



HEALTH PROMOTION SYMPOSIUM 2023:

BURSARY REPORTS





INTRODUCTION

AHPA held the 2023 National Health Promotion Symposium on Wadawurrang Country, Geelong Victoria over the 25th and 26th of October 2023. Over 200 attendees joined us for the first time the health promotion sector has come together face to face since 2018.

The symposium program was designed to build the professional capacity of AHPA members and the broader health promotion workforce. Leadership, advocacy and workforce development for health promotion practice, research, evaluation and policy underpins AHPA's work for a healthy, equitable Australia.

The symposium engaged the health promotion workforce in critical, timely and insightful conversations on the conditions that shape the health and wellbeing of our people, places and planet and the global and local imperative for bold health promotion action. The program was designed to provide meaningful opportunities for people to connect, converse, problem-solve, dream and learn, with sessions aligned to and mapped against the International Union for Health Promotion and Education Core Competencies and Professional Standards for Health Promotion, and the voices of students and early career practitioners, First Nations people and local partners elevated throughout.

AHPA offered several bursaries to support members to attend the Symposium which could be used towards registration, flights, and accommodation. The bursaries were designed to support practitioners to achieve their continuing professional development for health promotion practice and build their IUHPE Core Competencies and Professional Standards for Health Promotion.

Eligible applications were full AHPA members for a minimum of 12 months, active contributors to AHPA's development local activities which contributor to the work of an AHPA branch or nationally, had not received an AHPA bursary within the last 2 years, and had the capability to participate in the Symposium in full, including active social media participation.

Applicants were required to outline their interests in attending the Symposium, justify why they should be considered as a bursary recipient and outline which competencies attending the Symposium as professional development links to and how. A panel assessment of applications finalised eight successful bursary recipients, with preferences to those who had not previously received an AHPA bursary, were active members among AHPA, and who were Aboriginal and Torres Strait Islander.

As required by application conditions, bursary recipients were required to provide a bursary report which highlighted valuable lessons, the application of learnings to health promotion practice and the development of health promotion competencies, and the dissemination of learnings. The following document includes reports and images from all bursary recipients.



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Dr Belinda Lunnay

Torrens University Australia
SA AHPA Branch Committee Member

Most valuable lesson learnt from the event.

AHPA President Melinda Edmunds opened the Symposium with a strengths statement “I’m a Health Promoter, thank me later”. The Symposium unfolded opportunities to construct, and indeed to deconstruct and reconstruct, our disciplinary identity in response to the question: ‘What is a Health Promoter?’. Advocacy opportunities for strengthening professional identity was the most valuable lesson I learnt at the Symposium. Our workforce identity is a critical ontological consideration at a time where investment in prevention is increasing (we have a National Preventive Health Strategy that emulates the principles of the Ottawa Charter) and health promotion is an agile construct for policymakers (reflected in systems-level approaches and Health in all Policies). It was clear through the Symposium that contributing to a strong health promotion workforce requires leadership. This is in my developmental scope as a participant in AHPA’s Leadership and Governance Pilot Program. The program is designed to accelerate governance capacity to guide the next cadre of Health Promoters. Strategic discussions during the Symposium made it clear that IUHPE Practitioner Registrations are critical to increasing the profile of our profession in Australia (Image 1) - I look forward to advancing this agenda personally, through my Institution Torrens University Australia and through AHPA SA.

How learnings from the event will be applied to health promotion practice and the development of health promotion competencies.

Participating in the Symposium developed my practice in all IUHPE Core Competencies. In particular, as a Health Promoter and Academic, I was acutely interested in discussion about the need for/development an impact measurement framework for Health Promotion practice (i.e. Competency 1: Enabling change). It is my experience from having grant applications rejected that it is impossible to claim the use-value of Health Promotion without assurance of impact. I participated in an insightful World Café during the Symposium Workshop titled ‘Advocate for Health Promotion’ led by AHPA Victoria Branch President David Towl. Alongside Thought Leaders representing varying portfolios including AHPA Life Member Professor Jenni Judd, I workshopped ‘how to’ reinstate the value of health promotion. This increased my knowledge of strategy and development for health promotion. I learned that enabling change pivots on recognising the leverage opportunities for Health Promotion, the role AHPA has and where AHPA should channel our efforts. It is clear that formalised recognition of Health Promotion workforce competencies would provide scaffolding that I can use to make a public case for my work, and garner support for health promotion projects (i.e., Competency 2: Advocacy for Health Promotion).

