



Norfolk Island Community Health Promotion Plan

Our Community, Our Focus

April 2019 – June 2022

Updated January 2021

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Introduction

This plan builds on the 2018-19 Norfolk *Island Health Promotion Plan*. With the commitment for three more years of funding for the Health and Wellbeing Coordinator and associated programs a three year health promotion plan was possible.

Much was achieved in the first 12 months since the appointment of the Health and Wellbeing Coordinator, with a brief evaluation summary included in this plan. There are, however, still many areas requiring further development and consolidation as well as numerous additional health and wellbeing areas requiring health promotion interventions.

Underpinning the health promotion plan is the principle that NIHRACS will work with the Norfolk Island community rather than “for” them, respecting Norfolk’s unique history and culture, building upon our Communities’ capacity, assets and strengths and building effective and enduring partnerships with community members, services and local organisations. Appendix One outlines the organisations/community groups etc who have been or will be consulted or communicated with regarding this plan.

The importance of health promotion to the overall health and wellbeing of a community cannot be overstated. The following statistics, provided by the Australian Health Promotion Association (AHPA, 2016) in the overall Australian context reinforce this point.

- For every dollar invested in health promotion over five dollars can be saved in health spending. Unfortunately in recent years for every \$100 spent on health, health promotion receives just 40 cents
- Every 4% reduction in tobacco smoking will save 3000 lives in Australia
- Obesity costs \$120 billion every year in Australia – health promotion programs can increase physical activity and healthy eating within schools, workplaces and communities
- Health promotion programs targeting alcohol misuse can save 157,000 hospitalisations in Australia every year
- Reducing disadvantage and promoting mental health can create 170,000 jobs and generate \$8 million in earnings
- Health promotion activities in areas such as diabetes, cancers, stroke and depression can keep half a million people out of hospital.

Background

Ongoing work is progressing on broader health service planning for Norfolk Island, including the planning for a new health facility. It is important that health promotion is integrated into all health service planning undertaken.

Census information from 2016 indicates the Norfolk Island population (total recorded 1748 people) age distribution is skewed towards an older demographic when compared with the rest of the Australian population (49.8% aged 50 years and over compared with 34.1% for all of Australia). Health data previously gathered also indicates a higher incidence of overweight or obesity, psychological distress, cardiovascular disease, diabetes and hypertension when compared with the overall Australian or NSW population,

although in some of these cases the rates were comparable with regional and remote population data., (Norfolk Island Hospital Enterprise, Health Services Survey Report, February 2015 (R&S Muller Enterprise Pty Ltd). This report also provided some data on physical activity levels, sexual activity by young people, mental health, alcohol, smoking and other drug use on risk, indicators of domestic violence, mobility and access to health care services although data interpretation was not extensive and comprehensive analysis wasn't performed.

Research finding published in 2005 (Bellis et al) indicated that Norfolk Islanders with "Bounty" heritage had a genetic pre-disposition to an increased prevalence of cardiovascular risk factors, including hypertension, increased blood lipids and obesity.

In 2016 the Central and Eastern Sydney PHN Needs Assessment Report indicated that the main communicable diseases on Norfolk Island were sexually transmitted infections (STIs).

This Needs Assessment report, which drew on a range of data sources, also indicated cancer screening rates were currently low due to the lack of available local cancer screening services. During 2018 breast cancer screening commenced with an agreement now in place to continue to provide yearly breast screening clinics.

Local community health data is now being collected through the GP Practice software, with a recent report (3 April 2019) including all clinic patients who have visited the GP at least 3 times in the past 2 years indicating:

- 68 (4.8% of total) patients were recorded as having a diagnosis of Coronary Heart Disease
- 96 (6.8% of total) patients with a diagnosis of Diabetes
- 49(2.8%) patients were reported as having Chronic Obstructive Pulmonary Disease
- Nearly 30 (1.6% of total) patients were reported as having renal impairment
- 371 (26.4% of total) with diagnosis of hypertension
- 16.4% of patients 15 years and above were reported as current smokers, however over 15% of the total patients (15 years and older) did not have their smoking status reported so the real percentage is likely to be higher.

The Health and Wellbeing Advisory Sub-Committee (of the Norfolk Island Community and Clinical Consultative Committee, CCCC) was formed in August 2018 and has met regularly since. This group provides advice and support to the Health and Wellbeing Coordinator as well as providing feedback on activities to the CCCC. It is recommended that this sub-committee continue with yearly reviews of its terms of reference.

