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# NEWSLETTER



## STUDENTS AS LIFESTYLE ACTIVISTS

November 2015

### What is 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 the Western Sydney Primary Health Network. The program is supported by the Australian Government Department of Health until January 2016.

### SALSA School Activities

All SALSA Schools have completed their SALSA lessons and we are visiting each school to debrief with SALSA Peer Leaders and present them with certificates for their participation.

The Mt Druitt Medical Practitioners Association and the Blacktown Medical Practitioners Association have each donated \$1800 towards cheques for SALSA schools.

Each school is receiving \$200 to be put toward creating a supportive and healthy school environment, or initiatives to assist in reaching parents to promote the SALSA message.

### SALSA Evaluation Update

Post-SALSA program data has been collected from all schools participating in the evaluation in 2015. Student retention rates from baseline to follow up have been stellar, with 82% of students who completed baseline evaluations also completing a follow up evaluation. A big thank you to school staff and students who assisted in this process!

### SALSA School Reports

This term, we are visiting all schools that were evaluated in 2014, to deliver them a personalised report of their results.

Analysis of 2015 evaluation data has commenced, and schools should expect reports to be delivered in Term 1, 2016.



Julie Owens MP with Peer Leaders at Arthur Phillip High School, Parramatta

### SALSA Reaching out to Families

This year, we have sent out quarterly SALSA snippets to all schools this year to include in their parent newsletters. The theme for the Term 4 snippet was 'How to host a healthy barbeque'.

We have also tested a physical activity tracking app called 'Moves' at some SALSA schools. The test was to gauge whether the app has the



## SALSA Trainer Guide

For dissemination and upscaling of the program, a SALSA Champions Guide, that can be used as a hand book by anyone planning to implement the program will be finalised and printed for use next year.



## SALSA Working with GPs

A doctor and allied health practitioner SALSA training workshop was held in August at the WentWest Learning Centre. The workshop aimed to encourage participants to better communicate with young people about healthy lifestyle behaviours and the benefits of preventative health. The day was a success with 100% of attendees stating that they would recommend the workshop to a colleague.

Congratulations to Dr. Kean-Seng Lim for being selected as GP of the Year by the Royal Australasian College of General Practitioners.



## SALSA Advisory Committee

The final SALSA Advisory Committee meeting, for this funding period, was held in November. A big thank you to our members for their time and invaluable counsel on our project.

## SALSA Funding

We secured \$50,000 funding from the Western Sydney Primary Health Network and \$15,000 seed funding from University of Sydney School of Public Health. We will use this funding to continue implementing the program in 2016, and to work in partnership with the University of Sydney to reach families.



A huge thank you to all our schools, SALSA Peer Leaders, Educators, Advisory Committee members, the Blacktown and Mt Druitt General Practice Associations, the Western Sydney Primary Health Network, the University of Sydney and WSLHD for your valuable and ongoing contributions to the SALSA program. Special thank you to Dr Karen Byth for her statistical guidance.

**HAPPY HOLIDAYS TO EVERYONE!**



## SALSA Presentations at Conferences

Shrewsbury VA, Hayes A, Bonnefin A, Venchiarutti R, Hardy L, Shah S. A Cost Evaluation of the SALSA Program. Australian New Zealand Obesity Society (ANZOS) Annual Scientific Meeting, 15<sup>th</sup>-17<sup>th</sup> October 2015

Bonnefin A, Hayes A, Shrewsbury V, Shah S. A cost evaluation of the SALSA program. School of Public Health's Research Presentation Day, 28th September 2015, University of Sydney.

Shrewsbury V, Hayes A, Bonnefin A, Shah S. A cost evaluation of the SALSA program. Westmead Association Hospital Week Research Symposium, 21st August 2015, Sydney.

Shah S, Shrewsbury VA, Andrew A, van der Sluijs CP, Steinbeck KS, Hardy LL. *Adolescents' lifestyle behaviours in Western Sydney*, Primary Health Care Research Conference, 29<sup>th</sup>-31<sup>st</sup> July 2015, Adelaide.

## SALSA Social Media and Website

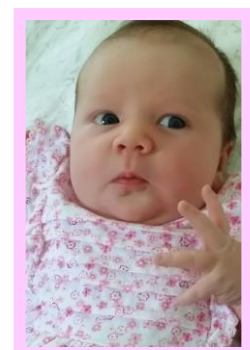
Our website is updated regularly. Please take a look, we welcome your feedback.

[tinyurl.com/studentsaslifestyleactivists](http://tinyurl.com/studentsaslifestyleactivists)

We are active on Facebook and Instagram and now have over 330 likes on Facebook. Do not forget to like and follow us on social media. [www.facebook.com/StudentsAsLifestyleActivists](http://www.facebook.com/StudentsAsLifestyleActivists)  
Instagram:@studentsaslifestyleactivists

## SALSA Staff

Evaluation Officer Vanessa Shrewsbury began maternity leave in September and has welcomed a beautiful baby girl called Livinia. Congratulations Vanessa!



**SALSA**