More than one in five children in NSW is overweight or obese. These rates are even higher in South Western Sydney, particularly among disadvantaged populations. Without intervention these children risk becoming overweight adults and developing chronic disease later in life. One of the NSW Premier’s Priorities is to reduce overweight and obesity rates of our children by 5% by 2025, and we need to do what we can to meet this target.

The NSW Office of Preventive Health is based at Liverpool Hospital. It will implement a range of programs to reduce childhood overweight and obesity across NSW, and with a particular focus in South Western Sydney. These programs focus on the settings of childcare centres, family day care, junior sporting clubs and primary and secondary schools. Other community programs such as Go4Fun will target families of children 7-13 years who are overweight or obese. New programs being developed by the Office will support parents of children 0-6 years to achieve healthy weight gain.

These statewide programs are important, but are only a part of the overall government response to childhood obesity. The NSW government and its Healthy Eating and Active Living Strategy also focuses on improving the food and physical environments that support healthy weight. It provides community information and education through campaigns like Make Healthy Normal, and ensures clinicians in the health system routinely assess the height and weight of children they see as patients and provide advice about achieving a healthy weight.

The South Western Sydney Local Health District demonstrates leadership through establishing systematic referral pathways into the Get Healthy Service, and particularly the Get Healthy in Pregnancy program. Staff have successfully attracted funding to support community based healthy weight gain programs with school-aged children, and other programs including chilled water stations and physical activity training and support for teachers.

Ultimately, addressing childhood obesity is both a community and government response. The NSW Government continues its commitment to prevention through the statewide programs implemented by the NSW Office of Preventive Health.
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At a general level, most people appreciate the value of preventive health and avoiding illness and chronic diseases. At a policy level, the importance of prevention has been recognised in the recent National Strategic Framework for Chronic Conditions. The first objective of the Framework is ‘Focus on prevention for a healthier Australia’.

The work of the NSW Office of Preventive Health is consistent with this National Framework. This Framework 1) emphasises the promotion of health and reducing risk through healthy lifestyles; 2) values partnerships for health; 3) understands critical life stages, and the need to maintain good health and healthy behaviours through times of developmental, social or environmental change; and 4) recognises that timely and appropriate detection of ill-health and intervention reduces the risk of chronic conditions and/or disease severity. The NSW government’s Healthy Eating and Active Living Strategy is also clearly consistent with the National Framework.

A recent report on the economics of preventive health, titled ‘Preventive Health: how much does Australia spend and is it enough?’ suggested that more could be spent on preventive health programs because they are cost-effective compared with other strategies.

This fifth ‘Year in Review’ document highlights the outcomes of the existing NSW prevention programs implemented by the NSW Office of Preventive Health, and the evaluation plans for new programs. Evaluation of all programs is critical for accountability and in order to improve program delivery.

The NSW Premier’s priority to reduce childhood overweight and obesity by 5% by 2025 represents significant health promotion leadership. The planning and systems of reporting generated by the Premier’s priority has created a unique supportive environment for improving healthy eating and active living. This is a very positive outcome for the NSW population.

Professor Chris Rissel
State-wide healthy eating and active living programs – children

Munch & Move promotes positive healthy eating and physical activity habits in young children aged birth to 5 years within NSW early childhood education and care (ECEC) services. The program is now in its 9th year and offers preschools, long day care, occasional care and family day care service providers with access to professional development training, practical resources to support the development and implementation of service level policies and practices and support from Local Health District health professionals.
In 2016 Munch & Move re-engaged with the family day care sector through training and support for service providers across NSW. As of 30th June 2017 132 coordinators from 82 (20%) family day care service providers have participated in training.

To ensure our training meets our target audience’s needs, qualitative research into how educators and cooks like to receive professional development training was conducted to inform future training packages.

NSW Health has engaged Early Childhood Australia (ECA) to deliver 10 Munch & Move Healthy Eating and Active Play Conferences across NSW in 2017. The conferences extend on the Munch & Move webinar series training, with a focus on the program key messages, addressing the lower achieved practices and contributing to the development of the early childhood education and care workforce. So far we have had 311 educational leaders attend 4 conferences in Coffs Harbour, Western Sydney, Gosford and Kiama.

As part of the ongoing review of program resources a number of new resources were developed including active play resources, a promotional video and parent information package. The Fun Moves FMS videos and FMS lanyard cards were also reviewed and refreshed to include the skipping skill.

To support students who are currently studying early childhood qualifications a resource package of healthy eating and physical activity topics has been developed and mapped to the curriculum for VET and tertiary training providers. The package is currently being piloted with 15 training providers across NSW.

To strengthen the implementation of the program within services, a set of enhanced practices have been developed through the review of evidence, consultation with stakeholders and LHDs and a pilot conducted across a select number of services within 3 LHDs. These practices will form part of the program monitoring and reporting from July 2017.

