

**Healthy  
Cities.  
Healthy  
People.**



# Healthy Cities Illawarra

**ANNUAL REPORT 2017/2018**

## FOREWORD



**Sandra McCarthy**  
President, Healthy Cities Illawarra

I am pleased to present the 2017/18 Annual Report. Healthy Cities Illawarra (HCI) has engaged with local people and partner organisations as we continue our work through the Global Healthy Cities movement contributing to better health and wellbeing for people across the Illawarra Shoalhaven region. We are fortunate to partner with the four local government areas of Kiama, Shellharbour, Shoalhaven and Wollongong and other organisations featured in the report.

Highlights of the year include, (HCI) engaging with University of Wollongong, Local Health District and Joint Organisation of Councils to promote the work we do locally and our international connections with the World Health Organization's Alliance for Healthy Cities. Our role and purpose continue to grow and strengthen with a formal partnership with University of Wollongong (UOW) and other private and public organisations in a Global Challenges research project on the UN Sustainable Development Goals (SDGs).

In May, Healthy Cities Illawarra was endorsed as the secretariat for the Australian Chapter of Alliance for Healthy Cities (AFHC). Member cities are reaffirming our commitment to work together, sharing information and best practice examples of Healthy Cities projects, and focusing our resources and commitment on the SDGs. The Australian Chapter has extended our reach to New Zealand and ignited the beginning of mutual discussions and contributions with Healthy Cities Christchurch and Rotorua.

I would like to thank fellow Directors for their valued contribution over the past year. I also congratulate Justin Placek and all our staff in progressing the organisation and achieving amazing outcomes with dedicated work.

People's health and wellbeing is affected by the quality of life they experience daily. It requires continually tapping into and strengthening existing community networks as well as facilitating the development of new networks, partnerships, collaborations and creating opportunities for people to participate in community life. This is what we do at Healthy Cities Illawarra.



**Marianne Saliba**  
President, Healthy People Illawarra

I'm pleased to present the Annual Report for Healthy People Illawarra (HPI) 2017-2018.

The past year again highlighted our diverse collection of programs which focused on food sustainability and community nutrition, physical activities, sexual health and HIV/AIDS prevention and mental health and wellbeing.

This year HPI has strived to lower the incidence of smoking across the Illawarra and Shoalhaven. We have worked with Smoke-Free Illawarra to reduce the harm caused by second-hand smoke from cigarettes and e-cigs.

One of the newer programs is Playpod, a free after-school activity held in the grounds of Barrack Heights Public School. It had a hugely successful year, running at full capacity most weeks throughout the school holidays.

The Superhero's Project aims to build trust through activity, learning and connection. The program builds on initial work with the Australian Childhood Foundation, a leading agency in trauma-informed work with vulnerable children.

Food programs were a highlight of the year, including Stir it Up!, which aims to improve the food security status of vulnerable communities in the region using a peer education model.

Food Fairness Illawarra works towards a sustainable local food system that is resilient, prosperous, fair and secure, while the Hidden Harvest program celebrates the ignored, overlooked or surplus products of our food system.

The free community walking event, the Bellambi and Lake 5x5, continued to be a success in 2017-18.

Finally, I want to express my sincere thanks to the Board and to all the staff for their hard work.

This Annual Report demonstrates the fruits of their passion and commitment.

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**Healthy Cities Illawarra has become a voice for the 2030 Agenda for Sustainable Development at the local, national and international level.**

Our focus on contributing to the World Health Organization's Healthy Cities Movement and creating sustainable local impact has fostered a shared purpose and positive influence for intersectoral action. Our drive to apply global concepts locally has brought a unique lens to the region and highlighted the valuable role community driven organisations can play. And our work towards 2030 is only just beginning...

I'm pleased to say that Healthy Cities Illawarra is well positioned for the future - with a clear purpose and sustainable resources. Through our diverse portfolio of programs and activities, we have had positive impacts on our community and continue to be seen as a 'shining light' in the Healthy Cities Movement. At our core is an enthusiastic team of dedicated staff who work tirelessly to ensure no-one is left behind. Our volunteers and students have continued to provide energy which fuels our activities, and our board have shown leadership in guiding us through uncharted waters. Pivotal to what we achieve are our community partners and the collaborative efforts which are making the impossible become possible. All of this is supported by our long term funding partners who have shown confidence in our organisation and provided the platform for us to do our stuff.

**"We're all in this together!"**

I am proud to be a part of Healthy Cities Illawarra and of our contribution to the community over the past twelve months. Please enjoy reading our year in review.



**Justin Placek**  
General Manager, Healthy Cities Illawarra

## ABOUT US

**Healthy Cities Illawarra operates in the local government areas of Kiama, Shellharbour, Shoalhaven and Wollongong. It was established in 1987 adopting an approach to promoting the health of the population promoted by the World Health Organization**

### This approach:

- Recognises that health includes wellbeing, not simply the absence of disease.
- Is local in focus.
- Is integrated and recognises the interaction between social, economic and physical environments.
- Addresses the social determinants of health – that what matters for good health is the conditions under which people are born, live, work, play and age including the natural and managed environment.
- Incorporates the principles of ecologically sustainable development.
- Builds cooperation between organisations and sectors (public, NGO and private) and builds partnerships.
- Promotes health equity by recognising the needs of vulnerable groups and fostering social connection and inclusion.
- Empowers individuals, organisations and communities by encouraging participation in decision making, developing skills and capacity and building self sufficiency and resourcefulness
- Encourages global solidarity and sharing of information, knowledge and experiences with other Healthy Cities and assist in the development of the global Healthy Cities Movement.

Healthy Cities Illawarra (HCI) is supported by NSW Health through the Illawarra Shoalhaven Local Health District (ISLHD). It also receives grants for specific programs from a variety of State and Federal government bodies. In 1997, HCI became an incorporated association and in 2008 it helped set up a partner organisation, Healthy People Illawarra, which is also an incorporated association to focus on programs that aim to prevent specific, identifiable diseases. Healthy Cities Illawarra contracts Healthy People Illawarra to conduct programs on its behalf. Healthy People Illawarra also seeks funding from other sources to conduct its own programs.

Healthy Cities Illawarra is a member of the Alliance for Healthy Cities (AFHC), which operates in the Asia Pacific region and is a member of its Steering Committee, helping foster cooperation, sharing between countries and contributing to the development of the Healthy Cities Movement internationally.

## MISSION

**We promote and support actions to establish social, economic and physical environments conducive to good health and wellbeing.**

## VALUES

### Integrity

We develop evidence-based programs which are conducive to good health and wellbeing. We adhere to the principles of the WHO Healthy Cities Movement.

### Equity

We participate in the development of public policy to effect change. We aim to reduce inequity by building capacity. We recognise the diverse needs of our communities.

### Connection

We partner with government and private organisations to promote health. We aim to foster social connection and inclusion. We are active members of the WHO Alliance for Healthy Cities.





Belmore Basin, Wollongong - Image: Lachlan Harmer



# Healthy Cities Illawarra

**A healthy city is one that is continually creating and improving those physical and social environments, and expanding those community resources which enable people to mutually support each other in performing all the functions of life and developing to their maximum potential.**

**HEALTH PROMOTION GLOSSARY  
(1998)**



# Contribution to the Global Healthy Cities Movement

**As a member of the Alliance for Healthy Cities (AFHC) steering committee, Healthy Cities Illawarra attended the annual steering committee meeting in Phnom Penh, Cambodia in August 2017.**

Cambodia is undertaking a Healthy Cities transformation and the steering committee meeting was held in concert with Phnom Penh hosting the *International Forum on Healthy Cities* the following day.

The AFHC steering committee represents members cities from throughout the WHO Western Pacific region and is represented by Sha Tin District, Hong Kong (China), Healthy Cities Illawarra (Australia), Owariasahi City (Japan), Gangdong-gu, Seoul (Republic of Korea), Kuching City (Malaysia), Marikina City (Philippines) and the Healthy City Support Organisation (NGO, Japan). HCI has served two consecutive terms on this committee between 2010 – 2018, which is the maximum period allowed.

The global relevance of the United Nations' Sustainable Development Goals (SDGs) was obvious as we were greeted with an SDG banner on arrival at Phnom Penh International Airport (see image). During the steering committee workshop, participants were encouraged to understand general concept of Health and SDGs, discuss key areas of activities related to Healthy Cities and SDGs, and discuss AFHC programs to accumulate evidence, disseminate ideas and promote a movement for local actions.

The International Forum on Healthy Cities introduced the World Health Organization's framework on urban health and health promotion, which was presented by WHO consultant Ms Trinetta Lee. There was also an informative session, chaired by HCI president Sandra McCarthy, where representatives from five countries delivered presentations on the prevention and control of noncommunicable diseases (NCDs) in Healthy

Cities programs. Using information provided from the Sentinel Practices Data Sourcing (SPDS) project, Healthy Cities Illawarra illustrated how the prevalence of NCDs within the Illawarra Shoalhaven region is greater than state and national rates, and how HCI is an NGO engaged in several local activities and collaborations such as the NSW HEAL strategy, *Food Fairness Illawarra*, *Smoke Free Illawarra* and *Age Friendly Illawarra* which are all either directly or indirectly targeting noncommunicable diseases. It was further highlighted how these initiatives are aligned to the SDGs and crucially for HCI are underpinned by SDG 17 – Partnerships for the Goals.

