

Primary Prevention: keeping our community healthy and well

Primary Prevention aims to promote the **Health and Wellbeing** of the whole community by taking action when people are still healthy and well, **before** there is any evidence of disease or injury.

- We help make healthy choices easy in the **places where people live, learn, work and play**.
- We **enable people** to increase control over and improve their health.
- We focus on improving the health and wellbeing of the **whole population** rather than focussing on individuals.
- Actions are geared toward **preventing ill-health** rather than focusing on people who are at risk of ill health or are already unwell.

Here are some local examples of successful primary prevention initiatives undertaken by Peninsula Health in partnership with key stakeholders:

1.	Smoke Free – Sporting clubs <ul style="list-style-type: none">- Aim: Improve knowledge of harmful effects of tobacco use, reduce the current smoking rates and prevent the uptake of smoking among youth.- Action: Supported the local football leagues to create healthier smoke free sporting environments e.g. policies, signage- Results: Two associations made up of four leagues and 54 clubs committed to a Smoke Free Charter and implemented Smoke Free policies. Smoke free signage was put up at all club grounds. Ongoing commitment is to be celebrated through an annual Quit Challenge Round and completely smoke free finals.
2.	Healthy Eating - Primary and secondary schools <ul style="list-style-type: none">- Aim: Improve knowledge of the Australian Healthy Eating Guidelines and increase consumption of fruit and vegetables.- Action: Supported local schools to create environments which promote, support and encourage healthy food and drink choices.- Results: Healthy school environments have enabled students, staff and families to have a better understanding of healthy eating and improved access to healthy food and drink choices.

For more information or if you would like to discuss partnering with us, please contact Health Promotion at Peninsula Health on healthpromotion@phcn.vic.gov.au