

News from the West

Newsletter of the Australian Health Promotion Association (WA Branch)

June 2015



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Note: Some computers may not pick up hyperlinks so emails and web addresses have been included in full to assist with accessing links.



FROM THE EDITORIAL TEAM

Welcome to this edition of News from the West for 2015. We begin this edition by saying goodbye to our outgoing committee members Lisa Rooke (outgoing co-Vice President), Lisa Wheatley (outgoing Treasurer), Sarah Graham, Heather O'Malley, Becky White, Stacey-Mae Prokopyszyn and Fiona McDougall. Thank you all for your valued contribution to the WA Committee. You can meet our incoming 2015 committee members with some fresh new faces on page 03.

The WA Branch has been settling into the new year with a focus on systematic ways to share our knowledge, skills, and networks in order to achieve better outcomes for the wider community. This edition of News from West explores the coming together of health professionals ('Investing in our Future' – Wheatbelt focus on Early Years, page 09 and 'Healthy Futures in the Great Southern', page 12), the creation of portals to pool resources ('New online portal to address Aboriginal maternal smoking in WA', page 10), and a reminder that the issue of obesity is a growing concern ('Tackling obesity and preventing obesity-related chronic disease with a Healthy Together approach', page 07).

The WA Branch was also excited to see the launch of That Sugar Film in Perth, as well as the debate that it provoked. On page 14, committee member Lauren Zappa provides us with a review on the film.

We hope that your year has commenced with many successes and that this edition from the West finds you well. We look forward to working with you all to make health promotion a priority in Western Australia.

Happy reading!

Sam, Amber and Courtney

WA BRANCH UPDATE

Melinda Edmunds

President, AHPA (WA Branch)

It's hard to believe we are already halfway through June. The year has been a busy one for the Committee so far. At our AGM, we farewelled a number of dedicated Committee members and also welcomed new faces. I would like to thank all outgoing members for their work in providing a voice for our members and encouraging leadership in health promotion.

We started the year by bringing Shelley Bowen and Denise Laughlin over from Victoria to share their learnings from Healthy Together Victoria, and to show us some tools on how to implement the systems approach in WA. Shelley also presented the Ray James Memorial Lecture at the AGM.

The new Committee got straight to work endorsing our state Operational Plan for 2015-2018. This plan aligns with the National Strategic Plan and Operational Plan. This was a great opportunity for us to reflect on past work and consider the direction the Branch would like to head in for the next three years.

The Advocacy and Partnerships Sub-Committee has been working on a number of reactive advocacy initiatives, including but not limited to supporting the Safe Schools Coalition Program and questioning the Public Health Bill's lack of focus on health promotion and prevention. After consultation with members, the Committee has determined that the key health promotion message for our workforce advocacy campaign will be, *'health promotion is making the easy choice the healthy choice'*. A number of strategies are being developed to further this campaign in 2015.

The mentoring program is underway with 12 mentor and mentee matches for this year. We have already had a number of professional development events, but keep an eye out for more upcoming events.

We recently commenced our 2015-2017 Healthway contract for our Scholarships Program. Hazel Leong and Jeff Turner have commenced their projects with Foodbank WA and the WA AIDS Council respectively. Recruitment for the Aboriginal and Torres Strait Islander scholarships is currently in process. I would like to thank Jonathan Hallett, Scholarships Coordinator for his work in ensuring the program is a success. Jonathan is stepping down from this role at the end of June and we will be recruiting shortly for this position.

The WA Branch will host the 2016 National AHPA Conference, where Melissa Stoneham and I will co-convene the conference. We will have support from a local organising committee and professional conference organiser. If you wish to be involved in organising the conference, please do not hesitate to contact the Branch on adminwa@healthpromotion.org.au. Information regarding conference dates and location will be distributed in the coming weeks.

