

Welcome to the December 2010 Health Promotion Newsletter. Did you have a chance to read our last newsletter? If not, refer to the intranet notice for the link and have a read...

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## Websites of interest...

**Yulunga: Traditional Indigenous Games** resource includes a selection of culturally appropriate games and activities for Aboriginal and Torres Strait Islander children & youth:  
[http://www.ausport.gov.au/participating/indigenous/resources/games\\_and\\_activities/full\\_resource](http://www.ausport.gov.au/participating/indigenous/resources/games_and_activities/full_resource)

Australian Healthy Weight Week: [www.daa.asn.au](http://www.daa.asn.au)

## Latrobe Valley Sudanese Women's Network Official Launch

A formal launch of the Latrobe Valley Sudanese Women's Network took place during October at Latrobe City Council headquarters. The event was well attended by a number of representatives from local agencies and organisations, many of whom have been involved with supporting local settlement projects. The launch provided an opportunity for the Morwell Sudanese Women's Craft Group to showcase their achievements throughout the past two years and develop support within local networks for future projects.

The artists displayed tea-towels, aprons and bags which have been created with the screen-printed medium and attendees had the opportunity to purchase individual items. The Sudanese women's group extended an invitation to other women from culturally diverse backgrounds to attend the event and expressed their hopes for the future in creating a community studio to further develop their small business enterprise.



## Pit Stop Evaluation

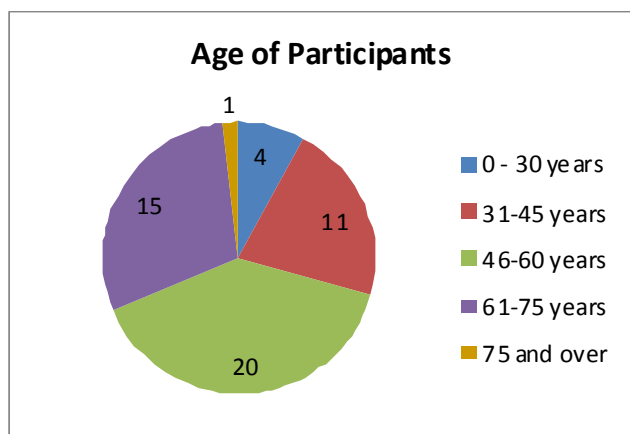
It is often said that some men take more care in the health of their cars than that of their own. Pit Stop is a health check that aims to engage men in taking an interest in their wellbeing by likening their bodies to the parts of a car. By visiting different check stations which are monitored by health personnel, participants are taken through the following:

- Chassis Check (hip to waist ratio)
- Oil Pressure (blood pressure)
- Fuel Additives (alcohol consumption)
- Spark Plugs (Testicular Health)
- Extractor (colorectal cancer)
- Exhaust (smoking)
- Sound System (hearing)
- Shock Absorbers (coping skills)
- Torsion (flexibility)
- Duco (skin cancer printed information)

In March 2010, LCHS was involved in a Pit Stop initiative which was run at Farm World Expo and involved a number of the health check stations mentioned above. From 113 eligible participants, preliminary evaluation results were taken via a recent telephone survey.

### Results

A total of 113 participants were called at least once. Of those participants, 50 responded, 20 declined to participate or had changed numbers and 43 were unable to be reached.



Overall satisfaction ratings were very high with 49 out of the 50 respondents saying that in general they enjoyed participating in Pit Stop and 46 out of the 50 said they would go again.

Thirty percent of respondents also said that they learnt something new in regards to their health with blood pressure, testicular health and mental health being some of the most common areas identified.

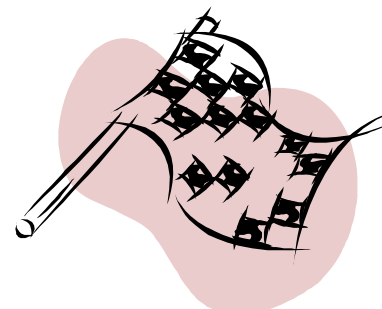
Pit Stop also showed to have some long term effect on health monitoring of participants; 62% of respondents had consulted their doctor in the 3 months prior to the survey with half of these stating that seeing their doctor was as a result of having been to Pit Stop. In addition, 37 out of the 50 had reported to have improved their health since Pit Stop with 59% of these saying that their behaviour change was as a result of Pit Stop.

