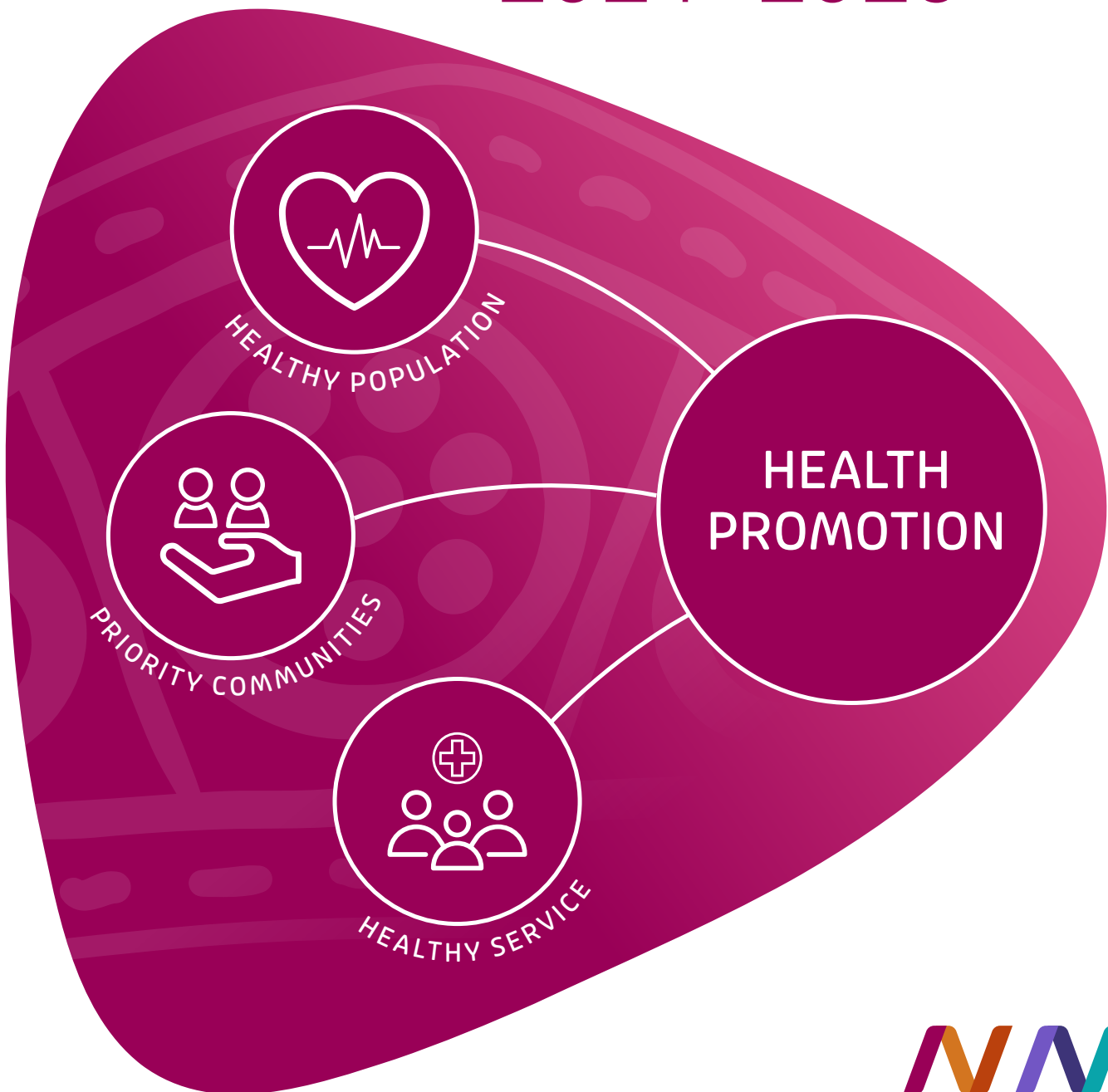




Government of Western Australia
North Metropolitan Health Service

Health Promotion Service Yearbook

2024-2025





Acknowledgement of Country

The North Metropolitan Health Service (NMHS) acknowledges the Whadjuk people of the Noongar nation as the traditional owners and custodians of the land on which we work and pays respect to their Elders past and present.

NMHS acknowledges that the majority of its business is conducted on Whadjuk Noongar Boodjar and a number of services are statewide. NMHS recognises, respects and values Aboriginal cultures as we walk a new path together.

Lived experience

North Metropolitan Health Service acknowledges individual and collective expertise of those with a living or lived experience across the health focus areas our Health Promotion Service works in.

We recognise their vital contribution at all levels and value the courage of those who share their unique perspective for the purpose of learning and growing together to achieve better outcomes for all.

