

Turning Point

DEVELOPING STRATEGIC RESPONSES TO LESBIAN HEALTH

Presented By

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ACON

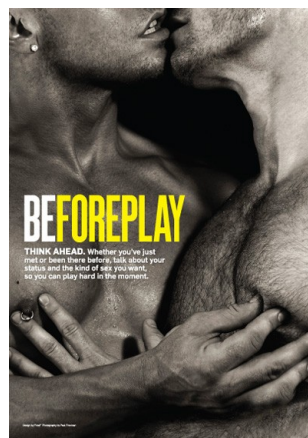
Who are we?

ACON is Australia's largest community based gay, lesbian, bisexual and transgender (GLBT) health and HIV/AIDS organisation



What do we do?

- We promote the health and wellbeing of the GLBT community and people affected by HIV
- We run HIV prevention programs for the groups most at risk of HIV transmission



What do we do?

Our work also covers other health issues for our communities such as:

- Sexual health & Well-Being
- Mental health & Well-Being
- Alcohol and other drug use
- Ageing
- Young People
- Homophobic violence
- Same-Sex Domestic violence
- Counselling
- Community care
- Housing

There's No **Pride** In Domestic Violence



MOST GAY AND LESBIAN RELATIONSHIPS ARE BASED ON LOVE AND RESPECT. **SOME** ARE BASED ON ABUSE AND CONTROL. Domestic violence exists in our community

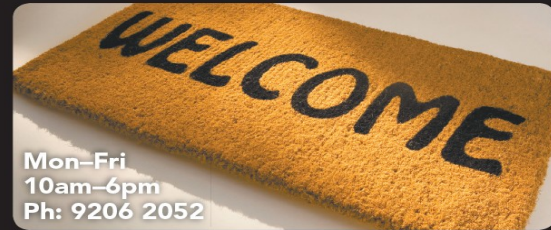
This pamphlet contains information on domestic violence in same-sex relationships.

THE COUNTER HAS GONE AND WE HAVE A NEW LOOK NSP!

Don't panic.....we still stock the same equipment but now you can drop in and stay a while. Come and read a magazine, find out about other services, chat to staff and our great new community volunteers, pick up a resource, or just take some time out from the day. You can now help yourself to supplies, and if you need something we don't have please let us know.

This is your NSP so tell us what you think about it - the good and the bad.

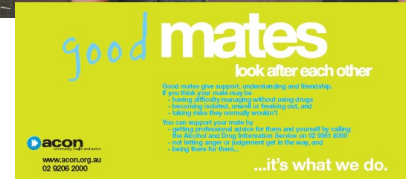
acon BUILDING OUR COMMUNITY'S HEALTH & WELLBEING



Mon-Fri
10am-6pm
Ph: 9206 2052

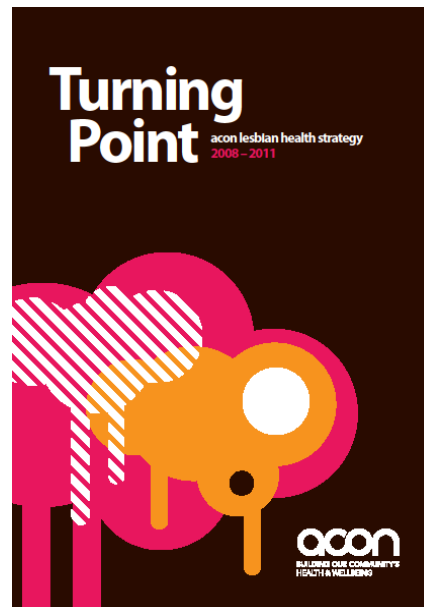
Where did we come from?

- ACON began as a community based grassroots response to the HIV epidemic in NSW 25 years ago
- ACON maintains unique and globally successful set of responses to HIV
- This response has been developed in a framework we call a *culture of care*



Lesbian Health at ACON

- ACON's transition to a GLBT health organisation
- The Lesbian Health Project
- An integrated & structured approach to lesbian health
- The development of a strategy



What is Lesbian Health?

- Being a lesbian or same sex attracted Woman is not a health problem
- However, a range of social factors contribute to lesbians experiencing a variety of lower health outcomes
- Sexuality is a social determinant of health



Strategic Development Process

- Historically difficult...
- Opportunity to address capacity development and integration within ACON
- HOW?
 - Individual staff and leaders
 - Linking in with Other Strategies
 - Rural & Regional Engagement
 - Staff Implementation Work
 - External Board Advisory Committee

Strategic Development Objectives

- Inform our lesbian health work
- Integrate our lesbian health work
- Fund our lesbian health work
- Raise external awareness of our lesbian health work

Strategic Development Content

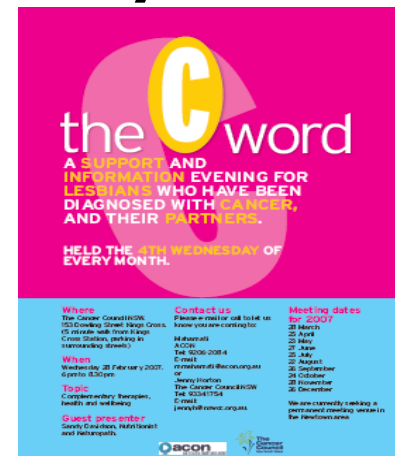
- Definition & Scope
- Partners
- Principles
- Evidence, Evidence, Evidence
- Significant lack of research but...