Did you know that AHPA is on Twitter? Since April, the WA Branch has been active in tweeting from [@AHPA_AU](#). It has been wonderful to see people engaging in health promotion discussion and sharing strong health promotion initiatives. If you are on twitter don't forget to tag [@AHPA_AU](#) or [#ahpa](#) [#healthpromotion](#). It is a great way to engage in conversations with fellow health promotion professionals around Australia, and to find out about new research and how AHPA positions itself on a number of issues.

As always, it is important to highlight the power of a united voice. We saw the power of many people rallying together for the [#SOSBLAKAUSTRALIA](#) campaign in support of preventing the forced closure of Aboriginal communities in WA. It is outstanding to see people not only in Australia, but around the world supporting this campaign. The Branch supports the need for consultation with Aboriginal people living in these communities, as well as local governments, local health agencies, and other relevant stakeholders to determine a solution that satisfies all parties.

Just remember, we as an association rely on the support of our members and I encourage you to become involved in the activities that the Branch coordinates. More voices gives us more power.

"Unity is strength.when there is teamwork and collaboration, wonderful things can be achieved."

- Mattie J.R. Stepanek

Melinda Edmunds
President



Population Health Congress 2015

Hotel Grand Chancellor, Hobart, Australia
6 – 9 September 2015

One Vision, Many Voices

SOCIAL DETERMINANTS OF HEALTH
POPULATION HEALTH
RURAL HEALTH *One Vision, Many Voices* ETHICS
SOCIAL EPIDEMIOLOGY RES
ENVIRONMENTAL HEALTH
EMERGENCIES AGE IDENT

MEET YOUR 2015 AHPA (WA BRANCH) COMMITTEE

LIZ BRADSHAW

What can you bring to the committee?

Experience in rural health and an interest in innovative and creative community development and health promotion strategies. A passion for sharing good news stories and celebrating the small wins!

What aspect of health are you most passionate about and why?

I am really interested in the role that good nutrition and physical activity plays in developing and maintaining positive mental health.

What is the motto or quote that most inspires you?

John Lennon reminds us to enjoy each and every day as if it were our last– *"Life is what happens when you are busy making other plans"*.

KIRSTY CAVE

What can you bring to the committee?

Passion and enthusiasm for health promotion. An understanding of the importance of partnerships for our work to be effective. An eagerness to bring the workforce together and advocate for the importance of the industry. Experience in government and non-government roles, in Perth and overseas.

What aspect of health are you most passionate about and why?

I am really passionate about prevention being the key to a healthy population. Statistics tell us that almost a third of the burden of disease and injury in WA can be prevented by changing our lifestyle – that is a powerful indicator. By working together to make the easy choice the healthy choice in the community, we can support people to lead healthier and happier lives.

What is the motto or quote that most inspires you?

"Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it's the only thing that ever has." - Margaret Mead

LORENA CHAPMAN

What can you bring to the committee?

Along with my passion to make health promotion a priority in WA, my time on the committee over the past two years has helped me develop skills in leadership, advocacy and stakeholder engagement.

What aspect of health are you most passionate about and why?

Preventive health programs targeting vulnerable groups, because health is a basic human right and we need to improve health equity.

What is the motto or quote that most inspires you?

"Work for a cause, not for applause. Live life to express, not to impress. Don't strive to make your presence noticed, just make your absence felt." – Unknown

LYDIA COOK

What can you bring to the committee?

A willingness to have a go! Having graduated earlier in the year I am enthusiastic about throwing myself in the deep end to learn as much as I can while working to achieve positive outcomes for the association and the community.

What aspect of health are you most passionate about and why?

I'm passionate about social inclusion and support as determinants of health. This has been shaped by working with people from diverse walks of life.

What is the motto or quote that most inspires you?

To steal a quote that I actually heard recently at the AHPA WA Branch AGM: *"I can do things you cannot, you can do things I cannot; together we can do great things."* – Mother Teresa

MELINDA EDMUNDS

What can you bring to the committee?

I bring a good understanding of governance (having previously been on other boards and committees), solid leadership, and project management skills. I have experience in coordinating events and building stakeholder relationships which is important for AHPA core business.

What aspect of health are you most passionate about and why?

