

# Queensland Health Statewide Initiatives and Programs

Health Determinants Queensland 2004



**Queensland Government**  
Queensland Health

## Queensland Health Statewide Initiatives and Programs

- Through a network of 38 Health Service Districts, the Mater Hospitals and various statewide services, Queensland Health delivers a range of integrated services including hospital inpatient, outpatient and emergency services, community and mental health services, aged care services, and public health and health promotion programs.
- Queensland Health supports the health of communities through its work in environmental health, the monitoring and management of communicable diseases, and through programs in immunisation, cancer screening, nutrition and food safety.
- The Department has a number of initiatives which aim to influence the health of Queenslanders. The following is just a snapshot of some of the work being done by Queensland Health.

## In General

Some Queensland Health programs aim to build protective factors and address risk factors. These include:

### Early Intervention and Parenting Support Initiative

- This initiative provides free parenting programs through metropolitan, rural and remote community child health centres and a number of non-government agencies. The programs provide information, advice and professional support to parents to help reduce emotional and behavioural problems in children and improve the overall health of children and families. Programs include the Young Parents Support Program and Triple P Positive Parenting Program.

### Young Parents Support Program

- Queensland Health has funded non-government organisations to establish parent support programs at the Gold Coast, Logan, Cairns and the Sunshine Coast. These programs aim to improve the health and wellbeing of young pregnant women, young parents and their children by increasing their access to health and other services, and by employing youth workers in non-government organisations

### Triple P-Positive Parenting Program

- The Positive Parenting Program offers support to families to assist in reducing serious behavioural or adjustment problems in children; by helping families develop ways to work through these problems. The program focuses on supporting families and communities to care for children, and provide a safe and supportive environment to strengthen the family and prevent the development of a range of social, behavioural and mental health problems.

### **Indigenous Triple P**

- Recognising that parenting programs need to be sensitive to the cultural context in which parenting takes place, Queensland Health and the Department of Premier and Cabinet funded The University of Queensland to develop a culturally appropriate Triple P video, suitable for use with Aboriginal and Torres Strait Islander families. The video "*Positive Parenting: A Survival Guide for Indigenous Families*" is now being used by health professionals working with Aboriginal and Torres Strait Islander peoples at child health centres across Queensland.

### **Early Intervention for Safe and Healthy Families Initiative**

- This initiative integrates the Family CARE Home Visiting Program with Queensland Health's Domestic Violence Initiative to provide home-based support to vulnerable families during the first twelve months of an infant's life. It aims to reduce the impact of family violence, financial stress and maternal mood disorder, and improve health and social outcomes for children and families. The program has been trialled in seven Health Service Districts: Cairns, Logan-Beaudesert, Sunshine Coast, Gold Coast, Rockhampton, West Moreton and Townsville.

### **Expanded Child Health Centre Initiative**

- This initiative aims to improve antenatal, perinatal and paediatric care through better service integration, clinical partnerships and programs such as Triple P and Family CARE Home Visiting. It is being implemented in 10 Health Service Districts: Bayside, Logan-Beaudesert, Mackay, QE11, Redcliffe-Caboolture, Rockhampton, Royal Children's Hospital, Toowoomba, Townsville and West Moreton.

### **School Based Youth Health Nurse Program**

- School Based Youth Health Nurses are located in Queensland state schools with secondary students. They help the school community to address issues impacting on the health and wellbeing of young people.

Now in its fifth year, the program continues to support 243 schools across the state. There are currently 120 full time and part time nurses who provide the program.

In the 2003 school year, school nurses provided 42,186 occasions of service through individual consultations, with 37,257 of those being with students.

### **The 'Western Gateway' Health Promotion Schools Project**

- Ten schools in the Inala-Ipswich area are participating in the project which uses the health promoting schools approach to address health issues.

## Alcohol

Queensland Health provides a network of Alcohol, Tobacco and Other Drug Services throughout the State located in Health Service Districts. These services provide prevention, early intervention and treatment programs, and are often in partnership with other government departments and non-government agencies.

In addition, a range of non-government organisations are funded by Queensland Health to provide alcohol and drug services to the community.

### **Alcohol and Drug Information Service (ADIS)**

- ADIS is a 24 hour information and counselling service provided by Queensland Health. ADIS provides confidential telephone counselling and resources. Contact 3236 2414 or 1800 177833 (toll-free).

