



Australian Health Promotion Association News From the West

December 2018

The Australian Health Promotion Association is the only professional association specifically for people interested or involved in the practice, policy, research and study of health promotion.

Editors

Kirsty de Blanken

Laima Ziedars

Carl Heslop

AHPA (WA Branch) Committee 2018

Leadership Group

Co-Presidents: Lorena Chapman & Courtney Mickan

Vice President: Karen White (to August), Carl Heslop (from August)

Secretary: Kirsty de Blanken

Treasurer: Liz Bradshaw

General committee members:

Rudie Marshall-Lang

Kirsten Beckingham

Laima Ziedars

Bethany Martin

Alicia King

Daniella Brown

Joanna Collins

Briony Williams

Liz Connor

Click [here](#) to find out more about your 2018 committee members.

Co-Presidents' Report

The end of the year is a good time to look back and reflect on our achievements but it is also a time to look forward to what the New Year will bring.

2018 was a big year as it is the year we entered a new era for our workforce with AHPA® officially opening the Health Promotion Practitioner Registration as the National Accreditation Organisation with the International Union of Health Promotion and Education (IUHPE). There is currently 14 registered Health Promotion Practitioners listed on the IUHPE Health Promotion Accreditation System Global Register from Australia.

It is also the year that we launched the WA Branch's [Reflect Reconciliation Action Plan](#) (see page 6).

We've continued to build health promotion capacity and educate people about evidence-based health promotion practice by providing two health promotion short courses in partnership with Curtin University, with one specifically for Aboriginal and Torres Strait Islander peoples as part of the Health Promotion Scholarship Program.

We continued to support the National Mentoring Program to ensure that those in our membership who want guidance and support, are able to receive it and can broaden and strengthen their networks at the same time.

We've continued to advocate for important health promotion issues in WA and for the importance of continued investment in the health promotion workforce.

We look forward to taking the time at our General Meeting of Members in March next year to fully brag about all the work that our amazing volunteer committee and Branch have done. We hope to see you all there.

It is only through our amazing volunteer committee that all these achievements have been made possible. Thank you to our committee members: Carl, Kirsty, Liz B, Rudie, Jo, Daniella, Kirsten, Briony, Alicia, Laima, Beth, and Liz C. We'd also like to thank our student representatives, ex-officios and Strategic Advisory Group members. Despite having full time jobs, children, studies, dance concerts, or holidays – your commitment to health promotion and the committee has been unwavering.

We would like to wish you all a safe and Merry Christmas. We hope you have a lovely and restful time with family and friends. As you finish up the year take the time to reflect on everything you have achieved over the past year and how you have helped the health promotion profession grow.

Lorena Chapman and Courtney Mickan

Co-Presidents, AHPA (WA Branch)

Health Promotion Awards

The WA Branch End of Year Network Event and Awards Presentation was held on Wednesday 5 December 2018. Members gathered at the Floreat Boulevard Centre and online via videostreaming to recognise and celebrate the people and programs that excel within WA.

Each year the AHPA (WA Branch) recognises those achieving great things within the health promotion sector in WA through individual awards of leadership and outstanding mentor in health promotion, and at an organisational level recognising excellence in health promotion practice.

We would also like to acknowledge our award finalists: Megan Milligan, Kelly Kennington, the Injury Matters' Stay on Your Feet Active Balance program and Stay on Your Feet Strengthen Your Legs animation, and the SunSmart team at Cancer Council WA for their world-leading innovation of UV meters. Congratulations to all our winners and finalists.

Leadership in Health Promotion Award Winner: Fiona Phillips, Policy and Research Coordinator, Cancer Council WA (pictured below with Co-Presidents Courtney and Lorena)

Fiona was selected as the winner of the 2018 Leadership in Health Promotion Award as she exemplifies considerable skill in health promotion leadership. Fiona has contributed significantly to tobacco control in WA for over 15 years, facilitating evidence-based research and acting as a key policy adviser to senior decision makers in the state. She has led a national group of researchers and policy advisers throughout Australia to create an effective and coordinated approach to reducing tobacco availability. She is passionate about disease prevention and proactive in fostering collaborations with other organisations and sectors, and is a strategic thinker within her organisation and in partnerships with wider public health forums.