Although I have a passion for injury prevention and chronic diseases, I am particularly passionate about developing new projects that focus on behaviour change theories and addressing the social determinants of health. I strongly believe that projects that engage communities, encourage collaboration, and favour stakeholder partnerships will see success. I have built up this passion for project development in my time working in health promotion, for me it isn't so much about the topic, yet the how too.

What is the motto or quote that most inspires you?

"Alone we can do so little; together we can do so much." - Helen Keller

AMBER GIBLETT

What can you bring to the committee?

Through my time on the AHPA committee over the past four years, I can bring an understanding of member communication and engagement. Being based in a regional/rural area, I've experienced the challenges (and benefits!) of working in health promotion in a non-metropolitan area.

What aspect of health are you most passionate about and why?

I'm most passionate about tackling health inequities in the community, particularly in the area of nutrition. We have a big issue with food insecurity in the Great Southern, and without addressing the basic measure of ensuring that a healthy and affordable food supply is available to all members of the community, any initiatives aimed at nutrition and overweight/obesity would be largely ineffective.

What is the motto or quote that most inspires you?

"The measure of who we are is what we do with what we have" - Vince Lombardi

LAURA HUNTER

What can you bring to the committee?

I am a very passionate advocate for health promotion issues that are relevant to disadvantaged group in the WA setting. I am fortunate in my position at Healthway to be across multiple networks in the industry. I hope I can assist the organisation in taking on new endeavours in advocating for those without a voice.

What aspect of health are you most passionate about and why?

The biggest "pull" for me in relation to health is around the fact that knowledge about a certain health issue isn't everything. People may be well equipped to make the right choices for their own health – but there are multiple environmental factors that come into play. I am very passionate about trying to advocate for change in that respect.

What is the motto or quote that most inspires you?

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel." - Maya Angelou

CHANTELLE JEFFERY

What can you bring to the committee?

I bring 15 years of health promotion experience (including 10 years in rural health) across health service management, research & evaluation, injury prevention, tobacco and alcohol portfolio's. I contribute a rural perspective on health promotion in WA. I have coordinated the AHPA WA Mentoring program for the last 6 years.

What aspect of health are you most passionate about and why?

Rural health, as I have lived and have worked in various Wheatbelt communities for approx. 30 years in total!

What is the motto or quote that most inspires you?

Don't worry, be happy.

COURTNEY MICKAN

What can you bring to the committee?

With experience on the committee, including my role as Secretary, I bring a set of skills around committee communications, record keeping and a good understanding of committee processes. I am dedicated to prevention and enjoy the opportunity to give back to my profession, helping AHPA WA achieve its priorities for 2015.

What aspect of health are you most passionate about and why?

It's hard to just pick one aspect, I came into health promotion because the way we work produces healthy outcomes at more than one level. Multi-strategic approaches that address the underlying factors of health such as education, social support, shelter etc. to give people the best opportunity to be happy and healthy is what I am most passionate about.

What is the motto or quote that most inspires you?

"If I have seen further it is by standing on the shoulders of giants"

LAUREN ZAPPA

What can you bring to the committee?

I have a passion for health promotion, and more specifically the prevention of lifestyle related diseases. Having worked on a variety of social marketing and behaviour change programs across Cancer Council WA, Heart Foundation WA and Diabetes WA, I bring a wealth of knowledge and networks within the not-for-profit sector. I have strong desire to advocate for continuing health promotion and equity across the population.

What aspect of health are you most passionate about and why?

I am passionate about the prevention of chronic disease by reducing risk factors such as smoking, nutrition, sun exposure, alcohol consumption and physical inactivity. For the last 5 years I have focused on the workplace as a setting for health promotion. We spend 1/3 of our lives at work, so why not create a supportive, healthy workplace environment!

What is the motto or quote that most inspires you?

"Always be yourself. Unless you can be Beyoncé, then always be Beyoncé."