Achievements

- 91% (3,320/3,633) of centre-based early childhood services across NSW are participating in the program (as of 30 June 2017).
- 94% (1,367/1,460) of services in disadvantaged areas and 96% (190/198) of services with high % of Aboriginal/Torres Strait Islander children are participating in the program.
- 75% (2,687/3,601) of centre-based early childhood services have achieved 80% of the relevant program practices.
- 78% (1,115/1,438) of services in disadvantaged areas and 80% (158/198) of services with high % of Aboriginal/Torres Strait Islander children have achieved 80% of the relevant program practices.
There continues to be high level achievement of some of the program practices including:

- **96%** Menu includes fruit and vegetables at least once per day
- **92%** Structured and specific healthy eating learning experiences (at least 2 times/week)
- **96%** Active play for 1-5 year olds (≥25% active play/day)
- **92%** Monitor and report on healthy eating and physical activity achievements annually

### Plans for 2017-18

- Develop and deliver healthy menu planning workshops for cooks across NSW;
- Monitor the enhanced practices for centre-based early childhood services and new practices for family day care service providers;
- Conduct an effectiveness study of our supporting model for organisational change;
- Continue to deliver sector conferences for service leaders;
- Support vocational education and training and tertiary providers through the wider dissemination of the Healthy Eating & Physical Activity Resource Package for Early Childhood Qualifications;
- Develop specific Aboriginal and CALD resources to strengthen communicating key messages with families; and
- Develop a program framework to continue to drive quality improvement.
Go4Fun is a healthy lifestyle program for children aged 7-13 years who are above a healthy weight, and their families. It has been running in NSW since 2009.

Go4Fun programs are led by trained qualified health professionals and take place after school, running parallel with school terms. Sessions run once a week and include one hour of theory for the parents/carers and children together, followed by one hour of physical activity for children while parents/carers participate in a facilitated behaviour change discussion.

The NSW Go4Fun program offers an effective community based solution to the treatment of overweight and obesity in children, particularly for disadvantaged families. Go4Fun has expanded to include a culturally adapted Aboriginal Go4Fun program, plus a new on-line version is being tested.

Achievements

Go4Fun results have been very positive including:

- **938 programs** have been delivered since July 2011, engaging more than **9,200 families**
- **1.3 cm** reduction in waist circumference
- **0.5 kg/m²** reduction in BMI
- Increase of **3.6 hours per week** spent being physically active and decrease of **3.1 hours** in sedentary activity
- **Increases in fitness and self esteem**
- Significant **improvements in fruit and vegetable consumption**
- Sweet drink consumption **decreased**
More achievements

• Integration of the Go4Fun referral form into clinical software, such as Medical Director and Best Practice, to increase referrals from health professionals into the program.

• Development of the NSW children’s weight status calculator, launched in May 2017.

• Pilot and evaluation of ‘Talking about Weight’, an online professional training program designed to equip health and community professionals with the confidence and skills to discuss weight sensitively and effectively with families and refer them to weight management services, such as the Go4Fun program, when needed.

• Revision and evaluation of the culturally adapted Aboriginal Go4Fun program, including modifications to the program design, delivery and content, and the addition of a leader support program.

• Completion of content and program design of the Go4Fun On-line program model to extend access of the program to families on waiting lists and regional and remote communities. This includes the development of online modules, new phone coaching, SMS and email protocols; and tailored hard copy resources.

• Pilot and evaluate the Go4Fun On-line program model with 22 families.

Plans for 2017-18

• Partnership with the Royal Australian College of General Practitioners to deliver a series of communications activities (including webinars, adverts and the GP17 conference) to enhance engagement with general practitioners, and increase referrals into the Go4Fun program.

• Review and enhance the Go4Fun website.

• Deliver up to 44 Aboriginal Go4Fun programs across 10 Local Health Districts.

• Evaluate the Aboriginal Go4Fun programs’ appropriateness, feasibility and acceptability for Aboriginal communities, and the outcomes for families.

• Evaluate the Go4Fun On-line program to determine the feasibility of delivering the program at scale, and to determine comparative outcomes against the mainstream program.
**Live Life Well @ School** is a collaborative initiative between NSW Health, the NSW Department of Education, Catholic and Independent school sectors. It is currently delivered in all NSW primary schools to promote healthy eating and physical activity to students and their families. The program is now in its 9th year.

This school-based program aims to enhance teachers’ knowledge, skills and confidence in teaching nutrition and physical activity (including fundamental movement skills) as part of the K-6 Personal Development, Health and Physical Activity (PDHPE) syllabus. The program uses a ‘whole of school’ approach consistent with classroom teaching and school policies and community links. Schools, with the support of Local Health District health professionals and a range of resources, are encouraged to adopt a range of ‘Desirable Practices’ around healthy eating, physical activity and fundamental movement skills.

During the previous 12 months, program activities have focused on delivering professional learning to teachers. Six one-day NSW Education Standards Authority (NESA) accredited professional learning conferences were delivered across NSW and attended by over 500 teachers from over 410 schools. The NESA accredited *Live Life Well @ School Online Professional Learning* was completed and released to teachers from Government schools.

