



Health Promotion Action

Year in Review

2022-23



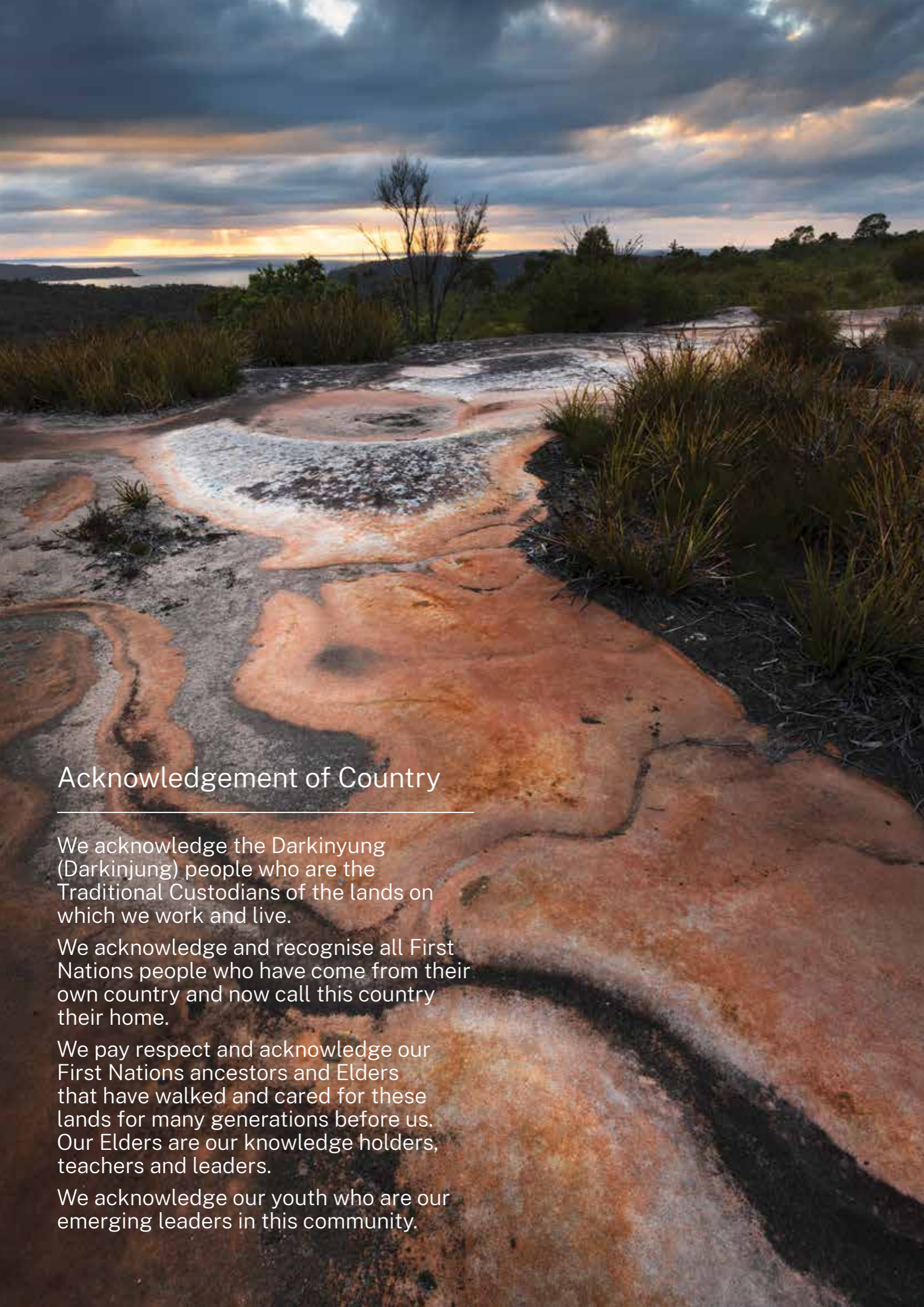
Health Promotion Action

Year in Review

2022–23

To view the interactive digital version please visit the Health Promotion Service website:

www.healthpromotion.com.au



Acknowledgement of Country

We acknowledge the Darkinyung (Darkinjung) people who are the Traditional Custodians of the lands on which we work and live.

We acknowledge and recognise all First Nations people who have come from their own country and now call this country their home.

We pay respect and acknowledge our First Nations ancestors and Elders that have walked and cared for these lands for many generations before us. Our Elders are our knowledge holders, teachers and leaders.

We acknowledge our youth who are our emerging leaders in this community.

Contents

Director's Report	6
Highlights of the Year	8
Central Coast Snapshot	10
Health Promotion Team 2022-23	12

Project Showcase

Health Promotion Service

Healthy Eating Active Living

Munch & Move	14
Live Life Well @ School	16
Aboriginal Lunchbox Connection	18
Healthy school canteens	20
Central Coast School Garden Interest Group	22
Thirsty? Choose Water! primary schools	24
Go4Fun	26
Transition-to-high school Aboriginal art project	28
YourWay	30
Get Active San Remo and Blue Haven	32
Healthy Built Environments and Active Transport	34
Healthy Food and Drink Framework	36
Get Healthy Information and Coaching Service	38
Healthy and Active for Life Online	40

Alcohol

Liquor licence responses	42
--------------------------------	----

Tobacco

Smoking and vaping-free hospital grounds	44
--	----

Falls

Active ageing and falls prevention	46
--	----

Nutrition Services

Early childhood education & care menu improvement	48
---	----

HIV & Related Programs

HIV and hepatitis awareness	50
Overdose awareness	52

Public Health Unit

Health protection

Public Health Unit overview	54
Infectious disease surveillance and control	54
Environmental health	55
Immunisation	56

Short & Sharp

Health Promotion Service

E-cigarettes and young people	58
Economic impact of liquor licences	59
Dr Roo's Dental Dash	59

HIV & Related Programs

Coastal Twist Festival	60
Diversity and inclusion	61

Nutrition Services

Nutrition for older people	62
Nutrition training for Bungree Aboriginal Association	62
Yhunger training for headspace	63

Publications	64
Major Presentations	65
Project Contacts	66



Director's Report

Welcome to our Health Promotion Action: 2022–23 Year in Review. In our busy service, we spend our days immersed in local projects and programs, working alongside our communities to create healthy places and environments across the Central Coast.

This often leaves little time to catch breath, and so I always look forward to the opportunity to take a moment to reflect on our work over the past 12 months, along with the achievements of the wonderful Health Promotion team.

In doing so, it's clear that a cornerstone of our work not just this year, but over the past four or five years, is a real emphasis on community place-based work. This type of work involves building relationships and trust within specific pockets of the Central Coast, each of which will have their own unique health needs and strengths, as well as their own barriers and levers to fostering a healthy community. It is a process that takes time, but is absolutely worth the investment.

For example, our service works with other representatives from local and state government agencies as part of COHEAL – the Childhood Obesity Healthy Eating Active Living sub-committee on the Central Coast. Since 2017, COHEAL has worked in partnership with the local community in the umbrella project 'Activate Your Space', essentially

to implement a number of grassroots initiatives that have helped develop a sense of place and strong partnerships in the San Remo and Blue Haven area. This has included:

- Emphasis on 'activating' and enhancing the existing naturally beautiful physical environment, leading to the establishment of San Remo parkrun, and working with the community and council to upgrade a local park and play space.
- The Aboriginal Lunchbox Connection program to address issues of food security in two local primary schools (see page 18).
- The Thirsty? Choose Water! program to encourage primary school children to choose water over sugary drinks (see page 24).
- A high school Aboriginal art project that saw students design and paint a local mural and totem poles (see page 28).
- The Get Active initiative to remove barriers and increase sport, active recreation and other physical activity opportunities (see page 32).

I look at our engagement with these communities and it's clear that by investing the time to understand the uniqueness of an area, getting to know its local leaders, community

groups and organisations, you can start to build a picture of where you fit in and how you can best contribute.

One of the striking takeaways from all of this work is its snowball effect. Each of these initiatives have helped open the doors for the next by creating strong partners and connections within the community. And only in creating these connections do you get the x-factor. That's when you can see not only the benefits of health promotion, but the co-benefits across other social, cultural, environmental, educational, and economic factors.

And that's the subject we've chosen for our 2022–23 Year in Review theme: the co-benefits of health promotion. Throughout this report, you will see examples of how our work has impacted areas beyond population health.

As has now become customary, this report also features health promotion activity delivered by other services across Central Coast Local Health District.

This year comes with the welcome addition of projects from our friends and neighbours in the Public Health Unit.

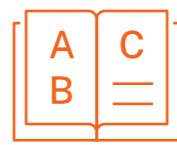
The 2022–23 financial year was our first as part of a new Community Wellbeing and Allied Health directorate within Central Coast Local Health District and has seen us work more closely with other teams. This is a trend that will continue into 2024 and beyond.

Whether you're reading the hardcopy edition, or our popular interactive version of this document, I thank you for taking the time to do so. And if you would like further information about any of our projects, or if you can see a benefit (or co-benefit) from us working together, we'd love to hear from you.

Nicole Kajons
Director
Health Promotion and Population Health Improvement
(02) 4320 9704
Nicole.Kajons@health.nsw.gov.au



All **147** Central Coast **early childhood services** implementing **Munch & Move** recommended practices, with Central Coast Local Health District six percentage points above the NSW average for services meeting at least 80% of the practices.



Transition-to-school resources ordered for **3,794 students** from around three-quarters (74%) of Central Coast primary schools, up from 59% in 2021.



117 children and their families participated in **Go4Fun** across standard, Aboriginal and online programs, with Central Coast achieving the second highest number of program **enrolments and completions** in NSW for Aboriginal and Torres Strait Islander people.



Coordinated an **Aboriginal art project** in San Remo that helped connect local students to community and culture, enhance aesthetics and reduce graffiti and vandalism at a popular playspace, and assist **36** year 6 **Aboriginal and Torres Strait Islander students** transition to Northlakes High School.



Launched the **Get Active San Remo and Blue Haven** initiative with Office of Sport and Central Coast Council, with **155** free or reduced-cost sport or **active recreation opportunities** locally in October 2022, leading to an increase in physical activity in children and adults and 80% of activities now offered on a continual basis.



172 older adults supported to become more active and eat healthy through the **Healthy and Active for Life Online program**, with a 65% completion rate – 11 percentage points higher than the state average.

Highlights of the Year



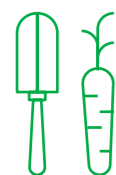
88 Aboriginal families in San Remo and Blue Haven received healthy food hampers and engaged with San Remo Neighbourhood Centre as a result of the **Aboriginal Lunchbox Connection** food relief program, leading to **154 referrals to support services**.



803 people referred to the **Get Healthy Service** to help them reach their health goals



592 people referred to the **Get Healthy in Pregnancy** program.



5 primary schools received a **\$1,000 Harvest for Health grant** to help create school environments for healthy eating and environmental sustainability via **kitchen gardens**.



Piloting the **Thirsty? Choose Water!** program in primary schools, leading to development of new lesson materials and **5** Central Coast **primary schools** receiving a chilled water station to encourage children to choose water as a drink.



Partnered with the Centre for Oral Healthy Strategy to develop a first-of-its-kind **behaviour change game** aiming to improve the **oral health of primary school-aged children**, which will be piloted across **4 health districts**.



91% of Central Coast Department of Education **schools** meeting NSW **Healthy School Canteen Strategy**.



Launched a new **Healthy Bites radio series** to provide bite-sized health advice to older people, with 18 episodes airing to Radio Five-O Plus' **150,000** listenership.



6,200 falls resource packs or standalone healthy ageing resources distributed to **older people** and those who support them.



100 year 7 and 8 students participated in the **YourWay** program to encourage ownership of health-promoting activities in two secondary schools.

