

# Update

Newsletter of the Australian Health Promotion Association

December 2013

---

Click on the headings below to navigate to that page

<a href="#">From the President</a>	<a href="#">1-2</a>
<a href="#">Professionalising Health Promotion Project</a>	<a href="#">2</a>
<a href="#">Our Health - Who decides?</a>	<a href="#">2</a>
<a href="#">Branch Round Up</a>	<a href="#">3-5</a>
<a href="#">For the toolbox</a>	<a href="#">5-6</a>
<a href="#">Events and conferences</a>	<a href="#">6-7</a>
<a href="#">AHPA's 22nd Conference to be held in Alice NT 4-5 September 2014</a>	<a href="#">7</a>
<a href="#">Welcome New Members</a>	<a href="#">8</a>
<a href="#">Banana and Date Super Moist muffins</a>	<a href="#">8</a>
<a href="#">Advertising Price Guide</a>	<a href="#">9</a>

---

## FROM THE PRESIDENT Gemma Crawford National President AHPA

As we look to 2014 and its opportunities, I have been reflecting on our role in the political arena. In 1624, John Donne wrote that "No man is an island, entire of itself; every man is a piece of the continent, a part of the main....Any man's death diminishes me, because I am involved in mankind; and therefore never send to know for whom the bell tolls; it tolls for thee..."

There is a message here for the health of our nation. At a basic level we might call it reciprocal determinism-the impact that we have on the world around us and vice versa. For most health promoters, this is old news; we were brought up on the ideas of enabling, advocating, mediating and creating positive health outcomes through the consideration of this broader socioeconomic context. But it still startling that this view of health promotion struggles to find a clear, resonating voice especially in the political sphere.

History matters. We know that in times of economic uncertainty public health programs almost certainly suffer even though, in debating the British Public Health Act in 1875, Prime Minister Benjamin Disraeli noted that public health was the first duty of any government. Our key decision makers could learn a thing or two from this. Whilst our governments often have a change of heart in relation to health promotion and prevention over time, the inconsistency and uncertainty created in the meantime is disruptive.

Understanding the nexus between the political and health promotion agenda is important for health promotion to chart a long term course of action. In 2009, Melissa Sweet wrote (in Crikey) that policy decisions are often made not by the strength of the evidence, but, quoting the position of our (now) Prime Minister on the Nanny State, instead on "...feasibility, desirability and popularity". There is, therefore, an inextricable link between the health of a population and the political landscape.

Getting real traction and resourcing in health promotion in Australia seems to be sometimes like King Sisyphus and his boulder. In a climate of cost cutting we know that "non-frontline" services are the first to the chopping block, as good evidence based policies and practice are cast aside. We have seen calls to ax ANPHA, defunding of the Alcohol and Other Drugs Council of Australia, confusion about funding for education and the very real threats of the Trans Pacific Partnership for public health.

In an age of austerity, where does AHPA fit and what are the opportunities for health promotion?

## / FROM THE PRESIDENT CONTINUED

We ask our members to join us in demonstrating leadership, commitment over the longer term. We must do what we say we will, ensuring we do not leave people in a worse position than when we started. The flow on from poor decisions and inadequate resourcing today will have significant impacts on the health of our communities in the future. We need to keep equity at the centre of everything we do. In that spirit we invite you to join us in Alice Springs September 2014 for the 22nd Australian Health Promotion Conference [www.equitycentre.com.au](http://www.equitycentre.com.au)

I would like to wish you and your loved ones a happy and healthy festive season. If you are so inclined, there is a range of meaningful ways to make a difference to the lives of those around you which you might like to consider. A small suggestion is to join the Royal Australasian College of Physicians in calling on the federal health minister to urgently act on the issue of refugee children being sent to Manus Island or Narau.

Wherever you may be and however you may celebrate, may your time be one of rest, relaxation and reflection. I would like to thank you for your resolve, your generosity of spirit, and the hundreds of volunteer hours given to progress the work of the Association this year. The dedication of the Board, branch committees, student representatives, supporters, mentors, funders and members makes me so proud to be part of this profession. Your collective enthusiasm for health promotion as a priority in Australia will see us weather the most challenging times together.