The desirable practices associated with the *Live Life Well @ School* program have been reviewed and strengthened in line with the enhancement of Population Health Information Management System (PHIMS). The *Live Life Well @ School* program now consists of 11 desirable practices with the addition of a new Active Travel practice. With the release of the NSW Active Travel Charter for Children, new resources have been developed for schools to promote Active Travel (www.healthykids.nsw.gov.au/downloads/file/campaignsprograms/ActiveTravelResourcesforParentsCarersandCommunities.pdf).
Crunch&Sip

Crunch&Sip continues to have a high participation rate with 91% of schools across NSW. Newly developed classroom resources and curriculum activities are available to NSW primary schools to support teachers in promoting healthy eating and drinking water. These resources complement the Crunch&Sip Resource Folder, which was released to all NSW primary schools in January 2016.

Out of School Hours Care

The Heart Foundation’s Eat Smart Play Smart manual (the Manual) is a comprehensive nutrition and physical activity resource for the Out of School Hours Care (OSHC) sector, which aims to encourage children to enjoy food preparation, healthy eating and physical activity every day.

The Manual has recently been revised by the Office of Preventive Health and the Heart Foundation to reflect the current Australian Dietary Guidelines, the Australian Physical Activity & Sedentary Behaviour Guidelines for Children and the National Quality Framework for Early Childhood Education.

The Manual supports OSHC directors and educators to promote healthy eating and physical activity, as part of developing a curriculum that enhances children’s learning and development and will be available to OSHC services in Term 3, 2017.

Healthy School Canteens Strategy

As part of the HEAL Strategy, the NSW Healthy School Canteen Strategy was revised and launched by the Minister for Education and the NSW Premier in February 2017. A new Healthy School Canteen website was developed which includes resources and support tools. In addition, the NSW Office of Preventive Health has developed a NSW Buyers’ Guide (catalogue of food and drink products which meet the Strategy) and the NSW Healthy School Canteen Strategy: Food and Drink Benchmark (hard copy outline of the Strategy). A copy of these resources was sent to all schools in NSW in Term 2 (June) 2017.

All public schools are required to implement the Strategy by the end of 2019. Independent and Catholic schools are strongly encouraged to adopt the Strategy.

The NSW Office of Preventive Health is working collaboratively in partnership with the NSW Department of Education to provide implementation support for schools to implement the revised Strategy.

Healthy Supported Playgroups

The NSW Office of Preventive Health has developed a set of resources and activities for supported playgroups to promote healthy eating, active play and reduced small screen time. There are also simple guidelines for parents/carers which incorporate healthy eating and active play activities to try at home. These resources are now available on the Healthy Kids website (www.healthykids.nsw.gov.au).
The Finish with the Right Stuff program encourages junior sports clubs and associations to provide and promote healthier food and drinks, especially water, at their canteen. It also encourages children playing sport to consume water as a drink of choice at sport.

In Season 2016, the Finish with the Right Stuff program involved:

- Formal partnerships with sports codes (AFL ACT/NSW, Country Rugby League and Netball NSW).
- Promotion of the program and recruitment of the clubs for the season through the sports codes.
- Free online training to canteen managers, coaches and volunteers. The training includes information, tools, and videos to help clubs:
  - select and promote healthier food and drinks for sale at the canteen
  - rearrange the canteen to promote the healthier food items
  - encourage coaches to promote healthy food and drinks to their players
- A digital strategy with a dedicated website www.rightstuffnsw.health.gov.au and social media sites (Facebook and Instagram) to communicate Finish with the Right Stuff messages to the junior sport club community.

The Finish with the Right Stuff program has engaged the Alcohol and Drug Foundation (ADF) to increase the reach of the Finish with the Right Stuff practices. This will be done through its Good Sports Healthy Eating program across NSW and to other sports codes including the summer sports: surf life-saving and touch footy.

**Achievements**

At the end of the winter sports season 2016, a survey of 50 clubs found:

- **51** AFL and rugby league clubs and netball associations participated in the program in winter sports season (2016)
- **42** Touch footy and surf lifesaving clubs were recruited into the program in summer sports season (2016)
- **36%** increase in the number of clubs providing fresh fruit for sale in their canteen
- **52%** increase in healthier food and drink options being prominently displayed for sale
- **24%** increase in coaches providing only water as a drink to team members during breaks
The Get Healthy Information and Coaching Service® (GHS) is a free telephone based coaching service supporting NSW adults to make sustained improvements in healthy eating, physical activity, reducing alcohol intake and achieving or maintaining a healthy weight or gestational weight.

Telephone-based interventions are effective in increasing physical activity, improving nutrition and reducing weight in the short-to-medium term (3-6 months) across different populations, in a range of settings, and using different intervention modalities.

Seventy three public maternity services started referring pregnant women to the Get Healthy in Pregnancy Program. The Get Healthy in Pregnancy Program supports women to modify and adopt healthier lifestyle choices to achieve their healthy weight during pregnancy.

Enrolments in the Alcohol Reduction enhancement of the Get Healthy Service have been steadily increasing, with more people enrolling in the program after they receive their Alcohol Use Disorder Identification Test (AUDIT) score at call 1. From August 2017 onwards, pregnant women will also be able to enrol in the Alcohol Reduction Program.

