

Community Health is an
integral part of Swan Hill
District Health
and is located at
125 Campbell Street,
Swan Hill

Season's greetings!

Community Health


As we quickly approach the end of 2023, we would like to wish our community a safe and healthy holiday season. The warm weather brings with it fabulous opportunities to get outdoors and enjoy our rivers, lakes and parks, but also to get out in the garden and grow some vegetables (or herbs or flowers) if you have some space, if not join a local community garden or try a growing in a pot of two.

We encourage you to stay safe from the heat, and be water wise around pools, lakes and rivers. Cover up and be aware of mosquitoes as well, see some tips on page 8.

We have had some recent staff changes, with some new team members and some in new roles along with a few vacancies which hopefully will be filled soon. Our Refugee Health nurse role is vacant, so we are not able to provide this service at the moment.

McGrath Breast Care Team

Please welcome Sonya Edwards to the McGrath Breast Care Team at Swan Hill District Health. The McGrath Breast Care Nursing service will be available on MONDAY, TUESDAY, THURSDAY and alternate FRIDAY's. Sonya will be working in the role on Monday and Tuesday with Leanne continuing the service on Thursdays and alternate Fridays. Our contact details remain the same.
Phone: 03 5033 9202 and Mobile: 0408 013 386



Community Health will
be closed from
3pm December 22
until
January 2 2024



Health Promotion



16 Days of Activism against Gender Based Violence

The 16 Days of Activism against Gender-Based Violence is an international campaign calling to end violence against women and girls around the world.

This campaign is important to our community as Swan Hill has one of the highest domestic and family violence rates in Victoria. To support the 16 Days of Activism **Swan Hill District Gender Equity Network** has organised local events for the community to attend to show their support.

This 16 Days of Activism and beyond, let's change the story and create a future where we are all safe, equal and respected. To learn more about 16 Days of Activism, visit: [Respect Victoria](#).

Marking the beginning of the 16 Days of Activism against Gender-Based Violence the wider community is invited to join the **Walk against Family Violence** on Saturday November 25th in Swan Hill. The walk begins at 11am on the Rutherford Street corner of Campbell Street, walking down Campbell Street to the Clock Tower Lawns. Come along to show support and wear something orange! Orange signifies a brighter future for victims of family violence.

As a community, we must challenge harmful attitudes in our workplaces, homes, sporting clubs, community groups and relationships.

16 DAYS OF ACTIVISM CALENDAR

Check out local events to attend to show support for the 16 Days of Activism Against Gender-Based Violence in Swan Hill.

Walk Against Family Violence

Saturday 25th November

The Swan Hill Walk Against Family Violence begins at **11am** on Rutherford Street, walking down Campbell street to the Clock Tower Lawns. Come along to show support and wear something orange!



Gender Equity Storywalk

Wednesday 29th November

Children's Gender Equity Storywalk starting at **10:30am** at the Swan Hill Regional Library and finishing on the lawns at the Clock Tower for fruit cups, more stories and some fun activities!



16 Days Sausage Sizzle

Friday 1st December

Local BBQ from **10am-2pm** to raise awareness about domestic and family violence at Swan Hill Community Tree adjacent to the traffic lights on Campbell Street, Swan Hill.



16 Days Rock Painting

Saturday 2nd December

Family-friendly Rock Painting Activity from **10am-12pm** at Swan Hill Bunnings Garden Area to spread positive messages to combat family violence in our community.





Health Promotion



Children's Week

For Children's Week the Health Promotion team helped organise a local Children's Week Community Play Event on 24th of October to celebrate the right children have to relax, play and take part in activities they enjoy!

We had great attendance with around 40 parents attending with their children from bubs to preschool age. This event was a fantastic opportunity for families to connect with one another and help children recognise they belong to a wider community of children who they can play and interact with.

Children started their day by enjoying a yoga and relaxation activity facilitated by Natalie from Swan Yoga Bliss bringing attention to their body and mind. Bubble wands were then given out for free play with Swan Hill Police being involved in the fun and having a few children check out their car! Families enjoyed playing on the playground and kids engaging with a sensory activity provided by MDAS. This was then followed by a story time where Courtney from Mallee Family Care told the story of 'The Very Hungry Caterpillar' with help from Swan Hill Police while kids enjoyed delicious fruit cups. Constable Jodie followed with the story of 'Brian the Smelly Bear'. Kids finished their play event with gardening choosing fun character pots to plant strawberries to take home; along with flower bracelets, garden decorations and fun fruit provided by Swan Hill Christian School.

We would like to thank you to everyone who helped out on the day and the Victorian Government for funding children week events around Victoria.





Health Promotion



Edible Garden Community Day

The Food for All Edible Garden Community Day held on October 18th at Swan Hill Town Hall was a free event for Swan Hill and surrounds. This event promoted edible gardens through a variety of stallholders with information, interactive activities and presentations.