### **The Croc Festival**

- This festival has been held annually in Far North Queensland for the past three years, involving approximately 26 schools and hundreds of indigenous and isolated young people from the Cape York Peninsula, Torres Strait Islands and Atherton Tablelands. The Festival is an opportunity to celebrate the talents of our young people from rural and remote communities, as well as an alcohol and drug free experience.

### **Young Women and Alcohol Campaign**

- A \$1.15M public health campaign aims to combat the increasing levels of high risk drinking among young women (aged 18 to 22 years) in Queensland. The campaign aims to empower young women who are considering reducing their alcohol consumption to do so and to support friends who wish to drink less and/or less often. The campaign is currently under development.

### **Drink Spiking**

- The Queensland Government has implemented a whole of government approach to addressing drink spiking in the community. Initiatives include:
  - drink spiking prevention messages on drink coasters, posters and postcards in licensed venues, cafes, cinemas and other venues throughout Queensland
  - training and resources for community action groups to tackle the issue locally
  - \$18,000 in grants for drink spiking prevention campaigns on university campuses.
  - drink spiking guidelines for teachers and general practitioners
  - resources for licensed venues
  - training courses for police officers to respond to drink spiking victims.

### **Young People**

- Funding for Schoolies Week event management and harm reduction programs is provided to seven communities across Queensland.
- \$40,000 in grants has been provided to a number of communities to address alcohol and drug issues among marginalised young people.
- \$150,000 is committed to support local initiatives throughout Queensland for youth programs.

## **Parenting Programs**

- Parents, Kids and Drugs (PKD) is a parenting and support program that aims to address the needs of parents and families of young people under 25 years of age, who are experiencing problems with alcohol or other drugs. The program was developed by the Youth Community Team, Alcohol and Drug Service, Prince Charles Hospital in Brisbane and has been running successfully for eight years.
- Indigenous PKD is currently in development to address the needs of Indigenous parents.
- Parents under Pressure (PUP) was developed by Griffith University to assist parents with children aged 0-6 years. These parents are clients of the Opioid Dependence Program. PUP helps these parents to strengthen their parenting skills and the family environment.
- Parents as Motivators for Change was developed by the Mater Health Service as a brief intervention for parents of children aged 10-17 years with alcohol and drug issues. An internet version of the program is currently being developed.

## **DrinkSmart\***

- The DrinkSmart program aims to reduce risky consumption of alcohol among more than 120,000 students attending eight universities in Queensland. The program is multifaceted promoting good policy licensed venue management, event management, education and awareness.

DrinkSmart also involves the sponsorship of the Northern University Sports Awards and the Northern University Games which attracts between 2,500 and 3,000 university students from campuses throughout Queensland, Northern New South Wales and the Northern Territory each year.

## **Queensland Needle and Syringe Program**

- The program aims to reduce the spread of blood borne viruses such as HIV and Hepatitis C among injecting drug users, and thereby, the general community.

The Program provides a range of services including:

- sterile injecting equipment
- education and information about blood borne viruses, transmission and risk
- behaviours, safer drug use and injecting health
- referrals for drug treatment, medical, legal and social services.

## **Queensland Drug Court Pilot Program**

- Queensland Health is a partner in this State Government program, which aims to divert offenders who are dependent on illicit drugs away from the criminal justice system and into treatment. The program helps people overcome drug dependence and associated criminal behaviour, through court enforcement and supervised treatment programs.

## **The Queensland Illicit Drug Diversion Initiative (QIDDI)**

- Queensland Health is a partner in this Commonwealth funded initiative which includes:
  - the Police Diversion Program for minor cannabis offences
  - the Illicit Drugs Court Diversion Program in Brisbane (pilot from March 2003).

### **Police Diversion Program**

- Under the program, people who are found in possession of 50 grams or less of cannabis and who meet the strict eligibility criteria, are offered the opportunity to be diverted from the criminal justice system to the Drug Diversion Assessment Program (DDAP), rather than being charged for the offence. Where appropriate, referrals to other drug and alcohol services are made.

### **Illicit Drugs Court Diversion Program**

- This pilot program aims to divert all eligible offenders who appear in the Brisbane Magistrates and Brisbane Children's Courts, who are charged with possession of a small amount of an illicit drug for personal use. Diverted offenders who are identified as having a dependence on an illicit drug are also offered a referral to outpatient treatment programs.