## Professionalising Health Promotion Project

### formerly the Health Promotion Accreditation Project

This edition of Update provides a timely opportunity to inform you about progress with AHPA's Professionalising Health Promotion Project. The project's achievements to date include:

- 2011 – Funding received from SA Health and Queensland Health to investigate introducing a certification or accreditation model for the health promotion workforce
- June 2011 – Daryl Sadgrove Consulting was engaged to support the project
- October 2011 – A literature scan was undertaken
- April 2012 – A national stakeholder consultation was completed
- August 2012 – A discussion paper titled 'Creating a Sustainable Health Promotion Workforce' was published
- March 2013 – A national consultation on the discussion paper was completed
- November 2013 – A draft Operational Analysis and feasibility study on the implementation of a health promotion certification program was presented to the AHPA Board of Directors at the Board's face to face meeting in Adelaide at the end of November 2013.

The Operational Analysis described AHPA's current governance, resources, technical capability, technology systems, organisational culture, policies, procedures and guidelines. The paper proposed recommendations in regard to resources, policies and governance structures AHPA would need to consider and have developed over the next few years to implement a certification program for health promotion professionals.

The AHPA National Board has approved in principle transitioning to a regulated health promotion workforce. It agreed that work should continue to engage with AHPA members and other stakeholders in relation to the implications of regulating the health promotion workforce and the costs and benefits for AHPA and its members.

*Andrew Jones-Roberts & Janine Phillips*

*AHPA Directors and members of the AHPA Professionalising Health Promotion Steering Group*

## Our Health – Who Decides?

*Glen Paley [ahpatas@hotmail.com](mailto:ahpatas@hotmail.com)*

### Social Determinants of Health Advocacy Network

*Start where health starts*



In Tasmania the Social Determinants of Health Advocacy Network invited all to a people's forum to consider and discuss the question: Our health - who decides?

It was a vibrant and thought provoking 2 days held in Hobart on the 27 and 28 November. The forum was attended by people from a wide range of health related areas, the Tasmanian community, and people from interstate, came together to take part in the discussion of what health means to them.

The discussion was grounded in the following principles and concepts:

Participation - where is the people's voice in health and health care?

A focus on community - making decisions about health for the greater good and putting community before self.

Power - who has the power to make decisions about health and is this fair?

Politics - why and how politics and economic arguments impact on health.

Rights - health is a human right.

The event honoured the contributions of Professor Gavin Mooney and Doctor Del Weston made to our communities. Both Gavin and Del embraced their new home in Tasmania and were deeply involved in the creation of the Social Determinants of Health Advocacy Network.

The vision of the Social Determinants of Health Advocacy Network is that all Tasmanians have the opportunity to live long, healthy lives regardless of their income, education, employment, gender, sexuality, capabilities, cultural background, who they are or where they live.

More information about the forum, the speakers and the Network is available at the blogspot – <http://sdohan.blogspot.com.au/>. Very soon, there will be access to presentations, videos and information about the forum, so please stay tuned.

# Branch Round Up

## VICTORIA // Andrew Jones- Roberts

This year saw the departure of a few long standing members as well as quite a few changes on the Victorian Branch Committee. Although we miss those that are 'taking a break' from the committee, it has been a pleasure working with a new group to provide services for Victorian Branch members.

The Victorian Branch continued to focus its work on three core areas: Skill Development, Career Paths and Member Relations.

The major milestones we achieved this year were:

Our inaugural Social Media Workshop which was fully booked with over 40 participants attending.

A very successful Careers Expo was conducted in partnership with the Vic Branch of the Public Health Association of Australia and the Australian Epidemiology Association. Approximately 340 people attended

Weekly Friday Updates to our members promoting health promotion events, seminars and new job opportunities.

We have been delighted with the feedback from our members about our communication strategy and the events we provided during the year. The Victorian Branch is keen to include members in the planning and implementation of branch activities.

Outstanding Student Award: AHPA's 2013 Victorian Branch Award for the most outstanding student enrolled in the Deakin University Bachelor of Public Health and Health Promotion went to Andrea Catlow.



Congratulations Andrea.

The prize for this award includes one year membership to the Australian Health Promotion Association plus a book voucher from Deakin University Bookshop along with a Certificate of Recognition.

I would like to take this opportunity to thank the dedicated Victorian Branch Committee and all the AHPA members who volunteered their time to plan, implement, deliver and evaluate AHPA events during the year. It has truly been a team effort with lots of good will, commitment and fun – with the focus always being to ensure we deliver value and benefits for our AHPA members.

So the new year – and another work plan (!!) – is almost upon us....but before 2014 arrives I hope you, your family, work colleagues and friends have a wonderful holiday season - and a safe, prosperous, happy and healthy Christmas and New Year!

## NORTHERN TERRITORY // Alana Booth

Well, as 2013 draws to a close it is a good opportunity to look back on the year we have had, hard to believe another year is almost over! The NT AHPA Branch has enjoyed a successful 2013.

