

**MINUTES**  
**SOUTH EASTERN SYDNEY LOCAL HEALTH DISTRICT**  
**Board Community Partnerships Committee (BCPC)**  
**11 September 2017**  
**3.30 – 5.30pm**  
**Sydney / Sydney Eye Hospital**  
**Worrall Lecture Theatre**

<b>A.</b>	<b>Item 1</b>	<p><b>MEETING OPENING</b></p> <p><b>Acknowledgement to Country</b> Given by Julie Dixon                  Julie Dixon welcomed all the guests to the meeting.                  Mr Michael Still and Ms Helene Orr (SESLHD Board members) were introduced.                  Dr Gorur Krishna Harinath (SESLHD Board member) tendered his resignation from the committee.</p> <p><b>1.1 Apologies:</b></p> <ul style="list-style-type: none"> <li>• Scott Andrew – Manager, Community &amp; Cultural Development, Georges River Council - SA</li> <li>• Kerri-Ann Barry – Sutherland Shire Council - KAB</li> <li>• Gary Groves - District Director, South Eastern Sydney District Family &amp; Community Services - GG</li> <li>• Dr Gorur Krishna Harinath - SESLHD Board Member - GH</li> <li>• Christine McBride - City of Sydney Council - CMcB</li> <li>• Janet McDonald - SESLHD Board Member - JMCD</li> <li>• Karen McCarthy – Detective Superintendent, Eastern Beaches Local Area Command – KMcC</li> <li>• Tracie McNally - Community Committee Member - TMcN</li> <li>• Teresa Mok - Manager - Randwick Council - TM</li> <li>• Gina Ross – Safe and Inclusive Places Officer, Sutherland Council – GR</li> <li>• Mark Shepherd – Deputy Chief Executive, SESLHD</li> </ul> <p><b>1.2 Present:</b></p> <ul style="list-style-type: none"> <li>• Karen Burt - Network Specialist Facilitator - KB</li> <li>• Penny Church - South Eastern Sydney District Family &amp; Community Services - PC</li> <li>• Julie Dixon - Director, Planning Population Health &amp; Equity - JD</li> <li>• A/Prof Charlotte Hespe - Chair, Central &amp; Eastern Sydney Primary Health Network - CH</li> <li>• Amanda Justice - Community Partnerships Manager - AJ</li> <li>• Dr Michael Moore - Chief Executive, Central &amp; Eastern Sydney Primary Health Network – MM</li> <li>• Alla Novochenok - Community Committee Member - AN</li> <li>• Gary O'Rourke - Community Committee Member - GO'R</li> <li>• Ms Helene Orr - SESLHD Board Member - HO</li> <li>• Karen Purser - Manager, Community Planning and Reporting, Bayside Council – KP</li> <li>• Mr Michael Still – SESLHD Board Member – MS</li> <li>• Annette Trubenbach – Executive Manager, Waverley Caring – AT</li> <li>• <b>Secretariat:</b> Susan Busuttil - Community Partnerships Officer – SB with support from Jen Richards – Community Partnerships Administration Officer - JR</li> </ul>
-----------	---------------	---

	<p><b>Guests:</b></p> <ul style="list-style-type: none"> <li>• Meredith Claremont - Director Population Health Strategic Programs, Centre for Population Health - MC</li> <li>• Ruth Hennessy – Mental Health First Aid Program Officer – RH</li> <li>• Myna Hua – Health Promotion Manager - SESLHD</li> <li>• Danielle McHugh – Community Partnerships Officer – DMcH</li> <li>• Professor Margaret Morris – Head of Pharmacology, Faculty of Medicine - UNSW</li> <li>• Marina Tomasella – Healthy Children’s Initiative – SESLHD</li> </ul>
<b>Item 2</b>	<p><b>Approval of Minutes</b></p> <p>The Minutes of the SESLHD Board Community Partnerships Committee held Monday 5 June 2017 were approved by Annette Trubenach as an accurate record of proceedings.</p>
<b>Item 3</b>	<p><b>Items Arising</b></p> <p>The Action Log was reviewed and updated.</p>
<b>Item 4</b>	<p><b>Declaration of Conflict of Interest</b></p> <p>No potential conflicts of interests were declared at the meeting.</p>
<b>Part B</b>	<p><b>General Items</b></p>
<b>Item 5</b>	<p><b><u>Childhood Obesity – Premier Priority</u></b></p> <p>Presentation by guest speaker Meredith Claremont, Director Population Health Strategic Programs. It should be noted that this presentation is to be treated as confidential to this discussion.</p> <p>The following key points were noted:</p> <ul style="list-style-type: none"> <li>• Premier's priority is to reduce overweight and obesity rates of children aged 5-15yrs by 5% over 10 years</li> <li>• More than one in five children in NSW are above the healthy weight</li> <li>• The challenge to achieving the target rate demands a systematic response - there is no single solution</li> <li>• Current whole of government interventions will yield 0.3% reduction per annum; this will not meet the target</li> <li>• Additional large-scale policy actions are required and the priority requires leadership from Local Health Districts (LHDs)</li> <li>• Leadership is sought in the following areas:             <ul style="list-style-type: none"> <li>➢ Enhanced focus on delivery of the <i>Health Children Initiative</i></li> <li>➢ <i>Routine recording</i> of heights &amp; weights, brief advice and referral (New)</li> <li>➢ Referral of pregnant women to the <i>Get Healthy in Pregnancy</i> program (New)</li> <li>➢ <i>Healthier food and drink for staff and visitors</i> in LHD managed retail settings in health facilities (New)</li> <li>➢ <i>Limiting the promotion</i> of unhealthy food and drinks in health facilities (New)</li> <li>➢ LHD leadership in a <i>regional whole of government</i> approach (with Regional Department of Premier and Cabinet support)</li> </ul> </li> </ul> <p>Concerns were raised by the Committee that the target rates set are challenging.</p> <p><b><u>Neuro-pharmacological approaches to obesity</u></b></p> <p>Presentation by guest speaker Professor Margaret Morris, Head of Pharmacology, UNSW.</p> <p>The following key points were noted:</p>

