

# healthUPdate

15 Oct 2021 | Issue 18

## From the CEO



### **Our waistlines are getting bigger - how do we stop the great Australian bulge?**

Australians are getting fatter. That's the hidden secret we prefer not to share on our Instagram food photos and our Facebook updates. Why is obesity so hard to talk about?

A 2017 [Report from the Australian Institute of Health and Welfare: A picture of overweight and obesity in Australia](#), showed that nearly two thirds of adult Australians and one in four children are overweight or obese. And this weight problem is on the rise. We eat calorie rich food with little nutritional value because it is readily on hand, and we move about less than we should. Public health strategy focuses on reversing this trend. Those extra kilos costs us our health, our enjoyment of life and it costs the taxpayer.

Worryingly, the trend is impacting younger Australians, who are heavier at a younger age than the generation before them. This translates to health-related problems as they age.

Why is our spreading girth so hard to face up to? Fat shaming, bullying and poor mental health go hand in hand with excessive weight. The two are so

closely intertwined that poor mental health can lead to poor food choices and overweightness impacts self-esteem and wellbeing.

In 2018 the former Council of Australian Governments (COAG) Health Council, now the [Health Council](#), committed to the National Obesity Strategy, a ten-year framework to reverse the trend and provide strategic oversight across various levels of government.

The national obesity strategy Working Group, drawn from Commonwealth, state and territory health departments leads this project, collecting and collating feedback on the draft strategy, resulting in a [proposed framework](#) and further ideas for discussion. Another round of consultation is invited, and CHF is preparing our response which is largely complimentary of the work. The sorts of things embedded in the framework cover; better food labelling requirements, reforms to food regulations and advertising standards, improved access to health advice including better training for health professionals, and affordable access to allied health professional services especially dietitians and exercise physiologists. There are infrastructure, urban planning and equity advancements that take the focus away from individuals and highlight systemic issues facing Australians today. CHF will reinforce our call for social prescribing and link workers in primary health to connect people with appropriate services. If you want to be a part of this important long reaching strategy, register for the [CHF consultation here](#).

Further to the need for public health intervention to reduce health harms from obesity with education, support for health care professionals and regulatory framework, is the ongoing advocacy to improve health literacy in Australia. October is Health Literacy month, and we reflect on what health literacy is and how to go about improving outcomes for Australian populations. What's needed are achievable ways to target both vulnerable communities, and to support professionals delivering crucial health messages about preventative health and treatment. [Read more in this blog](#).

Work is underway in planning for CHF's advocacy strategy in the approaching Federal election, with consultations with consumers to prioritise up to five national policies we will be advancing with the government, opposition, minor parties and independents during the election campaign.

There are common themes running through these activities, the most obvious is that a fair and equitable health care system provides better care and better outcomes for all Australians.

**Leanne Wells**  
Chief Executive Officer





## Scholarships for Justice Health Conference

The Public Health Association (PHAA) SIG is pleased to offer funding for scholarships to attend the virtual Justice Health Conference 2021

There are up to 8 scholarships for eligible participants, for complimentary virtual registration for the Justice Health Conference 2021 (valued at \$145 each).

The scholarships have been developed to support the participation of

- People with lived experience of incarceration
- People from an Aboriginal and/or Torres Strait Islander background
- Students, studying or interested in public health. PHAA Members preferred, however not essential.

The total value of the scholarship will cover the cost of the virtual Conference registration.

