



HEALTH PROMOTION SYMPOSIUM 2023

PROGRAM
25 - 26 OCTOBER 2023
WADAWURRUNG COUNTRY
GEELONG, VICTORIA



Australian Health Promotion Association (AHPA®)

Health Promotion Symposium 2023

Join us for critical, timely and insightful conversations with leading thinkers 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.

Digital program

The Symposium Program is available as a digital resource only.

A limited number of printed copies will be available at the event for reference only.

AHPA is committed to minimising its environmental impact and encourages symposium attendees to think before they print.

Virtual attendance

Virtual attendance is available for plenary sessions only.

Virtual participation provides access to five keynote presentations and panels.

These sessions will be live streamed, and a recording shared with registrants afterwards.

Virtual attendance is not available for concurrent sessions (workshops and presentations).

Concurrent sessions

Attendees are not required to register their attendance at concurrent sessions (workshops and presentations) prior to the symposium.

Registration closing dates

In-person attendance & Dinner Reception closes 15 October 2023

Virtual attendance closes 22 October 2023

About AHPA

Australian Health Promotion Association (AHPA®) is the peak body for health promotion in Australia.

Our Vision

A healthy, equitable Australia.

Our Purpose

Leadership, advocacy and workforce development for health promotion practice, research, evaluation and policy.

www.healthpromotion.org.au

Acknowledgments

Funding support: Australian Government Department of Health.

Symposium Committee: Dr Gemma Crawford, Melinda Edmunds and Rebecca Zosel.

Program graphic design: Kate May Ditchburn.

***AHPA respectfully acknowledges Aboriginal and Torres Strait Islander peoples as the First Australians.
We pay our respects to elders past and present.***

AHPA is a registered trademark of the Australian Health Promotion Association

Wednesday 25 October 2023

All times are in AEDT

8.00-9.00am	REGISTRATION (tea and coffee upon arrival)		
9.00-9.20am	Welcome to Country <ul style="list-style-type: none"> Ash Skinner, Wadawurrung Traditional Owner 		
9.20-9.40am	Opening remarks <ul style="list-style-type: none"> Hon. Ged Kearney MP, Assistant Minister for Health and Aged Care Melinda Edmunds, AHPA President 		
9.40-10.30am	Dr Eberhard Wenzel Oration		
10.30-11.00am	MORNING TEA		
11.00am-12.00pm	Plenary 1: Keynote presentation <i>Cultural determinants of health</i> Emma Rawson-Te Patu President-Elect, World Federation of Public Health Associations Director, ManuKahu Associates		
12:00-12:30pm	Plenary 2: Keynote presentation <i>The infodemic and health promotion</i> Dr Becky White Digital health Consultant, Reach Health Promotion Innovations Researcher, Curtin University		
12.30-1.30pm	LUNCH		
1.30-3.00pm	Concurrent Session 1: Workshops		
	1A: Health promotion registration <i>IUHPE's accreditation system in Australia: The experiences, benefits and opportunities of health promotion registration and course accreditation</i> Australian Health Promotion Association	1B: Commercial determinants of health <i>Big business and big conversations: Taking a closer look at the commercial and economic determinants of health and local solutions</i> VicHealth	1C: Systems thinking <i>Systems thinking for health promotion – a choose your own adventure workshop</i> Deakin University, Institute for Health Transformation, Global Centre for Preventive Health and Nutrition (GLOBE)
3.00-3.30pm	AFTERNOON TEA		
3.30-5.00pm	Plenary 3: Keynote panel <i>Planetary Health: Advancing an eco-social approach to health promotion</i> Professor Tony Capon Director, Monash Sustainable Development Institute, Monash University		
5.00-6.00pm	FREE TIME		
6.00-8.00pm	DINNER RECEPTION (ticketed event)		

Thursday 26 October 2023

All times are in AEDT

9.00-10.30am	Plenary 4: Keynote panel <i>People, profits and health: exploring the impact of commercial actors on health and wellbeing</i> Dr Sandro Demaio Chief Executive Officer, VicHealth		
10.30-11.00am	MORNING TEA		
11.00am-12.30pm	Concurrent Session 2: Workshops		
	2A: Advocate for health promotion <i>Valuing an Apple a Day</i> Australian Health Promotion Association	2B: Power and equity <i>Redistributing power through health promotion programming: Learnings from design, development and implementation</i> VicHealth	2C: Human-centred design thinking <i>Design Thinking Mini-Sprint</i> Council of Academic Public Health Institutions Australasia (CAPHIA)
12.30-1.15pm	LUNCH		
1.15-2.00pm	Concurrent Session 3: Presentations		
	3A: Food systems <i>Health promoters transforming food environments in Victorian public health services: Insights from policy to practice</i> Healthy Eating Advisory Service	3B: Systems thinking <i>You have more influence than you realise</i> Our Health Inc. <i>A learning journey in applying shared systems thinking indicators for primary prevention planning, action and reporting</i> Inner East Health Promotion Partnership	3C: Non-Communicable Diseases <i>A purposeful partnership: The influence of health organisations combined</i> Gateway Health, and Alpine Health <i>Healthy eating is easy when you reach for the stars!</i> Latrobe Community Health Service, and Latrobe Health Assembly <i>Vaping in young people – a whole of community approach</i> Barwon Health
2.00-2:10pm	BREAK		
2.10-2.55pm	Concurrent Session 4: Presentations & Workshops		
	4A: Cultural determinants of health <i>Cultural determinants of health</i> World Federation of Public Health Associations; ManuKahu Associates	4B: Gender <i>Baby Makes 3: Applying a Gender Equality lens to Practice, Structures & Systems</i> healthAbility <i>Gender and health promotion: an intersectional and multisectoral approach</i> Women's Health Loddon Mallee	4C: Mental health <i>Embedding mental health promotion in health promotion</i> Prevention United <i>Let's Go Green: Improving Mental Health Services' Sustainability and Consumer Wellbeing</i> Murrumbidgee Local Health District
2.55-3.15pm	AFTERNOON TEA		
3.15-4.45pm	Plenary 5: Keynote panel <i>Working together to build an economy that is fit for people and planet</i> Dr Katherine Trebeck Writer-at-large, University of Edinburgh; Co-founder, Wellbeing Economy Alliance and WEAll Scotland		
4.45-5.00pm	Closing remarks		

