

E-news for Health Promotion

Primary Health - North West Region

September 2015

The E-news aims to strengthen and support health promotion practice.

Collated by [Mersey](#) & [Hellyer](#) Health Promotion Coordinators

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Professional development and training

Devonport -Developing Resources for Consumers workshop

Join us if you wish to know a little more about health literacy!

These workshops are for administration, management and frontline staff who develop information for the public. During the workshop you will work on reviewing or developing your resource, e.g. flyer, pamphlet, letter, poster or consent form. You'll be asked to undertake some tasks before and after the workshop to support learning.

Date: Wednesday, 30 September 2015, 10.00am – 12.00pm

Where: Meeting Room 1, Community Health and Services Centre, 23 Steele Street, Devonport

What next: To register [complete the short survey on this link](#) by 25 September: The workshop will be facilitated by Michelle Towle and Julie Milnes, Health Promotion Coordinators (THS)

Questions: julie.milnes@ths.tas.gov.au or 6421 7704

If you'd like to attend a Developing Resources for Consumers workshop-but the date/venue above doesn't suit, then please contact us. THS-North West Region staff will be given first preference, but community organisations also most welcome. Contact Health Promotion Coordinators julie.milnes@dhhs.tas.gov.au 6421 7704 or michelle.towle@dhhs.tas.gov.au 6434 7256.

Mental Health First Aid – 8-9 September, Burnie Arts & Function Centre

The Mental Health First Aid course is for everyone who works with people. You'll learn more about providing initial support to people who are developing a mental illness or experiencing a mental health crisis. Business people, community members, community groups, all welcome. Instructor: Rod Lambert. Free. More info: Catherine Hayden ph. 6213 3592 or email c.hayden@anglicare-tas.org.au web: www.mhfa.com.au RSVP required.

UTAS Tasters: Spring Semester Opportunities VC

Legal and Ethical Issues in Health Services [CAM620](#)

To get some insights around decision-making, within a contemporary health care environment, please join unit coordinator, [John Streeter](#).

In this videoconference, John will provide an overview of core legal and ethical issues: duty of care and negligence; security; privacy; confidentiality and the workplace.

When: Monday, 14 September 2015. Time: 1.30 – 2.30pm. Enrol [online](#)

LEADing in Health and Human Services [CAM539](#)

Students will emerge with a deeper understanding of the theory and practice of leadership and a stronger ability to articulate this understanding to new and evolving situations.

Need more information? Please join unit coordinator, Dr [Elizabeth Shannon](#).

When: Tuesday, 22 September 2015. Time: 1.30 – 2.30pm. Enrol [online](#)

Would you like a [HECS-free scholarship](#)?

Please contact [Leadership and Management Development](#) for further information.

Resilience Leadership Research VC

How can we develop resilience: in ourselves, in our teams, in our organisation?

Jonathon Heather is conducting a formative evaluation of the [DHHS Resilience Leadership resources](#). Please join Jonathon to hear an overview of his research project and his early results.

When: Thursday, 17 September 2015

Time: 1.30 – 2.30pm at various videoconference centres.

[Enrol online](#) or contact [Leadership and Management Development](#) for further information.

Psychological abuse/Bullying – Sharing of Knowledge, 17 September - Youngtown

[Balancing of Life](#) will run a 'Psychological abuse/Bullying – Sharing of Knowledge' workshop from 1pm-4pm on Thursday, 17 September at Self Help Board Room, 414 Hobart Road, Youngtown.

This course looks at the psychological abuse/bullying from another perspective.

Sharing of Knowledge is designed to provide information and tools on what is abuse/bullying.

For further information Jane Oakley-Lohm on 0438681390 or email jane@balancingoflife.com.au

Procurement and Contracting: Your Questions Answered VC

This videoconference will outline the services PAS ([Procurement Advisory Services](#)) provides to DHHS staff and aim to answer your questions on strategic and general contract management issues. Your guest presenter will be Dan Longstaff (Manager, Business Services PAS).

When: Friday, 25 September 2015

Time: 1.30 – 2.30pm at various videoconference centres.

[Enrol online](#) or contact [Leadership and Management Development](#) for further information.

Preventing bullying and harassment in the workplace!

The Training Consortium's half day workshop provides employees and managers with strategies for preventing these unacceptable behaviours. This is a good opportunity for those in your organisation who need to develop or refresh their knowledge in this area.

