



Health Promotion Months/Dates

JULY

Event	Date/s	Ideas for General Practices
<p>Dry July</p> <p>https://www.dryjuly.com/</p> <p>Go “alcohol-free” this July and raise money for people affected by cancer!</p> 	All month	<ul style="list-style-type: none"> Change posters in your waiting-room to new focus for the month Post information on your Facebook and/or website Develop a Model for Improvement and undertake a quality improvement activity to increase recording of alcohol intake. Register your practice as a team to participate in “Dry July”
<p>NAIDOC Week</p> <p>https://www.naidoc.org.au/</p> <p>2021 Theme - Heal Country! This year’s NAIDOC theme calls for all of us to continue to seek greater protections for our lands, our waters, our sacred sites and our cultural heritage from exploitation, desecration, and destruction.</p> 	Sunday 4 th – Sunday 11 th	<ul style="list-style-type: none"> Change posters in your waiting-room to new focus for the month Post information on your Facebook and/or website Hold Morning Tea with Community Indigenous Open Day in Practice Put a team into the local sporting/community NAIDOC week events. Community contribution to artwork (handprints on canvas) to be displayed in practice.
<p>National Diabetes Week</p> <p>https://www.diabetesaustralia.com.au/</p> <p>Diabetes Australia works to raise the awareness about the seriousness of diabetes, promoting prevention and early detection strategies and advocating for better standards of care.</p> 	Sunday 11 th – Sat 17 th	<ul style="list-style-type: none"> Put up posters in your waiting-room. Post information on your Facebook and/or website Increase screening of patients. Nurse led clinic- focus on healthy food. Healthy recipe for patients to take home. Use a newsletter to inform patients of healthy lifestyle. Increase Diab COC in the practice



- Set up a walking group for patients to join.
- Sign practice up to the HNE Diabetes Alliance Program (see thephn website site)
- 3-day food & exercise diary for all diabetics.