



Government of **Western Australia**
South Metropolitan Health Service

Health Promotion

2022/2023 Yearbook

Excellent health care, every time

Care ■ Integrity ■ Respect ■ Excellence ■ Teamwork



Acknowledgement of country and people

South Metropolitan Health Service respectfully acknowledges the Noongar people both past and present, the traditional owners of the land on which we work. We affirm our commitment to reconciliation through strengthening partnerships and continuing to work with Aboriginal peoples.

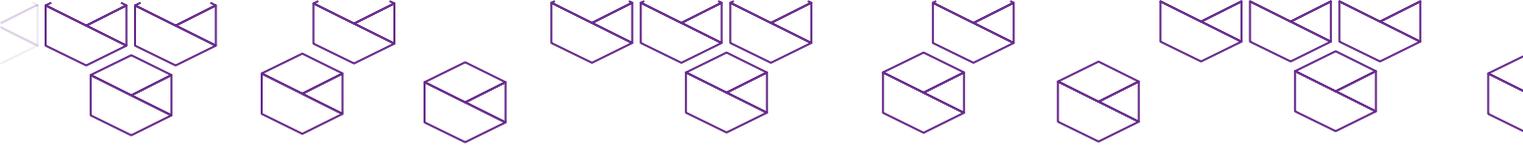
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References available on request.



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Welcome from the manager

Welcome to the South Metropolitan Health Service, Health Promotion (SMHS HP) Yearbook for 2022/2023.

Improving the experiences of patients, providers and caregivers includes working outside the hospital walls. In today's healthcare environment, it is not enough to just diagnose and treat. Patients and clinicians alike are looking for ways to manage health conditions before issues arise, and to stay healthy long before and after treatment.

With this prevention focus, the SMHS HP team continued to provide a leadership role in supporting and facilitating South Metropolitan Health Service (SMHS) in-hospital and community-based prevention initiatives, programs, and projects.

Guided by the SMHS vision '**Excellent health care, every time**', the SMHS HP team delivered evidence-based health promotion projects and activities informed by the State Public Health Plan for Western Australia 2019–2024 and WA Health Policy Frameworks.

Our Community Team continued to lead and support local governments in our catchment with public health planning processes required under Part 5 of the *Public Health Act 2016*, including:

- contributing to improvements in health behaviours and environments
- delivering local health and wellbeing profiles
- developing, implementing, and evaluating collaborative projects with local government and businesses.

This included securing several grants to support implementation of our initiatives.

Our Hospital Team had a busy year supporting healthy policies and creating supportive environments, such as the Smoke Free Hospital Implementation Framework which coordinates compliance, signage, education and reporting strategies across health services. We continued to raise staff awareness, engagement, and promotion of public health campaigns across SMHS.

We also worked closely in partnership with the Aboriginal Health Strategy Team, Aboriginal Health Liaison Officers, and supported the SMHS Aboriginal Health Champions Program.

Each year our yearbook showcases the diversity and importance of the preventative health promotion initiatives we undertake in partnership with our hospitals, local government staff and key stakeholders. I encourage you to read on to find out more about our many health promotion initiatives and the interconnectedness of these initiatives with government, business, and the community.

Please join us in applying a 'prevention lens', to every conversation you have, every meeting you attend, and every solution you design.

Richard Crane
Manager Health Promotion
Clinical Service Planning and Population Health
South Metropolitan Health Service



About South Metropolitan Health Service Health Promotion

SMHS HP is strategically positioned to work cohesively across the patient journey and has a leadership role in supporting and facilitating SMHS in-hospital and community-based prevention projects.

SMHS HP is comprised of two teams – the **Community Team** and the **Hospital Team** – who work to plan, implement and evaluate health promotion priorities across SMHS hospitals, community, government and external partners. Key priorities to reducing long-term chronic disease and hospital admissions include:

- Halting the rise of overweight and obesity
- Reducing tobacco use and making smoking history
- Reducing harmful alcohol use
- Increasing healthy eating and physical activity
- Preventing injury and promoting safer communities
- Optimising mental health and wellbeing
- Improving Aboriginal health.



*Image: The SMHS HP Team (L-R) Peter Erceg, Nadine Radin, Angela Gabriels, Jessica McCracken, Richard Crane, Shelley McRae, Corinne Hunt, Alexa Whitehorn and Moira Cranny.
Not pictured: Laraine Lanaghan, Ana Gowrea, Kirsty De Blanken, Hannah Rowe.*



Community Team

The SMHS HP Community Team partners with community, government and non-government agencies to implement the [State Public Health Plan](#) and [WA Health Promotion Strategic Framework](#) across SMHS. The team works with vulnerable populations to facilitate improvements in health behaviours and environments across the following nine local governments:

- City of Cockburn
- Town of East Fremantle
- City of Fremantle
- City of Mandurah
- City of Melville
- Shire of Murray
- City of Kwinana
- City of Rockingham
- Shire of Waroona.

A summary of the Community Team's key activities in each LGA is outlined in Appendix 1.

Hospital Team

The SMHS HP Hospital Team works according to the WA Health Promotion Strategic Framework, the Clinical Services Framework and WA Health Policy across SMHS hospitals. SMHS hospitals include:

- Fiona Stanley Hospital (FSH)
- Fremantle Hospital (FH)
- Murray Districts Hospital (MDH)
- Peel Health Campus (PHC)
- Rockingham General Hospital (RGH).

The team's priorities are focused on improving health for staff, patients, visitors, and volunteers across the health service and are guided by the following policies:

- Healthy Options WA
- SMHS Smoke Free Hospitals
- SMHS Alcohol Strategy
- SMHS Staff Wellbeing.