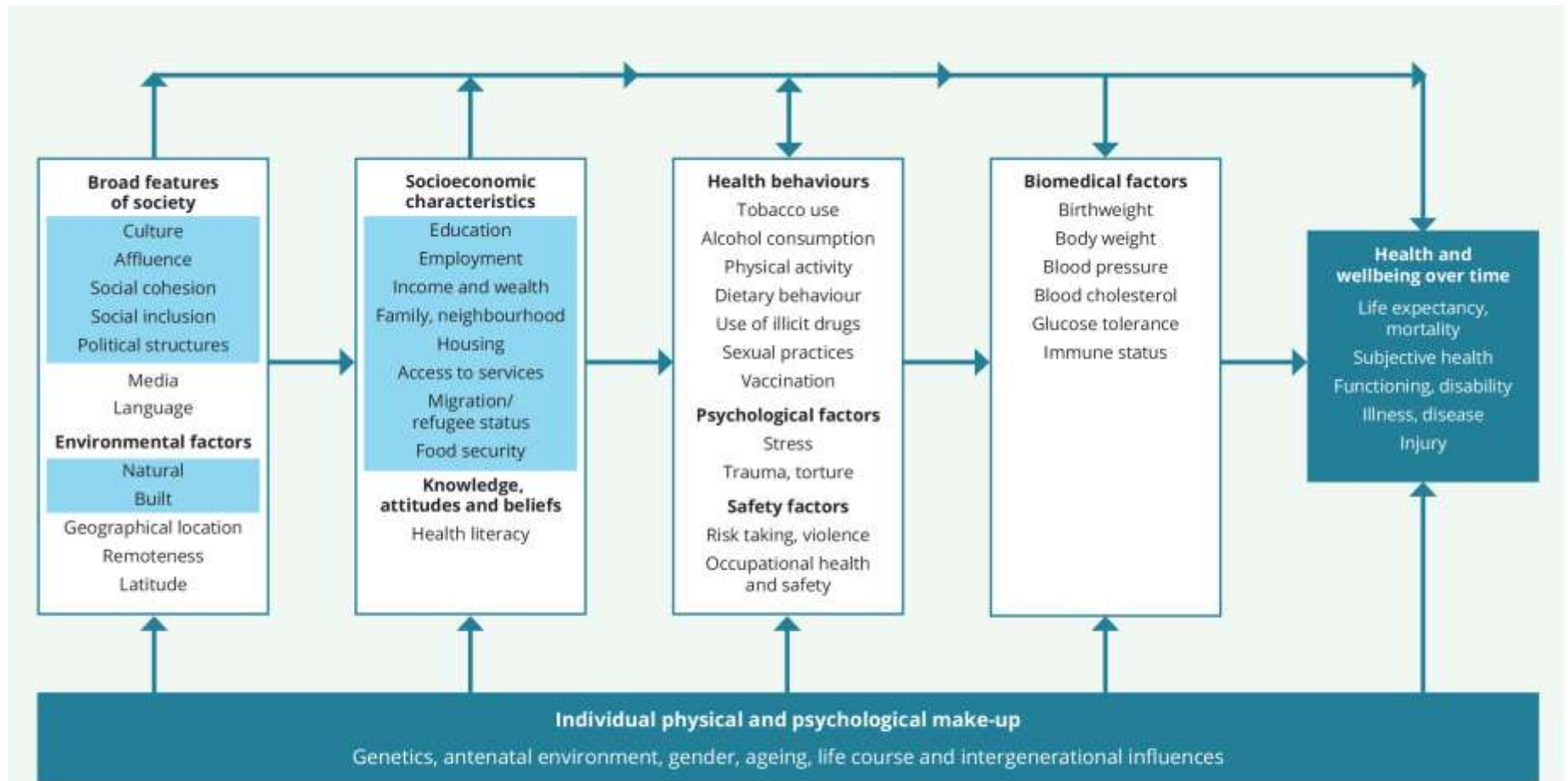
Conceptual Framework for Determinants of Health

The conceptual framework outlined below in Table 1 was developed by the Australian Institute of Health and Welfare. The framework outlines the various factors that influence health, also called determinants of health. It builds on the previous health promotion plan's summary of approaches to health promotion.

Many factors influence how healthy we are. Some of these are on the individual level such as health behaviours, genetic make-up and blood levels of different chemicals while others are at a broader level, such as the availability of health screening and treatment services, vaccination programs and a healthy environment. Collectively these factors have been termed determinants of health. It is important to understand that health and wellbeing is the product of a combination of all these factors and is not solely about individual health-related behaviours.

A "systems" approach needs to be taken when considering options for addressing a particular health and wellbeing need rather than just aiming for individuals to change their health-related behaviours. Factors from each of the areas described in Table 1 have been taken into consideration in formulating this plan.

Table 1: A Conceptual Framework for Determinants of Health



Note: Blue shading highlights selected social determinants of health.

Source: AIHW 2012. Risk factors contributing to chronic disease. Cat. no. PHE 157.