Presenter: Roz Smart - Office of the Anti-Discrimination Commissioner

Bullying and Harassment Prevention

Devonport – 9.30am – 1.00pm Wednesday 30 September 2015 [View details and register](#)

Training with Groupwork Solutions:

- **Engaging fathers in family based programs** Wednesday, 14 October 2015 - Campbell Town </BookingRetrieve.aspx?ID=183423>
- **Working with men's responses to conflict and domestic violence** Thursday, 15 October 2015 - Campbell Town </BookingRetrieve.aspx?ID=183431>

NO MORE BUTTS – Free Counsellor/Facilitator Training

Topics covered include:

- Background on smoking, understanding nicotine addiction and withdrawal, quitting options
- Pharmacotherapies to aid quitting
- Identifying and extinguishing cues
- Relapse prevention and ongoing community support options

Gain the knowledge, confidence and practical skills to provide more effective one-to-one counselling for your clients and/or facilitate a No More Butts group independently within your area.

Where: Rural Clinical School - Latrobe and Burnie

Time: 9am – 4pm

Dates: Monday 26 October 2015 (RCS – MCH)

To register please contact: Lynne Wickham | Clinical Nurse Consultant | Smoking Cessation

Program, Ph.: (03)6426 5406 Mob: 0400 285 204, lynne.wickham@dhhs.tas.gov.au

See the link to the smoking cessation page, [Alcohol and Drug Service -Smoking Cessation Resource Site](#) for those who have access to the THS intranet.

SAFE in Oz will be presenting 'An Introduction To Working With Individuals Who Have Self-Destructive Behaviours' a 2 day workshop in partnership with MI Fellowship Aspire Services Launceston – 9 & 10 Nov 2015 [Link to Launceston Training Workshop Flyer](#) Questions to Annie Slocombe, Director, SAFE in Oz, safeinoz@wideband.net.au, www.safeinoz.com.au

Community-Based Social Marketing Training - introductory, advanced and masters levels . Melbourne, March 2016. These workshops will be of particular interest to agencies working to control invasive species, promote energy efficiency, waste reduction, conservation, water efficiency, sustainable food consumption, model transportation changes and other sustainable actions. Community-based social marketing is a unique approach to fostering both environment and health related behavioural changes and is now being utilized globally. Early-bird rates available until October 30th. [Melbourne](#) Introductory and Advanced Workshops (March 7-10); Melbourne [Masters](#) Workshop (March 17-18). Internal workshops also possible, click [here](#). Doug McKenzie-Mohr, Ph.D., Environmental Psychologist <http://www.cbsm.com/public/world.lasso>

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Tasmania

Know your community! If you would like your organisation or program to be featured please email julie.milnes@dhhs.tas.gov.au

Tasmania has a new Public Guardian

Ms Kim Barker has been appointed to the role of Public Guardian for a two-year period, replacing Ms Lisa Warner who resigned in May 2015 and Kylie Hillier, who has been acting Public Guardian since January this year.

The Public Guardian promotes, speaks for, and protects the rights and interests of people with decision-making incapacity and acts as the guardian of those people when appointed to do so.

It is an important statutory position which represents and acts on behalf of people with disability who the Guardianship and Administration Board has determined have no one else available or suitable to take on the role as a substitute decision-maker.

The Public Guardian can also deal with anyone providing services to people with disabilities, including government departments and the private sector, and can intervene if someone with a disability is being treated unfairly in obtaining the services they require.

Read more <http://www.publicguardian.tas.gov.au/>

Contact the Office of the Public Guardian

Postal address: GPO Box 825, Hobart Tas. 7001

Phone: (03) 6165 3444. This number is 24 hour. 7 days a week service - after hours calls

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Tasmanian Conferences and forums

TasCOSS state conference: Hobart 13-14 November

The theme: "Navigating a changing environment" as the community sector faces major changes in how funding and service delivery are done and government policy reforms. [View details](#)

Building a Health Literate Tasmania - Launceston

Tuesday 27 October, 10 - 4pm Tailrace Centre, Launceston

A One Day Forum for Health and Community Workers with, guest speakers, workshops, resources, tools and strategies. **More information coming soon!**

Contact: Lisa O'Toole, Email: lisa.otoole@dhhs.tas.gov.au, Phone: (03) 6777 1986

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Community programs and events

Free Session chaired by National Disability Services at the **Gearing Up Expo**: The expo is for people with disability, their families, and carers and those considering working in the sector.