## **Cancer Screening**

### **Queensland Cervical Screening Program (QCSP)**

- The QCSP in conjunction with a range of partners including Health Service Districts, General Practitioners and Non-government agencies aims to enhance women's access to cervical screening services in Queensland through a range of initiatives, programs and services.

### **Mobile Women's Health Service (MWHS)**

- The statewide Mobile Women's Health Service consists of a network of 13 Mobile Women's Health Nurses and in some areas Indigenous Women's Health Workers, who provide cervical screening and other women's preventive health services for women in rural and remote Queensland. For further information about this service visit [www.health.qld.gov.au/phs/wcss/](http://www.health.qld.gov.au/phs/wcss/)

### **Queensland Health Pap Smear Register (PSR)**

- The PSR is a central and confidential database of Pap smear results which provides a back-up reminder service to women overdue for a regular Pap smear, and acts as a safety net for women with abnormal test results. The register ensures women receive a reminder if they are overdue for their next Pap smear and that any abnormal test results are followed up. For more information go to [www.health.qld.gov.au/PapSmearRegistry](http://www.health.qld.gov.au/PapSmearRegistry).

### **Rural and Remote Women's Health Program**

- This program is a jointly funded Commonwealth/State service, operated by the Royal Flying Doctor Service. It provides a visiting female GP service for women in rural and remote areas, and works in collaboration with the Mobile Women's Health Service.

### **The Healthy Women Initiative**

- This project promotes participation in sexual health and cervical cancer screening by Indigenous women in the Cape York Health Service District. It includes education and health promotion strategies, screening services and referral for treatment and support following diagnosis.

### **BreastScreen Queensland Program**

- The program provides free, high quality breast cancer screening services to all women in Queensland aged 50-69 years. Women aged 40-49 years and over 70 years are also eligible to attend.

The program has a network of 11 Screening and Assessment Services with satellite, mobile and relocatable services in over 240 locations throughout Queensland.

BreastScreen Queensland has developed a free workplace resource kit which provides Queensland employers information about regular breast cancer screening and the BreastScreen Queensland Program. For further information about the program, including program resources and screening locations visit [www.health.qld.gov.au/breastscreen](http://www.health.qld.gov.au/breastscreen)

### **Strengthening Support for Women with Breast Cancer**

- A Commonwealth-funded project that aims to ensure that psychosocial support services are enhanced and recognised as part of standard care for all women diagnosed with breast cancer and their families.

Five permanent Specialist Breast Nurse positions have now been established in selected Health Service Districts in the Southern and Northern Zones to provide psychosocial support and ensure women are linked to support services in the public and community sectors for follow-up psychosocial care.

### **Bowel Cancer Screening Pilot**

- As part of a Commonwealth initiative, Queensland Health is conducting a Bowel Cancer Screening Pilot Program in Mackay. The national program aims to assess the feasibility, acceptability and cost effectiveness of a bowel cancer screening program in Australia. The results will be used to inform Commonwealth and state governments on whether, and how to implement a national bowel cancer screening program. The pilot program targets people aged between 55 and 74 years.

## **Communicable Diseases**

The Communicable Disease Unit coordinates statewide outbreak management, and prevention and control of communicable diseases. Public health units based throughout the State are an integral part of disease surveillance and management.

The Communicable Disease Unit is responsible for policy and program coordination for the following areas:

- immunisation
- HIV/AIDS and sexual health
- hepatitis C
- infection control and sterilisation services
- mosquito-borne diseases and vermin control
- environmental health: waste management and water quality

## Food Safety

Queensland Health plays a key role in coordinating, monitoring and evaluating the status of food standards, food safety and broader food issues in Queensland, and in developing programs to manage food safety and food standard hazards.

The department is the lead agency in Queensland for legislation, policy and standards for:

- food safety in the manufacturing, food service and retail sectors
- food composition and labelling.

Queensland Health has developed guidelines and other resources to assist Queensland food businesses to comply with the Food Safety Standards. Environmental health officers, based in public health units throughout the State are responsible for enforcing food composition and labelling requirements set down by the Food Standards Code.

Queensland Health coordinates the food recall process for the State and the monitoring of foods to determine trends and the degree of compliance with food standards.

### Food Safety Matters website

- Queensland Health has recently launched a new educational website on the safe handling of food; specifically designed for students and teachers in secondary schools and Institutes of TAFE.
- The website builds upon the award winning *Food Safety Matters* resource developed by Queensland Health in 2002, in partnership with the Home Economics Institute of Australia and the Australian Government Department of Health and Ageing.