Scholarship Program: The branch established a Scholarship program in 2012 to provide branch members with the opportunity to access grants to attend professional development events. Throughout 2013, the NT Branch has awarded 7 scholarships with members attending events in Thailand, Sydney, Brisbane and Darwin.

Professional Development: We recently held a professional development evening for all branch members to allow the delegates who attended the IUHPE Conference in Thailand to present on and talk about their experiences. This was a fantastic opportunity to discuss each delegate's experience, especially as there were some delegates who had never been overseas before!

Mentoring Program: The NT Branch once again partnered with the SA Branch to facilitate the mentoring program, whereby AHPA and PHAA members are invited to be mentors or mentees. Mentees are partnered with appropriately skilled or experienced mentors, and for 6 months they meet regularly, either in person or phone, Skype or email, to work towards a set of goals that were negotiated at the beginning of the program.

This year, 3 sets of mentors-mentees from the NT participated in the program, which is now wrapping up for another year. An evaluation has been sent out to all participants, which we will use in planning the event for next year. A special thank you to the SA Branch who did the majority of the organising for this year's program. The mentoring program is always a popular and well-valued part of what we do in the NT.

AHPA's 2014 Conference: Several NT Branch members have been contributing to the planning of the 22nd National Health Promotion Conference to be held in Alice Springs 4-5 September 2014. We hope to meet many of you face to face in the NT then!

Thank you to the NT Branch exec team for all your hard work for the branch throughout 2013 as well as other members who consistently contribute to branch events and priorities.

Merry Christmas and Happy New Year!

**SOUTH AUSTRALIA // Janette Young**

2013 was a year of significant changes whilst continuing to engage in core activities for the SA branch. In addition to the now regular activities of the mentoring program, ongoing committee meetings, and working with PHAA in organising the State Population Health Conference, a core focus of energy this year has been on student related matters and engaging with like-minded other organisations including and via SACOSS (South Australian Council of Social Services).

In 2013 we trialled having a student support team via the UniSA Bachelor of Health Sciences Field Placement course support the committee and this has proved to be a successful and positive experience. For students they were able to network at high levels with health and health promotion people, learn key administrative and planning skills (aka our core Health Promotion Competencies); while as a committee some support could be provided to our volunteer secretaries, and in the longer term we see this as building the civic capacity and skills of the health promotion workforce and the Association.

2012 ended on quite a fraught note as the Review of Non-Hospital based services lead to many HP jobs being cut and huge insecurity and instability for many of our members (including committee members). But we have survived and formed some strong and supportive new alliances through the process, and look forward to next year.

Wishing all our members a peaceful holiday season and a great start to 2014!

**NEW SOUTH WALES // Karen Bedford**

This year saw the departure of a long standing member of the NSW Branch Committee. We wish Trish Nove the very best in all her new endeavours and we welcome the fact that she intends to continue being involved with AHPA. New committee members have joined us and bring a variety of experiences and skills that complement well the skills of longer serving members.

The major milestones achieved this year include:

- Hosting the National AHPA health promotion conference at Darling Harbour in Sydney in June. While this required a huge amount of time, energy, sweat and tears (almost!) it was an amazing experience and I would like to take this opportunity to thank the NSW Branch Committee members and all our volunteers and supporters for their generous efforts in planning, and delivering the conference. Special thanks goes to my conference co-convenor Suzanne Gleeson, and Prof Chris Rissel, Chair of the Scientific Committee, for the huge amount of time, skill and expertise they gave to the planning and implementation of AHPA's 21<sup>ST</sup> National Conference. Thank you. We would also like to take this opportunity to remind you that all keynote addresses, the Oration, abstracts, and posters are accessible at <http://AHPA.boardeffect.com//elibrary> User name: AHPA2013 Password: AHPA2013
- Providing two scholarships to NSW members to travel and attend the conference in June. Both recipients gained much from the experience and we will continue to provide these opportunities for members for future conferences. So stay tuned.
- The Branch hosted a forum in October to mark anti-poverty week with two very energetic speakers – Ms Stephanie Harvey, CEO Indigenous Community Volunteers, and Ms Jacqui Phillips Australian Council of Social Service (ACOSS) who together provided an overview of poverty in Australia in general and in the Indigenous population in particular. They both outlined several terrific innovative programs aimed at alleviating poverty.
- We would also like to publicly repeat our congratulations to Prof Chris Rissel, a very active member of the NSW Branch Committee, who very deservedly was honoured with a Life Membership of AHPA for his 'outstanding and distinguished service to the Association and to health promotion in Australia'. Thanks and well done Chris.
- NSW Branch newsletter: We have had good feedback from our members' survey about the NSW Branch newsletter, health promotion signals. We will endeavour to incorporate all your ideas into future copies and we look forward to even greater participation and contribution from all our members in 2014.

