

# Australian Health Promotion Association Commuiqué

May 2017

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



## A note from the President....

Welcome to the first edition of the Communiqué for 2017 compiled by our Membership & Communications Committee led by Board member Melinda Edmunds. It has been a busy start to the year with a focus on the 15th World Congress on Public Health, professionalisation, determining the next steps for the Health Promotion Journal of Australia and advocacy.

We look forward to seeing our first registered practitioners through the IUHPE within the next quarter. This has been a large undertaking but an important one for a highly skilled workforce.

We have been making progress with operations for the HPJA. We are pleased to announce that from 2018 we will work with a new publisher-Wiley Blackwell. We would like to acknowledge our current publisher - CSIRO - for their work over the past several years.

Recently the Federal Government released its 2017-2018 budget. It was disappointing to see limited focus on health promotion and the social determinants of health. Last year we invested in research by Professor Alan Shiell - titled Preventive health: How much does Australia spend and is it enough? This was led by FARE in collaboration with Alzheimer's Australia, National Heart Foundation and Kidney Health Australia. The report will be released mid-year and we hope it may contribute to better understanding of the value of health promotion.

Finally I would like to thank the Board and Branches for their commitment thus far in 2017. Our AGM will be held in June. To outgoing Board members-thankyou for your time and efforts. We look forward to working with the new Board for the 2017-2018 year.

Gemma Crawford National President

## Research, evaluation & evidence translation

The HPJA released another Virtual Issue (VI) of the journal right in time for the World Congress on Public Health. The journal was made available early for all attendees of the conference. This VI titled **Health Promotion Workforce** addresses the vital matter of the health promotion workforce. Eleven papers highlight the importance of workforce capacity in the effective delivery of health promotion. Adjunct Professor Trevor Shilton, Life Member and founding National President of AHPA® and Director of Cardiovascular Health with the National Heart Foundation (WA) discusses the importance of this virtual issue. You can view the video here: <https://vimeo.com/215767758>.

Did you know the HPJA is on Twitter? Why not follow along at @HealthProm\_J\_Au?

## Effective advocacy for health promotion issues

The Board has been focused on setting up systems for advocacy to ensure that we can continue to respond effectively and in a timely manner. More information about the support in place for this is on the next page. AHPA was represented by Michele Herriot (National Vice President) and Associate Professor James Smith (Associate Editor HPJA) at the Labor Party's National Health Policy Summit. The Summit was an important opportunity for AHPA to remain part of the conversation and look forward to continuing to work with all political parties on developing, updating, and evaluating health policy. James and Michele published an editorial on the Summit and you can read it here: [http://www.publish.csiro.au/he/pdf/HEv28n1\\_ED2](http://www.publish.csiro.au/he/pdf/HEv28n1_ED2).

## A highly skilled & sustainable health promotion workforce

The first National mentoring program has just finished! The National Mentoring Working Group is calling for interested mentees and mentors to participate in the 2017-2018 program. Are you interested? More information is available here:

<https://healthpromotion.org.au/10-branches/279-2017-national-mentoring-program>. Thank you to everyone involved in the 2016-2017 program.

The Board awarded five scholarships for AHPA members to attend the World Congress on Public Health. The purpose of providing scholarships is to build the capacity of the health promotion profession through contemporary professional development. You can read about their conference experience on page 5-9 of this Communiqué.

# Thank you!

National Volunteer Week was 8-14 May. AHPA requires volunteers to operationalise our strategic vision as we do not receive any government funding for our central functions.

Without the generous contributions of more than 100 volunteers the Association would not be able to support the health promotion profession.

We would like to say a big THANK YOU to each and every volunteer who commits time to the Association whether on the Board, Branch Committees, Advisory Groups, Sub-Committee, as mentors, reviewers or at conferences. We appreciate everything you do for the Association.

**Give Happy, Live Happy**

## Welcome

At the Board face to face meeting it was determined there was a need for short-term operational support for the Board. This included a Project and Administrative Support Consultant and a Policy and Advocacy Consultant. These roles will support AHPA to continue to maintain a strong profession and ensure we continue to be prepared to advocate on behalf of the members.

We would like to welcome Micaela Drieberg as the Policy and Advocacy Consultant and are happy to extend our ongoing relationship with the Not for Profit Accounting Specialists in the Project and Administrative Support Contractor role.



Gemma Crawford, Micaela Drieberg and Michele Herriot catch up at WCPH.