The workshop and conference hosted in Phnom Penh highlighted how the SDGs are a global conversation and it was wonderful to hear how other towns and cities are beginning their journey towards the ambitious 2030 Global Goals. As a result, representatives from Healthy Cities Illawarra returned to our region with a clear direction for our organisation which fully aligns to the objectives of the Alliance for Healthy Cities.



Sandra McCarthy, HCI Chair arriving at Phnom Penh International Airport

**"We're excited that Shellharbour City Council was endorsed as an individual member of the AFHC in January 2018. It clearly demonstrates their commitment towards Healthy Cities philosophies, and alongside Kiama Municipal Council who joined in 2008, Shellharbour is the second local council in our region to independently join the Alliance. It has strengthened the Illawarra Shoalhaven's unique position as a region within the Healthy Cities Movement and we look forward to supporting its development."**

- Justin Placek, HCI General Manager

# Sustainable Development Goals & the Healthy Cities Movement

**On 1 January 2016, the 17 Sustainable Development Goals (SDGs) of the 2030 Agenda for Sustainable Development – adopted by world leaders in September 2015 at an historic UN Summit – officially came into force. Over the next fifteen years, with these new Goals that universally apply to all, countries will mobilise efforts to end all forms of poverty, fight inequalities and tackle climate change, while ensuring that no one is left behind.**

The SDGs, also known as Global Goals, build on the success of the Millennium Development Goals (MDGs) and aim to go further to end all forms of poverty. The new Goals are unique in that they call for action by all countries, poor, rich and middle-income to promote prosperity while protecting the planet. They recognise that ending poverty must go hand-in-hand with strategies that build economic growth and addresses a range of social needs including education, health, social protection, and job opportunities, while tackling climate change and environmental protection.

While the SDGs are not legally binding, governments are expected to take ownership and establish national frameworks for the achievement of the 17 Goals. Countries have the primary responsibility for follow-up and review of the progress made in implementing the Goals, which will require quality, accessible and timely data collection. Regional follow-up and review will be based on national-level analyses and contribute to follow-up and review at the global level.

Australia currently ranks 37th in the world – slipping from 26th in 2017 and well behind Canada and many European countries – according to the SDG index that compares different nations' performance on the SDGs. The index marks each country's performance towards the 17 goals and aims to put the world on a more sustainable economic, social and environmental path, with 169 targets to be met over the next 15 years in areas such as health, economic growth and climate action.

In November 2016, over 100 mayors from around the world gathered for the *9th Global Conference on Health Promotion* in Shanghai, China. During this conference, it was recognised that Health and Wellbeing are at the core of the United Nations Development Agenda 2030 and its Sustainable Development Goals. The conference was based

around four primary themes, which importantly linked the concept of Healthy Cities to the achievement of the SDGs. As a result, the Shanghai Consensus on Healthy Cities 2016 was endorsed as a means to achieve the SDGs. This commitment recognises the intersectoral approach required to create Healthy Cities.

Healthy Cities Illawarra is uniquely positioned to support these initiatives within our region, and as a pilot at a broader level, due to our connections from a local to international level with the WHO.

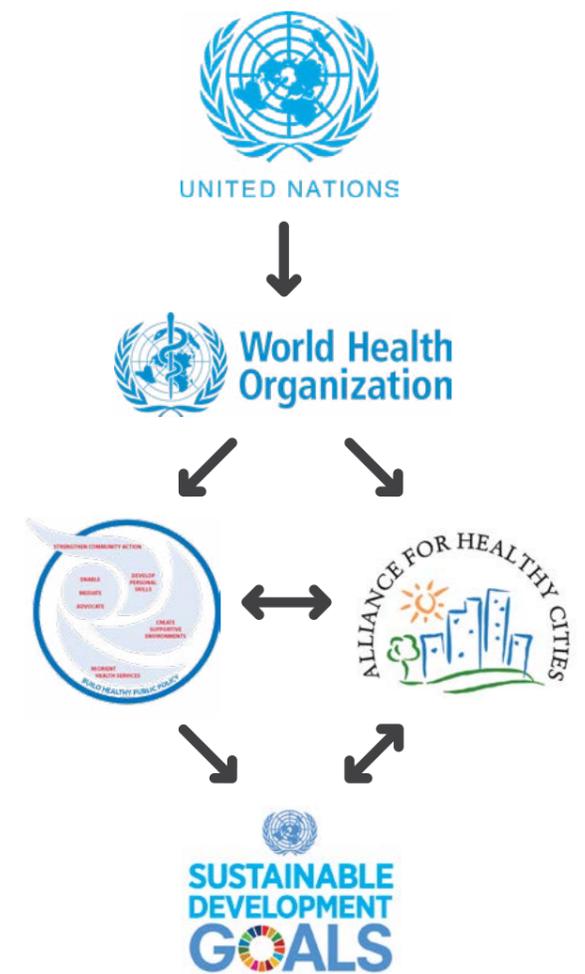


Figure 1: The relationship between the United Nations, Health Promotion and the Healthy Cities Movement

# Pursuing the SDGs through local action

## Healthy Cities Illawarra (HCI) has leveraged its connections with the World Health Organization (WHO) and the themes of the 9th Global Conference on Health Promotion to engage with our local community around the SDGs.

HCI's position as an NGO representing the Illawarra Shoalhaven region in the Healthy Cities Movement creates unique opportunities to support the AFHC Charter. Whilst not having the legislative authority of local government, HCI is able to cut across sectors and engage with stakeholders across the entire community – which is central to the Healthy Cities philosophy – and encourage individuals and organisations to develop their own mechanisms and processes to achieve the SDGs.

HCI has partnered with the University of Wollongong, led by Dr Belinda Gibbons, to bring the SDGs to a local level and create sustainable impact. The partnership activities we have initiated can be viewed through the lens of the Ottawa Charter for Health Promotion and the three basic strategies of health promotion to advocate, enable and mediate.

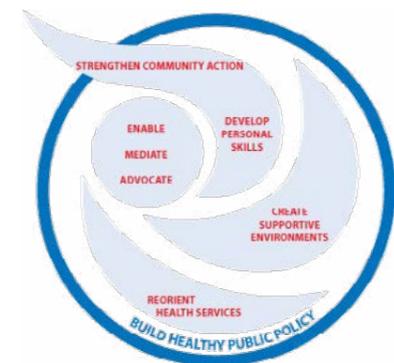


Figure 1: The Ottawa Charter for Health Promotion

## What we did through the year

### Intersectoral Events:

#### Unpacking the Sustainable Development Goals

The aim of the *Unpacking the Sustainable Development Goals* breakfast was to raise public awareness of the SDGs. Locally, there was little understanding of the global movement and this event aimed to bring together an intersectoral audience to learn about the Global Goals. The event attracted a capacity audience of 120 people with a further 40 people remaining patiently on the waiting list. The mayors of both Wollongong City Council and Shellharbour City Council were among the intersectoral audience, which also included participants from the education, SME, local government, health, private enterprise and community sectors.

The forum was led by a keynote presentation by Dr Leeora Black, Chief Executive Officer of the Australian Centre for Corporate Social Responsibility (ACCSR). Dr Black outlined the SDGs, Australia's current standing against each of the 17 Goals, and provided case studies of how global organisations were embracing the SDGs in their sustainability activities.

Following the keynote presentation, a panel of representatives from diverse sectors provided their views of the SDGs and their relevance to both their industry and their own organisations. Outcomes of this event identified a large interest in the SDGs and a keen interest to know more. Participant feedback regarding the SDGs breakfast forum revealed the following key messages:

- There is an awareness of the **interconnectedness** of the 17 SDGs, and the importance of **intersectoral collaboration** to achieve the targets.
- The goal most relevant to participants' current work was **SDG3** (Good Health & Wellbeing). This was followed by **SDG5** (Gender Equality), **SDG4** (Quality Education) & **SDG17** (Partnerships for the Goals).
- Participants were **motivated** to take this further and people were interested in further workshops and networking opportunities around the SDGs.

We learned the public have a keen interest in the global agenda and want to know how they can participate and take action themselves. While people were interested in learning about the SDGs and hearing from others, there was a clear desire to become empowered to take personal action. This learning formed the basis for the next SDG event.