Central Coast Snapshot



Less than one in five (18.6%) children aged 5–15 years achieve **adequate levels of physical activity**



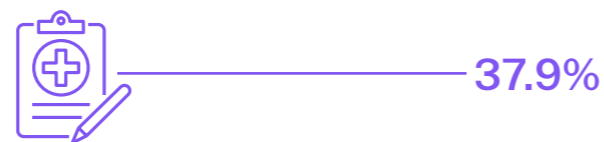
Just 4.6% of children aged 2–15 years consume the **recommended daily intake of vegetables**



Two-thirds (67.1%) of **adults are overweight or obese**



More than a third (44.9%) of **adults are insufficiently active**



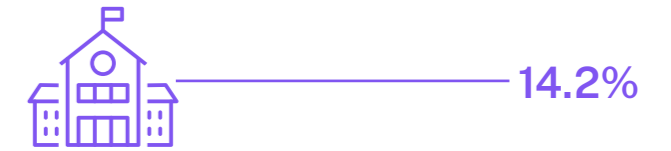
37.9% of people suffer from one or more **long-term health conditions**



There were 2,605 **alcohol-attributable hospitalisations** in 2020–21 at a rate of 663.4 per 100,000 population



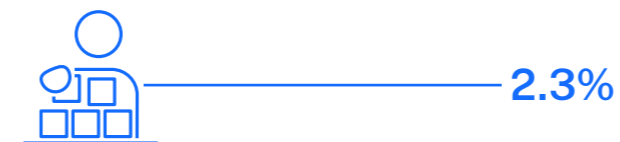
Around one in seven (14.5%) people aged 16 or over **currently smoke**



49,668 **children attend primary or secondary school** – that's 14.2% of our population



99,339 people are **aged 60 or over** – more than a quarter (28.7%) of the population



8,097 **children attend one of our pre-schools** – that's 2.3% of our population



4.9% of the population identify as **Aboriginal or Torres Strait Islander**



Health Promotion Team

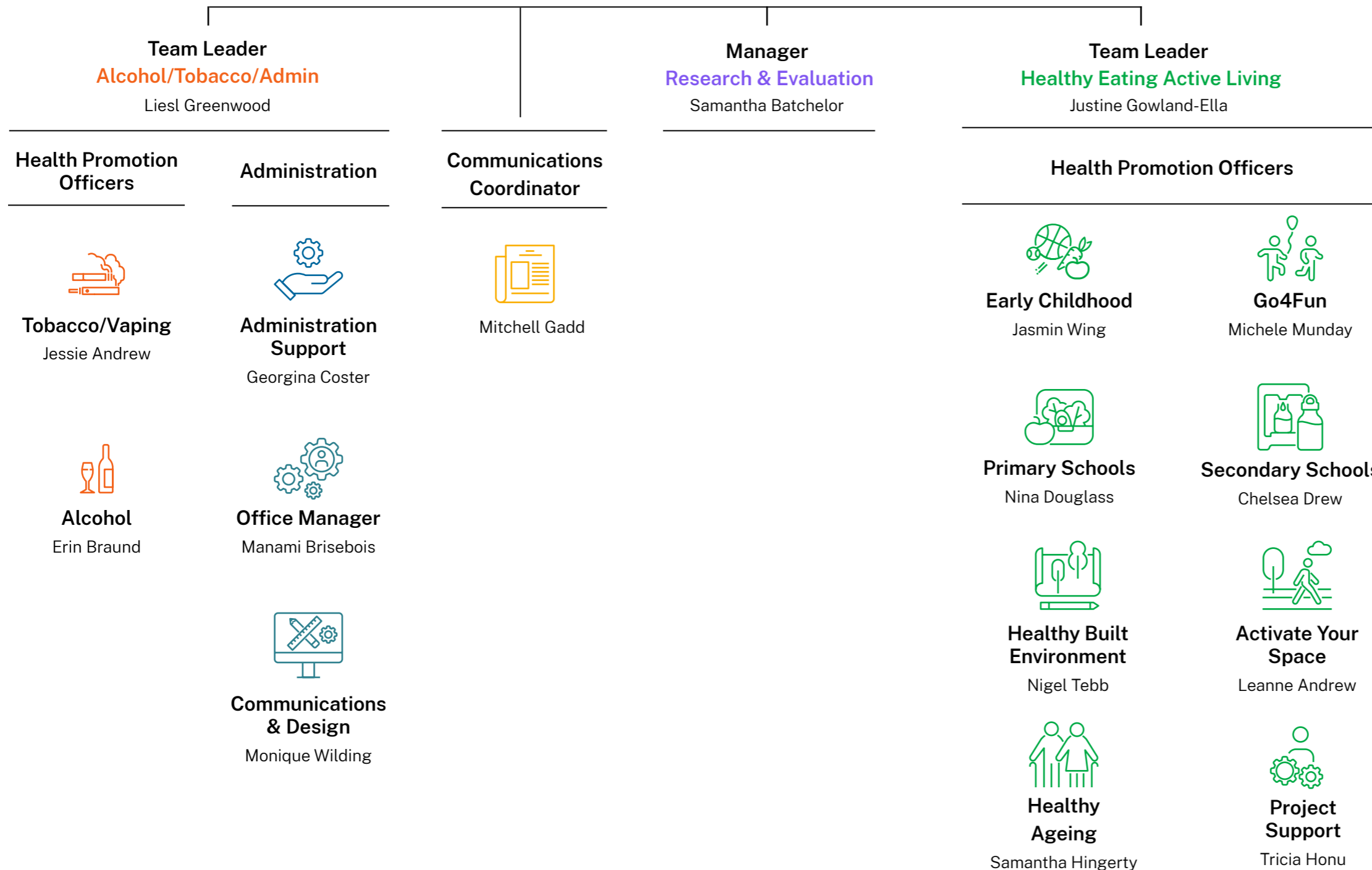
2022-23



Director

Health Promotion and Population Improvement

Niki Kajons



We aim to create a Central Coast where everyone can enjoy better health and wellbeing.

We do this by creating healthy places for our communities that promote good health across life's journey.

Through working together we provide information, programs and resources, and we advocate for healthy policy, to ensure the foundations for good health.



The first 2,000 days of life is a critical time not just for a child’s physical wellbeing, but also their cognitive, social and emotional health, with evidence showing that what happens during this period can have an impact throughout a child’s life. It presents a window of opportunity to establish and support healthy behaviours among parents and their children to reduce the likelihood of poor health outcomes and associated economic impacts in the short and long term.

All **147** Central Coast **early childhood services** implementing **Munch & Move** recommended practices, with Central Coast Local Health District six percentage points above the NSW average for services meeting at least 80% of the practices

Munch & Move

Introducing healthy habits from an early age

What is it?

Munch & Move is a NSW Health initiative that supports the healthy development of children from birth to five years by promoting physical activity, healthy eating and reduced small screen time within early childhood settings. This includes providing training and resources for educators and assistance in implementing a fun, play-based approach to supporting healthy eating and physical activity habits in young children.

What did we do?

During 2022–23, we provided strategic support to 147 services across the Central Coast through face-to-face

visits, phone, virtual meeting or email to help them meet the 16 key Munch & Move practices that relate to children’s health, development and wellbeing.

In addition, support was provided through the following:

- Developing resources to support active play and healthy eating, including a resource manual, lanyard, fundamental movement skills (FMS) poster, parent factsheets and more.
- Facilitating a local face-to-face FMS workshop in May 2023.
- Producing and distributing the quarterly Munch & Move newsletter, which features seasonal and topical ideas, research, events

and anything else that responds to the needs of services.

- Supporting services to develop and implement policies that promote physical activity and healthy eating for children within the service.
- Raising awareness of free Munch & Move eLearning delivered by the Early Childhood Training and Resource Centre.
- Promoting awareness months that support the principles of Munch & Move such as Fruit & Veg Month.

What did we achieve?

- All 147 Central Coast early childhood services are implementing Munch & Move recommended practices, with

Central Coast Local Health District six percentage points above the state average for services achieving at least 80% of the practices.

- 45 educators from 25 early childhood services attended the face-to-face FMS workshop. The workshop was extremely well received, with 100% of participants indicating the FMS workshop met expectations ‘a great deal’ or ‘a lot’.
- 15 new educators completed (minimum of three hours) Munch & Move eLearning training.
- 34 Central Coast early childhood services participated in Vegie Month.

Look out for . . .

- Parent-focused support materials such as social media tiles that provide simple, practical tips and ideas to engage children in active play and healthy eating.
- An expanded Move like a Mariner program available to more services and to include Sip like a Mariner and Snack like a Mariner, promoting healthy eating learning experiences and resources to promote choosing water as a drink.

Partners

- Nutrition Services (Central Coast Local Health District)
- Central Coast Early Childhood Educators’ Network
- Centre for Population Health
- Family day care providers
- NSW Department of Education



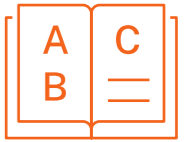


“Thanks for an awesome hands-on workshop. Thoroughly enjoyed and very useful.”

Personal development, health and physical education (PDHPE) Network workshop participant, term 4 2022



Porters Creek Public School playground stencil



Transition-to-school resources ordered for

3,794 students from around three-quarters (74%) of Central Coast primary schools, up from 59% in 2021

Live Life Well @ School

A whole-of-school approach to promoting healthy eating and physical activity in primary schools

What is it?

Live Life Well @ School is whole-of-school approach to working together with primary schools in promoting healthy eating and physical activity. This is done via a combination of curriculum resources, professional development workshops, promotional materials for parents and carers, and partnerships and strategies within the school environment (e.g. school canteens, chilled water station installation).

What did we do?

Central Coast Health Promotion Service offered curriculum resources, whole-of-school events, professional learning workshops and transition-to-school

resources. We partnered with primary schools, other Central Coast Local Health District (CCLHD) services and other local health districts to improve the range of support offered to schools. Specifically, this included:

- Offering curriculum resources, including Vege Adventure promoting vegetables and fruits, to kindergarten, year 1 and year 2 students as part of Health Week in term 2.
- Delivering professional learning workshops, including the Central Coast School Garden Interest Group hands-on cooking session and the PDHPE Network practical physical activity workshop.

- Implementing whole-of-school health promotion strategies, including Vegetable Week and Fruit & Veg Month (led by the Healthy Kids Association) and SWAP IT (in partnership with Hunter New England Local Health District).
- Offering transition-to-school resources including magnetised healthy lunchbox jigsaw puzzles, Make their Meals Count cards and recipe videos, the Magic Lunchbox and Jack’s FUNtastic Day animated storybook readings, SWAP IT resources and a pre-recorded ‘Healthy Food at School’ presentation for schools to deliver to parents and carers of new kindergarten students.

- Issuing regular e-newsletters communicating health promotion activities and information.
- Presenting to Central Coast primary school principals in term 1 2023 on health promotion initiatives and e-cigarettes and vaping.

Partnerships with CCLHD wellbeing health in-reach nurses, School-Link coordinators, Nunyara Aboriginal Health Unit and the Department of Education resulted in greater reach of health promotion activities and more comprehensive consultation on the development of resources.

What did we achieve?

- 92% of Central Coast primary schools engaged with at least one health promotion strategy.
- Transition-to-school resources were ordered for 3,794 children from around three-quarters (74%) of primary schools on Central Coast, up from 59% in 2021.
- 41% of primary schools had a least one teacher attend a professional development workshop.

- NSW Education Standards Authority (NESA) accreditation was regained for the term 4 PDHPE workshop.

Look out for . . .

More hands-on workshops and new Health Week curriculum activities.

Partners

- Association of Independent Schools
- Catholic Diocese of Broken Bay
- Central Coast primary schools
- Centre for Population Health
- Healthy Kids Association
- Live Life Well @ School project officers
- NSW Department of Education
- Nutrition Services (Central Coast Local Health District)
- Rumbalara Environmental Education Centre
- School-Link Coordinator
- Wellbeing Health In-reach Nurse



Health promotion activities within the school setting are effective at encouraging positive health behaviours, such as improved dietary quality and increased physical activity. This extends to improving mental wellbeing and educational outcomes.



The relationships and insights learned from this partnership resulted in collaboration to address other local needs. For example, the award-winning Healthy Jarjums kindergarten health screening event and Thirsty? Choose Water! primary school approach (see page 24).



“Thank you to Health Promotion for choosing to work with us. We appreciate the support and guidance you have provided to us and, more importantly, the support you have provided to our community. It has been an absolute pleasure working with you and we hope it will continue in some capacity.”

- Working Group member

Aboriginal Lunchbox Connection



Supporting Aboriginal students to access healthy lunches and connecting their families to community services

What is it?

Aboriginal Lunchbox Connection is a coordinated community approach that aims to improve access to healthy food and drink and support services for Aboriginal primary school families from communities impacted by natural disasters and COVID-19.

The project was co-developed by a working group that included representatives from the community, education, health and Aboriginal organisations that serve the Blue Haven and San Remo area.

What did we do?

The working group oversaw development of school and community-based solutions. Such solutions included schools stocking a healthy food pantry, distributing lunchbox packs and supporting families to access the local neighbourhood centre.

There, an Aboriginal community liaison officer provided appointments, healthy food hampers, healthy cooking sessions and referral to other support services such as housing, counselling and financial assistance.

Health promotion officers from our service built capacity around nutrition knowledge and helped develop procedures to provide healthy food across settings, such as nutritionally balanced hampers and nutrient-dense, non-perishable foods stocked in school student pantries. We also conducted surveys with Aboriginal families and working group members to evaluate activity.

In 2022, the project moved into the next phase, which saw lunchbox packs and hampers provided to new school starters.

What did we achieve?

- 88 families engaged with San Remo Neighbourhood Centre and received healthy food hampers during



88 Aboriginal families in San Remo and Blue Haven received healthy food hampers and engaged with San Remo Neighbourhood Centre as a result of the **Aboriginal Lunchbox Connection** food relief program, leading to **154 referrals to support services**.

phases 1-3 of Aboriginal Lunchbox Connection.

- 100% of kindergarten students received lunchbox packs in 2022.
- 90% of the kindergarten families engaged with the San Remo Neighbourhood Centre and received a healthy food hamper in 2022.
- 154 referrals were made to connect participating families to support services throughout phases 1-3 of Aboriginal Lunchbox Connection.
- The project has been accepted as an oral presentation at the Dietitians Australia 2023 Conference.

Look out for . . .

- ‘Tucker our kids love’ – a collection of recipes shared by Aboriginal

families in the San Remo and Blue Haven Communities.

- A Translational Research Grant Scheme application has been submitted to extend the Aboriginal Lunchbox Connection project.

Partners

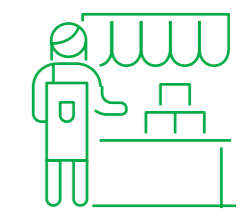
- San Remo Neighbourhood Centre
- Aboriginal Environmental Health Unit
- Blue Haven Public School
- Muru Bulbi Aboriginal Education Consultative Group
- Northlakes Public School
- Nunyara Aboriginal Health Unit (Central Coast Local Health District)
- NSW Department of Education
- Schools as Community Centres





“Great day. Fun, interesting, informative, very well run. Thanks team.”

- Term 1 workshop participant



Central Coast Department of Education schools meeting
NSW Healthy School Canteen Strategy

90% primary schools

100% secondary schools

Healthy school canteens

Supporting primary and secondary schools to increase the availability of healthy food and drink options in their canteens

What is it?

The Healthy School Canteens project assists Central Coast canteens to meet the NSW Healthy School Canteen Strategy. This strategy supports student health and wellbeing by promoting and increasing the availability of healthy foods and drinks in school canteens.