My critical first step is to become IUHPE registered. Participating in the Symposium has certainly strengthened the content of my application!



Most notably, I am encouraged to work collaboratively across sectors, and the Symposium extended my networks; exposing opportunities for partnerships within the practice/policy sector for research translation and ideas for SA branch activities. It facilitated the development of my professional skills; increasing my knowledge of health promotion tools and approaches, specifically systems-level thinking. It fortified my sense of capability to undertake community engagement, using models of collaborative learning shared in the Symposium. All of these competency areas can be directly and immediately imported into my current work.

Dissemination of learnings.

During the Symposium, I was encouraged to consider 'What does success look like' in terms of creating a strong identity for Health Promoters/Promotion into the future. I have nominated to work on developing a policy and advocacy position statement for AHPA which will provide a channel to disseminate Symposium learnings.

I have begun to explore communication strategies for explaining the relevance of Health Promotion to funders, decision-makers, and my own employers within health (and broader social) systems. After the Symposium, I started with my own institution Torrens University Australia and am contributing to the IUHPE course accreditation process with Torrens' program Director for Public Health.

Since the Symposium, I have participated in the first of 2 workshops (Image 2) led by AHPA SA President Gabrielle Fisher to support the practitioner registration process within the membership of AHPA SA. I have shared my Symposium learnings through this forum via workshopping evidence examples against the IUHPE criteria. I'm looking forward to the second workshop with my network of almost-registered health promoters, where we will begin to write our applications.

Image 1: Workshopping IUHPE Core Competencies: Value for the Workplace at the National Symposium (Left: Andrew Jones-Roberts NAO Management Committee Member and Former Chair AHPA and Right: Jo Williams, Manager Healthy Places and People, Wellbeing SA)





Joanne O'Dea

Syphilis Response Team, Metropolitan Communicable Disease Control

Most valuable lesson learnt from the event.

For me, the most valuable lesson from the symposium came from the systems thinking workshop, which addressed the concept of our 'mental models' and the importance of being aware of them. As I understand it, our mental models are our values, beliefs, experiences, assumptions, and biases that shape the way we understand the world. Their role in systems thinking applies when mapping the factors that influence a health outcome and when determining the relationship between the factors. We often hold assumptions about causes of disease and how factors might influence one another. This workshop taught me the importance of not assuming how and what affects health issues, or how factors influence one another. It also enforced the importance of involving key actors, particularly the people affected by the health issue, when mapping factors and explaining the relationship between factors.

I find this lesson highly valuable to health promotion practice. We often have limited resources in health promotion and public health, and an accurate systems map which identifies the most powerful factors affecting a health issue ensures that we direct our efforts on modifying high-impact factors. Within the syphilis outbreak in the Perth metropolitan area, there are several key priority populations who are overrepresented in the number of notifications. Our efforts have been concentrated on reducing the burden of syphilis among these groups by investigating initiatives to increase testing.

How learnings from the event will be applied to health promotion practice and the development of health promotion competencies.

I plan to bring a system thinking approach to these priority groups and developing systems map in partnership with key stakeholders will develop the following health promotion competencies:

Enable change. Developing a systems map with stakeholders will allow each agency to identify their 'leverage point', the factor that they have most control over. This identification will allow agencies to work to modify the factor in favour of the desired health behaviour.

Advocate for Health. The identification of key factors which seem to have the most influence on a health issue may provide a solid basis for advocating for further resources to be able to modify the factor in favour of the desired health behaviour, particularly if stakeholders agree and can combine advocacy efforts.

Planning. A systems map is an important first step in the planning of health promotion activities; identifying the activity that should be done. By developing a map, I hope to be able to identify the 'lowest hanging fruit' which I can work on quickly, whilst also planning to pursue the high-impact factors.



