Building health literacy in the community

CHETRE’s Locational Disadvantage program

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Overview

• Broad view of health literacy

• CHETRE’s Locational Disadvantage program and health literacy

• Two main programs within the locational disadvantage program and past activities conducted

• Upcoming and planned future activities

• How this type of work can be conducted in other communities
Health literacy – a broader view

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 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)
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 and empowerment

• 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
  – 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 Iraqi 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) action plan
    » Gambling related harm forum
    » Rapid enhanced community participation approaches
  - 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 early 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
  – Men’s health project that utilises the appeal of sport to engage men in health learning and physical activity
  – Family mentoring and group based support for newly arrived migrants/refugees
  – Creating a skilled and sustainable network of community health champions

Centre for Primary Health Care and Equity
Conclusion

• Building health literacy in locationally communities through
  – Awareness of social determinants of health
  – Capacity building
  – Enabling, supporting and encouraging action

• Leading to
  – Empowered, motivated community members
    » Control of lives
    » Improved health and wellbeing

• Applicability to other communities