Eberhard Wenzel Oration 2023

EBERHARD WENZEL ORATION



In July 2018, leaders from Kwaio and Australia stood together, deep in the rainforest of Malaita, Solomon Islands. Pigs and shell money were exchanged in a traditional reconciliation ceremony for a colonial era blight, unresolved for 90 years. In 1927 the Australian Navy led a 'punitive expedition' in response to the assassination of a colonial officer. Hundreds of Kwaio people were indiscriminately killed and countless atrocities perpetrated. The "Malaita Massacre", has become the seminal historical event that defines the relationship between the Kwaio people and the people of Australia.



ORATOR
**Associate Professor
David MacLaren**
*James Cook
University*

Chief Esau Kekeubata and Associate Professor David MacLaren will describe how they stood together in the rainforest and the profound impact that the peace and reconciliation process has made for the better. They will describe how human, animal and environmental health is being advanced in ways impossible prior to the peace and reconciliation process.



ORATOR
**Chief Esau
Kekeubata**
Solomon Islands

It is not by mistake that Peace as the very first 'fundamental condition for health' listed in the Ottawa Charter for Health Promotion. It is not by mistake that Eberhard's legacy of critical and reflective health promoting action lives on through those he taught and mentored such as David.

Dr Eberhard Wenzel (2nd January 1950 – 21st September 2001) worked in public health for over 20 years. He was an inspiring advocate for the socio-ecological view of health promotion as it was described over 30 years ago in the Ottawa Charter. This view of health promotion represented a significant move away from a medical view of health promotion that focused primarily on disease prevention. Eberhard was not afraid to speak his mind about what he saw as the critical failings of health promotion and public health. His thoughts were often challenging and sometimes controversial. However he could be relied upon to question accepted dogma, bring a different perspective, challenge accepted beliefs or practice, and to stimulate new ways of thinking. Eberhard's students and others touched by him carry on this legacy of critical thinking.

Following Eberhard's death in September 2001, the Australian Health Promotion Association endorsed the establishment of an annual oration in his memory. With this memorial oration, the Australian Health Promotion Association hopes to stimulate a culture of critical and reflective discussion for the advancement of health promotion in Australia.

Plenary 1: Keynote presentation

Cultural determinants of health

Organisation: World Federation of Public Health Associations; ManuKahu Associates.

Overview: What is Sovereignty and why it is a determinant of health. Identity, Language and Culture are the foundations of Indigenous health and wellbeing; why should this matter to you?

Learning objectives:

- What is Sovereignty?
- What is Decolonising Public Health?
- How can I be the change?
- Solutions for system change.



Emma Rawson-Te Patu
President-Elect
World Federation of Public Health Associations
Director
ManuKahu Associates

This keynote will offer a better understanding of the importance of knowing our context and place as health promoters and public health practitioners. It will introduce how this underpins practice in implementing approaches for decolonising public health and enable transformation of systems to eradicate inequities.



Plenary 2: Keynote presentation

The infodemic and health promotion

Organisation: Reach Health Promotion Innovations; Curtin University.

Overview: During the COVID-19 pandemic the infodemic emerged as a significant public health issue and health promotion has a key role in prevention and mitigation.

Learning objectives:

- Gain insights into the impacts and drivers of infodemics.
- Understand the role of the health promotion workforce in infodemic prevention and mitigation.



Dr Becky White

Digital health Consultant
Reach Health Promotion Innovations
Researcher
Curtin University

An infodemic is an overabundance of information, accurate or otherwise, in the digital or physical space. This emerged as a significant public health issue during the COVID-19 pandemic. Infodemics can affect trust in government and health authorities, people's ability to access safe and reliable health information, and their acceptance and adherence to public health and social measures.

Beyond the emergency response to COVID-19, the infodemic is impacting broadly across health areas. Like other health issues, the social determinants of health impact infodemic experience. The importance of infodemic response as a public health issue is being recognised globally, requiring a comprehensive and equitable response.

Health promotion practitioners are uniquely positioned to build on existing skills, knowledge and reach to develop preventative strategies to help mitigate infodemics. The prevention and mitigation of infodemics is multifaceted and requires new skills and workforce capacity building. Becky will explore the role of health promotion in infodemic management and share her experience of infodemic management as part of the global COVID-19 response, and research findings from Australia.



Concurrent Session 1: Workshop

1A. Health promotion registration

IUHPE's accreditation system in Australia: The experiences, benefits and opportunities of health promotion registration and course accreditation

Organisation: Australian Health Promotion Association (AHPA).

