



Health Promotion Service

2023-2024

Yearbook



Acknowledgement of Country

We acknowledge the Noongar people as the traditional owners and custodians of the land on which we work, and pay respect to their elders both past and present.

North Metropolitan Health Service recognises, respects and values Aboriginal cultures as we walk a new path together.

Lived Experience

North Metropolitan Health Service acknowledges the 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.





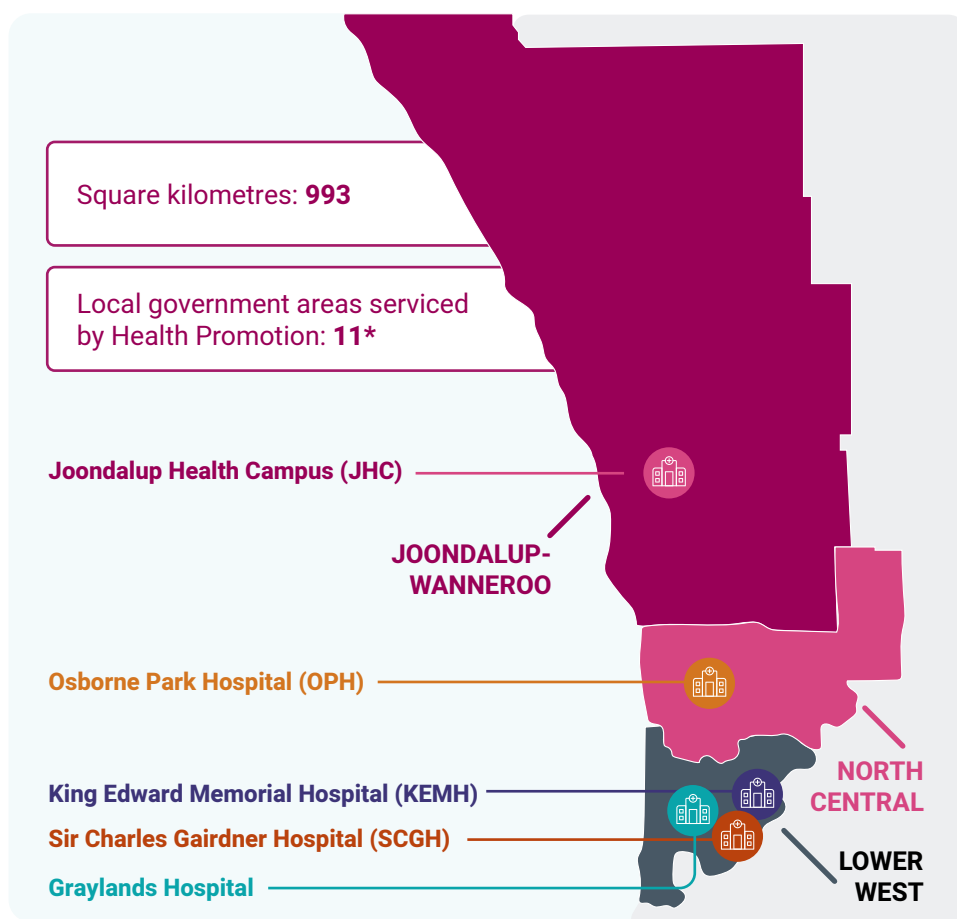
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About us

The Health Promotion Service operates throughout the North Metropolitan Health Service (NMHS) catchment area, focusing on maintaining the population's health by preventing chronic diseases (such as cardiovascular disease, Type 2 diabetes, respiratory disease and some cancers) and injuries.

▼ Map: NMHS catchment area



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

Our efforts are guided by the [Western Australian Health Promotion Strategic Framework 2022-2026](#), which prioritises actions to reduce:

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



About us

The Health Promotion Service has 9.0 full-time equivalent positions (FTE) and is led by Krista Coward, Manager Health Promotion. Staff work in one of three program areas:

- Healthy Population
- Priority Communities
- Healthy Service.