Health Matters

In addition to the work of these teams, SMHS HP provides an important information hub (Health Matters) at the Mandurah Community Health Centre. Health Matters aims to increase consumer awareness and community and service provider access to up-to-date, evidence-based health literature in the areas of healthy eating, physical activity, smoking cessation and reducing alcohol-related harm. Health resources are ordered by SMHS HP staff and distributed to the following sites:

- Kwinana Marketplace Shopping Centre
- Local community organisations
- Mandurah, Kwinana and Rockingham community health centres
- Murray District Hospital.

Our strategic frameworks

SMHS HP’s work is guided by the SMHS Strategic Plan 2020–2025, relevant legislation, and policy and planning frameworks.

The following documents provide a framework to guide planning, implementation and evaluation of health promotion programs:

- [SMHS Strategic Plan 2020-2025](#)
- [WA Public Health Act 2016](#)
- [WA State Public Health Plan](#)
- [WA Public Health Policy Framework](#)
- [WA Health Promotion Strategic Framework 2022-2026](#)
- [WA Mental Health Promotion, Mental Illness, Alcohol & Other Drug Prevention Plan 2018-2025.](#)

SMHS Health Promotion Operational Framework

In June 2023, a new SMHS HP Operational Framework was adopted. This framework outlines SMHS HP’s scope of work, governance, key stakeholders, and focus areas.

It also illustrates how SMHS HP fits into the patient’s journey of care.

The Operational Framework is summarised in Figure 1 (p.8).



Western Australian Health Promotion Strategic Framework 2022 – 2026

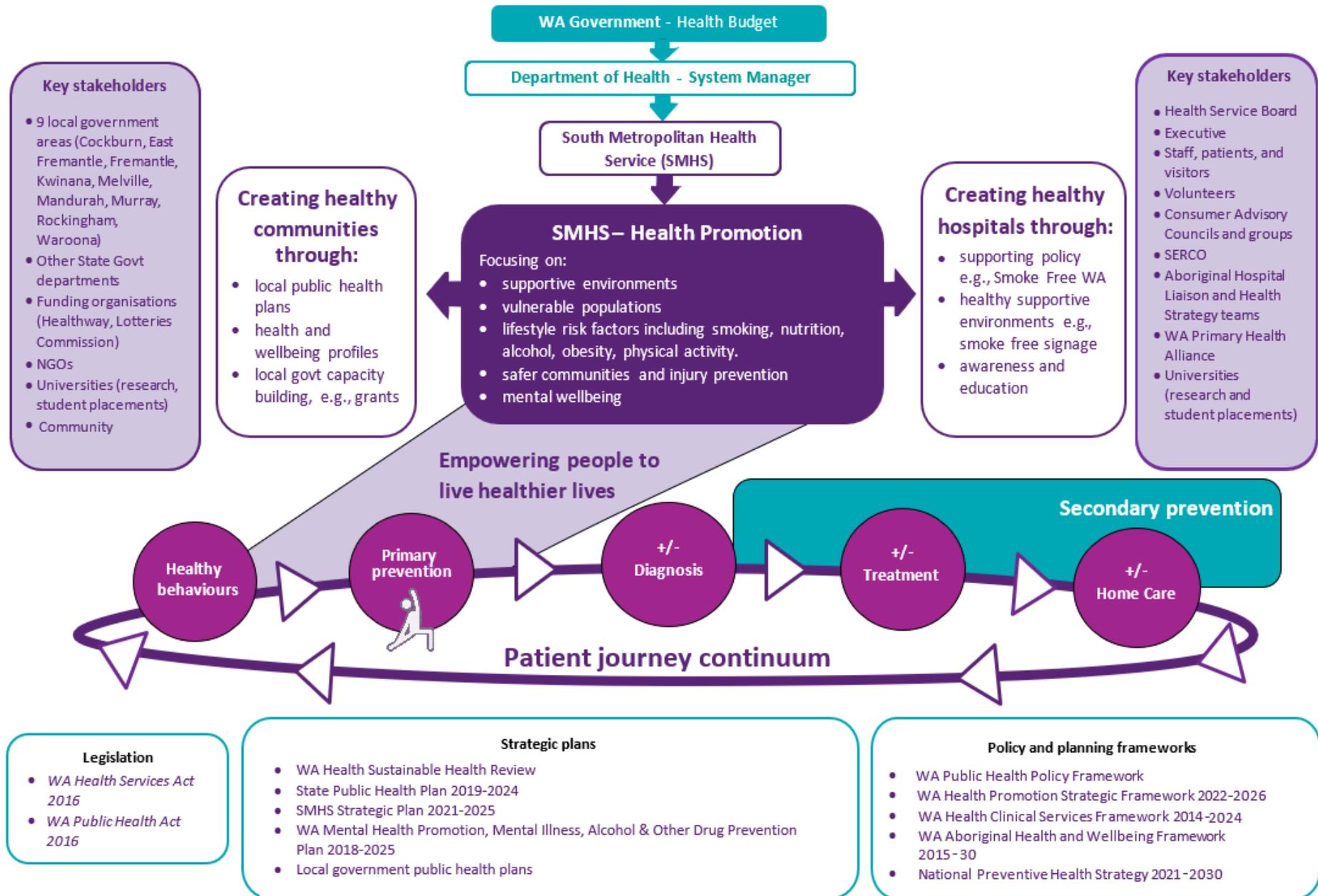


A 5-year plan to reduce preventable chronic disease and injury due to common risk factors in our communities