The Branch Committee wishes you, your families, colleagues and friends a very safe Merry Christmas and a Happy New Year.

**QUEENSLAND // Elisha McGuinness**

The stormy summer months have begun here in Queensland and like the rest of you, we are trying to keep a lid on the festive treats and toasts! It has been a slower than normal year for AHPA Queensland with the industry really re-finding its feet after a significant amount of change brought about at the end of 2012.

Recognising the need to look inwards at how we were operating and whether or not we were essentially meeting the needs of members, the Queensland branch has undertaken two processes in the past six months:

The first was a series of consultations with both members and non-members of the health promotion community to identify the gaps, challenges and opportunities for both AHPA Queensland and for the health promotion profession in Queensland generally.

In addition, the executive branch has reviewed its structure and attempted to streamline things to enable a greater focus on health promotion related tasks as opposed to day to day branch governance. With this new structure in place for 2014, it is hoped that more of our membership will be able to get involved in everyday branch activities and strategies for the health promotion workforce much more easily. We are also hoping to link more closely with the other state and territory branches to see just exactly how they do business and what things they offer their members. With the support of Gemma and Melissa in Western Australia 2014 looks exciting for Queensland as we dabble in some new strategies and re-invent some old.

Wishing all state and territory branch executive and their members a very Merry Christmas from your colleagues here in Queensland! See you all in 2014!

## WESTERN AUSTRALIA // Jamie-Lee Cavill

2013 was another very busy year for the WA Branch. We take this opportunity to publicly congratulate WA Committee members, ex-officio members and student representatives for all their hard work and achievements throughout the year.

**Scholarships:** On 13 November, the Branch celebrated 21 Years of Health Promotion Scholarships in partnership with Healthway. More than 50 past recipients and friends of AHPA WA attended the event and received a copy of the new scholarships storybook.



**AHPA WA Health Promotion Scholarship Recipient James Stevens-Cutler talks about his experience in the program at the 21 Years of Health Promotion Scholarships event**

Applications have closed for the 2014 Health Promotion Graduate Scholarships. The 2014 recipients have been interviewed and selected and will be starting their projects in February 2014. The Aboriginal and Torres Strait Islander component of the program is due to recommence in early 2014 with up to four positions with flexible working arrangements available.

**Advocacy:** Our advocacy team has been reviewing and developing position statements, with six due to be endorsed by the Committee by the end of the year. Statements include Chronic Disease Prevention, Sexual Education, Social Determinants of Health and Research and Evaluation. Up to 14 submissions, complaints and letters have been sent to various agencies on a range of issues including alcohol sponsorship in sport, regulation of caffeine in foods and secondary supply of alcohol to minors. In August, the WA Branch produced a Federal Election Bulletin, including a health promotion scorecard for the major political parties and how to make your vote count.

**Professional development & events:** Six events have been held since July, including the first of the learning circles, Writing for Publication. The learning circle was attended by 20 health promotion professionals and generated interest for a journal club for members.

The WA Branch wishes all our members happy, healthy holidays.

## For the toolbox...

Compiled by **Suzanne Gleeson**

### WHO A Conceptual Framework for Action on the SDOH. SDOH Discussion Paper 2. Geneva, Oct. 2010

[http://whqlibdoc.who.int/publications/2010/9789241500852\\_eng.pdf](http://whqlibdoc.who.int/publications/2010/9789241500852_eng.pdf)

If you are interested in increasing your understanding of the determinants of health and you haven't yet read this – do. As most of you will know the Commission on the Social Determinants of Health (CSDH), set up by the WHO, was tasked with summarising the evidence on how the structure of societies, through myriad social interactions, norms and institutions, are affecting population health, and what governments and public health can do about it. To do this they reviewed existing conceptual frameworks and synthesised all information gathered and came up with a framework that helped best answer the question where do inequities come from so they could then recommend actions. With equity at the core, this is a recommended paper for all interested in promoting health.