There is, however, room for improvement with participants requesting that skin cancer examinations be conducted as part of Pit Stop and some complaints of equipment (such as blood pressure monitors) going faulty at the time of the health check.

### Some feel-good quotes

“I found I knew a lot of what was said but I passed some booklets on to a friend who I thought could use the information.”

“It was a good reminder of the things I should be doing. I was aware of most of it but (Pit Stop) reminded me that I need to think about things.”



## Health Promotion Activities at Opening of LCHS Morwell Building



Above, left to right: Essendon Footballers Paddy Ryder and Michael Hurley with LCHS Health Promotion Officers Angela Fredericks and Taffie Mhlanga at the recent Morwell building opening

The LCHS Health Promotion team was kept busy at the recent Morwell building opening, with many visitors calling in at the Health Promotion stand. A number of program resources were on display that have been developed in consultation with community groups, as well as program flyers. Health Promotion programs aim to enable people to take control of and improve their health with a focus on three priority areas: nutrition, physical activity and mental wellbeing. Here are just a few of the programs which are currently available through LCHS:



### Heart Foundation Walking Groups

Walking groups are for people who wish to keep active and walk as a group on a regular basis. Heart Foundation walking is a network of free community-based walking groups that gives you an easy way to look after your health and is available in a number of townships throughout the Latrobe Valley.



### Community Kitchens

This program is great for developing cooking skills and for social inclusion. Small groups of 6-8 people meet regularly at a designated venue to cook healthy budgeted meals. Support is available through LCHS for those wishing to start their own Community Kitchen.



