

Workforce Skills Analysis Tool Completed!

All projects have now successfully implemented the workforce skills analysis tool.

The workshops were well attended with an average of 7 agencies in each region.

Thank you

Thank you to all who participated to make this a very worthwhile exercise in all regions. Thanks also to the project coordinators who engaged agencies and organised the workshops.

And the common themes were....

While each project identified their localised priorities some common themes for higher priority emerged. These included:

- Care planning
- Behaviour change
- Community consultation
- Behaviour Change
- Social Marketing
- Evaluation
- Assessing the needs of the community

Where to from here?

Priorities for workforce development modules are being agreed upon by the Project Staff and the DPPI workforce development team. This also includes:

- Module priority and delivery timetable
- Key outcomes for modules
- Services to be targeted
- Delivery mode

We look forward to working on the modules with you in 2004!

Planning for Stages 2 & 3? Look at this new resource.....

Planning for Healthy Communities: reducing the risk of cardiovascular disease and diabetes through healthy environments and lifestyles

This new resource will assist health workers and health promotion working groups to choose strategies that have the best chance of meeting the health needs of their communities in the areas of diabetes and cardiovascular disease (CVD).

It addresses the risk factors common to both CVD and type 2 diabetes:

- promotion of physical activity, healthy eating and healthy body weight
- active transport, environments supporting physical activity and neighbourhood renewal
- tobacco control
- psychosocial risk factors for CVD (e.g. social isolation, depression)

Developed by the experts

The resource was developed by Deakin University in partnership with the National Heart Foundation of Australia (Victorian Division) and Diabetes Australia - Victoria, with assistance and funding from the Department of Human Services (DHS).

Key features

The resource incorporates:

- a summary of what works, what doesn't and key features of successful projects
- health promotion planning frameworks consistent with those promoted by the DHS
- a user-friendly evaluation template
- lists of resources, tools and additional sources of information

Free workshops to explore the resource

Three free, interactive dissemination workshops will be conducted early in 2004 to help you explore the content and its practical application in your local area. Workshops will be held at the following locations:

- Deakin University Toorak Campus
29/01/04
- Bendigo, All Seasons Quality Resort
03/02/04
- Traralgon, Latrobe Conference Centre
05/02/04

Who to contact

For a **copy of the resource** contact Julie Hoy (julie.hoy@dhs.vic.gov.au).

For further **workshop information** or to enrol contact Noeleen Tunny (Noeleen.Tunny@heartfoundation.com.au) or phone 9321 1530).

Looking for a Paper to support your intervention?...

Fox, C., & Kilvert, A. (2003). [Intensive education for lifestyle education in diabetes](#). *BMJ*, 327: 1120-1121

The authors indicate that lifestyle changes focusing upon diet and exercise are necessary in the management of diabetes as demonstrated by the DCCT and UKPDS. However education and self management programs have not been provided to match consumer needs.

Studies have shown that lifestyle programs initiate positive behaviour changes, often more so than drug-related controls. However, less stringent programs or programs with minimal follow-up often result in reduced achievement of and adherence to positive health behaviours.

Considerable energy and resources are required to set up and maintain educational programs, but the cost per individual is small compared with that of treating the consequences of uncontrolled diabetes.

Healthy Eating – Don't reinvent the wheel

Healthy eating is always one of the key issues consumers want more information about. When planning your program prevention phase don't reinvent the wheel - use resources already available!

New Australian Dietary Guidelines

2004 saw the release of the new Australian Dietary Guidelines. There are now guidelines for adults, children and adolescents and older adults.

The guidelines are based on the best available scientific evidence and provide information for health professionals and the general population about healthy food choices. The use of the guidelines will encourage healthy lifestyles that will minimise the risk of the development of diet-related diseases within the Australian population.

Detailed guidelines with consumer resources (posters and pamphlets) to match are available through the NHMRC. See links for details:

[Dietary Guidelines for Children and Adolescents in Australia incorporating The Infant Feeding Guidelines for Health Workers](#) (1523kb) ([Large File Warning](#))

[Dietary Guidelines for Australian Adults](#) (1026kb) ([Large File Warning](#))

[Food for health - \(Poster\)](#) (820kb)

[Food for health - Dietary Guidelines for Australians \(A4 Information Booklet\)](#) (801kb)

[Food for health - Dietary Guidelines for Children and Adolescents \(Pamphlet\)](#) (815kb)

[Food for health - Dietary Guidelines for Australian Adults \(Pamphlet\)](#) (627kb)

To obtain free copies of the pamphlets, poster or A4 Information booklet contact 1800 020 103 extension 8654 (toll free number) or email phd.publications@health.gov.au

www.smarteating.com.au

The Dietitians Association of Australia provides an excellent site for accurate and practical nutrition information.

Key features include:

- Smart eating tips
- A-Z Nutrition information
- Healthy recipes
- Contacting a Dietitian

www.smarteating.com.au

Nutrition Australia

Nutrition Australia is a non-profit organisation that aims to provide scientifically based nutrition information to encourage all Australians to achieve optimal health through food variety and physical activity.

Nutrition Australia operates in each state/territory in Australia with the assistance of health professionals who are specialists in the field of food, nutrition, health promotion and business.

Resources include telephone consumer enquiries, booklets, pamphlets, posters, kits and leaflets. For detailed information:

Nutrition Australia Victoria
c/-Caulfield General Medical Centre
260 Kooyong Road
CAULFIELD VIC 3162
Ph 9528 2453
www.nutritionaustralia.org

The Workforce Development Team wishes you a Happy Festive Season. We look forward to working with you in 2004.

Marie, Victoria, Jane & Duncan

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