

HEALTH PROMOTION

@ Central Bayside Community
Health Services

WHO WE ARE & WHAT WE DO

The Health Promotion Team at CBCHS works with the whole Kingston community to make positive changes to support health and wellbeing.

The aim of health promotion is to take a proactive and preventative approach to wellbeing to keep our communities healthy and well before illness or injury happens.

To support the Kingston community's wellbeing, our team is focusing on:



Improving nutrition through healthy food and drinks



Increasing active lifestyles and movement



CENTRAL BAYSIDE
COMMUNITY HEALTH SERVICES

WHO WE WORK WITH

We work with the whole Kingston community to support health and wellbeing. Some of the key places we work with are:



EARLY CHILDHOOD SERVICES



PRIMARY & SECONDARY SCHOOLS



SPORTS CLUBS & REC CENTRES



OTHER COMMUNITY PLACES



OUR KEY WORK

We use a whole of setting framework with the places we work with to ensure that we take a holistic approach that reinforces health and wellbeing across the entire setting.

Some of the key frameworks that we support include:

ACHIEVEMENT PROGRAM

Creates healthier learning and working environments by meeting best-practice benchmarks in key health areas including healthy eating, physical activity and mental wellbeing.

HEALTHY SPORTS CLUBS

Creates a healthier club environment by addressing club connections, culture and physical environments that support the wellbeing of club members.

VIC KIDS EAT WELL

Transforming food and drink environments where children live, learn and play through providing healthier food and drink options that align with the Australian Dietary Guidelines for children & adolescents.

RESPECTFUL RELATIONSHIPS

Department of Education & Training's initiative to promote respect and positive attitudes while helping students build healthy relationships and resilience.