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NEWSLETTER



SALSA University Educators' workshop at the Wentwest Learning Centre, Blacktown

STUDENTS AS LIFESTYLE ACTIVISTS

June 2015

SALSA(Students As LifeStyle Activists) is a partnership program with Mt Druitt & Blacktown Medical Practitioners Associations, Western Sydney High Schools, the University of Sydney, Western Sydney Local Health District (WSLHD) and Western Sydney Primary Health Network. The program is supported by the Australian Government Department of Health until January 2016.

SALSA University Educators

56 University students were trained as SALSA Educators in 2015. The students were from the Faculties of Health Science, Pharmacy, Nursing, Education and the School of Public Health at the University of Sydney and the University of Western Sydney.

In partnership with the Graduate Diploma in Indigenous Health Promotion, we trained 18 Indigenous students to take SALSA messages into their communities.

SALSA School Activities

This year we recruited ten new high schools to take part in the SALSA program, bringing the total number of schools in 2015 to 21. We will be evaluating the SALSA program at 12 of these schools this year.

To date, 17 Peer Leader workshops have been held in schools, with over 450 Year 10 students trained as SALSA Peer Leaders. The final four will be conducted in Term 3.

Baseline evaluations for 1,342 Year 8 students and 296 Year 10 Peer Leaders have been completed at 11 schools. Follow up evaluations are planned to commence next month.



SALSA Resources

The *SALSA Peer Leaders' manual* has been updated and a new *SALSA workbook* has been produced. The workbook will be used for Year 8 students in the SALSA lessons and will assist in conveying SALSA messages to families.

SALSA Evaluation Update

Analysis of the 2014 SALSA program evaluation data is well underway. We are preparing a summary of results for each school that participated in 2014.

We are working on a cost evaluation of the SALSA program, based on the process of implementing the SALSA program in 13 high schools last year.

New Staff

Rebecca Venchiarutti, joined the SALSA team as the new Evaluation Officer, to replace Vanessa Shrewsbury who will be on maternity leave starting in September.



Working with GPs

A GP and Allied Health Practitioner SALSA training workshop is scheduled for Saturday 8th August at WentWest Learning Centre. The workshop will attract 40 Category 1 Continuing Medical Education points by the Royal Australian College of General Practitioners.

Reaching out to families

A "health snippet" with a healthy recipe has been circulated to the SALSA schools. Schools are encouraged to include the snippet in their newsletters and/or post it on their Facebook pages. Schools will receive one snippet per term.

Extension Projects

In partnership with the SALSA program, the Centre for Population Health is trialling a range of strategies in school canteens to promote healthier food and drink choices. These include pricing and point-of-sale strategies, a healthy express line,



Advisory Committee

The SALSA Advisory Committee has met twice this year. The remaining meetings will be held in August and November.

SALSA International

The SALSA program was recognised by the United Nations Inter-Agency Technical Task Team on Young People. "Documentation of good practice in adolescent and youth programs in the MENA (Middle East and the North Africa) region and globally in 5 areas: civic engagement, skills development, resilience building, health and other (entrepreneurship, social skills)".

Australian Medical Association (AMA) Award Winner

We are very proud to announce that the SALSA Director, Associate Professor Smita Shah has won this year's "AMA Excellence in Health Care Award, for significant contribution to improving health care in Australia".

A huge thank you to all our schools, SALSA Peer Leaders, Educators, Advisory Committee members, the Blacktown and Mt Druitt General Practice Associations, WentWest, The University of Sydney and WSLHD for your valuable and ongoing contributions to the SALSA program. Special thank you to Drs Karen Byth and Alison Hayes for their guidance with evaluation.

Presentations

Shah S, Bonnefin A, Hillery C. The SALSA Program. Centre for Population Health monthly meeting, WSLHD, June 2015.

Shah S, Hillery C, Andrew A, The SALSA Program, Western Sydney Principals meeting, Wyndam College, Quakers Hill, May 2015.

Shah S, Hillery C, Andrew A, The SALSA Program, Western Sydney Deputy Principals meeting, Chifley College, Dunheved, June 2015.

Shah S, Andrew A. The SALSA Program 2013-15. Western Sydney Diabetes Prevention and Management Initiative Steering Committee Meeting, Blacktown November 2014.

Media Coverage

The Daily Telegraph, *Teens salsa for healthier life*, 18th June 2015.

Australian Medical Association NSW, *Healthy lifestyle program wins trifecta*, The NSW Doctor, Vol. 6, No. 10, Dec 2014 - Jan 2015: 21.

Blacktown Advocate. *Serving Up Healthy Skills*. 17th December 2014.

Blacktown Sun. *Students learn about healthy eating*. 16th December 2014.

WSLHD Intranet. *Teen health program reaches decade milestone*. 2nd December 2014.

St Marys Star. *SALSA Program in Good Shape*. 2nd December 2014.

Parramatta Advertiser. *Decade of SALSA*. 26th November 2014.

Social Media and Website

Our website is updated regularly. Please take a look, we welcome your feedback.

tinyurl.com/studentsaslifestyleactivists

We are active on Facebook and Instagram and now have over 300 likes on Facebook. Do not forget to like and follow us on social media. www.facebook.com/StudentsAsLifestyleActivists
Instagram: @studentsaslifestyleactivists

