

What's happening at your health service

REDHS HEALTH PROMOTION

Health promotion is the process of enabling people to increase control over and to improve their health. To reach a state of complete physical, mental and social wellbeing, an individual or group must be able to identify and to realise aspirations, to satisfy needs, and to change or cope with the environment. This definition is based on the World Health Organisation Ottawa Charter 1986.

REDHS is committed to undertaking health promotion and have employed health promotion professionals for this purpose. These people are responsible for the planning, development, implementation and evaluation of health promotion policies and projects using a variety of strategies, including health education, mass media, community development and community engagement processes, advocacy and lobbying strategies, social marketing, health policy, and structural and environmental strategies. Workforce development and capacity building strategies are also important components of health promotion practice.

REDHS HEALTH PROMOTION SNAPSHOT - SUPERMARKET TOURS, TAKING THE GUESSWORK OUT OF HEALTHY SHOPPING:

Supermarket tours are aimed at anyone wanting to make healthier food choices whilst ensuring shopping is easy and stress free. Learn to interpret the information on food labels, understand ingredients lists and unravel some misleading claims in food packaging.

If you or your group are interested in being involved in a supermarket tour please call our Dietitian and Health Promotion Coordinator - Danielle on 5484 4400.

COMMUNITY EDUCATION:

REDHS offer community education talks to groups in Rochester, Elmore and surrounding areas. Topics have included healthy eating, managing your diabetes, eating for a healthy heart and many more. If your community group is interested in a guest speaker please contact REDHS on 5484 4400.

SELF MANAGEMENT PROGRAMS:

New to REDHS in 2011 will be the introduction of a number of group programs with a self management focus. Self management is people's ability to take control over and improve their health. The programs will include a 6 week program for people with Type 2 Diabetes and a 10 week program for overweight and obesity. Watch this space for more information. To register your interest please phone REDHS on 5484 4400.

SUSTAINABLE FARM FAMILIES (SFF)

In February staff at REDHS in conjunction with the Department of Primary Industries and Western District Health Service Hamilton ran two successful SFF programs. These programs were the second of a three year project targeting groups of farmers within our area. The Rochester program was a one day program with Campapse Dairy Discussion Group and other farmers; a follow-up of a program run 12 months ago.

In the SFF program participants have a health assessment completed by registered nurses and education about a variety of health issues. The aim is to educate farmers to change health and safety behaviours and attitudes. This group will be invited to return for a final session next year.

PRIMARY CARE SERVICES

- Diabetes Education
- Dietitian
- Health Promotion
- Occupational Therapy
- Physiotherapy
- Podiatry
- Social Work

UPCOMING HEALTH WEEKS:

- National Heart Week, 1st -7th May
- Food Allergy & Awareness Week, 16th - 21st May
- World No Tobacco Day, 31st May
- Bowel Cancer Awareness Week, 5th - 11th June
- Ride to Work Day, 20th June

HAVE A HEALTHY EASTER

Despite an increased awareness of childhood obesity over the last few years, sales of chocolates at Easter time are on the rise. Last year, approximately \$230 million was spent on Easter treats across Australia and New Zealand alone. Now that's a lot of kilojoules being consumed! While a little indulgence from time to time isn't going to cause any serious damage, why not try a healthier approach this year and treat your kids to an Easter basket with a little twist? This year, buy healthy snacks as well as or instead of lollies and chocolate.

- Other gifts are okay this time of year too - replace the chocolate with pyjamas or a toy
- Try raisins or other dried fruit as well a small amount of chocolate
- Try chocolate and yoghurt covered raisins, sultanas or dried apricots
- Choose smaller portions and snack sized chocolate
- Try dark chocolate - you will be satisfied with less
- Bake home-made treats - you can always leave out half the sugar
- Have an active easter egg hunt outside
- Limit treats to Easter Sunday itself - don't allow the indulging to extend over the weeks before and after Easter

Remember, Easter baskets don't have to be chock full of junk to be fun. Healthy additions make healthier kids without sacrificing the excitement of receiving a treat.

RESET LIFESTYLE MODIFICATION PROGRAM FOR PRE-DIABETES

Type 2 Diabetes is a disease that is lifestyle related. Many people may identify they have risk factors for diabetes, such as a family history of diabetes, on blood pressure medications, smoking, inactive lifestyle and have a waist measurement of over 102 cm (men) or 88cm (women).

The good news is that the development of Type 2 Diabetes can be prevented by making some lifestyle changes. The RESET program is aimed at people aged 40-49 who have been identified as having a high risk of Type 2 Diabetes but have not developed the disease, or may be diagnosed as having pre-diabetes. The RESET program involves education about healthy eating choices and exercise recommendations. Actions involve setting achievable goals to gradually reach the desired aims.

The RESET program runs over seven sessions - four fortnightly sessions followed by two sessions a month apart, then a follow up at six months. Although the program is aimed at people in the 40-49 age bracket we have made it available to any person who has been identified as having pre-diabetes

The next RESET program is scheduled to commence on Wednesday 11 May at 6 pm in the Primary Care Education Room.

If you are interested in this program or would like more information, please talk to your doctor or ring Leanne Rankin at Primary Care on 5484 4465.

SWAP IT, DON'T STOP IT

Swap it, Don't Stop It is a campaign by the Australian Government to encourage people to make small nutrition and physical activity swaps in their everyday life to help their overall health and wellbeing. An increase in your waistline increases your risk of some cancers, type 2 diabetes and heart disease. By taking a few small measures and making some swaps throughout your day, you can help decrease your risk of chronic disease. The main tips are to Swap big for small, Swap often for sometimes, Swap sitting for moving and Swap watching for playing. See below for some ideas.

SOME SWAPPING IDEAS:

Swap big for small

- Swap a large serve of meat for a smaller serve with extra vegetables
- Swap large bowls for small bowls for when eating treats like ice-cream

Swap often for sometimes

- Swap soft drinks for plain mineral water flavoured with some lemon or lime
- Swap fried chips for a baked potato with salad

Swap sitting for moving

- Swap getting off public transport at the front door for getting off a few stops before
- When on the phone, swap sitting down for walking and talking

Swap watching for playing

- Swap a Sunday drive for a Sunday stroll
- Swap video games for backyard games

Visit swapit.gov.au for more tips

HAVE YOU MET ERIC?

Over the years Eric's belly has ballooned and ballooned. It's come time to do something about it. That's why he's become a Swapper!

It just means swapping some of the things he's doing now for healthier choices. That way he can lose his belly, without losing all the things he loves. Even better, lots of the swaps that Eric makes are saving him money.

He swaps a family trip to the movies for a trip to the park and takes leftovers from the night before to work instead of buying his lunch.

The main idea is that small changes can add up and make a big difference!

Source: www.swapit.gov.au



For appointments or information on these services, please contact Primary Care reception on 5484 4465. Referrals are essential.