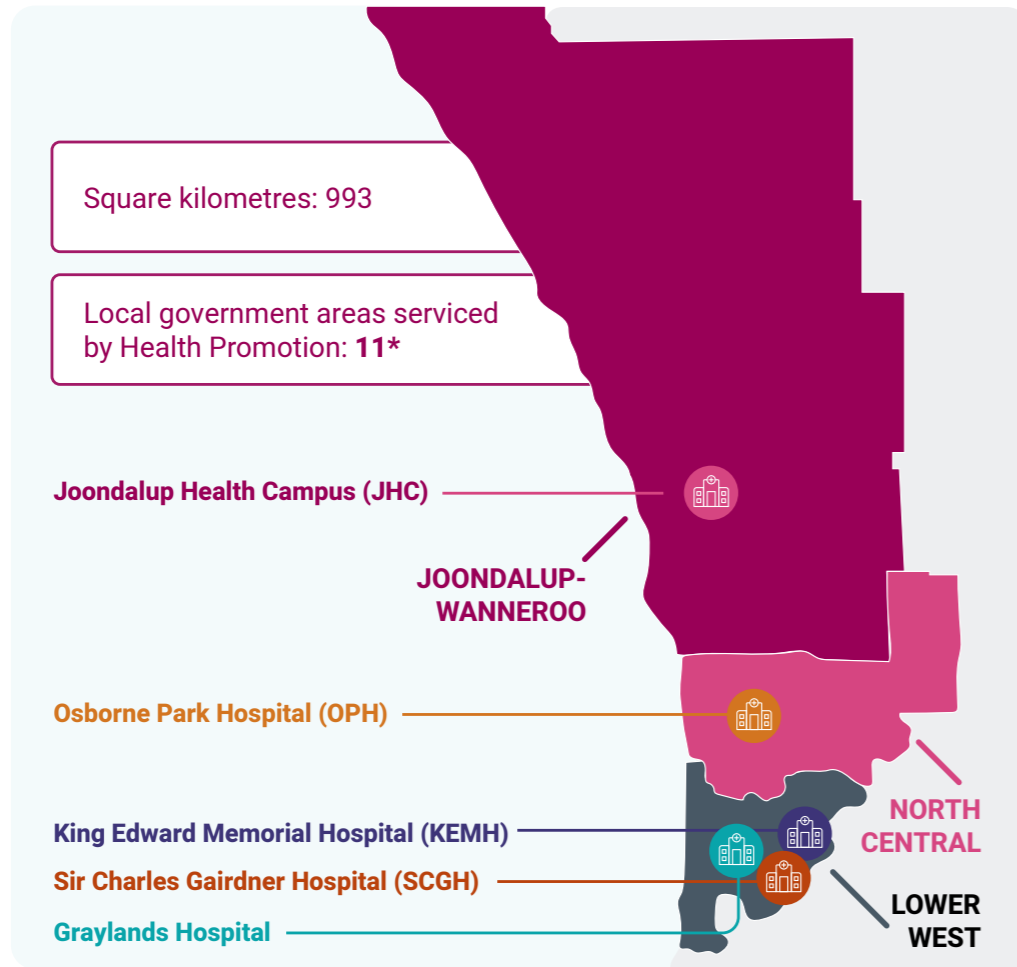
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About us

The Health Promotion Service works across the North Metropolitan Health Service (NMHS) catchment area to reduce the population’s risk of chronic diseases (such as cardiovascular disease, Type 2 diabetes, respiratory diseases and cancer) and injuries.



* Cambridge, Claremont, Cottesloe, Joondalup, Mosman Park, Nedlands, Peppermint Grove, Stirling, Subiaco, Wanneroo and Vincent.

Map 1: North Metropolitan Health Service catchment area

The [Western Australian Health Promotion Strategic Framework 2022-2026](#) guides our health priorities, which include reducing:

- Smoking
- Physical inactivity
- Harmful alcohol use
- Poor diet
- Obesity
- Preventable injury.

The Health Promotion Service has 9.0 full-time equivalent (FTE) positions and is led by the Manager Health Promotion.

Staff are university-qualified health professionals with specialist skills in health promotion and/or public health nutrition who work in one of three core programs:

1. Healthy Service
2. Priority Communities
3. Healthy Population

In addition, staff are portfolio leads in a specific priority area, listed below, and are responsible for building and maintaining their understanding, skills and professional connections in this area. They are the “go-to person” on that issue for their peers.



Photo: Krista Coward, Manager Health Promotion Health Promotion Service

This yearbook highlights key achievements for 2024-2025 and acknowledges staff who worked in the Health Promotion Service during the year.

Health Promotion Service Plan 2025-2027

Staff collaborated to develop the [Health Promotion Service Plan 2025-2027](#), which was published in February 2025.

Our three-year plan ensures that our service aligns with strategic priorities and organisational values, recognises our expertise as health promotion practitioners, and provides clear direction for our programs. See summary below.

The plan confirms the responsibilities of the Health Promotion Service are to:

- Operationalise the [Western Australian Health Promotion Strategic Framework 2022-2026](#) in the NMHS catchment area, with a strong focus on priority communities
- Implement the [agreement on public health planning support](#) to 11 local governments in the NMHS catchment area
- Provide leadership within NMHS on mandatory health promoting policies, specifically [Smoke Free Policy \(MP 0158/21\)](#) and [Healthy Options WA Food and Nutrition Policy \(MP 0142/20\)](#).

Staff are developing more detailed program plans to guide their work.