If you are interested in working in the disability sector come along and hear stories from those who work in the sector. Listen to their personal career journeys - their varied backgrounds and what brought them finally to a job that they absolutely

Presenters include: Ivan Neville from the Department of Employment. He will be joined by regional Disability Sector Workplace Ambassadors who work directly with people with disability.

Burnie 16 of Sept. Burnie Arts & Function Centre, 11.15 am – 11.45 am and 3.00 pm – 3.30 pm

STEPPING FORWARD -a program for former carers

TAHPC extends an invitation to former carers who ceased caring as a result of their loved one dying between 1 January & 1 May 2015 to come along and be part of this pilot program.

A series of 3 free workshops for former carers focused around transitioning from their caring role and moving on in life to return to work/study.

These sessions will be facilitated by June Hope

WHEN: Wednesday 19 & 26 August and 2nd September

WHERE: Montgomery Room, Woolworths Carpark, Ulverstone

TIME: 10 am to 3 pm

RSVP: by email admin@tahpc.org.au or phone 6231 2799 by Fri-day 14 August

Community Houses

Neighbourhood Houses Tasmania Inc.: [Find a house](#) , google or check out facebook to view the monthly calendars online! [Burnie](#) , [Devonport](#) , [East Devonport](#) and [Ulverstone](#) or checkout the facebook pages.

Community programs offered at local centres:

- **King Island Phoenix House** phoenixhouse1@bigpond.com
- **Smithton** Wedge St Community House, call Karen or Monica at Rural Health on 6452 1266. Like them on Facebook to stay in touch. <https://www.facebook.com/pages/Rural-Health-Tasmania-Community-Events/195669540594918>

Burnie Gearing Up event and ILC

ILC Tas (Independent Living Centre, Tasmania) is an information and advisory service about assistive equipment. They offer clear, practical advice on daily living equipment.

See a display of assistive technology at all the Burnie Gearing Up event and meet ILC Staff:

Assistive Technology Mentor, Natasha and IT support Ian, as well as Biscuit, Natasha's faithful Assistance Dog. Please call ILC on 6334 5899 or 1300 885 886 if you would like more information or have any queries.

Burnie – Wednesday 16 September: 11 am – 4 pm

PLEASE note ILC Tas has moved to 275 Wellington St, South Launceston, Tasmania, 7250,

Local call 1300 885 886 or phone 03 6334 5899, email: ilc@ilctas.asn.au or take a look online:

www.ilctas.asn.au

Forums/Meetings

Health Promotion NW Networking Meetings for 2015

Monday December 7, 12.30 – 2pm.

Come along and share your health promotion activities. The videoconference sites are available from michelle.towle@dhhs.tas.gov.au.

Dates for the free breastfeeding information sessions - Burnie

These sessions are delivered by the Australian Breastfeeding Association, at the NWPH in Burnie.

October 14 Wednesday 7.00pm

November 26 Thursday 9.30am

December 8 Tuesday 7.00pm

These classes are free to any women booked into deliver in Burnie.

Please book in via the midwives on Huon Ward. Contact Charlotte 0407 864 767 with questions

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Interstate Conferences, Forums and Training

2015 Men's Health Gathering: Sharing the Knowledge

When: -20 to 23 October 2015. **Where:** Terrigal NSW. For details: visit the [conference website](#).

Not-for-Profit-Leaders: What's your endgame? Cost \$350 (incl GST) per person.

Do you have a plan for increasing your organisation's impact? Do you know what lies beyond mission and vision? What is your organisation's ultimate purpose?

Join U.S.-based social entrepreneur and impact acceleration expert [Alice Gugelev](#), author of Stanford Social Innovation Review 'What's Your Endgame?'

MELBOURNE, Friday, November 6, Moonee Valley Racing Club, Moonee Ponds, 10am to 2.30pm

SYDNEY, Monday, November 9, CBD (venue to be advised), 10am to 2.30pm

Read more/register on <http://www.communitydirectors.com.au/icda/events/?articleId=6418>.

Have your say!