Cancer and Lesbians

Lesbians are at risk because they are:

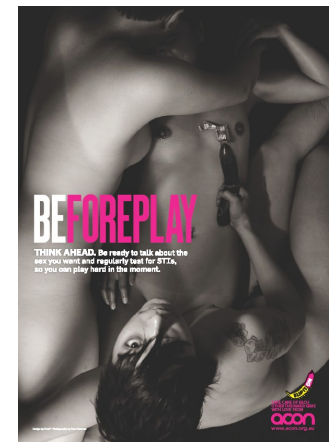
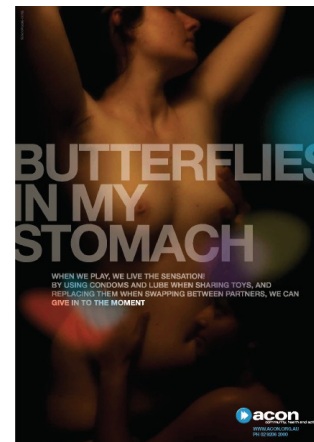
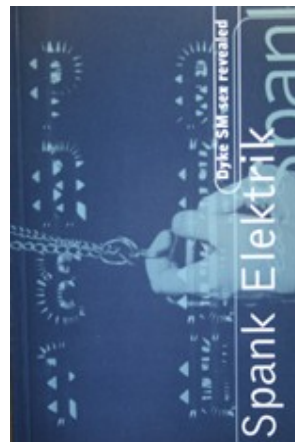
- less likely to have children
- more likely to smoke
- more likely to engage in harmful alcohol consumption.

Lesbians have the richest concentration of risk factors for breast cancer than any subset of women in the world.



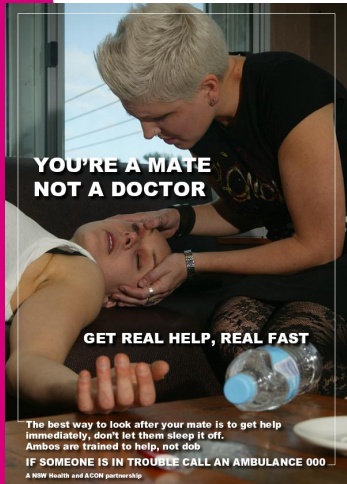
Sexual Health

- The *Writing Themselves in Again* report found that compared with the results of an Australian study of the health of secondary school students, same-sex attracted young women were almost five times more likely to have had an STI infection and three times more likely to have contracted some form of hepatitis
- The rate of STI infection for same sex attracted young women (9%) was almost as high as same sex attracted young men (10%)



AOD USE

- According to the 2004 *SWASH Report*, 50.3% of women surveyed reported recent illicit drug use, which is 4 times the amount reported amongst the general female population in the *National Drug Strategy Household Survey*
- The *SWASH* report also showed that lesbians and SSAW are much more likely to smoke than the general population with 34% of respondents being current tobacco smokers



quit now
you can do it!

Smoking is a strong addiction which is a challenge to kick, and lesbians and bisexual women smoke at a higher rate than heterosexual women.

The 2004 *SWASH* survey showed lesbian and bisexual women's smoking rate is 34% compared with 25% for heterosexual women.

Many of the places where lesbians socialise revolve around alcohol, drugs and smoking such as bars, clubs and dance parties. It can be hard to quit smoking in this environment, and if you crave cigarettes and can't rest longer than an hour without wanting to smoke, you are probably addicted to nicotine. Most smokers are chemically, habitually and emotionally addicted, but with planning, practice and new skills you can overcome smoking addiction.

QUITLINE 13 72 42 for telephone support by professional advisors seven days a week (Monday to Friday 7am-11pm, Saturday and Sunday 9am-11pm)

www.quitnow.info.au provides information about current Quit Smoking campaigns.

www.quit.org.au provides tips, support and information and also offers *Will Power*, an interactive desktop pop-up reminder.

www.thequitcoach.org.au is a website which offers personalised advice to help you quit, stay that way or decide whether you will give it a try.

Using nicotine replacement therapy increases your chance of staying quit by 80%. A pharmacist can assist you to choose the most suitable replacement method.

acon Building Our Community's Health & Wellbeing

ACON LESBIAN HEALTH PROJECT
9 COLLEGEWAY EAST, SUITE 1116, NEW TOWN *FREECALL 1800 093 090
• MELB 02 9226 2164 • WESTVALE 0800 132 9909 2162
• BOTTLE RIVERS 02 9529 1555 • WATER 02 9529 1508
• ELLENBORO 02 9226 1164

become more kissable

quit smoking now

Are you a girl who loves to party?

Then ACON has something for you...

Join the glamorous **Lillian Star** for a fun night full of useful information on how to party safely, plus free mocktails and canapes

PLAY SAFE

WEDNESDAY
3 JUNE 6.30PM-8.30PM
BANK HOTEL, VELVET LOUNGE,
KING STREET NEWTOWN
TO RSVP OR FOR MORE INFORMATION
EMAIL AOD@ACON.ORG.AU OR
CALL TARNIA ON 02 9206 2047 OR 1800 063 060

BANK HOTEL

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Health Action Areas

- The strategy is a reflection of what we already do
- Health Action Areas
- Criteria For Inclusion
 - Evidence Base
 - Capacity within ACON
 - Gaps in external service provision

Health Action Areas

- Sexual Health & Well-Being
- Alcohol & Other Drugs
- Mental Health & Well-Being
- Violence
- Cancer
- Ageing
- Relationships
- Parenting & Fertility
- Youth

Key Successes

- Lesbian Health has been identified as a key goal of ACON's most recent strategic plan
- New internal and external partnership development
- New research opportunities
- Profile and awareness raising
- New funding opportunities
- Coordinated policy input and development

Future



- Sustainability
- Evidence Base
- Preventative Health Framework
- Social Inclusion Platform



www.acon.org.au