Evaluation overview of 2018-19 Health Promotion Plan

Formal evaluation has been undertaken on several components of the 2018-19 Health Promotion Plan. The highlights are:

- Men's Health Checks, based on the Men's Shed Australia "Spanner in the Works" program (evaluation summary from first 5 events):
 - Approximately 70 men participated, with 66 evaluation forms returned
 - The main way men heard about the events was through their sporting club, followed by word of mouth then the newspaper.
 - Approximately 40 % of men were aged between 65 and 74 years, with the 55-64 age range being the second highest group (25%).
 - Fifty five per cent of men indicated they had attended their GP for a health check in the past 12 months, although some may have confused attending a regular GP appointment for having a health check.
 - Over 88% of men rated the event and information provided as either very good or excellent and a similar percentage rated having the health checks done in the same categories.
 - Nearly 70% indicated they are now more likely to visit their GP, with 12 % being unsure.
 - Over 80% said they would be interested in attending future men's health events.
 - Interestingly, 92% said they would be encouraging their male friends and family to get health checks.
- Chronic disease programs (Healthy Cooking Program and Get Started Exercise Program)
 - Ten people with an existing chronic disease enrolled in the healthy cooking program
 - Eight people with an existing chronic disease enrolled in the get started exercise program
 - 100% of those who completed evaluation forms for the cooking program rated it as good or excellent and most (75%) indicated they would be changing the way they cooked after attending the program
 - Although attendance at the get started exercise program dropped off, due to people being away or incapacitated, feedback was positive
- The Health and Wellbeing Expo
 - 77 Evaluation forms were returned, with attendance estimated at over 200 people
 - Over 70% rated the event as Excellent
 - The presentation also rated highly with approximately 90% rating them as Good or Excellent
- Community Health Education presentations
 - Eight different topics have been provided by visiting clinicians
 - Evaluation data is available for 5 of these
 - The 65 – 74 years age group had the highest representation (46%)
 - Newspaper and radio were the most popular sources of information about the events
 - 100% rated the presentations as either good or excellent

The Action Plan below includes a column indicating activity across all the action areas in the 2018 – 19 Health Promotion Plan.

Focus Areas

The 2018-19 Health Promotion Plan was broken up based on life stages as well as a whole of community area. This has been shown to be a useful and easy to understand approach and will continue to be used in the current plan. Many of the actions will continue from the 2018-19 plan, with some adjustments under each focus area.

The current plan has a three year timeframe, however the actions will be detailed in an action plan on a yearly basis. This will allow flexibility in implementation over the three year period. The plan is a living document and will be updated as required if any additional areas are identified as high priority to the community. Action Plans for years two and three will be provided towards the end of the each year. The following focus areas will remain for the three year period:

- 1. Children, Young People and Families**
- 2. Adults**
- 3. Older people**
- 4. Whole community**

There will be some overlap between the health promotion actions listed under each of these focus areas. In most cases the activities will be based on or directly linked to existing evidence based programs or campaigns within Australia or internationally. Some programs will be tailored to the Norfolk Island context, incorporating the Island's unique culture and heritage.

The lead agency/agencies will be indicated. Where the lead agency is not NIHRACS, the Health and Wellbeing Coordinator will seek updates as to progress of the action but will not be responsible for reporting back to NIHRACS and CESPNN on that action.

Action Plan: April 2019- March 2020

Goal		To improve the health and wellbeing of children, young people and families who live on Norfolk Island					
Focus group		Children, parents, carers, families, young people, teachers and other school staff					
No.	Action	Timeframe	Funding requirements	Lead Agency	Other Agencies	Indicators/Evaluation	Summary of progress from 2018-19 plan
1.0	Sexual Health Program for children and families	Ongoing	Promotion materials Postage Condom purchase	School	NI-Connect GP Clinic Anglicare	Increased capacity of those working with young people with regards sexual health	<ul style="list-style-type: none"> The School is progressing the Play Safe Training Talk Soon, Talk Often promoted through Health and Wellbeing Expo NI Regional Council is progressing the re-installation of condom vending machines in council toilet block NI-Connect to distribute free condoms and to promote
1.1	<ul style="list-style-type: none"> Promote the Talk Soon, Talk Often resources for parents of younger children 					Uptake of resources	
1.2	<ul style="list-style-type: none"> Provide updated Play Safe Resource kits for teachers and others working with young people 			Increased accessibility of condoms for young people			
1.3	<ul style="list-style-type: none"> Conduct a trial of condom vending machines in one Norfolk Island Regional Council (NIRC) toilet block 						
1.4	<ul style="list-style-type: none"> Explore additional options for increasing condom availability 						
2.0	Mentoring/Resilience Skills development program for (senior) students	Within 2019 School year	TBA	School	Local Psychologists Peer Support Australia Jon Evans MHAG Anglicare	Formal or informal mentoring program established in high school part of school	<ul style="list-style-type: none"> School progressing Peer Support Program
2.1	<ul style="list-style-type: none"> Linking with Peer Support Australia 					Satisfaction of mentors with training and mentees and mentors (and possibly parents) for program	
2.2	<ul style="list-style-type: none"> Strength 4 Life Program 			Strength 4 Life evaluation feedback			
3.0	Parenting Programs (subject to	Ongoing	Anglicare	Anglicare	School	Evaluation feedback on	<ul style="list-style-type: none"> Child Health