#### SDG World Cafe

Following the initial SDG forum, the aim was to retain the engagement of the community around the SDGs and provide the opportunity for cross-sectoral discussions and for participants to feel empowered to take action in their own organisations. The *SDG World Café* workshop was attended by over 50 participants, many of whom had attended the previous breakfast forum. Similar to the previous event, participants came from all sectors. The World Café workshop style was selected purposefully to foster the diverse perspectives from the intersectoral audience. The workshop was prefaced by an update from Dr Gibbons on the Australian SDG Summit 2018, which had been held in Melbourne that same week, and the audience was provided a commentary on Australia's progress with the 2030 Agenda and the key themes. This update was followed by the World Café style workshop which encouraged participants to progress their thinking around the SDGs.

An innovative, interactive audience poll was used during the session with participants using their mobile devices to create a 'live' word cloud (Figure 2) of the key themes from the World Café workshop. This highlighted the need for collaborative effort across all sectors if the SDGs are to be actioned at a local level, and provided the catalyst for further discussion.



Figure 2: Word cloud describing key themes from the SDG World Cafe



Feedback from workshop participants yielded the following responses:

- The word cloud suggested that **Collaboration** and **Interconnectedness** were key themes, with food sustainability, health and wellbeing, and addressing inequalities being the most common areas of interest.
- **SDG3** – Good Health & Wellbeing, **SDG11** – Sustainable Cities and Communities, and **SDG17** – Partnerships for the Goals were the goals which resonated most with participants.
- Intersectoral conversations are energising – **100%** of respondents confirmed the workshop meet their expectations of engaging in a community conversation around the SDGs.
- We still want to do more – **100%** of respondents want to take a 'deep dive' into a more specific SDG.
- The confidence of initiating your personal action in support of the SDGs is high, with an average confidence rating of 8.5/10 (with 10 being absolutely certain).

The learning from the SDG World Café workshop was that people still wanted to look deeper into specific areas of need within our region, which could be viewed through the lens of the SDGs. In fact, 100% of post event respondents indicated they would like to take a 'deep dive' into an issue relevant to themselves or their organisation. This event also highlighted the complexity with developing intersectoral multi-stakeholder partnerships at a local level and raised the question of how local action in support of the SDGs could be taken in a sustainable way. This question has formed the basis of future initiatives around the SDGs.

Following this event, it was evident that SDG3 & SDG11 are the most relevant SDGs in our community, reinforcing the relevance of the Healthy Cities philosophy and movement. These are both issues that our community can relate to and highlights the relevance of the Healthy Cities approach. This insight supported the development of an intersectoral bid for the Illawarra Shoalhaven to host the AFHC Global Conference in 2020.

## Advocacy:

### Local Government

Written and verbal submissions to both Wollongong City Council and Shellharbour City Council have led to the SDGs being incorporated into their most important strategic planning document – the Community Strategic Plan (CSP). This inclusion brings the Councils into a global conversation and will drive the pursuit of the SDGs from a local level. We have recognised the leadership position taken by our local councils and look forward to supporting their SDG journey.

Our advocacy with local government has also contributed to the SDGs being referenced in the revised Kiama Health Plan, which forms the basis of Kiama Council's Healthy Cities development. We will continue to promote the SDGs being integrated into local government policy and our objective is for the SDGs to be incorporated into both the Kiama CSP and the Shoalhaven CSP when they are next revised in 2020.



Figure 4: Wollongong City Council CSP extract on SDGs



Figure 5: Shellharbour City Council CSP extract on SDGs

### Federal Government

Written submissions were made to separate SDG inquiries held by the Department of Foreign Affairs & Trade (DFAT), which has responsibility for the SDGs in Australia, and

the Commonwealth Department of Health. These submissions highlighted the need for local action to achieve the SDGs and the role Healthy Cities principles play, with a focus on intersectoral action, at a local level. It was highlighted that the 9th Global Health Promotion Conference in Shanghai endorsed the Healthy Cities approach as a vehicle to achieving the SDGs and how intersectoral action is central to Healthy Cities.

Through our partnership with UOW, we have become champions for the SDGs at a local level and are advocating that "top down policy must be met with bottom up action" if we are to achieve the ambitious Global Goals by 2030. We have delivered presentations on the alignment of the Healthy Cities Movement and the SDGs to representatives from several federal departments, including the Department of Health, DFAT, the Department of Prime Minister and Cabinet, and various other portfolios. A central message has been highlighting the unique linkages between the SDGs, the Healthy Cities Movement, and the Illawarra Shoalhaven region and how these may be leveraged by the Federal Government. At the time, the Government was engaging its departments around the SDGs and it was evident (and openly acknowledged) there was still much work to do in creating a shared understanding at this level.

Our submissions and presentations demonstrating the unique local, intersectoral activities have been formally recognised by the Australian Government. In the Government's first Voluntary National Review (VNR), delivered to the United Nations on Australia's implementation of the SDGs, it was acknowledged:

**"A number of Australian cities are Healthy Cities, which promote and support actions to establish social, economic and physical environments conducive to good health and wellbeing. Healthy Cities Illawarra is a leader in our region, sitting on the Steering Committee for the Asia-Pacific Healthy Cities Alliance and working with the University of Wollongong to develop a localised regional approach to the SDGs"**



### Our plans ahead

#### Research best-practice Intersectoral, Multi-Stakeholder Partnerships (IMSP)

Our objective is to position the Illawarra Shoalhaven as a model region for SDG action, both within Australia and across the globe, which is underpinned by intersectoral action. HCI recognises the need for intersectoral action and, based on the learning and feedback provided throughout the year, have engaged in a UOW Global Challenges research project with partners from the University of Wollongong, the Illawarra Shoalhaven Joint Organisation (representing the four councils of Wollongong, Shellharbour, Kiama and Shellharbour), KPMG and the youth organisation, Enactus.

To analyse the viability of cross-sectoral engagement for local IMSP collaboration this project will:

- Document the mix of cross-sectoral engagement approaches evident in IMSP initiatives surrounding sustainable development;
- Establish & pilot a cross-sectoral approach for IMSPs in Illawarra/Shoalhaven to achieve SDG action; and
- Distil key findings and practices for IMSP collaboration for SDG action in a local region.

The purpose of this project is to explore best practice methods of creating and sustaining intersectoral action and localising the SDGs. The findings from this research will inform local action around the SDGs and the development of a replicable model to be used by other local communities within Australia, and across the globe, to support their pursuit of the SDGs.

### Our learning so far

Our SDG journey has resulted in many learning points which have informed subsequent stages of our initiative. The key learning points, which are all interconnected, have the following themes:

#### *The Healthy Cities network is vital*

Achieving the ambitious Global Goals requires action from all sectors of society, and individual towns and cities will not make significant progress in isolation. The SDGs have reinvigorated the Healthy Cities model and the global Healthy Cities Movement. It provides a wonderful vehicle to promote cross-sector engagement and this needs to be leveraged to bring credibility at a local level. The Alliance for Healthy Cities connects towns and cities together and this network is crucial if we are to progress with the 2030 Agenda for Sustainable Development.

#### *SDGs are a narrative which bind our community*

As a non-government organisation attempting to promote cross-sector engagement without formal authority, our ability to tell the story and influence the community is crucial. The SDGs have provided a shared language to bring community stakeholders, from a range of sectors and diverse backgrounds, together with common purpose. The public interest generated has far exceeded expectations as has the human and organisational abilities to initiate creative actions in pursuit of the SDGs. It is evident that the more we talk about the SDGs, the more likely we are to change our own behaviours and those of others.

#### *Paradox of the SDGs*

We have learned a lot about the SDGs through the process and incorporated this into our actions along the way. The SDGs are for everyone, yet they're owned by no-one. Our Federal Government is not doing enough to create meaningful policy change in support of the SDGs and even after engaging with the people at the top, it will take a long time and we need to begin taking action at the local level – where the rubber hits the road. No-one, including Healthy Cities, can do this alone and it requires a fundamental shift in the way we think, plan, fund and work across sectors to implement the SDGs effectively and efficiently.

**Healthy Cities Illawarra is unique in its position as an NGO member of the Alliance for Healthy Cities representing the four local government areas comprising the Illawarra Shoalhaven region. Anchored by its collaboration with the University of Wollongong, HCI has exemplified the Healthy Cities philosophy by collaborating across sectors to bring the SDG narrative to the local region - while simultaneously promoting the Healthy Cities Movement. We have ignited the narrative of the SDGs within our local community and advocated for local councils to include the SDGs into policy. This journey has the potential to be a replicable model for other communities and these innovative actions from a community-based organisation highlights that we can all play a part in this global initiative.**

# Noncommunicable Diseases



**The World Health Organization (WHO) have identified the rise of Noncommunicable Diseases (NCDs) as an epidemic in our time and released the “Global action plan for the prevention and control of noncommunicable diseases 2013-2020”. The Global Action Plan highlights Healthy Cities initiatives as important for tobacco control, promoting healthy diet, physical activity & reducing the harmful use of alcohol.**

Noncommunicable diseases (NCDs) – mainly cardiovascular diseases, cancers, chronic respiratory diseases and diabetes – are the biggest cause of death worldwide. More than 36 million die annually from NCDs (63% of global deaths), including 14 million people who die too young before the age of 70. More than 90% of these premature deaths from NCDs occur in low- and middle-income countries, and could have largely been prevented. Most premature deaths are linked to common risk factors, namely tobacco use, unhealthy diet, physical inactivity and harmful use of alcohol.