Staff are also delegated to lead a portfolio area, listed below, based on their strengths, interests and identified needs of the team. They develop relevant professional networks, undertake regular professional development and share their learnings and practice wisdom with their peers to ensure high quality service delivery.



Smoking



Nutrition



Alcohol



Physical activity



Injury



Aboriginal and Torres Strait Islander community



Culturally and Linguistically Diverse community



Data support



Community engagement



Research and evaluation

This yearbook provides an overview of each program, acknowledges staff who worked in our service during 2023-2024, and highlights key achievements.



Healthy Population Program

Purpose

To offer professional advice and guidance to north metropolitan local governments and other organisations on comprehensive public health initiatives for a healthy population.

Approach

The program employs a capacity building, partnerships and collective impact approach to enhance health promotion knowledge and skills among local government staff and elected members. Crucially, it establishes connections with not-for-profit health organisations and experts. Staff offer a health promotion consultancy service to support local public health planning and related initiatives, provide professional development and networking opportunities, deliver technical advice and support, present to decision-makers, connect with experts and offer feedback on draft strategic plans, policies, project plans and funding submissions. Additionally, the program adopts a systems thinking approach, recognising the importance of addressing environmental factors that influence individual behaviours.

Staffing

1.0 FTE Health Promotion Coordinator (Program Lead)

0.6 FTE Public Health Nutritionist

2.6 FTE Health Promotion Officer.



Assunta Di Francesco
Health Promotion
Coordinator



Michael Clow
Public Health
Nutritionist



Haylee Bullock
Health Promotion
Officer



Justine Rolfe
Health Promotion
Officer



Lara Sheehan
Health Promotion
Officer



Milambo Sichaaba
Health Promotion
Officer



Lia Williams
Health Promotion
Officer



Amy Barton
Health Promotion
Officer



Charles Barblett
Graduate Officer



Healthy Population Program

Key achievements

- Local Government Network – Facilitated 2 network meetings for north metropolitan local government officers where guest speakers raised awareness of priority public health issues and strategies. Topics included:
 - » Promoting healthy eating in the community
 - » Promoting mental wellbeing in your community.

The latter was a full-day event hosted at the Town of Cambridge, planned with Mental Health Commission and Mentally Healthy WA. Presentations were uploaded onto the Health Promotion [internet page](#) for easy reference.



▲ *Local Government Network attendees at the 'Promoting mental wellbeing in your community' event*

- Smoke Free Town Centres Project Evaluation – Led comprehensive, multi-method evaluation of the City of Vincent's Smoke Free Town Centres Project. See case study below for details.
- Health promotion consultancy service – Provided health promotion expertise and input to 5 local governments:
 - » City of Nedlands – Invited to be a member of the Public Health Planning Steering Group. Provided input into the local health profile, draft public health plan and draft action plan
 - » City of Stirling – Provided input on infrastructure plan and local planning policy on advertising signs. Negotiated for audits of advertising on local government assets to be undertaken by Cancer Council WA
 - » City of Vincent – Provided public health nutrition expertise and guidance to inform their first [Healthy Food and Drink Policy](#). See case study below for details
 - » Town of Mosman Park – Attended a workshop on public health planning; provided input on local planning strategy
 - » Town of Cambridge – Advised on a funding submission for physical activity initiative for people living with disabilities



Healthy Population Program

- NMHS Public Health Planning: Development Guide – Initiated the drafting of a guide that outlines the stages of public health planning and details the support available from the Health Promotion Service. Conducted a thorough review of public health planning literature and gathered input from local government and WA Health colleagues
- Presentations to local councillors – Presented at 2 WA Local Government Association (WALGA) zone meetings for elected members on public health priorities and public health planning support
- Stirling Local Drug Action Team (LDAT) – As a member, recommended strategic planning to identify priorities and coordinate activities. Assisted to revise the terms of reference, expand membership, appoint a consultant to facilitate workshops for developing an Alcohol and Other Drug Action Plan and design a series of interactive workshops.
- Perth, Vincent and Subiaco Local Drug Action Group – As a member, provided input into a 3-year alcohol and other drug action plan and agreed to support implementation.
- Store Scout Kiosk Tool – Signed a memorandum of understanding with Deakin University and provided policy advice to assist them to modify a tool to rapidly assess healthiness of sport and recreation facilities.
- Metropolitan Public Health Nutrition Group – Initiated this group to promote communication between Health Service Providers, with a focus on nutrition strategies for local government.



