



### 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%.

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

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

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

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

▲ Increase overall liveability in our community.

■ Prevent increase of alcohol-attributable hospitalisations.

▼ Reduce smoking rates to below 6.5%

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

Baseline: 82.1% (2019)

Baseline: 11.3% (2021)

Baseline: 83.2% (2020)

Baseline: 1,688 (2021)

Baseline: Determined in 2023

Baseline: 100.1 (2021)

Baseline: 739.9/100,000 (FY20)

Baseline: 6.9% (2020)

Baseline: 88.6% (2020)

- 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

- 423 Early Childhood Education and Care services (~14,000 children) supported.
- 644 educators (354 services) and 105 cooks/chefs up-skilled via professional development 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.

- 212 schools supported with *Live Life Well @school* initiatives such as Healthy Canteen Strategy, physical activity workshops and Play Space reviews.
- 5 Go4Fun programs run with 71 families engaged.
- 80 schools consulted on vaping impacts and required support. Resources and training provided to 92 high schools.
- 9 videos created and shared to support teachers, educators and families with children's physical readiness for school (3169 views in period).

- 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)
- Falls prevention strategies implemented across acute, community and residential care settings, including April Falls Month, quality improvement initiatives and eMR enhancements.

- NSLHDs baseline carbon 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.

- 144 healthy planning 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.

- 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.

- Federal nicotine vaping regulatory reforms consistent with NSLHD Population Health Promotion recommendations including banning single use e-cigarettes, minimum quality standards, improved border control & enforcement.
- Youth vaping survey to inform health promotion action. Of 382 Northern Sydney teenagers, 30% had 'ever used' a vape, majority being female.
- 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.  
Baseline: 29% (FY2022)

- 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
- *Health Promotion Decider* advocacy tool developed

