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References available on request.

Acknowledgement of Country and people

South Metropolitan Health Service respectfully acknowledges the Noongar people both past and present, the traditional owners of the land on which we work. We affirm our commitment to reconciliation through strengthening partnerships and continuing to work with Aboriginal peoples.
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Introduction

Welcome to the South Metropolitan Health Service (SMHS) Health Promotion (HP) Community Team Storybook 2020-21. The aim of this document is to outline the scope of work performed over the last financial year by the SMHS HP Community team.

The SMHS HP Community Team continued to play an important role in delivering local health promotion and community-based services to the south metropolitan community.

Guided by the SMHS vision ‘Excellent health care, every time’, the SMHS HP team delivered health promotion projects and activities with a clear focus upon eight evidence-based priority areas, cited within the State Public Health Plan for Western Australia 2019 - 2024 and the WA Health Promotion Strategic Framework 2017-2021.

This storybook provides an overview the Community Team’s projects and achievements for the past financial year.

Summary of achievements

In 2020-21, SMHS HP continued to build, maintain and strengthen our partnerships with Local Government Areas (LGAs) and non-government organisations (NGOs) to create healthier communities. Key achievements for the year included, but are not limited to, the following:

- Supported eight of the nine SMHS local governments to develop, implement and evaluate their Public Health Plans, well ahead of the 2022 legislative timeline.
- Continued to develop and disseminate public health profiles for local governments.
- Supported LGAs to obtain Healthway, Injury Matters and Alcohol and Drug Foundation (ADF) grant funding of $47,957.
- Completed injury prevention projects with the City of Kwinana and City of Mandurah.
- Commenced Smoke Free Environment Shopping Centre Project with Centre Managers (Knight Frank Australia), City of Kwinana and the local Aboriginal community.
- Facilitated a local government mental health promotion forum in partnership with the Mental Health Commission.
- Completed smoke free playgrounds audits in City of Kwinana, City of Melville and Shire of Murray.
- Health Promotion Officer seconded to the WA Health Epidemiology Branch to lead on a state-wide LGA Health Profile project.
- Continued to represent SMHS on state and regional public health advisory networks to lead and coordinate chronic disease and health promotion action.
- Hosted three student placements from the University of Notre Dame and Curtin University.
- Implemented ‘Health Matters’ across community health sites to support increases in health literacy.

Table 1 (below), lists the SMHS HP Community Team’s project achievements for 2020-2021 by local government and health priority areas.
Table 1: List of project achievements for 2020-21 by LGA and health priority areas.

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About South Metropolitan Health Service Health Promotion

South Metropolitan Health Service Health Promotion (SMHS HP) partners with community, government and non-government agencies to lower the incidence of avoidable chronic disease and injury. Our health promotion teams work with vulnerable populations to facilitate improvements in health behaviours and environments across nine local government areas.

What we do

SMHS HP Community Team is responsible for delivering local health promotion and population health services. The Community Team partners with local government and community groups within the SMHS catchment to reduce the prevalence of lifestyle-related chronic disease through public policy initiatives, advocacy and community-focused programs.

Key roles and responsibilities

- Provide public health policy and planning advice, support and leadership,
- Build the capacity activities of local government staff to focus on prevention,
- Provide direct liaison, support and information to local governments,
- Support the local implementation of the WA Sustainable Health Review (Prevention),
- Support local governments to develop, implement and evaluate local public health plans under Part 5 of the Public Health Act 2016,
- Ensure local health plans are consistent with the State Public Health Plan,
- Support local government with requests for local health data,
- Develop and disseminate local health profiles, Coordinate and facilitate the development of information and resources,
- Provide a central point for NGO liaison, coordination, facilitation and partnerships.

Image: SMHS HP Community Team (L-R) – Corinne Hunt, Laraine Lanaghan, Peter Erceg, Haylee Bullock, Angela Gabriels.
Our priority areas

Although Western Australians enjoy one of the world’s highest life-expectancies, preventable chronic diseases and injuries, are taking a toll on individuals, families and the community as well as our health system.

