

**Question on Notice
No. 178
Asked on 1 March 2006**

MRS SCOTT asked the Minister for Health (MR ROBERTSON)-

QUESTION:

What initiatives are there to promote good health and healthy lifestyles in Logan?

ANSWER:

There are numerous projects and strategies currently being progressed aimed at promoting good health and healthy lifestyles in the Logan area. Queensland Health, through the Logan-Beaudesert Health Service District and the Brisbane Southside Population Health Unit provides a number of these initiatives, often in partnership with key government, non-government and community groups.

The following is a list of significant initiatives being undertaken, but this list is by no means an exhaustive list of all current activity within the area.

Logan-Beaudesert Chronic Disease Place Based Initiative

Under the Queensland Strategy for Chronic Disease 2005-2015 \$3 million will be allocated by 2007-08 to implement the Logan Beaudesert Chronic Disease Place Based Initiative. This initiative is considered integral to building a comprehensive and integrated framework for the prevention and management of chronic disease in the Logan-Beaudesert Health Service District, and is being developed in partnership with a wide range of other health and related service providers in the District.

Partners include Queensland Health, Education Queensland, the National Heart Foundation, Diabetes Australia, the local Divisions of General Practice, Logan City Council, Griffith University, the University of Queensland, the Queensland Cancer Fund, and the Queensland Division of General Practice.

The Place Based Initiative consists of the following components:

1. Early Years Initiative

This initiative will build upon the existing School Based Youth Health Nurse Program currently operating within high schools within the district incorporating the Health Promoting Schools approach to pre-schools and primary schools within the Logan area to influence the health and well being of children within Logan-Beaudesert.

2. Chronic Disease Management and Prevention Initiative

This initiative will work with a number of stakeholders in enhancing the management of chronic disease across the continuum of care. This initiative will build upon existing resources/programs within the district including self management, healthy lifestyle and rehabilitation programs.

3. Health Promotion Initiative

Will work with various stakeholders including the local government to initiate and coordinate a local social marketing and health promotion campaign that targets key chronic disease risk factors including smoking cessation, improved nutrition, increased physical activity and appropriate alcohol consumption.

4. GP Integration Initiative

This initiative acknowledges the fundamental importance of general practitioners in the prevention and ongoing management of chronic disease in our communities, and focuses on enhancing the integration/continuum of care model for patients when transferring between Logan-Beaudesert Health Services District health facilities and general practitioners.

5. Multicultural Health Initiative

Has been designed to ensure people with Culturally and Linguistically Diverse (CALD) and Indigenous communities, which are significantly and traditionally disadvantaged, have appropriate access to health services. One example of a recent development resulting from this initiative is the new Logan Refugee Health and Immunisation Service, which began operation in February 2006 from Logan Central Centre.

Healthy Lifestyle Programs

Parallel to the development of the Chronic Disease Place Based Initiatives are a number of self-management and health education group programs provided in partnership with government, non government and community organisations. These programs are aimed at empowering individuals to take control of their health and to lead a healthier, more active and independent life, and include:

- Lighten Up Training - to target key risk behaviours and factors including weight control, nutrition, weight loss and physical activity;
- Healthy Weight Training (specifically designed for Aboriginal and Torres Strait Islander adults);
- Health Tickers - Education program provided in the community to provide information on heart disease and risk factor reduction;
- After Cardiac Event Support program (ACES) - cardiac rehabilitation program aimed to aid the recovery of a person following a cardiac event and to prevent the occurrence of further events;
- Just Walk It – a Heart Foundation program funded by the Queensland Government through Sport and Recreation Queensland. It is a free program which aims to help people become more physically active by walking regularly as part of a group;
- Chronic Disease Self Management Program – to improve participants knowledge about their chronic disease, educate about beneficial behavioural and lifestyle changes and enhance relationships with healthcare practitioners;
- Parents Under Pressure Program (PUPP) – a 12 week program where the therapist works with parents individually to build on their strengths and relationships with their children;

- Indigenous Parents Kids and Drugs (IPKD) – a program “Supporting our Mob” provides support to indigenous families to care and support their young people who have problems with alcohol and other drugs; and
- Positive Pregnancy with Opioid and Drug Dependencies (PPODS) Program – a program delivered in partnership with Alcohol, Tobacco and Other Drug Services, midwives from Logan Hospital and Child Health Staff from Logan Central Community Health Centre. The aim of this program is to improve the ongoing care of women and their babies attending this service.

Other key strategic partnerships

Logan Public Health Plan

The Logan Public Health Plan (2003-2008) is a five year strategic plan developed by the Logan City Council in partnership with Queensland Health and a multitude of other government and non-government partners. The priority areas covered by approximately 90 separate initiatives in the Logan Public Health Plan are public health and lifestyle, effective health service delivery, building community capacity, and affordable and appropriate housing.

Progress is regularly updated on the Logan City Council website, accessible by the general public. There is a Memorandum Of Understanding between Logan City Council and Queensland Health that confirms the role of the Health Service District as lead agency in some actions under the Plan and as partner in others.

Some examples of initiatives in which Queensland Health is a key partner include:

- Logan Physical Activity Plan and Active Living Loganlea Network – to address the physical activity opportunities for residents to participate in a range of physical activities in the Loganlea area;
- Water Fluoridation – Queensland Health in partnership with Logan City Council is currently working to progress the issue of water fluoridation;
- Early Childhood Project – to increase the knowledge and awareness of oral health issues for parents and their children;
- Child and Youth Project – increase the awareness of teachers and children from preschool to young adult regarding issues relation to maintaining oral health; and
- extension of immunisation programs to target a more accessible service to indigenous, migrant and refugee communities through the Logan Central Community Health Centre.

The Whole of Government Community Renewal Program

The Logan-Beaudesert Health Service District is significantly affected by the Community Renewal Program, encapsulating 35% of the district population in areas of significant socio-economic disadvantage.

Established in 1998, the program is a whole-of-government initiative delivered through the Department of Housing to develop communities where people feel valued, safe and proud.

Some examples of initiatives in which Queensland Health is a key partner include:

- Logan Healthy Schools Project – aimed to improve and protect the health and well-being of five secondary school communities within Logan with a focus on nutrition, physical activity and mental health;
- Traditional Indigenous Games – to enhance the capacity of 12 primary schools in the Logan community renewal zone to deliver culturally safe and relevant physical activity programs to their indigenous students; and
- Active Eagleby Project – enhance nutrition and physical activity in Eagleby engaging communities through a range of strategies including Active after School Programs, Traditional Indigenous Games, Living Longer for Older People Project, Healthy School Van Initiative and Active Eagleby Safe Eagleby.