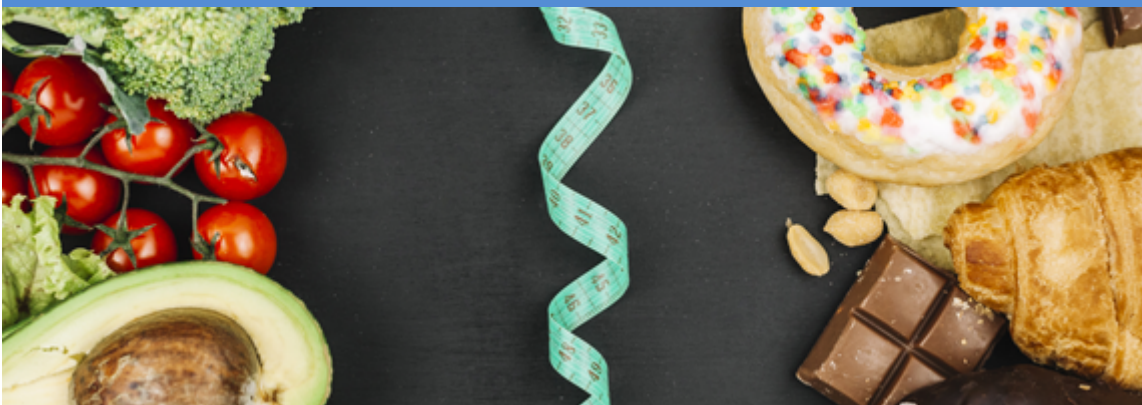
### WHEN:

- Wed, 3 Nov - Thurs, 4 Nov 2021

To apply, please download the form on the conference website and return to [events@phaa.net.au](mailto:events@phaa.net.au) by 11:59pm AEDT, Sunday 17 October 2021

CONFERENCE WEBSITE

## CONSULTATIONS



## National Obesity Prevention Strategy

You are invited to contribute to the CHF response to the Government's draft National Obesity Prevention Strategy.

The draft strategy is [available here](#).

Please [register here to add your voice](#) to the CHF response. You can also contact Tammy Wolffs on [t.wolffs@chf.org.au](mailto:t.wolffs@chf.org.au) if you have any questions or to send your views if you cannot attend the consultation.

For the full set of documents on the National Obesity Prevention Strategy go to the [Department of Health Consultation webpage](#).

REGISTER

## Draft Primary Health Care 10 Year Plan

We invite consumers to contribute to the CHF response to the Government's draft Primary Health Care Plan. This plan is the Government's response to the Steering Group's [Recommendations](#), delivered in September 2021. The draft strategy is [available here](#).

The consultation will be held on:

**Thurs 28 Oct** at 2:00 pm to 3:30 pm (AEDT) on Zoom

Please [register here](#) to attend the consultation

Contact **Tammy Wolffs, Senior Policy Officer** on email [t.wolffs@chf.org.au](mailto:t.wolffs@chf.org.au) with any questions or to in send your views if you cannot attend the consultation.

REGISTER

## Pre consultation primer WEBINAR for Primary Health Care

We will hold a webinar on **Tues 26 Oct** to discuss the strategy. Information and registration will be available on the our website in the next few days.

Contact **Tammy Wolffs, Senior Policy Officer** on email [t.wolffs@chf.org.au](mailto:t.wolffs@chf.org.au) to be alerted for the webinar registration.

## Members policy forum - November

In line with past practice we will run a Member only Policy Forum in the morning prior to the AGM. The Policy Forum will run from 10am to 1pm (AEST) on **Monday 22 Nov 2021**.

There will be three parts to this session

- A consultation on CHF's Federal Election Strategy. A copy of the draft Strategy will be provided to members before the Forum
  - A session on some future developments for consumer involvement including patient leadership models
  - A session on a contemporary area of policy reform with implications for the health system. The details for this session will be provided closer to the date.
-



### Covering COVID: media in the age of the pandemic

How well has the media handled the demands of reporting on and analyzing the biggest pandemic in a century?

Join Dr Norman Swan, with researchers, practitioners and journalists as they discuss the challenges of media reporting and analysis of COVID-19

ABC Friends, CHF and PHAA invite you to a special webinar to address recent studies and evaluate the media's reporting and analysis.

Featuring

- Professor Kerry McCallum, News and Media Research Centre University of Canberra,
- Dr Norman Swan, ABC's Coronacast presenter,
- Jennifer Doggett, analyst and Croakey writer,
- Associate Professor Dr Sanjaya Senanayake, Infectious Diseases Specialist
- John Flannery, Public Affairs Director, Healing Foundation.

