



Newsletter

Events of 2011

Seasons greetings!

A reflection on the happenings of 2011 have brought a great deal of satisfaction to our role in Health Promotion. Achievements have included:

- **Health risk screening**, provision of over 660 worker health checks (since July 2010), 505 pap tests to local women (in 2011), and promotion of the Ausdrisk tool for diabetes risk and BP checks to many within our community
- **Healthy Lifestyle program** implementation including **WALK, Well Women's & Reset your Life** programs
- Support with early childhood centres to achieve **Smiles 4 Miles** Awards, including pre-schools and childcare settings
- Support to **schools** and the local community to achieve healthy lifestyle interventions including **youth** programs and activities
- Improved **sexual health** services and health awareness for those under 26 years
- Regular provision of up to date **health information** in our local paper, on radio, in newsletters and on our website, including

the development of our new updated health service website (see page 4)!

- Support with **funding** applications to improve walking and cycling tracks, programs such as community gardens within our community; in partnership with our local council to be developed in 2012
- Development of a **community kitchen** at Nyah West that is now lead by the local community
- Provision of a range of health promotion activities within our **rural** outreach communities, tailored to the needs of each community

All in all, a fun and fruitful year!

I would like to take this opportunity to congratulate our team, our partners in health and wellbeing, and our community members, on a successful year.

Wishing you all a healthy and happy Christmas and New Year.

Regards,
Gayle Taylor,
Head of Dietetics & Health Promotion



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Workplace Pedometer Challenge Winners!

A little over seven weeks ago, staff from Swan Hill College and Swan Hill Primary School embarked on a pedometer challenge as a motivator to increase their physical activity. Staff were required to wear a pedometer on their hip for 6 weeks and aimed to walk the Pilgrimage Route of St. James. This equates to 780km's of walking. Each person needed to do 10 000 steps a day to reach this goal. Thirty teams took part in the challenge which were made up of 120 participants! Staff were sent weekly tips and awarded prizes to keep them motivated. Congratulations must go to our overall winning team – 'Mixtures' - from Swan Hill College! Well done Helen, Heidi, Leanne and Jade on getting to the finish line first in just 2 weeks!
The team who tallied up the most steps

was 'Clare's Team' – from Swan Hill Primary School! Congratulations to Clare, Max, Danielle C and Phil! 'Clare's Team' each averaged a whopping 17,053 steps a day!

After averaging out the number of steps per team for each school, the winner of the trophy for the 'These Streets are Made for Walking' Pedometer Challenge was Swan Hill Primary School with an average of 1,653,205 steps per team. Thanks must go to these businesses for sponsoring awards to the winning teams: Coburn's Sportspower, Beardsley's Newsagency, Tonic, Safeway and Coles.

Congratulations to all participants for taking part and remember to keep incorporating physical activity into your everyday routine!



The winning walkers



'Unwanted gifts' campaign

Almost 200 condom packets and free Chlamydia testing cards were given out recently at licensed venues as part of the 'unwanted gifts' campaign. The campaign visited the Commercial Hotel, the Federal Hotel and the Swan Hill Club with the aim to raise awareness in of Chlamydia and sexually transmitted infection (STI) prevention strategies.

For the lead up to Christmas condom packets were designed as gift boxes and each contained 2 condoms and a sachet of lubricant as well as information on Chlamydia, testing and prevention. A matching card was also developed promoting free Chlamydia testing for those under 26 years and contact details. Health Promotion officers visited the venues and provided the 'gifts' to those interested, and some of the bar staff at the venues got involved by wearing t-shirts embroidered with "received any unwanted gifts recently?" All in all patrons seemed to enjoy the visit as it was a fun and humorous way to receive sexual health information.

Chlamydia is the most common sexually transmitted infection in Australia and can cause infertility in women and men. In 85% of cases there are no symptoms but the good news is that testing is free, confidential and as easy as peeing in a jar so if you would like a test come along to Health Promotion (under 26years only) or visit your local GP.



DC Events– what do you want?