Overview: This session will explore the International Union for Health Promotion and Education (IUHPE) accreditation system in Australia: the experiences, benefits and opportunities of health promotion registration and course accreditation.

Learning objectives:

- Increase awareness and understanding of health promotion registration and its benefits to health promotion profession stakeholders.
- Increase awareness and understanding of how employers and universities can support IUHPE's accreditation system.
- Increase the intent of the health promotion workforce to become registered; and employers and universities to provide support for IUHPE's accreditation system.



Lucy Wickham
AHPA Board Member; National Accreditation Organisation (NAO) Management Committee Chair
AHPA



Andrew Jones-Roberts
NAO Management Committee Member & Former Chair
AHPA



Sharyn Burns
Professor Health Promotion, School of Population Health
Curtin University



Jo Williams
Manager Healthy Places & People Wellbeing SA



Kate May Ditchburn
Health Promotion & Communications Consultant
Kate May Consulting



Sarah Lausberg
Founder Health Promotion Hub

The workshop will present:

- An overview of the registration system including the underpinning core competencies and their place within the broad church of public health
- The experiences of Registered Health Promotion Practitioners in becoming registered including career and other benefits
- How employers and universities support registration and the benefits of doing so.

Interactive discussions will focus on:

- Interest and motivation of health promotion practitioners to become registered
- Interest and motivation of employers and universities to value and support IUHPE's accreditation system
- Exploration of what is needed to build momentum.

Concurrent Session 1: Workshop

1B. Commercial determinants of health

Big business and big conversations: Taking a closer look at the commercial and economic determinants of health and local solutions

Organisation: VicHealth.

Overview: This session will provide participants with a deeper understanding of the commercial and economic determinants of health, who will leave with potential solutions to apply in their own role.

Learning objectives:

- Participants have a greater understanding of what the commercial and economic determinants of health are.
- Participants are able to identify how their existing work may intersect with the commercial and economic determinants of health.
- Participants leave the session with potential solutions they can apply in their own sectors and communities.



Bonnie Matheson
Manager, Commercial
Determinants of Health
VicHealth



Samantha Chapman
Lead, Commercial
Determinants of Health
VicHealth

This session will provide an overview of the commercial and economic determinants of health drawing on the recently published Lancet Series on Commercial Determinants of Health (CDoH) which VicHealth sponsored. It will give participants an overview of potential solutions, including case studies of what can be done at the local level, and will also touch on how the commercial sector plays a significant yet often overlooked role in driving inequity between population groups.

CDoH is a relatively new concept, with its definition changing and expanding over time. To date, much of public health action in CDoH has been focused on industries who produce harmful products (e.g. tobacco, alcohol), with less focus on the wider group of commercial actors that engage in practices that are harmful or beneficial to health, as well as the systems that enable harmful or health-promoting practices. Furthermore, public health action is often siloed into product groups, e.g. unhealthy food, alcohol, tobacco, gambling and more recently, fossil fuels.

This session will build workforce capacity in commercial and economic determinants of health by introducing contemporary definitions and discuss common themes and solutions across commercial actors.



Concurrent Session 1: Workshop

1C. Systems thinking

Systems thinking for health promotion: A choose your own adventure workshop

Organisation: Deakin University, Institute for Health Transformation, Global Centre for Preventive Health and Nutrition (GLOBE).

Partners: Barwon South West Public Health Unit, Goulburn Valley Public Health Unit, Gateway Health.

Overview: A workshop based on proven community-based systems thinking methods and implementation science, catering to all levels of systems experience, from beginner to seasoned practitioners.

Learning objectives:

- Increased practical application of systems thinking including community-based system dynamics.
- Increased understanding of relationships and feedback loops between factors and how they affect outcomes.
- Explore the intersections between systems science and implementation science tools, applying this to community-led actions.



GLOBE
GLOBAL CENTRE FOR
PREVENTIVE HEALTH
AND NUTRITION



**INSTITUTE FOR HEALTH
TRANSFORMATION**



Presenters:

Prof Steven Allender	Mairead O'Sullivan
Dr Kristy Bolton	Susan Parker
Jo Brown	Jaimie Poorter
Lee Coller	Lynne Quick
Tiana Felmingham	Ebony Rhook
Dr Tari Forrester-Bowling	Rowena Rittinger
Dr Josh Hayward	Meg Scolyer
Megan McBain	Dr Carmen Vargas
Dr Cindy Needham	Rowena Wylie
Dr Siobhan O'Halloran	

This practical session will explore a community-based, systems thinking methodology now used in numerous countries. The workshop will cover systems thinking, community-based system dynamics (CBSD) and the application of implementation science in subsequent community-led action.

In small, facilitated groups, participants will apply key concepts through an interactive 'choose your own adventure' format. Areas of focus are:

- systems thinking and the practical application of system tools in everyday practice
- practical modelling that explores involvement of community in systems thinking work
- a deep dive into relationships between factors that affect health outcomes, how to understand, build and explain them to others
- a chance to apply implementation science tools to community-led actions.

Participants will leave the workshop engaged and empowered, with the ability to apply their new skills directly into practice, knowing they have the tools to improve collaboration between partners and community champions.

Plenary 3: Keynote panel

Planetary Health: Advancing an eco-social approach to health promotion

Organisation: Monash University.

Overview: This session addresses the need for a paradigm shift in health promotion to an eco-social approach that integrates ecological, economic, and social determinants of health.