Almost one-third of these conditions are considered potentially avoidable, either through preventing ill health or finding problems early and treating them. Key strategies to reducing long-term chronic disease and hospital admissions include; curbing the rise of overweight and obesity, making smoking history, reducing harmful alcohol use, increasing healthy eating and physical activity, preventing injury and promoting safer communities, optimal mental health and wellbeing and improving Aboriginal health.

State Public Health Plan for Western Australia

Objectives and Policy Priorities for 2019–2024

Image: State Public Health Plan for Western Australia 2019 – 2024.
Our enabling frameworks

The following documents provide a framework to guide planning, implementation and evaluation of health promotion programs.

South Metropolitan Health Service

SMHS Strategic Plan 2020–2025

The SMHS Strategic Plan contains a vision of ‘Excellent health care, every time’. The strategic priorities that directly relate to the work of the Health Promotion team are:

- Engage, develop and provide opportunities for our workforce,
- Strengthen relationships with our community and partners,
- Achieve a productive and innovative organisation which is financially sustainable.

WA State Public Health Plan

The State Public Health Plan for Western Australia 2019 - 2024 aims to guide State and Local Governments, and our many partners in public health, to work together and contribute towards the health and wellbeing of all Western Australians. The plan establishes a vision for Western Australians to experience the best possible health, wellbeing and quality of life.

This vision is supported by three State objectives:

- Empowering and enabling people to live healthy lives,
- Providing health protection for the community,
- Improving Aboriginal health and wellbeing.

Image: South Metropolitan Health Service: Strategic Plan 2021-2025
WA Health

The Western Australian Department of Health (DOH) provides a number of functions to support the delivery of health services by SMHS. WA Health comprises a centralised WA Department of Health and Health Service Providers (HSPs), of which SMHS is one.

WA Health Promotion Strategic Framework 2017–2021

The WA Health Promotion Strategic Framework 2017–2021 (WAHPSF) sets out a strategic plan for reducing the incidence of chronic disease and injury over a five period.

The WAHPSF adopts a comprehensive whole of population approach to health promotion, working in partnership and building capacity to promote equity and inclusion by using a broad range of intervention ‘levers’. These include:

- healthy policy,
- legislation and regulation,
- economic interventions,
- creating supportive environments,
- raising public awareness and engagement,
- community development,
- targeted interventions,
- strategic coordination.

SMHS HP takes this broad framework and works with the community and a range of partners to facilitate improvements in health behaviours and environments at a local level.

WA Public Health Act 2016

SMHS HP partners with local government and provides a level of guidance with the development, implementation and evaluation of local public health plans. This includes the provision of specific health data for use in health profile reports. The role of local governments in public health is summarised in a video which can be viewed online.
Health and Wellbeing Snapshot
South Metropolitan Health Region 2015 - 2019

71% adults were overweight or obese
30% adults were obese

84.5 years
Life Expectancy at birth, 2018

25% adults drank alcohol at risky or high risk levels for long term harm.
7% adults smoked

52% adults ate less than two serves of fruit daily
90% adults ate less than five serves of vegetables daily

17% adults had current high blood pressure
18% adults had current high cholesterol

35% adults ate meals from fast food outlets at least weekly

2. Department of Health WA. (2020). Epidemiology Branch, Public and Aboriginal Health Division, Department of Health WA.

(a) As a proportion of all adult respondents 16 years and over. Drinks more than two standard drinks on any day. Any alcohol consumption by persons 16 or 17 years classified as high risk.
(b) Completes less than 150 minutes of physical activity per week (adults 18+ years).

Source: South Metropolitan Health Region: Health and Wellbeing Summary 2021
Key achievements

The following is a summary of the SMHS HP Community team achievement for 2020-2021. These achievements address the State’s public health priorities to lower the incidence of avoidable chronic disease and injury by facilitating improvements in health behaviours and environments.

Local government partnerships

Addressing the underlying causes of ill health and creating supportive environments decreases demand for health services. SMHS HP strongly supports the need to increase partnerships between service providers, and across sectors.

Local governments play an important role in making environments more conducive to healthier ways of living and are vital partners in promoting health and in delivering a Healthy WA.