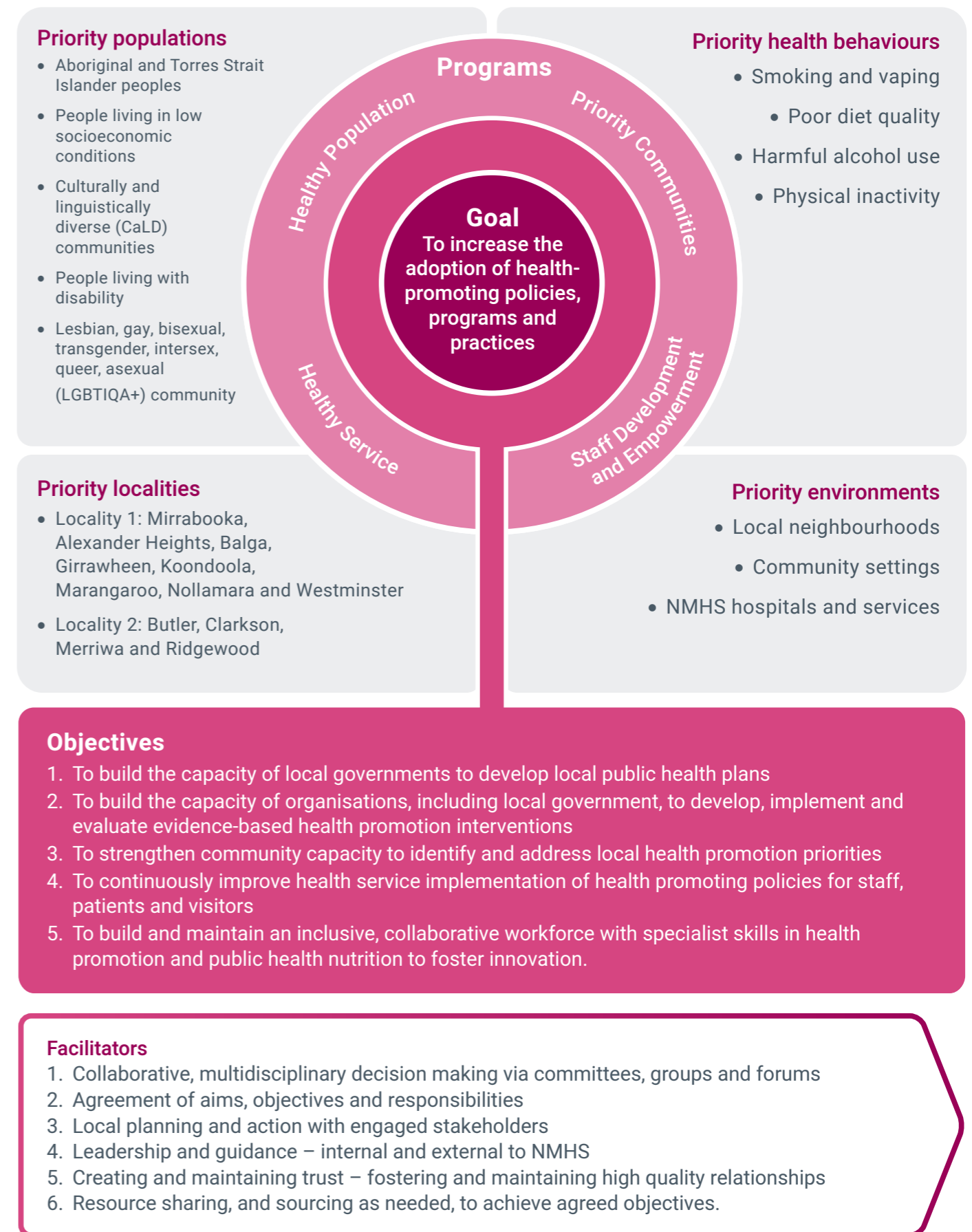


Photo: Health Promotion Service staff and students at a team building day

L-R: Neale McNamara, Student Dietitian; Danielle Eaton, Health Promotion Officer; Kirsty Mullane, Graduate Health Promotion Officer; Lara Sheehan, Health Promotion Officer; Milambo Sichaaba, Health Promotion Officer; Alycia Simmonds, Senior Health Promotion Officer; Assunta Di Francesco, Health Promotion Coordinator; Julia Owen, Health Promotion Coordinator; Stacey Mansfield, Senior Health Promotion Officer; Michelle McIntosh, Public Health Nutritionist; Kimberley Farukayi, Graduate Health Officer; Shani Toki, Health Promotion Officer; Michael Clow, Public Health Nutritionist; Krista Coward, Manager Health Promotion. Photo by Thea Woodward, Student Dietitian.

Health Promotion Service Plan 2025 summary

Improving the health of our population



Healthy Service Program

Goal

To continuously enhance the implementation of health-promoting policies for staff, patients and visitors.

In brief

The Healthy Service team provides leadership and advice to NMHS sites and services responsible for implementing the Smoke Free Policy (MP 0158/21) and Healthy Options WA Food and Nutrition Policy (MP 0142/20).

Staffing

1.0 FTE Senior Health Promotion Officer (Program Lead)

0.4 FTE Health Promotion Officer

Staff during 2024-2025

Stacey Mansfield, Senior Health Promotion Officer (from November), Health Promotion Officer (prior to November)

Cherise Hawkins, Senior Health Promotion Officer

Alisha Miles, Senior Health Promotion Officer

Alycia Simmonds, Senior Health Promotion Officer

Danielle Eaton, Health Promotion Officer

Kimberley Farukayi, Graduate Health Officer



Key achievements Smoke Free



Smoke Free Working Groups – Continued to provide subject matter expertise and project support to multi-disciplinary working groups in Women and Newborn Health Service (WNHS), Sir Charles Gairdner Osborne Park Health Care Group (SCGOPHCG) and Mental Health Services. The groups led initiatives to strengthen implementation of the Smoke Free Policy; and enhance clinical practices, driving system changes that support staff and patients to quit smoking and vaping.

Monitoring and Reporting Clinical Practice Project – Supervised a graduate health officer to design and conduct a quality improvement project to audit inpatient medical records at WNHS to assess policy compliance. See case study on page 12 for details.

WNHS Smoke Free Working Group recognised – The group were finalists in the 2024 Excellence in Health Awards (Preventive Health category) for their leadership and significant achievements in implementing the Smoke-Free Organisation Project (see photo below).



Photo: Members of the WNHS Smoke Free Working Group and senior staff at the 2024 Excellence in Health Awards

Statewide Stork Perinatal Database updated – Provided technical advice to the Chair of WNHS Smoke Free Working Group, who successfully advocated for amendments to this statewide database. These improvements align with best-practice clinical guidelines and will strengthen data collection and clinical care for pregnant women who smoke or vape.

Staff nicotine replacement therapy program – Promoted this staff wellbeing initiative to support staff wanting to quit smoking or vaping. Coordinated targeted campaigns during January and June, including promotion for World No Tobacco Day. Activities included coordinating e-news articles, creating computer screensaver messages, and an email signature block for NMHS staff to raise awareness and encourage participation.

