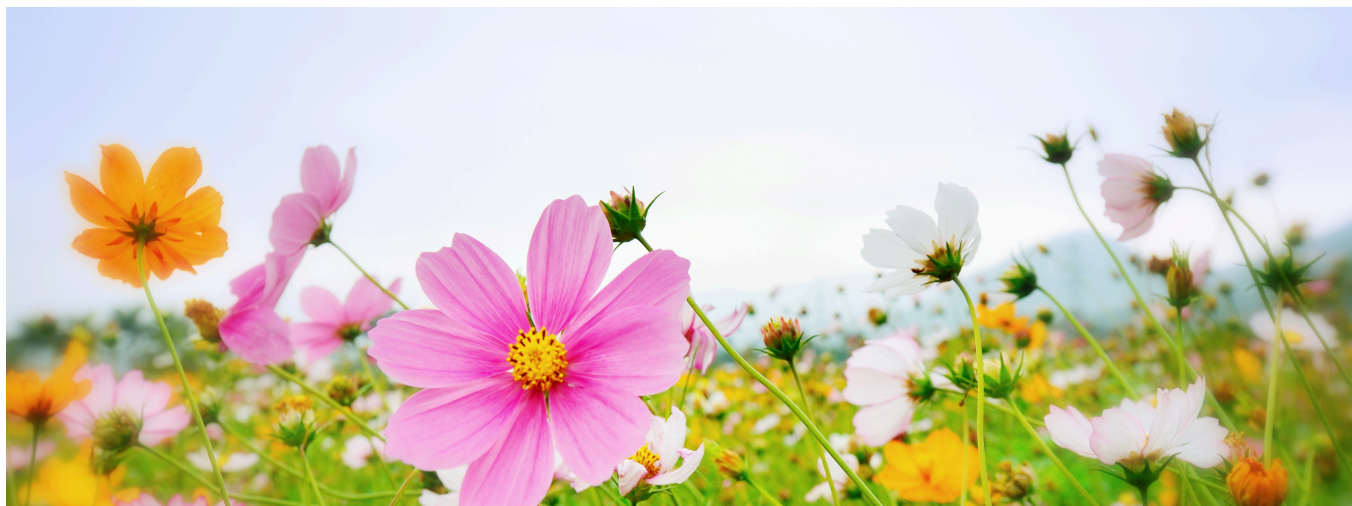




NEWSLETTER

Community Health

September 2024



Spring News

Welcome to our Spring edition of our newsletter. This month we focus on promotion of Women's Health and Sexual Health and our services here. The Health Promotion team have been busy with activities ranging from breastfeeding education to emergency food relief. Our recent visits to early childhood services in partnership with our Dental service have been vital to improving oral health outcomes. Rates of whooping cough have been on the rise, along with other viruses and bacterial infections, so remember to take care of yourself and others if you are unwell.

Community Health Team

School holidays - Kid's Create Smoothies

During the school holidays the Health Promotion Team are partnering with the Swan Hill Regional Library once again to provide a hands-on food activity to encourage kids to eat more fruit and veggies. Kids will enjoy listening to a children's story before making yummy fruit smoothies. This hands-on activity is suitable for children aged 2-5 years.

When: Tuesday 24th September
from 10:30am - 11:30am

Where: Swan Hill Regional Library.

Booking: Limited spots available call library to book in to the activity



In this newsletter:

Sexual Health:
Supporting access

Children's Week

Playgroup activities

Anti-Poverty Week

Breastfeeding

Smiles 4 Miles

Women's Health

Sexual Health Week

Malnutrition Month

Staff Profiles

Whooping Cough

Community Health supporting client access

Community Health ran a **Sexual Health: Supporting Client Access education** session hosted by our nurse practitioner, Hollie, and guest speaker, Emily, from 1800 My Options in August. This session was aimed at local health professionals, service providers and community supporters for increasing access to sexual health. The education session covered local services available, including Community Health's new Nurse Practitioner Clinic, and had participants engaged in interactive activities around barriers to sexual and reproductive health. 1800 Options is a confidential and free phone line and online service, giving you information about contraception, pregnancy options and sexual health. Community Health is proudly registered with 1800 My Options.