"I have been very fortunate in the roles I have had, to work with inspirational managers, strong and dedicated advocates for tobacco control and wonderful and genuinely committed teams. In fact AHPA especially, has also been very good to me - AHPA awarded me a scholarship in 1998 and now I feel very fortunate to receive this acknowledgement several years on. For me the award has inspired me to do more, and I am very thankful for that, and very appreciate to AHPA for the recognition." Fiona Phillips, 2018.

Outstanding Mentor in Health Promotion Award Winner: Kianna Barker, Health Promotion Coordinator, WACHS Pilbara

Kianna holds substantial health promotion knowledge and experience, and was selected as the winner of the 2018 Outstanding Mentor in Health Promotion as she has inspired and guided her team professionally as a positive role model throughout a broad range of health areas in regional WA. She celebrates her team's strengths whilst encouraging and supporting them to overcome challenges.

The following quotes from Kianna's team of Health Promotion Officers at WACHS Pilbara highlight the significant impact that Kianna has had on their lives and careers:

"Kianna supports individual team members to grow and develop in their chosen career paths and portfolios whilst showing us that our different skills and attributes contribute to the force we become as a team."

"As a new graduate I feel she has strongly influenced my work ethic and has provided me with a solid platform to develop professionally."

"Kianna always has our back. She advocates for health promotion and our team wherever she can. She believes in the role of prevention and the value it can bring to the health of our Pilbara community."



Reflections of AHPA Health Promotion Symposium 2018

Dr Liz Connor, MBBS, BA, Grad. Dip. Public Health (current)
@EConnor_health

Earlier this year I was lucky to be granted an Australian Health Promotion Association scholarship to attend the AHPA Health Promotion Symposium 2018, held in Canberra on August 23 and 24. The theme for this year's event was, 'Better Practice. Better Placed', and the symposium was an opportunity to learn from experts from around Australia during two days of inspiring and innovative presentations and workshops. Reflecting on my experience at the event, I identified a number of key take-away messages and impressions that had really stuck with me. Over the course of the symposium, there was a robust message of the importance of supporting and maintaining the health of planet as the basis of human health.

The concept of stewardship and responsibility for planetary and human health was a recurring theme throughout the event. Professor Fran Baum and Professor Tony Capon both discussed the key role of humans in recognising and truly committing to our obligation to ensure the health of the planet, not only as an end in itself, but as a means to ensure the improvement and maintenance of human health, and the wellbeing of future generations. To do this, we need to prioritise planetary health; create livable, green, sustainable environments; and, as Professor Capon explained, *"re-think the way that we feed, move, house, power and care for the world"*.

There was also a strong emphasis on the need for health promoters to play a key role in supporting the sustainability of health. As educators and change makers, there is the potential for those working in health promotion and related fields to create a world that supports health in its broadest sense, through a range of actions connected to the key focus areas of the symposium: Policy, Power and Politics; Populations, Programs and Partnerships; and, Planet and Place. For example, Health in Policies was the focus of one of the workshops at the event, and emphasised the need to collaborate across sectors to achieve health outcomes, and highlighted the importance of effective negotiation to achieve meaningful and efficacious partnerships. Significantly, there was a powerful sense of shared responsibility for health, and the need for collaboration, cooperation and a shared vision across sectors to achieve the best health outcomes for the planet and for people alike.

Presentations from Professor Susan Thompson and others demonstrated the role of healthy built environments in supporting planetary and human health, and the importance of equity in health and the imperative to leave no one behind were strong themes through all of the presentations across the two days. I was honoured to hear from so many people who are doing great work in health promotion and related fields, and I was inspired by the energy and solidarity that could be felt throughout the event to strive for improved health and to invest in the health of the planet as a priority, across sectors and through strong partnerships and common goals. As Fran Baum put it so well, *"If we have health promoters everywhere, then we will truly be governing for health"*.