To strengthen national efforts to address the burden of NCDs, the 66th World Health Assembly endorsed the WHO Global Action Plan for the Prevention and Control of NCDs 2013-2020. The global action plan offers a paradigm shift by providing a road map and a menu of policy options for Member States, WHO, other UN organisations and intergovernmental organisations, NGOs and the private sector which, when implemented collectively between 2013 and 2020, will attain 9 voluntary global targets, including that of a 25% relative reduction in premature mortality from NCDs by 2025.

### NCDs and Physical Activity

Regular physical activity is proven to help prevent and treat noncommunicable diseases (NCDs) such as heart disease, stroke, diabetes and breast and colon cancer. It also helps prevent hypertension, overweight and obesity and can improve mental health, quality of life and wellbeing. Yet, much of the world is becoming less active. As countries develop economically, levels of inactivity increase. In some countries, these levels can be as high as 70%, due to changing transport patterns, increased use of technology, cultural values and urbanisation.

#### Resources

[www.who.int/nmh/publications/ncd-action-plan/en/](http://www.who.int/nmh/publications/ncd-action-plan/en/)  
[www.who.int/ncds/prevention/physical-activity/gappa](http://www.who.int/ncds/prevention/physical-activity/gappa)

Failure to act to increase levels of physical activity will see related costs continue to rise, with negative impacts on health systems, the environment, economic development, community wellbeing and quality of life.

In May 2018, the World Health Organization officially launched the Global Action Plan on Physical Activity 2018-2030 – More Active People for a Healthier World (GAPPA), which was endorsed at the 71st World Health Assembly on 24 May in Geneva, Switzerland.

The plan calls for an interconnected cross-sector approach to reduce physical inactivity across the globe by 15% by 2030. Effective implementation will require bold leadership combined with cross-government and multisectoral partnerships at all levels to achieve a coordinated, whole-of-system response. In addition to civil society, this means governmental and non-governmental actors, the private sector, research institutions and the broader health sector all need to play a part in putting the plan into action.

The plan has four objectives and 20 action areas, and also connects different aspects of physical activity promotion with the 13 WHO Sustainable Development Goals in a colour wheel (pictured on following page). The four objectives are to create Active Environments (“social norms and attitudes”), Active Environments (“spaces and places”), Active People (“programmes and opportunities”) and Active Systems (“governance and policy enablers”).



WHO Global Action Plan - Let's be Active

# Physical Activity and the SDGs

Physical activity has multiple health, social and economic benefits and can contribute to achieving the 2030 Sustainable Development Goals



**Policy action on physical activity is interconnected with 13 SDGs.**

Working in partnership and investing in policy actions to promote walking, cycling, sport, active recreation and play can promote community well-being and quality of life for all.

# The 17 Global Goals

- 

**Goal 1: No Poverty**  
Economic growth must be inclusive to provide sustainable jobs and promote equality.
- 

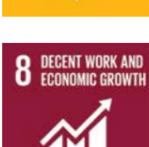
**Goal 2: Zero Hunger**  
The food and agriculture sector offers key solutions for development, and is central for hunger and poverty eradication.
- 

**Goal 3: Good Health And Well-Being**  
Ensuring healthy lives and promoting the wellbeing for all at all ages is essential to sustainable development.
- 

**Goal 4: Quality Education**  
Obtaining a quality education is the foundation to improving people's lives and sustainable development.
- 

**GOAL 5: GENDER EQUALITY**  
Gender equality is not only a fundamental human right, but a necessary foundation for a peaceful, prosperous and sustainable world.
- 

**GOAL 6: CLEAN WATER AND SANITATION**  
Clean, accessible water for all is an essential part of the world we want to live in.
- 

**Goal 7: Affordable And Clean Energy**  
Energy is central to nearly every major challenge and opportunity.
- 

**Goal 8: Decent Work And Economic Growth**  
Sustainable economic growth will require societies to create the conditions that allow people to have quality jobs.
- 

**Goal 9: Industry, Innovation And Infrastructure**  
Investments in infrastructure are crucial to achieving sustainable development.
- 

**Goal 10: Reduced Inequalities**  
To reduce inequalities, policies should be universal in principle, paying attention to the needs of disadvantaged and marginalized populations.
- 

**Goal 11: Sustainable Cities And Communities**  
There needs to be a future in which cities provide opportunities for all, with access to basic services, energy, housing, transportation and more.
- 

**Goal 12: Responsible Production And Consumption**  
Responsible Production and Consumption.
- 

**Goal 13: Climate Action**  
Climate change is a global challenge that affects everyone, everywhere.
- 

**Goal 14: Life Below Water**  
Careful management of this essential global resource is a key feature of a sustainable future.
- 

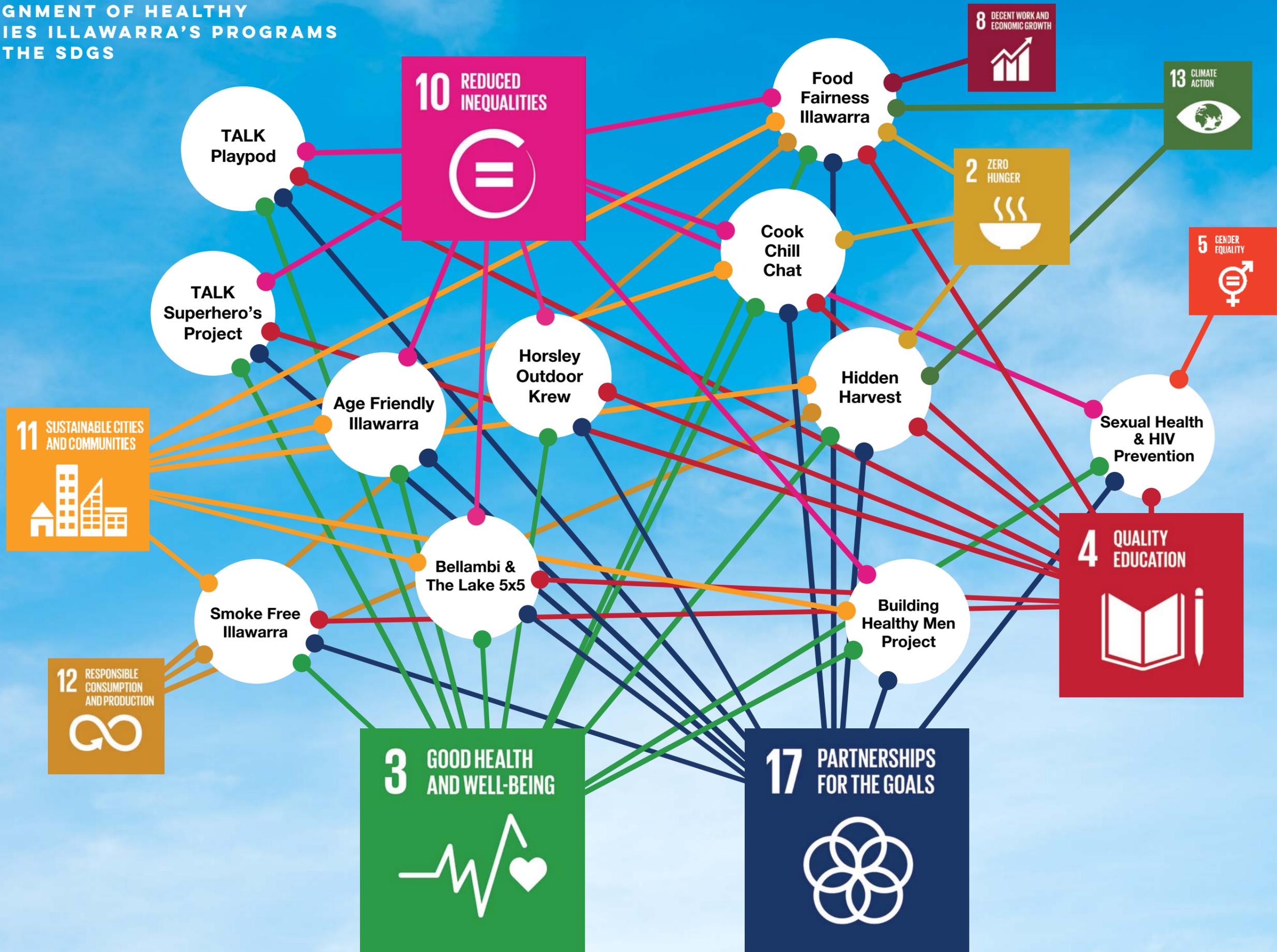
**Goal 15: Life On Land**  
Sustainably manage forests, combat desertification, halt and reverse land degradation, halt biodiversity loss.
- 

**Goal 16: Peace, Justice And Strong Institutions**  
Access to justice for all, and building effective, accountable institutions at all levels.
- 

**Goal 17: Partnerships For The Goals**  
Revitalise the global partnership for sustainable development



ALIGNMENT OF HEALTHY CITIES ILLAWARRA'S PROGRAMS TO THE SDGS





# TALK Playpod

Playpod is a free after-school activity held in the school grounds of Barrack Heights Public School



Following a 2016 pilot and extensive community consultation, the Playpod program has experienced a hugely successful year. The children's after-school activity has grown into a popular addition to the school community, running at full capacity with 30 children attending most weeks and throughout the school holidays.

