



What is Health Promotion?

Health Promotion is “the process of enabling people to increase control over, and to improve their health”. (*World Health Organisation*)

What does that mean?

Health Promotion:

- Looks at the environments we live, learn, work and play in and how they can be developed or improved to support healthier living.
- Is a longer-term activity that focuses on preventing or stopping health conditions such as obesity, diabetes, cardiovascular disease before they occur, rather than treating them after they have taken place.
- Works with larger groups, community groups, schools etc. rather than one on one with people.

What kind of work do Health Promoters do?

At East Wimmera Health Service, our Health Promotion team focus on:

- Increasing Healthy Eating and Oral Health
- Increasing Active Living
- Improving Mental Wellbeing

Health Promotion involves strong partnership work. Places or organisations we often work with include:

- Local Government
- Schools and Early Childhood Services
- Community Groups & Clubs
- Neighbourhood Houses
- Workplaces

The work we do can involve:

- Developing or reviewing policies
- Program delivery e.g. Smiles 4 Miles, Achievement Program
- Skill development e.g. through Community Kitchens and Gardens
- Community awareness campaigns
- Health messaging

Can we help you?

Is your group or organisation looking to make healthy changes?
Contact us to find out how we may be able to help!

Your Name: _____

Organisation / Group: _____

Contact Number: _____

Contact Email: _____

Area you would like support in:

How can we help?

Please return this form to your nearest EWHS Campus reception to be forwarded onto the Health Promotion team.



WHY are we here?

To cultivate healthy communities

HOW are we going to cultivate healthy communities?

Through consumer centred care.

WHAT will we deliver to our consumers?

A positive health experience

Our **Compliments, Concerns and Complaints (CCC)** system helps us to evaluate and improve the quality of our services. You can choose to:

- Speak to any EWHS staff member in person.
- Obtain a Feedback Form from any Campus Reception.
- Download a Feedback Form from our website www.ewhs.org.au

Culture, Communication and Language:

Any difficulties you may have with understanding and speaking about your needs should not prevent you from accessing our services – please be aware that we can offer additional support and options to assist you.

Privacy and Confidentiality:

We recognise that personal information which we obtain from you is confidential and we will:

- Only use this information for the reasons that it is collected.
- Share it with only those that you give consent to.

Campuses are located at:

Birchip Campus

28 Duncan Street
Birchip 3483
Ph: 5477 7100

Charlton Campus

4 Learmonth Street
Charlton 3525
Ph: 5477 6800

Donald Campus

1A Aitken Avenue
Donald 3480
Ph: 5478 6200

St. Arnaud Campus

52 North-Western Road
St. Arnaud 3478
Ph: 5477 2100

Wycheproof Campus

19 Grandview Street
Wycheproof 3527
Ph: 5478 0700



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