### Fair Foundations: The VicHealth framework for health equity

<http://www.vichealth.vic.gov.au/Publications/Health-Inequalities/The-VicHealth-framework-for-health-equity.aspx>

Using the WHO's conceptual framework, discussed in the article above, Vic Health, in consultation with many, developed Fair Foundations: The VicHealth framework for health equity, a planning tool for health promotion policy and practice. It outlines the social determinants of health inequities and suggests entry points for action. It is designed to be relevant for any public health issue.

To find out more about the release of this resource – watch the Youtube at <http://www.vichealth.vic.gov.au/Publications/Video-Gallery/Release-of-Fair-Foundations.aspx>

### A Practitioner's Guide for Advancing Health Equity: Community Strategies for Preventing Chronic Disease.

<http://www.cdc.gov/nccdphp/dch/pdf/HealthEquityGuide.pdf>

2013 Centers for Disease Control and Prevention. Atlanta, GA: US Department of Health and Human Services.

The purpose of the Health Equity Guide is to assist practitioners with addressing the well-documented disparities in chronic disease health outcomes. ... It provides a collection of health equity considerations for several policy, systems, and environmental improvement strategies focused on tobacco-free living, healthy food and beverages, and active living. Additionally, the Health Equity Guide will assist practitioners with integrating the concept of health equity into local practices such as building organizational capacity, engaging the community, developing partnerships, identifying health inequities, and conducting evaluations. The Health Equity Guide is designed for the novice interested in the concept of health equity, as well as the skillful practitioner tackling health inequities.

### Healthcare Spending and Health: Looking Beyond the Money

<http://www.healthypolicies.com/2013/11/healthcare-spending-and-health-looking-beyond-the-money/>

**Courtney McNamara**

Despite the fact that there are now over 170 studies which show that health is worse in more unequal societies, even journalists hired to cover health stories neglect to identify inequality as a crucial determinant of health.

### The Helsinki Statement on Health in All Policies: The 8th Global Conference on Health Promotion, Helsinki, Finland, 10-14 June 2013

[http://www.who.int/healthpromotion/conferences/8gchp/8gchp\\_helsinki\\_statement.pdf](http://www.who.int/healthpromotion/conferences/8gchp/8gchp_helsinki_statement.pdf)

**Calls on governments** to fulfil their obligations to their peoples' health and well-being by taking the following actions:

- **Commit to health and health equity as a political priority** by adopting the principles of Health in All Policies and taking action on the social determinants of health.
- **Ensure effective structures, processes and resources** that enable implementation of the Health in All Policies approach across governments at all levels and between governments.
- **Strengthen the capacity of Ministries of Health to engage other sectors of government** through leadership, partnership, advocacy and mediation to achieve improved health outcomes.
- **Build institutional capacity and skills** that enable the implementation of Health in All Policies and provide evidence on the determinants of health and inequity and on effective responses.
- **Adopt transparent audit and accountability mechanisms** for health and equity impacts that build trust across government and between governments and their people.
- **Establish conflict of interest measures** that include effective safeguards to protect policies from distortion by commercial and vested interests and influence.
- **Include communities, social movements and civil society** in the development, implementation and monitoring of Health in All Policies, building health literacy in the population.

## Working for Health Equity: The Role of Health Professionals

<http://www.instituteofhealthequity.org/projects/working-for-health-equity-the-role-of-health-professionals>

University College London Institute of Health Equity Department of Epidemiology & Public Health March 2013

From the Executive Summary ... This report will demonstrate that the health care system and those working within it have an important and often under-utilised role in reducing health inequalities through action on the social determinants of health... This report launches a new programme of activities to tackle health inequalities through action by health professionals on the social determinants of health. It draws on many examples of inspiring and excellent practice which demonstrate what can be done.

## An Introduction to the Ethical Implications of Economic Evaluations for Healthy Public Policy.

Download here [http://www.ncchpp.ca/docs/EthiqueEvalEcon\\_EN.pdf](http://www.ncchpp.ca/docs/EthiqueEvalEcon_EN.pdf)

This briefing note introduces the main types of economic evaluation, the ethical assumptions they share and the ways in which they can be read and interpreted in light of values relevant for public health. ... It begins by introducing the main types of economic evaluation (cost-benefit, cost-effectiveness, and cost-utility), their general strengths and weaknesses, and what they aim to measure through different means: efficiency...

It moves on to examine the ethical implications of the ethical (utilitarianism) and methodological (individualism) assumptions shared by the main types of economic evaluations. It concludes by exploring the ways in which economic evaluations can be read and interpreted so that values relevant for public health, which

can conflict with those implicitly put forward by economic evaluations, do not fall out of the view of policy makers.