3.1 3.2 3.3	community feedback), including: <ul style="list-style-type: none"> • Circle of Security • Tuning into Teens • Magic 1,2,3 		funding		Early childhood education providers NI-Connect	program and changes made	Nurses, Anglicare and NI-Connect planning parenting programs to commence in 2019 <ul style="list-style-type: none"> • NI-Connect ran a “Living with Teenagers” month (March 2019) targeting parents/carers with resources and support
4.0 4.1 4.2	Support Antenatal, Postnatal and Child Health Services including education and support services Antenatal Bags – education resources and baby items Mother’s group	Ongoing	Parent’s bags Printing Postage	NIHRACS – Antenatal/Child Health Anglicare	GPs NI-Connect	Resources available Feedback from parents Evaluation - Anglicare	<ul style="list-style-type: none"> • Happening through antenatal and child health clinics, H&W coordinator assisting with Community promotion and funding parent sample bags
5.0	Explore Think, Eat and Move Program (TEAM) <ul style="list-style-type: none"> • For young people who are above a healthy weight 	2019/20	Promotion Resources	NIHRACS - HW	CESPHN GP Clinic School Gym NI-Connect Anglicare		<ul style="list-style-type: none"> • NA
6.0	Explore Active Kids Program <ul style="list-style-type: none"> • Vouchers to assist families with school aged children participate in physical activity 	2019 with potential for ongoing	\$100 vouchers/child	NIHRACS – HW NI-Connect	School Local junior sporting clubs and physical activity providers	Evaluation of a cohort to determine impact on physical activity	<ul style="list-style-type: none"> • NA
7.0 7.1	Young People Health Checks <ul style="list-style-type: none"> • Based on the HEEADSSS Screening Tool 	2019	Design and printing of tool	NIHRACS - HW	School Young people GP Clinic	Resources developed Model developed for implementation	<ul style="list-style-type: none"> • NA

7.2	<ul style="list-style-type: none"> Promote HETI training on HEEADSSS for NIHRACS staff 				NI-Connect MHAG Anglicare	Evaluation	
8.0	Youth Wellness Plan (as part of the NIRC Operational Plan)	By Dec 2019		NIRC	NI Youth Council School NIHRACS MHAG Anglicare NI-Connect	Plan collaboratively developed	<ul style="list-style-type: none"> NA
	Goal	To improve the health and wellbeing of adults living on Norfolk Island and to increase the capacity of those affected by chronic disease to better self-manage their conditions					
	Focus group	Adults (approximately between 18 – 65 years of age)					
No.	Action	Timeframe	Funding requirements	Lead Agency	Other Agencies	Indicators/Evaluation	Summary of progress from 2018-19 plan
9.0	Healthy Men's Program <ul style="list-style-type: none"> Continue "Spanner in the Works" Men's Health Checks 	Men's Health Week June 2019	Promotion Printing Equipment Prizes	NIHRACS - HW	Men's Shed Association Sporting Clubs Other clubs Workplaces Churches GPs Male volunteers WAGNI	Attendance at events and satisfaction surveys Numbers completing health checks GP attendance as a result of program	<ul style="list-style-type: none"> Completed 7 events, over 80 participants, very positive evaluation, plan to continue
10.0	Support Mental Health Activities	Ongoing	Purchase of resources	MHAG	MHFAA NIHRACS – HW	Training conducted on Island	<ul style="list-style-type: none"> Two local people accredited as MHFA Instructors
10.1	First Aid (MHFA)		Postage		GP Clinic	Instructor accreditation maintained	<ul style="list-style-type: none"> First locally implemented program completed November 2018
10.2	Community Programs - Assistance with promotion and running of courses Events – eg Suicide Prevention and Awareness day, RUOK Day		Possible training of other MHFA Instructor courses		CESPHN NI-Connect	Events successfully conducted	
11.0	Women's Health	Ongoing	Printing, Promotion	NIHRACS – HW WAGNI	GP Clinic – Drs Jenny Sexton and Michelle Bonnici WAGNI, Local graphic designer	Feedback on flyers	<ul style="list-style-type: none"> Flyers developed and circulated through GP Women's Health clinic Participated in the International Women's Day
11.1	<ul style="list-style-type: none"> Health check flyers – promotion and updating 						
11.2	<ul style="list-style-type: none"> International Women's Day Event 						
11.3	<ul style="list-style-type: none"> Health and Wellbeing Expo 						

