

HEALTH PROMOTION SERVICE 2019/2020 SNAPSHOT

MUNCH & MOVE



84% of Munch & Move services provided daily opportunities for fundamental movement skills for preschool-aged children.



PREGNANCY SUPPORT

15% of pregnant women smoked during pregnancy. This was a decrease from 16.5% last year.



ROUTINE GROWTH ASSESSMENTS



66% of children seen by a ISLHD service had a valid growth check completed and recorded. Checks by Paediatric wards increased.



TEXT2QUIT



61 smokers received text messages with quit hints and tips.



LLW@S

92% of schools provided a supportive environment for healthy eating such as food growing experiences and healthy cooking programs.



CANTEENS

81% of all primary school canteens and

71% of all secondary school canteens met the NSW Healthy School Canteen Strategy.



HEALTH MOVES

197 people participated in the program across Wollongong, Kiama and Shoalhaven local government areas.



GET HEALTHY SERVICE

There were **685** referrals made to the Get Healthy Service. This was 147% of the target of 465.

206 referrals were made to Get Healthy in Pregnancy.

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STEPPING ON + HEALTHY & ACTIVE FOR LIFE

185 participants in 15 Stepping On programs.

3 programs of the newly-established Healthy and Active for Life program were run.



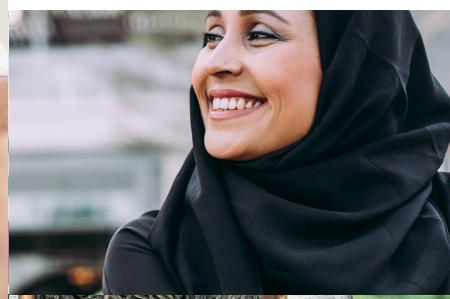
STAMP OUT SMOKING

6 new partnerships formed and regular capacity building and tobacco support provided to 10 services.



MAKE HEALTHY NORMAL

73 community members engaged in 8 funded local project activities.



SMOKE-FREE HEALTH CARE

29 In-services were held across 19 wards to 176 nursing and allied health staff and 45 medical officers.



FOOD FAIRNESS

240 adults and children attended healthy eating activities run by Stir It Up volunteers.



HEALTHY FOOD & DRINK IN HEALTH FACILITIES

All Cafes and cafeterias offer a good balance between everyday and sometimes foods (more than 75% everyday food choices).

FAMILY TEXT MESSAGES

62 parents/caregivers were involved in a study to determine if daily texts can improve children's healthy eating and physical activity behaviours.