Following a review of the health screening and assessment process, the service has reduced the number of screening questions and simplified the health professional and General Practitioner referral forms. In addition, health professionals are no longer required to sign the form allowing them to make electronic referrals where possible. It is anticipated the new changes will improve the referral process and make referring to the Get Healthy Service easier for health professionals.

In June 2016 GHS began testing Chinese speaking coaching. Cantonese and Mandarin speaking participants were recruited to the Service and will be supported by bi-lingual health coaches to reach their health goals. Supporting resources have also been translated in Traditional and Simplified Chinese. The pilot is due to end in December 2017.

The redesign of GHS promotional and participant resources is underway. The new suite of resources will strengthen the GHS brand and continue to build on the strong link with the Make Healthy Normal campaign.
Achievements

The GHS continues to support participants to make significant improvements to their weight, waist circumference, Body Mass Index (BMI), physical activity and healthy eating behaviours.

Statistics*:

More than 45,000 people have participated in the 6 month coaching program

Approximately 90% enrolled in the 6 month coaching program

Approximately 10% requested the one-off information only call program

The Get Healthy Service continues to be used by those who have a high risk profile for chronic disease, including**

74% of participants are from highest quintiles of disadvantage quintiles 3, 4 and 5

50% of participants are from rural and regional areas of NSW

5% of total GHS population are Aboriginal and Torres Strait Islanders

40% are at high risk of type 2 diabetes and enrol in the Get Healthy Service type 2 diabetes prevention program

Plans for 2017-18

• Consolidate text-message based coaching to participants and provide new interfaces and online options for participants to learn, communicate and interact with the service.

• Evaluate the Get Healthy in Pregnancy and Get Healthy Stay Healthy, a program offering additional 6 months of support to GHS graduates via text message.

• Explore in-language GHS coaching and supporting resources in priority languages.
“This has turned my life around!”

IAN

Ian Corbridge – Case study

After watching a Get Healthy Service advertisement on TV it clicked with Ian that he was leading an unhealthy lifestyle and that he needed to do something about it. Indulging in take-away foods, constant snacking and not enough exercise was leaving him unhappy, “I had no energy and consumed too much alcohol. I knew it was bad, I just had never taken that first step.”

After signing up to the Get Healthy Service Ian completely changed his way of life and since joining the program has lost 23 kilograms.

“Every time I talked to my coach I would come away with something really helpful. They never criticised, always encouraged.”

Even though Ian knew all along that he needed to exercise and eat healthier foods, having that backup to reinforce the positive actions was the key.

Now he does a 45-minute morning walk everyday with friends and has got back into the sports he enjoyed as a kid.

Ian’s wife is loving the transformation to a happy and active husband, “I can’t believe it, it’s like a different person the way he jumps out of bed.”

Ian now enjoys cycling and bush walking and claims after 32 years of marriage it’s great to be able to live an active lifestyle with his wife. Together they have completed the Oxfam Trial, climbed Mount Kilimanjaro and Ian endeavours to complete Kokoda.

“I have gone from being an overweight guy who didn’t exercise, to now where I consider myself very fit, very healthy. This has turned my life around!”

When asked whether Ian could see himself going back to his previous lifestyle, he said “I don’t see this as a diet that I have been on; I see this as a lifestyle change, as I have changed how I go about my life. It is not a diet, it is my life.”
The NSW Aboriginal Knockout Health Challenge is a community-based primary prevention program delivered in partnership with NSW Rugby League that aims to improve lifestyles by targeting NSW Health priorities of physical activity and obesity in Aboriginal communities.

The NSW Aboriginal Knockout Health Challenge was developed under the innovative Culture Health Communities™ (CHC) model which focuses on bringing culture and communities together to improve the health of Aboriginal people. Embedded into the Challenge are key principles for Aboriginal health, including trust, cultural respect, and partnership with communities and self-determination for Aboriginal people.

The objectives of the Challenge are consistent with the priority areas of the National Partnership Agreement on Closing the Gap in Indigenous Health Outcomes and NSW Healthy Eating and Active Living Strategy 2013-2018.

The Challenge provides a structure which supports communities to make local decisions about physical activity and nutrition activities that will work for them. Teams participate in a range of weight loss and healthy lifestyle activities such as group training, gym sessions, and cooking workshops. Participants are also able to join the NSW Get Healthy Information and Coaching Service® for additional support during the Challenge or as a maintenance strategy after completing the Challenge.

Achievements

Participation in The Challenge has grown significantly – from 324 Aboriginal people participating in 2012, to

718 Aboriginal people participating in the 2016 George Rose Challenge

2012

324

Aboriginal people participated

2016

718

Aboriginal people participated

The average percentage of body weight lost was 2.4% and the average weight loss was 2.3 kilograms in the 2016 George Rose Challenge

Plans for 2017-18

• The Australian Preventive Partnership Centre (TAPPC) will evaluate the health outcomes of the Challenge.