Healthy Population Program

Case Study: Health Promotion consultancy to the City of Vincent

The Healthy Population team continued to partner with the City of Vincent (the City) in 2023-2024, helping to finalise two significant projects from their [Public Health Plan 2020-2025](#), (1) the [Healthy Food and Drink Policy](#); and (2) the [Smoke Free Town Centres Project](#).

Healthy Food and Drink Policy

The Healthy Food and Drink Policy (the Policy) aims to promote and provide healthy food and drink options where the City has influence, such as business catering and City venues with onsite food outlets. The Policy is aligned to the [Australian Dietary Guidelines](#) and COAG's [National interim guide to reduce children's exposure to unhealthy food and drink promotion](#). Our support included:

- Technical policy advice from the Public Health Nutritionist
- A letter of support and feedback during the public consultation phase
- Guidance on assessing menus from existing catering supplier
- Drafting of guidance to City staff on catering provision
- Identifying methods to support policy implementation at community venues and events.

Smoke Free Town Centres Project

The Smoke Free Town Centres Project, funded by Healthway, ambitiously aimed to reduce cigarette smoking by 40%; reduce community exposure to environmental tobacco smoke; and create healthy, smoke-free environments in 5 City entertainment precincts. The project included a comprehensive suite of strategies, including:

- Installing smoke-free signage, including multi-lingual signs where needed
- Conducting social media and public relations activities
- Engaging with local businesses
- Training of City staff.

Importantly, the City also enacted a local law restricting smoking and vaping in designated smoke-free areas and implemented a policy to restrict the operation of businesses with intent to sell tobacco products.

As major partners since the project's inception, we led the outcome evaluation to measure if the goal was met. We conducted a rigorous observational study before the project started (i.e. pre-intervention) and repeated it one year later (i.e. post-intervention). This included:

- Audits of smoking behaviours (visual counts of people smoking and vaping)



Healthy Population Program

- Counts of cigarette butts in 'hot spot' locations (physical evidence of smoking)
- Additional contextual observations.

We recruited, trained and supervised 9 fieldworkers and collected data over multiple time points over a 2-week period pre- and post-intervention.

Our partners from Curtin University analysed the data and found a statistically significant 42% reduction in both cigarette smoking and cigarette butt counts across all 5 Town Centres within 12 months, surpassing the project goal. Vaping use increased by 52%, reflecting national and global trends. Smoking was most frequently observed near licenced premises.

We prepared a detailed evaluation report for the City with recommendations for future actions and presented the findings at the World Congress on Environmental Health. Additionally, an abstract was accepted for presentation at the 2024 Oceania Tobacco Control Conference.



▲ *Smoke Free Town Centres observational study team at end of audit reflection and celebration*



Priority Communities Program

Purpose

To address health disparities in two geographical communities in partnership with the community and local service providers:

- Locality 1: Mirrabooka-Balga and surrounds
- Locality 2: Merriwa-Clarkson and surrounds.

Approach

The program employs a community development approach, working closely with local organisations and community members to identify and prioritise community needs. Staff establish partnerships with local stakeholders to plan, implement and evaluate evidence-based health promotion interventions that encourage healthy behaviours and create safer environments.