## Congratulations

The WA Branch has awarded two additional Health Promotion Aboriginal and Torres Strait Islander Scholarships under the program funded by Healthway. Kim and Paula join the three successful scholarship recipients announced in the last edition of the AHPA Member Communiqué; Corie Gray, Ashleigh Parnell and Catherine Bolton.

### **KIM CARPENTER, North Metropolitan Public Health Unit**

Kim's project aims to foster healthy lifestyles within the Aboriginal community in the North Metropolitan Health Service area, with a particular focus on nutrition. This project will use school and community settings to improve uptake of healthy dietary behaviours, increase healthy cooking skills and promote social inclusion and harmonisation amongst Aboriginal and non-Aboriginal people, and culturally and linguistically diverse communities.

### **PAULA HUME, North Metropolitan Public Health Unit**

Paula will work on the 'Healthy Tucker for All' project, focusing on improving the community's access to food, using interventions that will build local community capacity and resources to obtain and consume nutritious food.

# Spotlight on the Branches

## Northern Territory:

- The World Congress on Public Health was attended by:
  - Priscilla Boucher (national scholarship)
  - Kate Robertson (AHPA NT VP)
  - James Smith (Executive member)
  - Dagmar Schmitt (Board member)
- The Branch will be supporting Heart Foundation NT with their campaign to strengthen the NT Tobacco Legislation which will be launched on World No Tobacco Day 31 May, 2017.

## New South Wales:

- Provided three scholarships for members to attend the World Congress on Public Health.
- The Branch has partnered with PHAA (NSW Branch) to prepare a letter to the new NSW Minister for Health, Brad Hazzard. In the letter, the Branch commended the Minister for his recent comments about the importance of prevention and encourage him to build on NSW's strong record in this area.

## South Australia:

In 2003 the SA Branch established an award for one student from each of the universities in South Australia. The criteria established for these prizes is a combination of academic achievement and demonstration of a commitment to Health Promotion. Students receive recognition, a certificate, book voucher, and an annual free student membership to AHPA. Each year the awards are presented at the South Australian Branch AGM.

The 2016 winners were:

- Samuel Barnett – Flinders University (pictured right)
- Shaun Prentice - University of Adelaide
- Bradley Watson – University of South Australia



## Western Australia:

- Held the 2017 Annual General Meeting, including the 7th Annual Ray James Memorial Lecture presented by Adjunct Prof Trevor Shilton, Melissa Ledger and Alicia King.
- Awarded the WA Branch Health Promotion Awards across four categories:
  - Excellence in Health Promotion Practice: Make Smoking History for Community Services, Cancer Council WA
  - Leadership in Health Promotion: Lisa Rooke
  - Outstanding Mentor in Health Promotion: Associate Professor Fiona Farringdon
  - President's Award: Karen White.
- The WA Branch implemented a proactive advocacy campaign to highlight health promotion in the State Election with a series of 'Advocacy e-Alerts' and tools for members such as: Election Guide and Scorecard, and an infographic about what health promotion professionals do (see image above). Tweets for these items reached a wide audience:
  - 1236 impressions and 67 engagements for the infographic about what health promotion professionals do.
  - 965 impressions and 55 engagements from the Scorecard picture alone with link to the Election Guide.
- The WA Branch partnered with the Public Health Advocacy Institute of WA and other leading health agencies in WA to host the Public Health Pre-Election Forum.
- The WA Branch sent a welcome letter to the new Minister of Health and Mental Health after the State Election.
- Continued to develop a regional and remote engagement strategy.
- Continued to progress our Reconciliation Action Plan.

# World Congress on Public Health

The 15th World Congress on Public Health took over Melbourne 3-7 April. The conference hosted over 2000 delegates from around the world covering a range of global issues. AHPA was a partner of the conference and had representation by AHPA members on the Organising Committee and Scientific Committee. AHPA was also a proud sponsor of the First Nations Suicide Prevention World Leadership Dialogue. A special thanks to Andrew Jones-Roberts (AHPA Director) who supported the Organising Committee throughout the entire process.

