Logan

Community health action plan 2017
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In May 2016, I launched our health system’s ten year vision for Queensland—My health, Queensland’s future: Advancing health 2026, with a vision of making Queenslanders among the healthiest people in the world by 2026. Whilst this is a statewide vision, it cannot be realised by taking action at a statewide level alone, but also requires local action at a local level in response to local issues.

The Community health action plan for Logan outlines the local actions that will be taken in Logan to achieve our vision. It recognises that Logan, as with many other communities in Queensland, is not a disadvantaged area, but one that has some disadvantage within it. Good health is not shared equally across the population.

As a resident of Logan, I am very much aware that the strength and resilience of our community is reliant upon the health and wellbeing of each and every one of us. This is about supporting and empowering those in our community that experience, or are at risk of, poorer health outcomes. It is about delivering real and meaningful improvements in health and thereby ultimately contributing to the health and wellbeing of our entire community.

This plan was developed in consultation with the community, and includes key strategies to improve nutrition, maternity care, immunisation rates, mental health, multicultural and refugee health, and dental care.

Together we can make the citizens of Logan among the healthiest people in the world.

The Hon. Cameron Dick MP
Minister for Health and
Minister for Ambulance Services
Logan Community Health Action Plan 2017

Logan snapshot

Logan Local Government Area has a total area of 959.6 km².

Logan residents’ utilisation of some hospital services is considerably higher than the state average.

Approximately 90% of Logan residents admitted to public hospitals do not have private hospital insurance cover.

There is a high rate of potentially preventable hospitalisations which increases with socio-economic disadvantage and lower health literacy.

Higher rates of disability and death for conditions including coronary heart disease, stroke, diabetes, lung cancer, melanoma, chronic obstructive pulmonary disease (COPD) and injuries such as road transport, falls and suicide.

Measures of early development indicate children in the Logan region are more developmentally vulnerable compared to the QLD average.

Rapid population growth, an ageing and culturally diverse population along with a high level of social disadvantage in Logan, have resulted in a significant increase in demand for services.

Logan residents’ utilisation of some hospital services is considerably higher than the state average.
Population

In the March quarter 2016 there were 9442 (7.2%) people unemployed (the QLD unemployment rate is 6.2%).

Logan has 19.4% one-parent families which is higher than the QLD rate of 16.1%.

Demographic

7774 persons (2.8%) of the population identify as Aboriginal and Torres Strait Islander (the total QLD Aboriginal and Torres Strait Islander population is 155,824 or 3.6%).

72,609 people (26.1%) were born overseas and 12.8% or 35,544 people spoke a language other than English at home, with Samoan highest at 1.4% (3876 people).

Logan has 17.6% of families with no parent employed. The QLD rate is 13.5%.

People born overseas face challenges such as language barriers and differences in cultural practices, making it difficult for them to access health services.

The average annual growth rate is 2.2% compared to QLD growth rate of 1.7%.

By 2026 the population is expected to grow by 75,773 people.

The 70+ age group is expected to have the highest population growth at 86% compared to QLD which is 61%.

31.1% of population is in the most disadvantaged socio-economic quintile compared to 20% in QLD.

In the March quarter 2016 there were 9442 (7.2%) people unemployed (the QLD unemployment rate is 6.2%).

Source:
Queensland Regional Profiles: Resident Profile: Logan
Queensland Government Statistician’s Office 2016
Introduction

Context

My health, Queensland’s future: Advancing health 2026 (Advancing health 2026) established a common vision and framework for the health system in Queensland. Our vision is that ‘By 2026 Queenslanders will be among the healthiest people in the world’.

The plan

The Logan Community health action plan 2017 (Logan CHAP) identifies how the community of Logan, government, healthcare providers and other stakeholders will work together to contribute to our vision. It outlines how programs will be tailored to meet local needs and improve the health and wellbeing of the Logan community.

The six priorities

In consultation with the community, six priorities for action were identified to improve the wellbeing of people in Logan:

1. obesity
2. maternal care and child health
3. immunisation
4. mental health
5. multicultural and refugee health
6. dental.
Unhealthy weight gain is not just a challenge for Logan or Queensland, but is a global problem. However, there are a number of distinct issues in parts of the Logan community.

Investment is needed to promote the benefits of maintaining a healthy weight, and to support people to lose weight and prevent weight gain.

1.1 Healthy refugee communities

Led by: Metro South Hospital and Health Service

The healthy refugee communities project will use community-based strategies to improve the health outcomes of refugee communities in relation to healthy weight, healthy eating and physical activity.

The program will include:

- nutrition training of settlement and other community workers
- the development of healthy weight, healthy eating and physical activity resources (printed, web and social media)
- environmental supports such as food co-operatives, multicultural food gardens, gender-specific and other culturally appropriate options for physical activity
- the development of partnerships with a range of multicultural and other community groups and food suppliers supported by micro-grants
- the development of a media and communication strategy.