health.wa.gov.au

Image: Western Australian Health Promotion Strategic Framework 2022 – 2026

Figure 1: SMHS Health Promotion Operational Framework Summary





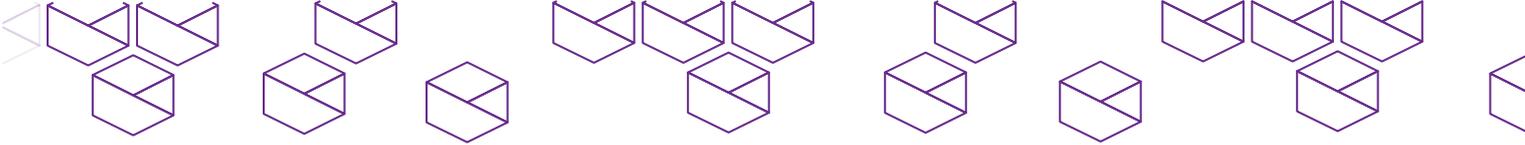
Our key achievements

Although Western Australians enjoy one of the world's highest life-expectancies, many healthy years of life are lost due to preventable chronic diseases, which significantly contribute to the burden of disease.

Identifying and preventing chronic disease and injury are key to improving health outcomes and reducing pressure on health services. Our priority areas, as guided by our strategic plans and frameworks are listed below.

- ✓ **Public health planning**
- ✓ **Reducing tobacco use and making smoking history**
- ✓ **Healthy eating and active living to halt the rise in obesity**
- ✓ **Reducing harmful alcohol use**
- ✓ **Preventing injury and promoting safer communities**
- ✓ **Optimising mental health**
- ✓ **Improving Aboriginal health**

The following section outlines the Health Promotion Team's key achievements for 2022/2023 under each of the priority areas listed above.



Public health planning

Local government public health plans

Local governments (LGAs) play an important role in creating environments which lead to healthier ways of living and are vital partners in promoting health and in delivering a healthy WA.

SMHS HP provides a leadership and support role with the development, implementation and evaluation of local government public health plans in accordance with the [WA Health Public Health Policy Framework](#).

In addition to this policy, SMHS has signed an agreement with WA Health outlining the agreed roles and responsibilities for the provision of public health planning support to local government; Part 5, *Public Health Act 2016*.

Currently, eight of our nine LGAs have an adopted a public health plan.

Table 1 (p.10) provides an overview of the status of LGA public health plans across SMHS.

Table 1: LGA public health plans 2022/23

Status	Local Government	Title of Plan
Adopted	City of Cockburn	Public Health Plan 2023–2027
In Progress	City of Fremantle	In progress
Adopted	City of Kwinana	Public Health Plan 2019–2023
Adopted	City of Mandurah	Public Health and Wellbeing Plan 2020–2023
Adopted	City of Melville	Healthy Melville Plan 2019–2023
Adopted	City of Rockingham	Health and Wellbeing Strategy 2018–2022
Adopted	Town of East Fremantle	Public Health Plan 2022–2027
Adopted	Shire of Murray	Public Health Plan 2021–2025
Adopted	Shire of Waroona	Public Health Plan 2020–2025



Local government health and wellbeing profiles

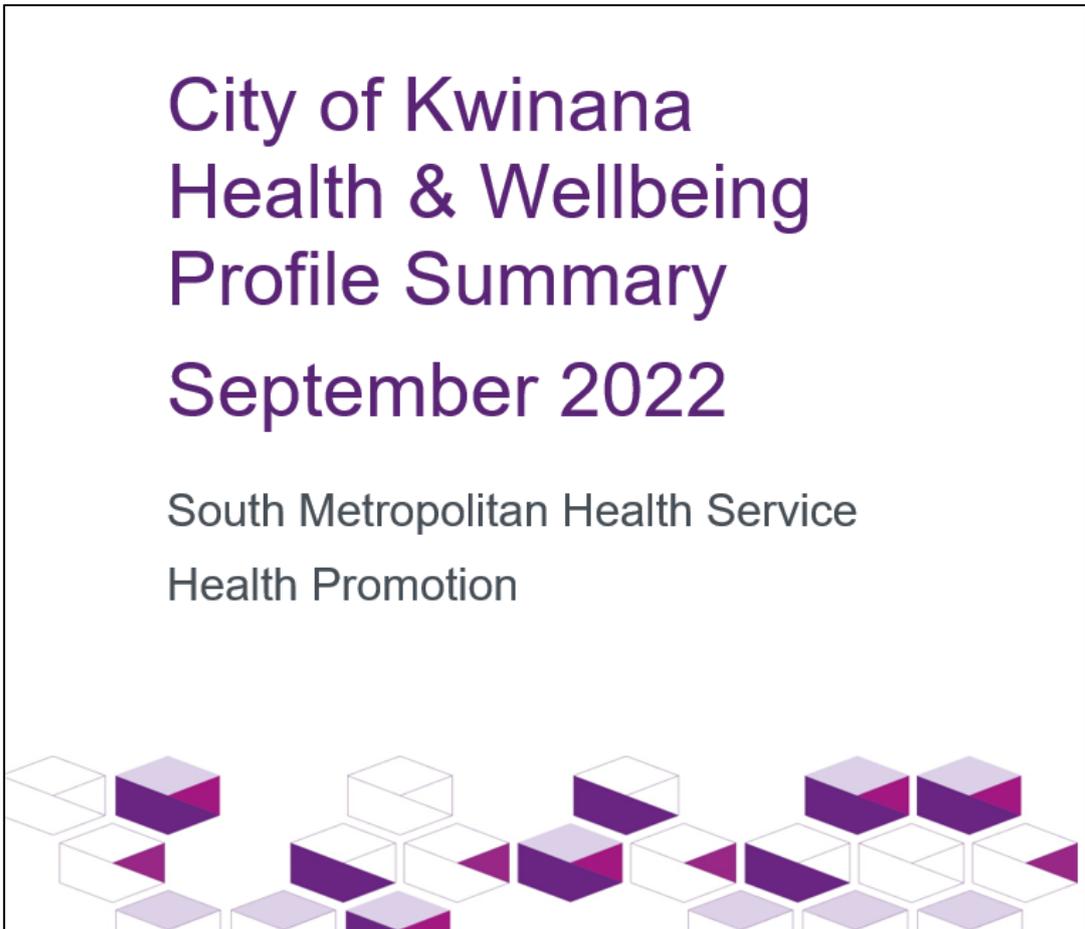
To support local governments with the public health planning process, the SMHS HP Community Team produces comprehensive health and wellbeing profiles with demographic and health specific data to aid the development of local public health plans.