Submissions are now open for the **Willing to Work: National Inquiry into Employment Discrimination Against Older Australians and Australians with Disability**

The purpose is to learn more about the kinds of barriers preventing capable older people and people with disability from getting access to the jobs they are qualified for. The submissions period is open until Friday 4 December 2015. To make a submission, please visit the website:

www.humanrights.gov.au/willing-work-how-make-submission.

Public consultations - every capital city and some regional centres-July to November 2015

For more information on the consultations and a list of consultation locations and dates please visit:

www.humanrights.gov.au/willing-work-consultations

Can you help?

Tasmanians asked to contribute to new 10-year road safety strategy

Government is committed to working with the whole Tasmanian community towards a long-term vision of zero deaths or serious injuries on Tasmanian roads.

The current Tasmanian Road Safety Strategy 2007-16 is nearing the end of its life, having directed Road Safety Levy funding to support a range of initiatives including safer road projects across Tasmania, the Learner Driver Mentor Program, electronic speed limit signs in school zones, and the Australasian New Car Assessment Program.

Government is starting the development of the next 10-year strategy and an extensive consultation will be conducted over two stages, with a public discussion paper expected to be released next year.

If you are interested in contributing to the new road safety strategy or want to learn more, go to

www.rsac.tas.gov.au/towards-zero.

Mental Health Begins with Me – Expressions of interest wanted for Mental health expo, Queenstown. Wed 7 October 2015, 11am – 2pm. For more information, or if you are interested in having a stall, please contact Gatty Burnett gatty@yfcc.com.au 0400 456 473.

Bringing Up Great Kids – Expressions of Interest please! The Australian Childhood Foundation could present a one day training workshop for professionals in NW Tasmania on the Bringing Up Great Kids program. This program was originally designed to be used with groups of parents but can equally be used on a one-on-one basis in a family context. This workshop would be very beneficial for anyone working with vulnerable parents who face disadvantage and families who have complex issues. Approximate cost: \$150 each if they get 30 participants. Can you please forward your interest in this exciting professional development opportunity to charley.hodgson@dhhs.tas.gov.au

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Resources

The NW Health promotion team has resources to share!

We have: Great sources of health information, venues list and a speakers list. Contact Julie julie.milnes@ths.tas.gov.au 6421 7704 or Michelle michelle.towle@ths.tas.gov.au 6434 7256 if you have requests for health promotion training, support or resources.

Are you creating a survey?

Michelle Towle has training and skills in questionnaire construction, other methods of evaluation, and presenting / reporting on evaluation data. She may be able to help you create the most helpful questions for your survey, and present them in a way that makes sense. It's ideal to work together from the very start. Preference will be given to working with THS – North West staff. Contact Michelle Towle, Health Promotion Coordinator, michelle.towle@ths.tas.gov.au 6434 7256.

Stats Matter - if you want to learn more about analysing and interpreting data (and much more), there is a government toolkit called Stats Matter which goes into quite some detail:

http://www.egovernment.tas.gov.au/stats_matter/toolkit/Analysing_and_interpreting_data

Health Literacy resources for clinicians, consumers and health service executives.- a suite of infographics and some summaries produced by The Australian Commission on Safety and Quality in Health Care. Take a look on the link <http://www.safetyandquality.gov.au> and type - health literacy- into the search area.

Two minute tips for writing documents for consumers

Here are some handy hints from the [Communication and Health Literacy Toolkit](#).

When writing for consumers / patients:

1. Know the purpose of your document and use that to decide on the content.
2. Use plain language, the language you would use in everyday speech.
3. Make your message clear.
4. Present your words well and use the appropriate style guide.
5. Edit it, proofread it, and assess it.

Find out more: [print the whole fact sheet](#)

New updated easy to read **Start Them Right- A parent's guide to eating for under 5's** is now available through early education childhood services for free. The *Start Them Right – a parent's guide to eating for under 5s* booklet was developed by Public Health Services (DHHS) in partnership with Lady Gowrie Tasmania. It is also available on line as a free E-book to view on or down load to an electronic device, on [this](#) site.

Bright ideas for children's lunchboxes

Public Health Services has launched a series of free lunchbox and snack posters to help promote children's nutrition.

The colourful and eye-catching posters show simple ideas for healthy main lunch and snack options.