Dissemination of learnings.

I hope to disseminate my learnings through the following streams:

- My co-workers in the Syphilis Response Team. My fellow team members consist mostly of clinicians who are involved in case management of complex cases. I hope to share with them the learnings from the system thinking workshop as a framework for planning projects among priority populations.
- The Metropolitan Prevention, Education and Community Engagement (MPECE) network. Its membership consists of other government and non-government agencies who work in the syphilis/sexual health promotion sector within the Perth metropolitan area. MPECE meets quarterly to plan and collaborate as appropriate over syphilis initiatives. I hope to share the most relevant aspects of the symposium with this network to incite new avenues for our work in the syphilis space.



Dr Becky White

Digital Health and Health Promotion Consultant, Reach Health Promotion Innovations

Infodemic management, World Health Organization

Most valuable lesson learnt from the event.

My main lesson was a reminder of how diverse, adaptable, and interesting the health promotion workforce is. Although this wasn't a new insight, meetings like this symposium are such a great way to reinforce how widely people are working and how the skills we have can be applied to a range of health and social issues.

There were a range of discussions and focus on the social, cultural, commercial, and digital determinants of health. Listening to Emma Rawson-Te Patu's keynote on the cultural determinants of health was a highlight, as was the Ebertard Wenzel Oration by his friends, Ass Prof David MacLaren and Chief Esau Kekeubata. Both of these presentations showed the importance of cultural competence, working in partnerships, and of kindness.

I enjoyed the human centred design sprint workshop facilitated by CAPHIA. In this lively workshop, facilitators lead participants through a mini-design sprint, showcasing practical tools that could be implemented across any health program.

I was pleased to be asked to do a keynote presentation on the infodemic and health promotion, a real honour amongst the range of other excellent speakers! This was a great opportunity to have some really in-depth and useful discussions with people there.

How learnings from the event will be applied to health promotion practice and the development of health promotion competencies.

There were many opportunities for those working in health promotion to gain learnings to apply to their health promotion practice and health promotion competencies. I have listed some below.

- **Enable change:** The symposium will further the ability of attendees to use health promotion approaches which support empowerment participation and partnerships by exposure to new research and ideas. The focus on the determinants of health across a range of social, cultural, commercial and digital determinants resulted in discussions about how we can enable change.
- **Advocate for health:** It was great to reconnect with colleagues and connect with new colleagues to develop and sustain health promotion action and advocate for policy change. Reinvigorating partnerships and collaboration for advocacy and action/
- **Mediate through partnership:** The symposium will enable the development and formation of new networks and partnerships for health promotion.
- **Communication:** The symposium will provide opportunity for listening, learning and contributing to group work and discussions. The session on HCD was a great example of a way of engaging and communicating with people to develop appropriate projects and actions.

- Leadership: The symposium will provided opportunities to hear from leaders in the field and work with stakeholders towards a shared vision for health promotion in Australia. The size of the symposium meant that conversations were easily facilitated and valuable.
- Implementation: Workshops on systems approaches highlighted the different factors impacting on implementation and how interconnected different factors are.

Dissemination of learnings.

I have shared information about the conference on social media and have follow up conversation scheduled with a number of attendees. Talking to colleagues about what I learnt will be the main way I disseminate information. There are a number of projects I am involved with that the symposium has highlighted opportunities for partnership working and collaboration.

