



Government of **Western Australia**  
East Metropolitan Health Service



# Public Health Nutritionists (PHN)

**Julia Win**

Public Health Nutrition Coordinator

**April 2025**





# Health Service Providers

In WA, health service providers are organised into several key entities, each responsible for delivering safe high-quality, efficient and economical health services to their local community.

They are:

- North Metropolitan Health Service
- South Metropolitan Health Service
- East Metropolitan Health Service
- WA Country Health Service
- Child and Adolescent Health Service



# Snapshot of a public health nutritionist

- Subject matter experts for nutrition
- Degree in nutrition
- Other degree's in dietetics, public health or health promotion
- Main contact for local governments regarding nutrition-related initiatives and support



# What does a public health nutritionist do?

- Program development and delivery
  - Leads planning, implementation and evaluation of public health nutrition policies, consistent with local and state priorities.
- Leadership and collaboration
  - Build the capacity of health service staff and external partners
- Research and evaluation
  - Keeps up to date with latest research concerning public health nutrition to assess needs and set priorities for the population



State Public Health Plan for  
Western Australia

Objectives and Policy Priorities for 2019–2024



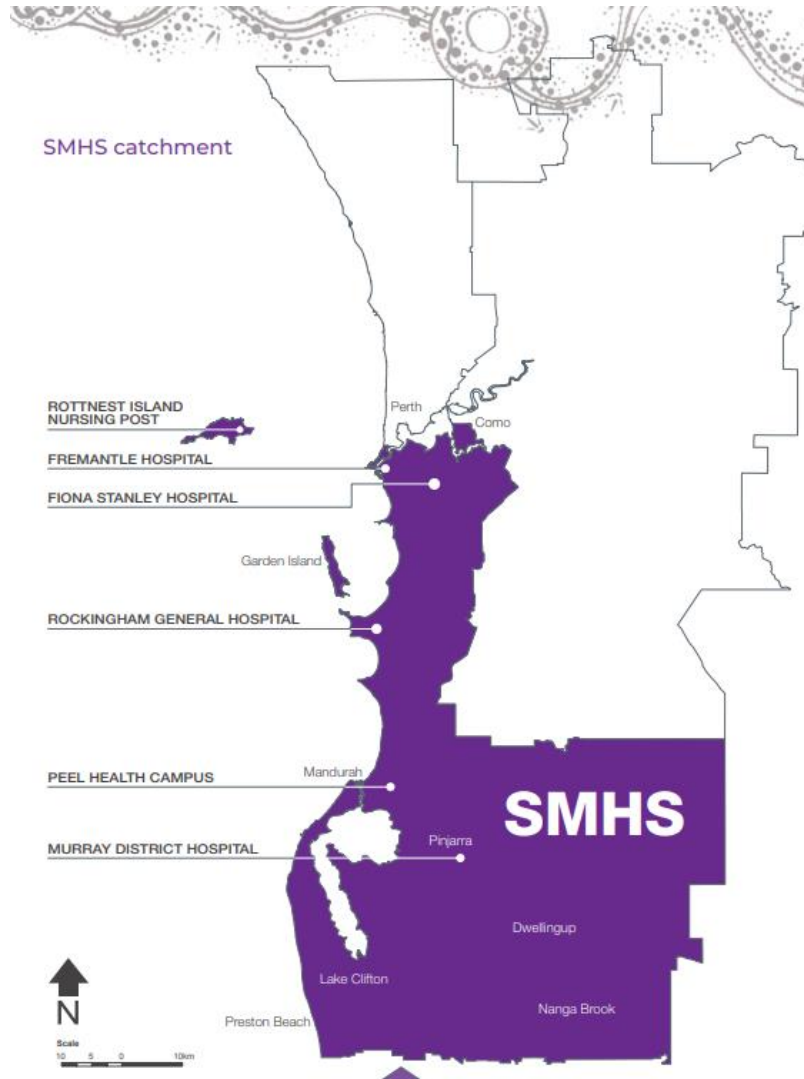


# How can we assist local governments?

- Public Health Plans
- Developing other policies – healthy food and drinks, healthy options for events
- Reviewing nutrition-related content
- Collaborating on nutrition projects
- Sharing public health nutrition data (food insecurity, healthy eating habits)
- Support LGA's to secure funding
- Providing nutrition advice as subject matter experts