Over the conference there was substantial media coverage on ABC Radio National, Twitter, and Croakey. You can listen to the interviews with keynote speakers and read the review of the conference here:

<http://www.abc.net.au/radionational/programs/lifematters/climate-change:-a-turning-point-in-public-health/8414108>  
<http://www.abc.net.au/radionational/programs/lifematters/millennials-fighting-obesity/8420634>  
<http://www.abc.net.au/radionational/programs/lifematters/who-says-violence-against-women-is-a-global-health-issue/8416778>  
<http://www.abc.net.au/radionational/programs/lifematters/combatting-corporate-influence-over-public-health-policy/8412014>  
<http://www.abc.net.au/radionational/programs/lifematters/the-politics-of-health/8397066>  
<https://croakey.org/on-political-disruption-and-the-challenges-for-public-health/>



## 2017 World Congress on Public Health: Scholarship Recipient Reports

**Jamie- Lee Cavill:** Senior Health Promotion Officer, East Metropolitan Health Service / AHPA Health Promotion Scholarships Program Coordinator-WA

What a fantastic opportunity to attend an international congress in the world's most liveable city, Melbourne. Melbourne put on a beautiful week of sunshine for us too. The Congress had an abundance of digital posters, world leadership dialogue sessions, oral sessions, panel sessions and workshops, and an amazing group of international speakers to learn from. Attending the Congress was an absolute pleasure and a great professional development experience.

The Congress focused on the UN's Sustainability Development Goals and was opened by Professor Helen Keleher, Chair of the National Organising Committee. It was also good to see a political presence with the Hon Greg Hunt (Australian Minister for Health) and the Hon Martin Foley (Victorian Minister for Housing, Disability and Ageing, Mental Health, Equality and Creative Industries) discussing government commitments to public health. A video from Professor Tabare Vazquez, President of Uruguay outlined the amazing policy efforts of the nation in tackling smoking related harms. And so the Congress began.

Some key themes that stood out to me included the impact of politics on health, the importance of advocacy to progress and address public health issues, sustainable development in public health with examples from around the world and the role of industry in tackling dangerous consumption. Professor Martin McKee's blunt and honest keynote presentation on how public health is affected in 'the era of populist politics' was very thought provoking. WA's own Professor Mike Daube presented the Leavell Lecture on day three of the Congress and was full of words of wisdom, directing us to expose industry tactics; identify legal options; personalise the problem; ensure industry are paying for the consequences; and refer to international treaties, in our advocacy efforts to shape a healthier community.

For me, Plenary Session 3 – Dangerous Consumption was the most valuable session I attended. This session highlighted the power of big industries and the strategies used to maximise consumption of alcohol, tobacco and junk food. I particularly enjoyed learning about the work of Dr Bronwyn King in reducing support for tobacco through financial institutions in her keynote on Tobacco free portfolios – identifying and leveraging a new angle of comprehensive tobacco control. I learnt that the average age for commencing smoking in Australia is 15.9 years, and this is likely the oldest around the world. The session included key policies and practices that work to reduce consumption and named tactics used by large corporations. Professor Peter Miller made a call for public health advocates to learn to name identified strategies of the alcohol industry to bring these tactics to the attention of decision makers. Professor Prabhat Jha told us that taxes are the single best intervention to get smokers to quit with the effects greatest in youth and poorer communities. Finally, Dr Alessandro Demaio addressed sugar tax, more accurately named 'true pricing' to build in the true cost of a product for a fair, equal, transparent market.

In my own interest areas of communities and environments, physical activity, nutrition and digital technology I was able to gain from oral presentations and panel sessions, bringing new ideas and approaches to my work in population health. In particular, strategies in sporting club settings and ethical issues related to extended smoke-free areas provided me with suggestions for existing projects at East Metropolitan Health Service. I also had an opportunity to speak to representatives from other AHPA state branches to discuss some of the strategies of the AHPA Scholarships Program.

The e-posters were a brilliant addition to both the Congress and the Congress website for others to gain a snapshot of research and projects around the world. And, of course, I need to mention the Congress Party, which was well suited to the hipster / warehouse chic vibe of Melbourne – situated in an awesome location at South Wharf, with plenty of amazing food options and great entertainment. Well done to the Congress organisers – and a massive thank you to AHPA for helping me get there!

## Karen Bedford: Acting Director Health Promotion, Sydney Local Health District - NSW

Professor Sharon Friel set the scene on the first day of the congress with some candid facts: Humans are killing the planet; we live in a profoundly unequal world and Inequities in health are human made. Her vision to change the status quo and redress the inequities in power, money and resources and living conditions require system changes, reimagining power for public good and creating networks of hope.

Professor Penny Hawe's presentation of Citizen Science a new and growing field is at the forefront of national policy in the US, EU and now Australia. The benefits of engaging 'bystanders' is that it changes the structure of where knowledge is generated in public health and it builds power. She noted that researchers are often not involved in finding solutions and more data doesn't change things".