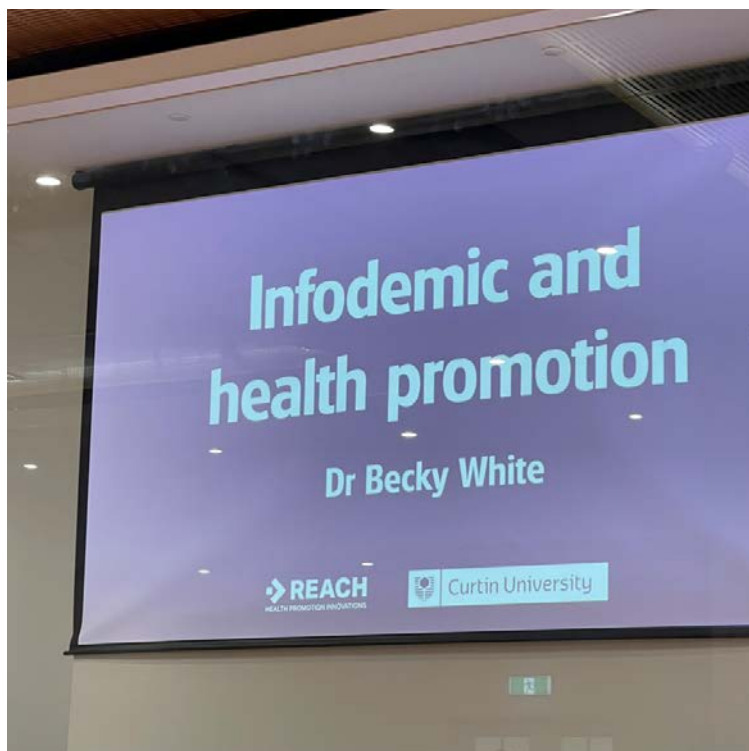
Image 2: Left: Emma Rawson-Te Patu Right: Rebecca Zosel (AHPA Executive Officer)



Image 3: Human-centred design thinking workshop with Council of Academic Public Health Institutions Australasia (CAPHIA)



Image 4: Dr Becky White's keynote on the infodemic and health promotion





Dr Rimanto Ronto

Senior Lecturer, Macquarie University

Thanks to the generous support of the AHPA bursary, I had the privilege of participating in the AHPA Health Promotion Symposium 2023 in Geelong. This was my first AHPA symposium, and I can say that it won't be my last. Over the course of two days, I had the opportunity to hear and learn from both health promotion practitioners and fellow academics. As an academic myself, I teach health promotion for Master of Public Health students; and I coordinate public health professional practice placements. The lessons learnt in the symposium will be very beneficial for my day-to-day teaching in health promotion. The symposium was marked by a series of engaging panel sessions and workshops, all of which left a lasting impression. The event started with an inspiring Welcome to Country by Indigenous elder Ash Skinner, who set the positive tone for the symposium. The presentation by Emma Rawson-Te Patu delved into the cultural determinants of health, a topic I hadn't explored extensively in my teaching. However, her words encouraged me to embrace discomfort as this is the way we learn and lead to positive changes. She urged health promotion practitioners, as well as other attendees, to be courageous which again made everyone to feel empowered. In addition, I really enjoyed the video she shared "Where I am From", which was created by Indigenous women in leadership program, and it was particularly captivating and great introduction to cultural determinants of health.

Another inspiring presentation was delivered by Chief Esau and David MacLaren, the Eberhard Wenzel Oration. They shared powerful narratives about peace building and addressing significant health challenges. It was a confronting experience to learn about the impact of colonisation, which left many, including myself, feeling embarrassed and uncomfortable about our historical dealings with the Solomon Islands people. Nonetheless, we can draw lessons from this history and strive to build trusting relationships. Their insights highlighted the fundamental role of peace in fostering good health and emphasised the importance of establishing reciprocal relationships with Indigenous communities. The key takeaways included the need to invest time, show respect, seek local solutions to local problems, ask questions, and listen to what community wants. These lessons are invaluable, especially when working within communities, particularly in the context of conducting needs assessments. This is a very valuable lesson for me as an academic teaching health promotion.

Becky White's presentation on "infodemic" and its implications for health promotion was very interesting and timely. It has inspired me to incorporate this topic more prominently into my health promotion curriculum.

A key area of interest for me was the discussion on the IUPHE Health Promotion Accreditation. My colleagues and I at the university I teach have been considering health promotion accreditation for some time. The workshop provided us with a comprehensive understanding of the advantages of accreditation, and it was interesting to hear about the experiences of those who have pursued it. As a result, we have decided to actively pursue IUPHE health promotion accreditation to showcase our program and enhance our students' employability upon graduation.

The workshop on human-centered design thinking, facilitated by CAPHIA, was another highlight. It provided valuable insights into empowering health promotion practitioners, community members, and other stakeholders to collaboratively design programs and policies. I am eager to integrate this approach into my health promotion teaching and plan to implement it as a class activity, while sharing the associated resources with participants.