The data provided to each local government helps to inform council, staff, the public, partners and other stakeholders on a range of public health indicators. This includes an update on the self-reported measures of health and wellbeing. This data sourced from the Western Australian Health and Wellbeing Surveillance Survey acts as an evidence base for local interventions.

WA Epidemiology Health Profile project

SMHS HP continues to partner with, and support, the WA Epidemiology Directorate to manage and coordinate requests by local governments for health data.

This involves a SMHS Health Promotion Officer working alongside staff at the Epidemiology Directorate, to help facilitate the dissemination of state-wide information and/or resources. This supports local government in the public health planning process and assists Health Service Providers to interpret the provided data.



City of Kwinana Health & Wellbeing Profile Summary September 2022

South Metropolitan Health Service
Health Promotion

Reducing tobacco use and making smoking history

Smoke free hospitals

All SMHS sites are smoke free under the mandatory [WA Health Smoke Free Policy](#). The policy protects and prevents tobacco related health risks by eliminating exposure to environmental smoke.

In 2022/23, SMHS HP Hospital team delivered a number of strategies to support the policy, targeting both patients and staff who smoke. These strategies are implemented with support and direction from the Rockingham Peel Group Smoke Free Task Group and the Fiona Stanley Fremantle Hospitals Group Smoke Free Working Group. The Health Promotion team provides a chair and secretariat support to both of these groups. These strategies are also aligned with, and form part of, the SMHS Staff Wellbeing Framework and action plans.

Smoke free signage

Hospital and community health smoke free signage is strategically placed in identified smoking hotspots at SMHS sites. Each sign features best practice positive messaging and includes artwork that incorporates unique flora and fauna relevant to the individual site.



Images: Examples of a smoke free signage found at SMHS sites.

Smoke free audio messaging systems

Audio messaging systems featuring a local Noongar welcome and a reminder that the site is smoke free were installed at the Fremantle Hospital main entrance and the Fiona Stanley Hospital State Rehabilitation Service entrance.

Smoking care for patients

At SMHS we care for all patients, including those who smoke, and understand the difficulties associated with nicotine withdrawal. To support patients who are nicotine dependent, we continue to provide resources, support, and education to staff who care for these patients.

Smoking care for staff

The SMHS Staff Nicotine Replacement Therapy (NRT) program continued in 2022/23 to support staff to stop smoking or refrain from smoking at work. This service is free of charge. In this program, pharmacists provide assessment, information, and education to staff through the outpatient pharmacies at SMHS sites.



Image: Examples of Nicotine Replacement Therapy available for staff who smoke.

Emily's story

Staff member Emily completed the free eight-week staff SMHS NRT program which allowed her to stop smoking. Emily attributed her success to the program, noting, 'Having someone besides myself to help keep me accountable, in a judgement free and supportive environment made the world of difference.'

Read about Emily's experience of the SMHS Staff NRT program:

Question: How would you describe yourself as a smoker before giving up?

Answer: *Before quitting I was a full time, pack a day smoker which seems crazy to say now. The nicotine addiction is very powerful and had taken up so much real-estate in my head and was impacting on my personal and professional priorities. I knew I needed to and wanted to quit but lacked the ability to stick to it having tried and failed a few times prior.*

Question: How did the Staff NRT program help you give up smoking?

Answer: *Having access to free NRT at work was amazing. If it wasn't for the program I don't know if I would be quit today. Having someone outside of myself and my family unit help keep me accountable and not nag or judge me but be supportive made the world of difference.*

Question: What advice would you give to a colleague thinking about giving up smoking?

Answer: *Do it before it's too late. You will never look back!*



Emily's story highlights the importance of the Staff NRT Program and the impact it can have on their lives.

Smoke free community

Cockburn Gateway Shopping City: Breath of fresh air project

During the year SMHS HP established a new smoke free vape free partnership with the Cockburn Gateway Shopping City (Cockburn Gateway). The 'Breath of fresh air' project at Cockburn Gateway addresses the Healthway priority area of 'creating a smoke free WA'. A similar project was conducted by the SMHS HP team at Kwinana Marketplace Shopping Centre in 2021/2022.

This project will be managed by the SMHS HP in partnership with Cockburn Gateway (Perron Group) and the City of Cockburn. A Healthway grant application prepared by SMHS HP has been endorsed by the shopping centre managers for submission in the second half of 2023.



Image: Cockburn Gateway Shopping City

Local government smoke free vape free forum

Planning has commenced for the annual SMSH HP local government forum. In partnership with the Cancer Council WA (CCWA), SMHS HP will deliver a Local Government smoke free vape free forum to be held at the City of Kwinana in October 2023. The aims of this forum are to:

- build the capacity of local governments to support smoke free and vape free environments for the local SMHS population
- promote the new vape free CCWA Make Smoking History campaign.