Learning objectives:

- Understand the concept of the Anthropocene and its implications for the health and wellbeing of current and future generations.
- Identify the value of human ecology and systems thinking in health promotion research, education, policy and practice.
- Learn about some practical examples of planetary health promotion.

MONASH
SUSTAINABLE
DEVELOPMENT
INSTITUTE



Professor Tony Capon

Director, Monash Sustainable Development Institute
Professor of Planetary Health
Monash University

The contemporary field of health promotion emerged in the middle of the 20th century with the establishment of the World Health Organization (1948) and the International Union of Health Promotion and Education (1951). Notably, many earth scientists argue that the middle of the 20th century also marks the beginning of a new geological epoch called the Anthropocene, with a subsequent great acceleration in consumption around the world. The Ottawa Charter for Health Promotion (1986) declared that “the fundamental conditions and resources for health are peace, shelter, education, food, income, a stable ecosystem, sustainable resources, social justice and equity.” In the ensuing decades, health promotion has focussed attention on addressing modifiable risk factors, building health literacy, and advancing the social determinants of health. However, there has been limited attention to natural systems as a foundation for health. The Geneva Charter for Well-being (2021) highlights the need for an integrative approach to the well-being of people and planet that aligns with Indigenous ways of knowing, being and doing. To advance the Geneva Charter, contemporary health promotion needs to shift to an eco-social paradigm—embracing systems thinking, advancing intergenerational health equity, and striving for “planetary consciousness” in health promotion policy and practice.

Panel



Georgia Langmaid
Executive Support
Officer
*South East Councils
Climate Change
Alliance*



Dr Rebecca Patrick
Senior Research
Fellow
*The University of
Melbourne*



Fiona Armstrong
Adjunct Professor,
School of Planetary
Health
Monash University

Plenary 4: Keynote panel

People, profits and health: exploring the impact of commercial actors on health and wellbeing

Organisation: VicHealth.

Overview: Participants will walk away from this session with a greater understanding of the impact of commercial actors on health and wellbeing and be inspired to take action in this area.

Learning objectives:

- Participants have a greater understanding of commercial and economic systems and the impact of commercial actors on health.
- Participants leave the session with potential solutions they can apply in their own sectors and communities.



Dr Sandro Demaio
Chief Executive Officer
VicHealth

We all want a world in which the health of people and the planet are higher priorities than profit. Commercial actors – ranging from small locally-owned businesses to major corporations and financial organisations – influence people’s health and wellbeing in varied and complex ways.

The keynote presentation by Dr Sandro Demaio, CEO VicHealth, will provide participants with an overview of VicHealth’s new 10-year strategy, reshaping systems together for a healthier, fairer Victoria, including a deep dive into their focus on the commercial and economic system.

The panel, facilitated by Dr Sandro Demaio, will then discuss examples of:

- commercial actors putting profit over health in their local community and the challenges they faced, and
- positive examples of how commercial actors can enhance the health of communities.

It is hoped that participants will walk away from this session with a greater understanding of the impact of commercial actors on health and be inspired to take action in this area.

Panel



Bonnie Matheson
Commercial
Determinants of
Health Manager
VicHealth



Bek Lasky
CEO
Ngarrimili



Khalid Muse
Associate Research
Fellow
Deakin University



Dr Kate Sievert
Research Fellow
Deakin University



Felicity Jacob
CEO
*Common Ground
Project*



Concurrent Session 2: Workshop

and Community

2A. Advocate for health promotion

Valuing an Apple a Day

Organisation: Australian Health Promotion Association (AHPA).

Overview: Health Promotion and Prevention struggles for profile against the importance of treatment services in an overstretched health system. This workshop looks at strategies to help practitioners cut through the noise and will help AHPA develop a position paper on valuing health promotion.

Learning objectives:

- Understand the current public and policy discourse on valuing prevention.
- Develop a policy and advocacy position for AHPA to deploy.
- Explore communication strategies to improve the impact of your message.



David Towl
Member
AHPA (Vic-Tas)
Branch Committee

This workshop will hear from thought leaders in health promotion and related disciplines on the current policy and political context for health promotion in Australia as well as possible strategies to ensure that the true value of health promotion is recognised, and funding is rebalanced towards prevention. Questions to be explored include:

- If prevention is better than the cure, why doesn't this flow to how the health system is funded?
- How can health promotion communicate its importance in an increasingly noisy policy landscape?
- Is it our role to shift how we are heard or do we just need to raise our voices?

Participants will contribute to developing a position paper for AHPA on how we can better value health promotion and share this value with funders, decision makers and the broader health system.



Concurrent Session 2: Workshop

2B. Power and equity

Redistributing power through health promotion programming: Learnings from design, development and implementation

Organisation: VicHealth.

Overview: Redistributing power through health promotion programming: Learnings from design, development and implementation.

Learning objectives:

- Learn Inclusive Health Promotion Principles: Understand collective impact, community-led design, cultural responsiveness, and action for addressing barriers to health equity.
- Apply Transformative Approaches: Gain practical skills to incorporate these principles into new and existing health programs, focusing on food systems, physical activity, and social connection.
- Promote Collaborative Implementation: Engage in open discussions with practitioners and partners to share experiences, exchange ideas, and foster intentional integration of strategies across health promotion efforts.