During the year, SMHS HP continued to build and strengthen partnerships with the nine local government areas (LGAs) across SMHS to focus on reducing preventable chronic diseases.

Group 1: City of Cockburn, City of Kwinana and City of Rockingham.

Group 2: City of Fremantle, City of Melville and Town of East Fremantle.

Group 3: City of Mandurah, Shire of Murray and Shire of Waroona.
Local government public health plans

The WA Public Health Act 2016 (Part 5) will require LGAs to develop local health plans reflecting the aspirations of the State Public Health Plan. Part 5 of the Act will not come into effect until this part is fixed by proclamation. Once Part 5 is in effect each local government has two years to produce a Local Plan. It is anticipated that Part 5 will not commence until July 2022.

SMHS HP provides a leadership and support role with the development, implementation and evaluation of local government public health plans. SMHS is recognised by the other Area Health Services as leaders in local government public health planning.

The following table provides an overview of the current status of LGA public health planning across SMHS, well ahead of the legislative timeline.

Table one: LGA Public Health Plans 2020-21

<table>
<thead>
<tr>
<th>Status</th>
<th>Local Government</th>
<th>Title of Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adopted</td>
<td>City of Cockburn</td>
<td>Public Health Plan 2013-2018</td>
</tr>
<tr>
<td>Adopted</td>
<td>City of Melville</td>
<td>Health and Wellbeing Strategy 2018-2022</td>
</tr>
<tr>
<td>Adopted</td>
<td>City of Rockingham</td>
<td>Health and Wellbeing Strategy 2018-2022</td>
</tr>
<tr>
<td>Adopted</td>
<td>Town of East Fremantle</td>
<td>Public Health Plan 2018-2022</td>
</tr>
<tr>
<td>Adopted</td>
<td>City of Kwinana</td>
<td>Public Health Plan 2019-2023</td>
</tr>
<tr>
<td>Adopted</td>
<td>City of Mandurah</td>
<td>Public Health and Wellbeing Plan 2020-2023</td>
</tr>
<tr>
<td>Adopted</td>
<td>Shire of Murray</td>
<td>Public Health and Wellbeing Plan 2021-2025</td>
</tr>
<tr>
<td>Adopted</td>
<td>Shire of Waroona</td>
<td>Health and Wellbeing strategy 2021 – 2025</td>
</tr>
<tr>
<td>On Hold</td>
<td>City of Fremantle</td>
<td>No action until enabling legislation is adopted.</td>
</tr>
</tbody>
</table>

Key achievements

- During the year three new Local Public Health Plans were adopted including; City of Mandurah, Shire of Murray and Shire of Waroona.
- Eight of the nine SMHS LGAs, now have an adopted public health plan.
- SMHS HP is recognised by external stakeholders as being leaders in local government public health planning.
Local government health and wellbeing profiles

SMHS HP Community Team produces comprehensive health and wellbeing profiles with demographic and health specific data to support the development of local public health plans.

The information provides each local government with evidence to inform Council, staff, the public, partners and other stakeholders on a range of public health indicators. This includes an update on the self-reported measures of the health and wellbeing in each local government area with data from the Western Australian Health and Wellbeing Surveillance System.

Local government health and wellbeing network (LGHWN)

The Community Team continued to support the LGHWN. The network comprises of health promotion practitioners working with local governments across metropolitan and regional areas. The purpose of the LGHPN is to support and assist local governments to implement preventative health programs across Western Australia.

WA Epidemiology health profile project

SMHS HP have partnered with the WA Epidemiology Branch to develop a state-wide process for the development of local government health profiles. This involves a SMHS Health Promotion Officer working at the Department of Health (Royal Street East Perth), two days per week.
Curbing the rise in overweight and obesity

Cockburn Community Healthy Lifestyle Program - Steering Group

The SMHS HP team continued to support the Cockburn Community Healthy Lifestyle Program and are active members of the program steering group.

The Cockburn Healthy Lifestyle Service aims to help people of all ages to achieve long-term health, lifestyle and weight loss goals.