The posters are available electronically:

- [Early childhood lunchbox poster](#)
- [School lunchbox poster](#) and [snacks poster](#)
- These posters complement the [drinks poster](#)

For more information on nutrition visit www.dhhs.tas.gov.au/publichealth/community_nutrition

Behavioural insights

Behavioural insights draw on research into behavioural economics and psychology to influence choices in decision-making. By focusing on the social, cognitive and emotional behaviour of individuals and institutions it suggests that subtle changes to the way decisions are framed and conveyed can have big impacts on behaviours. View this 3.22 minute video

<https://youtu.be/pDub6gG1yxw>

Too much medicine - Modern medicine has given us longer healthier lives but is there a danger that there's now too much medicine? Former GP Iona Heath argues that greed, profit and fear is driving the health system towards ever increasing over servicing.
Listen to a Radio National program on the topic, click [here](#).

Smoke Free Young People online cessation toolkit – can be referred to as Smoke Free Generation: Be A Part Of It website at www.smokefree.den.org.au. The website contains details on the range of options young Tasmanians can use or access to become smoke free. It also includes information and resources to ensure adults, particularly teachers and youth workers are aware of their role in ensuring a smoke free generation. This includes preventing or delaying smoking uptake, encouraging and assisting young smokers to reduce or quit smoking and to create and support smoke free and health environments.

On a Plate – a short story about privilege. Have you seen this cartoon that really gets to the heart of social determinants of health and privilege? <http://imgur.com/gallery/h82vC>

Reducing the Climate Footprint of Healthcare report – Read more [here](#) from Health Care Without Harm (Europe); See also the [2020 Health Care Climate Challenge](#).

Move Well Eat Well Primary Schools - There are now 172 schools participating in the Move Well Eat Well Primary Schools Award Program state-wide which is around 80 per cent of eligible schools. Of these participating schools 49 have achieved a Move Well Eat Well Award. Health and Community workers that are working to support local primary schools may be interested in joining the Community Support Network for Move Well Eat Well. There are currently over 80 people state-wide registered in this group which shares resources to support schools, and supports a consistent positive approach. To join <http://www.surveymonkey.com/s/CSN> more information about Move Well Eat Well can be found at <http://movewelleatwell.tas.gov.au/home>

The **Appetite for Life nutrition education manual** for health and community workers who support older people has been updated. The updated version of the manual is available [here](#).

Making Father Inclusive Practice happen - This webpage is designed as an induction tool for staff involved in community health/welfare/counselling contexts and how their program/organisation can best involve fathers. The webpage is full of multimedia resources, reflective questions and tools for organisations and programs to improve father inclusive practice and ensure best service delivery outcomes for vulnerable families and communities. [Click here to view the webpage](#). Topics include: Significant forces that shape men's lives; What do fathers need?; Separate programs or inclusive programs - including mothers as well as fathers?; What can services do?; Key messages for fathers.

Alcohol and Other Drug terminology - if you find the slang and street names a bit confusing, then this [fact sheet](#) on AOD terminology may help you make sense of the many different specialised terms you will encounter in your work.



Ride2School is a nation-wide initiative by Bicycle Network, supported through the Victorian, NSW and Tasmanian Governments. They are a support team who work to address physical inactivity in young Australians by empowering and enabling schools to ride and walk to school.

Why? Over the past 40 years the number of children who are physically active everyday has significantly dropped. In the 1970s, eight out of ten students rode or walked to school. Today, that number has dropped to just two out of ten. [Read more](#)

How about a Work Bike? Ride to your next meeting instead of driving...Devonport City Council and Public Health Services, DHHS have work bikes that staff members can use for work purposes, and at DCC, for recreation. If you'd like to see their documents / policies, we can send them through or put you in touch with the relevant people. Contact michelle.towle@ths.tas.gov.au

THE CONVERSATION

This month I've chosen items from the Conversation which address the seven health priority areas for Tasmania as identified in the [Working in Health Promoting Ways Framework](#). View the priority areas [here](#).