What did we do?

In 2022, schools were offered the refreshed Central Coast Healthy School Canteen Award. To receive the award, school canteens were required to have a current Healthy Menu Check and to conduct one ‘everyday’ healthy food and drink promotion each term throughout the year.

We also offered two Canteen Network meetings during 2022–23.

- In term 4 2022, attendees received updates on the canteen strategy, a whole-of-school approach to healthy eating and advice on removing single-use plastics in school canteens from Rumbalara. The Central Coast Healthy School Canteen Awards were presented, and examples of healthy food promotions showcased.
- In term 1 2023, attendees participated in a hands-on cooking workshop and presentation with a focus on healthy canteen profitability.

The Healthy School Canteen Award has been offered again in 2023, with 23 schools already registered to participate in the scheme.

What did we achieve?

- 90% of primary and 100% of secondary schools meeting the NSW Healthy School Canteen Strategy.
- 20 schools achieved a Healthy School Canteen Award in 2022.
- 100% of canteen managers who participated in the 2022 award scheme indicated they were ‘very likely’ to apply for the award again in 2023.

- 100% of 2022 award scheme participants ‘agreed’ or ‘strongly agreed’ that at least one healthy food and drink promotion each term was achievable.
- 73% of participants rated all sessions at the term 1 workshop as ‘very’ or ‘extremely useful’.

Look out for . . .

The canteens who achieve the 2023 Central Coast Healthy School Canteen Award.

Partners

- Nutrition Services (Central Coast Local Health District)
- Association of Independent Schools
- Catholic Diocese of Broken Bay
- Central Coast primary schools
- Centre for Population Health
- Healthy Kids Association
- Live Life Well @ School project officers
- NSW Department of Education
- Rumbalara Environmental Education Centre



Supporting Central Coast school canteens to offer healthy food and drink options can have positive impacts on the environment via the removal of single-use plastics. It can also support canteens to maintain profitability, providing funds that can be put towards valuable educational resources for schools.



“I found the workshop, where schools shared their case studies around the grant they received, extremely beneficial in generating ideas for our own school. It highlighted possibilities for our students, with schools showing the impact and strategies. Through the grant and case studies, we have connected with other schools to develop a strong working relationship.”

-Aiden McCann, teacher, Porters Creek Public School



Central Coast School Garden Interest Group

A network to share expertise and ideas for the school kitchen garden

What is it?

The Central Coast School Garden Interest Group is led by Central Coast Health Promotion Service to support primary school teachers by sharing ideas, knowledge and skills for healthy eating learning experiences at school.

The Central Coast School Gardens Interest Group has facilitated strong partnerships between the Department of Education’s Rumbalara Environmental Education Centre and local primary schools to promote healthy eating and environmental sustainability via school kitchen gardens.

What did we do?

We partnered with Rumbalara Environmental Education Centre to deliver a Harvest for Health grants scheme. Five schools were awarded \$1,000 in 2022 to foster the creation of supportive school environments for healthy eating and environmental sustainability via kitchen gardens. The five winners were:

- Empire Bay Public School
- Gorokan Public School
- Green Point Christian College
- Jilliby Public School
- Somersby Public School

We created innovative interactive case studies to showcase how the schools had used the grant. Winners presented their case study at a face-to-face workshop in term 1 2023, hosted at Empire Bay Public School.

The workshop also saw Empire Bay Public School deliver a hands-on rice paper rolls cooking session, while updates were provided by Central Coast Health Promotion Service and Rumbalara Environmental Education Centre. There were opportunities for discussion and a tour of the school and kitchen garden, showcasing their commitment to sustainability strategies.

What did we achieve?

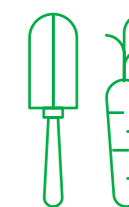
- 100% of participants at the term 1 workshop rated the Harvest for Health grant showcase, Health Promotion update and Rumbalara Environmental Education update as ‘very’ to ‘extremely useful’.
- 100% of participants indicated they would attend a future workshop.
- Five primary schools achieved the Harvest for Health grant and their activities were showcased via innovative technology.
- The group was a winner in the Keeping People Healthy category at the 2023 Caring for the Coast Awards.

Look out for . . .

Continued face-to-face workshops featuring engaging and creative guest speakers.

Partners

- Rumbalara Environmental Education Centre
- Association of Independent Schools
- Catholic Diocese of Broken Bay
- Central Coast primary schools
- Centre for Population Health
- Healthy Kids Association
- NSW Department of Education
- Nutrition Services (Central Coast Local Health District)



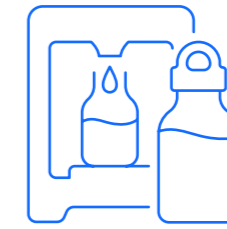
100% of participants rated the term 1 workshop as **‘very’ to ‘extremely’** useful





“Many more students are drinking water at lunch and recess breaks, as well as, filling their water bottles.”

Thirsty? Choose Water! pilot school



5 Central Coast primary schools have received a **chilled water station**

through their participation in the pilot

Thirsty? Choose Water! primary schools

Supporting primary school students to choose water over sugary drinks

What is it?

Thirsty? Choose Water! for primary schools is a whole-of-school approach to promote water as a drink. The primary schools approach is modelled on the evidence-based secondary schools approach led by Central Coast Health Promotion Service, and trialled in 85 schools across NSW with demonstrated positive outcomes on student drink choice.

What did we do?

Alongside the Aboriginal Lunchbox Connection program (see page 18), funding was received from the Aboriginal

Environmental Health Unit to pilot Thirsty? Choose Water! in two local primary schools—Blue Haven and Northlakes. This included curriculum activities for year 3 and 4, the installation of a chilled water station, promotional materials, and the development of an Aboriginal artwork mural led by Aboriginal artists with the students. This approach was evaluated via surveys with each school.

In term 4 2022, we conducted a scoping survey with Central Coast Department of Education and independent primary schools to understand access to chilled water stations and current concerns of staff around access to water and sugar-sweetened beverage consumption. The response rate

was 38%, with 70% of those schools expressing an interest in working with Central Coast Health Promotion Service to develop a primary schools approach.

Three schools—Mannering Park Public School, The Entrance Public School and Toukley Public School—were selected from those who expressed an interest to conduct the updated Thirsty? Choose Water! primary schools approach in 2023.

Five other local health districts, including partners from the Thirsty? Choose Water! secondary school research, intend to complete the scoping survey in their areas.

What did we achieve?

- New stage 2 lesson materials have been updated and evaluated with Central Coast primary schools.
- Five Central Coast primary schools have received a chilled water station through their participation in the pilot, providing greater access to water on site.
- Aboriginal artwork murals have been incorporated into the Thirsty? Choose Water! approach, led by each school community and local Aboriginal artists.
- Valuable collaboration with other health districts to conduct the scoping survey and understand the needs of schools across NSW.

Look out for . . .

- Results of the scoping survey across multiple local health districts.
- Updated Thirsty? Choose Water! primary school pilot resources.

Partners

Aboriginal Environmental Health Unit
 Blue Haven Public School
 Live Life Well @ School project officers
 Northlakes Public School
 NSW Department of Education
 Schools Infrastructure NSW

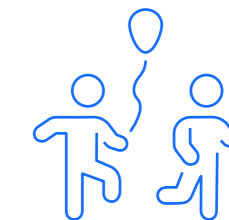


A key message of Thirsty? Choose Water! encourages students to carry a reusable water bottle to refill, and discourages single-use plastic bottles, supporting students to consider the environmental impact of drink choice as well.



“It’s great watching my child interact with the other kids, play activities and enjoy the program. I also like the fact we do the theory together and get to ask questions together. It helps us to try and make better choices in the supermarket, which I find helpful. It’s helped me grow the amount of foods we try.”

-Mother of Central Coast participant



117 children

participated in
Go4Fun programs



Go4Fun

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

What is it?

Go4Fun is a 10-week after-school program for parents/carers and their children that focuses on improving healthy habits by supporting families to choose nutritious food and explore opportunities for fun physical activity. We work with families to help them overcome the challenges of sedentary lifestyles and excessive marketing of pre-packaged and fast foods.

Central Coast Health Promotion Service provides a standard program and a culturally adapted Aboriginal program in partnership with Bungree Aboriginal Association that are run by a diverse set of trained health and community professionals, including dietitians, fitness trainers and Aboriginal cultural leaders.

What did we do?

2022–23 represented the first full year Go4Fun programs ran face-to-face since the COVID-19 pandemic and so our priority was to re-engage with the community through creative promotion and refine and improve the program. This was achieved through:

- Regularly liaising with participants of the program to gain feedback and implement any recommended changes to improve the program.
- Supporting and developing our leaders. The team’s dedication, skills and experience sit at the core of Go4Fun’s function and success. Listening to leaders’ feedback has been key in making improvements to the delivery of Go4Fun over time.
- Working in close partnership with Bungree Aboriginal Association to promote and deliver future programs within a culturally respectful environment.
- Building and maintaining relationships with neighbourhood centres, Aboriginal health providers, 80 local primary schools and 94 clinical practices to assist in referrals and promoting the Go4Fun program.
- Continuing to offer Go4Fun Online as an alternative for Central Coast families who don’t have the time or access to a face-to-face program.

- Filming and airing a television commercial featuring real families taking part in the program to increase brand awareness.

What did we achieve?

- 117 eligible children enrolled across all program streams (standard, Aboriginal and online Go4Fun) including 94 in our face-to-face programs.
- 87% completion rate across all program streams.
- Nearly a quarter of eligible Aboriginal children who participated (23%) and completed (24%) the program across the state were from the Central Coast – the second highest numbers in the state.
- Average body mass index for participants across all program streams decreased from 27.09 kg/m² before the program to 26.43 kg/m² after the program – a 0.66 kg/m² reduction.
- Waist circumference, an indicator of abdominal fat, decreased on average 0.76cm for participants across all standard and Aboriginal programs.
- 7.44 beats per minute decrease in recovery heart rate following a three-minute step test across all standard and Aboriginal programs.
- 62% improvement in daily vegetable consumption for participants across all program streams.
- 75% improvement in reducing frequency of sweet snack food consumption across all program streams.
- 67% improvement in days of moderate to vigorous activity across all program streams.
- 43% increase in word-of-mouth referrals from the first half of the financial year to the second half, indicating growing participant satisfaction.

Partners

Better Health Company
Bungree Aboriginal Association
Centre for Population Health

Social engagement of children and their families is vital to psychological development and maintenance of good physical and mental health. This is seen each week from the participants’ smiles, laughter and courage to try new foods and energy to play games.



Transition-to-high-school Aboriginal art project

Using art to help build connections between people and place

What is it?

This cultural school-led collaboration by students at Northlakes High School created Aboriginal artwork consisting of four totem poles and an 11 square foot mural for installation on Darkinyung (Darkinjung) land at John Pete Howard Reserve, in the suburb of San Remo. The emphasis was on encouraging greater interaction between people and public spaces at the neighbourhood level for outdoor recreation.

What did we do?

In 2021, Central Coast Health Promotion Service partnered with Central Coast Council and the San Remo community and surrounding suburbs about the playspace upgrade and other enhancement features at John Pete Howard Reserve to help increase outdoor leisure and recreation. The community

identified local artwork as one feature to help improve the aesthetics of the area.

We consulted with the Muru Bulbi Aboriginal Education Consultative Group, San Remo Neighbourhood Centre and Northlakes High School to consider creating Aboriginal artwork for the Reserve. The high school devised the concept of engaging year 6 Aboriginal students from the three local primary schools to design and create artwork with mentoring from local Aboriginal artists, Matthew Syron and Rachael Powell.

The initiative took over 12 months to complete due to COVID-19 restrictions. The theme of the artwork is “Nature and connection to Country creates healthy people and places” and received endorsement from Darkinjung Local Aboriginal Land Council.

The launch and official unveiling of the artwork celebrated this collaboration in October 2022, with more than 60 representatives from Aboriginal organisations, community, schools, council and health.

What did we achieve?

- Assisted 36 year 6 Aboriginal and Torres Strait Islander students transition into Northlakes High School and become familiar with the high school environment in a safe and inclusive way. The three feeder primary schools – Northlakes, Blue Haven and Budgewoi – were engaged.
- Enhanced aesthetics of the upgraded playspace at John Pete Howard Reserve. The artwork complements the natural beauty and improved infrastructure (shared pathway and playspace) for everyone to enjoy being active outdoors, while also holding special cultural significance. A plaque beneath the mural includes a QR code linking to a video on the cultural importance of the designs.
- 226 views of the [project overview video](#) on YouTube.
- Reduced graffiti and vandalism. Eight months on, there has been no graffiti in the reserve and no vandalism of the artwork itself, which is a significant achievement for this local area. This has been achieved by enhancing a sense of culture and community pride by contribution of artwork from participating students.
- Partnerships developed with Central Coast Council have provided a link with local schools for future artwork, as well as a partnership model that could be replicated in other communities. New parks being installed could easily repeat this process. The mural and totem poles created with graffiti-proof and weather-resistant paints are a tangible and long-lasting positive reminder of the connection of the community, particularly for young people.
- The project was a finalist in the Excellence in Aboriginal Health Care category for the 2023 Caring for the Coast Awards.

Partners

- Central Coast Council
- Blue Haven Public School
- Budgewoi Public School
- Darkinjung Local Aboriginal Land Council
- Northlakes High School
- Northlakes Public School
- Muru Bulbi Aboriginal Education Consultative Group
- San Remo Neighbourhood Centre



36 year 6 **Aboriginal and Torres Strait Islander students** connected to **community and culture** and supported to transition to high school



The project has connected students and the community with local cultural knowledge of the Traditional Owners of the lands and waters. It has also fostered a sense of community pride, helping to reduce vandalism and graffiti in the area.