I shared my reflections and lessons learnt from the symposium with my colleagues during our MPH course meetings. Additionally, I leveraged social media, specifically Twitter (@RimanteRonto), to disseminate my key takeaways to my followers and peers in the public health and health promotion sectors. We are now actively pursuing IUPHE Health Promotion Accreditation. The knowledge gained at the symposium will undoubtedly prove invaluable, as we redesign our program with the competencies outlined in the IUPHE accreditation standards. I am also committed to promoting AHPA membership among my students.

I am very grateful to AHPA for granting me the bursary that enabled me to attend this symposium. The knowledge and insights gained will not only enrich my teaching but will also benefit my students as they work towards achieving the competencies in health promotion.

Image 5: Left: Josephine Chau (Co-President of AHPA NSW-ACT Branch) and Right: Dr Rimante Ronto





Jane Pirouc

Connect Coordinator, MOIRA

Co-Chair AHPA Student and Early Career Practitioner Practice Group

Most valuable lesson learnt from the event.

As an attendee of and panellist for the Australian Health Promotion Symposium the most valuable lesson learnt was the realisation of how bringing a group of passionate health promoters together can lead to exciting opportunities. For example, as the representative/co-chair for the S&ECP Practice Group I had the opportunity to connect with other individuals either studying or early in their career. One individual had not had the chance to meet so many others in the field before and was in awe of the whole event. At the end of the second day, they told me that they felt empowered and ready to make waves to ensure health promotion was given the attention and funding it deserves in their home state.

I also was a part of and listened to conversations across the two days where people spoke about collaborating outside of the symposium to explore ideas, projects, and opportunities. It made me realise that attending gatherings like the symposium are not just a great place for learning and sharing, but also a way to start important conversations that lead to essential actions. I now understand the importance of these events, not just for the networking and learning opportunities, but also for the 'lightbulb' moments between individuals that wouldn't otherwise occur.

How learnings from the event will be applied to health promotion practice and the development of health promotion competencies.

There were several learnings taken from the event, all of which I will apply to the development of the IUHPE competencies, which I am currently focusing on developing to for a future application. These learnings included:

- *Being a panellist on Dr Katherine Trebeck's plenary.*

As a panellist I was able to apply my experiences to the competency of communication. Being a panellist required the use of effective communication skills both prior to and during the panel discussion, to both communicate with the other panellists and the audience. It also touched on the competency of advocating for health, in that the message I conveyed in my 5-minute presentation was a call for action around the use of funding in alternative ways.

- *Understanding the need for additional training to be a mental health 'health promoter'.*

Listening to Dr Stephen Carbone speak on the topic of mental health promotion was a great learning experience. It had not previously occurred the importance of additional training when working in the mental health space, but that presentation really got me thinking as to what I could start doing to fulfill those additional requirements. Now, post-symposium, I am taking a close look at the program I work on which targets communities experiencing mental health conditions. I am developing a plan of action within the constraints of the program to understand what we can do better when focusing on mental health. This is assisting me in developing the competency of planning.



- *Creating connections with peers.*

The last point to touch on briefly was the start of mediating through partnership through the creation of new professional connections. I am part of a small team in my paid work, so it can be difficult to

Dissemination of learnings.

I have already begun disseminating learnings, like mentioned in the above example of mental health promotion. Other learnings I have brought back to my workplace and have shared with colleagues include the exciting world of systems thinking, as experienced in the workshops facilitated by the Deakin GLOBE team, and the various areas and innovations that we should begin exploring to build a more impactful program. During my discussions with students and early career practitioners I was also able to better understand priority areas for their career development. I will use these ideas to develop more relevant and impactful offerings from the S&ECP Practice Group in 2024, in collaboration with the other group members, organisations and health promoters.