Nickila De Silva
Associate Producer,
Community and
Engagement
Next Wave



James McKinnon
Young Creative Lead
*Multicultural Arts
Victoria*



Jordie Campbell
Head of Programs,
Indigenous Aquatics
Manager
Surfing Victoria



Amy Tacey
Food Hub
Coordinator
*Common Ground
Project*



Kevin Kapeke
Lead, Social
Connection and
Mental Wellbeing
VicHealth



Genna Vlitas
Lead, Place-Based
Approaches
VicHealth

Joined by

- **Veronica Nunez**, Lead, Healthy and Sustainable Food Systems, *VicHealth*
- **Liss Gabb**, Manager, Social Connection and Mental Wellbeing, *VicHealth*
- **Matt Cameron**, Manager of Active Communities and Sport, *VicHealth*

Redistributing power is a crucial yet often overlooked element in health promotion program design. In this workshop, we'll delve into effectively addressing power disparities and privilege within communities encountering systemic health barriers. Focused on VicHealth-funded initiatives in Geelong and Surf Coast, driven by diverse community collaborators, we'll guide practitioners through vital principles like collective impact methodology, community-led design, cultural sensitivity, and equity-based action.

We'll provide practical solutions to seamlessly integrate these approaches into both new and existing programs, demonstrating their transformative potential in thematic areas like food systems, active communities, and social connections. Representatives from organisations leading this work will share their experiences, highlighting the positive community impact of these approaches. This inclusive environment will encourage open, constructive discussions, fostering mutual learning among participants, host organisations, and partners. Together, we aim to widely and deliberately implement these strategies throughout health promotion programming.



Concurrent Session 2: Workshop

2C. Human-centred design thinking

Design Thinking Mini-Sprint

Organisation: Council of Academic Public Health Institutions Australasia (CAPHIA).

Overview: Expand your practitioner and problem-solving toolkit through inspiration, ideation and implementation in this Design Thinking Mini-Sprint.

Learning objectives:

- Advocate the use of Human centred design thinking (HCDDT) in practice.
- Experience skills and mindsets to define and solve problems.
- Develop an innovative health promotion toolkit.



Holly Donaldson
Executive Director
CAPHIA



Dr Vivian Romero
Lecturer, Public Health
Central Queensland University

Addressing “wicked problems” is at the heart of public health and health promotion and require a diverse and well-stocked toolbox to develop appropriate and impactful policies, initiatives, and interventions. This is further complicated by uncertainty of the challenges our current and future workforce. Moreover, as highlighted in the global pandemic our physical, social, technological environments are becoming increasingly connected and complex. Together, these factors emphasise the need for creative, innovative and human-centered problem solving. Expanding the practitioner’s toolbox is crucial to prepare the future workforce and to upskill the existing workforce to address existing and emergent threats.

Human-centred design thinking (HCDDT) is social innovation that uses an iterative convergent and divergent thinking and doing to generate new ways of approaching old problems. In this hands-on workshop, participants will experience the HCDDT process of:

- Inspiration
- Ideation
- Implementation.

as applied to complex health challenges.

Participants will apply the HCDDT framework in the mini-sprint by addressing objective 3 of the Draft National Consumer Engagement Strategy for Health and Wellbeing: “Empower and facilitate consumers and community organisations to engage in and co-design preventive health policies and programs.”

Concurrent Session 3: Presentation

3A. Food systems

Health promoters transforming food environments in Victorian public health services: Insights from policy to practice

Organisation: Healthy Eating Advisory Service.

Overview: Hear from Government, implementation support service and health promotion perspectives on the systems approach in Victoria to create healthier food and drink environments in health services, and the crucial role of the health promotion practitioner.

Learning objectives:

- Understand state food and drink supply policies and the role of health services in creating healthier food and drink environments
- Identify nationally applicable strategies and support to facilitate and maintain healthier food and drink environments
- Identify opportunities for health promotion practitioners to implement healthy food and drink environments in health services within their roles and the support offered by the Healthy Eating Advisory Service to do so.



Kirsten Johnson
Senior Project and
Nutrition Manager,
Healthy Eating
Advisory Service
Nutrition Australia



Brigitte Annois
Nutrition Policy
Advisor – Health
Services, Healthy
Eating Advisory
Service
Nutrition Australia



Rita Alvaro
Senior Policy
Officer, Nutrition
*Victorian
Department of
Health*



**Kathryn
McQualter**
Dietitian
Benalla Health



Ashleigh Knott
Dietitian
Benalla Health

This presentation will explore how creating healthier food and drink supply in health service retail food and drink outlets, vending machines and catering can be tackled using an integrated approach to create sustained changes. It will explore the role of Government policies as well as effective implementation strategies and showcase success through case studies. You will hear from:

- The Victorian Government about the Healthy Choices policy directive and the policy levers to create the mandate.
- The Healthy Eating Advisory Service about the implementation support model offered to health promotion practitioners in health services to create healthier food and drink environments.
- Benalla Health about their successful implementation of the Policy directive and how they have created change.

The session will be wrapped up with a panel discussion with an opportunity to ask questions.

**Healthy
Eating
Advisory
Service**

Concurrent Session 3: Presentation

3B. Systems thinking

You have more influence than you realise

Organisation: Our Health Inc.

Overview: Through a systems lens of self-in-the-system, discover how to influence decision-makers for health promoting change.

Learning objectives:

- The aim of this session is to build change-makers' knowledge and skills for influencing stakeholders, by sharing a story, tips, tools and cautions for action.