100
secondary
school
students

participated in the
YourWay program

YourWay

Engaging and empowering students to engage in health-promoting initiatives

What is it?

YourWay is a student-led co-design approach for secondary schools that aims to encourage healthy behaviour change in adolescents through the principles of the World Health Organization's Health-Promoting Schools Framework and design thinking.

The program consists of a series of one-hour 'design jam' workshops that enable students and teachers to collaborate in a supportive environment to explore, design and implement healthy behaviour initiatives within their school community in the priority areas of healthy food and drinks, physical activity, wellbeing and avoiding risky behaviour.

What did we do?

After the initial pilot in 2021–2022, changes were made to increase its efficacy. The main changes and improvements were:

- YourWay is now delivered through six one-hour design jam workshops instead of seven, with each design jam focusing on a different goal.
- A teacher handbook has been developed to guide and track the progress of the program.
- A learning journal has been adapted into a project journal that is now shared among workgroups to guide students through the process.

- Presentation slides have been developed for schools to use to improve accessibility and expand student learning using visual resources.

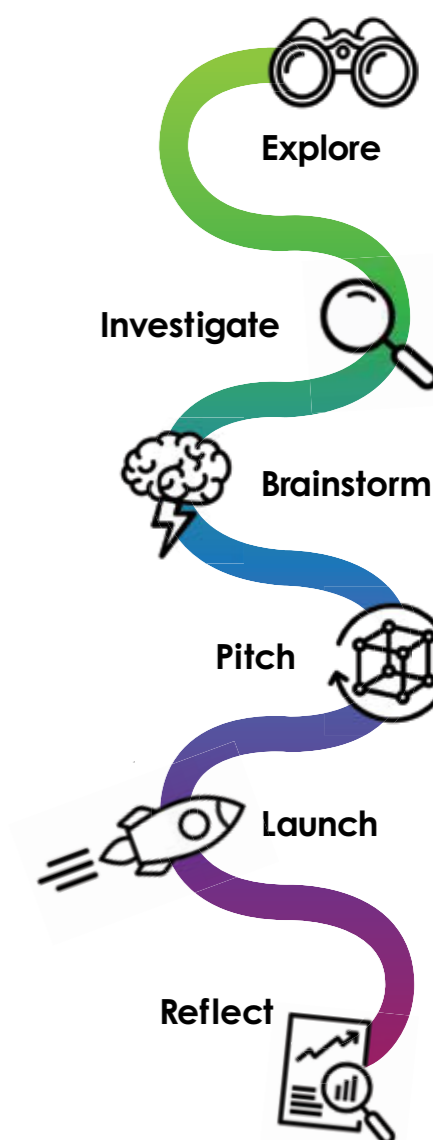
These changes aim to simplify the YourWay process into clear achievable goals, increase learning time and flexibility in delivery, and reduce the time demand on schools. The support materials developed will also improve the program's accessibility and expand student learning opportunities.

What did we achieve?

- 100 year 7 and 8 secondary school students participated in the YourWay program.
- Students explored, brainstormed and pitched numerous project ideas to improve the health of their school. These ideas included installing vape detectors, replacing outdated water bubblers with water refill stations, classroom resources, introducing non-traditional sports into PDHPE, ideas to reduce rubbish from the playground and more.

Look out for . . .

YourWay may further encourage schools to involve students in co-designing health projects that promote positive health behaviours not only within the student body, but also the broader school community.





Get Active San Remo and Blue Haven

Creating opportunities for people to be active in their local community through a place-based approach

What is it?

Get Active San Remo and Blue Haven is a partnership between the Health Promotion Service, Office of Sport and Central Coast Council aimed at facilitating opportunities for local people to be active in their community. It focused on developing a month-long calendar of activities that would address barriers to physical activity participation and get those who otherwise wouldn't, become more active.

What did we do?

San Remo and Blue Haven were chosen as pilot locations for Get Active because they are in an area of relatively high unemployment (6.6%) compared to the state average (4.4%) and have a

greater proportion (6%) of people with long-term health conditions than the whole of NSW (4.4%). They also face greater socio-economic disadvantage, with a low SEIFA (Socio-Economic Indexes for Area) score, and have a larger Aboriginal and Torres Strait Islander population.

With the project partners having engaged extensively with this community before, including through Central Coast Health Promotion Service's [Active Your Space](#) project and COHEAL (the Childhood Obesity Healthy Eating Active Living sub-committee on the Central Coast), we were also aware of the community's strong sense of place, active local neighbourhood centre, proactive schools and good existing infrastructure. All of this created strong

foundations for the Get Active pilot location.

We consulted with the local community through focus groups, community forums, individual interviews and meetings and an incentivised community survey resulting in 437 responses. This helped us identify the existing barriers for people to get involved in physical activity. These ranged from the cost or type of activities offered, or the days and times they are put on, to simply not knowing they were available already in the community.

Following this, the partners mapped existing providers and infrastructure that could support physical activity, understanding the strengths, weaknesses, opportunities and gaps. We also spent time in the community

to develop community connections and networks, understanding what support could be engaged and helping bring activity and service providers on board.

The result was the development of a calendar of activities ranging from AFL to yoga, and everything in between, put on throughout the month of October 2022. These activities aimed to address the barriers to participation identified during consultation by being mostly free or low cost, held on a variety of days, at a spread of locations, and aimed at all ages and abilities. Enabling health and wellbeing services were also engaged and promoted as part of the campaign.

We launched a Get Active webpage on Central Coast Council's website to promote all activities taking place throughout the month and compiled a promotional toolkit with social media tiles, posters, website and newsletter copy for all activity providers to use in order to help tell their customers and the wider community about their activity. In addition, Council ran a targeted Facebook advertising campaign to increase local awareness.

Following the month, we surveyed participants and activity providers through two separate surveys and provided a range of informal feedback opportunities for key stakeholders. A comprehensive [report](#) was provided to all stakeholders and everyone who responded to the surveys. This report was also published on a post-campaign Get Active page on the Sport Central Coast website.

What did we achieve?

- 155 activities held throughout the month
- 111 free and 28 reduced-cost activations
- 126 activations that were inclusive of people with a disability
- Of the activities identified by the community:
 - 4 of the top 5;
 - 8 of the top 10;
 - 12 of the top 14; and

- 14 of the top 20 most-popular activities were offered as part of Get Active.

- Activations across all days of the week and a wide variety of times.
- Of the 212 responses to the post-campaign survey:

- 43% of adults and more than a quarter of children (27%) increased their physical activity levels
- 71% participated in other forms of physical activity during the month, with many identifying the promotion of Get Active as a trigger to exercise
- 55% felt generally better
- 38% slept better
- 36% saw an improvement in mood
- 95% of those who were active during the month said they were likely to continue to be active

- 80% of activity providers continue to offer their activities beyond the Get Active month, creating a legacy for the project. A document listing all activities and provider details was emailed to local people and organisations and they are promoted via a dedicated Get Active page on the Sport Central Coast website.

- 90% of providers used the promotional toolkit provided and 90% rated the look and feel of the toolkit resources as either 'excellent' or 'very good'.
- The initiative was shortlisted for a 2023 Caring for the Coast Award in the Excellence in Aboriginal Health Care category.

Look out for . . .

Get Active San Remo and Blue Haven returning in October 2023.

Partners

Central Coast Council
Office of Sport



155 free or reduced-cost activities offered locally throughout the month, leading to **43% of adults increasing their physical activity levels** and 80% of activities now offered on a continual basis



“Great to see so many opportunities available in our community – didn't know there were so many!”

-Survey response from local community member



Compact settlement patterns, appropriate residential density and typology, passive design, communications infrastructure, active and public transport infrastructure, tree-lined streets, built and natural shade, green public open space etc., all contribute to healthier places, people, and planet. Put simply, healthy built environments not only provide supportive habitat for humans, but they also help address environmental sustainability and climate change.



153,000

Approximate number of opportunities to see **print media coverage on active transport awareness days**

Healthy Built Environments and Active Transport

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

What is it?

Our Healthy Built Environment portfolio sees us advocate for the planning, design, development and management of built environments that protect and promote community health and wellbeing. Healthy built environments are key to supporting healthy eating and active living because the places where we live, learn, work, play and age strongly influence our behaviour.

What did we do?

In 2022–23 we advocated for healthy places and healthy people by:

- Reviewing and responding to local policies, plans, development proposals and other opportunities to advocate for healthy built environments.

- Collaborating on state-wide healthy built environment issues through participation in the NSW Healthy Built Environments Local Health District Network.
- Contributing to improving environmental sustainability as a member of the Central Coast Local Health District (CCLHD) Environmental Sustainability Committee. This included raising the idea of e-bike salary packaging for staff, which is being further investigated.
- Supporting and encouraging active transport via delivery of the CCLHD staff and community-focused Go Active 2 Work initiative, which included advocacy for secure bike parking and end-of-trip facilities, development of resources including an updated calendar/log sheet and poster, and distribution of a monthly newsletter.

- Promotion of key annual active transport events such as National Walk to Work Day, Ride 2 Work Day, Walk Safely to School Day and Ride2School Day across our social media channels and through media relations activity. We engaged with Brooke Avenue Public School as a case study on its support for children walking safely to school.
- Supporting community events and initiatives that foster physical activity, social connection and/or healthy eating. This involved promotion of the 5 Lands Walk and facilitating CCLHD services' participation in its community fair.

What did we achieve?

- Three healthy built environment submissions lodged, leading to an increase in provision of secure bike parking within State Significant Development.
- Appointed to Central Coast Council Pedestrian Access & Mobility Plan (PAMP)/Active Transport Advisory Committee.
- Gosford Hospital Bike Cage (secure bike parking for CCLHD

and University of Newcastle staff) opened August 2022 and site map updated.

- Wyong Hospital Bike Shed (secure bike parking for CCLHD staff) opened May 2023 and site map updated.
- 362 Go Active 2 Work e-news subscribers with an average open rate 22.6%, above the all-sector average open rate of 21.33%.
- An estimated 153,000 opportunities to see print media coverage generated around national awareness days such as Walk to Work Day, Ride 2 Work Day and Walk Safely to School Day, with coverage also appearing on Triple M radio station and in online newsletters.

Partners

Health Planning (Central Coast Local Health District)
Public Health Unit (Central Coast Local Health District)





“Implementing the Food & Drink Framework has been made easier with the help and guidance of our on-site dietitians.

Initially I thought it was a daunting task to make the changes, and was under the impression that it would have a negative impact on our business, however this was proven to be inaccurate. We still provide our customers with a wide range of choices, the majority being healthy.”

-Clare Cronje, unit manager, Compass Group Australia



39 food outlets and vending machines audited

with results submitted to NSW Ministry of Health to communicate directly with outlets



Healthy Food and Drink Framework

Providing healthy food and drink options for staff and visitors to our health facilities

What is it?

The Healthy Food and Drink in NSW Health Facilities for Staff and Visitors Framework provides a set of best practice guidelines to help NSW Health facilities work towards providing healthy food and drink in their food outlets.

The framework contains a ‘food and drink benchmark’ which is designed to encourage customers to choose healthier foods and drinks by: increasing the availability of healthy food and drink options; decreasing the availability of unhealthy options; and ensuring that sugar sweetened drinks are not available.

What did we do?

Central Coast Health Promotion Service works in partnership with Nutrition Services to implement the framework. Staff from both services are members of the NSW Network of Practice, who are a group of NSW Health professionals all working together to implement the framework.

Focus areas include:

- Product availability, e.g. drinks are free from added sugar
- Product quality, e.g. health star rating of 3.5 or more for muesli bars

- Product size, e.g. smaller muffins, confectionary and salty products
- Product promotion, e.g. marketing food displays have 75% of ‘everyday’ foods and healthy foods at eye level

The annual audit was conducted in March 2023, which was the first full audit since the COVID-19 pandemic.

The audit involves monitoring the food outlets including cafés, staff cafeterias and vending machines against a set of practices that reflect the food and drink benchmark. This monitoring is part of a state-wide annual audit.

Auditing staff visit all venues and submit the results to the NSW Ministry of Health. Later, each food outlet receives their result via a letter to outline performance in achieving each relevant practice and if there are any areas for improvement.

What did we achieve?

The annual audit was conducted for all Central Coast Local Health District (CCLHD) food outlet facilities, which included:

- seven food outlets –cafes, cafeterias and kiosk
- 32 vending machines –including both drinks and food over three hospital sites

Since the policy was launched in 2017, CCLHD retail food outlets have made good progress in implementing areas of the framework. This has been achieved despite the

challenges of the COVID-19 pandemic creating supply chain issues, loss of foot traffic, outlet closures and staff turnover.

Look out for . . .

Food outlets are committed to continued improvement, with retail staff participating in training later in 2023 to support them to meet all the food and drink benchmarks in 2024.

Partners

Gosford Hospital cafés and staff cafeteria –Compass Group Australia outlets

Nutrition Services (Central Coast Local Health District)

Wyong Hospital café and staff cafeteria –Trippas White Group outlets

Woy Woy Hospital kiosk –auxiliary volunteers



“Over the course of my participation in the Get Healthy Service I have changed habits which I am sure will prove to be lifetime changes. Such a valuable service and so amazing it is free. Couldn't recommend [it] highly enough.”

Jacqui, 54, program participant from the Central Coast



Get Healthy

738
referral target

890
actual referrals

121%
achieved

Health coaching interventions are believed to deliver more long-lasting changes to health behaviour change due to their ability to be person-centred and built upon a strong therapeutic intrapersonal relationship.



Get Healthy in Pregnancy

538
referral target

592
actual referrals

110%
achieved

Get Healthy Information and Coaching Service

Supporting people to set and achieve personal healthy lifestyle goals

What is it?