## Immunisation

The Queensland Immunisation Program is a collaboration between public and private health services, as well as the three levels of government.

Queensland Health provides a central role in improving and maintaining immunisation rates in the State to protect against vaccine preventable diseases like whooping cough, measles and hepatitis B.

To achieve this Queensland Health:

- coordinates the Vaccination Information Vaccination Administration System (VIVAS) - this immunisation database collects data on the immunisation status of children and is used to follow up unvaccinated and overdue children
- works with general practitioners, local councils, hospitals, aboriginal medical services, the Royal Flying Doctors Service, and Queensland Health and other immunisation services to develop and oversee policies and strategies to improve immunisation
- coordinates the delivery of free vaccines to service providers in the State
- represents Queensland Health on national and state committees on immunisation and related issues.

### **National Immunisation Program**

- Queensland Health participates in the National Immunisation Program. This is an Australian, State and Territory Governments initiative. It provides free vaccine to the Australian community to protect against 12 vaccine preventable diseases.

### **National Indigenous Pneumococcal and Indigenous Immunisation Program**

- Queensland Health participates in the National Indigenous Pneumococcal and Influenza Immunisation Program. Free pneumococcal and influenza vaccines are provided for eligible Aboriginal and Torres Strait Islander people under this program.

### **National Q Fever Management Program**

- A Commonwealth funded rural initiative involving a widespread vaccination program for at-risk groups including abattoir workers, shearers, tannery workers, dairy farmers and graziers.
- Under the Federal program, a free pre-screening test and Q Fever vaccine is provided for at risk occupation groups with some groups also offered a subsidy towards pathology costs and medical consultations.

### **National Meningococcal C Vaccination Program**

- The National Meningococcal C Vaccination Program is an Australian, State, and Territory Governments initiative. The aim of the program is to protect Australian children and adolescents against meningococcal C disease. It is being implemented throughout Australia in stages. All children, adolescents and young adults turning 1-19 years in 2003 (that is, born on or after 1 January 1984) are being progressively offered free vaccine.

Queensland Health is currently rolling out a school-based vaccination program for primary school students

## **Injury**

- The Poisons Information Centre website provides information for the public on preventing poisoning. For more information see [www.health.qld.gov.au/PoisonsInformationCentre/](http://www.health.qld.gov.au/PoisonsInformationCentre/)
- The Safe Playgrounds Information Kit available for schools and local government.

### **Smart Housing**

- Queensland Health is a partner in the Smart Housing project; a whole-of-government initiative coordinated by the Department of Housing. The project looks at developing sustainable housing by addressing environmental, economic and social aspects of design. Queensland Health promotes design features which prevent injuries.

### **Safety in Residential Dwellings Taskforce**

- Queensland Health is a partner of the Safety in Residential Dwellings Taskforce; a whole-of-government group that has just completed research on the barriers for people to include safety designs in their homes and strategies to address these.

### **The 'Statewide Falls Action Plan: Fall Prevention in Older People'**

- An action plan focusing on the promotion of healthy aging through the prevention and management of older people at risk of falls. It concentrates on falls prevention inside the home, in the community including on roads and footpaths, hospitals, and in nursing homes and hostels. Action areas include the development of policies to ensure safe environments in Queensland Health facilities, enhancing the skills of the aged care workforce, and encouraging healthy and safe behaviours in older persons in the community.

### **Wide Bay/Burnett Stay on Your Feet Falls Prevention Project**

- This project works with local communities, government and non-government agencies to encourage older people in the region to be more physically active to improve their quality of life, live independently for longer and prevent falls.

### **Safe Communities**

- Five communities across Queensland have adopted the World Health Organisation's Safe Communities Model to develop local initiatives focusing on injury prevention and safety promotion. The five communities include Mackay, Townsville, Toowoomba, West Moreton and Mount Isa.

### **The Child Injury Prevention Project**

- The Child Injury Prevention Project is part of the Human Services CEO's Committee workplan and is jointly funded by Department of Emergency Services and Queensland Health. It is a three to five year trial running in Mackay, including Sarina, Mirani and the Whitsundays, and Mount Isa, with Bundaberg and Mareeba the control communities. The project commenced in April 2003. It aims to reduce injury associated illness and death in children 0-4 years of age over a five-year period, from falls, burns/scalds, drowning/immersions and poisoning, as well as locally identified priorities.

