

## How to get involved?

New members are encouraged to join the health promotion Community Participation Reference Group.

The Group was established in 2004 to assist collaborative work between the Health Promotion Service and community members.

If you are interested and want to find out more, please call us on **(02) 9947 9832**.

## The Health Promotion Service is located on two sites:

- Health Promotion Service  
Primrose House  
190 Russell Street  
Dolls Point NSW 2219
- Health Promotion Service  
Wollongong  
Block B Building 39  
University of Wollongong  
Wollongong NSW 2500

Web: [www.sesiahs.nsw.gov.au/healthpromotion](http://www.sesiahs.nsw.gov.au/healthpromotion)

The Health Promotion Service is part of the Division of Population Health, South Eastern Sydney Illawarra Area Health Service.

*You too can  
be involved!*

# Health Promotion and Community Participation

Working together  
towards better health



SOUTH EASTERN SYDNEY  
ILLAWARRA  
NSW HEALTH

## What is health promotion?

Health promotion aims to:

*...prevent disease, improve and protect the health of the community by a combination of planned social, environmental, economic and political activities.*

(adapted from World Health Organisation 1986)

Health promotion works by:

- Building healthy public policy  
eg. healthy canteen policies in schools.
- Creating supportive environments  
eg. establishing smoke free health services.
- Strengthening community action eg. supporting the Chinese-Australian community to lobby for a Chinese language Quitline.
- Developing personal skills eg. providing physical activity opportunities for older people.
- Re-orienting the health system eg. encouraging other services within the Area Health Service to include preventive initiatives in their work.

*Healthy mid-day snack at a Family Day Care service.*



Our vision:

To improve health and reduce inequity among the communities of south eastern Sydney, Illawarra and Shoalhaven.

Our community:

The south eastern Sydney and Illawarra community stretches from the Harbour Bridge to Durras on the South Coast of NSW. The area includes some of the most diverse urban and rural communities in Australia.

Our work includes:

- Assisting schools and children's services to improve the food choices available and creating environments that encourage children to be physically active.
- Supporting programs that reduce the number and impact of falls injuries in people aged over 65 years. This work is mainly through providing physical activity opportunities.
- Working to reduce the prevalence of smoking and community exposure to tobacco smoke.
- Developing projects that address the social and environmental circumstances that affect health.

Our priority areas are based on local and state health needs.

## What is community participation?

Community participation helps ensure local needs are met and local people are involved in the decisions.

Community participation is about joint decisions on planning, implementation and evaluation of health projects.

Working closely with the community is vital to good health promotion.

Working together will lead to a better health service for everyone.

*Community Participation Reference Group advising on project plans.*

