

Beyond Hospital Walls

A lighter load for a healthier West

Christine Newman

Manager Health Promotion

Deputy Director Centre for Population Health SWAHS

Acknowledgements:

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Professor Steven Boyages, CE SWAHS

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1,044,202 Population
Projected growth rate
17% by 2016 (NSW 14%)

Approx
17,000
AHS staff
about
85% residents
of SW

Most
below
average
on
SEIFA index

- LGAs**
- Auburn
 - Baulkham Hills
 - Blacktown
 - Blue Mountains
 - Hawkesbury
 - Holroyd
 - Lithgow
 - Penrith
 - Parramatta

Indigenous population
approx 15,000

35.5%
Born overseas

60% of
New arrivals

Source: GIS(NSW Health Dept.),
Geoscience Australia 2000, MapInfo
Produced by: Epidemiology, SWAHS
© Commonwealth of Australia, 2006

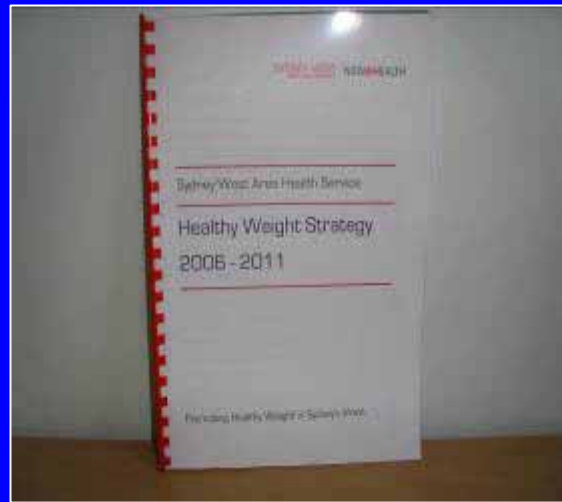
Overweight & Obesity in SW

- 55.7% overweight/obese
- Men 61%, Women 50% (BMI 25 or higher)
- Children 24% (around 10yrs) overweight & 10% obese
- ↓ Physical activity
- ↓ Fruit & vegetable intake
- ↓ Breast feeding

Over 20%
obese!

Costing SWAHS
approx \$170 million
per annum

Sydney West Area Health Service Healthy Weight Strategy



WEBSITE

http://www.wsahs.nsw.gov.au/services/dsdph/CPH/Publicat/SWAHS_Healthy_Weight_Strategy.pdf

Resourcing

- Coordinator (Senior Health Promotion Officer)
- Small Team (2 FTE, moving towards 4 FTE)
- Partnership Programs (LG, Education)
- Funding (attracted \$500,000 external funds in last year)

Making 'Healthy Weight' Everybody's Business



AHS & Health Services

- Population Health & Strategic Direction
- Clinical Operations
- Aboriginal Health
- Multicultural Health
- Corporate Services
- Communications
- Community Health
- Division of GPs
- Children's Hospital Westmead



Partners

- Local Government
- Parramatta Eels, Penrith Panthers, Sporting Organisations/Venues
- Office of the Minister of WS
- DET, TAFE, University WS
- Federation of P&C Association
- Heart Foundation, Diabetes Australia
- Premiers Council for Active Living
- Dept Sport & Rec
- Private Industry
- NSW Centre for OW & Obesity

Summary of SWAHS Healthy Weight Strategy Framework: Strategic Focus and Identified Action Areas



* Each Action Area is populated by a set of Actions

Strategies for Immediate Action

- Promote replacement of soft drinks/high energy drinks for water
- Improve health service response to prevention, management & treatment models



- Implement the NSW Health Breastfeeding policy



- Promote PA/healthy eating in major settings



- Identify areas for collaborative action with food industry
- Assess environmental impacts with LG to reduce exposure to obesogenic environments



