



# Health Promotion Snapshot 2008

The Office of the Southern Grampians & Glenelg Primary Care Partnership (PCP) conducted a **Snapshot** of Health Promotion activities across the PCP catchment in May 2008. This is a strategy agreed under the PCP Strategic Plan 2006-09.

The **Snapshot** aims to:

- map the range of HP activities being conducted by agencies;
- disseminate information about HP activities between agencies; and
- identify gaps in HP interventions.

Please find following the collated results of the survey.

# Snapshot HP 2008 – summary of health promotion activities

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## Section A – Health Promotion Activities *(to be completed once for each agency)*

**1A. Which of the following PCP Health Promotion Priorities is a priority for your agency?**

|   | YES/NO |
|---|--------|
| <ul style="list-style-type: none"><li>• Physical Activity</li></ul> | 6      |
| <ul style="list-style-type: none"><li>• Mental Health</li></ul>     | 2      |
| <ul style="list-style-type: none"><li>• Nutrition</li></ul>         | 4      |
| <ul style="list-style-type: none"><li>• Oral Health</li></ul>       | -      |

**1B. Are there any new emerging priorities since last year? Eg: climate change, drug & alcohol.  
Please comment:**

|   |
|---|
| <ul style="list-style-type: none"><li>• Oral health</li><li>• Climate Change x2</li><li>• Carer support</li><li>• Quit</li><li>• School Kitchen Gardens</li></ul> |
|---|

**2. Are your Health Promotion priorities included as a goal in your agency Strategic Plan?**

3 - YES

1 - NO

1 - No but will be in future

1 - Some

### 3. Health Promotion Interventions

*Table 1 = Physical Activity interventions*

| <b>Program Title/description</b>                   | <b>Risk assessment &amp; screening</b> | <b>Health Info</b> | <b>Education &amp; skills development</b> | <b>Social marketing</b> | <b>Community Action</b> | <b>Settings &amp; Supportive environments</b> |
|--|--|--------------------|---|-------------------------|-------------------------|---|
| Active Script – Community Enabler                  | 1                                      | 1                  | 1   | 1                       | 1                       | 1   |
| Glenelg Walking Strategy                           | 1                                      | 1                  | 1   | 1                       | 1                       | 1   |
| Fawthrop Walking Group                             |  | 1                  | 1   | 1                       | 1                       | 1   |
| Walking Groups                                     | 1                                      | 1                  | 1   |                         | 1                       |   |
| Access for all abilities                           |  |                    | 1   | 1                       | 1                       | 1   |
| Participation in community sport                   |  |                    | 1   | 1                       | 1                       | 1   |
| Strength & Balance                                 | 2                                      | 2                  | 3   |                         | 1                       | 1   |
| Kids Go for your life                              |  | 1                  | 1   | 1                       | 1                       | 1   |
| Physical Activity Programs                         | 1                                      | 1                  | 1   | 1                       | 1                       | 1   |
| Go for your life – Challenging Stereotypes project | 1                                      | 1                  | 1   | 1                       | 1                       | 1   |

*Table 2 = Mental Health interventions*

| <b>Program Title/description</b>               | <b>Risk assessment &amp; screening</b> | <b>Health Info</b> | <b>Education &amp; skills development</b> | <b>Social marketing</b> | <b>Community Action</b> | <b>Settings &amp; Supportive environments</b> |
|--|--|--------------------|---|-------------------------|-------------------------|---|
| Workplace Mental Health Program                | 1                                      |                    | 1   | 1                       |                         | 1   |
| Disability day programs                        |  | 1                  | 1   |                         |                         |   |
| Mental Health First Aid                        | 1                                      | 1                  | 1   |                         |                         | 1   |
| Youth Health & Happiness                       |  | 1                  | 1   | 1                       | 1                       | 1   |
| Laughter Group                                 |  | 1                  | 1   |                         |                         |   |
| Workplace Wellbeing Program                    |  | 1                  | 1   |                         |                         |   |
| Staff Stress Management and Education Sessions |  | 1                  | 1   |                         |                         |   |

**Table 3 = Nutrition interventions**

| <b>Program Title/description</b>   | <b>Risk assessment &amp; screening</b> | <b>Health Info</b> | <b>Education &amp; skills development</b> | <b>Social marketing</b> | <b>Community Action</b> | <b>Settings &amp; Supportive environments</b> |
|--|--|--------------------|---|-------------------------|-------------------------|---|
| Food education programs -adult   | 1                                      | 1                  | 1   | 1                       |                         |   |
| Food education programs - children   |  | 1                  | 1   |                         |                         | 1   |
| Fruit & Veg Promotion at local events  |  | 2                  | 1   | 1                       | 1                       |   |
| Fruit & Veg delivery to schools, consultation projects, assist schools to dev. Nutritional programs. |  | 2                  | 1   | 1                       |                         | 1   |
| Healthy Eating for Seniors   |  | 2                  | 2   |                         |                         |   |
| Workplace policies   |  | 1                  |   |                         |                         |   |
| Towards a Healthy Heart  | 1                                      | 1                  | 1   | 1                       | 1                       | 1   |
| Smoking Cessation  |  | 1                  | 1   | 1                       |                         | 1   |
| Smiles 4 Miles   | 1                                      | 1                  | 1   | 1                       | 1                       | 1   |
| Better Health Self Management  | 1                                      | 1                  | 1   | 1                       |                         |   |
| Diabetes Education   | 1                                      |                    | 1   | 1                       |                         |   |
| Disability Health Promotion Framework  |  | 1                  | 1   | 1                       | 1                       | 1   |
| BreastScreen   | 1                                      | 1                  |   | 1                       |                         | 1   |
| Go for your life – Challenging Stereotypes project   | 1                                      | 1                  | 1   | 1                       |                         | 1   |