11.4	<ul style="list-style-type: none"> Other community events 						(WAGNI) event with health promotion materials
12.0	Chronic Disease Primary and Secondary prevention program		Equipment Resources Promotion Postage Fees for presenters, instructors Food Venue hire	NIHRACS - HW	NIHRACS – Diabetes Educator and Nursing staff, GP Clinic, Physio	Attendance at screening events	<ul style="list-style-type: none"> Diabetes check at local shopping centre
12.1	<ul style="list-style-type: none"> Diabetes screening and education sessions 	Twice yearly			Relevant businesses interested in hosting events	Health data (de-identified)	<ul style="list-style-type: none"> Diabetes Community presentation by CDE
12.2	<ul style="list-style-type: none"> NDSS availability and promotion 	Ongoing			Local health/fitness/gym/yoga/tai chi/stretch/food providers etc businesses	GP visits as a result	<ul style="list-style-type: none"> Get Started exercise program – 4 weeks (sponsored)
12.3	<ul style="list-style-type: none"> CVD awareness program 				Community Pharmacy	Attendance and satisfaction levels at healthy lifestyle programs and community presentations	<ul style="list-style-type: none"> Healthy Cooking Program – 4 weeks
12.4	<ul style="list-style-type: none"> Explore Cardiac and/or Pulmonary rehab program (telehealth) 	2019/20			NSW Health (SESLHD)	Data of participation in Get Healthy NSW program	<ul style="list-style-type: none"> Heart Foundation walking group commenced
12.5	<ul style="list-style-type: none"> Healthy eating and lifestyle group programs 	Quarterly			Heart Foundation		
12.6	<ul style="list-style-type: none"> Heart Foundation walking group 	Ongoing			Local Service Groups		
12.7	<ul style="list-style-type: none"> Healthy Cooking oils program (Heart Foundation) 	2019/20			Ambulance Officers		
12.8	<ul style="list-style-type: none"> Linking to Get Healthy NSW Program and/or other helplines (free telephone-based health coaching – subject to access being provided to freecall number) 	2019					
12.9	<ul style="list-style-type: none"> Asthma Awareness Community Presentation and Awareness campaign 	2019/20					
13.0	Cancer screening, awareness and prevention			NIHRACS - HW	NI Breast Screen		<ul style="list-style-type: none"> Assisted with promotion of Breast Screening service 2018
13.1	<ul style="list-style-type: none"> Breast screening Cervical screening 	Yearly			NIHRACS Social Worker GP Clinic School		

13.2	<ul style="list-style-type: none"> Bowel cancer screening awareness Promotion of designated awareness days/weeks/months 	2019/20			WAGNI		
13.3		2019/20					
13.4		Ongoing					
	Goal	To improve the health and wellbeing of older people and their carers who live on Norfolk Island					
	Focus group	Older people (over 65 years of age)					
No.	Action	Timeframe	Funding requirements	Lead Agency	Other Agencies	Indicators/Evaluation	Summary of progress from 2018-19 plan
14.0	Palliative Approach to Care education for health and aged care professionals <ul style="list-style-type: none"> Include community presentation 	2019	Funding to be provided through DoH funded program (PEPA)	NIHRACS - HW	NIHRACS Care Norfolk White Oaks Community Pharmacy	Numbers involved in various educational activities and satisfaction reports Follow-up support occasions with Palliative Care Specialist Providers	<ul style="list-style-type: none"> Delayed until 2019 due to availability of Palliative Care Experts
15.0	Falls Prevention Program – Stepping On Program	Ongoing	Venue hire Resources Postage Printing Promotion Funding possible from SESLHD	NIHRACS - Physio	Care Norfolk NIHRACS – Balance and Bones Program GP Clinic NSW Health	Training conducted on Island Evaluation	<ul style="list-style-type: none"> Three local service/health providers trained (1 funded through health promotion program funding) and linked to the SESLHD Stepping On Coordinator Program planned to be implemented in first half of 2019
16.0	Staying Healthy – Living Well Program	2019-20	Funded by CESP Locally - Promotion Printing	NIHRACS - HW	Care Norfolk GP Clinic Whiteoaks Service Clubs Feroscare CESPHN	Recruitment numbers - participation GP feedback Evaluation	<ul style="list-style-type: none"> NA
17.0	Explore Osteoporosis Screening, prevention and management <ul style="list-style-type: none"> Promotion and awareness building Bone density measurement 	2019-20	Funding submission for equipment and training of staff	NIHRACS - HW	GP Clinic	Subject to research findings, submission of funding submission for bone density equipment	<ul style="list-style-type: none"> NA
18.0	Dementia Support <ul style="list-style-type: none"> Awareness 	2019-20	Self funded	DSA	NIHRACS Care Norfolk	Number of visits Community education events	<ul style="list-style-type: none"> Visit in Nov 2018 with a community presentation, education sessions and