Stallholders on the day included:

Guard n Grow, Swan Hill Regional Library, Sustainable Living in the Mallee, GIFT Permaculture Community Garden, Bunnings- Swan Hill, Swan Hill Christian School- Stephanie Alexander Kitchen Garden, Think Water, Food for All Food Hub, Good Grove Gardens, SHDH Social Support Garden group, Nannas Kitchen, Swan Hill Rural City Council, Sustainable Gardening Australia, Fruit Fly Murray Valley, Mallee District Aboriginal Services and Swan Hill and District Garden Club.

The stallholders provided information and activities on

- growing fruit and vegetables,
- growing from seed,
- accessing The Seed Library,
- Fruit Fly management,
- local garden groups,
- The Swan Hill Food Hub,
- composting, worm farms, smart watering,
- native plants and bush tucker.

Specific presentations on the day included:

- composting by Good Grove Gardens,
- Smart watering and growing from seed by Sustainable Gardening Australia.

150 community members and stallholders came to the event. The attendees included young children, parents, working professionals and older adults. Around one third completed an evaluation survey on the day, demonstrating that some already had a home edible garden, some wanted to start one or to join a community garden.

Attendees benefitted through the growth of knowledge from talking with stallholders and/or attending a presentation. They also had opportunities to plant a seed of their choice, a strawberry plant, and get some seeds to start an edible garden after the event.

Alongside community members, stallholders were able to network and connect with other stallholders and how they could work together to promote edible gardens in Swan Hill.

For more information on edible gardens contact Bronte or Tania at Community Health on 5033 9337.



Women's Health

CERVICAL SCREENING WHO NEEDS TO SCREEN?

You should do your cervical screening every 5 years if you:

- are a woman or person with a cervix
- are aged between 25 and 74
- have ever had any type of sexual contact

You still need to screen if you:

- are not currently sexually active or have only had one partner
- are gay, lesbian, bisexual or transgender
- have had the HPV vaccine
- are pregnant
- have been through menopause

Talk to your doctor about whether you're due for a Cervical Screening Test

NATIONAL
CERVICAL SCREENING
PROGRAM
A joint Australian, State and Territory Government Program

1 dose of
HPV vaccine



≤ 25 years

Cervical screening
every 5 years



25-74 years



Cervical cancer protection

Cervical Cancer Week

Thanks to changes in national programs, preventing cervical cancer has become easier and more accessible with one dose of the human papillomavirus (HPV) vaccine for young people, along with cervical screening every five years for women and people with a cervix between the ages of 25 and 74, the only requirements.

Staying up to date with cervical screening is crucial for maintaining women's health. Regular screening helps to detect any abnormal changes in the cervix early on, often before symptoms appear. This early detection allows for timely intervention and treatment, preventing the progression to cervical cancer.

As cervical cancer is almost always caused by HPV, it is possible to prevent potentially harmful HPV infections through vaccination.

HPV vaccination is available to young people through Australia's national school-based vaccination program. The optional age for vaccination is 12-13 years, however, if a young person has missed out on HPV vaccination, a free catch-up vaccine is now available for young people aged 25 years or younger.

For more information:

<https://www.health.gov.au/our-work/national-cervical-screening-program>

Also see information in Chinese, Dari, Malay, Urdu and Vietnamese on the Women's Health Page. [Women's Health : Swan Hill District Health \(shdh.org.au\)](https://www.shdh.org.au)

Women's Clinic & Clinic 60

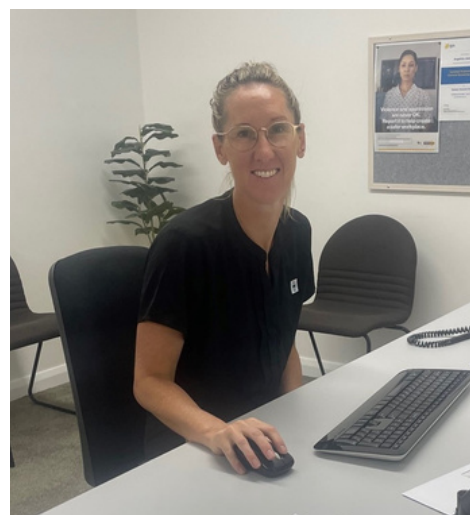
Visit our women's clinic or Clinic 60 (youth clinic) to chat to one of our Sexual & Reproductive Health Nurses about screening or any health concerns.

Amy, pictured below, is our new Sexual & Reproductive Health Nurse, who is working with Maureen to provide the women's and youth clinics. Currently our clinics operate on Mondays, Tuesdays, Wednesdays and alternate Fridays.

Phone 5033 9337 to make an appointment or learn more:

<https://www.shdh.org.au/our-services/womens-health>

<https://www.shdh.org.au/our-services/youth-health-service-clinic-60/>





Diabetes Education

Diabetes: Know your risk, Know your response



International Diabetes Day

The theme for World Diabetes Day 2021-2023 is access to diabetes care.

1 in 10 adults worldwide have diabetes. Over 90% have type 2 diabetes. Close to half are not yet diagnosed.