The service offers a low-cost approach to nutrition, education, physical activity, fitness, mental health, and child specific services. Support is offered to clients through programs that are connected to local health service providers across the Cockburn area.

This steering group meets quarterly and provides a forum for Cockburn Integrated Health and identified stakeholders to influence, direct and guide the planning, development, implementation, evaluation and integration of services, for the program.

City of Melville ‘My Way’ Healthy Weight and Lifestyle Program

SMHS HP supported the City of Melville to develop the ‘My Way’ Healthy Weight and Lifestyle Program.

The aim of the program is to lower the incidence of avoidable chronic disease and injury through a series of information sessions, focusing on healthy lifestyles and mental wellbeing.

SMHS HP provide support through project planning and facilitation of partnerships with the WA Healthy Weight Action Plan staff.

The program is expected to be implemented across City of Melville in 2021 - 2022.
Healthy eating

Healthy Venues Projects

In December 2020, Heathway launched new Healthy Venues Grants for local government. This program was in response to a successful pilot project conducted by SMHS HP at the City of Mandurah Aquatic and Recreation Centre.

The aim of the new Healthy Venues Grants is to support local community and State-owned sport and recreation centres, to increase healthy food and drink choices and reduce children’s exposure to marketing of unhealthy food and drinks.

City of Rockingham Mike Barnett Sports Complex

The Mike Barnett Sports Complex has a kiosk facility that provides food and drink options to staff, visitors and the wider community. The facility attracts approximately over 204,000 visits each year.

SMHS HP supported the City of Rockingham to successfully apply for a grant and commenced project implementation, in accordance with Heathway’s Healthy Venues Grant Guidelines.

In December 2020, SMHS HP conducted a baseline menu assessment of 144 food and drink items. SMHS HP is supporting the City of Rockingham to work toward achieving the healthy menu targets for community venues, under the Western Australian School Canteen Association’s, Fuel to Go & Play™ program.

City of Rockingham Aqua Jetty

The Rockingham Aqua Jetty has a café facility that provides a food and beverage service to staff, visitors and the wider community. This facility is planning to apply for a Heathway Healthy Venues Grant in early 2022.

In August 2020, SMHS HP conducted a baseline menu assessment of 263 food and drink items. SMHS HP is supporting staff with menu changes, in conjunction with the Rockingham Mike Barnett Sports Complex.

Shire of Murray Aquatic and Leisure Centre

The Murray Aquatic and Leisure Centre has a Café facility that provides a food and beverage service to staff, visitors and the wider community. The facility attracts approximately 150,000 visits each year.

In May 2021, SMHS HP conducted a baseline menu assessment of 186 food and drink items. Over the next 12 months, SMHS HP will provide support to work towards achieving the healthy menu targets under Fuel to Go & Play™ program.

Image: Mike Barnett Sports Complex.
Healthy Food and Drinks: Product Guide 2021

The SMHS HP Community Team produced the *Healthy Food and Drinks: Product Guide 2021* (the guide), to support local government with healthy food environment projects.

The Guide is a resource tool comprising of a list of packaged food and drink products, classified under the **Healthy Options WA and Nutrition Policy**, last updated on 15 February 2021. The products listed are classified using the **Healthy Options WA: Making Healthy Choices Easier: How to Classify Food and Drinks Guide**, according to the traffic light system, which rates food and drinks as **Green**, **Amber** or **Red**, based on the nutrition content.

The Guide has been validated by the Western Australian School Canteen Association, under the Fuel to Go & Play™ program and may be utilised by any organisation or community venue working towards complying with the Policy.