# South Metropolitan Health Service



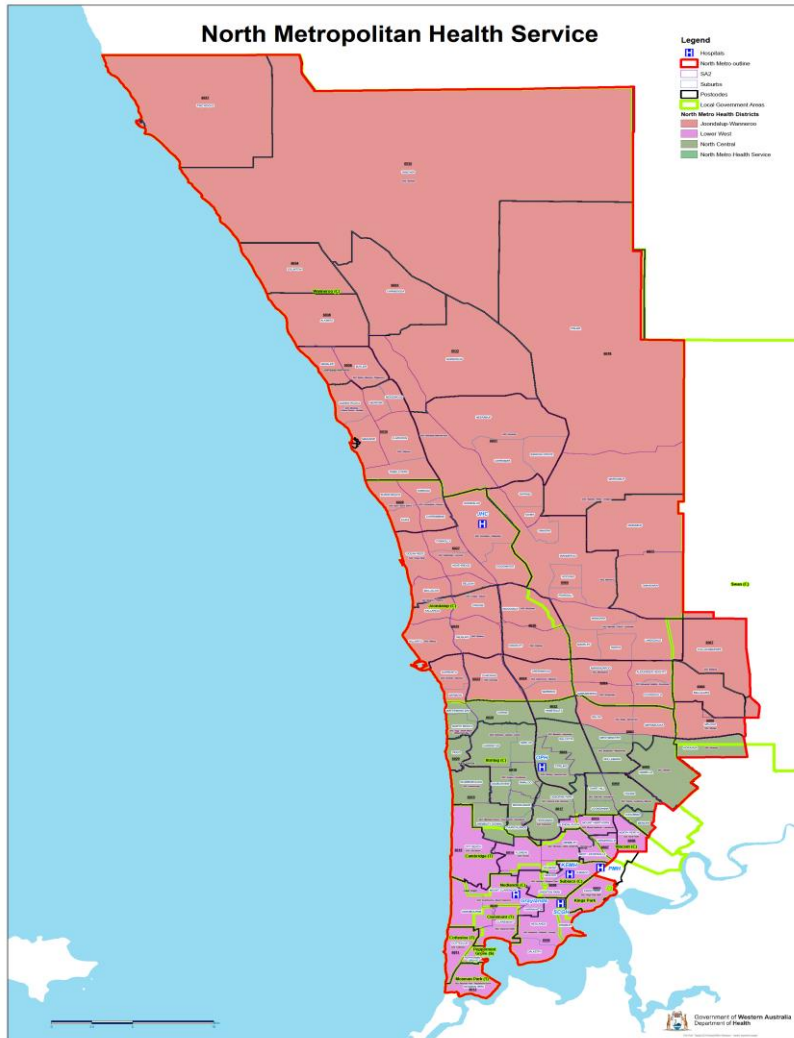
## SMHS PHN:

■ Alexa Whitehorn

[Alexa.Whitehorn@health.wa.gov.au](mailto:Alexa.Whitehorn@health.wa.gov.au)



