



2011 HEALTH & WELLBEING

CAMPUS HEALTH PROMOTION ACTIVITIES

**PD = Poster Display
D = Display**

**A = Activity
SB = Staff Bulletin**

**SN – Student news
O – Orientation**

“Taking Care of your mate” will be the focus for Health Promotion planning across all the campuses for 2011 with attention on “looking out for your fellow man”

In 2011 H & WB plans for health promotion activities to be based from an understanding that if you look out for those around you, you are actively participating in the wellbeing of your community.

The health of people can be strongly enhanced when individuals watch out for those around them.

The wellbeing of our community is influenced by a variety of circumstances, social, emotional, physical and environmental. When a community positively supports these spheres the end result is a healthier community.

Health problems today, include drug/alcohol abuse, obesity, violence, and depression. These are often linked to poor residential environments, lack of access to jobs, social services, and low social inclusion. (WHO, World Health Day 2010)

Hawthorn	Prahran	Croydon	Wantirna	Lilydale
February	February	February	February	February
Location of the new HS HS services available Safety Areas of safety determined by needs at each campus	Informing students of all HS services available Safety	Informing students of all HS services available Safety	Informing students of all HS services available Safety	Informing students of all HS services available Safety
Sexual Health, promotion of Safe Sex D	Sexual Health, promotion of Safe Sex D	Sexual Health, promotion of Safe Sex D	Sexual Health, promotion of Safe Sex D	Sexual Health promotion of Safe Sex D
Party Safe- Alcohol & Binge Drinking D Head Injury	Party Safe- Alcohol & Binge Drinking D Head Injury	Party Safe- Alcohol & Binge Drinking D Head Injury	Party Safe- Alcohol & Binge Drinking D Head Injury	Party Safe- Alcohol & Binge Drinking D Head Injury
Sunsmart	Sunsmart	Sunsmart	Sunsmart	Sunsmart
Student Residences Display – Health Service & Ambulance membership				

Hawthorn	Prahran	Croydon	Wantirna	Lilydale
March	March	March	March	March
Informing students of all HS services available Water safety Safety in the community O & D	Informing students of all HS services available O & D	Informing students of all HS services available O & D	Informing students of all HS services available O & D	Informing students of all HS services available O & D
Party Safe- Alcohol & Binge Drinking D	Party Safe- Alcohol & Binge Drinking D	Party Safe- Alcohol & Binge Drinking D	Party Safe- Alcohol & Binge Drinking D	Party Safe- Alcohol & Binge Drinking D
Sexual Health issues & promotion of Safe Sex D	Sexual Health issues & promotion of Safe Sex	Sexual Health issues & promotion of Safe Sex D	Sexual Health issues & promotion of Safe Sex D	Sexual Health issues & promotion of Safe Sex D
Flu vaccine promotion D	Flu vaccine promotion D	Flu vaccine promotion D	Flu vaccine promotion D	Flu vaccine promotion D
Student Residence Display Health Service/ ambulance/ drugs& alcohol/ flu vaccines	Student Services lunchtime activity during O week with SSAA to promote services on campus			

Hawthorn	Prahran	Croydon	Wantirna	Lilydale
April	April	April	April	April
National Youth Week D Drugs, Alcohol & Smoking	National Youth Week D Drugs, Alcohol & Smoking	National Youth Week D Drugs, Alcohol & Smoking	National Youth Week D Drugs , Alcohol & Smoking	National Youth Week D Drugs, Alcohol & Smoking
Flu vaccine Clinics	Flu vaccine Clinics	Flu vaccine Clinics	Flu vaccine Clinics	Flu vaccine Clinics
Student Residence Display Flu vaccines –sexual health	Will organise an event with Student Services' staff & SSAA to positively promote youth. "Taking care of your mate"			
Hawthorn	Prahran	Croydon	Wantirna	Lilydale
May	May	May	May	May
National Heart Week BP checks BMI A D Info. on Energy Drinks Obesity	National Heart Week BP checks BMI A D Info. on Energy Drinks Obesity	National Heart Week BP checks BMI A D Info. on Energy Drinks Obesity	National Heart Week BP checks BMI A D Info. on Energy Drinks Obesity	National Heart Week BP checks BMI A D Info. on Energy Drinks Obesity
Student Residence Display Flu vaccines				

-Eating disorders				
Hawthorn	Prahran	Croydon	Wantirna	Lilydale
June	June	June	June	June
Stress –Exam Prep A D	Stress –Exam Prep	Stress –Exam Prep	Stress –Exam Prep	Stress –Exam Prep
National Bowel Cancer Awareness Week SB	National Bowel Cancer Awareness Week (Email to staff)	National Bowel Cancer Awareness Week	National Bowel Cancer Awareness Week	National Bowel Cancer Awareness Week
Mid semester preparation for second semester	Mid semester preparation for second semester	Mid semester preparation for second semester	Mid semester preparation for second semester	Mid semester preparation for second semester
Student Residence Display Flu vaccines - Women's Health -Exam stress				