- [Health Check sitting versus standing](#)
- [We're so indoctrinated that saturated fat is bad that we don't listen to the science](#)
- [No smoke without fire – the link between smoking and mental health](#)
- [To reduce drug-related harm, it's time to be honest about the pleasure](#)
- [Health Check: do you need to stretch before and after exercise?](#)
- [Sex, health and society: what's the connection?](#)
- [Balancing the health budget: chronic disease investment pays big dividends](#)
- [Five myths about the global epidemic of chronic diseases](#)
- [Like a 'cancer' of the workplace, bullying is a symptom of dysfunction](#)
- [Speaking with: Naomi Klein on capitalism and climate change](#)

Reports/Articles/Publications

DHHS Library Services Newsletter - September Issue

The September issue of the DHHS Library Services Newsletter is [now available](#). Find out about the new statewide library catalogue, have a look at MOOCs for health professionals, discover a couple of recommended free mobile apps, and read a selection of the latest publications in health and clinical care. You can also reach the newsletter if you open the library services page http://www.dhhs.tas.gov.au/intranet/bss/library_services and look for the newsletter on the right side of the screen.

National Youth Information Framework data portal

The National Youth Information Framework (NYIF) data portal provides the latest available information on how Australia's young people aged 12-24 are faring. The portal is a successor product to the Young Australians: their health and wellbeing 2011 report, providing data in a new interactive format. This release includes 38 indicators across the following 16 sub-domains: disability, deaths,

mental health, injury and poisoning, chronic conditions, communicable diseases, cervical cancer prevention, overweight and obesity, physical exercise, nutrition, substance use, sexual and reproductive health, social capital, child protection, education and employment. Data on Indigenous young people is also included. View the [media release](#) and [data portal](#).

‘Mental Health Matters: What young people said’ - Report from the Tasmanian Youth Forum. The report outlines 14 key findings from the TYF ‘Mental Health Matters’ Statewide Youth Forum and Survey of 230 young people from across Tasmania. A complimentary Report titled ‘Mental Health Matters: What you said’ was also launched to communicate the findings to young people. These two reports are available on the YNOT [website](#). Questions to Bek Gale, Youth Network of Tasmania, t: 6223 5511 e: YNOT@ynot.org.au

TasCOSS Outcomes Measurement Survey Report [Read the full report](#)

TasCOSS recently surveyed its member organisations about Commissioning for Outcomes. This survey data informs TasCOSS's report on the current state of play with Tasmanian community service organisations and outcomes measurement. The report provides an overview of current approaches and tools used by organisations to measure the outcomes of their work. To get in touch with TasCOSS about the survey and report, contact Jo Flanagan on 6231 0755 or email jo@tascoss.org.au

Arthritis and its comorbidities <http://www.aihw.gov.au/arthritis-and-its-comorbidities/>

People with arthritis often have other chronic diseases and long-term conditions. These are referred to as ‘comorbidities’—two or more health problems occurring at the same time. In this context, ‘arthritis’ includes [osteoarthritis](#), [rheumatoid arthritis](#) and other arthritic conditions. The chronic conditions selected for this analysis include cardiovascular disease, back problems, mental health problems, asthma, diabetes, chronic obstructive pulmonary disease, and cancer. These chronic conditions occur frequently in the population. The information is based on self-reported data from Australian Bureau of Statistics (ABS) [2011–12 National Health Survey](#), and was last updated in June 2015.

The mental health of children and adolescents – New Report

Young Minds Matter is the largest national survey examining the mental health and wellbeing of Australian children and adolescents. The second survey, involved interviews with more than 6,000 Australian families. The survey found that one in seven Australian four to 17 year olds had a mental health disorder, a prevalence that has remained relatively stable since the last survey was conducted in 1998; however, the types of disorders, and the gender and age at which young people are most commonly experiencing them has changed. The survey found that adolescent girls in particular were experiencing high levels of distress. [Read the full report on the Australian Government Department of Health website](#) (PDF)

Articles from the Australian Journal of Health Promotion

- The rise of e-cigarettes: implications for health promotion
- Environmental barriers and enablers to physical activity participation among rural adults: a qualitative study [Abstract](#)
- The motivation and actions of Australians concerning brain health and dementia risk reduction [Abstract](#)
- Men's Sheds function and philosophy: towards a framework for future research and men's health promotion [Abstract](#)
- Familial risk for lifestyle-related chronic diseases: can family health history be used as a motivational tool to promote health behaviour in young adults? [Abstract](#)
- Local government capacity to deliver health promotion initiatives: a case study
- Let's not forget climate change in the food insecurity conversation: why the homeless are most vulnerable

For full text of these articles, DHHS staff can find this whole issue by going to the EPOCH page, click on online journals tab, then A-Z Journals List, enter **Health Promotion Journal of Australia** and select the latest issue: August 2015.