Image tweeted by AHPA for @WePublicHealth: "What a beautiful sunrise to start a great day at #AHPA2018"

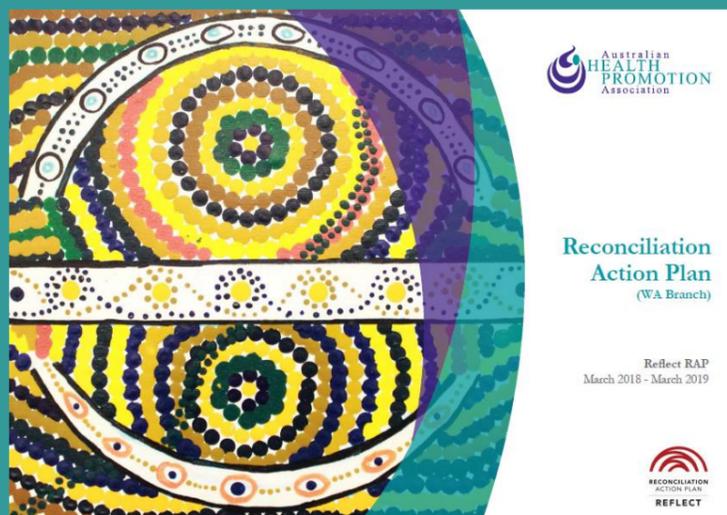
WA Branch Reconciliation Action Plan progress

The AHPA Reconciliation Action Plan (RAP) was launched in March 2018. This was a significant step for the AHPA (WA Branch) in demonstrating our commitment to creating a more inclusive and culturally secure Branch for Aboriginal and Torres Strait Islander peoples in the health promotion sector. Since its launch, the AHPA (WA Branch) has worked to ensure that the RAP is implemented genuinely and consistently across all aspects of the RAP deliverables and aspects of the Branch's work.

Key achievements to date include:

- Acknowledgement of Country added to all general committee meetings;
- Bi-monthly meetings of the RAP working group;
- Celebration of Reconciliation Week and NAIDOC Week, with the distribution of resources and participation in events; and
- Awarding of the annual Aboriginal and Torres Strait Islander scholarship through the Health Promotion Scholarship Program, funded by Healthway.

The AHPA (WA Branch) are excited to continue our commitment to our RAP, and to learn and grow with the AHPA membership as we forge relationships and explore new opportunities founded in respect and connection. We will keep you updated with our progress!



What I wish I knew – 2018 AHPA & PHAA Student Careers Night

“What I Wish I Knew” ... Was the theme that was chosen for this year's unique and unforgettable Student Careers Night. A theme that would allow health promotion and public health professionals to share personal stories, wisdom and insight into their careers and what they wished they had known when they were students. The annual Student Careers Night was held on 2 October 2018 at the University of Western Australia. The AHPA (WA Branch) once again partnered with PHAA (WA Branch) to bring together a sell-out event, attracting over 85 students from universities all over Perth.

This year, students were inspired by keynote speaker Jill Darby (Edith Cowan University), who shared her story along with key tips for a successful career in health promotion and public health. These tips included giving back to the community through volunteer work, finding a mentor and to view the world through curious eyes by creating your own opportunities across various sectors, but not to forget to take time out to breathe (Jill is a keen yogi!). Kevin Stork (PHAA WA Branch representative) spoke about the importance of professional associational membership for students. An overview of the Health Promotion Scholarship Program was delivered by AHPA (WA Branch) Co-President Lorena Chapman, with 2017 Scholarship recipient, Melissa Evans (Curtin University) speaking about her scholarship experiences. Cassandra Bordin (AHPA WA Branch Student Subcommittee) facilitated a panel discussion that included Jill Darby along with Katie Schubert (Town of Victoria Park), Darci Miller (Mentally Healthy WA), Holly Scott (East Metropolitan Health Service) and Melissa Evans. The panelists shared various experiences of their journey from student to health promotion professional and answered a wide variety of questions from the audience.