Smoke Free Champions training – Initiated development of leadership training for Smoke Free Working Group members and clinical staff to become champions in promoting best practices for supporting patients and staff to quit smoking and vaping. The program aims to build capacity, enhance advocacy, and embed smoke-free principles across NMHS.

Clinical medical record forms amended – Supported WNHS Smoke Free Working Group and clinical staff to update clinical medical records forms to incorporate standardised questions on smoking and vaping status. A total of 12 forms were approved and amended, which aim to improve record management and lead to better quality of care for nicotine-dependent patients.

NMHS Smoke Free Policy revision – Commenced updating the NMHS Smoke Free Policy to ensure alignment with the revised System Manager Policy, incorporating vaping and other best practices to create and support a smoke-free service.

Smoke Free Policy reporting – Coordinated annual reporting to the System Manager on NMHS compliance with the Smoke-Free Policy.



NMHS can help you quit smoking

All staff are eligible for 12 weeks of free nicotine replacement therapy (NRT) to control cravings and assist with quitting smoking and vaping.

Search 'Staff NRT' on the Hub for more information.

Scan the QR code to register

Dental Health Services staff only

NMHS is proud to be a smoke-free service.



Image: Quit smoking screensaver used across NMHS computers

Key achievements Healthy Options



Annual assessment of NMHS policy compliance – Finalised and submitted the 2024 NMHS Retail Outlet Compliance Report on Healthy Options WA Food and Nutrition Policy to the North Executive Team, along with an additional assessment of vending machine compliance. On average, the 10 retail outlets reported compliance with 12 of 14 policy standards. Three outlets reported they met all 14 standards.

Research with NMHS food retail outlets – With assistance from a nutrition student, completed six semi-structured interviews with managers of nine retail outlets to identify the support needed to undertake self-assessments and achieve compliance with the Healthy Options WA Food and Nutrition Policy. Overall, retailers expressed confidence in conducting self-assessments using the [NMHS Healthy Options Retail Procedure](#) (WA Health access only) but indicated a need for additional in-person support to comply with all 14 policy standards.

Internal procedure to streamline annual assessment of retail compliance – Developed and implemented a [standard operating procedure](#) (WA Health access only) on the coordination of an annual report on NMHS retail compliance with Healthy Options WA Food and Nutrition Policy. This procedure streamlined the coordination of self-assessment audits in 2025, improving efficiency and consistency.

NMHS Healthy Options Retail Procedure review – Commenced the periodical review of the procedure on policy compliance monitoring, informed by the results of the research conducted with NMHS food outlets.

Policy advice to NMHS retail outlets – Promoted the Healthy Options eLearning modules to food outlets and provided ongoing advice and guidance to those not fully compliant with the policy. Supported outlets in developing action plans to improve compliance with the policy.



We are gradually making changes and are grateful for Dani's valuable input in helping with the process."

– Retail outlet manager on Danielle Eaton's support to improve policy compliance.

Case study

Monitoring and Reporting Clinical Practice Project

Smoking is a major contributor of poor health and hospitalisation in the NMHS catchment. Brief smoking cessation advice is considered one of the most effective and cost-efficient preventative health interventions that clinicians can offer. When combined with pharmacotherapy, such as nicotine replacement therapy, brief advice counselling can more than double the chances of quitting smoking.

The Smoke Free Policy (MP 0158/21) requires NMHS to have local procedures in place to:

- i. assess and record the smoking status of inpatients; and
- ii. provide treatment for nicotine dependent inpatients.

These clinical practices are mandated in the [NMHS Smoke Free Policy](#) (WA Health access only), and in site-specific procedures and clinical guidelines, but are not routinely monitored across all NMHS hospitals.

To assist with the development of a methodology to collect and report inpatient data, the Healthy Service team successfully applied for a graduate health officer placement through the Department of Health. Kimberley Farukayi, a community pharmacist and Master of Pharmacy graduate, joined the team in January 2025 for six months to lead this project under the supervision of senior health promotion officers (see photo below).



Photo (L-R): Alycia Simmonds, Kimberley Farukayi and Stacey Mansfield

The initial phase involved a comprehensive scoping and intelligence process, which included reviewing relevant literature, engaging key stakeholders, understanding current clinical practices and quality improvement systems, and recommending the most appropriate approach.

As a result, the project scope was expanded to include e-cigarettes (vapes) and evolved into an audit of inpatient documentation at one pilot site, WNHS. Importantly, the site's clinical practice improvement coordinator agreed to join the project team, adding significant value and guidance to the project.

A data collection tool was created using Excel and tested by ward nurses recruited to the project team (see photo right). Following refinement, a quality improvement project plan was prepared, outlining audit parameters, such as the number of records required per ward to ensure an adequate sample size. The project plan was endorsed by relevant site authorities and registered in the Governance, Evidence, Knowledge, Outcomes (GEKO) database (no. 58175) and access to medical records was granted.

Over a three-week period, more than 80 randomly selected de-identified inpatient records from a randomly selected week in 2025 were reviewed for smoking and vaping status and nicotine dependence treatment. The findings were analysed, presented to stakeholders, and used to identify staff responsible for leading improvement actions, including revisions to clinical forms. A comprehensive presentation of the results was presented to the project team and other interested parties.

Moving forward, the local Smoke Free Working Group will continue to oversee the implementation of actions required to improve clinical practice and ensure better support is offered to patients who smoke and/or vape.

This project represents an important step towards strengthening compliance with the Smoke Free Policy and enhancing patient care through systematic monitoring and reporting.



Photo (L-R): Robert McArthur-Maxey, Midwife; Kimberley Farukayi, Graduate Health Officer; and Jade Avis, Midwife.

Priority Communities Program

Goal

1. To build the capacity of organisations to develop, implement and evaluate evidence-based health promotion interventions.
2. To strengthen community capacity to identify and address local health promotion priorities.