Staffing

1.0 FTE Health Promotion Coordinator (Program Lead)

0.4 FTE Public Health Nutritionist

1.0 FTE Health Promotion Officer.

Staff during 2023-2024



Julia Platts
Health Promotion Coordinator (from August),
Public Health Nutritionist and Health
Promotion Officer



James Gibson
Aboriginal Health
Promotion
Coordinator



Michelle McIntosh
Public Health
Nutritionist



Stacey Mansfield
Health Promotion
Officer



Shani Toki
Health Promotion
Officer



Milambo Sichaaba
Health Promotion
Officer



Kirsty Mullane
Health Promotion
Volunteer



Priority Communities Program

Key achievements

- Stakeholder Engagement – Maintained and strengthened engagement with key stakeholders. On average, engaging with 63 stakeholders per quarter via face-to-face and online meetings, emails and telephone contact. Staff refer, connect and inform stakeholders of opportunities and build trusting relationships
- Social Inclusion Mirrabooka and Surrounds (SIMS) group – Facilitated four **SIMS** meetings with 34 attendees on average and circulated 22 information sharing emails to members. Membership reached an all-time high of 194 people. Members include local service providers and community members who want to work together on projects tailored to improve health outcomes, health inequities and social connection for people living in Mirrabooka and surrounding suburbs

"SIMS is such an amazing and robust network deep-seated in the geography of our neighbourhood." SIMS member, Sudbury Community House



◀ Members of Social Inclusion Mirrabooka and Surrounds, February 2024

- SIMS Physical Activity Working Group – Collaborated with lead agency Reclink WA and others to promote physical activity during International Women's Day. Women were encouraged to try a range of activities including a women's walk, soccer, rugby, hockey, pilates and a healthy barbeque. They were also encouraged to attend a women's health talk and visit information stalls. This helped create a greater sense of place to the Mirrabooka community, increased awareness of local community services and encouraged participation in regular sporting activities. The working group agreed to plan future projects together

"It's been a pleasure working with you and your team at NMHS, who are doing some great work particularly in the priority populations." Luma (formerly Women's Health and Family Services)



Priority Communities Program

- Merriwa Local Drug Action Team (LDAT) – Actively supported new lead agency and members to develop a new Community Action Plan and deliver Street Games for young people from November to March. Facilitated discussions about potential expansion of LDAT to broaden its focus and membership
- Nutrition and food literacy sessions – Signed a memorandum of understanding with Edith Cowan University to support nutrition students to plan and deliver food literacy education and cooking sessions for local service providers. We signed up 6 host agencies who organised 6 sessions for local community members conducted by 12 students who we supervised

"I just wanted to send a follow up email to reiterate how much I appreciate you setting aside the time to meet with me and how grateful I am for the wealth of knowledge you offer. It is so amazing to see people skilled at what they do and with a passion to help young people." Salvation Army following a meeting for nutrition advice, support and ECU student placement opportunity.

- Project Dignity Food Drive – Partnered with Sudbury Community House to develop a range of resource materials to source more culturally familiar foods for food insecure people. Led by a Health Promotion student, input was sought from the SIMS Food Insecurity Working Group and 534 kg of food was donated
- Student Dietitian Placements – Hosted 4 students each on 6-week placements:
 - » Two students undertook research and scoping to inform the development of the NMHS Evaluation of Nutrition activities (NEON) tool to assess the quality of food and nutrition activities delivered to community members.
 - » Two students completed a food budgeting project where they interviewed 9 local financial counsellors/wellbeing officers and surveyed 15 more on food-related concerns raised by clients and their own knowledge and confidence to provide advice. The students also developed the [Resource Catalogue: Food Budgeting and Meal Planning](#) and conducted food budgeting and food literacy training workshops for 14 financial counsellors/wellbeing officers. The project was subsequently accepted for presentation at the Dietitians Australia WA Symposium and the Fair Food WA meeting.
 - » Julia Platts, who supervised the student dietitians, received the Excellence in Clinical Training Award from Curtin University

"Our team has reviewed your wonderful food budgeting resource... Some great resources here, clearly outlined and would be very helpful for use in running community education or passing on info to clients." Financial Counsellors Australia WA