Tobacco control was highlighted by several keynote and session speakers including Dr Bronwyn King, a leading radiation oncologist in Victoria who was deeply affected by the impact of tobacco on her patients. During a meeting about her own superannuation fund she became aware of the fact that her money and that of many others was flowing to tobacco companies due to a 'default' option not explained until challenged. She has made it her mission to change this situation and has since established Tobacco Free Portfolios <http://www.tobaccofreeportfolios.org/> and has worked with many large multinational companies to divest funds in tobacco companies.

Professor Prabhat Jha, an epidemiologist from Toronto, Canada discussed the significance of specific tobacco excise as being the single most important impact of smoking rates worldwide as many developing countries still have a low excise tax. He recommended that successful strategies such as plain paper packaging, bans on advertising and availability of cessation support should be available more widely.

Kylie Lindorff from Quit Victoria presented a compelling argument for licensing of tobacco retailers. This would have the effect of reducing retailer numbers, hours of sale, restriction of retailers around schools, and the type of premises permitted to sell such as those selling 18+ products such as bottle shops.

It would restrict the density of retailers – less in low SES or areas with high smoking rates and restrict the amount of tobacco that can be supplied or purchased. Examples cited were from San Francisco, Hungary and France where the numbers of tobacco outlets have been capped and tobacco licensees have to demonstrate they meet required standards. This approach reduced the number of outlets dramatically and Australia could benefit from such strategies.

Dealing with the issue of sugary drink consumption and Australia's Health Star Rating (HSR) Labelling provided some lively debate and discussion in several concurrent sessions including the session I chaired. While the HSR has been adopted by many food producers, it has attracted criticism from public health groups claiming misalignment of the HSR scores with perceptions of food healthiness, and the shortcomings of the overall scheme.

Other papers from developing countries outlined the fundamental issues of nutrition especially in children where poverty, health literacy, remoteness and food security provide more pressing problems.

A Storytelling session delivered some innovative approaches to dealing with racism and improved health. The 'Be a Brother' project in Victoria used video, social media, music and training of peer mentors to address the issue of drug and alcohol misuse in the South Sudanese community in Melbourne.

The project led by a community arts organisation embraces diversity, enhances cultural identity and community connection through artistic expression; underpinned by equity and social justice.

The NSW Ministry of Health in partnership with the NSW Heart Foundation used a similar approach using social media and a series of videos in a project to improve heart health in Aboriginal and Torres Strait Islander People. Using comedy and real life dramatic scenarios the Better Cardiac Care project aims to reduce mortality and morbidity from cardiac conditions by increasing access to services, better managing risk factors, and by improving the coordination of care. The project includes 5 priority areas for intervention and associated measures to monitor progress.

The Congress provided the chance to catch up with colleagues from around the country and my thanks go to the Congress Organising Committee for a fantastic event and to the AHPA National Board for the scholarship and the opportunity to be involved.



"Voices, vision, action" set the energetic tone for the 15th World Congress on Public Health with "action" the resonating message that we need to remember as public health professionals. Specifically, action of the political kind.

### The call to advocacy action

Set in a political backdrop of conservative politics and fake news, keynotes Professor Martin McKee, Professor Bettina Borisch and Professor Mike Daube delivered an advocacy call to arms to delegates. Martin McKee urged us to hold politicians and industry to account by breaking down spin and fact checking. We should not tolerate fake news in public health. We were told we now live in a "post-fact" world where facts and stats are not enough. Rather we need a combination of head (facts), heart (emotion) and hand (motivation) in varying degrees depending on your audience. One of the most compelling reasons to remain politically active citizens and professionals is that the rise in populist politics and fascist movements (ahem, Trump) have been built on the politically non-active. Mike Daube reminded us all that democracy is not a spectator sport". In relation to local advocacy, I was also pleased to support Parents' Voice with the 'Water with That' campaign which launched during the Congress.

### Links to place and family

Aunty Jo Murphy stressed the importance of place, another theme I observed throughout the Congress. She said, quoting her father:

*"You are who you are.*

*Be proud of who you are.*

*But remember, you are no better than anyone else"*

### We might be thinking global, but we're mostly acting local

Whilst the Sustainable Development Goals (SDGs) were clearly used as a framework by conference organisers, I wondered if in Australia we don't generally work within a SDG framework. Rather, we think and act locally. This is perhaps a reflection of our own domestic policies and funding of population health within Australian borders.