In May 2017, the Department of Social Services, Expert Panel announced that the Playpod program had been approved as an *Emerging Community Development Program* having met 50% of the assessment requirements.

Throughout the next cycle of action and research, the program is required to evidence how the program was delivered as a community development process; and capture this in a further report. Achieving this will mean that Playpod will accomplish 'Promising Program' status and be eligible for future funding as an evidence based program.

The Playpod program measures its outputs against an engagement strategy and program logic to record change. The project has measures in both Community Development and Wellbeing Activities for Children.

## Community Development Outcomes

- 9 x community consultation activities connecting with 26 parents, 86 children, 4 elders, and 10 other community members.
- 6 x agency consultation activities connecting with 19 agencies.
- 6 x Playpod Working Group Meetings.
- 3 x presentations to community agencies (including Barrack Heights Round Table).

## Wellbeing Activity Outcomes

- 19 x after-school activity sessions reaching an average of 22 children / session.
- 5 x lunch time activity sessions reaching an average of 27 children / session.
- 4 x school holiday activity days reaching an average of 13 children a day.
- 2 x partner activities delivered in the context of Playpod activities.

## Playpod Program Logic

A revised Program Logic (Figure 1) will guide practice in the 2nd cycle of delivery, which will maintain the delivery of children's activities at Barrack Heights School as well as seek to build community connection and decision making to inform the long term management of the project.

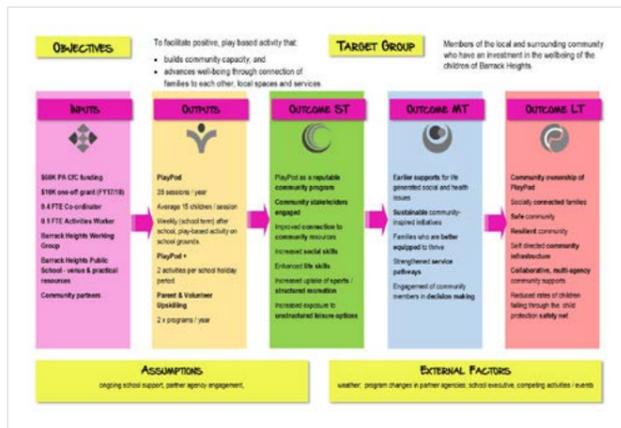


Figure 1: Program Logic - Playpod maintains its connection to the outcomes of the consultation through constant reflection and review of activities. This is completed with children, parents and community feedback.

## Playpod Consultation Themes

Activities for each term are coordinated based on the themes from initial consultation, termly activity ideas given by children and feedback from parents and community. Activities fit with the following outcomes; Creative – Play Themes (Social, Physical, Intellectual, Cultural & Emotional Development) - Skill & Capacity Building.



Figure 2: Activity areas that support increased opportunities for development of skills and building of individual capacity



Figure 3: The types of things make children feel good about themselves.

Date	Structured Activities/ Play	Active and outdoor play
8th May	Sandwich Making and Review	Scooter Boards
15th May	Colouring & Calm Play	Scooter Boards & Tumbling
22nd May	KidsFest Activities- Bring a friend	Games, Art, Circus and Food Art
29th May	Friendship Bracelets	Cubbies
5th June	Stir It Up - Fun with Fruit (Fruit Parfait)	Fruit Basket Game & Handball Competition
12th June	Stir It Up - Veggie Time Guessing Game & Veggie Pikelets & Tzatziki	Handball Competition
19th June	Stir It Up - Making Healthy Snacks - Toasted Sandwiches	Basket Ball
26th June	Stir It Up Party - With fun soft drinks, make your own recipe book	Basket Ball
3rd July	Stir It Up art project - I can eat a rainbow (please collect food magazines and leaflets)	Cubbies/ Scooter Boards

Figure 5: Example of Playpod Activity Program

Each term commences with a review of the previous term and holiday activities. During Term 2, we had several partners involved with the delivery of the Playpod program including Kidsfest and NSW Health.

Kidsfest is a community initiative and our activity day included aboriginal painting with elders, gardening activities, tumbling with a community circus provider as well as a healthy food activity to make a healthy snack.

A cooking program was delivered in partnership with the NSW Health Stir it Up! program. The template for this program has since been used by Stir it Up! to deliver capacity building cooking programs for children in other communities.

In addition to the weekly cooking activity, this program included knowledge broadening activities (introduction to new fruit and vegetables), awareness activities (soft drinks / sugar content) and the opportunity for children to collect all recipes in an individual cookbook to take away with them.



"The Children love Playpod, they always come home with new things to talk about"

- Nikke Gladwin, HCI Health Promotion Officer





# TALK Superhero's Project

**TALK (building trust through activity, learning and connection) is a program funded by Communities for Children Shellharbour.**

Building on our initial work with the Australian Childhood Foundation, a leading agency in trauma informed work with vulnerable children, The Superhero's Project has been continually assessed, reflected and evolved. We have been working in partnership with Warilla North Public School (Focus for Action research project) in creating a robust program to empower children to understand and regulate their emotions with a view to improved participation in learning. Early evidence has led to changes in program delivery, focusing on:

### Training for Teachers

The Australian Childhood Foundation *Making SPACE for Learning* trauma informed training; provided whole of school trauma informed training, this was followed on additional information sessions on the window of tolerance and how trauma impacts on brain development and its relation to the Superhero's program.

### Developing a team around the child

Introduction of the Family Services Referral worker into the school has contributed to supporting the needs of children and families. The worker also attends weekly meetings involving all stakeholders e.g. Teaching support team, case management, parents, other non-government supports services creating a team around the child.

### Activities to build connections

Non evidence based programs are delivered on a weekly basis to support connection within the school and broader community activity and services. One of the successful activities has been the weekly book club which is a literacy and leadership project supporting communication, presentation skills and leadership opportunities for children.

Other activities include:

- Establishment of a lunch time book club held in the library and facilitated by the TALK Program Manager weekly.
- Child wellbeing flowchart in the process of endorsement by Department of Education in collaboration with the NSW Mental Health initiative *School-Link Program*.
- Introduction of 'brain breaks' for all classes using a 15 minutes cycle for primary learning time and 15 minutes for outside movement.

- Trauma Informed Support plans.
- Child Protection policy updated.
- Whole of year 6 children participating in the TALK leadership program and attending the annual *Young Leaders Conference* in Sydney.
- Free swimming lessons facilitated by the TALK worker in collaboration with a private provider and partnering with the school. This was in acknowledgement of the children's limited access to this kind of program and the value of learning to swim.
- Fruit bowl in each classroom and water drink bottles for each child at their desks.
- TALK program information being added to the school newsletter on a regular basis.

### Evidence Based Programs

Students impacted by trauma are identified and referred into evidence based programs; these programs include: *DRUMBEAT*, *Bringing Up Great Kids*, *FRIENDS* and *Seasons for Growth* aiming to build skills for emotional regulation, improved relationship and connection in the community connectedness skills.

### Key Outcomes

- Improvement in knowledge and understanding of children with a trauma history.
- FRIENDS program facilitated for years 3 & 4 and 5 & 6 targeted children.
- A specific room set up for use with the children participating in the FRIENDS program.
- FRIENDS program facilitated for all kindergarten children as part of early transition to school.
- TALK worker transitioning children from FRIENDS group work activity to the classroom.





# Smoke Free Illawarra

Healthy Cities Illawarra has strived to make an impact in lowering the incidence of smoking across the Illawarra and reduce harm due to second hand smoke.

The Smoke Free Illawarra (SFI) local action group has been a vehicle to conduct campaigns and activities, develop resources and produce media releases that aim to reduce the harm from smoking tobacco, including e-cigs, in the Illawarra Shoalhaven region.

This year, through SFI partnerships, saw the development of a tobacco resource for the newly arrived Arabic speaking community. Healthy Cities Illawarra (HCI) and SFI also released media encouraging smokers to quit as the price of tobacco increased in September 2017. A shared HCI and SFI media release was published in response to new laws around e-cigs and vaping. Referrals to the Quitline and the icanquit website were always promoted for more information on quitting methods.

Healthy Cities Illawarra has held the position of secretariat for Smoke Free Illawarra for over 15 years. During this time, there have been significant improvements relating to tobacco control in our region. HCI recognises the impact of being part of this coalition and the valuable partnerships it has fostered over the years. We look forward to our continued involvement with the committee and seeing the positive influence SFI will have in the future.