Published in October 2013. Click on link for description [http://www.ncchpp.ca/144/publications.ccnpps?id\\_article=962](http://www.ncchpp.ca/144/publications.ccnpps?id_article=962)

**Does anyone know if there is a comparable video for Australia? Do you know where the same stats for Oz can be accessed? If you do then let me know at [admin@healthpromoiton.org.au](mailto:admin@healthpromoiton.org.au)**

## Healthcare Spending and Health: Looking Beyond the Money

<http://www.healthypolicies.com/2013/11/healthcare-spending-and-health-looking-beyond-the-money/>

Courtney McNamara

Despite the fact that there are now over 170 studies which show that health is worse in more unequal societies, even journalists hired to cover health stories neglect to identify inequality as a crucial determinant of health.

## The Stand@Work Study: Do sit-stand workstations reduce employees' sitting time?

Heart Foundation

The Stand@Work pilot study commenced in October 2011 at the Sydney/Newcastle Heart Foundation offices and was a collaboration between the Heart Foundation NSW and the Prevention Research Collaboration, University of Sydney. Following on from this, a resource has been developed detailing the outcomes of the Stand@Work Study which measured changes in sitting time in a workplace intervention that introduced sit-stand workstations. The case study also includes tips and strategies to reduce sitting time at home; at work and while travelling. Click here to access [http://www.heartfoundation.org](http://www.heartfoundation.org.au/SiteCollectionDocuments/HF-Stand@Work_CaseStudy.pdf).

[au/SiteCollectionDocuments/HF-Stand@Work\\_CaseStudy.pdf](http://www.heartfoundation.org.au/SiteCollectionDocuments/HF-Stand@Work_CaseStudy.pdf)

To support this resource, there is also a range of workplace "Sit Less" posters that have been created to prompt workers to stand or move more frequently in a workplace office setting. Click <http://www.heartfoundation.org.au/active-living/get-active/Pages/Workplace-wellness.aspx> to download the posters

# Events and conferences

## 2014

### AHPA's PREMIER EVENT OF THE YEAR. 4-5 September 2014

#### *Equity @ the Centre: Action on the Social Determinants of Health*

National Health Promotion Conference 2014

[Held in partnership in 2014 with the NT Chronic Disease Network and the NT Medicare Local]

Alice Springs

**4-5 September 2014**

Visit the Conference website for regular updates at [www.equitycentre.com.au](http://www.equitycentre.com.au) and at that site you can also make enquiries via email.

## US MARCH 2014

### *What Works Best in Health Promotion?*

#### *Perspectives of the Top Program Managers and Scientists*

The Broadmoor, Colorado Springs, Colorado

**March 24-28 2014**

Three decades of experience in launching, managing and evaluating thousands of programs in workplace, clinical, education, family and community settings have demonstrated beyond a shadow of a doubt that health promotion works. Health promotion programs improve health, reduce medical costs and enhance productivity...somewhat, sometimes, in some places. Stated differently, there is huge variation in the impact of a program, depending on how well it is designed and implemented. .. This conference will present the best of what we do know about what works best.

<http://www.healthpromotionconference.com/2014CallforProposals>

**APRIL 2014****Identifying Bullying - Policy, Prevention & Management Strategies**

QT Hotel Surfers Paradise  
7 – 8 April 2014

Hosted by the "not for profit" Australian and New Zealand Mental Health Association Inc. The Conference will examine bullying and what can be done about it in a range of contexts such as schools, families, workplaces and cyberspace <http://www.no2bullying.org.au/#sthash.EURzavZ8.dpuf>

**JULY 2014****Promoting Social and Economic Equality**

Joint World Conference on Social Work, Education and Social Development 2014

Melbourne Convention and Exhibition Centre  
Melbourne Vic  
09–12 July 2014.

<http://www.swsd2014.org/conference-theme/>

**7th Making Cities Liveable Conference 2014  
Healthy – Sustainable – Resilient – Cities**

Mantra on Salt Beach, Kingscliff NSW  
and QLD border  
10 – 11 July 2014

The 7th Making Cities Liveable Conference will examine the challenges, opportunities, trends and issues currently facing sector professionals. Delegates and presenters will examine how to plan for Healthy Cities, Sustainable Cities and Resilient Cities.

**Engage and Innovate for Sustainability**

Engagement Australia's 11th International Conference of engaged scholars and practitioners.