### Section 1: Snacks and Confectionary

<table>
<thead>
<tr>
<th>TLS Coding</th>
<th>Product</th>
<th>Image</th>
<th>More information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green</td>
<td>CrispyFruits 10g</td>
<td><img src="image1" alt="Image" /></td>
<td>This product is included in Coca-Cola Amatil’s snack range.</td>
</tr>
<tr>
<td></td>
<td>Pure apple</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Pure strawberry</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>We love nuts</td>
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<td></td>
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<tr>
<td></td>
<td>Cookies and Cream</td>
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<tr>
<td></td>
<td>Salted Caramel</td>
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<td></td>
<td>Cookie Dough</td>
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<td></td>
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<tr>
<td></td>
<td>Choc Mint</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Peanut Butter Fudge Muscle Bar</td>
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</tbody>
</table>


SMHS Health Promotion Community Team

Annual Storybook 2020 - 2021
Food Sensations

The Community team represent SMHS, and attend network meetings as part of an MOU with SMHS. The Food Sensations® for Adults is a free nutrition and cooking program that is hands on, fun and provides a safe environment to try new recipes and skills. Members of the network meet six monthly and include representation from government and non-government organisations, food literacy or evaluation experts, organisations who are representative of the target population.

During the year, Foodbank WA delivered 21 Food Sensations programs to 227 people within the South Metropolitan Health Service region.

Local Food Environments Project

This project is funded by Healthway (the Western Australian Health Promotion Foundation) and supported by Edith Cowan University. SMHS HP sits on the project advisory group, which comprises of members with broad expertise in healthy food supply and access (including in nutrition, health, food systems, governance and land management), and from both government and non-government organisations.

The Local Food Environments Project aims to increase local government co-ordination and capacity to influence, activate and create safe, secure and healthy local food environments in Western Australia. The project is being piloted in four local governments.

Image: Local Food Environments, Local governments influence our daily food options.
A more active SMHS

Physical Activity and Health Promotion Network

The SMHS Community team are active members of the network facilitated by the Department of Local Government, Sport and Cultural Industries (DLGSCI). The purpose of the network is to strengthen collaboration between agencies and organisations in Western Australia, who contribute to the physical activity and health promotion agenda.

The network meets quarterly and includes representatives from the DLGSCI, Sport and Cultural Industries, Department of Health – Chronic Disease Prevention Directorate, SMHS HP, North Metropolitan Health Promotion, East Metropolitan Health Promotion; Department of Transport, Western Australian Local Government Association (WALGA) and Cancer Council of Western Australia.

Image: Mandurah ‘Move Your Body’ program participants completing strength and balance exercises.
Making smoking history
Kwinana Marketplace – A Breath of Fresh Air

The ‘A Breath of Fresh Air’ Project is a collaborative partnership between SMHS HP, Knight Frank Australia and the City of Kwinana. Grant funding from Healthway was approved in November 2020.

The project aims to promote smoke-free environments and minimise the exposure to environmental tobacco smoke at the Kwinana Marketplace shopping centre. This project involves increasing awareness of health messaging and tobacco cessation support for employees, visitors, and local Aboriginal community.

Key achievements
- Baseline smoking observational audits conducted at the main entrance points,
- Kwinana Marketplace Smoke Free Environment Policy adopted by Knight Frank Centre Management,
- Three positive smoke free signage designs developed and to be installed at the main entrance points,
- Engagement with the local Aboriginal community through the Kwinana Boola Maara (Many Hands) Advisory Group.

Smoke Free Playground Audits

During the year, the SMHS HP team conducted audits of parks and playgrounds across City of Kwinana, Shire of Murray and City of Melville.

The purpose of the audits was to identify evidence of smoking behavior, measure compliance with current tobacco control legislation and provide recommendations for the placement of smoke-free signage.

Key achievements
- Smoke free playground audits were conducted in; three playgrounds in the City of Melville (Pt Walter Reserve, Heathcote Reserve, Kadidiny Park), three playgrounds in the City of Kwinana (Kwinana Adventure Park, Wellard Park and Centennial Park), and one playground in the Shire of Murray (Adventurescape, South Yunderup).
- Media releases developed and published in local newspapers.
- Evaluation reports provided to LGAs with findings and recommendations.
Reducing harmful levels of alcohol use

Local Government Liquor Accords

There are currently two liquor accords operating across SMHS in the City of Mandurah and City of Fremantle/Town of East Fremantle. The purpose of the Accords is to develop practical solutions to address alcohol-related issues, anti-social behaviour and violence in the local area.

The SMHS HP continue to be an active member of both Accords and consists of representatives including; City staff, WA Police, Licensees of venues, Security staff, Street Chaplains, Australian Hotels Association and Department of Local Government, Sport and Cultural Industries.