**Table 4 = Oral Health interventions – no responses to this question**

| <b>Program Title/description</b>                        | <b>Risk assessment &amp; screening</b> | <b>Health Info</b> | <b>Education &amp; skills development</b> | <b>Social marketing</b> | <b>Community Action</b> | <b>Settings &amp; Supportive environments</b> |
|---|--|--------------------|---|-------------------------|-------------------------|---|
| Smiles for Miles  |  |                    |   |                         |                         |   |
| Work with local Dentist & schools regarding Oral Health |  |                    |   |                         |                         |   |
| Water fluoridation                                      |  |                    |   |                         |                         |   |

**4. Are there any new sectors that you've started to work with in the last 12 months?**

- Disability - 1
- HACC - 1
- Local gym – providing instructors for PA programs - 1
- Enhanced focus on Indigenous, New Arrivals, Low Socio Economic - 1

**5. Describe your level of community engagement in health promotion?**

- 2 HIGH** = community members involved as members of committees and/or engaged in decisions, including planning, implementation and evaluation.
- 3 MEDIUM** = community members involved in many decisions, largely via consultation on the process of implementation.
- 1 LOW** = community members involved in some decisions and/or consulted at some stages of implementation.
- NONE** = no community consultation or input into decisions.

**6. Do you consent to the PCP including the summary information from Question 3 on the PCP website?**

**5** YES       NO

(Optional) If yes, please provide a key Agency Contact for health promotion for inclusion on PCP website:

Name: ...Sheila Bramall, Casterton Memorial Hospital.....      Contact telephone: ...03 5554 2555.....  
Email: ...sheila.bramall@cmh.org.au.....

Name: ...Kate Mauric, Participation in Community Sport & Active Recreation – Program Manager, SW Sports Assembly  
Contact telephone: ...5561 1689..... Email: .....kate@southwestsport.com.au.....

Name: Fran Patterson, Go For Your Life Project Officer, Western District Health Service.  
Contact telephone: ...5551 8459.....  
Email: ...frances.patterson@wdhs.net.....

Portland District Health  
 Health Promotion Unit  
 33 Otway Street  
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Name: ...Jacki Carmody – Primary Care Programs Manager, Portland District Health  
 Email: ...jecarmody@swarh.vic.gov.au.....

Name: ...Rachael Ryan – Health Promotion Officer, Portland District Health  
 Email: ...rlryan@swarh.vic.gov.au.....

Name: ...Lynda Smith – Health Promotion Officer (Children), Portland District Health  
 Email: ...lmsmith@swarh.vic.gov.au.....

Name: ...Pam Godfrey-Smith – Centre Manager, Dartmoor Bush Nursing Centre.... Contact telephone: 0355281381  
 Email: ...pgs.dartmoor@swarh.vic.gov.au

**Section B - PCP Staff Support** *(to be completed by individual staff members)*

**The PCP staff have focussed on the following support over the last 12 months:**

- PCP HP Reference Group
- HP Forums and Training – ie. Rural adjustment workshop; professional development with Alan Cartwright
- Weekly Bulletin advising of upcoming events
- Support with preparing funding submissions
- Recognising good practice in ‘PCP News’ – a quarterly newsletter for CEOs, Boards etc
- Sponsorship – ie: offering registration at conferences or training

**7. What support have you found of most benefit and of least benefit?**

| Most beneficial  | Least beneficial  |
|--|---|
| Sponsorship - 3<br>HP Reference Group - 5<br>HP forums and training – 4<br>Bulletin of upcoming events - 4 | Assistance with preparing funding submissions – 2<br>Newsletter - 1 |

## **8. What future support would you value from the PCP staff?**

- Health promotion network for new graduates into the region. This would enable a mentor system to promote area based planning and working together around health promotion planning, implementation and evaluation
- Area based planning forum – looking at the availability of local statistics, how to obtain and collate, information sharing – regional website with access to such information
- Annual regional planning – to evaluate activities, opportunities for working together across the region on priority issues, develop funding submissions
- Child oral health in the Southern Grampians / Glenelg
- Children's health promotion conference
- Information sharing – ie. Tangible projects – case studies (maybe at PCP forums / conferences)
- Access to data to support submissions
- Professional development – has been good, please continue
- Ongoing training, information sharing, facilitation of partnerships, research possibilities ect.
- They always assist wherever they can – I believe they do a GREAT JOB!