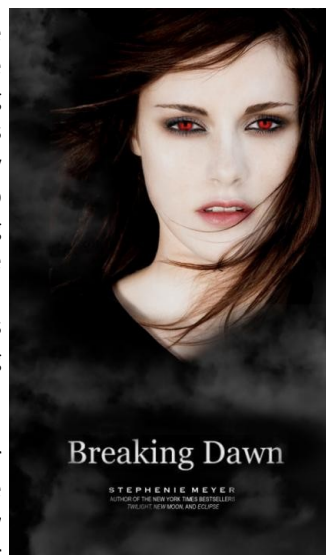
25 young people won free tickets to Twilight's new movie 'Breaking Dawn' after posting on Swan Hill Youthinc's facebook page what they wanted to do these holidays. So if you are looking for something to do check it out. There are lots of ideas ranging from checking out the Christmas lights to trying to catch that big Murray Cod.

Tickets are now up for grabs for Swan Hill's New Year's Eve Celebration, so post your new year's resolution for your chance to win.

Link below:

<http://www.facebook.com/#!/profile.php?id=100000010254246>

You can also email your ideas for engaging activities that we may be able to provide in 2012 to us at: hpreception@shdh.org.au



Want to know what's on for Young People

Check out

www.youthinc.net.au

For what's happening in Swan Hill!

Fun is right at your fingertips!

Smiles 4 Miles awards!

Nine local early childhood services have been working hard on finalising their Smiles 4 Miles paperwork (in addition to all of the other end-of-year tasks!), and we are very pleased that so far 3 services have achieved their Smiles 4 Miles Awards. Swan Hill South Preschool was the first local service to achieve the award again this year, and have had Kerri Curran, Dietitian and Smiles 4 Miles Co-ordinator, visit the centre several times this year to taste vegetables and fruits with the children as well as talking to the parents of children attending in 2012 about packing a healthy preschool lunch. Woorinen South Preschool has also achieved the Smiles 4 Miles Award, as well as being the first preschool in the Loddon Mallee Preschool Association to achieve Kids- 'Go for your life' Award status. Finally, Swan Hill Child Care Co-operative (Logan St) has achieved Smiles 4 Miles award status for the first time.

It is hoped that a Public Dental Service Referral form can be distributed via preschools and other early childhood services next year, so that local parents are aware of the new Public Dental Service and are having their children's teeth checked before problems develop. It is recommended that all children have their teeth checked by a Dental Professional before they turn 2.

We look forward to working with all of our local early childhood services again next year, and meeting some new children, to promote healthy eating and good oral health.



Rural Outreach Program News

WALK program at Woomelang

Woomelang WALK group met for a Christmas break-up early in December at the Woomelang Bush Nursing Centre (WBNC). The group has been continuing to meet for exercise on a weekly basis since the end of the program in September. The women were offered health re-assessments by Community Health Nurse, Leanne Bibby, and Dietitian, Renae Noblet, so that they could review their progress. The meeting room at the WBNC was colourfully decked out with Christmas decorations and there was a smorgasbord of fresh, healthy and delicious foods on offer. The success of this event and WALK program in general is a reflection of the enthusiasm of the participants and support from WBNC.



Pamper Day vouchers

A reminder for all women who attended the Nyah West Pamper Day, contact Health Promotion at Swan Hill District Health to book a pap test or if you do not require one, pass the voucher on to a friend. Phone 5033 9337.



PapScreen
Victoria

Walk On Wednesday Program

Nyah District Primary School is an ongoing participant in the Walk on Wednesday (WOW) program; this program is encouraging children to walk to school, increasing their physical activity. The number of children who walk to school each Wednesday was recorded and the top three participants were given certificates and prizes as well as the overall best class received an award and a prize for each student. The school continues to circulate the Walk on Wednesday trophy that goes to the winning class each term. Nyah District Primary School has noticed an increase in participants each term and are looking forward to keeping it going in 2012. The Rural Outreach Program will be looking at increasing the number of participating schools in 2012.

Community Needs, please help us!

The Rural Outreach Program is in the process of rolling out a Needs Assessment survey across all 16 communities. This will help identify any health needs or concerns within each community. From this information, programs delivered to each community can be designed to meet their needs. If you have any ideas, or have recognized any health issues within your community, please contact the Health Promotion Department.