In brief

The team builds relationships with local organisations and community champions and fosters collaborative action to address local health priorities.

Staffing

1.0 FTE Health Promotion Coordinator (Program Lead)

0.4 FTE Public Health Nutritionist

1.0 FTE Health Promotion Officer

Staff during 2024-2025

Julia Owen (nee Platts), Health Promotion Coordinator

Michelle McIntosh, Public Health Nutritionist

Milambo Sichaaba, Health Promotion Officer

Sarah McGrahan, Health Promotion Officer

Kirsty Mullane, Graduate Health Promotion Officer (AHPA Scholarship)

Key achievements



New Aboriginal Health Promotion Officer (50D) position – Obtained approval to create this new position.

Twelve-month paid Graduate Health Promotion Officer – Successfully applied for an Australian Health Promotion Association of Australia (AHPA) (WA Branch) scholarship, funded by Healthway. Kirsty Mullane, a long-standing volunteer, started in October 2024 and led the Aboriginal Food Security Project, later given the title Gnalla Meriny, meaning 'our food' in Noongar.

Knowledge sharing across sectors – As part of her AHPA scholarship, Kirsty delivered 10 presentations to NMHS teams, Aboriginal advisory groups, community organisations, professional networks and funders, helping to amplify our work on Aboriginal security and build broader community understanding of food security.

Gnalla Meriny – Our Food Project – Undertook detailed planning to guide a co-design process to address food security. See case study on page 16.

Social Inclusion Mirrabooka and Surrounds (SIMS) group – Membership of SIMS exceeded 260 people. This includes local service providers and community champions who want to collaborate on projects to improve health outcomes, reduce health inequities and increase social connection for people living in Mirrabooka and surrounding suburbs. On average, 36 people attend quarterly SIMS meetings and 41 are members of topic-specific working groups.

SIMS member survey – A survey of members (42 responses) in November 2024 highlighted members found all aspects of SIMS useful. The terms of reference were updated based on the survey feedback and three priority areas of focus were identified as themes for future SIMS meetings: multicultural communities' health; Aboriginal and Torres Strait Islander health; and homelessness.



SIMS and its dedicated members offer genuine support and energy, serving as a powerful reminder of what we can achieve together. Its longevity alone is a testament to its value and provides the motivation to keep pushing forward."

SIMS member





Photo: SIMS members and guest speakers at SIMS meeting on Aboriginal and Torres Strait Islander health

SIMS Awards – Hosted inaugural SIMS Awards in December to recognise those nominated by SIMS members for their contributions to the community. Tina Lizzie from Sudbury Community House won the Outstanding SIMS Member trophy.



Photo: Priority Communities team with SIMS Award recipients. (L-R): Kirsty Mullane, NMHS; Milambo Sichaaba, NMHS; Julia Owen, NMHS; Kristen Walker, Salvation Army Balga; Jacqui Whelan, MercyCare; Tina Lizzie, Sudbury Community House; Kaye Liddelow, community champion

Women's Health Week events – The SIMS Physical Activity Working Group planned, implemented and evaluated activities in Mirrabooka, attracting more than 80 CaLD women. A safe space was created where women could try numerous physical activities, including our blender bike, and seek advice from 14 local organisations (see info graphic). The working group also commenced developing a toolkit to streamline planning for future events.



Congratulations to you and your team for a fantastic (Women's Health Week) event today and inviting us along."

Injury Matters to Milambo Sichaaba



Image: Women's Health Week event infographic

Internal procedure to streamline SIMS meetings – Drafted a standard operating procedure to coordinate quarterly SIMS meetings.

SIMS information sharing emails – Prepared and circulated 18 information sharing emails to SIMS members to inform them of professional development opportunities, local activities and funding opportunities.



Thank you for sharing (the SIMS information sharing email). So much great stuff going on in the community. Much appreciation."

- SIMS member, LUMA

Stakeholder engagement and partnerships

– On average, engaged with 54 stakeholders/ interest-holders each quarter and partnered with 20 on various activities.

Coached and mentored key partners

– Worked alongside Derbarl Yerrigan Health Service Clarkson staff and co-created community events, established regular meetings, facilitated connections with Public Health Service’s Aboriginal Health team and arranged a mentorship relationship.

Mental Health Week event

– Partnered with Derbarl Yerrigan Health Service to promote social and emotional wellbeing through an event at the Clarkson Youth Hub, attracting 188 community members. Families participated in activities such as creating a community herb garden and cultural performances, while 20 local organisations showcased mental health services and programs. The event strengthened community connections and aligned with the 2024 theme, “Empowering communities, thriving workforces: A journey towards investing in our mental health”.

Nutrition and food security workshops

– Conducted two professional development sessions for community mental health professionals.

Smoke and Vape Free Mirrabooka Project

– Supervised two University of WA Master of Public Health students on 450-hour placements who worked with the SIMS Smoke and Vape Free Working Group to conduct a signage design competition with young people. 20 submissions were received, and donated prizes were awarded for the top designs.

North West Metro Community Local Drug Action Team (LDAT)

– Facilitated new leadership, expansion and name change of the Merriwa LDAT. Assisted the new lead agency, Edmund Rice Centre WA, to develop a new Community Action Plan funded by the Alcohol and Drug Foundation to deliver diversionary sport activities and alcohol and other drugs education sessions for youth in Butler. Created and tested evaluation tools for the LDAT. Our team consulted with youth in developing these tools to ensure they included appropriate measures for outcome evaluation, not just process evaluation.

Small grant applications

– Assisted local organisations to write small grant applications. Derbarl Yerrigan Health Service received a Shelter WA grant for Homelessness Week activities and Edmund Rice Centre WA received Strong Resilient Communities grant for a women’s health program.

SIMS Food Security Working Group proposes Balka Koort Community Garden Project

– Assisted by a nutrition student, investigated potential models to manage a community food garden and started mapping interest holders.