• In collaboration with NSW Rugby League, structured face to face goal setting sessions will be delivered to all participating teams.
Quotes from participants:

Chloe Smith, 2016 Newcastle@365

“Being a single mother of two young children I was always putting my health aside, when I had the chance to join the guys at 365 in entering the George Rose Challenge I knew it would be the kick start I needed to change my lifestyle for the better. Having the support from the group was definitely what motivated me more, I have always played sports and been active but my eating is what I needed to change the most and I’m proud that I have done just that. My life has now changed for the better and I cannot imagine myself ever going back to old habits, losing 14kgs was just a bonus added on to my new lifestyle. I’m fitter, stronger, happier and healthier and I thank the Challenge for that.”

Shana Hampton, 2016 Dead and Deadly Team, Nowra

“The NSW Knockout Health Challenge has changed my life. Prior to the KHC, I weighed 95kg. I now weigh 78kg and I still have plans to lose more weight. I’m trying to become a role model for my family and close friends, as well as the people in the Nowra community. Through exercise and healthy eating, I’ve turned my life around. I now go to the gym four days a week and our Nowra-based team – Dead or Deadly – have taken on boxing training to become amateur fighters. The support we received throughout the KHC was incredible. It’s nice to know that somebody close to you is sharing the same goal, which motivates you to strive for excellence. I have plans to stay involved in the Challenge next year. My biggest reason for continuing the work is because my family, much like a lot of other Indigenous families, suffer from heart disease. Two of my three children have been diagnosed with heart disease, so it’s important to me that my children grow up with a healthy diet and lifestyle.”
The Get Healthy at Work service consists of two components:

1. A Workplace Health Program to build the capacity and capability of businesses to create a workplace that supports health. The Workplace Health Program features a range of publications, tools and templates to help businesses identify and prioritise workplace health issues and then develop an action plan to address health issues. The Workplace Health Program is available as a Do-It-Yourself (DIY) online program, or delivered by a Get Healthy at Work service provider over the phone or on site at the workplace.

2. Brief Health Checks are a free, voluntary and confidential assessment of a worker’s health and risk of type 2 diabetes and cardiovascular disease with immediate advice being provided on how to make changes for better health and referral to GPs, the Get Healthy Information and Coaching Service and the NSW Quitline. Brief Health Checks can be completed by workers online, or delivered by trained health professionals at the worksite.

Since its launch in 2014, over 2,300 businesses have registered to participate in the Get Healthy at Work program. Businesses can access the full suite of information, resources and support by registering online: gethealthyatwork.com.au

Get Healthy at Work is delivered by SafeWork NSW in partnership with the NSW Office of Preventive Health and iCare. The program aims to improve the health of working adults and to support businesses in promoting health in the workplace setting. The program targets modifiable lifestyle risk factors for chronic disease including healthy weight, physical activity, healthy eating, active travel, smoking and harmful alcohol consumption.

Stakeholder and Business Engagement Activities
- Six business breakfast events were held across regional NSW, with over 500 businesses attending, supported by program ambassador and dietitian Susie Burrell.
- Naomi Simson, founder of Red Balloon and panellist on Shark Tank, delivered a key note presentation at two major Get Healthy at Work breakfast forums held in Sydney CBD and Parramatta.
- Commuters across the Sydney CBD and the NSW Central Coast were engaged through a campaign held at train stations, with over 22,000 flyers being distributed and 2,600 commuters responding to a survey. The survey showed most commuters would like to be more physically active and believe their workplace would benefit from a healthy workplace program.
- Significant presence at a number of community and business events, including the Corporate Triathlon, Sydney Fitness Show, Safety in Action Conference and the NSW Business Chamber Innovation and HR summits.
- Presentations at a number of ‘iCare looped in sessions’ showing business owners and insurance brokers the benefits of workplace health and well-being.
- A Local Health District (LHD) network continues to support the implementation of Get Healthy at Work within health facilities and local promotion to businesses and partners.
Marketing and Communications Activities

- Get Healthy at Work’s first major marketing campaign commenced in August 2016, involving program promotion across a variety of channels. This included:
  - ‘Inlink’ office tower network advertising across 335 lift and lobby screens in Sydney metro buildings,
  - Sydney Morning Herald articles, ‘shorticles’ and promotional drivers,
  - Radio advertising,
  - Google advertising and Cadreon targeted web advertising,
  - Sponsored LinkedIn mail, and
  - Facebook, Instagram and Twitter promotions.
- A ‘nurture’ strategy has been launched, including a series of tailored email communications based on the stage of the program a business has reached. The strategy aims to support businesses through the barriers of implementation and increase utilisation of program resources.
- Two new case study videos were developed showcasing successes of the Nepean Blue Mountains Local Health District and the Lido Group. The new videos are available on the Get Healthy at Work YouTube channel and have been used in events and campaigns.
- Get Healthy at Work e-news continues to be delivered monthly to over 1,800 subscribers.
- The suite of Get Healthy at Work resources has been revamped to include fresh branding and a simplified approach to program implementation. All the new resources, including tools for developing successful Workplace Health Programs and factsheets for workers, are now available on the website.
- The online Brief Health Check has a new look and feel, optimisation for smart devices and animated results.
With financial support from iCare, Get Healthy at Work is expanding to offer a limited number of face-to-face Brief Health Checks and Workplace Health Programs to NSW Government workplaces. The face-to-face services are available until 30 June 2019. Unlimited do-it-yourself (online) Brief Health Checks and Workplace Health Programs continue to be available to all NSW Government workplaces.