Darius Wells Library and Resource Centre: Smoke free vape free project

In 2023, SMHS HP commenced leading the Darius Wells Library and Resource Centre, Smoke free vape free project. This project will support the City of Kwinana (CoK) to create smoke free vape free environments at the Darius Wells Centre. It will also build partnerships with key stakeholders and will facilitate smoke free vape free environments through activities such as:

- conducting audits to collect data on smoking/vaping behaviour and cigarette butt litter
- developing and implementing 'positive' smoke free vape free signage
- displaying Ngamari stories and smoke free vape free resources.

The project is planned to be completed by the end of 2023.



Image: Darius Wells Library and Resource Centre, Kwinana.

Healthy eating and active living to halt the rise in obesity

Healthy Venues projects

Healthway Healthy Venues grants aim to support local community and state-owned sport and recreation centres, to increase healthy food and drink choices and reduce children's exposure to marketing of unhealthy food and drinks.

In partnership with City of Rockingham and Fuel to Go & Play®, SMHS HP supported **Rockingham Aquatic Centre, Aqua Jetty, and Baldivis Indoor Sports Complex** to participate in Healthway's Healthy Venues projects.

SMHS HP conducted menu assessments between 2022/23 to support these venues to work towards achieving the healthy menu targets under the Fuel to Go & Play® program.

Before



Image: Rockingham Aquatic Centre Kiosk prior to signage installation.

After



Image Newly installed 'Grab the Good' signage at the Rockingham Aquatic Centre Kiosk.

Healthier food vehicles at community events project

Throughout 2022/23, SMHS HP progressed a collaborative pilot project aimed at event planners and local government to increase healthier food and drink options at community events. A project management group has been established with staff from SMHS, East Metropolitan Health Service (EMHS), North Metropolitan Health Service (NMHS), Healthway and WA School Canteen Association (WASCA). The pilot project will commence later in the year led by SMHS HP.

Building a Healthy Appetite at Fremantle Hospital

SMHS HP Hospital Team partnered with the FH Ladies Auxiliary Kiosk on the 'Building a Healthy Appetite' pilot project to create a healthier food environment for the SMHS community.

Fremantle Hospital led the state in providing healthy food and drink choices and complying with the [Healthy Options WA Policy](#). The project was designed to influence choice architecture and resources to support customers to make healthier food and drink choices without impacting overall sales. SMHS HP staff provided:

- staff training
- co-designed evidence-based resources
- colour coded food labels, menu boards, posters, and signage
- food placement support for red and green items.

The pilot project resulted in measurable increases in green and amber food and drink sales, whilst decreasing red food and drink sales. Furthermore, the project measured increases in both online sales and overall sales.

The project provides an evidence-based model for application to create healthier food environments throughout SMHS and leads the way for other health service providers.



Image: Fremantle Hospital Ladies Auxiliary Kiosk Team showcase examples of healthy food and drink advertising materials.

Reducing harmful alcohol use

Local government liquor accords

SMHS HP continues to be an active member of active liquor accords in the City of Mandurah and the City of Fremantle and Town of East Fremantle combined. The purpose of these accords is to develop practical solutions to reduce anti-social behaviour in and around licensed premises.

These accords consist of representatives from:

- local government
- WA Police
- licensed venues
- security staff
- street chaplains
- Australian Hotels Association
- Department of Local Government, Sport and Cultural Industries.

Mandurah Youth Alcohol Strategy

SMHS HP supports the City of Mandurah to reduce alcohol related harm in the community for young people 12 to 24 years of age and their parents. SMHS HP is a member of the strategy network together with the Mental Health Commission, Palmerston and Peel Health Hub.

Priorities identified by the City of Mandurah include:

- educating and upskilling parents and young people on the impacts and harms of adolescent alcohol use
- supporting young people with safe community environments, while impacting social norms around adolescent alcohol use.



Image: Alcohol. Think Again brochure for young people (page 1 of 2).

Local government alcohol and other drug profiles

In addition to general local government health and wellbeing profiles, SMHS HP disseminates alcohol and other drug hospitalisation and deaths profiles, as requested. During the year, these were disseminated to the all SMHS local governments. These reports are used by local government to inform their public health plans and community safety and crime prevention plans.

City of Mandurah Group of Six

SMHS HP sits on the Mandurah Group of Six together with:

- Departments of Education, Police, Justice, Community Services, and Corrections
- SMHS Mental Health
- other stakeholders.

The group's objective is to enhance community safety and reduce criminal and anti-social behaviour through a collaboration of key interests and agencies. During the year, SMHS HP attended six meetings as part of the City's Community Safety and Crime Prevention Strategy.

Local drug action groups

Local drug action groups use a harm minimisation approach and community development concepts to empower and support communities to take action to address local drug and alcohol issues. SMHS HP currently sits on two local drug action groups – the Mandurah Local Drug Action Team and Rockingham Local Drug Action Group. We provide advice on alcohol action management planning and provide local alcohol attributable harm data.



Image: Alcohol and other drugs (AOD) harm minimisation.

Preventing injuries and promoting safer communities

City of Mandurah 'Improve Your Health' falls prevention project

The Mandurah 'Improve Your Health' project was a collaborative partnership between SMHS HP and City of Mandurah, with a successful Injury Matters grant, as part of the Stay On Your Feet® program. The project was informed by local injury data and aimed to address the incidence of falls and related injury in the Mandurah older adult population (60+ years).