Others please contact DHHS Library Services on email: library@dhhs.tas.gov.au to have an article sent directly to you".

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Health Events Calendar SEPTEMBER 2015

| | |
|-----------------------------------|--|
| Intl Gynaecological Awareness Day | www.gain.org.au |
| International Literacy Day | www.26ten.tas.gov.au |
| World First Aid Day | www.redcross.org.au |
| World Suicide Prevention Day | www.lifeline.org.au |
| Worldwide Lymphoma Day | www.lymphomacoalition.org |
| World Alzheimers Day | www.alzheimers.org.au |
| World Heart Day | www.heartfoundation.com.au |
| Spina Bifida Awareness Week | www.sbfv.org.au |
| National Asthma Week | www.asthmaaustralia.org.au |
| Adult Learners Week | www.adultlearnersweek.org |
| Child Protection Week | www.napcan.org.au |
| Eczema Awareness Week | www.eczema.org.au |
| National Stroke Week | www.strokefoundation.com.au |
| Dementia Awareness Week | www.alzheimers.org.au |
| Parkinson's Awareness Week | www.parkinsons.org.au |
| Prostate Cancer Awareness Month | www.prostate.org.au |

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Funding opportunities in Australia

Handy tips from FRRR (the Foundation for Rural and Regional Renewal): Using statistics to your advantage. In almost every grant application, FRRR request demographic information about your community, so we can understand who lives there, and just how many people a project could support.

Some useful tools we have come across to help compile this information include:

- [ABS website](#), including [Census](#) information
- [Funding Centre](#) has an extensive list of statistics resources
- [.id](#) has public resources in their [demographic resource centre](#)
- [Australian Institute of Family Studies](#) has [facts and figures](#) and [fact sheets](#) about data & trends
- [National Rural Health Alliance](#) has some great [fact sheets](#)
- [Gardiner Foundation](#) has a useful [Project Planning Toolkit](#).

The more you can demonstrate the need in your area, or what makes your community unique, the more likely you are to get funding.

Search: Government (Commonwealth, State, Local), Community organisations, Private sector – e.g. Telstra (Grants vs Sponsorship) and Philanthropic foundations – e.g. Myer Foundation .Search for grant in Community Newsletters, Daily Newspapers, Local Councils and State Government Agencies as well as the sites below:

- [Grant Finder](#) - Grant Finder makes it easier to find suitable and relevant grants for your community projects from the many Australian Government grants available. Grant Finder also helps you find the best source of funding and helps you complete application forms.
- [Tasmanian Community Fund](#) - The Tasmanian Community Fund was established in 1999 as part of the sale of the Trust Bank to make grants for worthwhile community purposes. Online application forms for small, medium and large projects are available.
- [Sport and Recreation Tasmania](#) - The aim of these grants is to increase the level of participation by all Tasmanians in a wide range of sport and recreation activities and to increase the quality of the programs, services and facilities available.
- [Our Community - Grant index](#) - A useful site with information on the latest national grants, managing money and building community capacity.
- [Tasmanian Department of State Growth](#) – various. The Department of State Growth offers a variety of grants and loans to help both business and individuals prosper. They may assist in the development, expansion or retention of business undertakings in Tasmania, or conduct research or experiments for the purpose of the establishment of a business undertaking in Tasmania.
- [Australia Council for the Arts](#) – various

Whites Rural Community Grants are designed to make a difference to kids in regional, rural, and remote areas. Tell them how a \$4,000 grant could help kids in your local community through art, music, sport, sustainability, or social well-being. Entries close 31 October 2015. Visit the [Whites Rural website](#) for details on how to apply.

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Working in Health Promoting Ways: A Strategic Framework for DHHS is currently being reviewed. WiHPW establishes the Department's commitment to promoting safe, healthy individuals, workplaces and communities. View the framework at <http://www.dhhs.tas.gov.au/healthpromotion/wihpw>

Health promotion feature: Health Star Ratings on packaged food in Australia.



What is a Health Star Rating?

The Health Star Rating is a front-of-pack labelling system that rates the overall nutritional profile of packaged food and gives it a rating from ½ a star to 5 stars. It provides a quick, easy, standard way to compare similar packaged foods. The more stars, the healthier the choice.

The star ratings for all products are calculated based on a consistent measure of 100g or 100mL of a product which means that the star ratings

of similar products can be compared at-a-glance.

