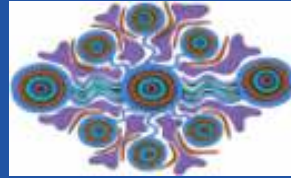


**Promoting Health and Nutrition**  
**With**  
**Bowraville Community Preschool**  
*Strengthening Primary Health*  
*Continuing Care in the Community*

Dianne Penberthy  
Promoting Health and Nutrition with the Bowraville Community Preschool  
Regional Health Service Program North Coast Area Health Service

October 2007



# Why the Bowraville Community

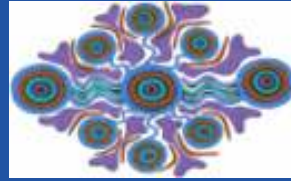
**BOWRAVILLE IS ONE OF THREE COMMUNITIES IN  
NSW IDENTIFIED AS  
BEING THE MOST DISADVANTAGED**

**Dropping off the Edge**

**A report by Tony Vinson 2007**

**Mapping distribution of disadvantaged in Australia**

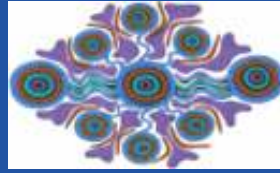
***“Australia needs good examples of sustained  
effective intervention to strengthen highly  
disadvantaged communities”***



# Nature and Extent of Support Needed

## Initiated by the Bowraville Community Preschool

- **As a direct consequence of the closure of the Aboriginal Preschool at the Bowraville Out-Post**
- **Preschool now has enrolments from the Aboriginal Community**
- **It was recognised the Aboriginal children needed extra support**

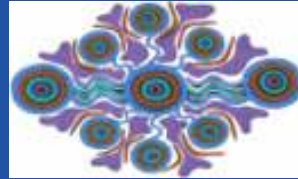


# Nature and Extent of Support Needed

- **This community was not accessing traditional health services**
- **Partnership for Aboriginal Care**
- **Community Grants Program**

**Health Lifestyles- Health Culture provided funding**





## Aim of this Project

- **Improve the health of children and their families who live in Bowraville through early detection intervention education and support**
- **Take services to families who do not access traditional health services**
- **Provide children with easy access to health services which will enrich their lives and have a positive impact on their learning**



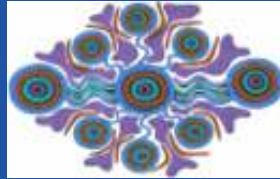
## Strategic Importance

- **Early intervention and education on healthy life styles will result in better outcomes for children**
- **A service that the all communities living within a community will access**
- **A quality service that has respect is safe and is available where they live**



## Strategic Importance

- **An early intervention program which provides a primary and community health service in partnership with public and private health systems and other stakeholders**
- **The program is linked back and supported by hospital services**

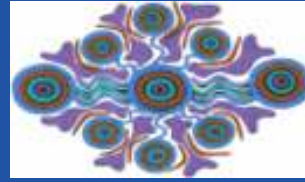


# Planning & Implementing Solutions

## Project commenced in March 2006

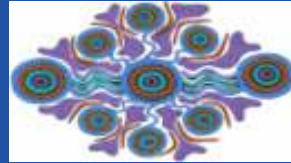
- **Bowraville Preschool and the Partnership for Aboriginal Care invited interested services to come to a planning information meeting on the project proposal**
- **Regional Health Service Program Partnership for Aboriginal Care and Durri Aboriginal Medical Corporation responded and are the major stakeholders and partners**





# Planning & Implementing Solutions

- **The Regional Health Service Program Health Promotion Coordinator Project Facilitator**
- **In consultation with parents and other stakeholders it was agreed a Health Expo at the preschool was the way to launch this project and engage community support**
- **A second Expo Day was arranged at the Bowraville Out-Post targeting the Aboriginal children up to 6 years living on the Mission**

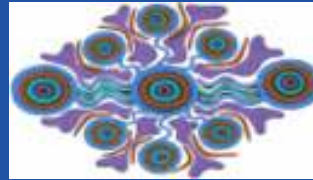


## Outcomes & Evaluation

- **Health Expo Fun Day at Bowraville Preschool**  
**150 community members attended**
- **Health screening over a two week period at the preschool**  
**50 children screened**
  - **36% of the children required follow up Speech Pathologist**
  - **56% of the children required follow up for Occupational Therapist**



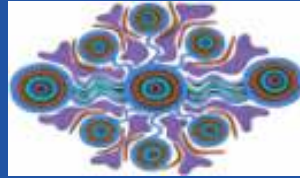




## Outcomes & Evaluation

- **Health Expo held at the Out-Post in November targeted children up to 6 years who live on the mission**
- **Children who had not previously accessed any North Coast Health Services**
- **50% of the children screened for hearing were referred to their General Practitioners**  
**3 children received major dental treatment**





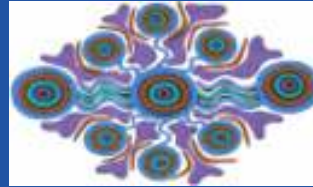
## Outcomes & Evaluation

- **Purchased special playground equipment.**
- **Developed a comprehensive Aboriginal Preschool Nutrition Program called “Deadly Tucker”**
- **Introduction of the Mr Germ Hand Washing Program into preschools**



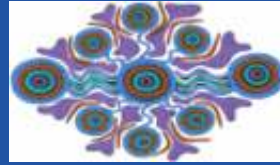






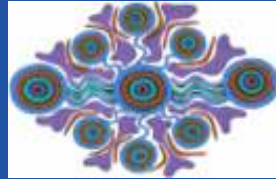
# Sustaining Change

- **The Regional Health Service Program will provide ongoing support to the Bowraville Community Preschool**
- **Staff will provide intervention in the classroom setting**
- **Support and formal follow-up and education opportunities for parents**



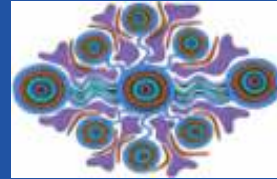
# Sustaining Change

- **Health Promotion / Family Fun Days will be continued at the preschool and Out-Post**
- **Partnerships will continue to be developed with local services i.e. Optometrist**
- **Services will be outreached and provided at the Preschool and the Out-Post**



## Community Impact

**The closure of the Aboriginal Preschool  
has become a positive experience  
for the Bowraville Community  
Breaking down barriers building  
partnerships bridges and friendships**

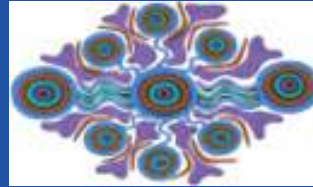


## Future Scope

**KEMPSEY WAS IDENTIFIED AS BEING THE  
SECOND MOST DISADVANTAGED  
COMMUNITY IN NSW**

**The Regional Health Service Program has  
duplicated and is currently coordinating a  
preschool screening program in small  
townships around Kempsey**





## Future Scope

- **Public Health Unit in partnership with the Regional Health Service Program has developed the Mr Germ Hand Washing Program specifically for preschools  
This pilot project has a nutrition component**
- **8 preschool across 5 council areas in the Mid North Coast including 2 preschools in the Kempsey district**



## Future Scope

**The Regional Health Service is a unique program  
in the business of being creative  
supporting healthy rural and remote communities**

**We need Service Planners and managers to  
support ideas that are not only different but  
innovative so we can provide excellence in health**

**You will be surprised just how innovative and  
creative NSW health staff really are  
“but we need to be given the chance”**