**“Price increases save thousands of lives, with many smokers quitting as tobacco becomes less affordable”**

- Maddison Stratten, HCI Health Promotion Officer



Published Articles: Advertiser Lake Times & Illawarra Mercury



# Age Friendly Illawarra

The Illawarra Shoalhaven has a relatively older population and Age Friendly Illawarra has continued to promote the age-friendliness of our region over the past twelve months.

The WHO's *Global Strategy and Action Plan on Ageing and Health* aims to establish evidence and partnerships necessary to support a Decade of Healthy Ageing from 2020 to 2030. Developing age-friendly environments is one of the five strategic objectives. As a member of the Age Friendly Illawarra (AFI) steering committee, HCI is promoting a regional application to become a member of the WHO Global Network for Age-friendly Cities and Communities which currently has over 700 member cities across the globe.

Locally, AFI has been engaging with local retailers to assess the age-friendliness of

their stores and create a baseline for the age-friendliness of our region. The *take-a-seat* project has raised awareness of age-friendly factors and engaged with local Men's Sheds to support this initiative.

There are exciting times ahead for AFI and we anticipate being accepted by the WHO Global Network at the end of 2018.

Age Friendly Illawarra



# Building Healthy Men Project

The Building Healthy Men Project has been expressed primarily through the work of the Coniston Men's Shed.

Numerous studies have shown the positive personal, social and health outcomes that Men's Sheds provide. The Coniston Men's Shed has a wonderful reputation for fostering wellbeing in men from culturally and linguistically diverse communities.

HCI are thrilled with our collaboration with the Multicultural Communities Council of the Illawarra (MCCI) and Illawarra ITec which supports the Coniston Men's Shed. The Men's Shed was faced with a grim future twelve months ago with the very real prospect of closing its doors. The drive and passion

of local organisations, led by MCCI, has resulted in a sustainable future for The Men's Shed, which will continue to play a key role in reducing social isolation and loneliness for members of our community.

We are proud of our continued contribution to the Coniston Men's Shed and look forward to supporting men's health into the future.





## Healthy People Illawarra

Values diversity of people.

Biodiversity of Australian flora and fauna.

Every individual's equal right to optimum level of health.

Cooperative relationships.

Partnerships with Indigenous Australians.

## FOOD SUSTAINABILITY & COMMUNITY NUTRITION



# Cook Chill Chat

**Cook Chill Chat is an innovative 12-week community building cooking program that combines social cohesion and healthy eating to bring vulnerable community members together to cook and share a meal within existing community services.**

After the successful completion of Cook Chill Chat in 2017, the results gathered from the program are being prepared for publication in partnership with the University of Wollongong.

Cook Chill Chat has now been revamped to a 12-week community building cooking program. Because social isolation and non-participation significantly impacts wellbeing and life expectancy, there is a need for a program that improves social connections and healthy eating skills. Our aim is to increase social connections amongst the Illawarra community by bringing people together to cook, share a meal and connect with local community

services. To achieve this, we partner with local community organisations to provide a space where friendships can grow and connections with local community services can develop. Through the cooking sessions, participants will gain more knowledge and skills in cooking healthy and budget-friendly meals.



### Key Outcomes

A pilot of the 12-week program was completed at Kiama with **12** community members in partnership with Kiama Municipal Council and State Trustees Australia Foundation.

- **67%** of participants felt confident they could access local services after completing the program.
- **60%** of participants had improved at least one or more cooking skills because of Cook Chill Chat.
- Cook Chill Chat met all the participant's expectations.

# Stir it Up!

**Stir it Up! is a project which supports people to promote healthy eating and good food in their local communities.**

Healthy Cities Illawarra works closely with Illawarra Shoalhaven Local Health District to coordinate the Stir it Up! project. The goal of Stir it Up! is to improve the food security status of vulnerable communities in the Illawarra region using a peer-education model. Community members are trained to become advocates for healthy eating and they frequently volunteer to deliver information sessions and cooking demonstrations in partnership with local organisations. Healthy Cities Illawarra looks forward to extending our role with this great program in the coming year.

### Key Outcomes

Over the last year, Healthy Cities Illawarra assisted the Illawarra Shoalhaven Local Health District to deliver **9** training days for peer-educators and mentors.



Stir it Up! Program Group



**“Thanks to the Australian Government, we’re excited to Cook, Chill & Chat with community groups throughout the Illawarra Shoalhaven over the next three years!”**

*- Helen Tran, HCI Health Promotion Officer*

Cook Chill Chat Program Group

## FOOD SUSTAINABILITY & COMMUNITY NUTRITION



# Food Fairness Illawarra

**Food Fairness Illawarra is a community coalition passionate about ensuring food security for all in the Illawarra.**

Healthy Cities Illawarra continues its work towards a vibrant, sustainable local food system that is resilient, prosperous, fair and secure by administering and hosting the secretariat for Food Fairness Illawarra (FFI).

With over 500 community groups, individuals, agencies and government organisations in its member base, FFI collaboratively works to:

- Bring together interested community members, partners, stakeholders and groups who are committed to the goal of ensuring food security in the Illawarra.
- Raise awareness and understanding of food security in the Illawarra community.
- Highlight local food security issues, particularly the need for culturally appropriate food on a regular and reliable basis for all people.
- Work with partners to develop and secure funding for programs that promote food security.
- Collate, record and distribute information and share skills and expertise about food programs and schemes in the Illawarra.
- Lobby and advocate food fairness at a local level to influence policy.
- Ensure that the values and beliefs of social justice underpin all local action and planning for food security in line with Article 25 of the UN Declaration on Human Rights “Everyone has the right to a standard of living adequate for the health and wellbeing of themselves and of their family, including food...”

One of the strengths of FFI is the diversity of its membership, the collaboration across sectors and the passion and commitment of the individuals involved.

### Key Outcomes

- Communications to fuel the local Fair Food conversation:
  - 12 FFI Newsletters.
  - 536 Food Fairness Illawarra Community Members (33% increase from last year).
  - 701 followers Social Media (21% increase from last year).
- Brought together 160 fair food champions to celebrate National Fair Food Week 2017 at community building event *Connecting over Fair Food*, hosted in partnership with Shellharbour, Wollongong and Kiama Council, Neami National and Nutrition Society Australia.
- Provided Fair Food focussed submissions in response to the *Community Strategic Plans* of Wollongong and Shellharbour Councils.
- 12 UOW student volunteers were provided with development opportunities at FFI.



Food Fairness Illawarra



**“Food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life”**

- FAO 2009



## FOOD SUSTAINABILITY & COMMUNITY NUTRITION



# Hidden Harvest

Hidden Harvest upskills the community by giving them the tools and forks to tackle food waste and shape a sustainable food future.

Healthy Cities Illawarra continues to support the food waste fight by auspicing grass roots and volunteer run initiative Hidden Harvest.

Celebrating the ignored, overlooked or surplus (by-) products of our food system at their regular pop-up events and workshops, Hidden Harvest facilitates the big conversations about food waste in a fun and lively setting!

Linking community members to foods that would not normally reach their plate, the preserving techniques used and other possible solutions provided/discussed – Hidden Harvest empowers others to embrace the concept of More Taste Less Waste in their daily routines and save tonnes of food ending up in landfill.

### Key Outcomes

- Directly engaged over **2000** community members in the food waste conversation, through:
  - 5 pop-up events.
  - 2 workshops.
  - 5 information stalls.
- Diverted **885kg** of food from ending up in landfill, the equivalent of **1871kg's** CO2 emissions saved.
- Provided a social platform for the public to talk, share and connect around food waste, which now engages **+3100** followers.



Hidden Harvest events & activities



“Essentially, the Hidden Harvest fam reaches out to the community with great food that wouldn’t normally make it on the plate. By doing this, we hope to activate #MoreTasteLessWaste decisions in people’s everyday routines.”

- Berbel Franse, Founder of Hidden Harvest

## PHYSICAL ACTIVITY



# Horsley Outdoor Krew (HOK)

Horsley Outdoor Krew is a free healthy lifestyles program aimed at children aged 9 – 12 years old.

Horsley Outdoor Krew (HOK) is based in the West Dapto area and aims at engaging with the community and allowing children to express themselves freely in a safe environment.

HOK has established itself as a trusted after-school program delivering healthy messages around active outdoor play, making healthy decisions around food, connecting with the community and positive social connectedness.

HOK is a partnership between Healthy Cities Illawarra, Illawarra Shoalhaven Local Health District, Careways Community Inc. and supported with funding from Dapto Leagues Club.

### Key Outcomes

- HOK saw a total of **45** participants attend HOK for one or more weeks, with a top attendance of **22** participants per week during the 2017/2018 financial year.
- Overall, the program had received positive feedback from members, parents/carers and the community.
- HOK participants contributed to the global campaign #adenough, advocating to abolish junk food advertising targeting children.