Thank you, Hollie and Emily, for providing education.

www.1800myoptions.org.au
Nurse Practitioner Clinic



CHILDREN'S WEEK EVENTS

Smalltalk MFC Playgroups are running free children's events with community to celebrate children's week. 'Children have a right to a clean and safe environment'.

ACTIVITIES

- Children's Stories
- Arts & Craft
- Fruit & Veggie Activity
- Pot a Plant Activity

DATES

Tuesday, 22nd October
🌸 118 Chapman Street, Swan Hill
Swan Hill North Primary School
9am -11am
(CFC) - Palwinder & Susie

Thursday, 24th October
🌸 141A Aerodrome Road, Swan Hill
Swan Hill Christian School
9am -11am
(CFC & DFFH) - Palwinder & Michelle

For any enquiries, please call Courtney on 0418 157 923



Children's Week

Health Promotion will be joining Smalltalk Playgroups in local Children's Week events to celebrate this year's theme: **Children have a right to a clean and safe environment.** Edible gardening is a fantastic way for children to interact with their environment, be physically active outside and be exposed to nutritious foods. Children will be given the opportunity to decorate their own biodegradable pots and take home seedlings to start, or add to, their own gardens.

Children Week events:

Tuesday 22 Oct from 9am-11am on 118 Chapman Street, Swan Hill (Swan Hill North Primary School)

Thursday 24th Oct from 9am-11am on 141A Aerodrome Road, Swan Hill (Swan Hill Christian School).



Health Promotion



Nourishing Little Minds

Kerri from Dietetics at Community Health and Kellie from Swan Hill Regional Library have had a lot of fun this term running the four week Nourishing Little Minds program. This program combines early childhood literacy with experiential play-based learning to enrich children’s interest, enjoyment and exposure to a variety of food. Each week we enjoyed food themed stories, interactive songs and rhymes, and vegetable and fruit-based activities such as making rice paper rolls, with 8 families involved in the program.

We will look to run the program again early in 2025, so feel free to get in touch if you may be interested, by calling the library on 03 5036 2480.

or emailing Kerri at Email: kcurraneshdh.org.au

Anti-Poverty Week Food Drive - 14 - 25 October 2024

The Swan Hill community is experiencing an increase in food insecurity. A recent Food and Farming Survey in Swan Hill found that people have been buying less food and skipping meals to adapt to rising food and living costs.

The Swan Hill Food Hub opened in 2022 and now consists of 17 member agencies accessing food relief for their clients. Since opening the Swan Hill Food Hub has been accessed over 800 times, helping over 6500 people with food relief.

During Anti-Poverty Week 2024 the Swan Hill Food Hub is conducting a Food Drive to help our community with much needed food relief. Community groups and organisations can become collection points for their members/staff to donate non-perishable food items. Community drop off points will also be established in Swan Hill for individuals to donate to.

Suggested food items that can be donated:

Tinned vegetables & fruit, Vegemite, peanut butter, Tinned baked beans, tinned spaghetti, long life milk, pasta sauce, tinned tuna, lunchbox snack foods and any other non-perishable items.

For more information:

<https://www.foodforall.community/food-hub-1>

FOOD FOR ALL - SWAN HILL REGION PRESENTS THE

Anti-Poverty Week Food Drive

When: 14 October 2024 - 25th October 2024

Calling local businesses and community groups to help support our Swan Hill community experiencing food insecurity

Register your interest to be involved through the [Food For All - Swan Hill Region Website](#)





New Antenatal Breastfeeding Sessions

Community Health has been running FREE 1 hour Antenatal Breastfeeding Sessions each month for parents to learn and prepare for breastfeeding before their baby is born. These sessions are face-to-face and facilitated by Sheree, our experienced midwife, from the Breastfeeding Support Service.