The expansion of Get Healthy at Work into the NSW government sphere will be evaluated in 2017-18. Up to 1,200 workers across 60 workplaces will be involved. All workers in the selected workplaces who opt to undertake a face-to-face BHC will be invited to participate in the study. Those who agree to participate in the study will be provided a follow up BHC six months after the initial BHC to look at their progress. In addition, data collected routinely as part of the program delivery will be used to monitor the progress of worksites through the program. Finally, semi-structured interviews will be conducted with worksites and service providers to identify any implementation issues.

**Government agencies**

**Plans for 2017-18**

- Generate new workplace-based mental health resources – a resource package for mental health support;
- Develop a resource package targeting both culturally and linguistically diverse (CALD) business owners/decision makers and individual workers;
- Conduct mystery shopper-style quality assessment of a selection of brief health checks, focusing on accuracy of referral pathways; and
- Assess current Get Healthy at Work account management practices and automated program communications against the principles of nudge/behavioural theories.
Get Healthy at Work in action

Nepean Blue Mountains
Local Health District

Nepean Blue Mountains Local Health District (NBMLHD) took advantage of Get Healthy at Work to support efforts to improve the health of its workforce and to set a healthy example for the wider Nepean Blue Mountains community. Over a three month period, NBMLHD achieved 400 Brief Health Checks (representing 10% of the NBMLHD workforce) across sites in Penrith and Katoomba.

The aggregated Brief Health Check Summary Report showed that their biggest challenges were daily fruit and vegetable intake and weight management. From these outcomes, an Action Plan was developed focusing on ‘people, place and policy’, featuring a range of activities:

- Holding a ‘fun walk’ attended by more than 300 NBMLHD staff;
- Working with onsite catering suppliers to develop a nutritionally-balanced healthy lunch pack including a salad sandwich on multi-grain bread, fruit or yoghurt and water;
- Developing an in-house campaign to educate workers on eating fruits and vegetables and pledging to make healthier choices;
- Supporting local units and teams with activities (including 12-week healthy eating and physical activity challenges).

The Nepean Blue Mountains Local Health District is now looking at how it can develop policies to ensure its efforts are sustained in the long term. It is looking at the types of foods and drinks available to staff and visitors in facilities, as well as continuing on with the success of walking events, newsletter articles, videos on preparing healthy meals on the LHD’s intranet and supporting local unit and team initiatives.

Kay Hyman, NBMLHD Chief Executive

“We train people to develop task-related skills or support them to be leaders and managers of the future; to us it’s equally important to support people to be healthy so they can give it their best when they’re at work.”
Commencing in 2014, the NSW Healthy Town Challenge is a competition-based initiative designed to help small rural towns in NSW create environments that encourage healthier lifestyles.

Activities for the Challenge are led by a local implementation committee and supported by the NSW Office of Preventive Health and the Heart Foundation (NSW). The Heart Foundation (NSW) has played an important role in supporting the towns participating in the Healthy Town Challenge through local visits and facilitation of access to their local and national resources and programs.

The Challenge has also been integrated with the NSW Government Make Healthy Normal campaign to provide the towns with opportunities to tap into existing government resources and programs, including the range of programs offered by the NSW Office of Preventive Health.

Towns are selected on a competitive basis and offered a seed grant of $15,000 to develop and implement strategies that focus on improving lifestyles of individuals and establishing local long-term policies and infrastructure to support healthier behaviours in the community. The town judged as having achieved the most change towards supporting people to become healthier is awarded a first prize of $5,000 to be used towards supporting future healthier living in the community initiatives.

Three rounds of the Challenge have been held and a total of 14 towns from five regional Local Health Districts have participated. Initiatives were led by either the Local Health District, local government, or a local health council with support from the Local Health District health promotion units.

Achievements

Achievements of the Healthy Town Challenge include:

- 300-500 referrals every year to the Get Healthy Service
- Installation of outdoor gym equipment in a community park
- Installation of water stations in a number of local parks
- New signage on walkways to make these more user-friendly
- Implementation of a Healthier Oils Policy in local council inspections
Previous evaluation

Evaluation of the Healthy Towns Challenge has included feedback from local contacts in participating towns and participant data from the Get Healthy Service. The key findings from the monthly reports and focus groups were that the local organisations and businesses supported the Challenge and that the community members valued the improved physical and social wellbeing offered by the Challenge.

In addition, Get Healthy Service data showed that participants from the Healthy Town Challenge achieved similar weight loss outcomes to other Get Healthy Service participants (Khanal et al, 2016) 1.