TACKLING OBESITY + PREVENTING OBESITY-RELATED CHRONIC DISEASE WITH A HEALTH TOGETHER APPROACH

Dr Kathy Rainbird

South West WA Medicare Local

The rising rate of obesity is a global phenomenon. In Australia, 63% of adults are overweight or obese, as are close to 25% of children and this proportion continuous to grow.¹ In Western Australia, obesity has overtaken tobacco use as the largest contributor to sickness and death.² In the Great Southern, 37.5% of adults are overweight, 33% of adults are obese making a total 70.5% adults who are overweight or obese.³

Acknowledging obesity as a “wicked” problem allows us to move beyond seeking simple solutions and consider solutions appropriate to complex problems. As Wilson and colleagues⁴ recently wrote, “It is not enough to simply urge Australians to eat better and exercise more – we need to look in depth at our communities, our food systems, our environments and our workplaces, and assess how these interact to create communities in which healthy choices are the easier, more sustainable choices.” Complex problems require a whole of systems approach.

This ‘whole of systems’ approach was the topic of the Healthy Together workshop held in Albany on 10 February 2015. The event was organised by South West WA Medicare Local in conjunction with Healthy Together Victoria and the Australian Health Promotion Association (WA Branch).

The presenters were Dr Shelley Bowen and Denise Laughlin, key leaders in the Healthy Together Victoria initiative which is taking a multi-faceted approach to health promotion and practice at multiple levels of the prevention system.



Participants at the Health Together workshop in Albany

Dr Bowen explained the whole of systems concept, as a collaborative approach which involves looking at where we can leverage the system to change how we want our communities to work.

“Systems thinking is about what everyone is doing,” stated Ms Laughlin. In Victoria it involves health services and local government working in partnership to provide leadership for the whole community, with over 2500 schools, workplaces, and other organisations also involved.

Dr Bowen and Ms Laughlin shared their strategies and experiences in relation to the role of leadership for system change, reflection, feedback, and continuous improvement in a whole of systems prevention approach. They highlighted the need to provide a quality framework for prevention, based on quality improvement techniques, with agreed benchmarks which have been selected through a collective impact process.

At the Albany workshop, participants included health policy makers, planners, practitioners, local government, health researchers, as well as local agencies, organisations and community representatives with an interest in promoting health and well-being. The workshop is hoped to be a catalyst for change in relation to tackling obesity in the Great Southern, with a new Action on Obesity Network collaborative effort now underway.

For more information contact Dr Kathy Rainbird on (08) 9842 9322 or krainbird@sw-medicarelocal.com.au or visit the Healthy Together Victoria website at <http://www.healthytogether.vic.gov.au/>

**References available upon request.*

NATIONAL REFLECTIONS + FUTURE DIRECTIONS

AHPA National has recently released their 2014 Annual Report as well as their 2014-2018 Strategic and Operating Plans.

Access these documents by logging into the AHPA website at:

<http://www.healthpromotion.org.au>



'INVESTING IN OUR FUTURE': WHEATBELT FOCUS ON EARLY YEARS

Fiona Bush

South West WA Medicare Local, Wheatbelt Regional Coordinator

South West WA Medicare Local, together with partner Regional Development Australia - Wheatbelt hosted a very successful inaugural Wheatbelt Early Years Conference in Kellerberrin on Thursday 12 March 2015.

The conference was a free event that brought together over 120 representatives who travelled long distances from across the region and Perth. For those that couldn't make the conference, Radio West was in attendance providing an outside broadcast, spreading the conference messages throughout the Wheatbelt and Great Southern

The focus of the conference was 'Investing in our Future' by utilising the Australian Early Development Census and encouraging partnerships to ensure better outcomes for Wheatbelt families, children, and communities.

An outstanding line-up of expert child development presenters spoke on a range of topics to a packed out room of professionals from Local Government, Children's Services, Health, Education, and Early Years Networks.

Key highlights from the conference were:

- Learning how to interpret and utilise the Australian Early Development Census data;
- Access to supportive environments for a healthy start to life (preventing birth defects and chronic conditions);
- Recognising the importance of families and communities in raising a child, how to build social capital and the importance of play.