Key achievements

- Implementation of the Mandurah ‘Project SMART’ and the internationally recognised venue safety campaign ‘Ask For Angela’.
- Improved awareness of liquor licensing requirements.
- Increased community safety in and around licensed premises.

Mandurah Youth Alcohol Strategy

SMHS HP supports the City to reduce alcohol related harm in the Mandurah community for young people 12 to 24 years of age and their parents.

Priority areas

- Educating and upskilling parents and young people on the impacts and harms of adolescent alcohol use.
- Supporting young people with safe community environments, while impacting social norms around adolescent alcohol use.

Key achievements

- Funding of $26,350 was provided by ADF under the Local Drug Action Team Grant Program.
- Promotion of the local youth alcohol campaign ‘Living My Best Life’ in the community.
- Delivery of the ‘Mandurah Smart Generation Program’ by YAS partners.
- Implementation of the ‘Supply Monitoring Project’, delivered by City of Mandurah, to monitor the sale of liquor to minors in local liquor outlets.

Image: Mandurah Liquor Accord Committee.

Image: Living My Best Life’ Young Leaders Group.
Preventing injury and promoting safer communities

City of Kwinana Fall Prevention Project

The Kwinana Falls Prevention Project was a collaborative partnership between the City of Kwinana and SMHS HP, with a grant from Injury Matters, as part of the Stay On Your Feet® ‘Improve Your Health’ grant program. The project involved the design, promotion and delivery of a series of localised workshops to address accidental falls in the local community. The project target group included older adults (60+) and the local Aboriginal community (45+), living in the Kwinana community. Engagement and consultation with the local Aboriginal community and health professionals underpinned the project strategies.

In March 2021, the project was awarded Outstanding Achievement by a Local Government in Injury Prevention or Recovery Support, and Highly Commended for the category of Outstanding Achievement in Injury Prevention or Safety Promotion, at the 2021 Injury Prevention and Safety Promotion Awards.

Key achievements

- Three localised workshops were delivered to increase older adults’ knowledge and awareness of fall prevention strategies that can be easily added to daily routines.
- A total of 77 people attended the workshops held between September 2020 and April 2021, including 16 Aboriginal and Torres Strait Islander people.
- One of the workshops was delivered in partnership with Moorditj Koort Aboriginal Health and Wellness Centre and specifically for the local Aboriginal community aged 45 years or older.
- The Kwinana Falls Prevention Project was recognised at the 2021 Injury Prevention and Safety Promotion Awards on the 25 March 2021 at the Duxton Hotel, Perth.

Image: Peter Erceg and Haylee Bullock - SMHS Health Promotion Team, with Jessie Burke and Callum Prior - City of Kwinana.
Mandurah ‘Move Your Body’ Project

The Mandurah ‘Move Your Body’ Project is a collaborative partnership between the City of Mandurah and SMHS HP, with a grant from Injury Matters, as part of the Stay On Your Feet® ‘Move Your Body’ program.

The project was informed by local injury data and the evidence-based Stay On Your Feet® program. The program consisted of six ‘Move Your Body’ falls prevention workshop sessions for older adults in the local community, at Mandurah Seniors and Community Centre, Dandjoo Kaadadjan Mia.

The aim of the project was to contribute to a reduction in the incidence of falls and related injury in the Mandurah older adult population (60+ years and 45+ years for Aboriginal people).

Key achievements

- Delivered six local workshop sessions to increase older adults’ knowledge and skills of falls prevention strategies.
- A total of 226 participant attendances recorded over the six program sessions, including 83 individual participants, who attended one or more weekly sessions.
- Take-home information bags distributed to 94 participants.
- Evaluation report completed and disseminated to partners.

‘Give It A Go Day’ Launch

In March 2021, SMHS HP partnered with Injury Matters, City of Fremantle, City of Melville and Town of East Fremantle with the launch of the Stay On Your Feet® ‘Give It A Go Day’. The event was held at the East Fremantle Lawn Tennis Club. Activities included exercises, connection with local services and increased knowledge on strengthening, conditioning and balance to prevent falls.