### Understanding technology is now a specialised area of public health practice

Amongst the big picture plenary sessions, we were spoilt for choice with a range of themed breakouts. I noticed that there was usually an option relating to technology, social media or apps. It was clear that technology has an important place in public health practice. Apps and social media have become a specialised area including the growing responsibility of mediating unhealthy elements of social media such as concerning commercial marketing practices. The proliferation of the public health workforce in the Twittersphere was mentioned several times, and the Twitter feed was fast and consistent throughout the week.

### Call to action for young public health professionals - but it's not that simple

Michael Moore stated that the challenge for the next 50 years of public health will be to ensure that everyone benefits from public health action. He spoke of the workforce of the future and the younger generation were set a challenge to take on more leadership roles:

*"You have the knowledge, you have the voice, take action."*

There were some tweets during the week from younger people calling for mentoring or guidance to do so, still experiencing "imposter syndrome". This demonstrates the importance of existing mentoring programs.

### Role of consultants at the conference

Also in the workforce theme, the Australian Public Health Consultants Network met face to face for the first time at the Congress. As co-founder of this network, consultants are an important sector within the public health workforce, filling unmet needs with specialist skills. It was pleasing to have good questions and discussions after the presentation delivered *The Era of the Entrepreneur: Public health consultants share new ways of working*.

### Lasting impressions

Public health is inherently political, but do we act it??

I was reminded of Michael Sparks' article and presentation from a conference several years ago when he stated, "*Don't just get excited when a conference rolls around*" but we need to act on a personal and professional level regularly.

### Stats and Issues that I will remember from #WCPH2017

- The experience of tobacco control in the face of a commercially produced epidemic in Uruguay (Professor Tabare Vasquez).
- 730,000 children in Australia live below the poverty line (Cassandra Goldie, CEO of ACOSS).
- The four key challenges of public health in Africa are: 1. Reduce the growth of slums, 2. Improve waste management, 3. Combat environmental challenges 4. Reducing violent deaths (Alex Ezah).
- Paris agreement on Climate must be honoured or the Pacific will sink. Ocean acidification is happening now with Pacific Island people moving inland and wondering what to do with their ancestors buried on the coast (Dr Colin Tukuitonga).
- 1 in 3 women around the world experience intimate partner violence and are part of the STGs (Dr Garcia-Moreno).

## Priscilla Boucher: Policy and Program Development Officer / President AHPA Northern Territory Branch - NT

The 15th World Congress on Public Health was a frank and illuminating reveal of the future challenges faced by public health. It was very clear from the outset that public health has never been more political and perhaps never more urgent. The keynotes were bold in their message. Professor Martin McKee (Professor of European Public Health, London School of Hygiene and Tropical Medicine) said in his 'Enemies of the people' keynote that we are living in dangerous times. Professor Sharon Friel (Director, School of Regulation and Global Governance, ANU) echoed by stating that humans are killing the planet and that we are living in a profoundly unequal world. These types of statements really set the scene for the conference and how public health is perceived and positioned in a populist politics world. My first impressions were a mixture of being overwhelmed and inspired. I was eager to hear the solutions.

The Sustainable Development Goals (SDG) were the centrepiece around which the conference tied its themes. It makes complete sense now, but prior to the conference, the SDG's were not on my mind and thus not influencing my health promotion practice. I was inspired by the collective global effort toward the SDG's and made a note to re-visit the SDG's and review them within an NT context.

Progress towards the SDG's is better for some and very hard for others (Australia is ranked 20th on the SDG index). Dr Colin Tukuitonga's keynote, titled 'Sustainable Development Challenges in the Pacific Region' was a highlight, hearing firsthand the massive climate and non-communicable disease crisis faced by our pacific neighbours who total 10 million people. It is clear Australia must be more proactive in this space and better anticipate and prepare for the forced movement of this population (where 80 per cent of men smoke tobacco and have one of the highest rates of diabetes in the world). Since the conference, I am now more aware of climate discussions, particularly where they relate to immigration and 'climate refugees'.

Suicide prevention was a theme I followed for the conference. Learning about Canada's First Nation's Mental Wellness Continuum Framework and the work of Australian researcher Professor Pat Dudgeon was a highlight (<http://www.atsisep.sis.uwa.edu.au/>) and showcased the best of suicide prevention action.

The commercial determinants of health was a strong theme of the conference. Keynotes Dr Alessandro Demaio, Dr Bronwyn King and Professor Ilona Kickbusch were captivating. It's highly beneficial to have a label for the power of industry in affecting public health and delegates were frequently encouraged to take bold action, to fund advocacy, to divest in companies that invest in harming our health and be confident to use their own tactics against them (Coke has four lobbyists in Canberra). Being bolder in our approach to advocacy was a key take home and we have already put advocacy front and centre of AHPA NT planning for 2017/2018.