Take a look at the Health Star Rating panel on this 17 second video <https://youtu.be/7-pyT7E4AFU>

Why do we need a Health Star Rating?

As a nation, our waistlines are growing. Today, Australia has one of the highest rates of obesity in the world with 63% of adults and one in four children being overweight or obese (references: [OECD June 2014](#) and [Australian Health Survey 11/12](#)).

Most products carry a Nutrition Information Panel which provides important information about the contents of the food. But as shoppers we are busy, so the Health Star Rating provides an easy way to compare similar packaged food and helps you make healthier choices.

Choosing foods that are higher in positive nutrients and lower in risk nutrients that are linked to obesity and diet-related chronic diseases; (saturated fat, sodium (salt), sugars and energy), will help contribute to a balanced diet and lead to better health.

Who developed the Health Star Rating system?

The Health Star Rating system was developed and jointly funded by the Australian, state and territory governments in collaboration with industry, public health and consumer groups - [see here](#)

Who calculates the Health Star Ratings?

The number of stars is determined using a calculator designed to assess positive and risk nutrients in food. Food manufacturers and retailers are responsible for the correct and accurate use of the Health Star Rating system.

Where will you see the Health Star Rating?

Health Star Ratings can appear on packs in two general ways. The first shows just the star rating of the product; the second can show the star rating plus additional specific nutrient content of the product.



Many food manufacturers and retailers (such as supermarkets) have begun to display the Health Star Rating on the front of packaged food. This is a voluntary system, so you will see the panels gradually start to appear on products.

What are the stars based on?

Under the system, packaged foods are given a star rating based on their nutritional profile. This includes:

- Energy (kilojoules).
- Risk nutrients - saturated fat, sodium (salt) and sugars.
- Positive nutrients - dietary fibre, protein and the proportion of fruit, vegetable, nut and legume content.

Health Star Ratings for products within a food category can vary significantly depending on the individual nutrient profile of each product. For more information on how nutrient content determines the Health Star Rating visit [consumer FAQs](#).

What is the information next to the star rating?

Nutrient content of the food may be shown directly below or to the side of the star rating. This shows the quantity of nutrients, specifically energy (kilojoules) saturated fat, sodium (salt) and sugars that are in the product either per 100g, 100mL for liquids or per pack for single serve foods or per serve/portion (as specified).

The label may also include one positive nutrient, such as protein, dietary fibre, certain vitamins or minerals. These nutrients play an important part in a balanced diet. Further nutrient information is also available in the Nutrition Information Panel on food packaging.

Is the Health Star Rating for the whole pack or per serve?

To ensure an easy and standard comparison, the number of health stars in the rating is calculated based on 100g or 100mL of a product.

The nutrient information icons (energy, saturated fat, sugars and sodium) may be presented as per 100g, 100mL, or 'per pack' where the content of the pack constitutes a single serve (for example, a ready to eat meal for one person). Terms such as 'per 600mL bottle' may also be used in some circumstances. In any case, the reference will be specified on the Health Star Rating label.

Will all food products display the Health Star Rating label?

The Health Star Rating system is voluntary and will only appear on packaged food products at the discretion of food manufacturers and retailers (such as supermarkets). There are some food products which are not expected to display the Health Star Rating, which include:

- fresh unpackaged food (such as fresh fruit and vegetables);
- alcoholic beverages;
- formulated products for infants and young children;
- non-nutritive condiments (such as vinegar, herbs and spices);
- non-nutritive foods (such as tea, coffee);
- single ingredient foods not intended to be eaten on their own (such as flour); and
- foods where a Nutrition Information Panel is not required.

Summary: **Health Star Ratings** are starting to appear on the front of packaged food in Australia. The Health Star rating system has been designed to help us take the guesswork out of reading labels. Products are given a rating from ½ a star to 5 stars. The more stars, the healthier the choice.

Find out more: <http://www.healthstarrating.gov.au>, there are frequently asked questions for consumers [here](#), and a stakeholder pack [here](#).

You will find information on **making healthier food choices easier** on [this link](#) .

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Items for inclusion in the E-news – may be provided via email in word format by the 25 of the month. Articles should be of interest for local health promotion. We can't guarantee that all articles will be included. *Please note*, a small number of the items included may link to further information on the DHHS [intranet](#) that cannot be accessed outside DHHS workplaces.

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