Three workshop sessions were delivered at Mandurah Seniors and Community Centre, Dandjoo Kaadadjan Mia. Topics included:

- Check Your Medicines
- Fuel Your Body
- Keep a Healthy Mind.

All project objectives were achieved with positive feedback from participants and an evaluation report was disseminated to partners. The success of this project can be attributed to the collaborative partnerships, local expertise, and staff champions, who committed to project implementation.



Image: (L-R) Partnership photo featuring, Jessica McCracken (SMHS), Delys Griffin (City of Mandurah), Kellie Wilson (City of Mandurah), Karen Carey (Injury Matters), Sam Menezes (Injury Matters) and Catherine Dumont (Foodbank WA).

Optimising mental health

SMHS Act Belong Commit partnership

SMHS partnered with Mentally Healthy WA to support their mental health promotion campaign, 'Act Belong Commit'. This evidence-based program promotes positive mental health strategies at the individual and community level. The partnership supports SMHS mental health promotion services for patients, visitors, and staff, and contributes to the SMHS Wellbeing Framework by:

- raising awareness of the activities that promote good mental health
- reducing stigma associated with mental illness
- strengthening individual resilience
- building mentally healthy communities in the south metropolitan area.

Act Belong Commit encourages people to be physically, spiritually, socially, and mentally active in ways that increase their sense of belonging to the communities in which they live, work, play and recover. This involves commitments to causes or challenges that provide meaning and purpose in their lives.

SMHS is proud to be the first metropolitan health service to partner with Act Belong Commit. As part of the promotion, signage such as posters and decals can be found in patient waiting areas around SMHS hospital sites. Patients, visitors, and staff can take a moment to check-in on their mental wellbeing with an online quiz by scanning a QR code on Act Belong Commit signage.



Image: Patients, visitors, and staff can check-in on their mental health and wellbeing with an online quiz by scanning a QR code.

Local government mental health promotion forum

In October 2022, SMHS HP facilitated a 'SMHS Act Belong Commit Forum' in partnership with Act Belong Commit.

The aim of the forum was to:

- build local government capacity to support optimal mental health and wellbeing in the community through partnerships with Act Belong Commit
- celebrate the success of all nine SMHS local governments signing a Memorandum of Understanding (MOU) with Act Belong Commit.

Act Belong Commit is Western Australia's longest running mental health promotion campaign.

The evidence-based campaign encourages people to take action to improve and protect their mental health. Act Belong Commit also seeks to improve people's mental health and wellbeing by promoting the creation of supportive environments.



Image: Members of the SMHS Health Promotion team with representatives from Act Belong Commit, City of Kwinana and City of Cockburn.

Cockburn Gateway Shopping City: Mental wellbeing project

During the year, SMHS HP established a new partnership with the Cockburn Gateway Shopping City. This collaborative health promotion project will address the Healthway priority area of 'improving mental health and wellbeing' utilising a shopping centre setting to create a supportive environment.

This project is currently in the planning phase and aims to deliver 'Act Belong Commit' at Cockburn Gateway Shopping City to support optimal mental wellbeing in the community.

Lakelands Shopping Centre: Mental wellbeing project

In June 2023, SMHS HP commenced a new mental wellbeing project in partnership with the Lakelands Shopping Centre, City of Mandurah, and Act Belong Commit. Lakelands is a new suburb in the City of Mandurah, approximately 65 kilometres south of the Perth CBD. The suburb is bordered by Meadow Springs to the south, Singleton to the north and Madora Bay.

The project aims to create a supportive environment for optimal mental wellbeing at Lakelands Shopping Centre. The project will be launched as part of the free annual Spring into Life, a festival of positivity held during Mental Health Week (7 to 14 October). To be held from 10am to 2pm on Saturday 7 October at the Lakelands Town Centre, the event aims to:

- increase awareness and promote positive mental health and wellbeing
- encourage social inclusiveness
- promote getting active, selfcare and healthy eating.



Image: Advertisement for the Spring into Life festival at Lakelands Shopping Centre.

Improving Aboriginal health

Sealin Garlett (RIP) Consultation Room

On Wednesday 22 February 2023, SMHS HP recognised one of the SMHS Aboriginal community's revered Elders, *Rev. Sealin Garlett (RIP)*, at the unveiling of a newly refurbished meeting room. Located in T Block at Fremantle Hospital, the room was officially named the *Rev. Sealin Garlett (RIP) Consultation Room*.

Members of Sealin's family, including wife Marilyn and son Mitchell, attended the unveiling as well as:

- SMHS Director of Aboriginal Health Strategy Nola Naylor
- FSFHG Coordinator Aboriginal Health Liaison Team Ron Gidgup
- SMHS Director of Clinical Services Kate Gatti
- FH Director of Operations and Site Management Christine Kellett.



Image: (L-R) Christine Kellett, FH Director Operations and Site Management, Marilyn Garlett, Mitchell Garlett and Kate Gatti, Executive Director, SMHS Clinical Planning and Population Health.

Aboriginal Health Champions

SMHS HP continued to support the SMHS Aboriginal Health Champions program (AHC). During the year, Health Promotion Officers were nominated as Aboriginal Health Champions and completed the training.

SMHS HP is proud to take on leadership roles within SMHS, advocate for change, and provide culturally responsive activities as part of our everyday work.



Image: Aboriginal Health Champions pin.

Aboriginal Cadet Program

The Aboriginal Cadetship Program is offered to university students who identify as Aboriginal or Torres Strait Islander. The program offers students opportunities to undertake work experience related to their undergraduate degree, whilst earning an income.

During 2022, SMHS HP hosted nursing student Jamiliah Bin Swani as an Aboriginal cadet. Jamiliah worked alongside SMHS HP at FH in 2022 before moving to the postnatal ward at FSH in 2023.