Dr Monica Bensberg
Principal Consultant
Our Health Inc

This session will be a fast and fun introduction to the theory and practice of using influence to achieve health promotion objectives. Developing trusted connections to empower decision-makers is an important technique to mobilise change, as prevention practitioners rarely have the authority necessary to solve public health problems.

Based on the concept of self-in-the-system, participants will explore their potential as the intervener and:

- Locating yourself in a prevention system
- Relational infrastructure
- Thinking about my thinking
- Influencing without authority
- Understanding decision-makers and resistance to change.

Our Health Inc.



Concurrent Session 3: Presentation

3B. Systems thinking

A learning journey in applying shared systems thinking indicators for primary prevention planning, action and reporting

Organisation: Inner East Health Promotion Partnership.

Overview: A session for curious minds and critical thinkers to consider the application of a systems thinking approach in Victorian Community Health-Health Promotion.

Learning objectives:

- Increase knowledge in systems thinking frameworks to practice.
- Increase understanding of utilising systems indicators to measure collective impact.
- Increase understanding of how systems frameworks and indicators can elevate health promotion initiatives to create population level health & wellbeing changes.



Heather Cole
Team Leader,
Health Promotion
*Access Health and
Community*



Sarah Lancaster
Acting Manager,
Prevention and
Partnerships
*Latrobe
Community Health
Service*



Julia Bilton
Program Manager,
Prevention and
Social Connection
healthAbility

Complex systems thinking theory is not a new concept but embedding complex systems thinking into community health - health promotion practice is emerging. Systems thinking extends beyond a mindset and mapping into a range of tools, techniques and theories. But the question is how do we move from theory to practice in reporting and planning structures? With pressure on the prevention sector for outcomes, how do we strategically and innovatively use systems thinking from planning through to action, reporting, advocacy and outcomes.

The Inner East Community Health Promotion Partnership, consisting of Access Health and Community, healthAbility and Link Health and Community, will share a learning narrative that demonstrates the opportunity to utilise systems change indicators that look beyond relying on individual behaviour change and program reach measurements towards a framework that scaffolds multiple interventions, working concurrently across the system.

A systems thinking approach to community health - health promotion seeks to create a shared understanding and language for how the determinants of health connect and impact upon each other. Our systems approach considers how population health and wellbeing is determined by the systems around us, how we can address equity and how we can create sustainable health and wellbeing change.



Concurrent Session 3: Presentation

3C. Non-Communicable Diseases

A purposeful partnership: The influence of health organisations combined

Organisation: Gateway Health.

Partner: Alpine Health.

Overview: The presentation will outline the successful partnership approach of the Active Alpine Group (Gateway Health and Alpine Health) and its work to enhance participation in physical activity in regional Victoria.

Learning objectives:

- Establishing meaningful partnerships.
- Collaboratively planning, implementation and evaluating.
- Outcome focused.



Sarah Nevin
Health Promotion
Coordinator
Gateway Health

The Active Alpine Group is a partnership between local health organisations Gateway Health and Alpine Health that aims to promote health and wellbeing, social connection and a healthy, thriving community in the Alpine Shire, Victoria.

This presentation will outline the successful partnership approach of the Active Alpine Group and its work to enhance participation in physical activity in regional Victoria.

gateway
health

People living well



Concurrent Session 3: Presentation

3C. Non-Communicable Diseases

Healthy eating is easy when you reach for the stars!

Organisation: Latrobe Community Health Service.

Partner: Latrobe Health Assembly.

Overview: Latrobe Community Health Service and Latrobe Health Assembly present findings from the implementation of co-designed healthy supermarket project, Reach for the Stars.

Learning objectives:

- Describe planning and implementation of a co-designed healthy retail initiative, Reach for the Stars
- Describe implementation enablers and barriers of Reach for the Stars.
- Describe evaluation findings of Reach for the Stars and implications for future practice.



Laura Duff
Public Health Nutritionist
Latrobe Community Health Service



Kate Mallia
Research and Planning Lead
Latrobe Health Assembly

In 2022, Latrobe Community Health Service (LCHS) and Latrobe Health Assembly (LHA) launched the 'Reach for the Stars' project to make it easier to find healthy foods in supermarkets. The project promoted the Health Star Rating system, with eye-catching marketing displays. An eight-week trial was conducted in three local IGA supermarkets, with 64% of customers noticing the healthy eating stars and 1 in 3 stating it impacted their purchases.

The campaign received strong community support, with 9 in 10 customers agreeing that supermarkets should promote healthy eating. All three supermarkets expressed interest in continuing the project.

Hear from project partners on the findings from the implementation of the co-designed healthy retail initiative, including enablers, barriers and evaluation.

Reach for the Stars is a Latrobe Health Innovation Zone initiative with funding from Latrobe Health Assembly in partnership with the Victorian Government.

Reach for the Stars is a partnership project with Latrobe Community Health Service, Latrobe Health Assembly, and participating supermarkets.



Concurrent Session 3: Presentation

3C. Non-Communicable Diseases

Vaping in young people: A whole of community approach

Organisation: Barwon Health.

Overview: We investigated the WHY young people vape and WHEN they make those choices in order to shape our efforts to reduce the uptake and increase recovery from vaping.

Learning objectives:

- Understand how group model building can contribute to shape health promotion actions.
- Gain insights into the drivers of vaping in young people.
- The importance of co-designing solutions with diverse partner agencies and young people themselves.