Wednesday 3 November 2021, 12.30 – 1.30pm

**Time:** 12:30 pm - 1:30 pm AEST

**Date:** Tues 03 Nov 2021

**Zoom webinar**

Find out [more about this webinar](#)

For questions contact **Mark Metherell, Communications Director**, [M.Metherell@chf.org.au](mailto:M.Metherell@chf.org.au)

REGISTER

LAUNCH + EXPERT PANEL EVENT

# Healthy, Regenerative and Just: A framework for climate and health

Friday 29 October

8-9am · via Zoom



CLIMATE AND  
HEALTH  
ALLIANCE

RSVP at [caha.org.au/launch](https://caha.org.au/launch)

## Healthy, Regenerative and Just - framework for climate, health and wellbeing

The Climate and Health Alliance is launching *The Healthy Regenerative and Just* framework for climate, health and well-being for Australia at an exciting breakfast launch on Fri 29 Oct.

The webinar will be hosted by CAHA Executive Director, Fiona Armstrong, with Professor Peter Doherty, Nobel Laureate for Medicine and CAHA Patron; Dr Helen Haines MP, Independent Member for Indi, and Professor Ying Zhang, co chair of MJA Lancet Countdown.

CHF has cosigned an open letter to the Prime Minister Scott Morrison and the Health Minister Greg Hunt, calling on them to take action on the recommendations contained in the framework. which will be sent in the lead up to the launch on Wed 27 Oct.

The Healthy, Regenerative and Just framework sets out a comprehensive suite of recommendations, informed by academics, researchers, health service managers, policymakers, professional associations, unions, and health and medical professionals from many disciplines. If implemented, the measures set out in the Framework will help us tackle both the climate and biodiversity crisis and deliver significant public health, economic, and environmental benefits.

**Time:** 08:00 am - 9:00 am (AEDT)

**Date:** Fri 29 Oct 2021

**Zoom webinar**

REGISTER

# News from the Australian Digital Health Agency



## Electronic Prescriptions for Consumers and Carers: your questions answered

As electronic prescriptions become widely available, the Australian Digital Health Agency invites you to join a Q + A session consumers and carers.

Ask any questions you might have related to your experience with using electronic prescriptions. Is there anything that wasn't clear or left you wondering how it works? We welcome all your questions and there is no requirement to have used electronic prescribing prior to joining a session.

This session will provide you with a platform where your questions will be answered directly by an expert panel.

You will be able to participate by speaking directly to our expert panel or submit your questions prior to the session.

These sessions are open to consumer peak organisations, members and consumer advocates, carers and advisors.

### DATES:

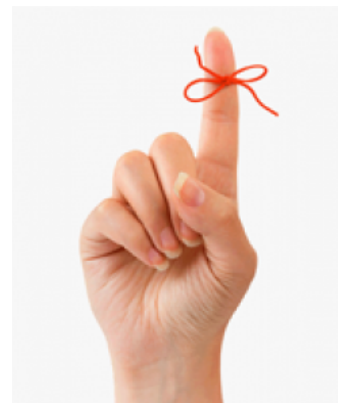
- Thurs, 21 Oct 2021 12-12.30pm (AEDT)

REGISTER

## Membership Reminder!

CHF membership renewals for 2021-22 are now overdue. Voting members are reminded that they need to be financial in order to nominate for positions and/or vote at the upcoming AGM.

If you have been meaning to renew and have not yet done so, we would be grateful if you would attend to this as soon as possible. If you have difficulty renewing, please contact Kate Lyttle on [k.lyttle@chf.org.au](mailto:k.lyttle@chf.org.au)



MEMBERSHIP RENEWAL

## CONSULTATIONS AND SURVEYS



## Australia's Health Panel - reforming private healthcare

Last month, The President of the Australian Medical Association, Dr Omar Khorshid announced the AMA's intention to call for a national summit aimed at reforming the private healthcare sector .

It is well established that there are fundamental problems with private health in Australia - medical devices cost 30-40% more than they do in other countries, and the industry has been analyzed as being in a “death spiral” as young people increasingly opt-out.

So for the October 2021 Australia's Health Panel survey we want to find out what YOU think about private health in Australia.

Complete the [Australia's Health Panel survey](#) and share your opinions for advocacy in this complex and important matter for the future of Australian healthcare.

