



Upcoming events!

The Health Promotion team have been busy planning two upcoming community wide events! Active April will be celebrated locally with the Walk N Talk Buddies program. Read more about it within this newsletter.

We are planning our next Pregnancy & Early Childhood Expo to be held on May 4th at the Swan Hill Town Hall. Expression of Interest forms are now available for potential stall holders, see details within,

We are also looking for 1-2 community members to be part of the Swan Hill Pregnancy & Early Years Collaborative and the Swan Hill District Gender Equity Network. Please give us a call for more information.



The Cancer Care team have two upcoming events, see page 8 for details.

This month we celebrate Swan Hill Harmony Day on Saturday March 25th from 4pm-8pm at Riverside Park. A great range of activities are planned for this community wide event!

Save the Date!



Pregnancy & Early Childhood Expo

Thursday May 4

10AM - 2PM

SWAN HILL TOWN HALL



Free entry

*Activities for
children*

*Talk to health
professionals
& services*

*Food & drinks
available*



COMMUNITY HEALTH PH: 5033 9337



**Swan Hill
District Health**
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Health Promotion



International Women's Day

On Wednesday March 8th, we celebrated International Women's Day by inviting members of our community and Swan Hill District Health staff to a morning tea event here at Community Health, 125 Campbell Street, Swan Hill.

This was an informal event where around 40 community members and staff popped in between 10am and 12noon to both visit our new venue and to see the range of services on offer at Community Health. We also enjoyed some delicious healthy morning tea or fruit, sandwiches and wraps along with some mini muffins and tea and coffee.

International Women's Day is a United Nations endorsed day of celebration of the achievements and recognition of women around the world without regard to divisions, whether national, ethnic, linguistic, cultural, economic or political.

The message for 2023 is to celebrate the achievements of women and girls across all walks of life, with the theme 'Cracking the Code: Innovation for a gender equal future'. This theme highlights the role that bold, transformative ideas, inclusive technologies, and accessible education can play in combatting discrimination and the marginalisation of women.

Innovation is a driver of change and by embracing new technologies and championing the unique skills and knowledge of women in science, technology, mathematics, and engineering (STEM), we can accelerate our progress towards a gender equal future.

While innovation has the power to transform lives, we know that there are still many barriers to equality. Access to inclusive digital technologies and education is critical. We must innovate to close the digital divide that keeps so many women offline and away from new opportunities.

By ensuring equal access to education for women and girls and creating clear pathways and inclusive workplaces for women in STEM, we can leverage the transformative power of inclusive innovation, so critical to cracking the code to gender equality.

"Our gender equal future is only possible with more women in leadership, financially empowered and able to fully participate - a future where all women are safe and free from violence, at the heart of decision making for inclusive, educated and innovative communities." Simone Clarke, CEO UN Women Australia



eat fruit & veg **move** more often **smile** together



International Women's Day 2023



Health Promotion



Food Hub - Food for All

Swan Hill District Health had a Food Hub Food Drive for a recent two week period. The Food Hub received a great variety of items including pantry staples such as pasta, pasta sauce, rice, long-life milk canned fruit and vegetables, and cereal. Other items included muesli bars, biscuits and a range of toiletries. These donations have been fantastic and add to those purchased through Food Bank for our Food Hub member agencies to access for clients in need.

If you would like to donate to the Food Hub, or learn more about the Food for All working group, contact Tania at Community Health.

Tania Lawry, Community Development
Program Manager, 0456 641 739
tlawry@shdh.org.au



Food Hub Stats: Oct 22- Feb-22



13 member agencies of food Hub



Accessed 66 times



Provided 285 people with emergency food relief in 6 months



55 Families



35 Individuals

March 2023 marks six months since we opened the Food Hub in which time it has assisted over 200 people with food relief in Swan Hill. The Food Hub is being well utilised with usage increasing in February this year.

Member agencies access pantry staples, toiletries & fresh produce on behalf of their clients (Items available depend on the stock levels at Food Hub).



Health Promotion



Smiles 4 Miles

On the 20th of March it is World Oral Health Day. This day promotes the importance of caring for our teeth and gums.

In the Swan Hill Region the Health Promotion team coordinates a program called Smiles 4 Miles in early childhood centres. Smiles 4 Miles promotes good oral health through three messages

- Eat Well,
- Drink Well and
- Clean Well.

Every centre in our region is registered with the program and promotes the key messages throughout the year.

This World Oral Health Day Smiles 4 Miles would like to promote;

- Brush your teeth twice a day; morning and night
- Limit foods with added sugars and choose healthy snacks such as fruit and vegetables
- Drink tap water or plain milk – your teeth will love them!
- Choose healthy snacks such as fresh fruit, vegetables, plain yoghurt and cheese!



**World Oral
Health Day**
20 March



Early Years Online Hub

Access early years' information and services within the Swan Hill Local Government Area.

The Early Years Online Hub covers just about everything parents and carers need to know about raising children.

- Early childhood services
- Resources and information for families
- Playgrounds & family friendly walks
- Breast feeding & changing facilities
- Services specific to your town
- Event listings for young children



If you are looking for services or activities for yourself or your young family, check our local '**Early Years Online Hub**' full of great information for everyone!

You are most welcome to provide feedback on the site or directly to us if you have any suggestions, changes or new ideas!





Health Promotion



Active April - Walk N Talk Buddies

Active April is here again!

For Active April 2023, the Health Promotion team are promoting a community-wide walking campaign called 'Walk N Talk Buddies' where we will encourage locals to go on as many walks as they can with a companion during April. There is no limit to who participates, where they are walking, how long they should walk for or who their walking buddy is.

Every day you record a walk your name will enter the draw to win a prize at the end of the month!