The Get Healthy Information and Coaching Service is a NSW Health telephone-based coaching service designed to help people make positive lifestyle changes. The program offers people 16 years and over free health coaching calls from qualified health professionals. Coaches work with individuals to set personalised healthy lifestyle goals on:

- healthy eating
- becoming more active
- reaching and achieving a healthy weight
- reducing alcohol intake
- achieving a healthy weight gain in pregnancy

What did we do?

We used a variety of tactics and channels to highlight the benefits of health coaching and the role it can play in improving the health of our community by preventing chronic disease. We also provided support to Central Coast Local Health District (CCLHD) services as well as other health professionals on the Central Coast to encourage referrals into the program.

Activities to engage and update CCLHD staff and other health professionals included:

- Delivering presentations to CCLHD health professionals who refer clients either face to face or via recorded presentations to facilitate ease of access for busy healthcare teams.
- Re-engaging clinical champions across CCLHD post-COVID-19 disruption, including sharing regular snapshot updates to track monthly referral and enrolment performance against targets, and co-designing strategies with clinical service teams to embed Get Healthy into induction manuals, routine huddles and monthly team meetings.
- Partnering with the Centre for Population Health to provide a Get Healthy in Pregnancy workshop to build midwife capacity and confidence in having healthy behaviour conversations and making referrals.
- Generating a clinical audit report tool to track and boost the number of staff initiating Get Healthy in Pregnancy discussions during appointment bookings.
- Promoting the program at key CCLHD events and locations including the Connections Expo, April Falls

Month, World Osteoporosis Day, the Graduate Nurses Expo and local community health clinics to provide information on the program and answer staff and community queries.

- Providing regular updates in CCLHD's Weekly Broadcast emails, which are distributed to our 8,000-strong workforce.
- Distributing promotional information about the program as part of our healthy ageing resource packs provided across our health district.
- Working with CCLHD's Mental Health Service to deliver a targeted education campaign to a range of clinical service divisions including many of our community mental health teams.
- Including messages on payslips distributed to all CCLHD staff.
- Promoting Get Healthy to the primary care sector in collaboration with the Primary Healthy Network.

Activities to raise awareness about Get Healthy amongst the wider public included:

- Running social media campaigns regularly throughout the year, including at key calendar points such as New Year focusing on the Get Healthy in Pregnancy program and in the lead up to Dry July focusing on the alcohol reduction module.
- A presence at key community events for Carers Week, Central Coast Men's Shed Health Muster, World Osteoporosis Day, University of Newcastle orientation, neighbourhood and over 50s centres, and more.
- Launching the Get Healthy cancer module with media relations activity resulting in local print and broadcast coverage, as well as internal and external stakeholder updates.

- Displaying Get Healthy messages on digital screens at the Central Coast Clinical School and Research Institute building for CCLHD and University of Newcastle staff.
- Securing promotion of the program at the University of Newcastle's on-campus health clinic at Ourimbah and working with its health promotion team to ensure promotion at relevant University staff and student events such as open days.
- Cross-promoting Get Healthy at healthy ageing presentations and in resource packs delivered to a range of community and carer groups, as well as community aged care support workers and students.

What did we achieve?

- 890 Central Coast residents referred to Get Healthy programs (including 810 from health professionals referrals) –beating the goal of 738 set by the Centre for Population Health and up considerably on the 2021–22 figure of 652.
- 592 women were referred to the Get Healthy in Pregnancy program –beating the Centre for Population Health target of 538 and up considerably on the 2021–22 figure of 404.
- 346 people enrolled into Get Healthy programs, of which 297 were a result of a health professional referral.

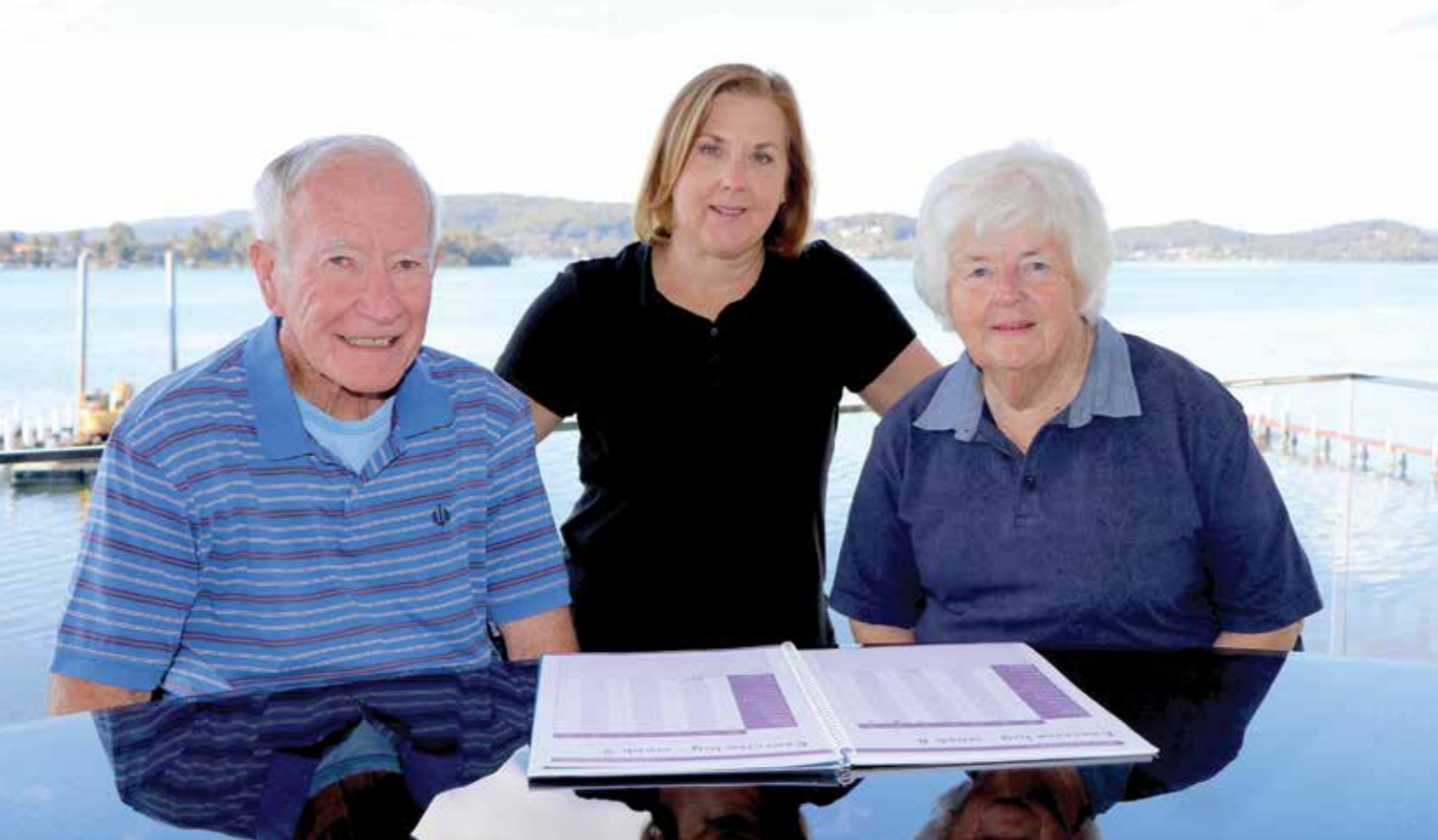
Look out for . . .

A revamped Get Healthy Service, providing more flexible and better-tailored support, including both telephone and online health coaching and video calls.

Partners

Central Coast Local Health District health professionals and services

Centre for Population Health



“I saw the program offered support over the phone from a personal coach, and I knew that would be the motivation we needed. And now, six months later, we’re still completing the home exercise circuits most days!”

-Ross Leeder, from Point Clare, who participated in the program along with his wife Patricia



172 older adults

took part in Healthy and Active for Life Online, with a **65% completion rate** - 11 percentage points higher than the state average

Healthy and Active for Life Online

Increasing older adults’ knowledge, skills and confidence to lead healthy lives

What is it?

Healthy and Active for Life Online is a free 10-week healthy lifestyle program for adults aged over 60 years, or 45 years and older for Aboriginal and Torres Strait Islander people.

The program features weekly, self-paced interactive modules on different healthy lifestyle topics, supported by beginner-level exercise videos to complete at home, as well as a range of written healthy eating and lifestyle resources. Participants also receive telephone support from a trained lifestyle coach.

What did we do?

We facilitate the program on the Central Coast by recruiting a pool of experienced and reliable phone coaches. We assign individuals who have registered for the program to each phone coach and work together to provide support to our participants.

In addition, we raise awareness of the program to recruit participants. Activities to promote the program in 2022–23 included:

- Delivering presentations to a range of community and carers groups, retirement villages as well as other health professionals to showcase how this program supports healthy ageing.
- Sharing a digital version of our presentation with other local health districts to use in their communities to support them in their promotion of the program.
- Distributing promotional information about the program in our healthy ageing resource packs to our stakeholders and the wider community.
- Promoting the program at key community events and locations including Carers Week, April Falls Month, Seniors Festival, World Osteoporosis Day, Central Coast Men’s Shed Health Muster, over 50s clubs, and local community health and neighbourhood centres.

Keeping as physically active as possible through participation in regular exercise, in partnership with healthy eating and lifestyle choices, is not only good for our health, but also important in maintaining our independence and supporting social, cultural and economic participation as we age.

- Utilising Facebook’s artificial intelligence to execute dynamic creative advertisement campaigns, testing messages and images to see what resonated best with audiences, and refining subsequent campaigns as a result.
- Promoting the program as part of our healthy ageing activities through editorial pieces in our community media, including Central Coast Council’s GOALL (Growing Older and Loving Life) magazine.
- 172 participants registered over four quarterly programs.
- 112 participants completed at least seven of the 10 online modules, representing a 65% completion rate, significantly higher than the 54% state average.
- Program participants more than doubled the number of days per week they undertook moderate-intensity physical activity for 30 minutes or longer, increasing on average from 1.5 pre-program to four days post-program.
- 90% of participants said they intended to continue to participate in other organised physical activity programs after completing Healthy and Active for Life Online, compared to a state average of 85%.
- 100% of participants said they intended to continue with some form of exercise post program.
- 88% of participants said they felt an increase in confidence in participating in regular physical activity without becoming unsteady or falling after completing the program.
- Two-thirds (66%) said they are likely to continue with the Healthy and Active for Life Online exercises post program.

Partners

Centre for Population Health
Program facilitators and phone coaches



Liquor licence responses

Addressing alcohol harm across our community

What is it?

Alcohol continues to be a significant risk factor contributing to ill health in Australia. As part of our commitment to fostering a safe and healthy Central Coast community that is free from the harms of the alcohol industry and its products, we advocate and ensure liquor licence regulations and controls are implemented appropriately, by making recommendations to Liquor & Gaming NSW on local liquor licence applications.

What did we do?

Our work during 2022–23 has covered three main streams:

- advocacy
- collaboration and partnership
- growing networks

Advocacy

Central Coast Health Promotion Service submitted two responses to notices of intent to apply for extended trading hours liquor licences. We further responded to these notices, which proceeded to full liquor licence applications due to concerns for the potential adverse health, social and wellbeing impact of the community. A further response to a new liquor licence application was also submitted.

Collaboration and partnership

The Community Drug Action Team's (CDAT) long-standing relationship with our service has been strengthened in 2023 through the appointment of a Community Development Officer based at Odyssey House. This role provides central support for our liquor licence responses by galvanising support from the six local CDATs across the Central Coast to provide a united voice. Furthermore, we provide consultation and share resources and information with CDATs locally to strengthen advocacy on the ground.

Growing networks

Health Promotion representatives are committee members of the Tuggerah Lakes Liquor Accord and attend Brisbane Water Liquor Accord meetings. The quarterly meetings provide an opportunity for industry stakeholders and partners to share valuable insights into the current concerns, challenges and projects that are occurring in the alcohol industry. This includes reports from police and Liquor & Gaming NSW, education opportunities and community projects.

What did we achieve?

- Publication in the Health Promotion Journal of Australia on interventions to reduce the sale of alcohol to minors at liquor outlets.
- Collaboration on development of the Alcohol-Related Harms Costing Model (ARHCM) (see page 59), which enables NSW Health staff to compare costs borne by a particular community with the purported economic benefits proposed by new liquor licences.

Look out for . .

Collaboration with Liquor & Gaming NSW to undertake a sale of alcohol to minors compliance operation for same-day delivery of alcohol.



20,500

Estimated number of Australians **killed each year by smoking**, accounting for 13% of all deaths

Source: Australian Institute of Health and Welfare, 'Australian Burden of Disease Study 2018: Interactive data on risk factor burden'



98% of people observed as **adhering to the smoking and vaping-free policy**

A smoke and vape-free health facility not only makes the environment healthier, but helps removes the triggers and cues of smoking or vaping, supporting people on their journey to quit.

Smoking and vaping-free hospital grounds

Keeping the air around our facilities clean for the health of staff, patients and visitors

What is it?

Central Coast Local Health District (CCLHD) operates under the Smoke-free Environment Act 2000 by-law, meaning smoking and vaping is not permitted anywhere on hospital grounds and other community health sites.

This project aims to reduce smoking behaviour, including the use of e-cigarettes, on CCLHD grounds, and support patients, staff and visitors to comply with the smoke-free by-law. As a health service, there is a need for CCLHD to provide leadership in promoting health and to provide a healthy environment for people accessing services.

After all, our patients, visitors and staff should be able to attend our facilities without worrying about whether they are going to breathe in chemicals that could damage their health.

What did we do?

Since COVID-19 restrictions were eased, there had been a notable re-appearance of people smoking and vaping at Gosford and Wyong hospital sites, as well as cigarette litter.

