



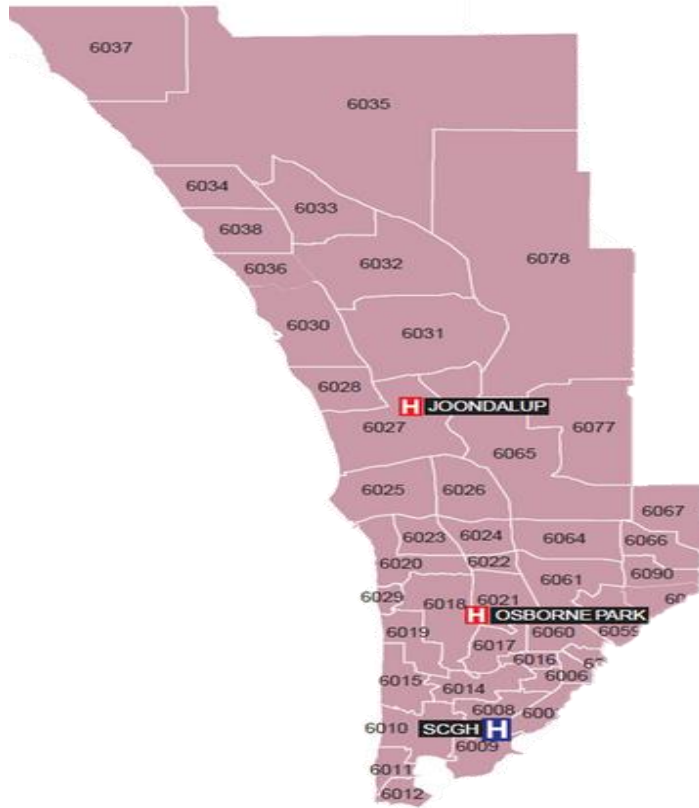
Acknowledgement of Country

We acknowledge the Noongar people as the traditional owners and custodians of the land on which we work, and pay respect to their elders both past and present.

North Metropolitan Health Service recognises, respects and values Aboriginal cultures as we walk a new path together.



Health Promotion Service



Michael Clow, MPH BHthSc (Nutrition)
Public Health Nutritionist

Healthy Population Team
Health Promotion Service



My Experience

- Project Officer, Department of Health and Ageing (Cwth)
- Policy Officer, Department of Health (WA)
- Registration Officer – Manager, Association for Nutrition (UK)
- Project Support Officer, Public Health England (UK)
- Health Promotion Officer (NMHS)
- Public Health Nutritionist (NMHS)



Our team

Healthy Population

This program offers professional advice and guidance to North Metropolitan local governments and other organisations on comprehensive public health initiatives for a healthy population.

Examples of our work:

- Collaborated with the City of Vincent to evaluate their Smoke Free Town Centres Project.
- Supported the City of Nedlands to develop their first Public Health Plan.



Assunta Di Francesco
Health Promotion Coordinator



Michael Clow
Public Health Nutritionist



Amy Murphy



Shani Toki



Lara Sheehan

Health Promotion Officers



Healthy Population Program

Our team objectives are to:

- Support local governments to develop local public health plans, through capacity building approaches.
- Support the development, implementation and evaluation of evidence-based health promotion interventions.