Priority Communities Program



◀ L-R: Ruby Delaney Coe, Student Dietitian, Curtin University; Julia Platts, Health Promotion Coordinator at Dietitians Australia WA Symposium

- Mirrabooka Harmony Festival Committee – Active committee member advocating for the celebration of diversity, the promotion of inclusivity and the nurturing of a sense of unity in the Mirrabooka community over the 5-day festival. See case study below for details
- Mirrabooka Town Square Vision Workshops – Provided health promotion expertise and proposed health-promoting strategies such as planter boxes with edible plants, which was later adopted by the City of Stirling
- Derbarl Yerrigan Health Service (DYHS) partnership – Collaborated to hold the inaugural Youth Services Open Day in Clarkson to establish stronger connections to youth in Clarkson. The open day increased youth engagement and increased clientele at DYHS Clarkson Youth Hub office. Engagement amongst local service providers was also increased improving working relationships across services
- Improving Community Food Security through Food Literacy Project – Conceptualised a project aimed at addressing household food security, informed by research from student dietitians, evidence reviews and key informant interviews. Successfully negotiated a partnership with Foodbank WA and Curtin University to co-author a comprehensive funding submission. The proposed project garnered 9 letters of support, including endorsements from all Health Service Providers.



Priority Communities Program

Case Study: Mirrabooka Harmony Festival

The Mirrabooka Harmony Festival in March 2024 showcased a successful community initiative that celebrated cultural diversity while strengthening community connections and collaboration. The Priority Communities team played an active role in this vibrant event, which brought together many community organisations and the local community from Mirrabooka and its surrounding areas. The Mirrabooka Harmony Festival promotes diversity and inclusivity and nurtures a sense of unity through participation in a variety of engaging activities and displays.



◀ Stacey Mansfield, Health Promotion Officer (far right), with attendees using the blender bike to make healthy smoothies at the Mirrabooka Harmony Festival event at Brewer Place

Prior to the event, we worked to expand the membership of the original committee, introducing new members from the SIMS group, who oversaw the festival's planning and delivery. The committee worked together to organise a range of family friendly events, including information stalls and displays, children's activities, colouring-in competition, giveaways, entertainment, and a barbeque. These activities created an opportunity for organisations and the Priority Communities team to directly engage with community members, share and promote key health and wellbeing messages, and strengthen relationships.

The Priority Communities team hosted several activities during the 5-day festival. The first, an information stall and blender bike activity at Brewer Place which promoted healthy eating and physical activity. The second involved an information stall and 'Have Your Say' survey token drop activity at Mirrabooka Square Shopping



Priority Communities Program

Centre, where community members voted for the health issues they identify as most important to them or their family. These activities were highly effective at obtaining feedback from the community and will be used to inform future work of the Health Promotion Service. Healthy eating was voted as the top health issue.

After the festival, the committee facilitated an evaluation session to reflect on learnings and achievements. This session highlighted the successful collaboration, connection, and strong working relationships established through this community-based initiative.

As a result of the achievements, the 'Mirrabooka and Surrounds Celebrating Harmony Committee' was formally established and includes representatives from over 14 organisations, with Mission Australia taking leadership for the 2025 festival. Within the committee, three working groups have been created to coordinate activations at each venue: Girrawheen Hub, Brewer Place and The Square Mirrabooka. The committee has also created a [Mirrabooka and surrounds celebrating harmony](#) website where all activities for future Harmony Week events, terms of reference and meeting records will be centralised. We will continue to provide strong support to ensure the success of future Harmony Week celebrations.



▲ Token drop activity



Healthy Service Program

Purpose

To lead NMHS action on mandatory system manager policies on smoking and healthy food options.

Approach

We offer leadership and subject matter expertise to NMHS sites and services. This includes project management support for site-specific, multi-disciplinary Smoke Free Working Groups across NMHS, and collaborating with food outlet managers, senior managers and clinicians.

