

## 20/20 Vision

### Reflect on the past - a vision for the future

The 15th National Health Promotion conference was held in Canberra from March 13 - 16 2005 with the theme of reflecting on the past and creating a vision for the future. The Health Promotion Service of South Eastern Sydney and Illawarra Area Health Service was well represented through conference presentations and posters as detailed:

**Environmental Tobacco Smoke and Children:** the project set out to develop the personal skills of health and childcare professionals who work with Chinese communities as well as promote smoke free cars and homes.

The main strategies included the development of a culturally specific resource (a bilingual flip chart on environmental tobacco smoke issues) and a 'Car and Home: Smoke Free Zone' brochure, keyring and fridge magnet in Chinese; training 43 health and childcare workers on ETS issues along with editorial and newspaper advertisements in Australian Chinese press.

This project is managed by a network representing Health Promotion Services across Sydney and Central Coast and the Cancer Council NSW.

**Health impact assessment:** the potential impact of the Shellharbour Foreshore Management Plan on physical activity and social cohesion were assessed by conducting a health impact assessment.

The study found that conducting health impact assessments can establish a common vision and increase understanding of the impact of the environment and local government policy on health. The cycle/walkway, landscaping and community art initiatives of the plan were the initiatives most likely to increase levels of physical activity and/or social cohesion and were recommended for initial implementation.

**Art mentoring for young Aboriginal women:** working with young women from Kirinari Hostel, Kirrawee NSW this project set out to build social and cultural connectedness as important social determinants of health.



Aboriginal art workshops

A series of art workshops were held at a local gallery and facilitated by an Aboriginal artist, Aboriginal Health Promotion Officer and an art teacher (all female). The Kirinari girls connected with local elder Aboriginal women by sharing stories, life experiences and cultural and spiritual knowledge while they worked together to produce Aboriginal Art.

**Fit to Learn:** the project aims to reduce the decline in physical activity at adolescence and increase consumption of water in two Sydney high schools. The water component aims to increase the percentage of students drinking water at school; increase positive attitudes about drinking water; improve the physical and social environment at school to increase opportunities for water consumption; and increase the choice of healthier drinks at school.

Initial data was collected through a student survey and environmental audit, revealing that students do not drink enough water as per health recommendations. Common barriers identified were preferences for other drinks, difficulties in accessing water during breaks, perceived cleanliness of water facilities and taste of tap water.

Working closely with the school community, action to address the issues identified will be implemented over the next three years.

**Physical Activity in Out of School Hours Care (OOSH):** the first stage of this project was a needs assessment to look at the existing physical activity opportunities at OOSH and to identify areas for strategic intervention.

The results found that only 5% of OOSH services had a physical activity policy, 45% of services ran organised active games outside less than three times a week and the majority of programmed activity was sedentary.

OOSH services are keen for Health Promotion support and ideas for physically active games as well as programming, co-ordinating and running activities. The plan is to work together to create a supportive environment for physical activity.

**Contact:**

Monique Hauber-Davidson  
Communication and  
Marketing Co-ordinator  
Health Promotion