

Chapter 7 – Refer to pages 225 - 287 to help you answer the questions

Summary sheet 1

- What is smoking?
- Why is it targeted?
- List and explain three law/policies/legislation implemented relating to smoking?

Summary sheet 2

- Outline what the Quitline is...
- How does Quit reflect the action areas of the Ottawa Charter? (Bad, Cats, Smell, Dead, Rats)

Summary sheet 3

- What is the My Quit Buddy app?
- How is it reflective of the Ottawa Charter action areas? (Bad, Cats, Smell, Dead, Rats)
- What is the Quit for you, Quit for two app?
- How is it reflective of the Ottawa Charter action areas? (Bad, Cats, Smell, Dead, Rats)

Summary sheet 4

- Explain the closing the Gap initiative
- Describe two health promotion initiatives working to promote the health and wellbeing of indigenous Australians
- Identify how each initiative is reflective of the Ottawa charter for health promotion

Summary sheet 5

- List the 5 dietary guidelines
- Outline other key aspects of the guidelines that can be linked to promoting healthy eating

Summary sheet 6

- Describe how the Australian guide to healthy eating looks
 - For example – food groups represented in a circle – each group split into a wedge, with the size of the wedge representing how much of that food group should make up a healthy diet
- Select one aspect of your description above and outline how it can be used to promote healthy eating

Summary sheet 7

- Explain how each Nutrition Australia initiative can be used to promote healthy eating?

Summary sheet 8

- Identify 5 factors that present challenges in bringing about dietary changes.
- Draw a conclusion as to why dietary improvements are difficult to achieve in Australia

Summary sheet 9 (extension)

- Read through the case study and complete

SMOKING



NO SMOKING

**IT IS AGAINST THE
LAW TO SMOKE IN
THESE PREMISES**

①

*What is smoking?

*Why is it targeted??

*Government laws + policies + legislation relating to smoking???



What is



???

②

and how does it reflect the
action areas of the Ottawa
Charter.

Bad →

Cats →

Smell →

Dead →

Rats →

What is the My Quit Buddy?



* How is it reflective of the OC action areas?



What is Quit for you, Quit for two?



* How is it reflective of the OC action areas?



Initiatives to address Indigenous health + wellbein^④

① EXPLAIN THE CLOSING THE GAP INITIATIVE

→

→

→

② EXPLAIN / DESCRIBE TWO HEALTH PROMOTION INITIATIVES WORKING TO PROMOTE THE H + W OF INDIGENOUS AUSTRALIANS.

How it reflects the OC?

→

→

How it reflects the OC?

→

→

DIETARY GUIDELINES

5

1

2

3

4

5

OTHER KEY ASPECTS:



The Australian guide to healthy eating ...

⑥

DESCRIBE HOW IT LOOKS

•

•

•

•

•

•

SELECT ONE ASPECT + OUTLINE
HOW IT PROMOTES HEALTHY EATING...

NUTRITION AUSTRALIA

(7)



HEALTHY EATING
ADVISORY SERVICE



NATIONAL NUTRITION
WEEK



DEVELOP EDUCATIONAL
RESOURCES



NUTRITION
SEMINARS/
WORKSHOPS



WEBINARS FOR
HEALTH
PROFESSIONALS



RECIPES



HEALTHY
EATING
PYRAMID



Challenges in bringing about dietary changes:

1. _____



2. _____



3. _____



4. _____



5. _____



Read the following case study and answer the questions that follow.



Good Sports

As part of its strategy to promote health and wellbeing, VicHealth provides funding to the Good Sports program (goodsports.com.au) — an initiative of the Australian Drug Foundation.

The program helps sporting clubs manage alcohol responsibly and reduce alcohol-related issues such as binge drinking and drink driving.

By fulfilling Good Sports accreditation criteria, clubs benefit from a range of support services and earn the right to display the Good Sports logo. The logo confirms that the club promotes responsible attitudes towards alcohol and provides a safe, healthy and family-friendly environment for players, members and supporters.

The three-level accreditation process is based around alcohol management standards for clubs that serve and consume alcohol. One of the key benefits of registering in the program is the support clubs receive to promote a family-friendly, safe and healthy culture.

At Level 1, clubs focus on liquor licensing laws, bar management, Responsible Service of Alcohol (RSA) training and creating smoke-free environments. Once they have progressed to Level 3, they have an alcohol management policy, healthy food and drink options (with low and non-alcoholic drinks), a safe transport policy and less reliance on alcohol sales and sponsorships for revenue. In addition, all bar servers are RSA-qualified. Good Sports also offers an accreditation for clubs where alcohol is not served or consumed.

Good Sports has been adopted by a diverse range of community clubs spanning more than 80 codes of sport. More than 7000 clubs are involved across all Australian states and territories.

There is evidence that community-based sports clubs contribute to alcohol problems by accepting and promoting excessive drinking and providing inappropriate role models for young people.

According to independent research, Good Sports has been proven to reduce risky drinking in clubs participating in the program.



Tyntynder Football Netball Club

Tyntynder Football Netball Club had fallen into the same trap as a lot of clubs in relying too heavily on alcohol for revenue, and so creating a 'boozy' atmosphere. The committee decided to turn to Good Sports to help them become more family and community-focused, valuing off-field success as highly as on-field performances.

Through the program, the club trained members in RSA, created a healthier canteen and implemented the 'Tyntynder Taxi' to ensure everyone gets home safely.

Previously relying heavily on bar sales to function, the club now enjoys more revenue from memberships and family-friendly social events.

The club is also extremely proactive when it comes to social issues and regularly promotes new causes, training and education for members.

In recognition of its efforts, the club has previously won the Victorian Good Sports Club of the Year and AFL Victoria Club of Excellence.

Complete the following questions:

1. Identify three action areas of the Ottawa Charter and explain how they are reflected in the Good Sports program.
2. Select an action area not used in question 1 and explain how it could promote wellbeing in relation to alcohol consumption.