Track your progress over Active April by either:

- Manually filling out an Active April calendar available at Community Health at 125 Campbell Street, Swan Hill Regional Library and physical activity facilities

Or

- Digitally uploading activity straight from your devices to the Walk N Talk Strava group

We are also finalising Coffee Buddies! Currently liaising with cafes who will offer Buy one COFFEE, get one FREE for your walking buddy!

Let's Get Active This April!

For more information, contact Health Promotion Officer Tara Higgins at Community Health by calling 5033 9337 or emailing thiggins@shdh.org.au

TRACK YOUR WALKS TO HAVE A CHANCE TO WIN SOME GREAT PRIZES!



OUTDOOR PRIZE!



GARDEN PRIZES!



ACTIVE PRIZES!

COFFEE BUDDIES!

Coffee offers coming soon at participating cafes!

Follow [eat.move.smile](https://www.facebook.com/eat.move.smile) social media for more content during the month!



Dietetics



Dietitians Week

Why a dietitian?

When it comes to managing lifestyle through food and nutrition, a dietitian should be your first port of call. Ongoing and specialised education ensures dietitians are the reliable choice for life-changing food and nutrition support. Because we all have our own unique goals, challenges and lifestyles, Accredited Practising Dietitians understand that our health is not a one-size fits all approach. They are trained to offer personalised health advice that is fine-tuned to your specific needs. At SHDH we have a team of dietitians ready to help you reach your health goals.

About Dietitians Week

Dietitians Week is an annual awareness event hosted by Dietitians Australia and supported by dietitians around the country.

Dietitians Week highlights:

- the many roles dietitians play: Our dietitians at SHDH work across the service, in the acute and subacute wards, residential aged care facilities, community outpatients, food service and health promotion.
- how dietitians bring unique value to our lives through a range of work areas: At SHDH we work across a wide range of conditions including diabetes, heart disease, cancers, gastrointestinal diseases, food allergies, food intolerance's, disordered eating as well as overweight and obesity.
- how you can connect with the best local dietitian for your unique lifestyle and needs: Please call Community Health on phone 50 339 337 to arrange an appointment with a dietitian at SHDH, you don't need a referral from a GP.



Dietitians support people every day in a range of ways. They work in clinics and hospitals, schools and aged care centres, on sporting teams, in universities and policy roles, in the media and so much more.

Dietitians Week raises awareness for how Accredited Practising Dietitians – the gold standard dietitian in Australia – help individuals and communities lead healthier and happier lives.



Sexual Health

Endometriosis Month

Endo March

Endometriosis is a chronic condition that often comes with severe pain that can drastically impact people's ability to live their lives. Early diagnosis and treatment is key to reducing the long term impacts of Endo. So, why is there a 6.5 year delay between the start of symptoms and a diagnosis?

One of the main reasons for this is medical misogyny which is the social prejudice, medical ignorance and research exclusion that women and girls experience.

In conjunction with other systemic discrimination, medical misogyny can further impact health outcomes for people from First Nations, culturally and linguistically diverse and LGBTIQ+ communities, as well as people living with disability.

Medical misogyny, alongside other reasons contribute to the diagnosis delay:

- Medical misogyny which dismisses women and gender diverse people's pain
- Men's bodies were seen as the standard, so all medical training focused on men and was only later applied to women
- Clinical factors such as non specific symptoms and lack of accurate diagnostic tools

Find out more in Jean Hailes multilingual Endo factsheets!

Treatment Delay

There's a 6.5 year delay in diagnosis for people living with endometriosis. This long delay before treatment means that the mental, emotional and physical symptoms of Endo are often made worse, such as:

- Infertility. People with a late Endo diagnosis are 33% less likely to report a live birth.
- Quality of life. A delay can have negative impacts on people's relationships, education and career.
- Fatigue. A delay can lead to increased tiredness and difficulty sleeping.
- Chronic pain. The ongoing pelvic pain of Endo has negative impacts on people's quality of life and can impact the nervous system which leads to more pain.
- Sexual function. Chronic pain and unmanaged symptoms can lead to decreased sexual function.
- Painful urination and bowel movements. Endo can cause painful urination, bloating, gas, reflux and painful bowel movements. These can get worse when not treated quickly. Studies also suggest that irritable bowel syndrome (IBS) occurs at higher rates for those with Endo.
- Cardiovascular disease. There are higher rates of coronary heart disease, high cholesterol and high blood pressure among people with untreated Endo.
- Immunological disease. Immunological disease such as rheumatoid arthritis and psoriasis occur at higher rates among people with Endo.
- Cancer. Endo can be a risk factor for breast and ovarian cancer.

Check out the Jean Hailes multilingual factsheets for more info!



Cancer Care



Cancer Wellness Workshop

This is for anyone whose primary cancer treatment is finished or nearing completion. It is a 2 day workshop being held on Wednesday the 4th and Wednesday the 10th of May from 1-4pm at Community Health 125 Campbell Street Swan Hill. These workshops are run by a number of health professionals who will be providing topics on recovery and exercise, managing fatigue, Health and wellbeing planning, coping with the new normal. If you would like to know more or to register for this program please call 03 5033 9021.



Emma Brown
Cancer Care Coordinator
Phone 03 5033 9021

Leanne Bibby
McGrath Breast Care Nurse



Look Good Feel Better

Look Good Feel Better is a free, national community service program, run by the Cancer Patients Foundation. The program has been designed to help cancer patients learn practical strategies to manage the physical, psychological and social impacts of cancer treatment.

Swan Hill District Health is assisting Look Good Feel Better to hold a session in Swan Hill on Wednesday the 29th of March at 10am - 12:30pm. If you would like to know more or to register head to <https://lgfb.org.au/>

Community Health - Contact

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