In Logan, 68% of people aged 25 to 34 are obese.

69% of people aged 55 to 64 are obese.

There is a rising prevalence of obesity in Logan refugee communities.

Across all adults in Logan, 49% of people have insufficient daily fruit intake.

And 67% for people aged 55 to 64.

The state average is 51% for people aged 25 to 34.

And 94% of people have insufficient daily vegetable intake.

The National Diabetes Service Scheme identifies Logan as having a high prevalence rate of diabetes, well above the national average. In 2015–16 the Logan Hospital Diabetes specialist outpatient clinic received 1529 referrals for service and had a long wait waitlist of 225.

In Logan, 68% of people aged 25 to 34 are obese.

Across all adults in Logan, 49% of people have insufficient daily fruit intake.

And 94% of people have insufficient daily vegetable intake.
1.2 BEACON diabetes clinic

Led by: Metro South Hospital and Health Service

The BEACON model-of-care involves improving the management of complex type 2 cases of diabetes in the community by primary care physicians with specialist support. The objective is to improve the quality and safety of healthcare for patients with complex diabetes.

This program will:

- improve patient outcomes and the patient journey
- better manage complications associated with type 2 diabetes
- improve patient education and self-management
- avoid unnecessary hospital admissions
- reduce outpatient waiting lists.

1.3 Healthier. Happier.

Led by: Department of Health

This program is all about changing habits and making Queensland the healthiest state. This existing media campaign will be tailored to specific groups in the Logan community.

The Department of Health will work with Metro South Hospital and Health Service to identify priority groups and opportunities to promote good health in Logan. For example, this may include tailoring existing social media campaigns targeted to Logan residents, or participation in Logan community events.
It is important that all Queensland children get the best start to life. However, health outcomes for some Logan children are significantly worse than the state average.

2.1 Community-based midwifery

**Led by: Metro South Hospital and Health Service, in collaboration with Logan Together for some elements**

Building on the existing midwifery group practice offered at Logan Hospital, this program will provide a community-based model-of-care. This program will include antenatal care in the community, birthing services at Logan Hospital and postnatal care in the community.

The key element of this program is that the midwifery group practice model will be delivered by a community-based team with services operating out of facilities in the community. Continuity of care will also be a key feature of the model.

A new oversight committee will be established to support the implementation of the new program and the inclusion of community representatives on the committee will ensure it remains responsive to the needs of the Logan community.

The new model will also be subject to an evaluation to guide its future development. The model will also be supported with access to obstetric care where required.
2.2 Maternal and child health intervention and treatment

Led by: Children’s Health Queensland

This initiative includes three elements:

- The Good Start to Life project (managed by the Good Start Program). This award-winning program will support Maori, Pacific Islander and other vulnerable families to build knowledge, skills and confidence around optimal maternal and infant nutrition. The project will include the development and delivery of culturally appropriate nutritional education and parenting support, as well as community-based information campaigns to raise awareness on antenatal care and promote access to existing Logan maternity services.

- A Multicultural Liaison Officer in Logan Hospital to help Maori, Pacific Islands and multicultural families navigate health services. Under a partnership with Metro South Hospital and Health Service and the Good Start program, a Multicultural Liaison Officer will develop appropriate child health pathways between hospital and community services for Maori, Pacific Islander and other cultural groups.

- The current multidisciplinary tertiary overweight and obesity clinics at Lady Cilento Children’s Hospital and Ipswich will be expanded into the Logan area with specific emphasis on the most vulnerable communities and families.

2.3 Social media campaign

Led by: Department of Health

Queensland Health will undertake targeted social media engagement with expectant mothers in Logan to connect them with existing campaigns to improve health outcomes.
Immunisation is an internationally recognised proven and cost effective intervention for protecting individuals and our community against vaccine preventable diseases.

The Queensland Immunisation Strategy 2014–2017 sets the goal ‘95 per cent of all Queensland children are fully immunised at one year, two years and five years of age’. The strategy recognises that specific groups in the community and geographical areas need to be targeted for further improvement such as closing the gap between Indigenous and non-Indigenous childhood vaccination rates and ensuring children from culturally and linguistically diverse backgrounds are immunised.

High immunisation rates need to be achieved and maintained across Logan to protect the community from vaccine preventable diseases.

### 3.1 Targeted immunisation

**Led by: Department of Health**

This initiative will link Logan families who have children up to five years of age, who are overdue for immunisation with appropriate immunisation services.

Increased immunisation rates in the Logan community will be achieved by tailoring existing successful statewide programs such as ‘Immunise to 95’ and ‘Bubba Jabs on Time’ to the unique needs of Logan.
While there are already many programs, services and organisations available in Logan to support people’s mental health, the community has identified a key need that is not currently being met—youth drug and alcohol rehabilitation services.