							individual families involved
	Goal	To improve the health awareness, literacy and participation in health promotion activities of all members of the Norfolk Island Community					
	Focus group	Whole Community					
No.	Action	Timeframe	Funding requirements	Lead Agency	Other Agencies	Indicators/Evaluation	Summary of progress from 2018-19 plan
19.0	Health and Wellbeing Expo	July 2019	Venue hire Equipment and furniture hire Promotion Postage Printing Prizes	NIHRACS - HW	Range of Community health and wellbeing related providers	Participation Evaluation feedback	<ul style="list-style-type: none"> Successful Expo conducted July 2018, with over 200 attendees and very positive feedback. To become a yearly event.
20.0	Skin Cancer Awareness and Prevention <ul style="list-style-type: none"> Community awareness GP skin checks School resources 	Twice yearly	Printing Promotion Venue hire Postage	NIHRACS - HW	GP Clinic School Community Groups NIRC KAVHA	Awareness Program delivered Signage installed Attendance for skin checks Data collection on skin cancer	<ul style="list-style-type: none"> Promotion using Cancer Council resources, radio, Facebook, Newspaper Community presentation by locum GP with experience in skin cancer detection Procurement of a second dermoscope and clinic time made available for skin checks
21.0	My Health Record Awareness program <ul style="list-style-type: none"> Radio and newspaper information bursts Include in Health Expo 	May – July 2018	TBA	NIHRACS - HW	NIHRACS – GP Clinic Community Pharmacy CESPHN DoH	Feedback from GP Clinic and Community Pharmacy regarding changes in community awareness Different awareness raising activities recorded Data on use of 1800 Helpline	<ul style="list-style-type: none"> Promotion as part of Health and Wellbeing Expo Radio interview of visiting MHR expert
22.0 22.1	Healthy Norfolk Community Program <ul style="list-style-type: none"> Community health presentations, including exploration of a drugs misuse presentation 	Ongoing ? Monthly	TBA	NIHRACS - HW	Community Groups Local businesses	Community participation in events Community weight loss target and actual	<ul style="list-style-type: none"> Six community presentations given by visiting specialist medical or allied health professionals, with excellent evaluation and

22.2	<ul style="list-style-type: none"> • Healthy cooking demonstrations • Explore Community physical activity programs • Link with other events, such as Food Festival, Norfolk Show etc 	Yearly			NIRC	Entry in 2020 Healthy Town Challenge (NSW) or local alternative	<ul style="list-style-type: none"> • variable but pleasing attendance • Smoothie bike successfully launched at the NI Agriculture and Horticulture Show (October) • Targeted health messages, linked with GP clinic displays, eg cardiovascular disease, diabetes, skin cancer awareness.
22.3					Ambulance Service		
22.4					School and Child Care		
23.0	Smoking reduction program	2019 commence	Mentoring Calibration of CO Monitor	NIHRACS - HW	GP Clinic Dental Clinic Pharmacy Psychologists NIHRACS Social Worker DIRDC (cost of cigarettes) and NIRC School	Smoking cessation clinic Statistics on reduction, quitting	<ul style="list-style-type: none"> • Nicotine Addiction and smoking cessation 3 day training course attended • Proposal for implementation of a smoking cessation clinic written
24.0	Explore alcohol and other drugs harm minimisation programs	2019-20	NIHRACS funding	NIHRACS - HW	NIPF NIRC NIHRACS GP Clinic School	Community Forums conducted Community Action Plan developed	<ul style="list-style-type: none"> •
25.0	Emily Bay Accessibility Program	Warmer months	NIHRACS funded	NIHRACS - HW	NIHRACS Care Norfolk Volunteers Trainers Carriers	Volunteer management Participant recruitment Promotion Coordination	<ul style="list-style-type: none"> • Launch Dec 15 2018. Program started Jan 18 2019
26.0	Sensory Room – Evidence based support of a range of sensory-affected conditions	Commence 2019	HP Program funding	NIHRACS - HW	NI-Connect Care Norfolk NIHRACS	Implementation Usage Evaluation	<ul style="list-style-type: none"> •

Action Plan: July 2020- June 2021

Category	Project	Key components	Timeframes	Lead Agency	Other Agencies	Progress at June 2020
Children, Young People, Families	1.0 Sexual Health	1.1 Continue condom vending machines	Ongoing	H&W Coord inator (H&WC) and NIRC	NI-Connect	Vending machines successful
	2.0 Skills development programs for young people	2.1 "Off The Grid" holiday program	School holidays	NI-Connect	Psychologists MHAG	Successful so far
		2.2 Resilience program for selected children	School terms	School and NI-Connect		Successful so far
		2.3 Implement Wellness journals at School	2020	School		Successful so far
	2.4 Peer Support Program	2020	School		School and NI Connect ran Cyber safety training for students and staff Feb 2020	
	2.5 Other programs, eg Cyber health	2020/21	Anglicare, School, NIConnect		New and details TBA	
	3.0 Support Antenatal, Postnatal and Child Health Services	3.1 Parent bags 3.2 Mother's group	Ongoing	NIHRACS - Child Health Anglicare	GPs NI-Connect	
	4.0 Continue and evaluate NI Active Kids Program	4.1 NI Active Kids	Evaluation-June 2020. New year of program to	H&W C/NI-Connect	School Sporting and other activity based clubs	NI Active Kids implemented successfully, evaluation being