Further evaluation

An evaluation is planned for 2017-18 to further explore how the Healthy Town Challenge has benefited the participating communities.

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Falls are the leading cause of injury-related hospitalisations in NSW, accounting for around 30% of all hospitalisations. In 2013-14, 57% of fall-related hospitalisations (36,289 hospitalisations) were by people aged 65 years and over. There is strong evidence that exercise programs which improve strength and balance can reduce the risk of falls in older people.

Stepping On has been implemented across NSW as a community-based falls prevention and active living program for older people who are worried about falling or have had a fall recently. The program is currently the major falls prevention initiative supported by NSW Health.

Stepping On is a 7-week program that has been shown to reduce participants’ risk of falling by 31% (Clemson et al 2004). It is designed to equip individuals with the necessary knowledge, strength and confidence to prevent falls, stay active and remain independent. Participants attend weekly two-hour group sessions that include strengthening and balancing exercises, and gain knowledge about safe footwear, medication management, vision, nutrition, moving safely in the community and reducing hazards in the home environment.

Achievements

Since the state-wide delivery of Stepping On commenced in 2009:

- 2,038 programs have been delivered across NSW in more than 12 different languages
- 21,954 individuals aged 65 years and over have completed the program (attended at least 5 of the 7 sessions).

Evaluation

An analysis of Stepping On, focusing on culturally and linguistically diverse (CALD) individuals, was conducted on routinely collected data from both mainstream and CALD groups delivered in 2015 and 2016, within the Local Health Districts that delivered both English-speaking and CALD groups. The aim of this study was to compare the effects of a community-based falls prevention program on improving participants’ lower limb muscle strength, balance and mobility between mainstream (English-speaking) groups and CALD groups.

A total of 213 Stepping On programs were delivered during the study period (2015-2016). Of these, 140 programs (65.7%) were delivered in English and 73 (34.3%) in other languages, including Chinese (22, 30.1%), Arabic (13, 17.8%), Vietnamese (9, 12.3%), Hindi (7, 9.6%), Spanish (6, 8.2%) and Italian (5, 6.8%).

The English and CALD programs covered 1,654 and 1,105 participants, respectively, with no significant differences between the groups in their demographic and most baseline characteristics.

The rate of program completion, i.e. attending at least five sessions, was also similar across English-speaking and CALD groups (English: 83.7%; CALD: 84.3%).

<table>
<thead>
<tr>
<th></th>
<th>English-speaking</th>
<th>CALD</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Average age (±SD)</strong></td>
<td>80.5 (7.4)</td>
<td>76.0 (8.3)</td>
</tr>
<tr>
<td><strong>Female</strong></td>
<td>74.4%</td>
<td>73.5%</td>
</tr>
<tr>
<td><strong>History of falls</strong></td>
<td>61.2%</td>
<td>53.0%</td>
</tr>
<tr>
<td><strong>Fear of falling</strong></td>
<td>98.4%</td>
<td>97.3%</td>
</tr>
<tr>
<td><strong>Program completion</strong></td>
<td>83.7%</td>
<td>84.3%</td>
</tr>
</tbody>
</table>
Measures at pre (week 1), post (week 7) and 2 month follow-up (booster session) included: Timed Up and Go, Sit to Stand, and Near Tandem Stand. After adjusting the data for age, sex, fear of falling and LHD and socio-economic indices of program location, there were no differences between the CALD and English groups for program outcomes.

Stepping On clearly achieves equivalent outcomes for English-speaking and CALD participants. This finding is very important from an equity point of view.

### NHMRC Evaluation

The Ministry of Health is currently providing in-kind support for a National Health and Medical Research Council (NHMRC) Partnership Grant examining the widespread implementation of interventions to prevent falls in older people. This research is funded by the NHMRC and is being conducted by researchers from The George Institute for Global Health, The University of Sydney, Neuroscience Research Australia and The University of New South Wales, in conjunction with the Ministry of Health. The results of this research are expected to be made available at the end of 2017.

### Plans for 2017-18

- The home hazard checklist is to be translated into the 15 languages in which Stepping On is currently available; and
- A review of OPH-developed content for the online training modules of Stepping On and the development of complementary content for additional modules.
Staying Active provides physical activity opportunities for adults aged over 50 through water and land-based exercise classes at a range of NSW facilities. It is a joint initiative of the NSW Office of Preventive Health and the Aquatic and Recreation Institute (ARI). The program offers reduced cost of classes and makes classes more accessible to seniors.

Competitively selected facilities are offered an upfront grant of $8,000 to run at least one weekly aqua class and at least one weekly land-based exercise class specifically for those aged over 50. The program was first piloted in 2013/2014, with 44 sites now being involved. A May 2017 audit showed an increase of 24% in over 50s classes at the sites that received funding in 2013/2014, and a 58% increase in classes at the sites that received funding in 2015/2016. This demonstrates the ongoing sustainability of the program post-funding.

Over 30 sites across NSW submitted an expression of interest to take part in the 2016/2017 funding round. Of these, 23 sites were chosen to take part in the Staying Active program.