Professor Jenni Judd

Professorial Research Fellow, Central Queensland University
Life Member of AHPA

Firstly, thanks to AHPA for the bursary to attend the Symposia, as I would not have been able to do that without it. One of the amazing benefits and learnings of the Symposia is the reminder that attending a purely health promotion event is the collegiality of like-minded people and reuniting with health promotion colleagues and friends- nothing beats it. Being there allows you to bask in the new learnings and developments in the profession. Even though I have worked in health promotion since 1980 as a practitioner, a manager of health promotion and public health teams, a policy person, and a researcher. I work part-time and mostly supervise PhD and Master of Research Students on various health promotion, Indigenous Health, and public health topics. I have been unable to attend any in-person symposia or conferences specific to Health Promotion since Canberra 2018. So, along with updating my references and important progress developments in our field, was learning about the Geneva Charter for Wellbeing (Switzerland, 2021) and infodemic. So, attend in-person symposia/conferences when you can because it inspires learning, you hang out with friends and colleagues, and you stay abreast of the most recent developments.

I thought the program for the Symposium was well thought out and provided some interesting themes that related well to the 9 core competencies of Health promotion. For me, the Cultural Determinants of Health theme, which began with the Eberhardt Wenzel Oration on Wednesday 25th, by Associate Professor David McLaren and Chief Esau Kekeubata from the Solomon Islands gave a particularly insightful account using some important case studies of how the partnership between David and Esau has delivered some excellent outcomes for the Kwaio people towards Peace and Reconciliation. Having worked in the Indigenous Health space for over 40 years, this presentation reinforced the importance of relationships, partnerships, and reciprocity. These are the core elements of my work with all my students, not just my First Nations students. Emma Rawson-Te-Patu's keynote and workshop continued the importance of Cultural determinants of health and gave us insights into the World Federation of Public Health. This work directly relates to my daily work with First Nations students.

A keynote on the infodemic and health promotion followed, which was a new learning piece for me. I have seen this process in practice but have never known the technical term. This is an essential piece of learning for any health promotion or public health professional and falls within the communication core competency of the health promotion professional standards. All of us have experienced this, from politics to health information, etc., particularly around the pandemic. It is a challenging time in our world and falls within the communication and health literacy area of practice. These two areas of practice are particularly important, as is the reminder that peace is a foundation for good health and well-being. These two areas are important components of the health promotion competencies and will lead to a healthier and happier population.

HEALTH PROMOTION NOW MORE THAN EVER

I will apply my learnings when working with students, as they will assist students to build their health promotion competencies. I will also apply these learnings to my editorial duties with the Health Promotion Journal and utilise this forum to disseminate my learnings through editorials and reviews of papers in the journal. AHPA will utilise these learnings in the reports from the Symposium in the form of newsletters and social media. I will also apply these learnings by contributing to the AHPA position paper on Advocating for health promotion led by David Towl. I was particularly inspired by the quote used by our incoming President, Melinda Edmunds: “Dream big, the possibilities are endless”.

Image 6: Bursary recipients (Left: Joanne O’Dea, Becky White, Jenni Judd, and right: Belinda Lunnay)





Professor Jonine Jancey
Professorial Research Fellow, Curtin University

Most valuable lesson learnt from the event.

I have been working in health promotion since 1993, a very long time and the symposium reminded me of what I enjoy about this sector. The enthusiasm of young upcoming health promoters, who I was lucky enough to speak with, and the amazing people who dedicate their time to the AHPA Board. I would like to acknowledge Melinda Edmunds and Gemma Crawford for the leadership in putting together this interesting, informative, and well-run symposium.

I really enjoyed the big picture approach of the symposium with its emphasis on determinants of health. I was reminded of the commercial and social determinants of health and exposed to new terminology, such as cultural and historical determinants of health.

This global perspective reminded me of the complexity of achieving positive community health outcomes. As health promoters we understand that it is not about one's individual choices but about environments, skills, and access to personal and community resources. I think this complexity makes health promotion messaging a harder sell, as we are not offering a treatment to cure a disease, but instead considering how people can be supported to achieve better health outcomes. Health Promoters have a clear view of the complex issue of health, but it can be challenging to be heard and understood.

How learnings from the event will be applied to health promotion practice and the development of health promotion competencies.