## **Mental Health**

Integrated Mental Health Services provide numerous mental health promotion, prevention and early intervention programs and Queensland Health also supports non-clinical programs run by non-government community organisations.

### **Suicide Prevention**

- Nine State Government agencies are involved in the *Queensland Government Suicide Prevention Strategy 2003-2008*, which recognises that a whole-of-community approach is required to reduce suicide. With coordination support by the Department Premier and Cabinet, Queensland Health, Education Queensland, the Queensland Police Service and the departments of Families, Emergency Services, Corrections, Aboriginal and Torres Strait Islander Policy, Primary Industries and Employment and Training are required to report annually against progress on predetermined suicide prevention activities.

Each Department has developed a detailed Action Plan that clearly outlines the agency's role and responsibility in relation to pre-identified Outcome Areas. These have been integrated to comprise the *Reducing Suicide Queensland Government Suicide Prevention Action Plan* which will be updated after each annual review.

### **Suicide Register**

- The Australian Institute for Suicide Research and Prevention (AISRAP) is a leading research institute dedicated to providing quality research and training programs as an essential element for achieving effective suicide prevention. *The Queensland Suicide Register* is a long-standing project, funded by Queensland Health, that collates a range of data on all completed suicides in Queensland.

### **Resiliency Projects**

- Queensland Health, through Health Promotion Queensland is currently funding two research projects totalling \$1.4 million to help build the resiliency of primary school children. These projects are designed to provide children with the life skills needed to handle issues such as peer pressure, bullying and family breakdowns, as well as resist harmful habits like smoking and other drug use.

### **Deafness and Mental Health**

- The Mental Health Unit in partnership with the Queensland Deaf Society have developed an internet site ([http://www.qds.org.au/mental\\_health/](http://www.qds.org.au/mental_health/)) which provides information on issues relating to Deafness and Mental Health.
- The Princess Alexandra Hospital Health Service District has established a Centre of Excellence to provide private practice specifically designed to provide appropriate, equitable and accessible mental health care to Deaf and hearing impaired consumers throughout Queensland.

### **HIV / AIDS Mental Health Working Protocols**

- With better treatment outcomes, persons with HIV/AIDS in Australia are surviving longer. Recognising the psychological and mental health issues affecting long term HIV/AIDS sufferers, the Communicable Diseases Unit and the Mental Health Unit have developed a set of collaborative working protocols to achieve better treatment outcomes for consumers.

### **Strategic Partnerships**

- Queensland Health participates in a number of whole-of-government forums and projects to influence the policies and service delivery of other government services. We are involved in partnership projects with non-government agencies, general practitioners, and consumers and carers to increase choice, to provide new perspectives in service provision, and to improve the quality of housing and disability support services available to people with mental illness. Groups with special needs, such as adults and children in the criminal justice system and people with mental illness who also have alcohol dependence or intellectual disability, will gain better access to quality treatment services.

### **The Queensland Transcultural Mental Health Centre (QTMHC)**

- The Queensland Transcultural Mental Health Centre (QTMHC) is a statewide service which provides an information, referral, resource and clinical consultation service. All services are provided free of charge.

### **District Partnership Project**

- A partnership project between QTMHC and Cairns, Logan-Beaudesert and Gold Coast District mental health services allows staff to focus on transcultural issues locally and to establish better working relationships with key multicultural agencies.

### **Building Resilience in Transcultural Adolescents (BRiTA)**

- The BRiTA project is a partnership with the QUT Resiliency Project and the Brisbane City Council to meet the needs of primary school children and to pilot the adapted program in schools participating in the QUT project.

### **Training resources on Transcultural Older Person Mental Health Issues**

- QTMHC is currently developing a ninth module as part of the “Managing Diversity in Mental Health” Training Program, focusing on the specific mental health issues of older people from culturally and linguistically diverse backgrounds.

### **Indigenous Mental Health**

The Clearing House for Indigenous Rural and Remote Projects, is working in partnership with Australian Integrated Mental Health Initiative (AIMHI) and the University of Queensland to improve health services and support structures to meet the needs of indigenous people with chronic and recurring mental disorders. AIMHI is funded for five years (2003-07) by the National Health Medical Research Council and by Queensland Health.

Some Queensland projects include:

#### **Mental Health Outcomes**

- AIMHI is working with the Mental Health Unit to assess and modify the reliability of existing mental health outcome measures for Indigenous clients with serious mental illness.