Image: (L-R) FH Health Promotion staff Angela Gabriels, Peter Erceg and Hannah Rowe with Aboriginal cadet Jamiliah Bin Swani.

Student placements

SMHS HP continues to partner with universities, accepting practical placement students from Notre Dame, Curtin and Deakin universities this year. This provides an opportunity for health promotion students to complete their placements at SMHS and develop a range of health promotion skills across a variety of community and hospital settings.

In March, Health Promotion Officer, Jessica McCracken, presented the Health Promotion Placement Program to students at the University of Notre Dame, Fremantle.



Image: Health Promotion Officer, Jessica McCracken, presenting to health promotion students at the University of Notre Dame.

Health Graduate Program

In June 2023, SMHS HP welcomed Lauren Sammons as part of the WA Health Graduate Program.

Graduate officers participate in three four-month rotational placements across the health system, giving them a unique insight into WA Health.



Image: Lauren joined SMHS HP as part of the WA Health Graduate Program.

Promoting our partners' messages and campaigns

Throughout the year SMHS HP actively promotes campaigns and messages that align with our priorities and have been developed by our health promotion partners. This promotion includes incorporating resources into community projects and across the hospital setting through digital signage, internal newsletters bulletins and intranet hubs. The following campaign messages have been promoted across SMHS during 2022/2023:

- Reducing Harmful Alcohol Use: What's your poison?
- Make Smoking History: Does it sound like it's time to stop smoking?
- Optimising Mental Health: Act Belong Commit
- Healthy Eating and Active Living to Halt the Rise in Obesity: Move More
- Injury matters: Know Injury.



Image: Campaign by Make Smoking History



Image: Campaign by Alcohol. Think Again

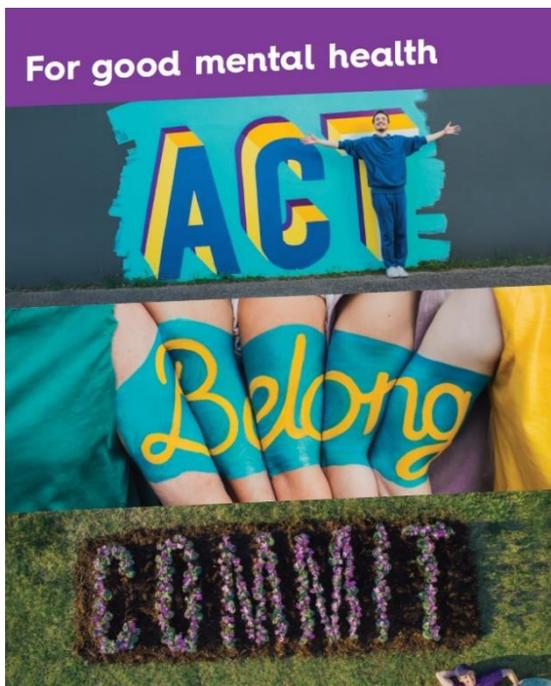


Image: Campaign by Act Belong Commit



Image: Campaign by Live Lighter



Image: Campaign by Stay on Your Feet

Health promotion awards

Injury Prevention and Safety Promotion Awards

Injury Matters coordinates the Injury Prevention and Safety Promotion Awards on a yearly basis. These awards allow individuals and organisations to be recognised for their work in injury prevention and recovery support in Western Australia. The activities conducted by these individuals and organisations aim to prevent and reduce the burden of injury within our state.

In May 2023, the 'Move Your Body' project was Highly Commended in the category of Outstanding Achievement by a Local Government in Injury Prevention or Recovery Support, at the 2023 Injury Prevention and Safety Promotion Awards.



Image: (L-R) Rachel Meade (Injury Matters), Kellie Wilson (City of Mandurah), Peter Erceg (SMHS), Lisa Gardiner (City of Mandurah), Delys Griffin (City of Mandurah), Jessica McCracken (SMHS), Brendan Ingle (City of Mandurah), Corinne Hunt (SMHS), Dr. Rina Cercarelli (Injury Matters).

SMHS Excellence Awards: Breath of fresh air project

In 2022, SMHS HP were recognised as finalists in the Excellence in Strengthening Partnerships for the Breath of fresh air project. The project took place at Kwinana Marketplace and included:

- a centre wide smoke free policy
- smoke free signage
- stop smoking resources
- engaging with Aboriginal communities to strengthen the campaign.

Notable outcomes of the project included:

- increased staff awareness of the policy
- reduced cigarette litter near public entries
- reduced visible smoking behaviour and environmental smoke.



Image: (L-R) Kwinana Marketplace 'A Breath of Fresh Project' partner representatives, including Boola Maara (Many Hands) Advisory Group; Michelle Verreyne, Centre Manager Knight Frank Australia; Julia Beaton, Marketing Manager Knight Frank Australia; Mayor Carol Adams, City of Kwinana; Richard Crane, Manager Health Promotion, SMHS; Hussam Al-Hakimi, Make Smoking History Campaign Officer.

SMHS Work Health and Safety (WHS) Recognition Program

In October 2022, SMHS awarded our safety and wellbeing superstars as part of the SMHS Work Health and Safety (WHS) Recognition Program for 2022.

Nadine Radin, Senior Health Promotion Officer, was recognised as the winner for the Individual Safety category for her commitment to health and safety and improving staff wellbeing across SMHS through initiatives such as:

- coordination of smoke free programs
- Act Belong Commit campaigns
- development of proactive safety and wellbeing activities (including hazard identification and management)
- nominating as a work health and safety representative at Mandurah Community Health Centre.