Susan Parker

Health Promotion Officer
Barwon Health

Young people are particularly vulnerable to the marketing of vapes. Recent data has shown that vaping behaviour in young people has resulted in a tripling of uptake in tobacco use in those aged 14-17 years old, the health ramifications of which are well known. The rapid growth of 'vaping' in our community, particularly among young people, is concerning.

This session aims to present findings from a local community consultation investigating drivers of vaping behaviour in young people.

The session will enable participants to gain an understanding of how a systems thinking approach was used in a local community to address a health issue and identify what actions needed to be addressed, to prevent the uptake of e-cigarette use.



Concurrent Session 4: Workshop

4A. Cultural determinants of health

Cultural determinants of health

Organisation: World Federation of Public Health Associations; ManuKahu Associates.

Overview: Barriers to health equity exist in many forms. For Indigenous peoples globally these barriers continue to see our communities carry the greater burden of illness and disease. The first step is recognising how we are part of perpetuating these barriers.

Learning objectives:

- What is Decolonising Public Health?
- How can I be the change?
- Solutions for system change.



Emma Rawson-Te Patu
President-Elect
World Federation of Public Health Associations
Director
ManuKahu Associates

This session will offer an opportunity for shared discussion about decolonising public health and approaches to systems change. It is also an opportunity to understand our practice and the systems we work within as an imperative in addressing how as individuals and organisations we can address and reform our work to facilitate change and eradicate inequities in health promotion practice and delivery. A New Zealand case study and framework will be described and discussed.



Concurrent Session 4: Presentation

4B. Gender

Baby Makes 3: Applying a Gender Equality lens to Practice, Structures and Systems

Organisation: healthAbility.

Overview: An interactive presentation with practical resources and tools to apply a gender equality lens to practice, systems and structures to challenge and disrupt the gendered expectations of being a parent to support families to thrive.

Learning objectives:

- Understand and build awareness of rigid gendered expectations related to being a parent and the link between adherence and adverse impacts on the health and wellbeing of families and broader society.
- Understand how organisational systems and structures and workforce practice can either reinforce or disrupt the gendered expectations of being a parent
- Understand how to challenge and disrupt the gendered expectations associated with being a parent in health promotion practice across different priorities.



Rachael Dooley
Antenatal Project Manager
healthAbility

healthAbility's *Baby Makes 3* (BM3) is an evidenced-based, education and social change initiative to build gender equality. As a health promotion approach, *Baby Makes 3* shapes long-term attitudes and social norms about parenting by challenging traditional gendered expectations of becoming a parent.

The interactive presentation will provide an opportunity for attendees to:

- Learn more about BM3 including the background and rationale to the initiative
- Understand the importance of challenging and disrupting the gendered expectations of being a parent
- Demonstrate how BM3 applies a gender equality lens to practice, structures and systems utilising a whole of setting approach using examples from the work
 - Antenatal and maternity services
 - Local Government Maternal & Child Health Services
 - Universities providing Midwifery and Child & Family Health Programs
- Access resources and tools to support delegates to apply a gender equality lens to their practice and organisational systems and structures across all priorities.

Concurrent Session 4: Presentation

4B. Gender

Gender and health promotion: An intersectional and multisectoral approach

Organisation: Women's Health Loddon Mallee.

Partners: Multicultural Centre for Women's Health, Disabilities Victoria.

Overview: This presentation will demonstrate how Victorian women's health services are working together to improve health outcomes for women and gender-diverse people.

Learning objectives:

- Increased understanding of the role of the women's health services in promoting health.
- Increased understanding of how to apply an intersectional gender lens to health promotion.
- Increased understanding of women's health services role within primary prevention.



Dr Nicole Johnson
Health Promotion
Coordinator
*Women's Health
Loddon Mallee*



Claire Varley
Gender equality
and prevention of
violence against
women Consultant

This presentation will demonstrate the breadth of health promotion work undertaken across rural, regional, and metropolitan Victoria, and how an intersectional and multisectoral approach can improve the health outcomes of women. The presentation will cover work within the core strategic priority areas:

1. Prevention of Violence Against Women
2. Gender Equality
3. Women in a Changing Society
4. Sexual and Reproductive Health
5. Mental Health.

A range of programs and health promotion work being implement across the women's health services in Victoria will be showcased to demonstrate how an intersectional gender lens can be applied to promote and improve health outcomes.



Concurrent Session 4: Presentation

4C. Mental health

Embedding mental health promotion in health promotion

Organisation: Prevention United.

Overview: This session will enable health promotion workers to understand how they can extend and apply their knowledge and skills to the field of mental health promotion.

Learning objectives:

- Increase health promotion workers' understanding of mental health promotion.
- Detail the unique additional skills required by health promotion workers to undertake work in mental health promotion.



Dr Stephen Carbone
CEO
Prevention United

This presentation will introduce the field of mental health promotion and describe the knowledge and skills required to undertake this work. It will cover the following topics:

- What is mental health promotion, and what does it aim to achieve?
- What are the similarities and differences between mental health promotion and health promotion more broadly?
- What specific competencies do health promotion workers need to play a role in mental health promotion?

**PREVENTION
UNITED**

Concurrent Session 4: Presentation

4C: Mental health

Let's Go Green: Improving mental health services' sustainability and consumer wellbeing

Organisation: Murrumbidgee Local Health District.

Overview: This session presents a pilot program where composting was introduced to mental health services and a consumer garden created at the health facility with the aim to increase staff and consumer wellbeing and decreasing health services carbon footprint.