Hawthorn	Prahran	Croydon	Wantirna	Lilydale
July	July	July	July	July
Informing students of all HS services available	Informing students of all HS services available	Informing students of all HS services available	Informing students of all HS services available	Informing students of all HS services available
National Diabetes Week D SB Obesity Student Residence Display Physical activity	National Diabetes Week D SB Obesity	National Diabetes Week D SB Obesity	National Diabetes Week D SB Obesity	National Diabetes Week D SB Obesity
Hawthorn	Prahran	Croydon	Wantirna	Lilydale
August	August	August	August	August
Drug Awareness Week including Overdose Awareness Day D Incl. CPR Calling an ambulance	Drug Awareness Week including Overdose Awareness Day D Incl. CPR Calling an ambulance	Drug Awareness Week including Overdose Awareness Day D Incl. CPR Calling an ambulance	Drug Awareness Week including Overdose Awareness Day D Incl. CPR Calling an ambulance	Drug Awareness Week including Overdose Awareness Day D I incl. CPR Calling an ambulance
Sex & Reproductive Health D Incl PAP smear info Student Residence Display Healthy Eating & Living	Sex & Reproductive Health D Incl PAP smear info	Sex & Reproductive Health D Incl PAP smear info	Sex & Reproductive Health D Incl PAP smear info	Sex & Reproductive Health D Incl PAP smear info

Hawthorn	Prahran	Croydon	Wantirna	Lilydale
September	September	September	September	September
National Stroke Week D SB	National Stroke Week	National Stroke Week	National Stroke Week	National Stroke Week
Men's Health Week Prostate Cancer D SB Student Residence Display Men's health	Men's health Week <ul style="list-style-type: none"> • Prostate Cancer 	Men's health Week <ul style="list-style-type: none"> • Prostate Cancer 	Men's Health Week <ul style="list-style-type: none"> • Prostate Cancer 	Men's Health Week <ul style="list-style-type: none"> • Prostate Cancer
Hawthorn	Prahran	Croydon	Wantirna	Lilydale
October	October	October	October	October
Mental Health Week Promotion <ul style="list-style-type: none"> • De Stress • Exam preparation A D SB	Mental Health Week Promotion <ul style="list-style-type: none"> • De Stress • Exam preparation 	Mental Health Week Promotion <ul style="list-style-type: none"> • De Stress • Exam preparation 	Mental Health Week Promotion <ul style="list-style-type: none"> • De Stress • Exam preparation 	Mental Health Week Promotion <ul style="list-style-type: none"> • De Stress • Exam preparation
Breast Cancer Awareness month D SB Student Residence Display Exam stress how to cope Depression	Breast Cancer Awareness month	Breast Cancer Awareness month	Breast Cancer Awareness month	Breast Cancer Awareness month

Hawthorn	Prahran	Croydon	Wantirna	Lilydale
November	November	November	November	November
Party Safe – Binge Drinking D Sunsmart Student Residence Display Party Safe – Binge Drinking	Party Safe – Binge Drinking Sunsmart	Party Safe – Binge Drinking Sunsmart	Party Safe – Binge Drinking Sunsmart	Party Safe – Binge Drinking Sunsmart
Hawthorn	Prahran	Croydon	Wantirna	Lilydale
December	December	December	December	December
No activities Preparation Student Residence Display Sunsmart	No activities Preparation for 2012	No activities Preparation for 2012	No activities Preparation for 2012	No activities Preparation for 2012

Hawthorn	Prahran	Croydon	Wantirna	Lilydale
Other Topics (ongoing)	Other Topics	Other Topics	Other Topics	Other Topics
Obesity & CVD	Management of "Burns" to Hospitality students CPR workshops	Obesity & lifestyle CPR workshops	CPR workshops	Snake Bites CPR workshops
Nutrition & Health Concerns with International Students	Health Insurance, Ambulance subscription and how to manage injuries NICA students			Management of "Burns" to Hospitality students
Alcohol & Binge Drinking	Sexual Health , Drugs Alcohol & Binge Drinking to VCAL students	Sexual Health , Drugs Alcohol & Binge Drinking to VCAL students	Sexual Health , Drugs Alcohol & Binge Drinking to VCAL students	Alcohol & Binge Drinking
Smoking Cessation	Smoking Cessation	Smoking Cessation	Smoking Cessation	Smoking Cessation

Notes:

All campuses will attempt to promote these topics by displays and where possible activities in conjunction with SSAA activities.

Other topics may be included when there are circumstances and occurrences in the community that are brought to attention through the media.