Image: Janet Armarego - City of Melville, Erin Litchfield - City of Fremantle, Angela Gabriels - SMHS Health Promotion Officer, Catrina Wold and Sophie Leonard - Injury Matters.
Local Governments Injury and Poisoning Data Reports

SMHS HP prepared and disseminated ‘Injury and Poisoning Data’ reports to the Cities of Cockburn and Kwinana to support local government public health planning. The purpose is to support LGAs to develop strategies to prevent injury and promote safer communities, at a local level.

City of Cockburn
Injury and poisoning data
August 2020
South Metropolitan Health Service
Health Promotion

Injury Prevention Network

The SMHS HP Community Team is an active member of the Injury Matters - Injury Prevention Network meeting that is facilitated by Injury Matters. Members include WA Health, Kidsafe WA, NMHS, EMHS, WA Health, Poisons, Royal Life Saving WA, Holyoake, Roadwise, ECU, UWA and other agencies. The purpose of the network is to strengthen collaboration between agencies and organisations in Western Australia, who contribute to the upcoming injury prevention project and issues.
Mental health promotion and wellbeing

Local Government Mental Health Promotion Forum

In May 2021, the SMHS HP facilitated a ‘Local Government Mental Health Promotion Forum’ to build the capacity of local government, to optimise mental health and wellbeing at a local level. This forum was designed to address the priority areas within the State Public Health Plan for Western Australia 2019–2024 and the WA Mental Health Promotion, Mental Illness, Alcohol and Other Drug Prevention Plan 2018-2025.

The target audiences of the forum were the SMHS local government areas (Cities of Cockburn, Fremantle, Kwinana, Mandurah, Melville and Rockingham, Town of East Fremantle, and Shires of Murray and Waroona). Councillors, CEOs, Managers, Community Development Officers, Health Promotion Officers, Public Health Planning Officers, Youth Development Officers, Aboriginal Liaison Officers and Sport and Recreation Officers were encouraged to attend.

The forum was held in the City of Kwinana and was attended by 57 participants including local government staff from eight metropolitan local government areas. Speakers from partner organisations presented on best practice health promotion programs, initiatives and funding opportunities available to local government. Free information resources, support and contacts for the presented programs and initiatives were provided to participants. Positive feedback from almost all evaluated participants indicated support for the forum, as a capacity building and networking strategy for local government staff.

Image: City of Cockburn Mayor Logan Howlett and City of Kwinana Mayor Carol Adams, Katie Gallagher, of the Mental Health Commission with Richard Crane, Anthony Collier and Lynn Warren, of the South Metropolitan Health Service, and City of Mandurah Mayor Rhys Williams.
Aboriginal health
Kwinana Falls Prevention Project

In September 2020, SMHS HP facilitated a falls prevention workshop with the local Aboriginal community, as part of the City of Kwinana Falls Prevention Project.

More than 15 people took part in the first Stay on Your Feet® workshop, which was held at the Medina Aboriginal Cultural Centre in partnership with Moorditj Koort Aboriginal Health and Wellness Centre.

Image: Kwinana falls prevention program participants at the Medina Aboriginal Cultural Centre.

Kwinana Marketplace
‘A Breath of Fresh Air’

An important strategy of the ‘A Breath of Fresh Air’ Kwinana Marketplace Project is the engagement with the local Aboriginal community to reduce tobacco related harm.

The objective for this strategy is to promote and encourage smoke free living amongst the local Aboriginal community and comprises of the following strategies:

- Partner with the local Aboriginal community to deliver a culturally appropriate tobacco cessation program for the Aboriginal community to reduce tobacco related harms,
- Partner with the local Aboriginal community to display the local smoking initiative ‘Ngamari Stories – Short Yarns from Rockingham and Kwinana’ at the Kwinana Marketplace.

During the year, SMHS HP met with the City of Kwinana Boola Maara (Many Hands) Advisory Group on two occasions to obtain community support. The implementation of the key actions for this strategy will occur in late 2021.