I got more value from the plenaries than the workshops and storytelling sessions. Of those I did attend, standouts were those that discussed action towards improving the health Indigenous and First Nation peoples, as well as those that addressed systems thinking in preventative health (which was a prevalent theme) and how systems modelling can be applied to empower communities. The Victorian Governments Health and Wellbeing Plan and Plan Melbourne were excellent panel sessions. The ideas in this plan around 'innovation zones' and '20 minutes suburbs' was interesting and I will monitor this plan for any evaluation of the impact of these ideas.

Throughout the conference innovative solutions to address the myriad public health challenges were proposed. Examples included the use of deliberative democracy; the People's Health Movement; experimental governance; co-design of policy; and basic income schemes to address inequality (for example in India since 2013). An innovative project currently being expanded by The Australian Prevention and Partnerships Centre ([www.preventioncentre.org.au](http://www.preventioncentre.org.au)) is the Prevention Tracker project. This project applies systems modelling at the local level to better understand local systems and their ability to prevent chronic disease. These local learnings are then analysed for how they interact with other system building blocks, such as government policies. This pilot model is exciting and may represent a future model of preventative health in Australia.

Overall the conference was fantastic (albeit a little daunting)! A significant benefit was meeting AHPA colleagues, attending the AHPA Presidents' face to face meeting, networking and sharing a space where everyone is dedicated to something so crucial.

Thank you to AHPA and AHPA NT for the opportunity to attend and participate.





**Katherine Cacavas:** Public Health Nutritionist and Dietitian, Gold Coast Hospital and Health Services, Aboriginal and Torres Strait Islander Health Service - QLD

From the minute of entering the Melbourne Convention and Exhibition Centre, the World Congress on Public Health (WCPH) did not disappoint. In a space filled with passionate leaders, innovators and changemakers extraordinaire, it was hard not to get swept up in the 5-day wave of optimism. Michael Moore opened the conference by setting all delegates a challenge: "We are gathered here today to make a difference". He stressed the importance behind the conference theme: in not just having the vision and the voices, but that this desperately needed to be followed by action as well. These themes would continue to be reflected across the learnings of this exceptional week.

The hardest part of the week was choosing which session to attend, with up to 20 interesting and thought-provoking options at any given time! An incredible program was on offer, and with delegates attending from 83 countries, this diverse mix of experts from around the globe gave the event an international flair. With a personal interest in public health nutrition and indigenous health, there was an abundance of sessions dedicated to exploring this space. I eagerly attended everything from plenary sessions to world leadership dialogues, concurrent sessions to workshops, story-telling spaces to panel sessions, while soaking up all the information, connections, and resources possible. Working as a Dietitian with Aboriginal and Torres Strait Islander communities, previously in Central Australia and currently on the Gold Coast, I was able to collect content throughout the week that provided inspiration and motivation.

I enjoyed following the discussion on Twitter across the week, and had my tweeting fingers at the ready to capture and share some of the key ideas and messages. It was fabulous to connect with other keen tweeters, and continue to build a virtual network of like-minded professionals. Following the Twitter handle during the congress also provided the opportunity to gain a glimpse into what was happening in the other sessions, an extremely useful tool when there are so many sessions on at once!

The conference party, held under the stars on Melbourne's South Wharf, was a night to remember! The carnivale-style atmosphere created a fun vibe, and we were spoiled throughout the night by roving entertainment, great tunes, and an abundance of delicious food and drinks. It is always nice to spend time with fellow delegates in a relaxed environment and many of us danced until the very last song!

I am extremely grateful to the Australian Health Promotion Australia (AHPA), in particular the Queensland Branch, for providing me with the wonderful opportunity to attend this event. It was great to connect with the AHPA Board and meet many other members and scholarship recipients over the course of the week, while sharing stories and ideas around our mutual passion – public health and health promotion. The AHPA stall was a lovely place to gather and learn the latest about the organisation, particularly the exciting new direction towards Health Promotion Practitioner registration. Thank you once again AHPA – I look forward to continued collaboration as we all set about to action positive change in public health and health promotion.





### Did you know we are on Twitter & Instagram?

We now have 3,119 followers on Twitter. The Branches take turns hosting the twitter account each month to ensure we keep you up to date on relevant health promotion information from the twittersphere.



@AHPA\_AU



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