# North Metropolitan Health Service



## NMHS PHN:

- **Michael Clow**

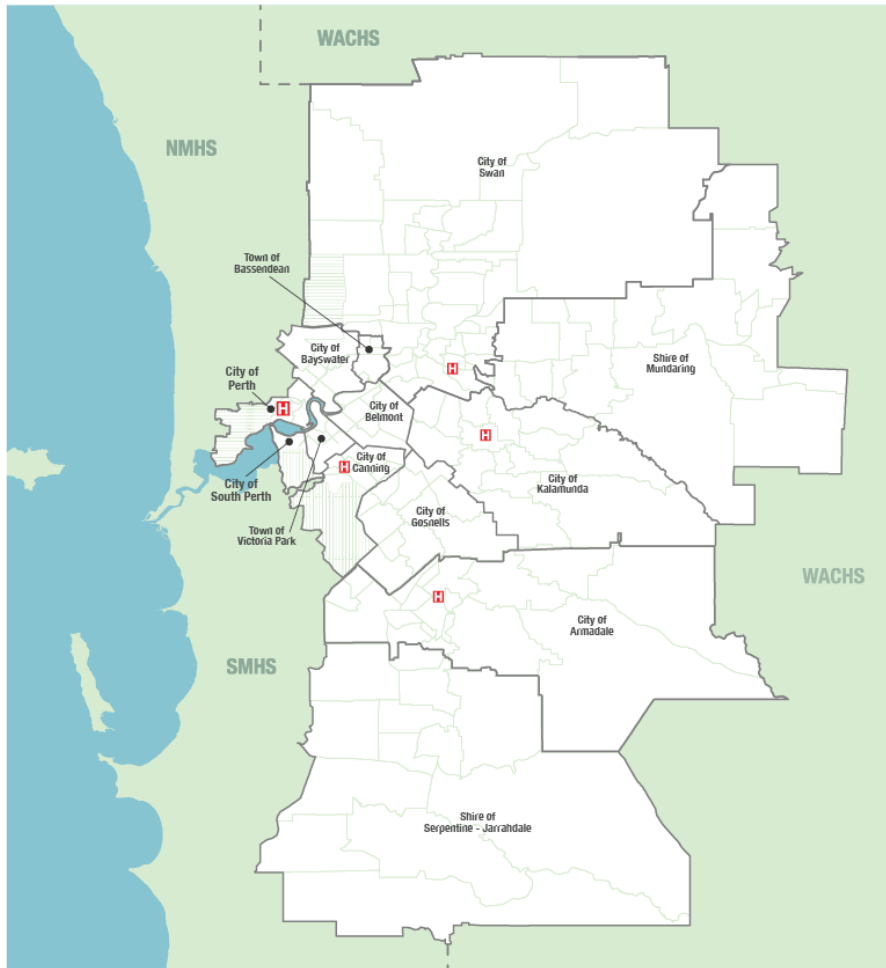
[Michael.clow@health.wa.gov.au](mailto:Michael.clow@health.wa.gov.au)

- **Michelle McIntosh**

[Michelle.mcintosh@health.wa.gov.au](mailto:Michelle.mcintosh@health.wa.gov.au)



# East Metropolitan Health Service



## EMHS PHN:

- Julia Win

[Julia.win@health.wa.gov.au](mailto:Julia.win@health.wa.gov.au)

- Lucy Brewer

[Lucy.brewer@health.wa.gov.au](mailto:Lucy.brewer@health.wa.gov.au)





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East Metropolitan Health Service



# East Metropolitan Health Service

## Public Health Nutrition

**Lucy Brewer**

Public Health Nutritionist

**April 2025**





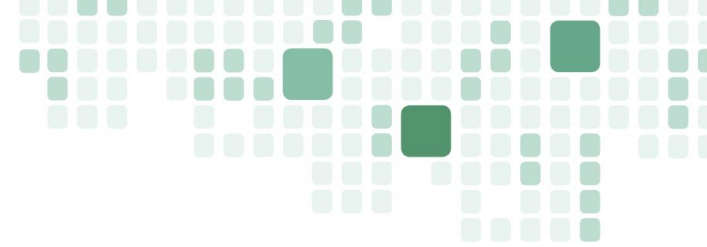
# Acknowledgment of Country

I would like to acknowledge the Traditional Custodians of the land on which we work, the Whadjuk people, and pay my respect to Elders past and present.



This Work depicts the journey of partnerships, connections, health recovery and working together.

Artwork by: *Walk With Us – A Journey to Better Health*, by artists Lorraine Woods and Meena (Peta Ugle).



## Our Team



**Julia Win**

Public Health Nutrition  
Coordinator

Qualifications: Master of  
Dietetics / APD



**Lucy Brewer**

Public Health Nutritionist

Qualifications: Master of  
Dietetics / APD



## My Experience

- Worked as a dietitian across metropolitan and regional hospitals in WA
- Transitioned to public health nutrition working as a Nutrition Coordinator in Pilbara
- Currently working in a conjoint position between EMHS and ECU