Antenatal breastfeeding sessions are open to women at any stage of pregnancy, with partners encouraged to come along. An attendee at our September session said they came to the session *"wanting to breastfeed to the best of my ability"*.

During the session Sheree talks about all aspects of breastfeeding including stages of breastmilk, colostrum expressing, positions, support, pain relief and more with participants finding topics *"all very valuable information pre and post birth"*. Session ends with time for participants to ask any further questions and are given take home packs!

Next sessions will be held on Monday 7th October and 4th November from 9am - 10am. For more information or to book a session call Community Health phone: 5033 9337.

Antenatal Breastfeeding Session

Learn about breastfeeding before your baby is born.

Monday 7th October

9am - 10am

Community Health
125 Campbell Street,
Swan Hill

How to book:
Call Community Health at
5033 9337 to secure your
position

The flyer features a circular inset image of a midwife assisting a woman with her baby. Logos for Swan Hill District Health and Community Health are also present.



World Breastfeeding Week - photo competition

In honour of World Breastfeeding Week, Community Health ran a breastfeeding photo competition to showcase local mums breastfeeding and normalise breastfeeding in our community. Congratulations to our first prize winner, Steph Kiel, and our runner up prize winner, Amy Evans, and a huge thank you to all who entered the competition! During World Breastfeeding Week which ran from the 1st - 7th August, eat.move.smile social media shared seven beautiful photos of local breastfeeding mums who added their own stories, experiences and reflections. Seeing breastfeeding in our community and hearing breastfeeding stories from other parents can support women in their own journey, knowing they aren't alone in their experience. Thank you again for all those who celebrated World Breastfeeding Week with us!

Smiles 4 Miles



dental health services victoria
oral health for better health

In term 3, Health Promotion Officer Bronte and the Swan Hill District Health Dental team have been visiting kinders and long day cares for dental screenings. These screenings aim to increase familiarity and acceptance of a dental visit. Children will bring home their very own dental pack which will include a toothbrush, toothpaste, and a flyer around brushing your teeth. The session also includes mat time with a story and chance to practice brushing teeth on Leo the dragon's teeth. In term 3 we have visited 14 centres, completed 20 dental screening sessions with over 350 children screened overall.

Oral health profile data provides rationale for our focus on healthy eating and dental care.



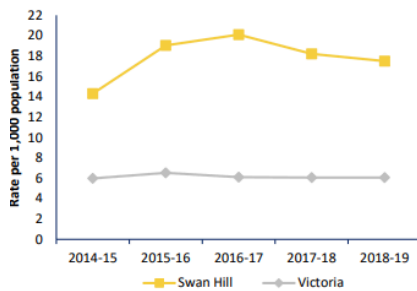
RURAL CITY OF SWAN HILL Oral health profile

This profile is designed to provide local government with population oral health data and risk factor indicators to undertake comprehensive public health and wellbeing planning.



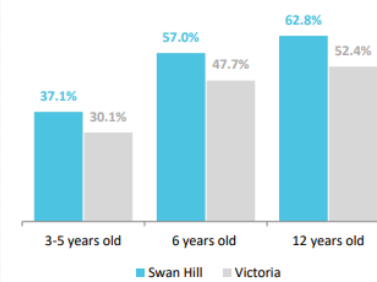
POTENTIALLY PREVENTABLE DENTAL HOSPITALISATIONS

Potentially preventable hospitalisations due to dental conditions for children aged 0-9 years 2014-15 to 2018-19¹



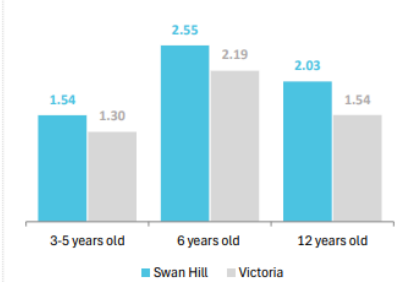
EXPERIENCE OF TOOTH DECAY

Proportion of children with at least one decayed, missing or filled primary (baby) or permanent (adult) tooth²