#### **Improving Clinical Services**

- An audit has been conducted of mental health services and practices in remote North Queensland communities to gather data on the strengths and needs in key clinical areas, including diagnosis, medication, referrals, charts and records, staffing levels, development and training needs, mental health promotion materials and community input. This data will be used to develop an intervention package addressing the priority needs in clinical mental health services.

#### **Strengthening Families and Communities**

- While health services play a key role in some aspects of managing mental illness, clients often need support from families and communities to meet their everyday needs. This project is based in Hopevale and involves a series of interviews and chart audits to bring together the stories, needs and views of clients, carers and service providers. These will be used to develop a model of coordinated community care and support.

#### **Record Mental Health Funding for Community Groups**

- The Queensland Government in July announced a record \$6.9 million funding package to assist community organisations to provide new and expanded mental health services throughout the state. The package supports non-clinical mental health support services run by 55 non-government agencies (NGOs).

## Nutrition

Queensland Health has a network of 20 new community and public health nutritionists, 15 Indigenous Child Health and Nutrition Workers and nine physical activity specialists throughout the State. The recent 2004/05 budget announced nine additional nutritionist positions.

Queensland Health has a number of initiatives/programs aimed at increasing nutrition and physical inactivity among children and adults. The following is a summary of the main programs.

### **Creating a Healthier Queensland**

- Over 140 nutrition, physical activity and chronic disease prevention workshops have been conducted throughout the State for health service staff and other stakeholders. These workshops provide information on national guidelines for nutrition and physical activity, and increase awareness of the role of the guidelines in chronic disease prevention.

### **Physical Activity and Nutrition out of School Hours Care Program (PANOSH)**

- The PANOSH resources and training packages assist Outside School Hours Care services to provide healthy and affordable food choices, and to keep children active during afternoon and vacation care. The resources are currently being distributed throughout the state.

### **Active-Ate**

- Is a schools-based initiative that supports healthy food choices and physical activity in the context of the Education Queensland Health and Physical Education Curriculum for years 1-10. The program, conducted as part of Health Promoting Schools, is supported by the website, [www.health.qld.gov.au/ActiveAte/](http://www.health.qld.gov.au/ActiveAte/).

### **The Growth Assessment and Action (GAA) Program**

- Involves the development and implementation of a comprehensive Indigenous child health growth assessment and action initiative, currently being piloted in North Queensland.

### **Growing Strong: Feeding You and Your Baby**

- Resources designed to assist child care and other health staff when engaging Indigenous families about nutrition for mothers, babies and young children.

### **Lighten Up to a Healthy Lifestyle Program**

- Lighten up is a group based program delivered through community health services that encourages people to manage their weight by adopting healthier habits. The program covers areas such as how to make healthy food choices, being physically active, setting realistic goals, and dealing with stress. In some areas the program is offered specifically to parents of overweight children.

The program is being offered by a range of Health Service Districts including Townsville, Mackay, Fraser Coast, Redcliffe-Caboolture, Southern Downs and Logan-Beaudesert.

### **Kids on Track**

- A treatment program for childhood obesity targeting parents or carers of children aged 2-12 years who are overweight or obese. The program is currently being piloted through Gold Coast Community Child Health Services.

### **The Fun not Fuss with Food Program**

- An education program for parents with children aged two to 10 years who have problem eating and mealtime behaviours. The program is being trialled in the Gold Coast, Charleville and Toowoomba Health Service Districts.

### **Better Food Better Care and Better Food Better Preschool Initiatives**

- Statewide projects with an early intervention, preventative approach targeting staff, families and children to improve nutrition in childcare centres and pre-schools.