## EMHS Obesity Prevention Strategy 2020 – 2025

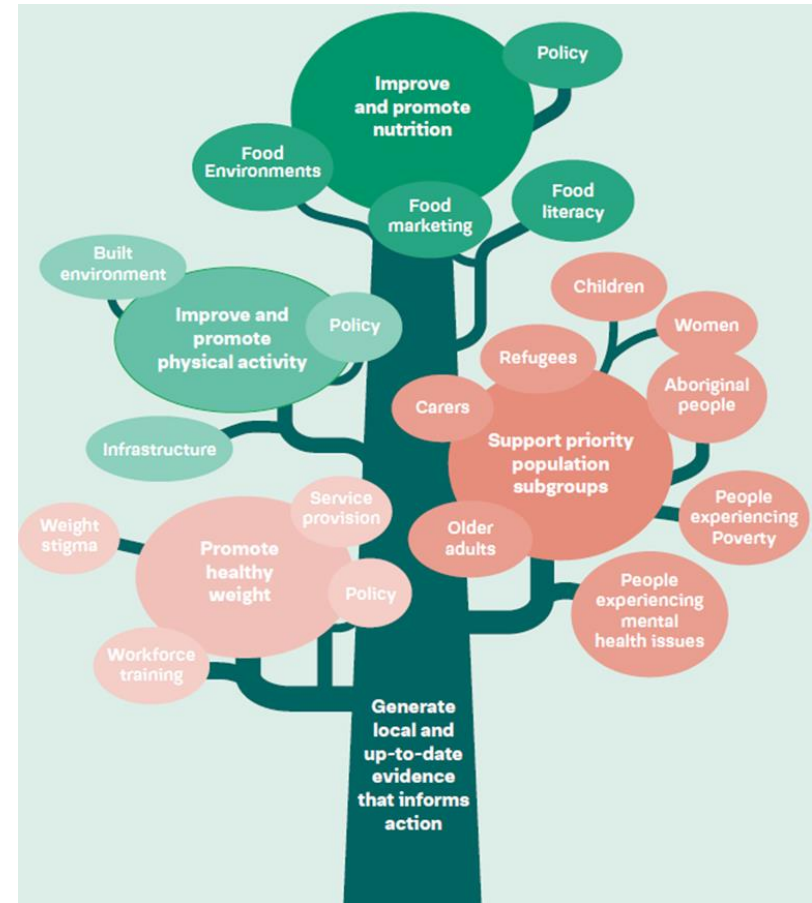
### A comprehensive multicomponent Strategy

The 28 actions aim to drive change and improvement in the four priority areas by addressing multiple factors that contribute to the development of overweight and obesity, underpinned by the evidence portfolio.

Four priority health gain areas:

- Improve and promote nutrition
- Improve and promote physical activity
- Promote a healthy weight
- Support priority population subgroups

### The Strategy





# How do EMHS Public Health Nutritionists assist LGAs?

- We provide a nutrition advisory service for local government areas including:
  - Public Health Plans
  - Internal policy support
  - Community consultation
  - Connect LGAs to other relevant agencies
  - Food environments i.e., Menu Assessment Scoring Tool (MAST) and Food Outlet Dietary Risk (FODR)



