

Congratulations

AHPA (WA Branch) would like to extend their congratulations to our 2007 Graduate Health Promotion Scholarship recipient, Blanche Waddell, who has received ongoing employment with WA School Canteen Association after successfully completing her six-month scholarship project aimed at improving the nutritional value of foods and beverages sold in sporting and racing club food outlets. Congratulations Blanche!

Healthy Body Healthy Mind

Provided by Ann Bates (Health Right)

Recent research showed that people who experience long term mental illness are 2.5 times more likely to die from preventable physical illness than the general population and often their physical illness is left untreated and undiagnosed (Duty to Care, 2001).

The HealthRight Project was developed to address the health inequities for people with mental illness in WA, via multilevel strategies to engage them in visiting a GP and addressing lifestyle risk factors. The project is facilitated by the UWA Community, Culture & Mental Health Unit and funded by the Mental Health Division, Department of Health.

A comprehensive response has been developed, with three main interventions: A peer support program to assist people to attend to their physical health needs, including GP visits; a Healthway funded healthy lifestyle program to increase participation in healthy lifestyle activities and build the capacity of health and community organisations to create supportive environments; and a health promotion campaign.

The campaign commenced with an Art Project to engage the community. The 'Healthy Body Healthy Mind Art Project' invited people with mental illness to explore their perceptions of physical health with a focus on smoking, nutrition, alcohol and other drugs and physical activity.

Winners were announced at the Official HealthRight Project Launch on June 29, by Mr. John Hyde, Parliamentary Secretary to the Minister for Health, and their winning artworks now feature on colourful resources with simple messages for health.

A website is being developed with success stories, tips, and links to information on physical health and healthy lifestyles.

For more information go to www.healthright.org.au or call Project Coordinator Ann Bates (08) 9433 0329.



Diary Alert! AHPA WA Branch Annual General Meeting

Clear your diaries for the AHPA WA Branch AGM being held Wednesday 6 February from 5.15pm – 7.15pm. The AGM is an excellent opportunity to network with fellow health promotion practitioners and provides the opportunity to vote in the 2008 executive committee. Venue is to be confirmed and further information including a call for executive committee nominations will be distributed through the list serve closer to the date.