Staffing

1.0 FTE Senior Health Promotion Officer (Program Lead)

0.4 FTE Health Promotion Officer

Staff during 2023-2024



Alisha Miles
Senior Health
Promotion Officer



Lisa Wolinski
Senior Health
Promotion Officer



Cherise Hawkins
Senior Health
Promotion Officer



Lara Sheehan
Health Promotion
Officer



Alexa Whitehorn
Health Promotion
Officer



Stacey Mansfield
Health Promotion
Officer



Healthy Service Program

Key achievements

- Smoke Free Working Groups – Provided policy advice and project support to the chairs and members of multi-disciplinary groups in:
 - » Mental Health Service
 - » Sir Charles Gairdner Osborne Park Healthcare Group (SCGOPHCG)
 - » Women and Newborn Health Service (WNHS)

charged with developing policies, systems and practices to make it easier for staff and patients to quit smoking and vaping (see further details below)

- Staff Nicotine Replacement Therapy (NRT) Program promotion – Negotiated for an educational flyer on the Staff NRT Program to be included in the New Starter Pack emailed to new NMHS staff during onboarding. Promoted the program further via screensavers, posters and e-news articles. The number of staff utilising NRT more than doubled compared to the previous year
- Smoking and Surgery brochure – Following a request from clinicians, we developed a patient education resource encouraging patients to stop smoking before surgery. This required a comprehensive evidence review and consumer and clinician input
- Healthy Options briefings – Conducted one-on-one briefings to NMHS retail outlet managers and site Tier 3 representatives on the [Healthy Options WA Food and Nutrition Policy \(MP 0142/20\)](#) and [NMHS Healthy Options Retail Procedure](#) prior to sites completing assessments of compliance

- NMHS compliance reports – Coordinated and compiled annual reports on NMHS compliance with the [Smoke Free Policy \(MP 0158/21\)](#) and the [Healthy Options WA Food and Nutrition Policy \(MP 0142/20\)](#).

Our achievements in the Mental Health Smoke Free Working Group:

- Led the revision of the [Smoke Free Procedure](#), which guides local implementation of the Smoke Free Policy and helps create quality processes as standard practice.

Government of Western Australia
North Metropolitan Health Service

NMHS is a smoke-free service

Congratulations on your employment at North Metropolitan Health Service (NMHS).

Did you know NMHS is a smoke-free service?

Our **Smoke-Free Policy** ensures that you, your co-workers, patients and visitors are not exposed to second-hand smoke from cigarettes or aerosols from e-cigarettes.

Our buildings, grounds and property (including our carparks and vehicles) are smoke-free.

Ready to start your Quit journey?

Staff are eligible for **free nicotine replacement therapy (NRT)** to control cravings and assist with quitting smoking and vaping.

Register online if you would like to sign up for the Staff NRT Program.

A NMHS pharmacist will support you in person or over the phone with information about NRT products that can give you the best chance of becoming smoke-free. This is a confidential service.

Tell me more about NRT

- NRT aims to reduce cravings and replace the nicotine you get from smoking or vaping.
- NRT products (eg: nicotine patches and gum) are safe and have no serious side effects.
- NRT + Quitline 13 7848 can improve your chances of quitting smoking.

Other helpful resources

Make Smoking History	Quitline	My QuitBuddy
Visit makesmokinghistory.org.au/tips	Call 13 7848 or chat online	Download My QuitBuddy free app

We are proud to be a smoke-free site. Thank you for not smoking or vaping. This document can be made available in alternative formats on request.

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▲ NRT flyer for new employees



Healthy Service Program

Our achievements in the SCGOPHCG Smoke Free Working Group:

- Led the creation of the [Management of Nicotine Dependence Clinical Practice Guideline](#) – the first such guideline for Sir Charles Gairdner Hospital (SCGH)
- Led the creation of the [Smoke Free Procedure](#)
- Assisted with the update/development of the:
 - » [Structured Administration and Supply Arrangement \(SASA\)](#), which now allows nurses to initiate nicotine replacement therapy (NRT)
 - » [Staff Access to NRT Procedure](#), which streamlines staff access to free NRT.
- Led the development of Take 5's (5-minute online education for staff) on Brief Advice and Nicotine Replacement Therapy.