Charles Sturt University Wagga Wagga NSW  
21 – 23rd July 2014

<http://engagementaustralia.org.au/conference/2014-conference/>

**SEPTEMBER 2014****AHPA Annual National Health Promotion Conference 2014**

Equity @ the Centre: Action on the Social Determinants of Health

Alice Springs  
4–5 September 2014  
[www.equitycentre.com.au](http://www.equitycentre.com.au)

**PHAA Annual Public Health Conference**

Pan Pacific Hotel Perth WA  
15–17 September 2014  
[http://www.phaa.net.au/43rd\\_Annual\\_Conference.php](http://www.phaa.net.au/43rd_Annual_Conference.php)

**OCTOBER 2014****Australian Regional Development Conference  
'Where to from here?'**

The Commercial Club Albury NSW  
15–16 October 2014

Australia's sustainability and future are reliant on the development of regional areas. Some regional areas are flourishing and others are struggling. Through innovation, collaboration and sharing there has been progress in many regional communities. This conference "where to from here" will provide equal focus to the advancement of economic and social outcomes for regional Australia. The Australian Regional Development Conference will focus on the broad issues of economic, planning, environment and community development. <http://regionaldevelopment.org.au/abstracts.html>

**AHPA's 22nd Conference to be held in Alice NT  
4-5 September 2014 – DIARY DATE****Equity @ the Centre**

Dr James Smith

The Australian Health Promotion Association (AHPA) in partnership with the Northern Territory Chronic Diseases Network (CDN) and the Northern Territory Medicare Local (NTML) are working together to deliver the 22nd AHPA National Conference and the 18th Annual CDN Conference in Alice Springs on the 4-5th September 2014.

**Put these dates in your diary now!**

**The theme of the conference is Equity @ the Centre: Action on Social Determinants of Health.**

The focus on equity is to demonstrate the centrality of fairness and social justice as the underpinning principles of contemporary health promotion, prevention and comprehensive primary health care activities and system reforms across Australia;

The focus on social determinants of health responds to the growing national and global evidence and commentary acknowledging the need for action.

**Conference sub-themes are:**

**Smart systems** – this theme will look at new and emerging systems that help to build health equity

**Creative solutions** - this theme will explore innovative and proactive strategies, programs and 'ways of doing' to promote health equity through a partnership approach

**Legendary leadership** – this theme aims to examine leadership, governance structures, partnerships and strategies that support action on the social determinants of health

**Priority populations** - this theme provides scope to examine the needs of priority populations, particularly Aboriginal and Torres Strait Islander populations, with respect to building health equity

**Power of language** - this theme will examine ways in which language shapes and influences health literacy and the achievement of health equity

Each sub-theme can relate to local, regional, national and global levels. Each sub-theme can relate to practice, research, policy and civil society contexts. We encourage abstract submissions from people working internal and external to the health sector, people working at different levels of their sector, and people working in different settings across Australia and beyond. Abstract submissions are scheduled to open on 3rd February 2014. For more information please email [equityatthecentre@agentur.com.au](mailto:equityatthecentre@agentur.com.au) or visit [www.equitycentre.com.au](http://www.equitycentre.com.au)

## Welcome to new members 1 July to 30 November 2013

### NSW

Alana Jackson  
Samantha Grego  
Kimberley Brown  
Mary Johnston  
Leigh Laurence  
Muskaa Andal  
Olaf Werder  
Pamela Mantaring  
Merewyn Partland  
Nicole Evans  
Nerina Tringham  
Smriti Nepal  
Lewis Kaplan  
Nirmala Pimenta  
Eloise Milthorpe  
Colleen Lord  
Kamilla Haufort  
Kaitlyn Vette  
Healthy Kids Association  
(Jo Gardner)  
Lismore and District  
women's health centre Inc  
(Nerida Colley)  
Western Sydney LHD  
(Linda Mulheron)

### NT

Heather Keighley

### QLD

Laura Robinson  
Istell Edwards  
Kirrilee Parsons  
Hani Mezian  
Shelley Peardon  
Natalie Glasgow  
Ladoi Marip  
Ellen Rogers  
Jean Eastwood

Rosemary Pimm  
Anita Cowlshaw  
Ellen Panaretos  
Kathryn Towler  
Josephine Ferguson  
Lily Lewington  
Joshua Duyker  
Gilbert Adlam  
Bronwyn Jones  
Lyndell Brown  
Townsville Mackay  
Medicare Local  
(Fran Keeble-Buckle)