Find out more about what you said - on loneliness, the vaccine rollout, the preventative health strategy and health literacy - [See the results](#) or [Join the Panel](#)

[COMPLETE THE SURVEY](#)

## COVID-19 vaccine



### Information on the COVID-19 vaccine

Use the *healthdirect's* [Eligibility Checker](#) to find out when and where to get your COVID-19 vaccine.

The new [COVID-19 restriction checker](#) is a search tool to help you find what you can or can't do in your state or territory as advice changes about COVID-19.

Find the [answers to your questions](#) from medical experts.



Use the Department of Health page on [COVID-19 vaccinations](#) to access priority resources including videos and social media campaigns.

You can visit [healthdirect](#) or see your doctor for medical advice.

[Learn how to protect yourself and others - how to stop the spread of COVID](#)

Learn how to [find your vaccination record](#) and [what to do if information is missing](#)

FOR MORE

## Media releases and editorial

[Health Literacy gives us the right reading on health](#)

*It's Health Literacy Month and Australia's experience with COVID-19 has shown us just how important health literacy ..... 14 Oct 2021 — Blog*

[How COVID times guide our future medicines policy](#)

*The National Medicine Policy Review now underway comes at an opportune, if bitter-sweet, time. The all-embracing impact that COVID-19 has wielded ...1 Oct 2021 — Blog*

[How communities help bring vaccinations to the bush](#)

*Former general nurse and midwife in outback South Australia, Christine Wakelin brings an in-depth grasp of health issues in the bush .... 27 Sept 2021 — Blog*

All Media Releases and Editorial

## Consumer program



## Consumer representative vacancies

CHF nominates consumer representatives to high level committees and

those related to funded priority areas. Calls for nominations are made via *Health Update* and the CHF website. Not all opportunities are advertised due to time limitations or because invitations are targeted due to the specific work or strategic nature of the work.

More information about all the opportunities below can be found on our [Consumer vacancies webpage](#).

If you have any questions, please contact the person listed or alternatively, contact , **Rebecca Edwards**, on email [R.Edwards@chf.org.au](mailto:R.Edwards@chf.org.au). Currently the CHF office is closed due to Covid restrictions in Canberra.



## Community Advisory Committee - South East NSW PHN

### *Coordinare*

COORDINARE, the South Eastern NSW Primary Health Network (PHN) is seeking expressions of interest from community thought leaders to join the Community Advisory Committee.

*Closing date: 21 Nov 2021*

[MORE INFORMATION](#)

## Research and Evaluation Ethics Committee

### *Royal College of General Practice*

The RACGP is seeking a consumer (layperson) to join the National Research and Evaluation Ethics Committee (NREEC).

*Closing date: 31 Oct 2021*

[MORE INFORMATION](#)

## Clinical Radiology Curriculum and Assessment Committee Consumer Role

### *Royal Australian and New Zealand College of Radiologists*

The Royal Australian and New Zealand College of Radiologists (RANZCR)

Faculty of Clinical Radiology Council is seeking consumer representation for the Clinical Radiology Curriculum and Assessment Committee (CRCAC).

*Closing date: 29 Oct 2021*

[MORE INFORMATION](#)

## Consumer Advisory Group

### *Royal Australian College of Physicians*

The RACP is seeking to appoint two consumer representatives to its Consumer Advisory Group.

*Closing date: 22 Oct 2021*

[MORE INFORMATION](#)

## Consumer Advisory Group - call for Aboriginal and Torres Strait Islander representative

### *Royal Australian College of Physicians*

The Royal Australian College of Physicians Consumer Advisory Group is seeking a member with Aboriginal and/or Torres Strait Islander background or experience. The work of the Consumer Advisory Group complements the work of other College bodies in progressing the RACP Indigenous Strategic Framework.

*Closing date: 16 Oct 2021*

[MORE INFORMATION](#)

[SEE ALL CONSUMER REP OPPORTUNITES](#)

Full details of committee vacancies are only accessible on our website by our members and consumer representatives. If you do not have access and would like to apply, please contact Kate Lyttle on 02 6273 5444 or [K.Lyttle@chf.org.au](mailto:K.Lyttle@chf.org.au).

[BECOME A MEMBER](#)



We sent you this email because you opted to receive this newsletter from the [Consumers Health Forum](#).