Currently, adolescents wishing to access withdrawal and detoxification programs are required to use services away from their community, including limited inpatient programs based at the Mater, or for those over 18 years of age, at the Royal Brisbane Women’s Hospital.

4.1 Adolescent and young adult drug and alcohol detoxification service

Led by: Metro South Hospital and Health Service

This program will expand the existing community-based outpatient drug and alcohol detoxification programs for adults. The initiative will provide specialist services for adolescents up to 25 years of age, including assessment, treatment and when appropriate, outpatient detoxification.

The program will link with Addiction Services, Child and Youth Services and the Logan Beaudesert Wellbeing Youth and Family Service. It will expand available services in Logan to assist in meeting the needs of adolescents and young adults in the Logan area.

It will also extend the work undertaken through the Logan Together program (specifically: training GPs, non-government organisations, and health workers in single session therapy; and the Parenting Intervention Program that is working with parents to assist them with conversations around alcohol and drug issues). The bringing together of resources from three programs will enhance the effectiveness of the programs and support the expansion of the outpatient withdrawal management program.
Navigating the health system is challenging for most people—61 per cent of the Australian population identify as having low health literacy. These challenges are multiplied for people of culturally and linguistically diverse (CALD) backgrounds due to additional issues such as language proficiency, unfamiliarity with the healthcare system, differing cultural and religious beliefs and lack of knowledge about where and how to access healthcare services. These challenges contribute to poorer health outcomes for some CALD communities and impact on health access behaviours.

Logan is one of the most culturally and linguistically diverse populations in Queensland. 26.1% of Logan residents are born in a country other than Australia, including 11.6% from a non-English speaking background.
5.1 Biannual multicultural health expo

Led by: Metro South Hospital and Health Service / Logan City of Choice Refugee Health Network

This event will focus on providing health education, information and screening for people in the Logan community of CALD backgrounds.

While focusing on improving health literacy for the community, this event will also provide opportunities to establish positive health interactions between the community and health service providers.

In particular the expo will:

- provide information about available resources, specifically resources in other languages
- promote information about the availability and effective use of interpreters
- build the capacity and skills of health staff to provide care to CALD patients and community members
- create positive and non-threatening health interactions for community and staff.

5.2 Health service providers cultural intelligence training

Led by: Metro South Hospital and Health Service / Brisbane South Primary Health Network

Ongoing training and support will ensure that healthcare providers are responsive to the needs of Logan’s diverse community. Additionally, a Multicultural Liaison Officer will be employed at Logan Hospital to provide support to consumers from culturally and linguistically diverse backgrounds.

The program will:

- improve the cultural attitudes, beliefs, knowledge and skills of Logan-based Metro South Hospital and Health Service staff
- increase the use of appropriate resources for patients from CALD backgrounds, including interpreter usage
- allow Logan Hospital and community services to develop the appropriate resources, policies and procedures that support services for patients from CALD backgrounds.
While Logan is well serviced by dental care providers, the community has identified the need for a greater focus on preventative dental health and education, and improving access to dental care, particularly for children and refugees.

6.1 Dental care program—prep and year one

Led by: Metro South Hospital and Health Service

The existing school tooth brushing program will be expanded to include children in prep and year one, supporting increased dental awareness and hygiene at an early age.

The program aims to embed good behaviours to prevent tooth decay and long-term oral health and general health issues.

The existing program in Logan was recently evaluated and results showed a 19 per cent reduction in dental decay at the schools that were part of the program compared to those that were not.
6.2 Lift the Lip

Led by: Metro South Hospital and Health Service / Children’s Health Queensland

The Lift the Lip program is a collaborative initiative that brings oral health and general health together to give our youngest a great start in life. This program will be expanded to increase oral screening of children up to four years of age.

The program involves child health nurses who are trained and equipped to identify dental disease in young children and provide preventative oral health advice to families during child health nurse check-ups. Further, as part of the program, child health nurses refer children directly to dental practitioners for free dental treatment.

6.3 Healthy Mouth Day

Led by: Metro South Hospital and Health Service

High schools and special schools will be invited to host a Healthy Mouth Day to increase awareness of the importance of oral health and to support students with signs of decay with follow-up care.

Students who register to participate will receive:

- oral health screening
- individual oral health education, including plaque disclosing and a tooth brushing lesson
- application of fluoride varnish (five per cent sodium fluoride) to vulnerable teeth
- a ‘take home’ pack with a free toothbrush, toothpaste and printed advice on their oral health needs and how to access follow-up care.

6.4 Refugee dental fair

Led by: Metro South Hospital and Health Service

The refugee dental fair is an alliance between Metro South Hospital and Health Service and a range of volunteer, community and health groups who support refugees. It is led by the Tzu Chi Foundation—a Buddhist group known for their humanitarian work. The fair provides patients with a full dental examination, pain relief where necessary and advice on preventing oral health problems.