We wish to thank the committee members and student representatives from AHPA and PHAA (WA Branches) for their assistance in bringing together such a successful event. We would also like to thank our keynote speaker and panelists for providing such a fantastic learning opportunity for students.

Notre Dame University School of Health Sciences Preventive Health Industry Practicum Award

On Thursday 13 December 2018 Notre Dame's School of Health Sciences hosted their annual School of Health Sciences Graduating Students' Award Ceremony. The AHPA (WA Branch) sponsors the award for the highest performing student in their final year Industry Practicum within the Bachelor of Preventive Health.

This year the winner of the award was Sophie Leonard. Sophie will receive a one year membership with AHPA for winning this award. We wish to congratulate Sophie and the other nominees for all their achievements during their studies and wish them all the best for their future career in health promotion.



Alcohol Floor Pricing Advocacy

The AHPA (WA Branch) is a member of the WA Alcohol and Youth Action Coalition which is coordinated by our partners at the Public Health Advocacy Institute of WA (PHAIWA). As part of this Coalition, we have added our voice to advocate for a minimum (floor) price for alcohol in Western Australia. Our letter to the Minister for Health, the Honourable Roger Cook MLA, and the response we received from the Minister regarding this issue are printed below.



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ABN: 443 730 807 90 | ACN: 116 231 595

17 September 2018

Honourable Roger Cook MLA
Deputy Premier; Minister for Health; Mental Health
13th Floor, Dumas House
2 Havelock Street
WEST PERTH WA 6005
Via email: Minister.Cook@dpc.wa.gov.au

Cc: Minister for Tourism; Racing and Gaming Hon. Paul Papalis paul.papalis@mp.wa.gov.au

Dear Minister,

Re: Alcohol harm reduction

We write to you on behalf of the Australian Health Promotion Association (AHPA¹) (WA Branch) to check on the progress of one of the key themes of the WA Preventive Health Summit earlier this year, reducing alcohol-related harm in WA.

The Australian Health Promotion Association (AHPA¹) is the peak body for health promotion in Australia. It is the only dedicated professional association in Australia for people interested or involved in the practice, research and study of health promotion. AHPA members work in a variety of settings and organisations and contribute significantly to improving the health and wellbeing outcomes of all Australians.

Introducing a minimum (floor) price for alcohol in WA was discussed at the WA Preventive Health Summit earlier this year and is recommended as a way to reduce alcohol-related harm by alcohol experts. Minimum pricing is a regulatory measure used to set a floor price per standard drink, meaning that alcohol cannot be sold below this floor price¹. With cheap alcohol being increasingly available, a minimum price would reduce retailers' ability to heavily discount and sell alcohol at very cheap prices. There is a well-established connection between alcohol prices, alcohol consumption, and alcohol harms. As the price of alcohol decreases, drinking increases (inclusive of heavy drinkers). As drinking increases, so does the likelihood of alcohol-related harm. The introduction of a minimum price for alcohol is expected to have the greatest impact on heavy and dependent drinkers whilst moderate drinkers will be less effected. That's because heavier drinkers tend to buy cheaper alcohol, and more of it, compared to lighter drinkers.

With the recent introduction of a minimum price for alcohol in the Northern Territory (NT), AHPA (WA Branch) would like to encourage the McGowan Government to take action on this issue. On 22 August, the NT became the first Australian jurisdiction to pass laws in parliament to introduce a minimum price for alcohol to reduce the rate of alcohol-related harm. Alcohol will be sold for at least \$1.30 per standard drink from 1 October 2018 in the NT. Minimum pricing was one of the key recommendations from a review of alcohol laws by former NT Supreme Court justice Trevor Riley. Several other countries have already introduced a minimum price for alcohol, including Canada, Scotland, several Eastern European

¹ WA Alcohol and Youth Action Coalition. (2018). The Case for a Minimum (Floor) Price for Alcohol in WA. Retrieved from: [http://mcaay.org.au/assets/publications/the-case-for-a-minimum-\(floor\)-price-for-alcohol-in-wa.pdf](http://mcaay.org.au/assets/publications/the-case-for-a-minimum-(floor)-price-for-alcohol-in-wa.pdf)

countries and some US states. Wales will introduce minimum pricing in 2019 and Ireland is also expected to introduce it too.

