



National Health
Promotion Program



Hands Up

by Dr Nicole Janicki

Do you do volunteer work in your community? No I am not talking about spinal screenings – they are for the development of your practice. I am talking about Meals on Wheels, Salvation Army, community fund raising or driving around disabled people. I had not done any volunteer work before but often thought that I should. I constantly admire those volunteers in the opportunity shops giving so selflessly of their time. I often thought I should contribute to the community that offers so much to me but well . . . I never had time.

Like most chiropractors, I run a full time practice and have a family to look after. So how exciting would it be if I could perform some community service that still benefited chiropractic but was not about the promotion of my practice – and along came the Healthy Spines National Health Promotion Program. Not only does it do these things but it also offers the opportunity of working with children.

I don't know about you but I love working with kids. I adore adjusting them. I love having them run around my practice. I love playing games with kids. I adore my friends' children. I love speaking to my niece and nephews and I idolise my own daughter. So with Healthy Spines I get to fulfil my sense of community involvement, improve the image of chiropractic and work with kids. Bliss! Why **wouldn't** you want to be involved in the Healthy Spines program?!

Imagine if every school in Australia had the Healthy Spines program as part of their curricula. All those children would be learning about their spine and how to look after it. I have been amazed how many children identify the nerves on my model spine after only one session of the program. How many new adult patients can do that?

What a positive impact on our society if these children take that advice through their life, not only from a chiropractic point of view but also from the perspective of preventing serious spinal injuries. One of the teachers I met shared her reason for wanting the Healthy Spines program in her class – her nephew is a quadriplegic from a silly schoolboy prank.

No, it is not about the promotion of chiropractic but the school, the teachers, the kids and the parents all know that you are a chiropractor and that has to be good for our image as a profession and an Association. This exposure also has to be good for the local chiropractor's personal image.

I have got an absolute buzz out of being involved in the Healthy Spines program for the above reasons, but also just being around all those children leaves me on a high. They love life

and love learning – mostly they think you're fairly cool because you own a spine. Do something fantastic and get involved with the Healthy Spines program. Your community will thank you for it.

Download copies of the 2004 Evaluation Report from the Healthy Spines Research section at www.healthyspines.com.au

REGISTER YOUR INTEREST FOR HEALTHY SPINES 2006 – NOW!

The CAA is proud and excited to again be supporting the Healthy Spines National Health Promotion Program in 2006. The Healthy Spines Program is getting stronger and stronger, as more chiropractors realise the value of educating our children about spinal health.

The specific objectives of the program are:

1. To increase school communities' understanding of the importance of spinal health care.
2. To develop a positive attitude towards spinal health care within school communities.
3. To increase students' knowledge of:
 - a. the relationship between their spine and their health;
 - b. good spinal health care habits; and
 - c. how to create policies and environments that support spinal health.
4. To increase school communities' commitment and action in supporting students' spinal health care through the development of appropriate policies, practices and environments.

We are now taking expressions of interest from practicing chiropractors who want to participate in next year's program. Over the next month we will look at where the majority of chiropractors are located to determine where the two 1.5 day training workshops will be held. At this stage the first training workshop will probably be held at the end of March, with the second approximately four weeks later. This will then be followed up with supportive teleconferences before you take the program into your local schools and community.

We encourage all members to have a look at the Healthy Spines website www.healthyspines.com.au which gives an excellent overview and history of the program.

Contact Leanne at CAA National on (02) 4731 8011 or email nhq@caa.asn.au to register your interest for the 2006 program.