Our achievements in the WNHS Smoke Free Working Group:

- Led the inclusion of guidance for patients who vape during revision of the [Management of Nicotine Dependence Guideline](#) – a first for WA
- Assisted with the revision of the [Smoke Free Procedure](#)
- Assisted with the expansion of the Staff NRT Program to include students and volunteers and led communications activities promoting the expansion
- Provided policy advice to members advocating for NRT to be more accessible for outpatients. As a result:
 - » The WA Health Fees and Charges Manual was updated so patients statewide no longer pay for NRT prescribed prior to an admitted procedure
 - » WNHS Pharmacy created the 2-week NRT pack for prescribing to outpatients – this model is now being trialled at SCGH Lung Clinic and adopted by other services
 - » The WNHS SASA was updated to allow NRT to be initiated in outpatient settings by nurses, midwives and pharmacists and AHPRA registered practitioners – a first for the state.



▲ WNHS Staff NRT Program poster



Healthy Service Program

Case Study: Recognising leadership of the WNHS Smoke Free Working Group chair

In November 2023, Justine Huggins, Coordinator Nursing and Midwifery Corporate, and chair of WNHS Smoke Free Working Group, achieved recognition by winning the Chief Executive category at the NMHS GEM Awards. Justine was nominated by Lisa Wolinski, Senior Health Promotion Officer and two other members of the WNHS Smoke Free Working Group. Justine's nomination stemmed from her not only effectively fulfilling her core responsibility of chairing the multi-disciplinary group, but also going above and beyond to seek out information to understand how to best support people who smoke.

Upon becoming chair, Justine strengthened WNHS' governance for smoke-free initiatives. She increased meeting frequency, broadened membership and ensured timely policy adherence. Justine also instigated weekly meetings with the Senior Health Promotion Officer, establishing a valuable collaboration that brought subject matter expertise and project support to the table.

Justine's dedication to delivering excellent healthcare within WNHS also captured the attention and recognition of other Health Services, who are eager to emulate WNHS approaches. Under Justine's leadership, the working group implemented a wide range of initiatives, some of which were firsts for Western Australian public hospitals.



▲ L-R: Lisa Wolinski, Senior Health Promotion Officer; Justine Huggins, Chair WNHS Smoke Free Working Group; and Nabeelah Mukadam, WNHS Chief Pharmacist and working group member



Other achievements

Supported the next generation of health professionals

- Hosted a Graduate Officer for 4 months, who played a central role in evaluating the City of Vincent Smoke Free Town Centres Project
- Hosted 8 tertiary students on work placements from 75 hours to 230 hours, including:
 - » 4 dietetic students
 - » 1 nutrition student
 - » 2 health promotion students
 - » 1 Adult Migrant English Program student
- Hosted 2 health promotion volunteers – one of whom continued to volunteer once a week from April.



▲ Charles Barblett, Graduate Officer

Shared health promotion expertise

Staff represented NMHS at various network meetings, including:

- Department of Health's quarterly professional network meetings for WA Health staff working in tobacco control and public health nutrition
- Injury Matters' quarterly Injury Prevention Network
- Mental Health Commission's Alcohol and Other Drug Prevention Officers Bi-Monthly Meeting and Alcohol and Other Drug Prevention Network
- Department of Local Government, Sport and Cultural Industries quarterly Physical Activity and Health Promotion Network
- Local Government Health and Wellbeing Group, a quarterly network for local government officers working on health and wellbeing interventions.

Staff also provided input and feedback on national and state level strategic plans, policies, projects and guidelines.