Learning objectives:

- Understand the 'Let's Go Green Program' closed loop waste management system in the mental health service, and the impact this has had on the services sustainability and carbon footprint.
- Identify 'Let's Go Green Program' wellbeing benefits to staff and mental health service consumers through its provision of meaningful and diversional activities.
- Identify 'Let's Go Green Program' long-term and wider community improvements in health through the building of practical skills, transferable to life outside of the mental health service and improved environmental awareness.



Erica Engelbrecht
Manager, Strategic Development Drug and Alcohol and Early Intervention Programs and MHDA Executive Research Lead
Murrumbidgee Local Health District



Aimee Makeham
Rural Adversity Mental Health Program Coordinator
Murrumbidgee Local Health District



Faith Rogers
Rural Adversity Mental Health Program Coordinator
Murrumbidgee Local Health District



Tammy Elwin
Rural Adversity Mental Health Program Coordinator
Murrumbidgee Local Health District

This session presents preliminary outcomes of a pilot sustainability project for mental health drug and alcohol (MHDA) consumers.

Two targeted MHDA sites were identified to reduce waste and improve sustainable healthcare. Composting and a consumer garden were introduced, and a group of consumers, staff and volunteers participate in managing this. Green waste is disposed using compost tumblers and a worm café.

The consumer garden allows for consumers requiring mental health support and suicide prevention, access to green spaces and diversional activities. The garden provides an opportunity to develop skills and have positive impacts in improving health and wellbeing for individuals and the workplace.

This consumer garden project provides an opportunity for staff, volunteers, or consumers to actively be involved with sustainability and carbon reduction for Murrumbidgee Local Health District's waste footprint. The project creates carbon storage through reduction of waste and transport and creates a closed loop waste management system, making mental health care more sustainable and environmentally friendly.

The garden supports health promotion across several health domains, the natural environment; managing waste more sustainably, the health services environment; providing consumers with a green activity to manage their mental ill health and the social environment; growing connection between participants.



Plenary 5: Keynote panel

Working together to build an economy that is fit for people and planet

Organisation: The University of Edinburgh.

Overview: A wellbeing economy is one that serves people and planet. It entails shifts in all aspects of economic activity, so there is an important role for everyone working on health promotion.

Learning objectives:

- What is a wellbeing economy
- The role of various players in building it
- How change happens.



Dr Katherine Trebeck

Writer-at-large

The University of Edinburgh

Co-founder

Wellbeing Economy Alliance and WEAll Scotland

This keynote will explain what a wellbeing economy is and what it looks like in practice. It will look at the process of building it through the lens of people working on all aspects of health promotion. Our panel will explore examples of change in various circumstances and what health promotion practitioners can learn from them and replicate.

Panel



Colin Sindall

Adjunct Associate
Professor
*Monash Sustainable
Development
Institute, Monash
University*



Warwick Smith

Program Director
Wellbeing
Economy
*Centre for Policy
Development*



Sally Fisher

Community
Organiser, Real Deal
Geelong
Sydney University



Jane Pirouc

Connect
Coordinator
Moira



Sarah Downie

CEO
*Shared Value
Project*

Health Promotion Symposium 2023

IUHPE Core Competencies for Health Promotion

The Health Promotion Symposium program is 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 table below maps each symposium session against the International Union for Health Promotion and Education (IUHPE) Core Competencies and Professional Standards for Health Promotion and is a useful tool to support attendees in planning their participation over the two-day event.

The IUHPE Core Competencies are designed for use by practitioners whose main role and function is Health Promotion and who have a graduate qualification in Health Promotion or a related discipline. They are also for use by providers of Health Promotion education courses which aim to equip graduates to be ethical and effective Health Promotion Practitioners. They form criteria for the registration of Health Promotion Practitioners and accreditation of full Health Promotion courses within the IUHPE Health Promotion Accreditation System.

IUHPE competencies

Symposium sessions

	1. Enable Change	2. Advocate for Health	3. Mediate / Partnership	4. Communication	5. Leadership	6. Assessment	7. Planning	8. Implementation	9. Evaluation and Research
Keynote presentation: Cultural determinants of health	X	X		X	X			X	
Keynote presentation: The infodemic and health promotion	X	X		X	X				
1A: Health promotion registration	X	X	X	X	X	X	X	X	X
1B: Commercial determinants of health	X	X	X		X			X	
1C: Systems thinking	X	X	X	X	X	X	X	X	X
Keynote panel: Planetary health	X	X		X	X			X	X
Keynote panel: People, profits and health	X	X			X				
2A: Advocate for health promotion	X	X		X					
2B: Power and equity	X				X		X	X	
2C: Human-centred design thinking		X	X	X					
3A: Food systems Healthy Eating Advisory Service	X	X	X		X	X		X	
3B: Systems thinking Our Health Inc.	X			X					
3B: Systems thinking Inner East Health Promotion Partnership	X		X				X		X
3C: NCDs Gateway Health	X						X	X	X
3C: NCDs LaTrobe Community Health Service			X				X	X	X
3C: NCDs Barwon Health	X		X				X	X	X
4A: Cultural determinants of health Manukahu Associates	X	X		X	X			X	
4B: Gender healthAbility	X	X	X	X	X	X	X	X	X
4B: Gender Women's Health Loddon Mallee	X	X	X						
4C: Mental health Prevention United	X	X						X	
4C: Mental health Murrumbidgee Local Health District	X		X					X	
Keynote panel: An economy that is fit for people and planet	X	X		X	X			X	X