidence base through research partnerships with the NSW Ministry of Health, the University sector and other Local Health Districts. Our current contributions include:

Diabetes prevention in CALD communities

The Pasifika Programme: To trial a diabetes prevention program for Pasifika Communities, using a peer support model based in churches across Greater Sydney.

Childhood obesity prevention

Communicating Healthy Beginnings Advice by Telephone (CHAT): CHAT is a randomised controlled trial intervention aims to improve children's eating behaviours and physical activity, and reduce screen time and BMI.

A rapid review of policy and practice

Urban planning and design for the COVID-19 era.



Focus areas in 2021-2022

We will continue delivering our existing local and state-wide programs and initiatives in the next financial year. We will also continue to use face-to-face and virtual methods to deliver our work in partnership with organisations, services and community groups. Our focus areas for 2021-2022 are outlined below.

Embedding smoking cessation interventions across all Population and Community Health (PaCH) services as part of routine clinical care.

This includes:

- health professionals offering smoking cessation interventions as part of routine clinical care
- a consistent approach to smoking cessation, including the supply of Nicotine Replacement Therapy to PaCH clients.

Building a system of effective collaboration with local councils.

This will involve:

- successfully establishing the Healthy Communities Collaborative and identifying and progressing joint priorities with each council
- working alongside councils to determine focus areas impacting their local communities
- responding and navigating solutions with each council.

Additionally, we will continue to focus our efforts on:

- improving Aboriginal health outcomes and contributing towards Closing the Gap across our programs
- building on new and existing partnerships, lessons learnt and opportunities created during COVID-19.



CONTACT US

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HEALTH PROMOTION SERVICE

December 2021

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