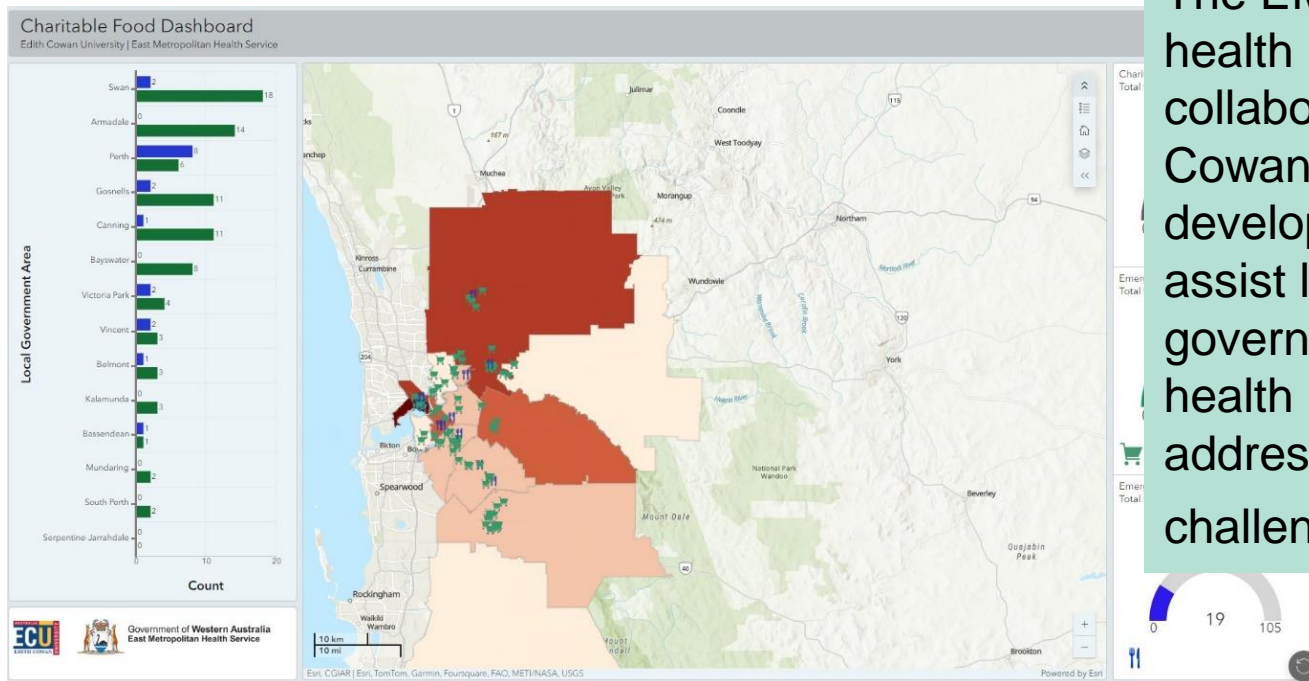
# Current Projects

- EMHS Food Access and Affordability Basket Survey (FAABS)
- Healthy Menus for Kids
- Charitable Food Dashboard



# Charitable Food Dashboard

An interactive data visualisation tool created to identify charitable food provision outlets across the EMHS geographic catchment region.



The EMHS public health nutritionists collaborated with Edith Cowan University to develop this tool to assist local government with public health planning to address food security challenges.

Alexia Bivoltsis, Frith Klug, Sharonna Mossenson, Jarrad McKercher, Michelle Broom, Claire Pulker, Catrina McStay, Lucy Brewer, Lucy Butcher, and Gina Trapp. East Metropolitan Health Service Charitable Food Atlas Dashboard. 2024. Edith Cowan University.





# Charitable Food Dashboard

## **Project goal:**

To pilot the Charitable Food Dashboard and optimise its practical use as a tool for local governments to use in developing their Public Health Plans

## **Outcomes:**

- Identify the scope of food security related actions that local governments can undertake
- Co-design, with local governments, recommended actions related to addressing food insecurity to include in Public Health Plans



# How the Charitable Food Dashboard could be included in a Public Health Plan

## **State Public Health Plan for WA Objectives and Priorities:**

**Objective:** Enable: *bolster public health systems and workforce, and leverage partnerships to support health and wellbeing.*

**Priority:** *Develop partnerships with key agencies and communities to enable the delivery of public health services.*

**Potential objective:** Enable people to live healthy lives through enhancing local food security efforts.

**Potential action:** Support the establishment of new and existing food security initiatives to support residents at risk or experiencing food insecurity.

**Strategy:** Use the data from the Charitable Food Dashboard as evidence to guide local government resourcing towards food security initiatives.



# Healthy Community Events Project

**Project goal:** To provide feasible recommendations for local governments to implement, to improve access to healthier food and beverage options at community events



Engaged with LGAs and mobile food vendors to review to identify potential interventions

LGAs were interviewed to assess the practicality and feasibility of these recommendations in the planning of community events



# Healthy Community Events Project

## Recommendations

1. Consult the EMHS public health to assist in selecting healthier food vendors for community events
2. Promote chosen healthy food vendors attending community events via event websites and social media pages
3. Ask mobile food vendor operators to add green 'symbols' or 'ticks' next to the healthier items on the menu

Refer to ***Healthy Community Events: A review of recommendations for local governments implementation***



**If you are an EMHS LGA and would like  
nutrition support and advice, please contact**

**[EMHS.ObesityPreventionStrategy@health.wa.gov.au](mailto:EMHS.ObesityPreventionStrategy@health.wa.gov.au)**

**9224 2821**