Together with the Smoke-free Health Care Working Group, Health Promotion and the Public Health Unit re-ignited the action to keep the air around our hospitals and other health facilities clean and free from toxic chemicals produced from smoking and vaping.

We instigated a comprehensive communications strategy to patients, visitors and CCLHD staff during the months of May and June as part of World No Tobacco Day (31 May 2023) to increase their awareness of the smoke-free by-law (including e-cigarettes), penalties applied and offering of nicotine replacements therapy (NRT) and cessation support.

This included:

- Regular communications cascaded to all tiers of management and staff, with chief executive and other senior-level support.
- Producing an information card to hand out to people smoking or vaping on site.

- Updating and highlighting the Gosford and Wyong hospital boundary maps since re-development at both sites to clarify smoke and vape-free boundaries.
- Paid and organic social media posts to the broader community.
- Updating the smoke-free interactions training video for staff to include vaping.
- Highlighting the availability of NRT for patients, visitors and staff.

In addition to communications activity, we:

- Increased the number of smoking patrols at Gosford and Wyong hospital grounds with senior executive and security officers to inform and assist patients, visitors and staff of the smoke-free by-law.
- Increased the number of authorised officers available to issue penalty infringement notices by 14.
- Removed cigarette litter at smoking hotspots.
- Developed signage to include no vaping.

What did we achieve?

- Smoke-free Health Care Policy compliance rate target of 98% people observed not smoking across CCLHD has been maintained for the second and third quarters of 2022–23, from January to the end of June 2023.
- Between May and June, the number of CCLHD security officers trained and authorised to issue penalty infringement notices increased by a third.

- 30 people were approached during patrols in May and June, with no penalty infringement notices required to be issued.
- A substantial observed reduction of smoking activity in known “smoking hotspots” at Gosford and Wyong sites.

Look out for...

- Further collaboration with clinical staff to identify and support patients who smoke or vape with NRT whilst in hospital.
- Increased promotion of NRT support for staff.
- Inclusion of the smoking interactions video in the staff orientation process.
- Continued smoking patrols and counts.

Partners

Central Coast Local Health District Smoke-free Health Care Working Group:

- Public Health Unit
- Fire Safety Officers
- Security Services
- Lynne Bickerstaff, Acting District Director Workforce and Culture and executive sponsor
- Clinical support services managers



Active ageing and falls prevention

Reducing falls by supporting older adults to be healthy and active



Image source: NSW Falls Prevention and Healthy Ageing Network

What is it?

Getting older should not mean living longer in poorer health. We want to support our older population to experience the benefits of active and independent longevity. For an older person, however, a fall can have many consequences. But many falls are preventable, which is why we support older adults through provision of practical advice and support on how to keep as active and healthy as possible.

What did we do?

We raise awareness amongst our older population of the key principals of healthy ageing and how to identify and reduce the risk of having a fall if you are living independently in the community. We also build capacity amongst those working with and supporting the older adult community on the Central Coast.

This is achieved through a range of activities that include:

- Face-to-face presentations delivered either directly to older adults or those support them.

- Print and online resources delivered directly to older adults or via partners or those working with and support the older population.
- Media relations around key issues and calendar dates related to healthy ageing.
- Participation at relevant community engagement events with our partners.

Through education and social engagement, we empower older adults to age safely in place. In addition, through presentations, resources and continuing professional development opportunities, we increase the confidence and knowledge of existing support workers and those in training to discuss and promote falls prevention. This provides them with the skills to pro-actively identify, reduce, prevent, and escalate risks.

In 2022–23, we capitalised on an existing relationship with Meals on Wheels, enabling us to distribute healthy falls resources to its 700 clients on the Central Coast as part of its National Meals on Wheels Day celebration packs.

A 2022 white paper from the Australian and New Zealand Falls Prevention Society titled 'Why investing in falls prevention across Australia can't wait' summarised some of the co-benefits of multi-factorial falls prevention initiatives in the community setting as:

- Reduced risk of dementia via reduction in chronic health conditions (achieved through participation in physical activities, which in itself provides mental and social engagement and stimulation).
- Enhanced heart health (a co-benefit of exercise).
- Mental health benefits (via exercise, social and mental stimulation).
- Medication reviews facilitating reductions in psychoactive medications.
- Alleviation of foot problems potentially easing the mental and physical debilitating aspects of chronic pain for many people (and also facilitating participation in exercise).
- Improved eyesight for example through removal of operable cataracts and review of prescription lenses.
- Increased confidence at home through simple measures to reduce falls risk such as de-cluttering, removing loose rugs, installing night lights and grab rails. This improves incidental activity around the house, thereby supporting wellbeing and independence both at home and out and about in the community.



133,000 hospitalisations
5,000 deaths
caused by falls

amongst people aged 65 or over in Australia in 2019–20*

*Source: Australian Institute of Health and Welfare, 'Falls in older Australians 2019–20: hospitalisations and deaths among people aged 65 and over'



6,200 falls
resource packs or standalone healthy ageing resources **distributed to older people**

and those who support them

We also partnered with Radio Five-O Plus to launch the Healthy Bites series. We recorded bite-sized pieces of health advice with Central Coast Local Health District (CCLHD) health professionals from a range of disciplines covering topics including strength and balance, nutrition, physiotherapy and more. These are broadcast daily during prime morning listening slots.

In addition, we used hooks like April Falls Month to secure media coverage on healthy ageing and falls prevention. We sourced endorsement from the Tai Chi Association of Australia to support our messages, while we identified 90-year-old Beryl Dobell, who teaches a local tai chi class at the Terrigal Fifty Plus Learning and Leisure Centre, as a case study to help provide a human-interest story to the campaign.

What did we achieve?

- Approximately 1,200 falls resource packs distributed to community members and stakeholders including other CCLHD services, primary health care providers and non-governmental organisations. In addition to in-patient and community allied health teams, The Better Health Self-Management team and at least five other acute hospital wards now regularly distribute falls Wpacks to the community.

- Approximately 5,000 other healthy ageing brochures, posters and DVDs distributed to older people and those who support them.
- 19 face-to-face presentations delivered to a range of community groups, carer groups and community aged care support workers and students with an approximate reach of up to 5,000 older adults in the community.
- 88% increase in knowledge on healthy active ageing and falls-related issues reported by older people who attended our presentations.
- Print and broadcast media coverage on April Falls secured on ABC Central Coast, Growing Older and Loving Life (GOALL) magazine, Coast Community News and Grapevine News. Social media activity reached 7,238 people resulting in 219 post engagements.
- 18 Healthy Bites episodes recorded, each going out to Radio Five-O Plus, which has a 150,000 listenership.

Look out for . . .

More expert advice provided in our Healthy Bites series.

Partners

- Meals on Wheels
- Radio Five-O Plus



“You have helped me on so many levels! You are always happy to answer my questions and you get me to think about the food going out to the children. I hope you feel like you are doing an amazing job because you are! I am very grateful for your service.”

Georgia, early childhood service cook



More than a third of **Central Coast cooks** in early childhood services have worked as a childcare cook for less than a year and **19% have no training in food and nutrition**

Early childhood education and care menu improvement

Supporting early childhood services to provide nutritious meals

What is it?

Working in partnership with the Health Promotion Service, the Public Health Community Nutrition team assesses menus and provides advice and training to early childhood education and care services that provide meals. This supports services to improve the nutritional quality of their menus so that they meet current NSW Health guidelines and provide the children in their care with at least 50% of nutrient requirements each day.

What did we do?

Project objectives in 2022–23 centred on improving access to menu planning information and training opportunities for cooks, improving the menu review process to make it more efficient and accessible, and improving promotion of project activities.

Activities to meet these objectives included:

- Updating the menu review resources including providing online registration tools to make it easier to submit menus for review, requiring cooks to self-assess their menu before submitting it for review and developing a clearer reporting tool.
- Providing a speed menu review service to offer rapid advice to services looking for guidance on the nutritional value of their menus.
- Facilitating quarterly Cooks Network meetings to provide education, networking, resource dissemination and speed menu reviews.
- Developing a project flyer that promotes project activities to cooks. This flyer is included in emails, e-newsletters and in the Munch & Move health promotion officer’s site visits as appropriate.

- Producing a monthly Cooks Corner e-newsletter that provides menu planning information, promotes menu review services and provides links to education opportunities and useful resources.
- Including project activities in Munch & Move e-newsletters.
- Introducing the Cook of the Year Award scheme to promote and encourage services to submit menus for review and work towards a menu that meets the nutrition guidelines.

What did we achieve?

- 40 services (approximately 39% of services that provide meals) have been involved with and engaged in project activities (e.g. attended Network meetings, underwent menu reviews, subscribed to the e-newsletter).
- 28 services – more than a quarter (27%) that provide meals – have had menu reviews completed.
- Of the services who had menu reviews, three-quarters were able to demonstrate a menu that met the guidelines and so were awarded a Healthy Menu Award.
- Cooks from 25 services – more than a quarter (28%) that provide meals – attended at least one Cooks Network meeting. One hundred percent of participants reported meetings met their needs.
- 21 services are subscribed to the monthly Cooks Corner e-newsletter. Engagement levels are high with open and click rates averaging 71% and 81%, respectively.

Look out for . . .

A simple online training tool for new early childcare cooks to allow them to upskill quickly and conveniently.

Partners

Health Promotion Service (Central Coast Local Health District)



75% of early childhood services

that submitted a menu review received a **Healthy Menu Award** for meeting nutritional guidelines



HIV and hepatitis awareness

Engaging our community on advice and testing, and addressing stigma and discrimination

What is it?

HIV & Related Programs' (HARP) Health Promotion team works closely with HARP's other services, the Holden Street Clinic and Needle & Syringe Program, as well as the Manager of Diversity & Inclusion, to actively engage the community in discussions around sexual health, including testing and treatment available for diseases such as HIV and hepatitis. It also tackles issues of stigma and discrimination, which can have a big impact on people's relationships with health services.

What did we do?

There were four core elements to the activity HARP undertook in 2022–23.

1. A presence at key events

The team attended a number of strategically important events to raise awareness of health services to support those with HIV and hepatitis, provide resources and information and have direct and pragmatic conversations with the community about their health and wellbeing needs, as well as connected issues around discrimination and stigma.

This included attendance at:

- Coastal Twist Community Fair Day to engage the LGBTIQ+ community. The team found innovative ways to discuss health topics, including a spinning wheel and advice board. See page 60 for further details.
- Central Coast Multicultural Interagency Expo, the Central Coast's largest event for people from culturally and linguistically diverse communities, which was attended by more than 200 people from over 30 different backgrounds.
- The inaugural Central Coast Connections Expo, facilitated by Central Coast Local Health District's (CCLHD) Carer Support Unit and attended by more than 300 people. In addition to health promotion materials, HARP had examples of the dried blood spot test kit and a HIV home test kit for people to examine.

2. Hospital stalls

HARP Health Promotion ran stalls at the entrance of Gosford and Wyong hospitals – both high footfall locations – to engage the general community and staff. Stalls were run on key



795,222

people in NSW
living with
chronic
hepatitis B

Sources:
NSW Hepatitis B Strategy 2023–2026
www.positivelife.org.au/hiv-info/hiv-statistics

calendar awareness dates such as Viral Hepatitis Day (28 July 2022), World AIDS Day (1 December 2022) and NSW HIV Testing Week (1–7 June 2023).

This gave the team a platform to distribute resources and provide information on prevention and available testing and treatment, while conversations highlighted the effect stigma and discrimination has on people living with HIV and hepatitis accessing timely and appropriate healthcare.

The stalls also provided an opportunity to re-engage people post-pandemic with pre-exposure prophylaxis (PrEP) medicine to prevent HIV.

3. Social marketing

Social media posts on Facebook focused on regular testing and were timed around key calendar dates as a hook to deliver the message.

Messages were also included in CCLHD Weekly Broadcast emails distributed to approximately 8,000 staff.

4. Collaboration and partnerships

As well as collaboration between CCLHD services, HARP has been working closely with ACON (previously known as the AIDS Council of NSW) NSW Health's community partner, to tackle health promotion challenges in the region. Bi-monthly meetings between the two services involving CCLHD's Manager of Diversity & Inclusion are setting in place plans to further integrate activities around key calendar dates.

This has already led to the expansion of the Central Coast's Rainbow Inclusion Network, which HARP facilitates in partnership with ACON to adopt a collaborative approach to reducing stigma and discrimination and improving health outcomes for the region's sexuality and gender identity-diverse populations. In 2022–23, HARP delivered presentations at Network meetings on key calendar dates to highlight support to prevent and treat HIV.

Addressing stigma and discrimination in its various forms will result in more people seeking timely healthcare. According to research, 38% of people using drugs reported an experience of stigma when visiting healthcare services over a six-month period.



11,721

people
(approximately)
in NSW living
with HIV

The Network has 105 members representing more than 50 local organisations and services, from arts and culture, mental health, homelessness, employment, disability, primary care, youth, ageing, sexual health, legal services, law enforcement, education, neighbourhood centres, Aboriginal services and women's services.

Regular information on LGBTIQ+ activity was also provided to the Central Coast Youth Interagency's 186 members, including a presentation on HIV and hepatitis to raise awareness of testing and treatment to 30 attendees at its April meeting.

Achievements

- Engagement with a cross-section of the community.
- Increased awareness of HIV and hepatitis treatment and testing, and more broadly of our sexual health service, the Holden Street Clinic.
- Stronger links between CCLHD and community services and organisations.

Look out for . . .

- More Holden Street Clinic-branded merchandise to highlight sexual health support available to the community.
- The Hep Cured mobile mural visiting Gosford in 2023 as part of Hepatitis Awareness Week.