			start July 2020			undertaken now
	5.0 Young people Health Checks	5.1 Implement checklist based on HEEADSSS Screening tool	2020	H&W C	School Young people GP Clinic NI-Connect MHAG Anglicare NIRC, Youth Council	Draft checklist developed, final draft to be circulated
	6.0 Mental Health for young people	6.1 Explore possible visiting instructor of Youth and Teen Mental Health First Aid Training for young people	2021	NICS	NI-Connect MHAG Anglicare HWC	NICS to explore if there is a NSW Ed trained instructor who could come over to run program(s)
Category	Project	Key components	Timeframes	Lead Agency	Other Agencies	Progress at June 2020
Adults	7.0 Healthy Men's program	7.1 Men's Health Checks – GP Clinic or Community, promotion during Men's Health Week. 7.2 Tradies Week, targeted men's health and wellbeing (Jeremy Forbes from HALT)	Men's Health Week June 2020 and 21 August 2020	H&W C and GP Clinic	St John Ambulance NIHRACS Physio Workplaces Volunteers WAGNI Sporting Clubs Men's Shed Anglicare Churches	Promotion of Men's Health week
	8.0 Mental Health	8.1 Mental Health First Aid Training 8.2 Mental Health awareness activities as they arise	3 times/year Ongoing	MHAG	MHFAA NIHRACS – HW C and GP Clinic NI-Connect	MHAG continues to run MHFA programs.

	9.0 Women's Health	9.1 Explore various women's health activities, working with WAGNI	TBA	H&W C WAGNI	Anglicare	
	10.0 Chronic disease primary and secondary prevention program	<p>10.1 Diabetes: ongoing screening, education sessions</p> <p>10.2 NDSS local access point monitoring</p> <p>10.3 Implement and evaluate cardiac rehab programs</p> <p>10.4 Healthy Eating and Lifestyle Programs, including CHIP (SDA) Program</p> <p>10.5 Heart Foundation Walking Group</p> <p>10.6 Other activity programs – direct involvement or sponsorship</p> <p>10.7 Get Healthy NSW Program</p> <p>10.8 Promote sleep apnoea screening and local sleep studies</p> <p>10.9 Other chronic disease awareness raising, linked to calendar</p>	<p>Link with ADE visits and National Diabetes week</p> <p>Ongoing</p> <p>TBA</p> <p>2020</p> <p>Ongoing</p> <p>Ongoing</p> <p>TBA</p> <p>Ongoing</p> <p>Ongoing</p>	<p>H&W C</p> <p>Clin Nurse Educator, Physio</p>	<p>NIHRACS - GP Clinic, Diabetes Educator, Nursing Staff, Physio, Psychologist, Social Worker</p> <p>NI-Connect</p> <p>Local Gym other activity providers</p> <p>Pharmacy</p> <p>St John's Ambulance</p> <p>SESLHD</p> <p>Heart Foundation</p> <p>Other businesses/providers</p> <p>Community Groups</p> <p>Care Norfolk</p> <p>DITCRD</p> <p>Diabetes NSW/ACT/Qld</p> <p>SDA Church</p> <p>Other NGOs</p>	<p>Several successful programs implemented or continued, eg Walking Group, Salsa dance program, healthy lifestyle program.</p> <p>NDSS, Local Access Point implemented May 2020</p> <p>Sleep apnoea/ local sleep studies commenced</p>

	11.0 Cancer Screening	11.1 Breast Cancer screening 11.2 Promotion of awareness days/weeks/months	Ongoing, yearly	H&W C	NI Breast Screen NIHRACS Social Worker GP Clinic School WAGNI	Successful Breast Screen activity Promoted bowel, ovarian cancer awareness
Category	Project	Key components	Timeframes	Lead Agency	Other Agencies	Progress at June 2020
Older People	12.0 Falls Prevention • Explore programs	Kaa Kaepsais program	Start second half 2020	NIHRACS - Physio	Care Norfolk NIHRACS - balance and bones GP Clinic Community Groups SESLHD	First Stepping On session successful
	13.0 Staying Healthy, Living Well Program	13.1 Explore continuation of program beyond June 2020	TBA	SHLW Coordinator/ H&W C	CESPHN FerosCare Care Norfolk GP Clinic	Successful first 12 months
	14.0 Explore osteoporosis screening, prevention and management, including bone density measurement	14.1 Explore screening options and Fracture liaison service	2020	GP Clinic	Radiographer Physio WAGNI Service Groups	Prof Hooper providing advice and liaison
	15.0 Dementia Support Awareness	15.1 Ongoing visits	TBA	Social Worker	GP Clinic Care Norfolk NIHRACS - Allied Health and Residential Aged Care, Nursing Staff Community Pharmacy	Successful visits in 2019, visit planned for April 2020 delayed due to pandemic