- Research overweight/obesity trends of children/ young people in SW

Health Services

- Promoting



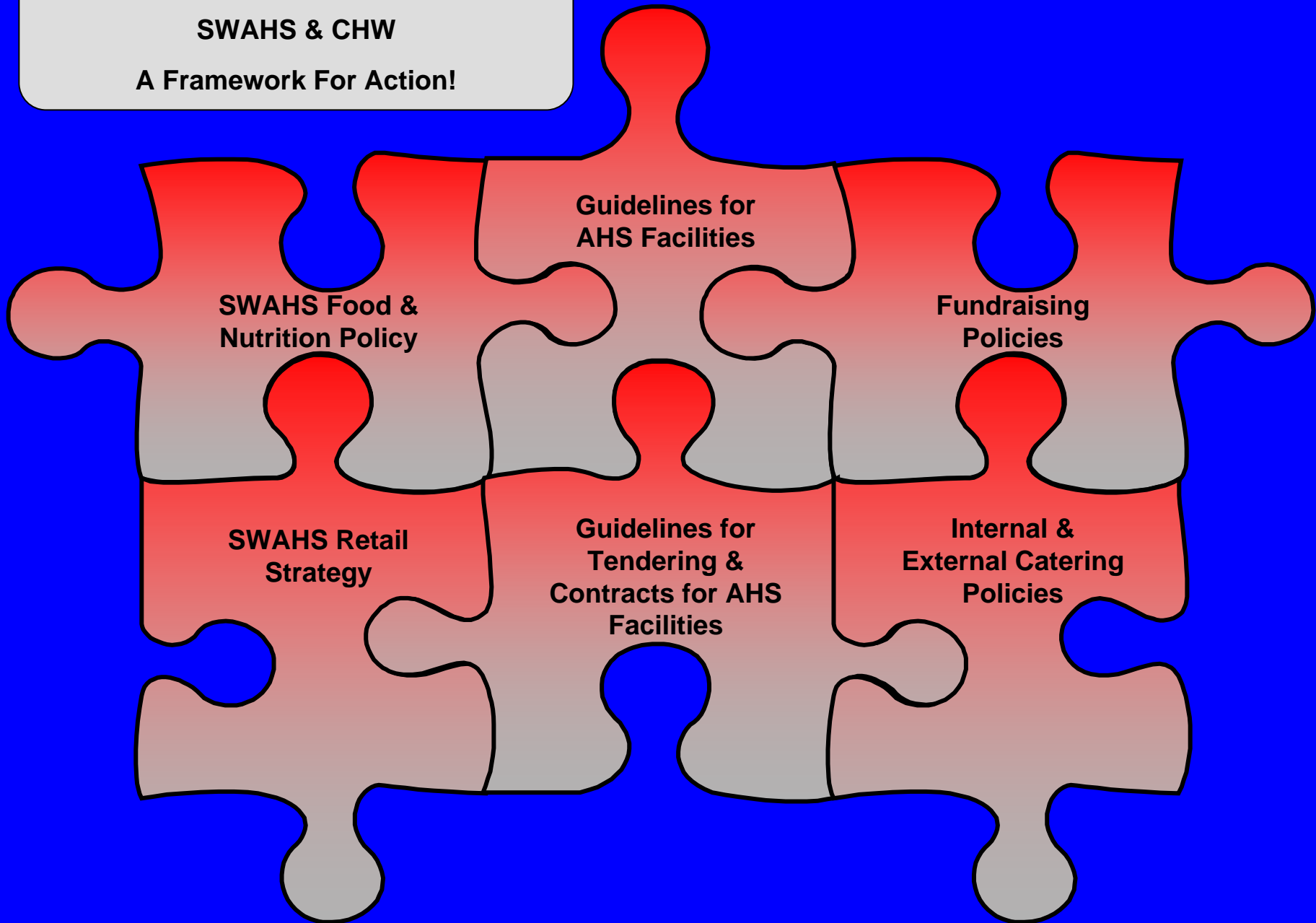
- Promoting physical activity through walking maps/tags
- Healthy Weight Challenge
- Healthier food choices
- Breastfeeding Policy



MAKING HEALTHIER CHOICES IN

SWAHS & CHW

A Framework For Action!



Schools

- Crunch and Sip Program
- Fundamental Movement Program
- Research - Fresh Tastes Policy
“What does it take to implement in Priority Schools”
- School Canteens Fresh Tastes
- Bike to school program
- Heights & Weights Measures



Community Environments/Organisations

- Healthy Food Choices Sporting Organisations
- Feeding into Local Government Planning:
 - LEPs
 - green field & brown field developments
 - testing use of Health Impact Assessment methodology
- Obesogenic Environments Project



Child Care

Out of School Hours Care



- A number of small programs exist across the area implemented by various workers
- Literature review & background paper
- Needs assessment
- Coordinated approach with same messages as schools including oral health



At Risk Populations



- Bodywise Program - Blacktown, Hawkesbury, Lithgow LGAs, Aboriginal Community.
Evaluation & comparison of service infrastructure requirements & where community programs are best delivered



- Food Security – addressing welfare agency policy
- Lithgow Active Young Bowenfels Community Project



Workforce Capacity



- Funding grant to increase health providers knowledge & competence in addressing overweight/obesity including web based training materials



- Bicultural Educators Train the Trainer Program

- Advanced Practice – Breastfeeding for professionals

- Breastfeeding workshops for professionals



- ‘Designing Places for Active Living’ Web resource

Moving Forward

- Need to consider the SW high male rate
- Many solutions may result in slower economic growth & be politically costly eg:
 - Drink vending machines replaced with water fountains
 - Food labels indicate ‘how many standard healthy meals’
 - Bike paths over car lanes
 - Carless city centres
 - Work hours back to 8 hr days for time poor & increasing participation in community for time rich