Partners

ACON
Central Coast Local Health District Manager Diversity & Inclusion
Hepatitis NSW



“Thank you for listening. The loss of my partner and friend was a long time ago. I still think about it a lot but can’t talk about it much. I don’t think people understand.”

-JS

Overdose awareness

Preventing overdose from drugs and alcohol

What is it?

HIV & Related Programs, in collaboration with other Central Coast Local Health District (CCLHD) services, provides support to clients to help end overdose and helps spread the message that drug overdose from both prescription and illicit opioids, as well as other drugs like alcohol, is preventable.

What did we do?

Activity focused on International Overdose Awareness Day (31 August), which aims to end overdose, remember without stigma those who have died, and acknowledge the grief of the family and friends left behind.

On the day itself, team members from the Needle and Syringe Program and the Youth Drug and Alcohol team gathered at Bateau Bay beach to reflect on and share stories of loss due to overdose of clients, colleagues’ family members and friends.

In addition, the team:

- Promoted awareness of overdose and prevention:
 - to CCLHD staff via its Weekly Broadcast email

and in other education activities, including sharing the Australian Overdose Report 2022 to underline the gravity of the issue and for people who were interested in looking at the details behind the basic statistics

- to clients of Drug & Alcohol and the Needle & Syringe Program at point of access through conversations and resources
- to the wider public through social media messages
- Raised awareness of the Take Home Naloxone program, what to do if you witness an overdose and where to get naloxone to have on hand.
- Highlighted the availability of resources and support services to help people grieving, such as Griefline.
- Invited anyone who has lost someone from overdose to make a purple paper crane in remembrance, wear a silver ribbon or post a tribute on the international overdose awareness day website.
- Encouraged CCLHD staff and clients, as well as key partners, to wear a silver ribbon to show their support.

Achievements

- Creating an inclusive and welcoming environment for colleagues to share stories of loss.
- Strong collaboration with other CCLHD services, strengthening links between teams.
- Provision of naloxone to individuals at risk of witnessing an overdose.

Look out for . . .

- The Stigma and Discrimination Roadshow, providing support and resources to CCLHD services.
- An Overdose Awareness Week stall at Gosford Hospital in 2023.

Partners

Drug & Alcohol Service (Central Coast Local Health District)

Central Coast Local Health District Manager Diversity & Inclusion



Health protection

Public Health Unit overview

Health protection is centred on protecting individuals, priority groups and populations against emerging health threats related to infectious diseases and the environment, as well as natural and human-induced disasters. Central Coast Public Health Unit (CCPHU) serves to identify and prevent or minimise public health risks to the community, through the provision of expert clinical and technical advice, education, research and programs.

In response to the COVID-19 pandemic, CCPHU operated under an emergency structure from June 2021 to September 2022, rapidly upscaling during the Delta outbreak to deliver 1,313 case interviews, more than 2,600 close contact calls and 2,652 assessments of COVID-19 exposure venues. Between June 2021 and November 2021 alone the team carried out 356 COVID-19 adverse event following immunisation investigations.

In 2022–23, the CCPHU has worked towards restoring business as usual, including addressing falling childhood immunisation rates, supporting high-risk vulnerable settings such as residential aged care and disability care facilities with COVID-19 and other institutional outbreaks, and responding to emerging infectious threats such as Japanese encephalitis virus and mpox (formerly known as monkeypox).

This period has also seen the recommencement of important routine health protection activities such as environmental health inspections of cooling water systems and tobacco legislation enforcement work.

Infectious disease surveillance and control

Central Coast Public Health Unit (CCPHU) responded to a wide variety of new, old and re-emerging notifiable conditions in 2022–23. Some of the key highlights include:

- Establishing an mpox (monkeypox) vaccination clinic for Central Coast Local Health District (CCLHD) in partnership with the CCLHD Sexual Health service in August 2022.
- Investigating 23 cases of invasive group A Streptococcus after it became a notifiable condition in September 2022. This involved clinical review, contact investigation,

Public health research and epidemiology programs empower communities by providing evidence-based insights into health trends, risk factors, and effective interventions, leading to informed policy decisions and improved overall health outcomes for the population.

facilitation of chemoprophylaxis and liaison with the treating clinical teams and Infection Prevention and Control team.

- Investigating a large outbreak of Salmonella typhimurium affecting attendees of a First Nations conference and staff at the Crowne Plaza Terrigal in November 2022. CCPHU, in conjunction with the NSW Public Health Network, interviewed 209 of more than 300 delegates, staff members and event support staff in attendance. There were a total of 72 cases with 38 confirmed Salmonella infections. Of these confirmed infections, 23 people presented for medical care, including 22 presentations to CCLHD facilities and one presentation to a general practitioner. There were nine admissions to CCLHD facilities, with one person admitted to intensive care. State-wide and local health district post-incident debriefs were conducted to examine the outbreak response. CCPHU staff presented lessons learned at the Public Health Association of Australia Communicable Disease and Immunisation Conference, held in Perth in June 2023.
- Responding, alongside Hunter New England's Public Health Unit, to a confirmed case of toxigenic cutaneous diphtheria caused by *Corynebacteria ulcerans*, which was isolated from a wound sustained after a dog bite in January 2023. Chemoprophylaxis was administered to five close contacts. The case report was presented by CCPHU staff at the Public Health Association of Australia Communicable Disease and Immunisation Conference.
- Ensuring timely access for 21 potential contacts of Rabies/Australian bat lyssavirus to post-exposure prophylaxis (PEP). This included investigation of a bat exposure at Hardys Bay in March 2023. A total of six people were provided with rabies PEP after they were scratched and/or bitten after their wedding party was attacked by a flying fox.

Communicable disease prevention not only has a positive impact on the health of the individual and the health of the community at large, it also prevents general practitioner visits, emergency department presentations and hospital admissions. This eases demand on healthcare services and has cost benefits for the healthcare system.

- Reviewing three cases of meningococcal disease in June 2023. All cases were serotype B and 11 high-risk contacts required chemoprophylaxis, however no epidemiological links were found.
- Expanding the remit of the COVID-19 Outbreak Team to become the Public Health Outbreak Response Team. During 2022–23, the team responded to 110 acute respiratory illness outbreaks in high-risk settings, 122 gastroenteritis outbreaks in early childhood education centres and 14 gastroenteritis outbreaks in residential aged care facilities. During this period, there were also a further three waves of COVID-19 driven by Omicron sub-variants (June–August 2022, November 2022–January 2023, March–June 2023). This work will be resorbed into core communicable disease teamwork from 1 July 2023.
- Implementing reporting frameworks for outbreaks and data management including surveys, winter situation reports for local health services and daily data reporting to inform operational support.

Environmental health

Central Coast Public Health Unit (CCPHU) monitors, investigates and provides advice on environmental health hazards including lead poisoning, pesticides, contaminated sites, Legionnaires' disease, air and water quality, healthy housing, disposal of bodies, public swimming pools, recreational waters and skin penetration.

Risk from Legionnaires' disease in the community, and particularly in vulnerable settings such as residential aged care and healthcare facilities, is reduced by conducting inspection programs of 131 cooling water systems located across 51 business premises and Central Coast Local Health District (CCLHD) facilities, and 42 warm water supplies in

aged care facilities and private hospitals. All known warm water and cooling water system operators are engaged, with assistance in managing legionella risk provided to operators and contractors as required.

Participation in the NSW Health survey of cooling water systems located on local health district premises continued in 2022–23. All allocated samples were taken and analysed, with no legionella detected.

Collaboration is also a major part of CCPHU environmental health portfolio. It is currently working with Central Coast Council on approaches to implement new health-based targets for drinking water quality, in line with advice from Health Protection NSW Water Unit.

Environmental health (cont)

CCPHU is also working in collaboration with Health Protection NSW Water Unit and the NSW Department of Environment and Planning to provide advice on major upgrade works at a local water treatment plant.

Private water suppliers at approximately 70 premises are provided with advice and support in developing quality assurance programs for those drinking water supplies, as required by the Public Health Act.

In addition, public health environmental health officers respond to requests from NSW Department of Environment and Central Coast Council for advice on development applications and environmental planning instruments. Submissions were made to advocate for healthy and safe built environment principles and the inclusion of these in development assessment requirements and applications. This often involves liaison with other CCLHD services and with other agencies such as Ambulance NSW, NSW Environment Protection Authority and NSW Department of Primary Industries to provide joint submissions.



schedule in 2023, caused a significant disruption to the program in the early months of 2023. Central Coast high school vaccination program rates have declined in 2023 in comparison with previous years, as have the rates in all schools across NSW. The team continues to visit schools in an effort to catch up vaccination doses during the completion of the 2023 school calendar year.

Immunisation

Immunisation is one of the most successful and cost-effective public health interventions. Globally and locally, however, immunisation coverage rates have been steadily trending downwards throughout and in the wake of the COVID-19 pandemic.

Childhood vaccination

Central Coast Public Health Unit (CCPHU) continues to actively follow up children appearing as overdue for vaccination on the Australian Immunisation Register (AIR). Children in three age cohorts – in line with NSW Health key performance indicators at one, two and five years – are reviewed on a monthly basis. Central Coast quarterly vaccination coverage rates remain consistently above the NSW and national coverage rates (Figure 1) in all three measured cohorts, but declined slightly in line with the broader state and national trends.

A new online consent process was rolled out in the High School Vaccination Program – the Consent and Online Record Management Immunisation (CARM) system. This, coupled with the shift to a single-dose human papillomavirus vaccine

WoW program

The Ward off Winter! (WoW) program helps to protect those in the community at greater risk of developing severe disease from influenza and COVID-19 infections. It offers free influenza and COVID-19 booster vaccinations to hospital inpatients and in outreach community clinics. Between April–June 2023, 339 flu and 241 COVID-19 vaccines were given to 398 patients.

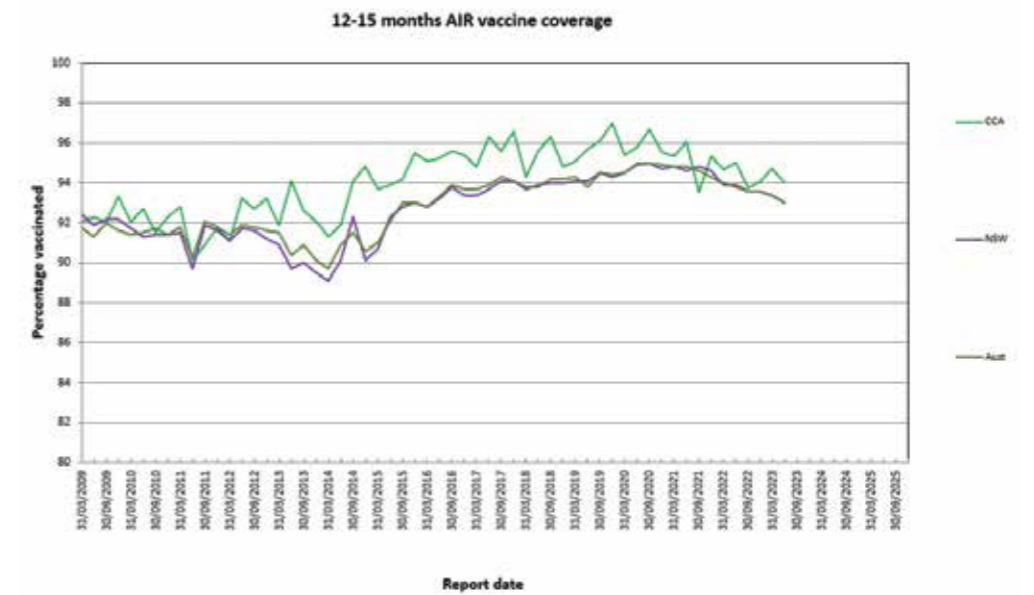
In addition, CCPHU coordinates vaccination provision for those with special needs, including adolescents and adults requiring sedation or anaesthetic for vaccination.

Collaboration with Central Coast Local Health District (CCLHD) Aboriginal health services expanded with the re-establishment of childhood immunisation clinics at Ngiyang, involvement in adult vaccination at Nunyara, plus provision of influenza vaccination at the local NAIDOC Community Day.

The program received an award at the Communicable Disease and Immunisation Conference (CDIC) in June 2023 in recognition of its importance. The success of the program will be reported at CDIC in June 2024.

Figure 1:

Central Coast Local Health District vaccine coverage comparison to state and national level



Education and immunisation provider support

Regular advice, including catch-up vaccination and other complex clinical advice, is provided to immunisation providers both in the private sector and across CCLHD.

CCPHU, in collaboration with Hunter New England Public Health Unit and the Hunter New England and Central Coast Primary Health Network, hosted the Virtual Coast to Country Immunisation Conference in October 2022, which was attended by more than 220 immunisation providers from across the two health districts.

The team is looking forward to the next event, The Big Catch-up, a face-to-face immunisation conference to be held on the Central Coast in October 2023.

The immunisation team are also involved in education for specialty areas across CCLHD. Annual online education packages were circulated to almost 300 authorised nurse/midwife immunisers who are registered with an interest in ongoing immunisation education.

CCPHU is also concerned with the surveillance and monitoring of vaccine safety. Adverse events following immunisation (AEFI) are a notifiable condition, mandating further investigation by Public Health. In 2022–2023, 37 AEFIs were notified by CCPHU, with a small number investigated to determine the need for reporting or follow-up advice for general practitioners the public.

Seventy-four cold chain breaches were recorded during this period, with recommendations in line with the NSW Health thermostability data forwarded to immunisation providers.



Short & Sharp

Health Promotion Service

E-cigarettes and young people

On 2 May 2023, the Federal Government announced stronger legislation, enforcement, education and support to protect Australians against the harm caused by tobacco and vaping products, particularly among young Australians.