### **Other nutrition initiatives include:**

- The School Nutrition Action Coalition has been established to work with school communities on nutrition.
- Funding is being provided by Queensland Health to the Queensland Association of School Tuckshops and Nutrition Australia to help implement healthy nutrition initiatives in school tuckshops.
- During 2004/05, research is being conducted on overweight and obesity, and the nutrition and physical activity behaviour of Queensland children to further inform health promotion programs.
- A joint action plan between Queensland Health and Education Queensland guides work on a range of public health issues including overweight and obesity. It addresses:
  - policy issues (tuckshops, vending machines, out of schools hours care programs etc)
  - programs relevant to curriculum and the whole school environment
  - links to Queensland Health programs in schools such as the School-based Youth Health Nurse program.
- Royal Children's Hospital, in collaboration with the University of Queensland, are conducting research on the effect of physical activity interventions on insulin sensitivity in children; and on cardiovascular risk markers in obese and healthy weight children.
- Royal Children's Hospital is developing an Educational Management Package for paediatricians with information on the appropriate detection, investigation and treatment/management of obesity and its associated conditions (eg. hypertension, orthopaedic problems). The aim is to prevent Type II diabetes in young people at risk of developing the disease and the progression to Type II diabetes among obese children.
- Queensland Health is represented on the Queensland Association of School Tuckshops (QAST). This association is a non-government organisation that supports schools to provide a quality school tuckshop service. In conjunction with Nutrition Australia, QAST has developed resources on nutrition, food safety and financial management to assist tuckshop convenors.

## Oral Health

The Queensland Government provides the largest, most comprehensive, free dental health service in Australia for eligible adults and children. Approximately \$120 million is allocated annually for public oral health services. In 2004/05, \$128M is being provided.

In 2003/04, it was estimated that Queensland Health's oral health service provided more than 664,000 visits to children through school-based services and 548,000 visits for eligible adults. The oral health service has 260 fixed and 190 mobile clinics.

Prevention initiatives include:

### **Happy Teeth Happy Child Program**

- Based on the World Health Organisation's Health Promoting Schools Framework, this childcare centre program focuses on children aged 0-4 years. The program aims to create a supportive environment within the centre by developing policies which promote health, and a special oral health and nutrition curriculum. Approximately 600 Queensland childcare centres have implemented the program to date. This program is currently being evaluated.

### **Healthy Teeth for Life Program**

- Developed for Queensland Health staff to ensure consistent health messages and up to date resources to support knowledge of oral health. To date, approximately 650 primary health care providers such as child health nurses, GP's and pharmacists have been engaged in the program across Queensland.

### **Indigenous Oral Health Flipcharts**

- Aim to increase the profile and understanding of oral health in Indigenous communities. The charts focus on school children and parents and can be used by teachers or health workers for classroom lessons, as well as parents and carers of babies and young children. The flipcharts are available, on request, to Indigenous communities and relevant project teams working in oral health in Queensland.

## Physical Activity

### **10,000 Steps Rockhampton**

- This innovative project is working with the Rockhampton community to encourage people to increase their physical activity by wearing a pedometer to measure the number of steps taken each day. Due to the success of the Rockhampton project, an additional \$150,000 will be provided in 2004/2005 to further develop the 10,000 Steps package to make it available for use across Queensland and interstate. A particular focus of the project will be to increase physical activity levels among disadvantaged and hard-to-reach groups in communities throughout the State.

### **Bowen Healthier Shire Partnership project**

- Funded by Health Promotion Queensland, the project aims to reduce the risk factors which contribute to cardiovascular disease, type II diabetes and cancer in people living in the Bowen and Collinsville communities. The project is designed to increase levels of physical activity, promote the consumption of more fruit and vegetables, and reduce harmful levels of alcohol consumption in these communities.

The project has been in existence for four years and is managed by a community committee that became incorporated two years ago. The committee works closely with the Bowen Shire Council and this has resulted in a number of initiatives being implemented in the local community.

### **Physical Activity Facts: A Summary of Information about Physical Activity for Physical Activity Stakeholders**

- A professional support resource full of facts and information for people with an interest in physical activity. The booklet can be downloaded from <http://www.health.qld.gov.au/phs/Documents/sphun/9211dmp.htm> or [http://www.health.qld.gov.au/HealthyLiving/Physical\\_Activity\\_P.htm](http://www.health.qld.gov.au/HealthyLiving/Physical_Activity_P.htm)