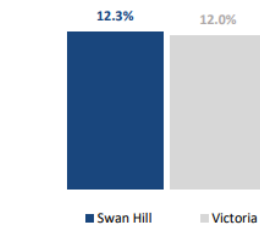
SEVERITY OF TOOTH DECAY

Average number of decayed, missing or filled primary (baby) or permanent (adult) teeth²



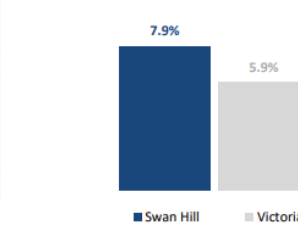
SMOKING STATUS

Smoking increases the risk of severe gum disease and oral cancer.
Proportion of daily smokers³



FOOD INSECURITY

Food insecurity is associated with poorer oral health.
Proportion of people who ran out of money to buy food in the last 12 months⁴



WATER FLUORIDATION

Drinking fluoridated water reduces tooth decay.

ALL TOWNS IN SWAN HILL WITH POPULATION > 1,000 ARE OPTIMALLY FLUORIDATED⁴

1. 2020. Victorian Health Information Surveillance System, Victorian Department of Health and Human Services. (Updated data will be available in 2025)
2. 2024. Dental Health Services Victoria public dental dataset (combined data 2018/20 - 2022/23)
3. 2022. Victorian Population Oral Health Survey, Victorian Agency for Health Information, Victorian Department of Health.
4. 2024. Is my water fluoridated?, Victorian Department of Health.



Women's Health Week

- Are you due for your cervical screening test?
- Running on empty?
- Waking up at 3am, can't sleep?
- Low libido?
- Have puberty questions?
- Irregular or heavy periods?
- Planning pregnancy?
- Wee issues?



Come and have a chat to our Sexual & Reproductive Health Nurse we can help.

To book an appointment, call us!

**Community Health,
125 Campbell Street, Swan Hill
Phone: 03 5033 9337
Email: chreception@shdh.org.au**



Sexual Health Week



Sexual Health



Sexual Consent

Sexual consent is when people of age negotiate, communicate and agree on if and how they will be sexual together. If sexual permission/consent is not obtained, the offending person/s could face legal charges.

It doesn't matter who you are, your ability, or whether you're single, in a relationship or married. All people who want to engage in sexual activity need to gain and give consent, and there are also legal ages, so make sure you check how old your partner is.

But what does sexual consent look like?

Here are a few key points to keep in mind.

- You're free to choose. If a person involved in a sexual activity feels pressured or coerced to say yes or take part, that's not consent. When sexual activity is consensual, everyone involved has equal power in the decision making.
- The choices are genuine and enthusiastic. Everyone involved must want to be doing it!
- You can withdraw consent at any time.
- Honesty is hot. Number one life motto: liars don't make great lovers. Always be honest with your sexual partners.
- Check-in, check-in, check-in. Consent must be ongoing, that means check in with each other before each new part of sexual activity. Check-in every time.
- There's some legal stuff too. The law has age limits for having sex; this is called the age of consent. If these laws are broken, a crime has been committed, even if that person consents to the sex. The law applies regardless of sexual orientation or gender. The legal age for consensual sex varies between 16 and 17 years across Australian state and territory jurisdictions. Other restrictions also apply, for example, the age gap between the two parties, or if one is in a position of authority, such as a carer or teacher. This means if you are under 18 you can't legally consent to sex with someone who is in a position of power over you like your work boss or sports coach.

To learn more about consent go to Sexual Health Victoria www.shvic.gov.au

Malnutrition Month 16-20 September

What is malnutrition?

Malnutrition occurs over time if someone does not meet their nutritional needs. People become malnourished if they don't eat enough, or the right types of food, or if their body can't absorb all the nutrients from food.

Malnutrition is linked with poor health. It can affect quality of life and lead to poor medical outcomes. Malnutrition is a major public health issue in Australia, particularly for older Australians. Research shows around 50% of older Australians in aged care and in the community are either at risk of malnutrition or are malnourished.