### SA

Emma Prisk  
Dannielle Post  
Hannah Rohrlach  
Katherine Devonshire-  
Gill  
Megan Rebuli  
Erin Healy  
GulnarNicholas  
Paula Stacey-Thomas  
Rhett Preston  
Christopher Bailey  
Rebekah van Tienen  
Lauren Nevin  
Sajida Zaffar  
Alex Jackson  
Kristen Stevens  
Bernadette Noonan  
Amie Gunawan  
Kristy Stengert  
Kim Dell  
Michelle Watson  
Adam Delaine  
Dannielle Post  
Amy Stephenson

### TAS

Anthea Maynard

### VIC

Adriana Vargas Senz  
Bronwyn Hogan  
Britt Johnson  
Carolyn Sievers  
Elizabeth Vella  
Charlie Evans  
Naomi Cooper  
Cindy Holroyd  
Darren John Capalb  
Carolyn Bell-Harper  
Jeciline Milligan  
Paula Christofakakis  
Brian Dunn  
Andree Schier  
Bridget Gardner  
Alexandra Dunn  
Katie Rowe  
Lara Gerrand  
Joanne Lane  
Vanessa Czerniawski  
Penny O'Brien  
Tania Edney  
Natalie Jones  
Liza Shaw  
Mitchell Bowden  
Ashleigh Cochrane  
Megyn Hayes  
Andrea Buitrago Diaz

### WA

Michelle Riekie  
Shannen Vallesi  
Tina Pendlebury  
Emma Croager  
Sally Taylor

Susan O'Neill  
Monnia Volpi-Wise  
Jessica Marmoy  
Gemma Brooks  
Rachael Tang  
Kim Finegan  
Harriet Rogers  
Arnie Suyatna  
Shannon Reitinge  
Tess Malland  
Jade Bell  
Mary Sands  
Marc Zen  
Andrew Banda  
Michele Wollens  
Peter Martin  
Tracy Waddell  
Gabrielle Paull  
Eadaoin Power  
Md golam Mortuza  
Leisha Aberle  
Louella Monaghan  
Joanna Gregg  
Adela Tang  
Belinda Filippou  
Thomas Barry Powell  
Lauren Reid-Dornbusch  
Devesh Oberoi  
Angela Lee  
Anne Polley  
Karina Conlisk  
WACHS – Pilbara  
(Margaret Abernethy)

### International

#### New Zealand

University of Otago  
(Anna Dawson)

## Banana & Date Super Moist Muffins

*Recipe from Elisha McGuinness Qld Branch*

#### In a bowl mix

2 cups almond meal  
2 tsp baking soda  
1 tsp salt  
1 tbsp cinnamon

#### In a food processor combine

1 cup pitted dates  
3 ripe bananas  
3 eggs  
1 tsp apple cider vinegar  
¼ cup coconut oil (melted)

Blend dry mixture into wet until thoroughly combined

Fold in 1 cups shredded carrots, 1½ cup walnuts finely chopped

Cook in lined muffin cup tray on 180 degrees Celsius for 25 minutes.

It will make 20 little muffins.

Enjoy!

# Update

Newsletter of the Australian Health Promotion Association

## Advertising Price Guide

December 2013 – All prices inclusive of GST

### Eighth page advertisement (landscape)

Members \$25.00

Non members \$35.00

### Quarter page advertisement (portrait)

Members \$35.00

Non members \$45.00

### One third of a page advertisement (portrait)

Members \$45.00

Non members \$55.00

### Half page advertisement (landscape/portrait)

Members \$55.00

Non members \$65.00

### Full page advertisement (portrait)

Members \$65.00

Non members \$95.00

Bookings for advertising in *Update* must be received two weeks prior to the deadline for submission of articles.

The deadline for the next *Update* is  
**4 March 2014.**

Please provide all text in Word and pictures and photos as picture files eg JPG.

Additional costs will apply if typesetting or layout is required.

Send your copy to [admin@healthpromotion.org.au](mailto:admin@healthpromotion.org.au)

Articles appearing in the *Update* do not necessarily reflect the views of the Australian Health Promotion Association.

Contributions are very welcome. For the March 2014 edition please send to [admin@healthpromotion.org.au](mailto:admin@healthpromotion.org.au) by **Tuesday 4 March 2014.**

## Are your colleagues members of AHPA?

Let them know that joining online is just a click away – click <http://www.healthpromotion.org.au/membership> and join - it is so easy.

To renew your membership - do so online – just click on the ‘Renew Now’ button at <http://www.healthpromotion.org.au/membership>

To edit or update your membership details – go to <http://www.healthpromotion.org.au/members/member.php>

Enter your user name and password. Once you have made the changes to your details do remember to save the changes.