



Health literacy and locational disadvantage

Siggi Zapart and Andrew Reid

Overview

- A broader view of health literacy
- Health literacy in CHETRE's Locational Disadvantage program
- Past activities
- Upcoming and planned future activities

Health literacy - World Health Organisation

The cognitive and social skills which determine the motivation and ability of individuals to gain access to, understand and use information in ways which promote and maintain good health.

- Critical to empowerment
- Addresses the environmental, political and social factors that determine health
- Health education
 - Aims to influence lifestyle decisions, raise awareness of the social determinants of health, encourages actions that which may modify those determinants
 - Achieved through interaction, participation and critical analysis
 - Leads to health literacy → personal and social benefit (enabling community action, social capital)
- Promotes empowerment

CHETRE'S Locational disadvantage program and health literacy

- Social determinants of health in locationally disadvantaged communities
- Program goal

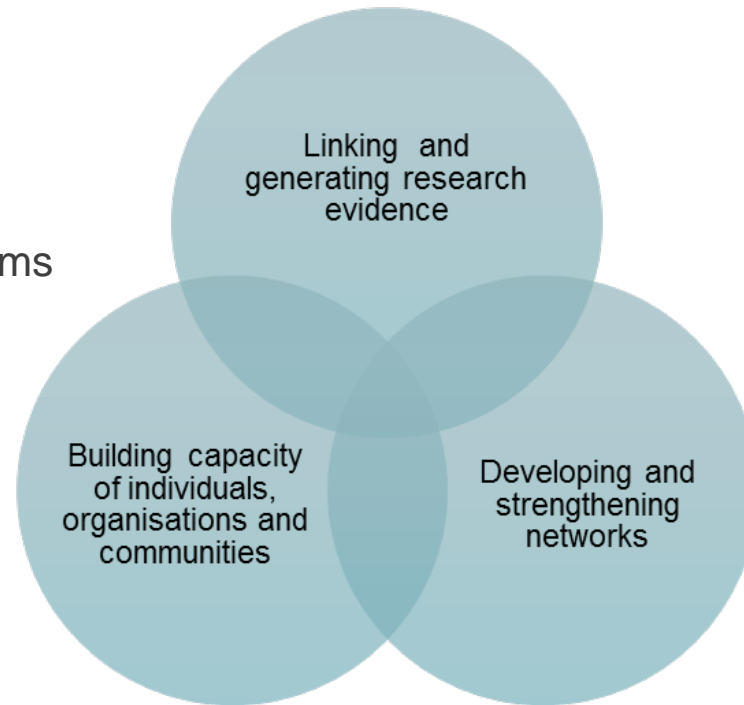
What: To create supportive environments for equity and health
Where: in the most disadvantaged locations in South Western Sydney
Through: working adaptively and responsively with people and organisations,
To enable: trust, empowerment, the ability of people and communities to take control of their lives, and health literacy
For: health, wellbeing, and equity.

- Locational focus in SWSLHD



Program streams and activities

- Three program streams
- Range of activities within each



- Many relevant to more than one stream, others specific to one
- Extend across the district
- Focus on areas of greatest need

- Two main programs
 - Community STaR
 - Working in Locationally Disadvantaged Communities (WiLDC)

Community STaR

- Fosters
 - Increased community engagement; Participation; Empowerment
- Through
 - Education and training
 - Support
 - Community engagement events and programs
 - Partnerships
- Programs and activities
 - Learning circles; Training
 - Community forums; Seminar and speaker program
- Participation in and or support for
 - Partnership activities; Community led campaigns



Past activities

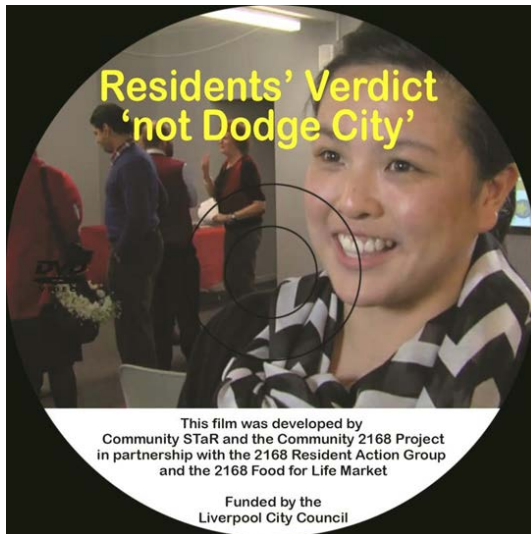
- Large community forums
 - Preventing Alcohol related harm
 - Mens' health
 - Family drug support services and how to access them
 - Dual diagnosis
 - Climate change

- Smaller forums
 - Social inclusion
 - Food forum – understanding food advertising, gardening in small spaces, food security
 - Community gardens;
 - Environmental issues



Past activities cont

- Seminar and speaker program
 - Multiculturalism
 - Social inclusion
 - Community initiatives to prevent alcohol related harm



- Partnership activities
 - Production of a film: “Resident verdict – not Dodge City”
 - Several partnership activities with CDAT

Working in locationally disadvantaged communities course

- Overview
 - Capacity building and community engagement program
 - supports workers in health and non health organisations to
 - » Learn about the causes and consequences of locational disadvantage
 - » Conduct community projects aimed at improving health
 - Workshops, site visits/excursions, help desk support

Examples of previous course projects

- Stepping up to Health – keep physically active and socially active in older age
- Healthy lifestyle program for Chaldean and Iraqui Communities
- Keep Active Live Better
- Healthy Clinic
- Hepatitis B Vaccination Outreach Clinic
- Macquarie Fields Mens' Shed
- Ashcroft High Coffee Club
- Heart Smart for Women



Upcoming and future planned work

- Community STaR activities
 - Planned for 2018
 - » First aid training
 - » Local Drug Action Team (LDAT)
 - » Gambling related harm forum
 - Ideas for 2019
 - » Strengthening communities – building, repairing and maintaining healthy relationships workshop
 - » Partnerships for positive change (using sport as a way to increase hope)
- WiLDC course – to commence January 2019
 - Scaled out and Restructured
 - » Range of organisations and individuals
 - » Across SWSLHD
 - » Partnership teams

Upcoming and future planned work

- Possible partnership projects that we are looking at developing
 - Community connectivity through art, greenspace and neighbourhood participation
 - Sons of SydneySouthWest - partnership project with local sporting club, Council and community services
 - Family mentoring and group based support for newly arrived migrants/refugees
 - Health champions SWSLHD