The conference also highlighted issues faced by many small centres in the Wheatbelt who provide early childhood education and care (childcare), and how these services and communities are managing these challenges.

All the conference presentations are now available on the conference website at:

www.dropin.org.au/display/WEYC2

NEW ONLINE PORTAL TO ADDRESS ABORIGINAL MATERNAL SMOKING IN WA

Alexa Wilkins, Denese Griffin, Trish O'Hara, Jaime Read, Roanna Lobo

Aboriginal Maternity Services Support Unit; Collaboration for Evidence, Research and Impact in Public Health, Curtin University; and Australian Indigenous HealthInfoNet

In Western Australia (WA), almost half (45%) of Aboriginal women and 10% of non-Aboriginal women reported smoking tobacco during pregnancy in 2011. Smoking during pregnancy increases the risk of preterm birth, miscarriage, perinatal death, low birth weight babies, Sudden Infant Death Syndrome (SIDs) and can create serious development issues for a child throughout their life. Reducing smoking among pregnant women and promoting smoke-free environments is critical to improving health outcomes among Aboriginal women and their babies.

In response to the high rates of tobacco smoking in pregnancy among Aboriginal women in WA, the Aboriginal Maternity Services Support Unit is teaming up with Curtin University and the Australian Indigenous HealthInfoNet to build an online portal to provide coordinated access to information, resources, tools, and training on preventing maternal tobacco smoking, for health professionals whose clients include pregnant Aboriginal women, new mothers and their families, within WA communities.

The portal will include an online yarning place to encourage an exchange of knowledge and information between health professionals who work in this field. The portal and yarning place will be embedded in the Australian Indigenous HealthInfoNet website.

Funding for the project is provided by Healthway and the portal and yarning place will be available by mid-2015.

For more information, please contact
Alexa Wilkins on 08 9340 1555
or alexa.wilkins@health.wa.gov.au.

**References available upon request.*

*Project Committee
members*



OUR KULUNGA AND LOW IRON

Tyra Thomas

Child and Adolescent Community Health, Aboriginal Health Team + 2014 AHPA (WA Branch) Aboriginal Scholarship recipient

The Australian Health Promotion Association (WA Branch) scholarship project, which focused on iron deficiency in the Perth Aboriginal community, commenced in October 2014 and was led by investigative team Tyra Thomas and Anne D'Mello D'Cruz. The investigative team was faced with selecting a name for the project, and after some consultation with the Aboriginal Health Team (AHT) it was agreed the project name would be "Our Kulunga and Low Iron (OKLI)". This enabled the incorporation of the Noongar language into the project to enhance its cultural identity.

The OKLI project was initially aimed at increasing the knowledge and awareness of iron deficiency. However, due to time constraints the aim was revised to 'investigating the baseline knowledge and awareness of parents/carers of Aboriginal children aged 0-5 years on Iron Deficiency, Iron deficiency anaemia in the Perth Metropolitan Region'.

During the project's formative research phase, it was identified that existing resources focused on high iron foods which overlapped with current healthy eating publications, thus highlighting the need for specific resources for iron deficiency and iron deficiency anaemia.

A great deal of effort was involved in establishing internal governance procedures, identifying key stakeholders and ethical considerations. These tasks have complimented the diverse skills already possessed by the investigative team, bringing strength to the OKLI project.

As the OKLI project focuses on Aboriginal families, the project required ethics approval through Western Australia Aboriginal Health Ethic Committee (WAAHEC) and WA Health Department. Although the project journey was challenging, it offered an insight into the ethics approval process. Whilst the ethics application is being considered, the investigative team will work towards the preparation stage for consultation with the Aboriginal community. Once the ethics is approved, the community will be consulted to provide an understanding of the health literacy that currently exists on iron deficiency and anaemia. From this consultation, we can then gauge what health literacy gaps exist, and with guidance from our community, continue with resource development. It's currently anticipated that the project will continue to December 2015.