	<ul style="list-style-type: none"> <li>• Obesity ranks 3<sup>rd</sup> in the global social burdens behind smoking and armed violence, war and terrorism</li> <li>• Factors influencing the development of obesity are broken into genes and environmental factors</li> <li>• Increasing global prevalence of high fat / high sugar diets and lower physical activity is seeing a steep incline in of overweight and obese children in the past 20yrs</li> <li>• Strong links have been identified between poor diet of pregnant mothers and a child's weights aged 6-10yrs</li> <li>• The obesity epidemic is affecting women of childbearing age</li> <li>• There is clear evidence of the impact of maternal obesity, and early adverse life events</li> <li>• Exercise in both child and mother may be protective</li> <li>• Gut microbiota may represent new therapeutic opportunity, but more work is needed</li> <li>• Lifestyle and other interventions URGENTLY needed</li> </ul> <p><b><u>SESLHD Initiatives</u></b></p> <p>Presentation by Marina Tomasella, Coordinator Healthy Children's Initiative, SESLHD.</p> <p>The following key points were noted:</p> <ul style="list-style-type: none"> <li>• 22% of children (5-16yrs) across NSW are overweight and obese</li> <li>• Nearly half (46%) of adults across SESLHD falling into the overweight or obese weight range, prevention of overweight and obesity in the childhood years a critical step to reducing the prevalence of overweight and obesity in adults across our population</li> <li>• Children who are overweight have a higher risk of chronic health conditions e.g. asthma, sleep apnoea, type 2 diabetes and risk factors for heart disease</li> <li>• Obesity is more prevalent in disadvantaged socioeconomic groups, people without post-school qualifications and Aboriginal and Torres Strait Islanders</li> <li>• SESLHD is currently implementing 1 state funded initiative – <i>Healthy Children Initiative (Munch and Move, Live Life Well @ School, Go4Fun and Aboriginal Go4Fun</i> and supporting the state-wide campaign "Make Health Normal" on a local level.</li> <li>• In partnerships with Bayside Council, the Doing it Differently grants have provided local communities with opportunities to implement culturally sensitive programs for e.g. <i>Parenting Uplift Project</i> (Al Zahra Muslim Women's Association Inc) and <i>Women's Fitness Group</i> (Alsadeq Arabic Association)</li> </ul> <p>Opportunities for further action were discussed amongst the group and decided that the December meeting would expand on the content presented at this meeting.</p> <p><b><u>What can we do better, together?</u></b></p> <p>Discussion led by Julie Dixon, Director Planning Population Health &amp; Equity, SESLHD.</p> <p>Consensus from the committee that the following areas would be the focus for the December meeting:</p> <ol style="list-style-type: none"> <li>1. Food cost</li> <li>2. Food security</li> <li>3. Healthy food message</li> </ol> <p>It was also agreed that committee members would also reflect on the presentations and put forward other suggestions as needed.</p>
--	--

	<b>Item 6</b>	<p><b><u>Charter – Annual Review / Memberships</u></b></p> <p>This item was held over until the December meeting.</p>
	<b>Item 7</b>	<p><b><u>Mental Health First Aid Youth (MHFAY) Update</u></b></p> <p>The BCPC noted the Mental Health First Aid Youth (MHFAY) update. Presentation by Ruth Hennessy (MHFA Program Officer).</p> <p>Next steps for the MHFAY project would be:</p> <ul style="list-style-type: none"> <li>• Continue to support partners to host and facilitate MHFAY and Aboriginal MHFAY courses to our community connectors</li> <li>• Additional funding is needed, partners to consider what contributions they can make</li> <li>• Pursue sponsorship and community funding for the programs sustainability</li> <li>• Create a digital story of the journey and impact of working better together</li> <li>• Monitoring and evaluation</li> </ul> <p>Karen Burt noted for the minutes the positive feedback received from high school teachers who had been trained in MHFAY. Teachers noted materials and training received at the courses equipped them with the resources to deal with issues that have arisen since completing the program.</p>
	<b>Item 8</b>	<p><b><u>Topic Area for December 2017</u></b></p> <p>The BCPC discussed the following topics for exploration in December 2017:</p> <ol style="list-style-type: none"> <li>1. Childhood/general obesity</li> <li>2. MHFAY next steps in the project – securing funding</li> </ol>
<b>Part C</b>		<p><b>Business Without Notice</b></p> <p>Nil</p>
<b>Part D</b>		<p><b>Meeting Close</b></p>
	<b>Item 11</b>	<p><b>Next Meeting Date</b>                  Date: 4 December 2017                  Time 3.00-5.00pm                  Venue Sydney/Sydney Eye Hospital, Worrall Lecture Theatre</p>
<p><b>CERTIFIED A CORRECT RECORD</b></p> <p>.....                  Name Julie Dixon (Acting Chair) <i>Janet McDonald</i>                  Signature <i>Janet McDonald (Chair)</i>                  Date 4 Dec 17                  .....</p>		