Reducing alcohol-related harm is a key priority globally and we hope to see other jurisdictions follow suit and introduce minimum pricing for alcohol across Australia.

AHPA congratulate the NT Government on the introduction of minimum pricing of alcohol, and we strongly support its introduction in WA. We encourage the continued discussion of reducing alcohol-related harm within WA communities and also encourage the WA Government to take action on this issue.

Please do not hesitate to contact us on wabranch@healthpromotion.org.au if there is any way the AHPA (WA Branch) can be of assistance.

Dear Ms Mickan and Ms Chapman

Thank you for your letter dated 17 September 2018, regarding a minimum floor price for alcohol in Western Australia.

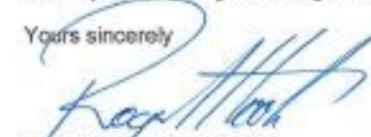
The introduction of a minimum price on alcohol in Western Australia remains of interest because of its potential to prevent alcohol-related harm and reduce pressure on our health system.

The McGowan Government is keen for community discussion on this issue to continue. We are closely monitoring the Northern Territory Government's introduction of a minimum price of alcohol.

Sheffield University has also been engaged by the Mental Health Commission to provide modelling specific to Western Australia about the potential health and safety impacts of various minimum prices.

Thank you for writing to me regarding this important issue.

Yours sincerely


HON ROGER COOK MLA
DEPUTY PREMIER
MINISTER FOR HEALTH; MENTAL HEALTH
12 NOV 2018

AHPA (WA Branch) and Curtin University partner to deliver Health Promotion Short Course

In November, AHPA (WA Branch) partnered with Curtin University to deliver a four-day short course in health promotion. This short course, which has only been available as an online course in recent years, was very popular. Many regional health professionals travelled to Perth to participate in the course, including Trinda Kunzli-Rix from Boab Health Service in the Kimberley region, who wrote this reflection on the course.

Trinda says...

In my role as a dietitian at Boab Health Services, I am lucky enough to have the flexibility to provide health promotion programs to groups and communities across the West Kimberley including but not limited to Broome, Fitzroy Valley and Bidyadanga. For this reason, I chose to upgrade my skills in the field of health promotion. Specifically, I was hoping to gain confidence and a better understanding of planning programs as well as evaluating programs. Over four days, the presenters guided us through creating a project template including researching, writing goals, objectives and strategies, and evaluating these goals and objectives.

The course thoroughly met my needs and expectations and I left feeling empowered and motivated. Not only was it a great networking opportunity but there was also a great emphasis on Aboriginal health. Being a course run in Perth city, this is something I was concerned about when enrolling as I wanted to ensure I could still apply what was learnt in the course to my work in remote Aboriginal communities. The presenters were extremely knowledgeable and approachable, and it was great to return to Curtin and learn evidenced based approaches to health promotion. I would highly recommend this course to anyone looking to upskill in health promotion.

Due to the popularity of the course, AHPA will investigate running this again in 2019. Keep an eye on our weekly newsletter emails for more information.



And that's a wrap...

After a very busy and productive year, the AHPA (WA Branch) committee will be taking a short break from Friday 21 December to Monday 7 January.

Please keep an eye on our communications to find out what 2019 will bring for AHPA members and the broader health promotion workforce.

If you are interested in becoming more involved, we will be advertising for nominations for new committee members in early 2019 and look forward to seeing you all at our General Meeting of Members which includes the highly anticipated Ray James Memorial Lecture in March 2019.

The AHPA (WA Branch) committee would like to wish all our members and colleagues a very Merry Christmas and a healthy, safe and happy New Year.



Did you know we are on Twitter & Instagram?

We now have 3,577 followers on Twitter. The Branches take turns hosting the twitter account each month to ensure we keep you up to date on relevant health promotion information from the twittersphere.



@AHPA_AU



@AHPA_AU

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