Case Study - Supporting the development of a Food and Drink Policy

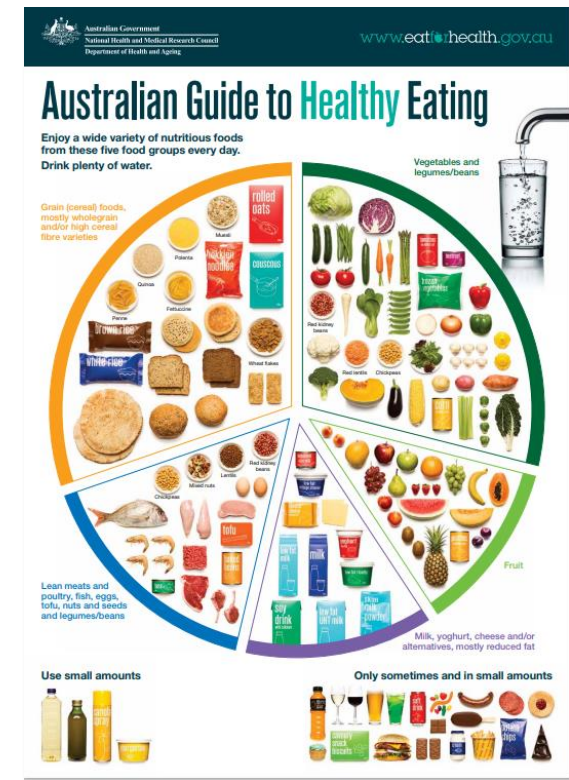
Objective: Strengthen community connections and champion physical, mental and social health and wellbeing of our community

Priority Area: Healthy Eating

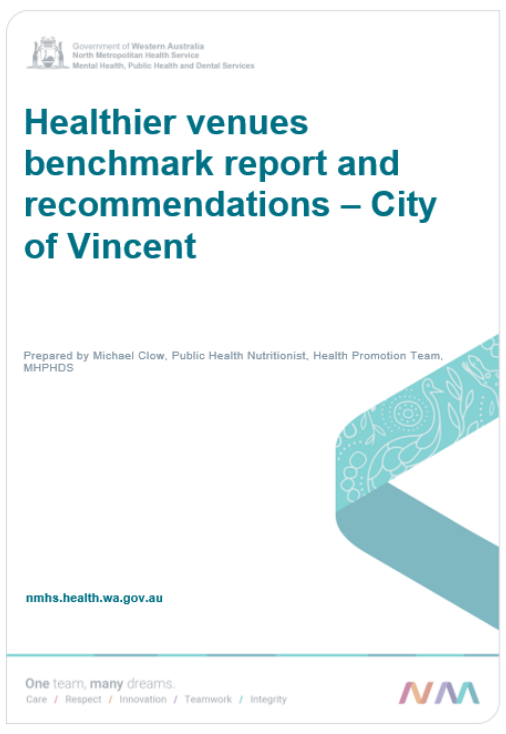
Deliverables:
Increasing healthy food and drink options at City venues, public open spaces, festivals and community activities

Promote and support healthy and sustainable food environments, particularly in our priority population groups

Long Term Outcomes: Increased Healthy Eating



Case Study- Continued...



Recommendations for the food service

- Reposition healthiest items to be more prominent
- Reduce promotion of least healthy items

Recommendations for the venue

- Remove brand promotion in various venue areas
- Promote existing water refill stations
- Utilise digital displays for statewide health promotion campaigns



Case Study- Continued...



Local Government Food and Drink Policy

Local governments can influence the provision and/or supply of food and drink in the local community:

- Venues (including food services)
- Events
- Activities (e.g. catering, and/or cooking/preparing food)
- Internal/external business catering



Local Government Food and Drink Policy

Influence on diet and healthy eating habits

- LG assets and infrastructure
 - Advertising tenders and contracts (e.g. bus shelters)
 - marketing (including, sponsorship)
- Signage policies (including road and verge)
- Engagement of staff and community in promoting healthy eating



Benefits for local communities

- Sustainability, including:
 - Reduction in food waste
 - Single use plastics
- Community
 - Culturally appropriate food
 - Meet various dietary preferences
- Supports health
 - Healthy eating behaviours
 - Healthy food environments



Drinking Water Fountains

In 2022, we reviewed water promotion strategies including both international and national examples.

Some recommendations from the review were:

- Increase wayfinding and promotion
- Introduce planned maintenance
- Produce a public water map



North Metropolitan Health Service



Thank you!

For assistance with Public health planning
contact:

NMHSHealthPromotion@health.wa.gov.au

Or visit our website

<https://www.nmhs.health.wa.gov.au/Hospitals-and-Services/Public-Health/Health-Promotion>