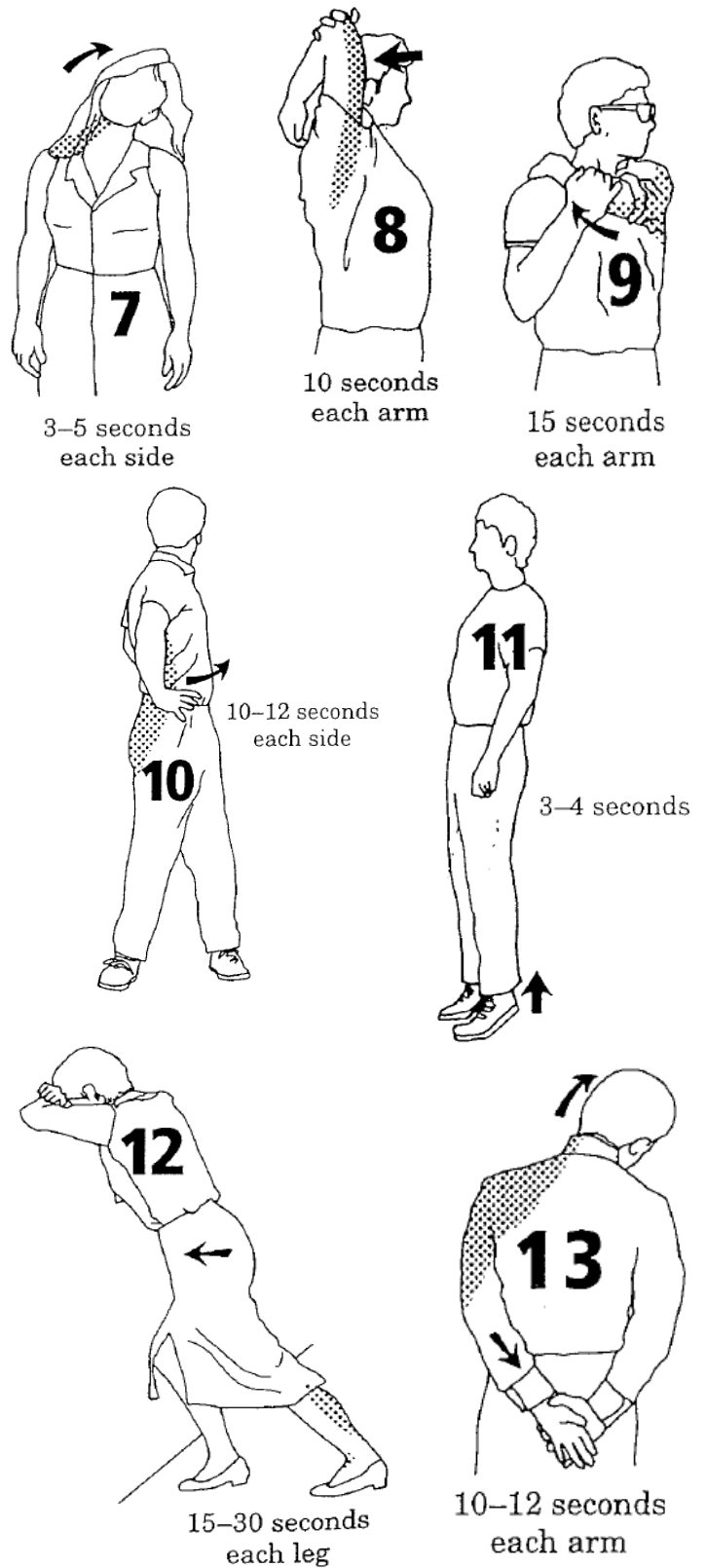
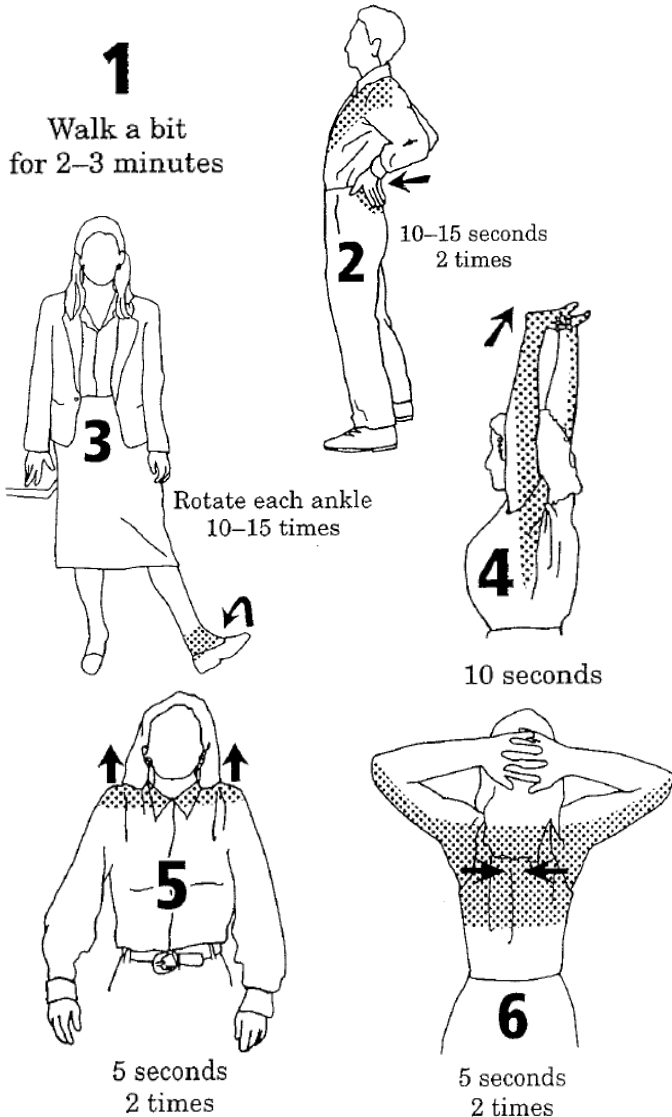
### Smiles 4 Miles

This program is for preschools, kindergartens, childcare centres and playgroups within the Latrobe Valley and promotes oral health.

**For more information on these and other programs please contact the Health Promotion team on 1800 242 696.**

## Quick & Easy Stretches

Sitting at a desk can cause your muscles to tighten up and become stiff and tight. Do these stretches every hour or so throughout the day to improve your circulation and loosen up those areas that are tense from prolonged periods of sitting. You'll feel better!



Stretching © 2000 by Bob and Jean Anderson. Shelter Publications, Inc.

We hope you enjoyed reading the December 2010 'Heading Upstream' Newsletter. Keep an eye out for the next newsletter in March.