Mirrabooka and Surrounds Celebrating Harmony Committee

– Took on the role of minute taker for the committee, which created a website and conducted 3 Harmony Week activations in Mirrabooka and Girrawheen.

Case study

Gnalla Meriny – Our Food Project

In October 2024, the Priority Communities Program was awarded a 12-month scholarship, funded by the Australian Health Promotion Association (AHPA) through Healthway. Drawing on insights from Social Inclusion Mirrabooka and Surrounds (SIMS) and work conducted with service providers and community organisations in the Merriwa-Clarkson area, food insecurity was identified as a local health priority. Preliminary research also revealed that few health promotion interventions were tailored to Aboriginal and/or Torres Strait Islander peoples. To address this gap, the team successfully applied for the scholarship for Graduate Health Promotion Officer Kirsty Mullane to lead a project aimed at improving food security for Aboriginal people in the north metropolitan area.



Photo (L-R): Kirsty Mullane, Graduate Health Promotion Officer, and Julia Owen, Health Promotion Coordinator (and Kirsty’s supervisor)

Community recommended using the Noongar words ‘gnalla meriny’, meaning ‘our food’, in the project title.

The project was informed by a comprehensive scoping and intelligence review, which included a [literature review](#) and extensive stakeholder engagement with community groups, Aboriginal Community Controlled Organisations and cultural advisory groups.

The barriers and enablers to food security for Aboriginal people were identified; past and existing food security interventions with a focus on those tailored to Aboriginal people were assessed; and culturally safe and appropriate methodologies for working with Aboriginal people were recommended.

The findings from the review informed the development of a project plan, which included establishing a Stakeholder Advisory Group and obtaining ethics approval from both the Western Australian Aboriginal Health Ethics Committee and the WA Health Human Research Ethics Committee.

The plan also included the facilitation of six 2-hour yarning sessions with Aboriginal and/or Torres Strait Islander people living in, or residing through, the north metropolitan area. Yarning sessions were conducted in two localities in August 2025. Community-led solutions to improve food security were co-designed with Aboriginal people and continue in 2025-2026.

“

I must admit that the time and dedication both you and Julia have given to this process have been fantastic, and it is evident in your (ethics) approval in the very first meeting.”

- WA Aboriginal Health Ethics Committee officer to Kirsty Mullane



Image: Gnalla Meriny – Our Food flyer circulated to recruit community members

Healthy Population Program

Goal

1. To build the capacity of local governments to develop local public health plans.
2. To build the capacity of organisations, including local government, to develop, implement and evaluate evidence-based health promotion interventions.

In brief

The team provides professional advice and guidance to local governments and other organisations on multi-strategic public health initiatives for a healthy population.

Staffing

- 1.0 FTE Health Promotion Coordinator (Program Lead)
- 0.6 FTE Public Health Nutritionist
- 2.6 FTE Health Promotion Officer

Staff during 2024-2025

- Assunta Di Francesco, Health Promotion Coordinator
- Michael Clow, Public Health Nutritionist
- Lara Sheehan, Health Promotion Officer
- Amy Barton, Health Promotion Officer
- Shani Toki, Health Promotion Officer
- Amy Murphy, Health Promotion Officer



Key achievements



NMHS Public Health Planning: Development Guide – Finalised [the guide](#), which outlines the key stages in developing a local public health plan and the support available from the Health Promotion Service at each stage.

Local Government Network – Facilitated three face-to-face network events for local governments where staff and guest speakers raised awareness of topical issues:

1. Public Health Planning
2. Tackling Smoking and Vaping for a Healthier Future
3. Driving Change in Public Health Nutrition.

The first event showcased the new guide and was held for north metropolitan local governments. The remainder were a collaboration with East Metropolitan Health Service. Presentations were uploaded onto the Health Promotion Service internet page for easy reference.



Photo (L-R): Krista Coward, Manager Health Promotion; Amy Murphy and Shani Toki, Health Promotion Officers; Michael Clow, Public Health Nutritionist; Assunta Di Francesco, Health Promotion Coordinator, and Lara Sheehan, Health Promotion Officer.

“The network meeting was excellent – well done! Introducing the whole healthy population team was a great touch.”
– Attendee of Local Government Network meeting on public health planning

“The presentations were so useful and informative. I appreciated getting a clearer sense of the role of public health nutritionists.”
– Attendee of the Local Government Network meeting on public health nutrition

Local Government Health and Wellbeing Profile Reports – Director Public Health supplied north metropolitan local government chief executive officers and senior staff with their tailored profile report (developed by the Department of Health) and Frequently Asked Questions: Health and Wellbeing Profiles (developed by NMHS to supplement the profile reports). Support for public health planning was offered to local governments, as the Public Health Act 2016 requires all local public health plans to be published by 4 June 2026.

Public Health Planning Partnership Agreement – Signed a formal agreement with the City of Joondalup and agreed to provide support at key stages of public health planning. This included attending the City’s Strategic Community Reference Group meeting as a subject matter expert; preparing a list of stakeholders to invite to a consultation workshop; undertaking an environmental scan of existing policies and practices supporting public health; and discussing the community’s public health priorities.

“I would like to thank you for attending the recent Strategic Community Reference Group meeting. Your expertise and knowledge assisted members to identify priorities for a local government public health plan by examining the City’s health profile in public health services and activities, in alignment with the State Government’s public health priorities. Your invaluable input will support the City’s approach to public health planning.”

Letter to Assunta Di Francesco from City of Joondalup Mayor Albert Jacob

Local Government updates – Emailed 10 updates to approximately 140 local government officers to inform them of useful public health planning tools and resources, upcoming training opportunities and funding opportunities.

