POPULATION HEALTH PROMOTION PLAN 2022-2027 Progress Update 30 June 2023



Support parents during childbirth & early parenting



Increase rates of full breastfeeding for first 6 months to 84%.

Baseline: 82.1% (2019)

- 1495 attendances at Birthing programs
- 887 attendances at Parenting programs
- 361 participants in breastfeeding sessions. Of participants sampled:
- 74% reported reduced fears & anxieties
- 93% reported increased knowledge
- 773 women referred by **NSLHD** Maternity to the Get Healthy in **Pregnancy Service**



Give kids the best start to life

percentage of children

2–5yrs consuming

recommended daily

serves of vegetables.

Increase the



Maintain the percentage of school aged children within a healthy weight range.

Baseline: 83.2% (2020)

212 schools supported

@school initiatives such

activity workshops and

with 71 families engaged.

80 schools consulted on

Resources and training

vaping impacts and

required support.

provided to 92 high

• 9 videos created and

shared to support

teachers, educators and

families with children's

physical readiness for

school (3169 views in

schools.

period).

with Live Life Well

as Healthy Canteen

Strategy, physical

Play Space reviews.

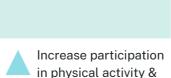
Baseline: 11.3% (2021)

- 423 Early Childhood **Education and Care** services (~14,000 children) supported.
- 644 educators (354 services) and 105 cooks/ chefs up-skilled via professional development ● 5 Go4Fun programs run webinars.
- ♦ 29% services providing food meet NSW Health's Caring for Children Menu Guidelines.
- Small Bites for Big Steps: 49 educational videos created and packaged into 8 professional development courses (3 NESA accredited) to support the First 2000 Days.



children

Improve the health of school-aged healthy ageing



falls risk reduction

programs by 10%.

Support

Baseline: 1.688 (2021)

- 22% increase in program participation:
- 350 Healthy Lifestyle exercise classes to 1221 older adults
- 353 Healthy and Active For Life program participants
- 48 Stepping On programs (495 participants)
- strategies implemented across acute, community and residential care settings, including April Falls Month, quality improvement initiatives and eMR enhancements.



Contribute to greater planetary health

Decrease the carbon emissions of our health service to net zero by 2035.

Baseline: Determined in 2023

- NSLHDs baseline carbon 144 healthy planning foot-printing project completed.
- **NSLHD** Net Zero Pathway mapped to achieve net zero emissions by 2035.
- NSLHD Net Zero Leads Program established and funded by the NORTH Foundation.
- NSLHD Planetary Health Framework 2021-2023 implemented.

Increase overall liveability in our

community.

Create

healthier built

environments

Baseline: 100.1 (2021)

- recommendations adopted from Health Promotion review of Councils' Community Strategic Plans.
- Greening of RNSH Kolling Forecourt: Feasibility report completed with design options and costing.
- Research partnership established with Macquarie and Sydney Universities investigating healthy higher density communities.
- Active travel facilities reviewed at all NSLHD hospital sites.



Reduce risky drinking and alcohol-related harms

Prevent increase of alcohol-attributable hospitalisations.

Baseline: 739.9/100.000 (FY20)

- 16 harmful alcohol advertisements withdrawn due to Health Promotion submissions to the Alcohol Beverage **Advertising Code** Scheme.
- 75 liquor licencing recommendations submitted to Liquor & Gaming NSW.
- Drink Less Live More campaign, targeting women aged 35-59:
- +162K social media impressions, with 627 link clicks (02/06/23)
- Campaign ads on 40 local buses.



Reduce smoking and vaping

Reduce smoking

rates to below 6.5%

Increase the percentage of residents (aged 16+) who rate their health

Baseline: 88.6% (2020)

'good' or above to 90%.

Improve the

social wellbeing

of the community

Baseline: 6.9% (2020)

- Federal nicotine vaping regulatory reforms consistent with NSLHD Population Health Promotion recommendations including banning single use e-cigarettes, minimum quality standards, improved
- Youth vaping survey to inform health promotion action. Of 382 Northern Sydney teenagers, 30% had 'ever used' a vape, majority being female.

border control &

enforcement.

NSW Health hospital site smoking audits: NSLHD 99.72% compliant.

- 33 health services received NSLHD Youth **Health Promotion** Consultants advice on improving youth engagement.
- 5 sporting clubs (3600 club representatives & community) partnered with The Grand Stand Against Domestic Abuse initiative.
- 316 youth engaged in Need A Lift mental health competition.
- Public artworks installed at Brookvale Community Health Centre to improve the sense of safety and community engagement.



Strengthen our research, evaluation and quality improvement capacity



Increase active research partnerships to 57% of program areas.

- 6 research partnerships across 6 program areas (67%) with 5 Universities (Sydney, Wollongong, Macquarie, Newcastle & Deakin) and expert consultants including Arup and Tract.
- Peer reviewed publications: Online Liquor Gets Audited (Public Health Research & Practice Journal), Ecological study of playground space and physical activity among primary school children (British Medical Journal)



Build our reach and reputation as an effective agent of change



Increase website visits by 25%. Baseline: 28.577 (FY2022)

- 46% increase in website visits (41,729)
- 8 new project web pages added