HEALTHY FUTURES IN THE GREAT SOUTHERN

Dr Kathy Rainbird

South West WA Medicare Local

Health Care Professionals, Policy Makers, Program Directors, Health Promotion Officers, Researchers and consumers recently gathered in Albany for the Healthy Futures Forum. The event, organised by South West WA Medicare Local and the Great Southern Science Council, aimed to showcase, celebrate and support the work of local primary health care professionals and health researchers.

Held over one-and-a-half days, the forum included an evening showcase where primary health care practitioners and organisations gave presentations of innovations or quality improvement activities that they had implemented to improve health outcomes in the community. Professor Lyn Beazley OAM, former Chief Scientist of Western Australia, opened the showcase and a great range of speakers provided an interesting and stimulating evening of talks.

The following day was a whole-day workshop to discuss regional priorities in health sciences research. A number of high profile health research scientists attended including Professor Steve Allsop (National Drug Research Institute), Professor Carol Bower (Telethon Kids Institute) and Dr Jonine Jancey (Collaboration for Evidence, Research and Impact in Public Health), as well as locally based researchers: Associate Professor Kirsten Auret (Rural Clinical School of WA) and Dr Peter Speldewinde (Centre of Excellence in Natural Resource Management). Discussion topics included ecosystem and human health relationships, regional health workforce, mental health and wellbeing, and health promotion research, among many others. The workshop outcomes will help guide future health research projects in the Great Southern region, in addition to building collaborative linkages between researchers and other key stakeholders.

For more information contact Dr Kathy Rainbird on (08) 9842 9322 or krainbird@sw-medicarelocal.com.au



*Participants at the
Healthy Futures Forum*

CERIPH: CURTIN UNIVERSITY PUBLIC HEALTH RESEARCH COLLABORATION

Dr Jonine Jancey

Curtin University, Senior Research Fellow

The Collaboration for Evidence, Research and Impact in Public Health (CERIPH), the new entity that was the WA Centre for Health Promotion Research (WACHPR), was proudly launched on 10 February 2015.

The launch titled, Evidence into Action: Health Promotion Insights was attended by over fifty delegates from Government, Non-Government and University research centres who were delighted to have the opportunity to hear and interact with the three keynote speakers: Professor Lawrence Green, the creator of the PRECEDE-PROCEED Model, Professor Elizabeth Waters from the University of Melbourne and Dr Jo Clarkson the Director of Health Promotion at Healthway.

CERIPH will build on the 30 year legacy of WACHPR, which was the first health promotion research centre in the southern hemisphere, when it was established in 1986. It brings together an expert multi-disciplinary research collaboration grounded in the School of Public Health at Curtin University and it is ready to develop new collaborations and innovative health promotion practice and research across Australia and into the Asia-Pacific region.

CERIPH will conduct robust health promotion research and practice with partners, build health promotion capacity through the provision of health promotion short courses to industry, and influence national and international health promotion policy and practice. With a redefined mission and sense of purpose, CERIPH epitomises the confidence and commitment to the future of health promotion and public health at Curtin University.

For more information, please contact Jonine Jancey on 9266 2958 or J.Jancey@curtin.edu.au. For more information about CERIPH please visit the website <http://ceriph.curtin.edu.au/index.cfm>.



From left to right: Dr Jonine Jancey: Director of CERIPH, Professor Lawrence Green: Creator of the PRECEDE-PROCEED Model, Dr Jo Clarkson: Director of Health Promotion at Healthway, Professor Bruce Maycock: Head of School of Public Health at Curtin, and Professor Elizabeth Waters: Director of the Jack Brockoff Child Health & Wellbeing Program at the University of Melbourne, at the CERIPH launch event.

THAT SUGAR FILM: A REVIEW

Lauren Zappa

AHPA (WA Branch) Committee

On Tuesday 24 March approximately 50 AHPA (WA) members attended a screening of That Sugar Film. The film was followed by a Q&A session with star and director Damon Gameau, Steve Pratt (Nutrition & Physical Activity Manager, Cancer Council WA), and Cathy O'Leary (Medical Editor at The West Australian).