Image: Nadine Radin (SMHS) accepting the Individual Safety award.



Key networks and stakeholders

WA Health

- Chronic Disease Directorate
- Environmental Health Directorate
- Epidemiology Directorate
- Public and Aboriginal Health Division

Local government

- Cities of Cockburn, Fremantle, Mandurah, Melville and Rockingham
- Town of East Fremantle
- Shires of Murray and Waroona
- Western Australian Local Government Association

Other departments

- Department of Local Government, Sport and Cultural Industries
- Mental Health Commission

Partner networks

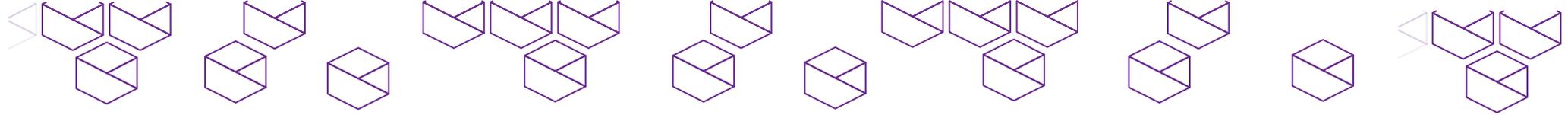
- Injury Prevention Network
- Local Government Health and Wellbeing Network
- Public Health Planning Reference Group
- WA Health Tobacco Control Network
- WA Public Health Nutrition Network
- WA Health Public Health Planning Group
- Perth Public Health Forum

Non-government organisations

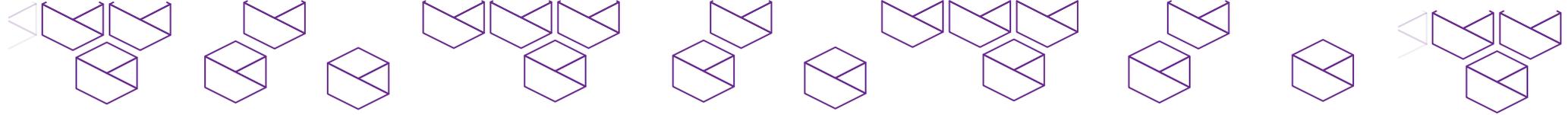
- Act Belong Commit
- Alcohol and Drug Foundation WA
- Cancer Council WA
- Curtin University
- Edith Cowan University
- Healthway
- Injury Matters
- National Heart Foundation WA
- Notre Dame University
- Western Australian School Canteen Association, Inc.

Appendix 1: SMHS HP Community Team project achievements for 2022/23 by LGA and health priorities

Projects by local government	SMHS HP role	Public health planning	Health priority area					
			Reducing tobacco use and making smoking history	Healthy eating and active living to halt the rise in obesity	Reducing harmful alcohol use	Preventing injury and promoting safer communities	Optimising mental health	Improving Aboriginal health
City of Cockburn								
Public Health Plan – support, implement and review	Partner	✓						
Cockburn Gateway Shopping Centre: Breath of Fresh Air Project	Project lead		✓					
Cockburn Gateway Shopping Centre: Mental Wellbeing Project	Project lead						✓	
City of Fremantle								
Public Health Plan – support, implement and review	Partner	✓						
Fremantle Liquor Accord	Partner				✓			
City of Kwinana								
Public Health Plan – support, implement and review	Partner	✓						
Facilitated an Act Belong Commit MOU	Partner						✓	
Smoke Free Vape Free Darius Wells Centre	Project lead		✓					
City of Mandurah								
Public Health Plan – support, implement and review	Partner	✓						



Projects by local government	SMHS HP role	Public health planning	Health priority area					
			Reducing tobacco use and making smoking history	Healthy eating and active living to halt the rise in obesity	Reducing harmful alcohol use	Preventing injury and promoting safer communities	Optimising mental health	Improving Aboriginal health
Mandurah Liquor Accord	Partner				✓			
Youth Alcohol Strategy / Local Drug Action Team Committee	Partner				✓			
City of Mandurah Group of Six	Partner				✓		✓	
Lakelands Shopping Centre: Mental Wellbeing Project	Partner						✓	
City of Melville								
Public Health Plan – support, implement and review	Partner	✓						
Safer Melville Committee	Partner				✓	✓		
City of Rockingham								
Public health plan – support, implement and review	Partner	✓						
Healthy Venues project – Aqua Jetty	Project lead			✓				
Healthy Venues project – Rockingham Aquatic Centre	Project lead			✓				
Rockingham Local Drug Action Group	Partner				✓			
Town of East Fremantle								
Public Health Plan – support, implement and review	Partner	✓						



Projects by local government	SMHS HP role	Public health planning	Health priority area					
			Reducing tobacco use and making smoking history	Healthy eating and active living to halt the rise in obesity	Reducing harmful alcohol use	Preventing injury and promoting safer communities	Optimising mental health	Improving Aboriginal health
Shire of Murray								
Public Health Plan – support, implement and review	Partner	✓						
Facilitated an Act Belong Commit MOU	Partner						✓	
Shire of Waroona								
Public Health Plan – support, implement and review	Partner	✓						
Facilitated an Act Belong Commit MOU	Partner						✓	
General projects								
LGA Health and Wellbeing Profiles	Project lead	✓	✓	✓	✓	✓	✓	✓
LGA Alcohol Profiles	Project lead	✓			✓			
WA Epidemiology Health Profiling Project	Partner	✓						
LGA Healthy Vendors' Guide: a guide for local government community events	Project lead	✓		✓				

This document can be made available in alternative formats on request.

South Metropolitan Health Service

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