Public Health planning tools – Provided advice and feedback to the Department of Health on local government tools on Aboriginal health and wellbeing, after liaising with NMHS Aboriginal health teams and the Priority Communities team.

Stirling Local Drug Action Team’s Alcohol and Other Drug (AOD) Action Plan consultations – With Stirling Local Drug Action Team members, implemented three community workshops attended by 85 people to inform the development of a comprehensive, multi-strategic Alcohol and Other Drugs Action Plan. Assisted the City of Stirling in their nomination for the 2025 Injury Prevention and Safety Promotion Awards on behalf of the Stirling Local Drug Action Team. The City won Outstanding Achievement by a Local Government in Injury Prevention and Recovery. (See case study on page 25.)

Sustained high level of stakeholder/interest-holder engagement – On average, engaged with 57 stakeholders/interest-holders each quarter, including 10 local governments in the NMHS catchment area.

Perth, Vincent and Subiaco Local Drug Action Group information – Organised a presentation by the Department of Local Government Sport and Cultural Industries, Racing, Gaming and Liquor Division on the liquor licence application process, attended by 23 members.

“It has been fabulous meeting you and working with you also. Definitely one of the highlights in my work at Vincent. Thanks so much for your support. I have learnt so much from you. Looking forward to seeing you around soon.”

–City of Vincent officer to Amy Barton

Supported the modification and testing of the Café Scout tool (formerly Store Scout Kiosk Tool) with Deakin University. Trialled this rapid retail food environment assessment tool at Beatty Park Leisure Centre and provided critical feedback to researchers to amend the tool for alignment with the food classification system used in the Healthy Options WA Food and Nutrition Policy.

Informed the development of the City of Vincent Healthy Food and Drink Policy tools – Advice provided by the Public Health Nutritionist on a suite of tools being developed to support the implementation of their Healthy Food and Drink Policy, including a Healthy Catering Guide, Healthy Catering Checklist, Policy Toolkit and FAQs.

City of Nedlands Water Fountain Project – Supervised student dietitians to develop a project to audit all water fountains in the City using a validated tool.

“Thank you very much Thea, Neal and the NMHS staff involved (Michael Clow and Shani Toki)...(in the water fountain project). The collaboration has provided the City with the opportunity to continue to improve its facilities, wayfinding, and Waterwise credentials. The City are extremely grateful for your time, efforts and contributions.”

–Coordinator Parks, City of Nedlands

City of Vincent Smoke Free Town Centres Project Awarded – The project received the 2024 Institute of Public Administration Australia WA Achievement Awards silver medal for Best Practice in Health and Wellbeing. See further project information in the [2022-2023](#) and [2023-2024](#) Yearbooks.

Case study

Stirling Local Drug Action Team

Local Drug Action Teams (LDATs) are supported nationally by the Alcohol and Drug Foundation to strengthen community-led prevention of alcohol and other drugs (AOD) harm. Members of the multi-agency Stirling LDAT, including NMHS, provide strategic direction, support and advocacy for initiatives aimed at reducing the impact of AOD related harm in the City of Stirling (the City).

The Stirling LDAT, led by the City, applies collective impact principles for effective collaboration:

- establishing a common agenda
- ensuring delivery through partnership development
- creating a shared impact approach
- providing ongoing communications to all parties involved for transparency
- a strong lead ‘backbone’ agency.

As noted in the 2023-2024 Yearbook, NMHS played a key role in designing a series of community workshops to inform the development of a comprehensive AOD Action Plan. In late 2024, three community workshops were held to identify priority areas, define objectives, and develop strategies for the plan. More than 85 stakeholders participated, including community members, health professionals, local and state government representatives, social service providers and individuals with lived AOD experience.

“Thank you... this was not a solo win and it was really lovely to be able to have NMHS in the room with us.”

–Team Leader Community Partnerships and Projects, City of Stirling



Photo: NMHS, City of Stirling, Injury Matters and Alcohol and Drug Foundation representatives celebrate win at 2025 Injury Prevention and Safety Promotion Awards

The City and NMHS were invited to the 2025 WA Network of Alcohol and Other Drug Agencies (WANADA) Conference to conduct a long oral presentation and poster on the approach adopted by the Stirling LDAT.

As an integral member of the Stirling LDAT, the role of NMHS included:

- Being an active member of the Stirling LDAT Strategic Planning Working Group
- Informing the development of a governance framework for Stirling LDAT operations
- Contributing a small amount of funding
- Collaborating with the City to recruit a consultant (The Behaviour Change Collective) to facilitate the workshops and report the results
- Supporting the coordination, planning, delivery and evaluation of community workshops
- Facilitating connections between agencies
- Committing to lead specific strategies within the AOD Action Plan
- Preparing an evaluation report of the three workshops.

Three priority areas emerged from consultations:

1. **Alcohol, Young People and Families**
2. **Alcohol in Community Settings**
3. **Vaping and Young People**

These will be reflected in the 2025–2028 AOD Action Plan.

Recognising the City’s leadership, NMHS helped prepare a nomination for the 2025 Injury Prevention and Safety Promotion Awards, held by Injury Matters, the state’s peak non-profit organisation dedicated to injury prevention and recovery. Health Promotion staff joined City of Stirling colleagues at the awards event and helped celebrate their Outstanding Achievement by a Local Government in Injury Prevention or Recovery Award. The Stirling LDAT was recognised for its comprehensive approach to developing a multi-strategy AOD Action Plan.

Blender bike

The blender bike uses pedal power to make smoothies. The service has loaned the bike to schools, not-for-profit organisations, local government and community groups/sporting clubs since 2018. The bike was loaned for 28 community events in 2024-2025.

A new Standard Operating Procedure was developed to streamline the management of blender bike bookings to lighten the administrative burden on staff.



Photo: Women’s Health Week event in Mirrabooka.