Category	Project	Key components	Timeframes	Lead Agency	Other Agencies	Progress at June 2020
Whole Community	16.0 Health and Wellbeing Expo Cancelled in 2020 due to physical distancing issue	16.1 Plan for 2021	TBA	H&W C	All Health and Wellbeing agencies local and off island	Successful event 2019
	17.0 Skin Cancer Awareness and Prevention	17.1 Ongoing promotion of skin checks - available all year	Push every Nov	GP Clinic	School NIRC Community Groups	Implemented
	18.0 Healthy Norfolk	<p>18.1 Community Program - Health Education sessions, linked to visiting clinicians</p> <p>18.2 Infection control – Flu vaccine promotion General infection control</p> <p>18.3 Healthy Cooking Demonstrations</p> <p>18.4 Explore Community Physical Activity and/or wellbeing programs (also see Chronic disease section) eg Raised garden beds, Community Garden</p> <p>18.5 Link with other events - Norfolk Show</p>	<p>Ongoing</p> <p>Yearly Ongoing</p> <p>Will start with physical distancing restrictions</p> <p>Raised Garden Bed for Seniors starting June 2020 Community Garden launched 27</p>	<p>H&W C</p> <p>GP Clinic</p> <p>H&W C</p> <p>H&W C</p> <p>H&W C</p>	<p>Community Groups, including Show committee Local businesses and chefs/cooks NIRC St John Ambulance School and other educational providers Police Men’s Shed Garden Club NI Connect Sporting Clubs Office of Administrator Volunteers</p>	<p>Visiting clinicians not coming until after COVID restrictions lifted.</p>

		eg Smoothie Bike 18.6 Explore open days for sporting clubs 18.7 "Te-gadda we ell" health promotion campaign - Facebook, email, radio and newspaper promotion	Sept 2020 Ongoing	NIRC (Youth Council) and H&WC H&WC		
	19.0 Smoking Reduction Program	19.1 Smoking Cessation Clinic 19.2 Explore other measures to reduce smoking rates 19.3 Explore messaging targeting young people and options for smoking cessation	Ongoing	H&W C	GP Clinic Visiting Respiratory team Dental Clinic Pharmacy School NIHRACS - Psychologist, Social Worker NIRC, including Youth Council	Ongoing, more patients needed
	20.0 Implement alcohol and other drugs (AOD) prevention programs	20.1 AOD Community Action Plan	2020/21	Community	GP Clinic NIRC – Youth Council NIHRACS - Psychologist, Social Worker, H&WC School Police Anglicare Ni-Connect Lion's Club	Work halted due to COVID restrictions, start again July 20
	21.0 Emily Bay Accessibility Program		Ongoing	H&W C	NIHRACS - RACF, Physio, Facilities Care Norfolk Volunteers Trainers Carriers	Summer activity, subject to COVID-19 restrictions

	22.0 Sensory Room – Evidence based support of a range of sensory-affected conditions		Ongoing	H&W C/ NI Connect	Key Assets ASPECT	
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Communication Activities

It is important to use as many channels as possible to communicate the various health promotion messages and activities to the Community. The following avenues have been used successfully.

- Regular live radio interviews on various health promotion topics
- Through various community organisations/clubs
- Weekly newspaper updates as part of the NIHRACS weekly update
- Website updates in “News” section
- Use of calendar of events on NIHRACS website
- Use of NI Community Classifieds Facebook page (with over 1800 members) to promote various health messages and community presentations. In April 2020 a Health and Wellbeing Facebook page was developed, initially as a way to promote the key preventative COVID-19 health messages and is gradually integrating general health promotion content. The Facebook page is part of an overall health and wellbeing campaign with the slogan “te-gadd we el” (Together, we can). A series of images were produced by a local graphic designer to compliment the messaging campaign.
- Other emerging communication options, eg explore possibility of a health message digital noticeboard.

Evaluation

An evaluation and progress report will be undertaken in the final 2 months of each 12 month period.

Additional Priority Areas

Although this and the previous health promotion plans aim to address the highest priority areas it is recognised that there are many other important areas requiring attention and resources. These include:

- Family and domestic violence
- Mental Health issues such as a suicide prevention program
- Additional Cancer screening and prevention programs
- Oral health disease prevention programs
- Glaucoma screening
- Immunisation awareness and promotion programs
- Arthritis prevention and management programs
- Increasing awareness of the various local sporting and other activities available.

Awareness activities related to these areas will be implemented where possible.

Appendix One: Consultation/Communication Summary

The following agencies/groups were consulted or communicated with regarding the Norfolk Island Community Health Promotion Plan:

- The Health and Wellbeing Advisory Sub-Committee (of the Norfolk Island Community and Clinical Consultative Committee, CCCC)
- Care Norfolk
- Anglicare
- Norfolk Island Health and Residential Aged Care Services (NIHRACS), including NI-Connect and GP Clinic
- Mental Health Awareness Group
- Banyan Park
- Life Without Barriers
- ASPECT
- People Plus
- Norfolk Island Regional Council (NIRC)
- Chrysalis Counselling & Coaching
- Norfolk Island Central School
- Women's Advocacy Group, Norfolk Island (WAGNI)
- Central and Eastern Sydney Primary Health Network
- South Eastern Sydney Local Health District
- Burnt Pine Pharmacy
- St John Ambulance, Norfolk Island
- Ministers Fraternal