Cooking Up a Storm- at Nyah West



The six week pilot program has now finished and has been handed over to the community, and the participants are continuing on with it. There are four members of Nyah West Cooking Up a Storm group willing to run and facilitate the program between them, with the ongoing support of Swan Hill District Health. It is anticipated that these four participants will attend a Community Kitchen participant workshop to be provided by the Southern Mallee Primary Care Partnership in February 2012. Participants are now developing their own menus for each session and will be managing their own budgets in the future. All current participants see the program as very beneficial for multiple reasons.

The Nyah West Cooking Up a Storm group was also fortunate enough to be provided with generous donations from;

- **Mallee Sustainable Farmers**, which is going towards the purchase of a fridge for the Adult Day Services Kitchen, and
- **Swan Hill Rural City Council Flood Recovery**, which is going towards kitchenware and a storage locker.
- **A local olive grove** donated olive oil and
- **An organic carrot farmer** - unlimited carrots.

This shows just how much the community is supporting this program.

The Nyah West Cooking Up a Storm group decided to finish up for the festive season, and will be starting again in mid January. Everyone is welcome to attend, please contact the SHDH, Health Promotion department for more information.



Healthy Communities Initiative

We are very excited to announce that through a strong partnership with Swan Hill Rural City Council, the Swan Hill local government area has been successful in receiving over \$500,000 in funding for our community from the Australian Government.

The Healthy Communities Initiative is aimed at improving the lifestyles of adults aged over 18 years, to reduce risk of chronic disease and conditions such as obesity, heart disease and type 2 diabetes.

Swan Hill District Health will be working closely with the council over the next two years to provide programs that meet the needs of our community. These programs will include Heart Foundation Walking, Heart Moves and HEAL, these are state-wide programs that are well supported and have a strong evidence base. We will also be reviewing the programs previously provided to ensure that they are meeting the needs of our local community members. If you have some ideas or wish to provide some comment or feedback on our previous programs please contact us, your contribution will be greatly appreciated.

We look forward to providing you with regular updates on our new initiative from early in 2012!

New website for SHDH!



Over the past six months we have been working hard on the development of a new website for Swan Hill District Health. The new site went live on Monday December 19th, and provides a fresh and more functional site to access information on our admission processes, services, programs and news. It also provides a wealth of information for recruitment including position vacancies and details about living and working in our community. The site continues to have a comprehensive contact list. The 'about us' section provides details of our organisation including our history, current Board of Directors, and how you can get involved with our health service as a sponsor or volunteer.

A new section is devoted to Health Professionals with details of referral guidelines, our visiting specialists, GP liaison and links to other websites.

Please visit our site at www.shdh.org.au

Let us know if you like the new look website by using the feedback option on the 'patients and visitors' page, or just pop 4 'feedback' into the search engine.

Prawn salad with mango and chilli

Try this healthy and delicious Christmas Starter!

Ingredients

- 300g sugar snap peas, trimmed
- 32 large cooked king prawns, peeled, deveined, tails intact
- 2 large ripe mangoes, cheeks removed, thinly sliced
- 1 large Lebanese cucumber, halved lengthways, thinly sliced diagonally
- 100g baby Asian salad leaves

Dressing

- 2 tablespoons mirin (Japanese rice wine)
- 2 tablespoons lime juice
- 1 tablespoon olive oil
- 1 long red chilli, seeded, finely chopped
- 1 teaspoon finely grated ginger
- 1 teaspoon brown sugar

An impressive, low fat salad that's ready in 25 minutes and fabulous for entertaining. You can even prepare the dressing a day before serving.

Instructions

Step 1 Blanch sugar snap peas in a saucepan of boiling water until bright green and slightly tender. Drain. Rinse under cold running water.

Step 2 Place peas, prawns, mango, cucumber and salad leaves in a large bowl. Gently toss to combine.

Step 3 Make dressing: put mirin, lime juice, olive oil, chilli, ginger and sugar in a small bowl, whisk until well combined. Divide salad between plates and drizzle each with dressing.



Ref: www.healthyfoodguide.com.au

Contact Details

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8.30am—5.00pm
Monday to Friday

If you would like to receive this newsletter call or email us or download it from our website!

www.shdh.org.au



Swan Hill
District Health
my hospital