Horsley Community Day



**“HOK is a fun place for 9-12 year olds to be outside, be active, try healthy snack options and connect with the community. What a great way to spend an afternoon together?!”**

- Maddison Stratten, HCI Health Promotion Officer



## Bellambi and Lake 5x5

The 5x5 is a free community walking event where participants walk a 5km course one afternoon a week for 5 weeks. The 5x5 aims to build healthy habits in the community whilst connecting people and reducing social isolation.

The 5x5 in Bellambi and Lake Illawarra continued to be a success throughout the year. The Lake 5x5 ran for the 5 weeks in October, starting and finishing from the PCYC Lake Illawarra. Participants stated that they appreciated the Vitamin D and the motivation The Lake 5x5 brought them as they continue to improve their physical activity level through walking.

The Bellambi 5x5 again partnered with Bellambi Neighbourhood Centre as the hub for the 5-week event. Participants enjoyed meeting for fruit and water before and after the walk and enjoyed the social aspect of the event. Community partners included Big Fat Smile, Breast Screen NSW, Olive's Café, Northern Star Swimming Centre, Bunnings and Our Place funding the healthy afternoon tea from Food Works East Corrimal.

In a bid to support healthy habits following the 5x5 events, our sustainability partners were the Heart Foundation Walking groups coordinated by Grand Pacific Health in the Illawarra and NSW Health's *Get Healthy Information and Coaching Service*.

### Key Outcomes

- 133 participants attended the events.
- 32 participants completed all 5 weeks.
- 19 non-exercisers registered.
- 17 participants reported an increase in their physical activity levels.
- 19 participants were recruited to the Get Healthy Information and Coaching Service.
- Social media and weekly SMS services promoted the event and provided ongoing motivational support to participants to attend each week.
- 14 participants from the Bellambi 5x5 registered their interest in forming an ongoing walking group.
- 6 participants from The Lake 5x5 joined the 'Windang Walkers' at the completion of the event.



Lake 5x5



Bellambi 5x5



**“We know that increasing our physical activity is important for our health and wellbeing. The best way to be physically active is doing it with friends! The 5x5 and IWD Walk were all about building social connections along with encouraging healthy walking habits.”**

- Maddison Stratten, HCI Health Promotion Officer



## International Women's Day Walk

The Healthy Cities Illawarra International Women's Day Walk is an opportunity to motivate and unite friends, colleagues and whole communities to think, act and be gender inclusive.

On March 8th 2018, Healthy Cities Illawarra collaborated with the Lake Illawarra PCYC and Shellharbour City Council for a free community walking event to both foster connection within this community and promote physical activity. The International Women's Day 2018 Walk (IWD 2018 Walk) had three main objectives:

- To engage the Lake Illawarra community in a 5km or 8km walk to increase physical activity levels.
- To encourage social interaction amongst the Lake Illawarra community members through walking.
- To encourage healthy walking habits by linking in with established ongoing walking groups.

The walk aimed to encourage ongoing walking by promoting the local established Heart Foundation Walking group coordinated by Grand Pacific Health called 'Windang Walkers'. IWD 2018 Walk provided the opportunity for participants to

sign up to the free Get Healthy Coaching Service and visit NSW Breast Screen.

Over 90 community members registered and around 150 people attend the IWD 2018 Walk event on Thursday 8th March starting from the PCYC and walking along the lake and back.

### Key Outcomes

- 95% of respondents stated that by participating in the IWD 2018 Walk, they have increased their weekly physical activity level.
- 68% of respondents noted they experienced a greater connection to their community through participating in the IWD 2018 Walk.
- 100% of respondents stated that IWD 2018 Walk assisted in feeling connected to the global IWD movement.



Lake Illawarra



# Sexual Health & The HARP Unit

**Creating environments where HIV and STIs are accepted and discussed. Eliminating fear, myth, stigma and discrimination.**

Healthy People Illawarra supports the Illawarra Shoalhaven region to improve our sexual and reproductive health by providing appropriate sexual health resources and information. Our focus is on the newly arrived community, including refugee, international students, and existing Culturally and Linguistically Diverse (CALD) communities.

Over the last 12 months Healthy People Illawarra has continued to work in collaboration with the HIV and Related Programs unit (HARP) to promote local sexual health services, and information access points for various target groups. This partnership continues to provide a number of workforce development and capacity building sessions to support the community sector in promoting sexual health and Blood Borne Virus messages.

Healthy People Illawarra is the primary researcher in partnership with associate researchers from the HARP unit and the University of Wollongong, conducting vital research exploring the reproductive and sexual health needs, gaps in service delivery, barriers to accessing services and information; experienced by newly arrived CALD and refugee community members in the Illawarra region. Additional partners for the CRC – RSHI research project include; The Sexual Health Service, Multicultural Health Service, Multicultural Communities Council of the Illawarra, Headspace and the Health Care Interpreter Service along with advisory support from Family Planning NSW.

### Key Outcomes

- **54,777** sexual health resources distributed (including STI postcards, male and female condoms etc.)
- **9** media releases / community service announcements were developed.
- HARP Facebook page 'The Caddyshack Project' reaching over **1000** people per week.
- CRC – RSHI research project.
- Over **250** people educated through **13** capacity building sessions and **14** events which were conducted to support the community sector in promoting HIV and Sexual Health messages.



*The Caddyshack Project Chlamydia Outreach*

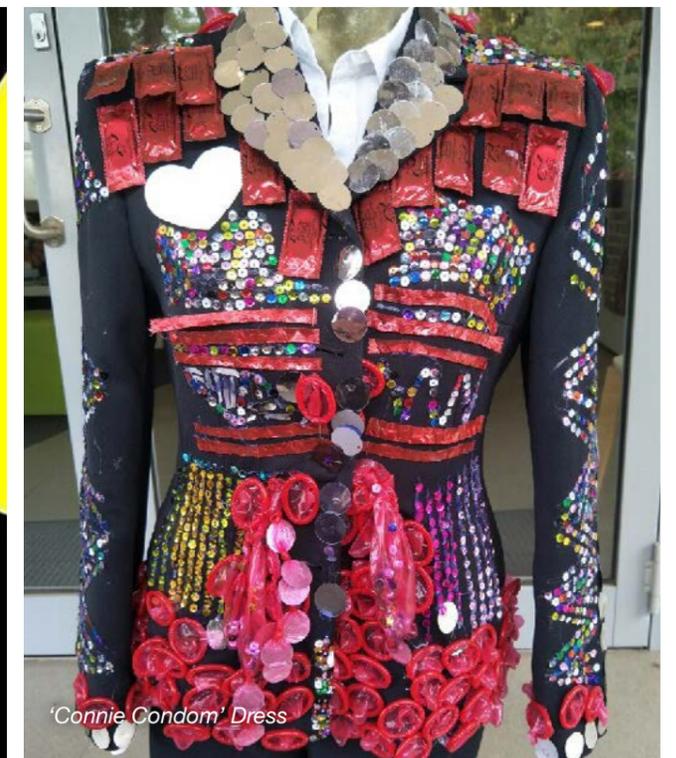
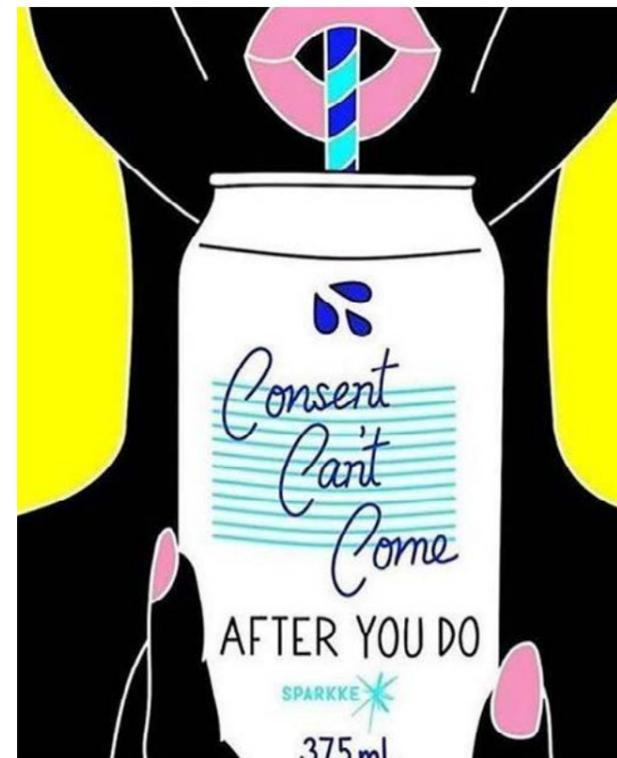


**“Remember to share affection, not infection”**

*- Maddison Stratten, HCI Health Promotion Officer*



*HARP Surfboard Comp*



*'Connie Condom' Dress*

## TESTIMONIALS & STORIES



### Stir it Up

"We came here looking for the social aspect, but left with great friends, better confidence in the kitchen and better cooking skills."