### **Sexual Health**

- Queensland Health's 16 sexual health clinics across the State play a vital role in HIV and sexually transmissible infection (STI) prevention and treatment programs.
- The Queensland Health HIV/AIDS Hepatitis C and Sexual Health Advisory Committee includes representatives from government, non government and community organisations to provide advice to government on prevention, treatment, education and resources to best address HIV/AIDS, hepatitis C and sexual health.
- Work continues with the University of Queensland and Griffith University to develop and deliver statewide courses for public and private sector health care providers. These courses aim to improve the skills of the workforce and ensure quality services.
- The Chronic Diseases Strategy is a community based health check designed to provide early detection and treatment for a range of health issues including sexually transmissible infections. The program is conducted by a team of doctors, health workers and nurses in consultation and collaboration with local Aboriginal and Torres Strait Islander organisations and community members.
- Queensland Health provides funding to various community agencies to provide peer based education and prevention programs, as well as treatment and care to at risk population groups such as gay men, injecting drug users, people living with HIV and hepatitis C, and sex workers.
- General sexual health website – [www.health.qld.gov.au/sexhealth](http://www.health.qld.gov.au/sexhealth). This includes information for the public, general practitioners, resources, and curriculum packages for teachers to assist in secondary school health education.
- Youth focused HIV/AIDS, hepatitis and sexual health website at [www.istaysafe.com](http://www.istaysafe.com).

## Smoking

- The *Tobacco and Other Smoking Products Act* is currently being reviewed.
- The tobacco laws in Queensland are enforced by 60 Environmental Health Officers located in Public Health Units across the State. There is also a specialised team of two Tobacco Control Investigation Officers targeting sales to minors. All officers enforce tobacco sales to minors, tobacco advertising and passive smoking under the legislation. Monitoring includes visiting premises, contacting proprietors and conducting enforcement blitzes. The public can assist by reporting alleged breaches of the tobacco legislation to Public Health Units. Telephone numbers of Public Health Units are listed in the White Pages under Queensland Health.
- Queensland Health conducts the QUIT campaign, in conjunction with the Queensland Cancer Fund, through statewide advertising and other promotional activities. The Quitline provides 24 hour telephone counselling on 131 848 for people wanting to quit smoking.

### Indigenous Events Support Program

- The program has been developed in partnership with local Indigenous communities in North Queensland. It aims to create awareness of the impacts of smoking, and promote smoke-free messages at Indigenous community events.

### SmokeCheck

- SmokeCheck is a culturally appropriate tobacco intervention program for Indigenous peoples involving training and on-going support for health care workers with Indigenous clients.

### Cigarette Smoke is 'Poison' Resource

- Produced in partnership with Education Queensland, the Association of Independent Schools Queensland and Queensland Catholic Education Commission, the resource provides a comprehensive guide for school communities to address tobacco smoking.

### Young Women and Smoking Project

- The Project (\$750,000 over two years) is investigating ways to reduce smoking rates in young women. The target group is women aged 18-24 years, particularly women who smoke on an occasional or irregular basis.
- Queensland Health has funded a smoking and pregnancy pilot project at the Mater Hospital to test the implementation of a new clinical guideline.

## Social Determinants

Queensland Health is a member of the Queensland Public Health Forum. The Forum is a collaborative working arrangement between a number of agencies who have an interest in public health.

Members include: the Australasian Faculty of Public Health Medicine (Qld Branch); The Australian Health Promotion Association (Qld Branch); Australian Institute of Environmental Health (Qld Branch); Australian Department of Health and Ageing (Qld Branch); Department of Aboriginal and Torres Strait Islander Policy; Department of Families; Diabetes Australia (Qld Branch); Education Queensland; James Cook University; Local Government Association of Queensland Inc; National Heart Foundation of Australia (Qld Division); Public Health Association of Australia Inc (Qld Branch); Queensland Aboriginal and Islander Health Forum; Queensland Cancer Fund; Queensland Centre for Public Health; Queensland Council of Social Service Inc; and Queensland Divisions of General Practice Association Inc.

## Sun Protection

### Queensland Skin Cancer Prevention Strategic Plan 2001 – 2005

- A strategic plan which provides a coordinated vision for skin cancer prevention activities in Queensland. The plan focuses on four key areas:
  - increasing public awareness and adoption of sun protection behaviours
  - extending access to and promoting the use of shade areas
  - strengthening community ability to prevent skin cancer
  - developing and implementing sun protective policies.

### Other skin cancer prevention activities include:

- information on Queensland Health's "Healthy Living" website ([www.health.qld.gov.au/healthyliving/](http://www.health.qld.gov.au/healthyliving/))
- pilot trial of Townsville Skin Cancer Networking Group to improve communication among skin cancer stakeholders in the Townsville region
- participation in Arbor Day – Spade and Shade Committee, and sponsorship of annual Arbor Day School Award
- Community Education Strategies Project, in conjunction with the Queensland Cancer Fund, which aims to deliver sun safe messages through the mass media
- Sun Protection in School Communities Project which develops resources for use in schools throughout Queensland.