The star and director of the film, Damon, sets out to increase his sugar intake to that of the average Australian adult - 40 teaspoons of sugar (sucrose and fructose) per day. The premise behind this is that he will only consume perceived 'healthy foods', which means no chocolate, lollies or junk food. Instead, he would consume foods labelled as 'low fat' and 'health food'. For example, on his first breakfast Damon eats a bowl of Just Right cereal with low fat yoghurt and a glass of juice, which he calculated to contain a whopping 20 teaspoons of sugar.

The film has many positive messages including: eat more whole foods (e.g. fruit and vegetables); reduce processed food consumption; check the food product label for added sugar; and don't believe everything you read on the label. In the Q&A session, Cathy O'Leary said she hoped viewers would take away the simple message that four grams of sugar equates to 1 teaspoon of sugar.

Despite the many positive messages, it is worthwhile remembering that Damon is a filmmaker and has taken some creativity liberties (rather than sticking strictly to science) to capture the audience's attention. An example of this is when the film challenges the well-known 'energy in-energy out' principle. Damon claims his energy intake remained at 2300kcal (approx. 9500kJ) - the same as his pre-film intake. Steve Pratt, responded to this by explaining,

"There is growing evidence that all calories may not be created equal and the body probably handles difference food sources of energy (carbohydrate, protein and fat) differently, but that it was not as significant as the film may have us believe"

There are a number of reviews of That Sugar Film available – you can view one perspective from Professor Tim Crowe's review at <http://theconversation.com/that-sugar-film-shines-a-light-on-the-hidden-sweetness-of-food-36878>. To view the current Australian Dietary Guidelines, which employs the best available scientific evidence about nutrition, please visit <https://www.eatforhealth.gov.au/guidelines>.

MEMBERSHIP BENEFITS

Are you a member? What does membership entitle you to?

Membership to the WA Branch of the Association can serve you and your profession in a number of ways including access to:

- Professional development workshops and seminars at a reduced fee including reduced registration to the annual National Conference
- National conference scholarship opportunities
- *News From the West*, our WA Branch newsletter, produced twice a year
- Regular WA Branch e-News
- An exclusive mentoring program
- A list serve for members which provides postings of current employment opportunities, news of events and developments in the field and networking news
- Health promotion scholarships (for health promotion graduates and Aboriginal and Torres Strait Islander people)
- Social and networking events with other practitioners in the field

At a national level you also receive member access to the website, copies of the Health Promotion Association of Australia journal published three times per year (a peer reviewed journal of health promotion practice and research evaluation, practitioners, and policy-makers) and the quarterly Australian Health Promotion *Update* newsletter.

Your continuing support as a member is very valuable to us. Please help the WA Branch to grow by introducing a new member today! Individual memberships support the state branch to provide ongoing high quality services for members. It provides you with an opportunity to participate in health promotion direction in WA.

Find out more about individual memberships or corporate subscriptions by visiting

<http://www.healthpromotion.org.au/membership>.

Are your details correct?

- Do you receive emails via the listserve?
- Are you receiving your official copy of the *Health Promotion Journal of Australia* and the quarterly Australian Health Promotion Association *Update* newsletter?
- If not, log in to the member section of the AHPA website.

Article submission alert!

News from the West is sent out to more than 200 members twice a year. Short updates can also be emailed through for potential inclusion in the WA Branch e-news, which is disseminated on a six-weekly basis. The AHPA (WA Branch) is seeking articles from its members which share achievement, successes, new programs, research and new resources in the field of health promotion. If you have something you want to write about, article submission templates can be obtained by contacting us at adminwa@healthpromotion.org.au

Please ensure that your article adheres to the AHPA (WA Branch) Article Submission Guidelines for greater chance of getting published. The editors reserve the right to omit, edit or condense any submitted article.

Note: Articles appearing in *News from the West* do not necessarily reflect the views of the Australian Health Promotion Association (WA Branch or National).



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