### Cook Chill Chat

"The social aspect was great. I also learnt better food habits and there was good advice on reducing food waste. It was a great program."



### The Lake 5x5

"I really enjoyed the 5x5 walk. It's a lovely walk. I feel so much better afterwards. I recommend it to anyone."

"The 5x5 is the perfect walk for everyone. The scenery is great and the company is even better."



### Bellambi 5x5

"Great experience meeting lots of new people. The walk was just the right distance and the scenery was fabulous. Having the medical professionals for advice was great. Loved the whole experience."



### Horsley Outdoor Krew

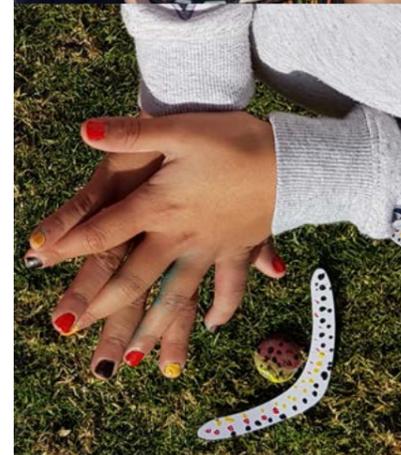
"Meeting new people and being kind to them."  
 "Getting to know people."  
 "Making good, healthy choices."



### TALK

"I have got to do so many new things with the TALK Project."

"I love being a part of the Friends Club. I feel safe and calm in the room. Nikke has a big part of my heart."



### IWD Walk

"I'm going through a really tough time at the moment and I think coming here today was a good decision. For me it's one step at the time, and this was an important step forward. I met some new people today, I think this event was a great way to meet people and be part of a community."



### Hidden Harvest

"It's actually invigorating opening the fridge and pulling off a great dish with things you never would have thought of combining"  
 "Since going to the events, I have started a number of practices to reduce my own food waste."



## OUR TEAM

# Healthy Cities Illawarra Staff



**Justin Placek**  
General Manager



**Peter Bell**  
Office Manager  
*(Retired August 2018)*



**Nicole Sekulovski**  
Office Manager



**Tracy Thomas**  
Communications Officer



**Nikke Gladwin**  
Health Promotion Officer  
Emotional Wellbeing &  
Community Development



**Aaron Newton**  
Project Officer  
TALK & HOK



**Jenny Rowland**  
Project Officer  
Playpod



**Maddison Stratten**  
Health Promotion Officer  
Sexual Health, Physical Activity  
& Tobacco Control



**Amy Carrad**  
Health Promotion Officer  
Physical Activity



**Karel Strooband**  
Project Officer  
Physical Activity



**Berbel Franse**  
Health Promotion Officer  
Food Sustainability &  
Community Nutrition



**Helen Tran**  
Health Promotion Officer  
Food Sustainability &  
Community Nutrition



**Nicole Staniforth**  
Bookkeeper



**Sophie Wright-Pedersen**  
Health Promotion Officer  
Food Sustainability &  
Community Nutrition  
*(Finished October 2017)*



**Callum McGoldrick**  
Project Officer  
HOK  
*(Finished November 2017)*

## OUR TEAM

# Board Members

### Healthy Cities Illawarra

Cr Cath Blakey (Wollongong)  
Cr Marianne Saliba (Shellharbour)  
Cr Kathy Rice (Kiama)  
Cr Annette Alldrick (Shoalhaven)  
Sandra McCarthy  
David Fildes  
Lindsey Harrison  
George Takacs  
Justin Placek

**President** – Sandra McCarthy  
**Vice President** – Kathy Rice  
**Secretary** – Justin Placek  
**Treasurer** – George Takacs

### Healthy People Illawarra

Cr Cath Blakey (Wollongong)  
Cr Marianne Saliba (Shellharbour)  
Cr Kathy Rice (Kiama)  
Cr Annette Alldrick (Shoalhaven)  
Sandra McCarthy  
David Fildes  
Lindsey Harrison  
George Takacs  
Justin Placek

**President** – Marianne Saliba  
**Vice President** – Lindsey Harrison  
**Secretary** – Justin Placek  
**Treasurer** – George Takacs

“Civic participation is crucial to our mission. Volunteers are the backbone of our organisation and are invaluable in helping to deliver services and programs to our community participants. Our engagement with students co-creates valuable knowledge, which promotes the development of fit-for-purpose initiatives. We are all in this together.”

# Volunteers

Sari Boscheiro  
Alissa Nicolaidis  
Allesandra Stagni  
Amber Parry  
Andrea Cantle  
Ashley Zalunardo  
Brigitta Leben  
Brittany Carradine  
Catherine Prentice  
Claire Walker  
Danielle Barber  
Elle Cooper  
Emma Viselli

Erin Brandt  
Franco Ledesma  
Gynette Reyneke  
Jazmin Connelly  
Jessica Morgan  
Kai Cheung  
Kaitlyn Buckley  
Karen Evans  
Katerina Mateska  
Kriti Jha  
Lauren Rimmer  
Long Yuet Kin  
Maddison Naulty

Madeleine Reid  
Madeleine Wray  
Mariam Hadaya  
Marina Wise  
Natasha Vishacki  
Nicholas Ciccone  
Nina Balla  
Reagan McKenzie  
Ryan Witherdin  
Sam Delaney  
Sanna Lundmark  
Sarah Zarembo  
Shaye Davenport

Suzie Whitehead  
Talia Johnson  
Taneesha Amos-Hampson  
Teagan Starr  
Theresa Huxtable  
Zoe Schipp

## OUR PARTNERS

# Thank You

- Acai Brothers
- Albion Park Men's Shed
- Albion Park Rail Neighbourhood Centre
- Albion Park Youth & Community Centre
- Allied Industrial Properties
- Ambulatory & Primary Health Care Clinical Division
- Anglicare
- Australian Hearing
- Australian Social Investments Trust
- Baptist Care Warilla
- Barnardos South Coast
- Barrack Heights Public School
- Bellambi Drive Thru Pharmacy Wollongong
- Bellambi Neighbourhood Centre
- Bellambi Public School
- Bellambi Rosellas Club
- Big Fat Smile Children and Parenting Support Program
- Blue Haven - Kiama
- Bluescope Steel
- BreastScreen NSW
- Bulli Men's Shed
- Bunnings
- Cancer Council Australia
- Careways
- Communities for Children Shellharbour
- Coordinare
- Corrimal Cougars Club
- Corrimal High School
- Darcy House
- Department of Social Services
- Drug and Alcohol Services
- Family and Community Services
- Family Planning NSW
- Food Fairness Illawarra
- Foodworks
- Franks n Beans
- Gala Cinema
- Get Healthy Coaching
- Grand Pacific Health
- Greater Union
- Green Connect Farm Warrawong
- Headspace
- Health Care Interpreter Service
- Health Promotion Service
- Heart Foundation – regional
- Hidden Harvest
- HIV and Related Programs Unit (HARP)
- Horsley Community Centre
- Illawarra Forum
- Illawarra ITEC
- Illawarra Public Health Society
- Illawarra Shoalhaven Local Health District
- Illawarra Shoalhaven Social Investments
- Illawarra Women's Health Centre
- IRT Foundation
- Kiama Anglican Church
- Kiama Municipal Council
- Kiama Youth Centre
- Kidsfest Shellharbour
- Kind Art Ed
- Koonawarra Community Centre
- Make Healthy Normal
- Mt Warrigal Public School
- Multicultural Communities Council Illawarra
- Multicultural Health Service
- National Heart Foundation of Australia
- Neami National
- Nebo Computing
- Northern Stars Swimming School
- NSW Ministry of Health
- NSW Office of Sport and Recreation
- NSW Police Force
- Nutrition Society Australia
- Olive's Cafe Bellambi
- PCYC's
- Play Safe
- Port Kembla Youth Project
- Positive Speakers Bureau
- Quit For life
- Red Cross
- RUI's Place
- Sexual Health Service
- Shellharbour City Council – Community Services (Youth Services, Art and Culture) and Library
- Shellharbour Youth Services
- Shoalhaven City Council
- Smith Family
- Smoke Free Illawarra
- South Coast Writers Centre
- Southern Youth and Family Service – links to learning
- St Vincent De Paul Society Illawarra/ Shoalhaven
- Stir It Up!
- Strategic Community Assistance to Refugee Families (SCARF)
- TAFE Illawarra
- Illawarra Shoalhaven Joint Organisation – ISJO
- The Salvation Army
- University of Wollongong
- UOW School of Health & Society
- UOW Sydney Business School
- UOW Creative Arts Faculty (Graphic Design)
- UOW Wellbeing Unit
- Vision Australia
- Warilla North Public School
- Warrawong Community Centre
- Warrawong Community Kitchen
- Warrawong High School
- Warrawong Intensive Language Centre
- Warrawong Residents Forum
- Wollongong City Council
- Wollongong Women's Centre
- Wollongong Youth Centre

## FUNDING PARTNERS





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