Use the calculator to calculate your risk, see here:
<https://www.diabetesaustralia.com.au/risk-calculator/>

Type 2 diabetes can develop silently, with symptoms that go unnoticed. When diabetes is not detected and treated early, it can lead to serious complications.

There are several risk factors that increase the chance of developing type 2 diabetes. Knowing what these are and what to do can delay or prevent the onset of the condition.

Understand your risk

- Family history: If you have a parent or sibling with diabetes, your risk increases.
- Weight: Being overweight increases your risk of developing type 2 diabetes.
- Age: The risk of developing type 2 diabetes increases with age, particularly after 45.
- Ethnicity: Certain ethnicities are more at risk.
- Inactivity: Physical inactivity can contribute to weight gain and insulin resistance.
- Gestational Diabetes: Women who have had diabetes during pregnancy are at increased risk.

Know how to respond

in many cases, healthy eating habits and regular physical activity can help lower the risk of type 2 diabetes.

Diet: Choose whole grains, lean proteins, and plenty of fruits and vegetables. Limit sugars and saturated fats (e.g. cream, butter, fatty meats).

Physical Activity: Spend less time sitting down and more time moving. Aim for at least 150 minutes of moderate-intensity activity per week (e.g. brisk walking, jogging, cycling).

Monitor: Look out for possible signs of diabetes such as excessive thirst, frequent urination, unexplained weight loss, slow healing wounds, blurred vision and lack of energy. If you have any of these symptoms or belong to a high-risk group, consult a healthcare professional.

For more information go to
worlddiabetesday.org/prevention

If you have diabetes and would like to see a Diabetes Educator or chat to a Dietitian about reducing your risk of diabetes, call us on 5033 9337. Dietetics and Diabetes Education Services are both located at Community Health, 125 Campbell Street, Swan Hill.



Dietetics



Healthy eating over summer

Did you know that eating a healthy diet can actually improve your mood?

Over the past few years more and more research has been carried out on the effects of diet on mental wellbeing and studies are showing that poor nutrition may be a causal factor in the experience of low mood, and that improving diet may help to protect not only the physical health but also the mental health of the population.¹

Healthy foods for improved mental wellbeing include:

- fibre rich fruits, vegetables, wholegrains and legumes
- lean protein foods, such as lean meat, chicken and fish and dairy products
- prebiotics, which are foods that pass through the gut undigested and stimulate the growth and/or activity of certain 'good' bacteria in the large intestine, for example some fibre containing foods
- Probiotics include foods that have live micro-organisms in them including natural yoghurt, kefir, sauerkraut and kimchi
- foods high in essential fatty acids such as omega-3 such as fatty fish (salmon, mackerel, sardines), flaxseeds and walnuts

Eating regularly helps to provide a steady supply of energy to your brain and can stabilise your mood by regulating your blood sugar levels.

Try our tasty recipes on our blog at <https://eatmovesmile.shdh.org.au/> such as

Baked Salmon



Buttermilk pancakes with fresh fruit and Greek yogurt



1. <https://pubmed.ncbi.nlm.nih.gov/32601102/>



Health Promotion



Mosquitoes

As the weather gets warmer in summer, mosquitoes can breed more and are present in higher numbers in our region. Some mosquitoes can carry diseases they can transmit to humans when they bite.

While the most common mosquito-borne disease in the Loddon Mallee region is Ross River Virus, which most people recover from completely within three to six months, there are other potentially serious infections that have been reported in Victoria and other south-eastern Australian states. This includes Murray Valley Encephalitis (MVE) and Japanese Encephalitis (JE). JE is currently the only mosquito-borne disease of concern in the Loddon Mallee region we have a vaccine for.

There are some simple things you can do to stay safe this summer from mosquito-borne diseases.

1. Prepare your home by:

Cleaning up any stagnant water around your home (even very small pools of water) where mosquitoes can breed.

Emptying and replacing water in bird baths, pet drinking bowls, and water features at least once a week.

Cutting back long grass, shrubs, and bushes.

Keeping your gutters and swimming pools clean.

Checking water tanks are sealed and fitted with mosquito-proof screens and/or flap valves on every opening including overflows.

Maintaining fly screens on windows, doors, vents, and chimneys.

Using insect surface sprays both inside and outside the house to kill mosquitoes.

2. Protect yourself from bites by:

Using mosquito repellent containing DEET or picaridin on all exposed skin.

Wearing loose-fitting, light-coloured clothes as well as shoes with socks. Note: mosquitoes can bite through tight clothing.

Trying to limit outdoor activity if lots of mosquitoes are about.

If on holidays, making sure your accommodation is fitted with mosquito netting or screens.

3. Get the JE vaccine if you:

Live or work (including seasonal workers) in our area and regularly spend time in the outdoors, you are likely eligible for the JE vaccine. See [here](#) for more info.

Community Health - Contact

125 Campbell Street, Swan Hill 3585

Phone: 03 5033 9337

Fax: 03 5036 4561

Email: chreception@shdh.org.au



**Swan Hill
District Health**

Connected Care. Best Experience