As a teacher, I build capacity supporting students and the sector, and as a researcher I collect evidence to inform policy and practice. Both these components of my job require ongoing learning and the symposium contributed to this

- *Communication with diverse audiences:* The symposium provided opportunities to consider case studies, and acknowledge the noisy and competitive environment that health promoters operate in. For example, the commercial determinants of health panel, provided examples of how industry operates in opposition to health and the need to counteract their commentary using a variety of media that is culturally appropriate.
- *Leadership and a shared vision:* Through the keynote speakers explained the cultural and historical determinants of health and the need to understand others' vision, so that there is true collaboration and empowerment. This process takes time and needs to be nurtured.
- *Implement culturally sensitive and ethical health promotion:* One needs to consider the groups you are working with and what is acceptable to different cultures. We must never assume we know. We need to ask using ethical and culturally appropriate processes.



Dissemination of learnings.

As a teaching and research academic, I use my knowledge and skills to develop materials, such as presentations, publications, policy briefs and media commentary to disseminate evidence. I have become quite adept at collaborating with outside organisations (government and not-for-profit) to increase reach and in turn dissemination.

This seminar reminded me of the level of knowledge that health promoters have in regard to achieving sound health outcomes and how they try to convey this in an articulate, succinct but informative way. I believe I need to develop and refine elevator pitches to better disseminate health messages. In addition, I will remind the general community and decision makers that achieving good health outcomes is a considered process. There is a need to take into account historical, cultural, commercial, and social determinants of health. This will not be easy, but we all know it's important.



Natalia March

Strategy, Planning and Analysis Senior Advisor, Bendigo Community Health Services

Most valuable lesson learnt from the event.

The most valuable lessons were reinforced messages that needed to be brought back to the forefront again. These lessons being that health promotion takes time to see the results on a large scale and that yet again, working with and together with community i.e. the social and cultural determinants are key in our practice. The other key presentation that stood out for me was the impact on commercial actors and health. Dr Sandro Demaio's presentation was a standout, to not only on why, but the 'how' these change needs to occur for the health of our community.

As a bursary recipient, I had to learn to be adaptable and prepared for anything. On day 1 I was requested to step in and present on the IUHPE registration experience as a health professional 10 mins prior the session commencing. On the morning of Day 2, I found out that was now going to be chairing 2 of the sessions held that day. I was prepared for the registration table and room capacity management but not for that. However, my adaptability skills and willingness to support enabled me to be able to deliver. It is also important to note that this does link back to the IUHPE competencies for the Leadership core competency.

How learnings from the event will be applied to health promotion practice and the development of health promotion competencies.

The learnings will be communicated internally to the health promotion team, with the aim of this process to contribute to meeting with presenters to get ideas to support further development of the BCHS CHHP funded programs. An example of this is the young people and vaping presentation in the non-communicable disease's session. I spoke with Susan, who presented on the day, to arrange a team's meeting between our teams on the vaping work and share our activities / learning. The aim will be to learn from each other and determine if there is anything we can bring into the Greater Bendigo area. In addition, I will be contacting Dr Stephan Carbone to contribute to the Mental Wellbeing Health Promotion capacity resource that will be released shortly for community consultation to contribute our learnings from implementing mental wellbeing programs locally. I will also be sharing this with the Alliance of Rural and Regional Community Health (ARRCH) Upstream Investment Community of Practice to contribute too.

Contributing to the health promotion competencies, specifically being registered and recognised for one's current competencies, I will be going away to continue to support my team to become qualified health promotion professionals. I will also promote the IUHPE registration via the ARRCH Upstream Investment Community of Practice to share within and promote to their teams.

Dissemination of learnings.

As mentioned above, i will be going away to continue to support my team to become qualified health promotion professionals. I will also promote the IUHPE registration via the Alliance of Rural and Regional Community Health (ARRCH) Upstream Investment Community of Practice to share within and promote to their teams. In addition, I will prepare a summary of the conference and the notes that I have taken to share the learnings with the Health Promotion team and other specific relevant staff. Specific examples include but are not limited too the active alpine partnership, reach for the stars program, young people and vaping work, mental health presentations x 2.

Image 7 Natalia March at the National Health Promotion Symposium 2023

