



Support parents during childbirth & early parenting



Give kids the best start to life



Improve the health of school-aged children



Support healthy ageing



Contribute to greater planetary health



Create healthier built environments



Reduce risky drinking and alcohol-related harms



Reduce smoking and vaping



Improve the social wellbeing of the community

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

Baseline: 82.1% (2019)

▲ Increase the percentage of children 2-5yrs consuming recommended daily serves of vegetables.

Baseline: 11.3% (2021)

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

Baseline: 83.2% (2020)

▲ Increase participation in physical activity & falls risk reduction programs by 10%.

Baseline: 1,688 (2021)

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

Baseline: Determined in 2023

▲ Increase overall liveability in our community.

Baseline: 100.1 (2021)

■ Prevent increase of alcohol-attributable hospitalisations.

Baseline: 739.9/100,000 (FY20)

▼ Reduce smoking rates to below 6.5%

Baseline: 6.9% (2020)

▲ Increase the percentage of residents (aged 16+) who rate their health 'good' or above to 90%.

Baseline: 88.6% (2020)

- 1,451 attendances at Birthing (1001) and Parenting programs (451).
 - Most participants felt the programs provided a realistic picture of birthing (82%) and parenting newborns (74%)
- 506 participants in breastfeeding sessions. Of participants surveyed:
 - 70% reported reduced fears & anxieties
 - 89% reported increased knowledge
- 1025 women referred to the Get Healthy in Pregnancy Service

- 428 Early Childhood Education and Care services (~14,000 children) supported.
- 1,510 educators (325 services) up-skilled via professional development webinars.
- 56 additional services adopted health promoting policies (Physical Activity, Nutrition, Screen Time and Breastfeeding).
- Small Bites for Big Steps* video resource & professional development 2023-2024:
 - 919 course completions
 - 12950+ video views
 - 485 educators completed 2+ courses

- 216 schools supported with *Live Life Well @school* initiatives such as Healthy Canteen Strategy, physical activity workshops and healthy lunchbox messaging for parents and carers.
- 110 schools consulted on health and wellbeing support strategies.
- 24 schools supported to run SWAP IT lunch box program.
- 4 Go4Fun programs run with 52 families engaged.
- 2,126 views of *Transition to School* video series (2023-2024).

- 203% increase (on baseline) in program participation. 2023-2024:
 - 365 Healthy Lifestyle exercise classes to 4,394 older adults
 - 62 Stepping On programs to 718 participants.
- Key partnerships formed with local social housing organisations to engage tenants in Stepping On programs.
- Falls prevention strategies implemented across acute, community and residential care settings, including April Falls Month and Spring Into Action.

- NSLHD Planetary Health Framework 2024-2027 published
- NSLHD Staff Planetary Health Showcase, with 120+ in person attendees (March 2024)
- NSLHD Facilities Roadshow implemented.
- 19 event, conference and forum presentations on the Framework
- Research partnerships established with Wiser Healthcare, UTS and Monash University.

- Nature Fix Wellness Zones establishment at 5 NSLHD sites.
- Nature Fix Zone at Manly Adolescent and Young Adult Hospice included as a case study in the NSW Government Architect's *Biodiversity in Place* Framework.
- 88% of NSLHD food and drink outlets meet all Healthy Food and Drink Framework practices.
- Participation in five council facilitated consultations, with 10 urban planning submissions made.

- 60 harmful alcohol advertisements withdrawn due to Health Promotion submissions to the Alcohol Beverage Advertising Code Scheme.
- 8 liquor licencing recommendations submitted to Liquor & Gaming NSW.
- Drink Less Live More* campaign, targeting men aged 35-54:
 - +800K social media impressions
 - 5044 link clicks to campaign website (30/05/24).

- NSW Health hospital site smoking audits: NSLHD 99.8% compliant (Q3, FY24).
- Community vaping survey to inform health promotion action:
 - 1,841 respondents
 - 79% of respondents reported ever using a vape, with 45% 'vaping daily'
 - 28% of 'vapers only' would consider smoking cigarettes if vapes inaccessible.
- \$20,000 Cancer Institute grant received to develop a nicotine cessation video series

- 211 men from 4 local sporting clubs engaged in *Grand Stand Against Domestic Abuse* workshops.
- 12 services received NSLHD Youth Health Promotion Consultants input on improving youth friendliness, engagement and resources:
 - 2 state 'paediatric to adult care' resources
 - 3 'What to expect when arriving in ED' resources
- 175 high school students engaged as citizen scientists in the *Not Kids Business* gambling research project.



Strengthen our research, evaluation and quality improvement capacity

▲ Increase active research partnerships to 57% of program areas.
Baseline: 29% (FY2022)

- 7 research partnerships across 5 program areas (56%) with 7 Universities (Sydney, Macquarie, Deakin, NSW, UTS, Monash, Newcastle) and expert stakeholders including Wiser Healthcare and all nine local councils within the Northern Sydney region.
- Peer reviewed publications: The economic costs of alcohol-related harms at the local level in New South Wales (Drug and Alcohol Review), The role of alcohol in the lives of midlife women living on the Northern Beaches of Sydney, Australia (Heliyon)



Build our reach and reputation as an effective agent of change

▲ Increase website visits by 25%.
Baseline: 28,577 (FY2022)

- 131% increase (on baseline) in website visits (66005)
- 9 new project web pages added, 3 pages revamped.
- Adoption and translation of the NSLHD Population Health Promotion Plan into Illawarra Shoalhaven Local Health District's Health Promotion Strategic Framework.