Student and graduate placements

- Hosted a full-time graduate health promotion officer on a 12-month scholarship from the Australian Health Promotion Association (WA Branch), funded by Healthway. The officer is leading the Gnalla Meriny – Our Food Project.
- Hosted a full-time graduate health officer for 6 months, who is leading the Monitoring and Reporting Clinical Practice Project.
- Hosted 8 tertiary students on work placements from 75 hours to 450 hours, including:
 - 3 Master of Public Health students
 - 2 Master of Nutrition and Dietetics students
 - 3 nutrition students.
- Hosted two volunteers one day per week for up to 4 months.
- Facilitated linkages between Edith Cowan University and 10 local organisations to host nutrition students to observe the delivery of local nutrition programs.



A huge thank you to the whole team for the care and support you have given me since I joined. I have felt respected and valued by you all and it gave me the confidence and belief in myself to apply for the [organisation] role. It is such a pleasure to come to work amongst a team of passionate professionals.”

- Former student

Representing NMHS and Public Health

Health Promotion Officer Lara Sheehan delivered oral presentations at two conferences:

Oceania Tobacco Control Conference 2024, Queensland. Presentation title: *City of Vincent Smoke-Free Town Centres Project one year on ... protecting our community from exposure to tobacco.*

WA Network of Alcohol and Other Drug Agencies (WANADA) Conference 2025, Perth. Presentation title: *Community-Driven Actions and Partnerships to Prevent AOD Harm.* Co-delivered with City of Stirling.

Staff represented NMHS at regular network meetings:

- Department of Health’s quarterly network meetings for WA Health staff working in tobacco control and public health nutrition.
- Injury Matters’ quarterly Injury Prevention Network.



Photo (L-R): Lara Sheehan, Health Promotion Officer and Tarn Deere, City of Stirling at WANADA Conference



Your overview of the process involved in developing the Stirling Local Drug Action Team Alcohol and Other Drug Action Plan was exceptionally well received. We have already received positive feedback from attendees who noted that it was a fantastic case study of a well-planned, extensive, and inclusive approach.”

General Manager, Injury Matters on a presentation co-delivered by NMHS and City of Stirling

- Mental Health Commission’s Alcohol and Other Drugs Prevention Officers Bi-monthly meeting.
- Local Government Health and Wellbeing Group, a quarterly network of local government officers working on public health planning and related interventions.
- Community Nutrition Network facilitated by Cancer Council WA.



Thank you, as always you are a fountain of ideas and inspiration!”

Cancer Council WA to Julia Owen (nee Platts) re Community Nutrition Network meetings

- Physical Activity and Health Promotion Network facilitated by Department of Creative Industries, Tourism and Sport.
- Community Relief and Resilience Forum facilitated by the WA Council of Social Services to discuss, action and advocate for priority issues arising in the emergency relief sector.
- Northern Suburbs Multicultural Network facilitated by City of Wanneroo, Joondalup and Stirling to create connection and advocacy relating to multicultural communities in the northern suburbs.

Staff represented NMHS on interagency groups:

- Public Health Planning Reference Group, a group led by Department of Health to inform departmental guidance on public health planning.
- Aboriginal Public Health Planning Resources Advisory Group, a group led by Department of Health to inform departmental guidance on public health planning related to Aboriginal health.
- West Metropolitan District Leadership group, a human services group that oversees place-based responses to locally identified human service priorities.



Staff development and empowerment

- Staff took on leadership responsibilities for the following portfolio areas: smoking, nutrition, alcohol, physical activity, injury, CALD communities, Aboriginal and Torres Strait Islander communities. They updated in-house portfolio information sheets with a summary of contemporary evidence; current campaigns, programs and resources; details on key stakeholders and networks; and suitable e-news subscriptions.
- A staff team-building day was held to acknowledge our achievements, take part in self-awareness and team building activities, talk through project planning processes and discuss the new Health Promotion Service Plan 2025-2027.
- Program team planning days were held to reflect on achievements, discuss challenges and highlight opportunities going forward.
- The Public Health Nutritionist created the Metro Public Health Nutrition Local Government Special Interest Group.
- Initiated intervision group reflection sessions.
- Staff attended professional development, including:
 - Oceania Tobacco Control Conference
 - WANADA Conference
 - Australian Public Health Conference
 - Asia Pacific Physical Activity and Health Conference
 - Population-based alcohol and other drug prevention training
- Introduction to alcohol and other drug prevention
- Australian Health Promotion Association Project Symposium
- Injury Prevention Summit
- Food and nutrition security training
- District Leadership Group Statewide Forum
- Australasian College of Health Service Management Leadership Conference
- Climate Literacy training
- Healthy Streets online training
- Healthy food advertising workshops
- Local government creating healthy food environments symposium
- Commercial determinants of health workshop
- Webinars on nutrition, dietary guidelines, food security, food policy, vaping prevention and cessation, community capabilities and more
- International Union for Health Promotion and Education (IUHPE) webinars
- Recruitment and selection training
- Aboriginal cultural competence training
- First Nations cultural safety framework modules
- In-house sessions on planning in local government, alcohol and other drugs prevention, healthy persuasion and values-based messaging, capacity building, performance development planning and IUHPE practitioner registration

- Staff with supervision responsibilities attended training on leadership and management, including:
 - NMHS Diploma of Leadership and Management
 - Compassionate leadership
 - Career conversations
 - North Space Leadership Forum.
- Staff undertook mandatory training, achieving on average 91% compliance.



Thank you Krista for leading our Health Promotion Service throughout 2024. Your leadership has allowed us to flourish, work innovatively and be involved in a range of high-quality health promotion projects.”

Health Promotion staff member





Health Promotion Service

Yearbook

2024–2025

Contact details

- ✉ NMHSHealthPromotion@health.wa.gov.au
- 🌐 North Metropolitan Health Service - Health Promotion