A total of 101 new classes have therefore been offered during this current round, which demonstrates a 170% increase of over 50s specific classes. Overall there was a total increase of 74 aquatic based classes; and 27 land based classes across the 23 sites during the 2016/2017 roll out.

From October 2016 to April 2017, there were a total of 35,355 class visits across the 23 sites. Of the over 35,000 visits recorded to a Staying Active class, approximately 20% were attended by an individual over 50 who had not previously attended this type of class.
## Staying Active – 2016-2017
### Classes for Adults over 50 years

<table>
<thead>
<tr>
<th>Facility</th>
<th>Pre-funding No. of Classes</th>
<th>Current No. of Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bomaderry Aquatic Centre</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>Cabarita &amp; Drummoyne Aquatic Centres</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Cabravale Leisure Centre</td>
<td>10</td>
<td>30</td>
</tr>
<tr>
<td>Condobolin Pool</td>
<td>0</td>
<td>5</td>
</tr>
<tr>
<td>Coonamble</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>Crawchy’s Swim School Helensborough</td>
<td>1</td>
<td>7</td>
</tr>
<tr>
<td>Eurobodalla Aquatic Centre</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>Katoomba Sports &amp; Aquatic Centre</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>Kiama Aquatic Centre</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td>Lake Macquarie</td>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td>Lakeside Leisure Centre Port Stephens</td>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td>Macksville Memorial Pool</td>
<td>3</td>
<td>8</td>
</tr>
<tr>
<td>Manly Andrew Boy Charlton Pool</td>
<td>3</td>
<td>10</td>
</tr>
<tr>
<td>Moss Vale Aquatic Centre</td>
<td>4</td>
<td>11</td>
</tr>
<tr>
<td>Muswellbrook Aquatic Centre</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>Narrabri Aquatic Centre</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>National Centre of Indigenous Excellence</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Orange Aquatic Centre</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td>Penrith Aquatic &amp; Leisure Centre</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td>Sydney Gymnastic &amp; Aquatic Centre</td>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td>Sydney Olympic Park Aquatic Centre</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Tomaree Aquatic Centre</td>
<td>3</td>
<td>11</td>
</tr>
<tr>
<td>Wollongong City Council</td>
<td>13</td>
<td>15</td>
</tr>
<tr>
<td><strong>TOTAL =</strong></td>
<td><strong>59</strong></td>
<td><strong>160</strong></td>
</tr>
</tbody>
</table>
Stan, 72 years
“I am finding this program excellent. It has assisted my bad back, and I am amazed at the almost instant improvement in my posture. I feel better than ever.”

Janice and Kevin, 68 and 70 years
“Learning the steps is great for your memory and since starting classes several months ago, we feel more energetic and more confident, especially going up and down stairs, and we have extended our circle of friends.”

Plans for 2017-18
• Evaluation of the effectiveness of the ARI Staying Active program, with a focus on assessing longer-term sustainability.
Publications and presentations


Reports


**Verbal presentations at the World Congress on Public Health, April 3-6 2017, Melbourne**


Buffett K. The Approach for Healthy School Canteens in NSW.

Chesser R. A novel approach to enhancing healthy food provision policies using criteria based on the Australian Dietary Guidelines and a front-of-pack labelling system.


Innes-Hughes C, Henderson L, Saleh S, Rissel C. Addressing health inequities and extending reach to priority groups with the NSW Go4Fun obesity treatment program.

Innes-Hughes C, Lockeridge A Bravo A, Lui A, Rissel C. Monitoring Reach and Adoption By Disadvantage To Ensure Equitable Delivery Of Childhood Obesity Prevention Programs.


Li V, Khanal S, Lloyd B. Program outcomes of a community-based falls prevention intervention delivered in culturally and linguistically diverse populations.

Lloyd B. A Developmental Evaluation of the New South Wales Get Healthy at Work Initiative.

Mitchell J, Rissel C. A state-wide approach to reducing childhood overweight and obesity in NSW, Australia.


Raymond J, Clements V, Khanal S, Rissel C. Help at the end of the line: women’s experiences of a telephone-based health coaching service to support healthy weight gain during pregnancy.


Saleh S, Li V, Lukeis S, Innes-Hughes C, Rissel C. Piloting an approach in NSW to improve the confidence of health and community professionals to sensitively and effectively discuss weight with families.

Li V, Khanal S, Lloyd B, Rissel C. Program outcomes of a community based falls prevention program delivered in community languages.

Australian New Zealand Obesity Society Conference September 2016, Brisbane

Innes-Hughes C, Henderson L, Khanal S, Lukeis S, Rissel C. Key lessons from the Go4Fun program in NSW.

Love P, Vidgen H, Daniels L, Innes-Hughes C, Rissel C, Nean J, Innes-Walker K, Baur L. What are the implementation barriers and enablers for childhood obesity management services?

ACHPER January 2017, Canberra

Hua A, Bravo A, Essery C. Live Life Well @ School: Successfully applying a health promoting schools framework in NSW.

ISBNPA 2017, Vancouver, Canada


Dietitians Association of Australia, May 2017, Hobart