What are the symptoms of malnutrition?

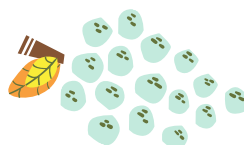
Symptoms of malnutrition include loss of appetite, weight loss, muscle wasting, hair loss, pale skin, fatigue or mental confusion, poor wound healing.

Who is at risk for malnutrition?

Some people have special nutritional needs and need to choose foods more carefully to prevent malnutrition. These include people with a poor appetite and/or gastrointestinal symptoms (for example, nausea or constipation); illnesses that increase nutritional needs (for example, kidney failure or cancer); illnesses that lead to malabsorption (for example, Crohn's disease) and eating disorders. Older people are especially at risk for malnutrition. This may be due to dental problems, psychological distress and/or dementia, certain medications, social isolation, and financial, shopping or cooking difficulties.

How is malnutrition treated?

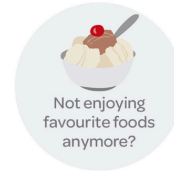
An Accredited Practising Dietitian (APD) can work with people who are either at risk of malnutrition or are malnourished. They can offer practical and personalised dietary advice to help them meet their nutritional needs and improve their health.



Dietetics



Have you noticed...



They could be
malnourished

Visit malnutritionweekanz.com

8 ways to spark joy at the dining table

- Season well - from the age of 60, sense of smell and taste begin to decline. Rather than relying on salt for added flavour season food with herbs, spices, mustard, lemon juice or vinegars
- Make it special - set the table, make it look appealing
- Set the mood -try some background music
- Eat in company - eating with others can stimulate greater pleasure from food
- Try a high-protein, high-energy drink
- Downsize serving size - a plate piled high is not overly appealing if your appetite is low
- Offer assistance - try special utensils and aids
- Connect with others - bringing younger generations into the dining environment can bring vitality to mealtimes.

To see a Dietitian contact Swan Hill District Health-

Community Health:
125 Campbell Street, Swan Hill
Phone: 03 5033 9337

Email:

chreception@shdh.org.au

To refer yourself to the service:

<https://www.shdh.org.au/referrals/>

Staff Profile Highlights



Sharnee

Sharnee is our new Refugee Health Nurse, currently working 2 days per week at Community Health.

Sharnee has working in metropolitan hospitals and in primary health care over many years with experience with both children and adults.

The Refugee Health Program supports Refugee individuals and families improve their health and wellbeing through:

- helping understand health conditions and medications
- health assessments
- health education and advocacy
- support with access to health care services
- referral to other services.

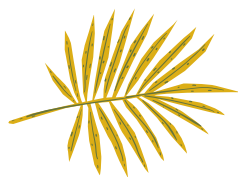
A Medicare Card is not needed for this service.



Jess

Jess has joined our Diabetes Education team and is working 3 days per week at Community Health as a Diabetes Educator.

Jess also works in our Emergency Department and has previously worked in metropolitan hospitals with an endocrinology team and primary healthcare in rural settings. She has recently relocated from the Barossa Valley in South Australia.



Community Health

Thank you for reading!

Whooping Cough

Whooping cough is a contagious illness caused by bacteria *Bordetella pertussis*. The cough can last for months and may have a 'whoop' sound. Whooping cough can cause serious health problems in babies. Vaccination is the best protection against whooping cough. Pregnant women and adults who have contact with babies should get a booster vaccine.

There has been a significant increase in notifications of Pertussis across the Loddon Mallee and Victoria, particularly in primary school aged children.

People with pertussis should limit their exposure to others, particularly babies, to prevent the spread of infection. Prompt diagnosis, isolation and treatment can help reduce transmission and protect vulnerable infants.

For more information <https://www.healthdirect.gov.au/whooping-cough>



COMMUNITY HEALTH	PHONE: 03 - 5033 9337 FAX: 03 - 5036 4561
chreception@shdh.org.au	125 Campbell Street, Swan Hill, 3585