Image: Ngamari Stories – Short yarns from Rockingham and Kwinana Western Australia.
Student placements

Each year the SMHS HP Community Team connects with universities to map out potential practicum placement projects and timelines. Through established relationships with these networks, the Community team has hosted students to build capacity and develop the health promotion workforce. Students on placement develop a range of skills including planning, implementing and evaluating health promotion programs.

In the 2020-21 financial year, the SMHS Community Team hosted three students, two from Curtin University, School of Public Health and one from Notre Dame University. Tasks completed by students whilst on placement included:

- Literature searches and scoping activities to assist program planning.
- Community consultation through survey development and implementation.
- Data analysis and reporting.
- Development of media items and articles.
- Liaising with key stakeholders from local government.
- Development of program materials for new health promotion projects.

Health Matters

Health Matters aims to increase community and service provider access to up-to-date, evidence-based health literature in the areas of healthy eating, physical activity, smoking cessation and reducing alcohol-related harm.

Health materials are ordered by SMHS HP staff and distributed to the following sites:

- Kwinana Marketplace Shopping Centre,
- local community organisations,
- Mandurah, Kwinana, Rockingham community health centres,
- Murray District Hospital,
- School child health nurses and GPs (on request).
Key networks and stakeholders

Local government

Western Australian Local Government Association (WALGA)
SMHS HP partners with WALGA to assist and support local government with their transition to the new obligations under the *Public Health Act 2016* and support for improved health outcomes for communities.

WA Health

Public Health Division
SMHS HP continued to work with and support the WA Health Public Health Division in delivering the WA Health Public Health Policy Framework. This framework specifies the public health requirements the Health Service Providers (HSPs) must comply with, to ensure effective and consistent public health service across the WA health system.

WA Health Public Health Planning Group
This group is coordinated by Science and Policy Unit, Public Health Division, WA Health. Members of the group include; representatives from the Environmental Health Directorate, SMHS, North Metropolitan Health Service, East Metropolitan Health Service, WA Country Health Service, Epidemiology Branch, Communicable Diseases Branch and the Western Australian Local Government Association.

The purpose of this group is to plan the roles and responsibilities of the DOH and HSPs in supporting local governments with their public health plans, required under Part 5 of the *Public Health Act 2016*. During the year, SMHS HP attended three meetings.

Chronic Disease Directorate
SMHS HP continued to support and work with the WA Chronic Disease Directorate with the implementation of the WA Health Promotion Strategic Framework 2017–2021 across the SMHS population.

Public Health Branch
SMHS HP supported the Environmental Health Branch with the implementation of the *Public Health Act 2016*, relating to Part 5 (public health planning).

Epidemiology Branch
SMHS HP collaborated with the WA Epidemiology Branch to develop health and wellbeing profiles for local government throughout SMHS.
Other Departments

Mental Health Commission
SMHS HP supported the Mental Health Commission to implement the Western Australian Mental Health, Alcohol and Other Drug Services Plan 2015-2025 and develop alcohol prevention initiatives throughout the SMHS.

Department of Local Government, Sport and Cultural Industries
Supported the Department of Local Government, Sport and Cultural Industries to strengthen collaboration with Health Service Providers (HSPs).

Non-government organisations
SMHS HP continued to partner with and support the following non-government organisations in the delivery of SMHS enabling frameworks and initiatives.

National Heart Foundation WA
Supported the National Heart Foundation WA in the promotion of active living (Healthy Active By Design) programs aimed at improving heart disease prevention across the SMHS region.

Alcohol and Drug Foundation WA
Supported the Alcohol and Drug Foundation in promoting the ‘Good Sports’ Program to SMHS local governments and supported the Mandurah Local Drug Action Team.

Cancer Council WA
Partnered with and supported the Cancer Council WA in the promotion of public health campaigns across local government and SMHS sites.

Injury Matters
Collaborated with Injury Matters to promote injury prevention programs within SMHS local government areas.

Healthway
Partnered with and supported funding grants for local government on healthy food environment projects in community venues.

Western Australian School Canteen Association, Inc. (WASCA)
Partnered with WASCA to support SMHS local government areas to implement the Fuel to Go & Play Program™ in community venues.