On a local level, the Health Promotion Service has been:

- Keeping local schools and youth agencies abreast of the latest and emerging developments.
- Encouraging local people to report retailers selling to minors, in breach of the tobacco and e-cigarette retailing laws.
- Supporting the Central Coast Public Health Unit to monitor local retailers for their compliance with sales to minors prohibitions.
- Providing the University of Wollongong with confiscated e-cigarettes from local high schools to be used in

analysis of e-cigarette contents and emerging trends in products.

Future actions will focus on:

1. Reducing the supply of e-cigarettes to children and young people.
2. Advocating for local support for young people with nicotine dependency from e-cigarette use.
3. Raising community awareness of the harms of second-hand vaping aerosol.
4. Publicising the smoking and vaping free laws in public places with the message that where you cannot smoke, you cannot vape.
5. Providing a one-stop webpage for the Central Coast community that is a hub of all e-cigarette-related information, support and local action.

Economic impact of liquor licences

Evidence suggests there are many health and social benefits to restricting alcohol availability and access, particularly through reducing the number of licenced outlets in an area and restricting the trading hours of licensed venues. Key benefits include reductions in alcohol consumption, alcohol-related violence and assaults, emergency department presentations, as well as injuries and motor vehicle crashes.

Central Coast Health Promotion Service partnered with Northern Sydney Local Health District, Deakin University, University of Sydney, the Australian Prevention Partnership Centre (via the Sax Institute) and NSW Ministry of Health Centre for Alcohol and Other Drugs to conduct a cost impact analysis of liquor licences in NSW and establish the economic costs of alcohol-related harm to a local area. International evidence was analysed on the associations between outlet density and harm with NSW-specific data.

The project developed an Alcohol-Related Harms Costing Model (ARHCM) which enables NSW Health, as well as community organisations, to compare the health costs of potential liquor licences versus the projected economic benefits for the local area. Central Coast Health Promotion Service has applied the ARHCM to strengthen several submissions to Liquor & Gaming NSW for applications for extended trading, with outcomes currently pending.

Dr Roo's Dental Dash

Central Coast Health Promotion Service was invited to work with the Centre for Oral Health Strategy (COHS) to develop a first-of-its-kind behaviour change game aiming to improve the oral health of primary school-aged children.

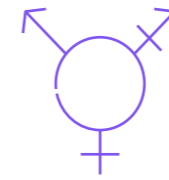
Dr Roo's Dental Dash is a 3D runner game that will promote oral health messages like brushing your teeth morning and night, choosing water as a drink and eating more fruit and vegetables. Players score points while beating an obstacle course containing power ups like toothbrushes and avoiding sugary foods as they make their way across four levels, culminating at the dentist.

Health Promotion was invited to provide strategic advice on the project following the success of Aqua Sprint, its behaviour change game to encourage adolescents to choose water over sugary drinks. The project has been coordinated by COHS in collaboration with Central Coast Health Promotion Service, as well as oral health teams in Central Coast, Illawarra Shoalhaven, Sydney and Western local health districts and specialist game developer Paper Plane Studios, the developer behind Aqua Sprint.

The game will be available as an app on 40 iPads in dental clinic waiting rooms across the four health districts as part of a pilot rollout, with children's knowledge of good oral health behaviours tested before and after playing the game.

There is growing evidence that gamification can have a positive impact on health and wellbeing, including on oral health. However, Dr Roo's Dental Dash will be the first time a game has been trialled in Australia to specifically improve the oral health literacy and oral health-related behaviours of children.





3 out of 4

transgender and gender-diverse people in NSW have difficulty accessing gender-affirming treatment and care

Source:
NSW LGBTIQ+ Health Strategy 2022-2027



People in NSW who rate their health as 'excellent', 'very good' or 'good'

50%

Transgender and gender-diverse people

86%

General population

Source:
NSW LGBTIQ+ Health Strategy 2022-2027



HIV & Related Programs

Coastal Twist Festival

Coastal Twist is a week-long Pride Festival on the Central Coast that includes varied activations and culminates in a Community Fair Day at Umina Beach.

HIV & Related Programs, made up of its Health Promotion, Holden Street Clinic and Needle & Syringe Program teams, attended the day along with Central Coast Local Health District's (CCLHD) Manager of Diversity & Inclusion to provide support to the LGBTIQ+ community and raise awareness of the resources and services available to them to meet their health and wellbeing needs, such as CCLHD's Sexual Health service.

As part of the activation, staff organised a board for people to post advice to their past selves. These ranged from serious

advice to aspirational comment and humorous contributions. It was an opportunity for people to think about what they could have done differently and may still want to do.

A spinning wheel was also used to engage people on various topics related to sexual health and drug and alcohol, while staff demonstrated the latest ways to test for HIV and hepatitis C at home with a dried blood spot test pack and a HIV home test kit.

In addition, health resources were available for people to take away and read.

Diversity and inclusion

HIV & Related Programs (HARP) – supported by a combination of colleagues from the Drug & Alcohol Service, Youth Health, Sexual Health, headspace and the Manager of Diversity & Inclusion – work towards creating a more inclusive and equitable environment for our sexuality and gender identity-diverse populations.

On Wear It Purple Day (26 August) the team set up a stall at Gosford Hospital to provide information and answer questions about the day, which focuses on mental wellbeing for LGBTIQ+ young people. Referrals to local youth groups supporting diversity were provided upon request, while free online training opportunities for people new to working with LGBTIQ+ communities were also highlighted. In addition to the Gosford stall, a second stall was held at the University of

Newcastle's Ourimbah Campus, which had recently unveiled its rainbow zebra crossing.

IDAHOBIT (17 May) is the International Day Against Homophobia, Biphobia, Intersexism and Transphobia, and engagement with staff and the public at a Gosford Hospital stall provided an opportunity to inform people about things such as use of pronouns or where LGBTIQ+ friendly organisations and services are found.

The message behind both days was, and continues to be, promoted through relevant interagencies, including at the Central Coast Youth Interagency as part of Pride Month.

Diversity and inclusion is also continually celebrated and promoted through HARP's Rainbow Inclusion Network Central Coast, which was expanded in 2022-23 to now include 105 members from more than 50 different local organisations and services (see page 51).



“I will be more aware of what clients eat and what we may need to add to shopping.”

-Home care worker following nutrition training



Nutrition Services

Nutrition for older people

People in their 60s, 70s and beyond have unique nutrition needs related to ageing. Good nutrition helps to maintain weight, muscle and bone strength and independence in older years.

The Public Health Community Nutrition team has developed a range of resources to support good nutrition for older people living in the community. This year, nine in-person presentations were provided to community groups, with a total of 109 participants. Articles on nourishing summer salads and fluid needs were included in the Central Coast Council’s GOALL (Growing Older and Loving Life) magazine.

Five nutrition information segments were written and recorded for the Health Promotion Healthy Bites radio series. Radio Five-O Plus listeners could tune in to hear daily nutrition segments with advice on malnutrition, changes in appetite, dairy, fluids and protein needs.

Support continues for frontline workers who work with older people across the Central Coast. This year, 68 staff from three home-based care organisations received training on nutrition to support healthy ageing and identify risk of malnutrition in the community. In addition, nutrition training was provided to 54 community-based nurses who support older people on the Central Coast.

Nutrition training and capacity building for Bungree Aboriginal Association

The Public Health Community Nutrition (PHCN) team is committed to building the capacity of Aboriginal community-based organisations to support them with the knowledge, skills and confidence to help the community address nutrition-related issues.

In December 2022, staff from Bungree Aboriginal Association participated in nutrition training. Training covered healthy eating guidelines and resources, how to use these to address common nutrition issues in the community, and practical food and nutrition ideas for elders to help them stay well-nourished and continue to live independently in their own home for as long as possible. Each program team developed a nutrition action plan to work on during 2023.

Evaluation of this training indicated there was an improvement in the confidence of participants in all areas covered. Eighty percent of participants indicated they would use the Quick Meals for Kooris resources and Eating Well: A Nutrition Resource for Older People and their Carers within the next six months.

There was a recurring theme on the need to support people to make healthy choices when food budgets are extremely limited. As a result, the PHCN team is reviewing existing resources and developing new ones to support staff from Bungree and other community service organisations in helping their clients make the food dollar go further.

Yhunger training for headspace

In May 2023, 27 headspace Central Coast staff completed a one-day Yhunger training session held to improve the general health of, and encourage adequate nutrition and physical activity for, young people. Facilitation was provided by Youthblock Youth Health Service staff from Sydney Local Health District and the Public Health Community Nutrition team from Central Coast Local Health District.

Participants were asked to reflect on their own practice and think of new ways to engage with young people. Participants engaged in activities from the Yhunger resources throughout the day, including a cooking activity. Small teams of participants cooked a dish from the Yhunger cookbook. Recipes included cupboard curry, kangaroodles, veggie burgers, microwave risotto and damper pizza. On completion of cooking, the group shared the meals, ate together and reflected on whether a young person would cook the recipe and whether it would be easy to do so.

The training resulted in a large improvement in self-rated confidence of participants. headspace staff reported the three actions they found useful and would take away and apply to their service:

1. Cooking – participants said they would try cooking with young people.
2. Nutrition – participants said they would try to facilitate healthy eating conversations at their service. Others said they learnt some healthy eating advice to improve their own diet.
3. Activities – participants reported that the Yhunger program activities were a useful and engaging way to talk to young people about health topics.





Publications

The Australian Prevention Centre Partnership

Crosland P, Angeles MR, Ananthapavan J (November 2022) The economic costs of alcohol-related harms in New South Wales

Health Promotion Journal of Australia

Gowland-Ella J, Batchelor S, David M, Lewis P, Kajons N (April 2023) The outcomes of Thirsty? Choose Water! Determining the effects of a behavioural and an environmental intervention on water and sugar sweetened beverage consumption in adolescents: A randomised controlled trial

Bartman H, Bauer L, Kajons N, Batchelor S, Juel K (May 2023) A monitoring and site visit intervention to reduce sales to minors at packaged liquor outlets

Major Presentations

National Aboriginal and Torres Strait Islander Environmental Health Conference (September 2022)

Strengthening connections with Aboriginal families via the lunchbox, a pilot

CCLHD Research and Innovation Symposium (December 2022)

Exploring psychiatrists' and psychologists' views of smoking cessation as a tool to address mood disorders

Say No to Vaping: CCHLD's health promotion response to a fast-evolving issue impacting young people

Strengthening connections with Aboriginal families via the lunchbox, a pilot

Your Way: Using student co-design to build capacity to create health promoting secondary schools

Parks and Leisure Australia NSW/ACT Conference (May 2023)

Get Active San Remo and Blue Haven: Partnerships in participation

Central Coast Innovation Meet Up: Food and Health Collaboration, Greater Cities Commission (June 2023)

Strengthening connections with Aboriginal families via the lunchbox, a pilot

Project Contacts

Health Promotion Service	Level 10, CCCSRI, Holden Street Gosford NSW 2250	(02) 4320 9700	CCLHD-HealthPromotion@health.nsw.gov.au
Public Health Unit	Level 10, CCCSRI, Holden Street Gosford NSW 2250	(02) 4320 9730	CCLHD-PublicHealthUnit@health.nsw.gov.au
Nicole Kajons	Director – Health Promotion and Population Health Improvement	(02) 4320 9704	Nicole.Kajons@health.nsw.gov.au
Justine Gowland-Ella	Team Leader – Healthy Eating Active Living	(02) 4320 9711	Justine.Gowland@health.nsw.gov.au
Leanne Andrew	Acting Team Leader – Tobacco, Alcohol, Administration and Activate Your Space Project Officer	(02) 4320 9713	Leanne.Andrew@health.nsw.gov.au
Mitchell Gadd	Communications Coordinator	(02) 4320 9719	Mitchell.Gadd@health.nsw.gov.au
Jasmin Wing	Early Childhood Health Promotion Officer	(02) 4320 9721	Jasmin.Wing@health.nsw.gov.au
Nina Douglass	Primary Schools Health Promotion Officer	(02) 4320 9714	Nina.Douglass@health.nsw.gov.au
Michele Munday	Program Coordinator – Go4Fun	(02) 4320 3175	Michele.Munday@health.nsw.gov.au
Chelsea Drew	Secondary Schools Health Promotion Officer	(02) 4320 9716	Chelsea.Drew@health.nsw.gov.au
Nigel Tebb	Healthy Built Environments Health Promotion Officer	(02) 4320 9717	Nigel.Tebb@health.nsw.gov.au
Samantha Hingerty	Healthy Ageing - Health Promotion Officer	(02) 4320 9720	Samantha.Hingerty@health.nsw.gov.au
Lesley Marshall	Team Leader – Public Health Community Nutrition Team	(02) 4320 2057	Lesley.Marshall@health.nsw.gov.au
Katie Booth	Public Health Dietitian	(02) 4320 3691	Katharine.Booth@health.nsw.gov.au
Amanda Burfitt	Manager – Needle & Syringe Program and HIV & Related Programs Health Promotion	0420 531 266	Amanda.Burfitt@health.nsw.gov.au
Jason van Ritten	HIV & Related Programs – Health Promotion Officer	0475 965 197	Jason.vanRitten@health.nsw.gov.au
Monique Feeney	Manager – Diversity & Inclusion	0475 956 849	Monique.Feeney@health.nsw.gov.au

I:\HP\HDCJ.467

Central Coast Health Promotion Service

Level 10, 77A Holden Street

Central Coast Clinical School and Research Institute

Gosford NSW 2250



02 4320 9700



CCLHD-HealthPromotion@health.nsw.gov.au



www.healthpromotion.com.au



www.facebook.com/CentralCoastHealthPromotion



www.youtube.com/user/CCHealthPromotion