Staff represented NMHS at interagency groups:

- Public Health Planning Reference Group, a group led by Department of Health to inform the administration of public health plans required under Part 5 of the Public Health Act 2016. Staff were also members of related working groups.
- West Metropolitan District Leadership Group, an intersectoral human services group that delivers coordinated, place-based service responses to improve community outcomes.

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Other achievements

- Fair Food WA, an intersectoral group led by the WA Council of Social Services with a strategic focus on food relief and food security.

Staff represented Public Health on the Family and Domestic Violence (FDV) Framework Project Control Group, a multidisciplinary group providing input into NMHS FDV Project.

Staff represented Health Promotion at the:

- Perth Public Health Forum, a multidisciplinary forum of metropolitan Health Service Providers that discusses public health issues, chaired by Director Public Health, NMHS.
- Public Health and Dental Health Services Aboriginal Health and Wellbeing Advisory Committee, who oversees actions to improve Aboriginal health and wellbeing consistent with the WA Aboriginal Health and Wellbeing Framework 2015-2030.

Maintaining professional standards

- Commenced development of a 3-year service plan to align with state public health priorities and NMHS strategic priorities
- Implemented professional development plan for staff
- Staff attended professional development, including:
 - » Community Development Conference
 - » Transforming Retail Food Environments to be Health-Enabling
 - » Dietitians Australia WA Symposium
 - » World Congress on Environmental Health
 - » Healthy Streets Fundamentals Short Course
 - » Introduction to Population-based Alcohol and Other Drug Prevention
 - » International Alcohol Policy Forum
 - » Local Government Elections and Governance
 - » Acting on the Commercial Determinants of Health for Injury Prevention
 - » Engaging with Politics for Injury Prevention
 - » Values-based Messaging
 - » NMHS Leadership Forum – North Space
 - » Compassionate Leadership
 - » Career Conversations
 - » Recruitment and Selection

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Other achievements

- A Health Promotion Coordinator continued to undertake the NMHS Diploma of Leadership and Management
- Staff joined colleagues at Reconciliation WA's Walk for Reconciliation
- Achieved >80% compliance with mandatory training.



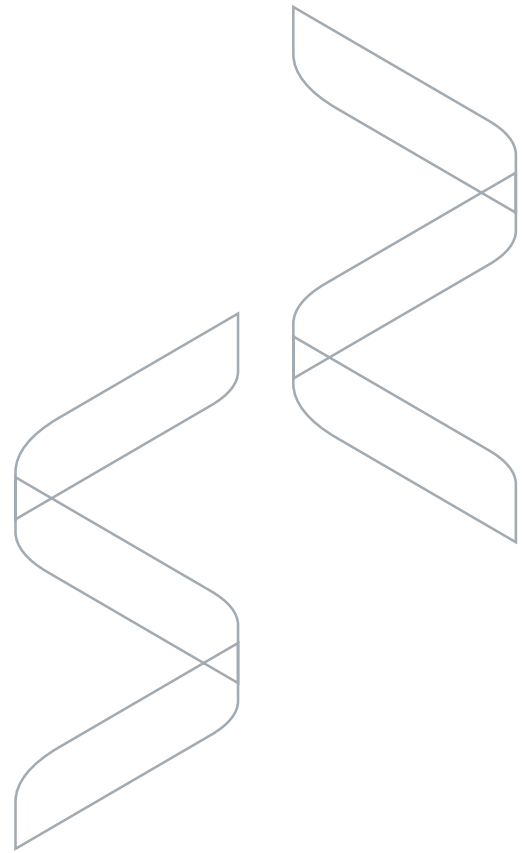
◀ L-R: Krista Coward, Julia Platts, Milambo Sichaaba and Lara Sheehan at Reconciliation WA's Walk for Reconciliation

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 used at 19 community events in 2023-2024.

More Deadly Tucker cookbooks

After 10 years of selling More Deadly Tucker cookbooks, we finally sold out! Some recipes are now on the LiveLighter® [website](#).



Health Promotion Service **2023-2024** Yearbook

Contact details

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

