



Goulburn Valley Primary Care Partnership Integrated Health Promotion Plan

# Evaluation Report 2016-17

September 2017

Prepared for Department of Health and Human Services by:

- Cobram District Health (CDH)
- Goulburn Valley Health (GVH)
- Goulburn Valley Primary Care Partnership (GVPCP)
- Numurkah District Health Service (NDHS)
- Primary Care Connect (PCC)
- Yarrawonga Health (YH)



## Goulburn Valley Primary Care Partnership Integrated Health Promotion Plan: Evaluation Report 2015-2016

This report has been jointly prepared by agencies funded for Integrated Health Promotion program in Goulburn Valley Primary Care Partnership catchment, in accordance with Department of Health and Human Services reporting guidelines. The following report demonstrates the evaluation activity undertaken over the previous twelve months (July 2016 – June 2017), and should be read in conjunction with the full GVPCP Integrated Health Promotion plan 2013-2017.

Healthy Eating highlights include:

- 12 Early Childhood Services achieved Smiles 4 Miles award
- Moira Good Food Good Business booklet developed and distributed (electronic and hard copy)
- Collective Impact projects in Greater Shepparton and Moira Shires
- Community Gardens and Food Share programs developed in the Moira Shire

Social Connection highlights include:

- 2 events were driven by the Act-Belong-Commit campaign
- 15 events were branded with the Act-Belong-Commit campaign
- Act-Belong-Commit campaign had 987 overall active participants and 2,336 overall estimated spectators

Capacity Building highlights include:

- Hume Region Community of Practice delivered in September 2016 with the theme 'Tech Tools of the Trade: Social Media in Health Promotion. Evaluation findings reported that three quarters of participants (81%, n=27) indicated that it was quite or very useful in expanding their knowledge. Just over half (51%, n=18) indicated that they will definitely apply what they have learnt. 34% (n=12) will probably apply what they have learnt.
- GVPCP IHP Leadership group developed to govern the implementation of the Integrated Health Promotion Plan
- 3 Act-Belong-Commit case studies submitted to Mentally Healthy WA from Moira Shire

Reporting template: July 2016 – June 2017

<b>Priority Area</b>	Healthy Eating
<b>Goal</b>	All people in the Hume Region are able to have access to food that is safe, nutritious and culturally valued
<b>Target population group</b>	Children aged 0-12 and their families living in the local government areas of Greater Shepparton, Moira, and Strathbogie
<b>Budget and resources</b>	Cobram District Health: 0.4 EFT Goulburn Valley Health: 0.6 EFT Numurkah District Health Service: 0.4 EFT Primary Care Connect: 0.5 EFT Yarrawonga Health: 0.5 EFT
<b>Key evaluation questions</b>	<ul style="list-style-type: none"> <li>• Were partnerships successful in creating supportive environments for health?</li> <li>• Did the existence of supportive environments influence children’s food consumption?</li> <li>• Was healthy eating included as a component in local government plans?</li> </ul>

From plan:		Your Report:	
Objective 1	Impact indicators	Evaluation methods/tools/timelines and responsibilities	Key results
<p><b>By 2017, increase the number of serves of fruit and vegetables consumed by children aged 0-12 and their families in GVPCP catchment.</b></p>	<p><b>5.2 Partnerships</b> Greater proportion of planned health promotion initiatives delivered in partnership with local community and other agencies</p>	<ul style="list-style-type: none"> <li>• All funded agencies</li> <li>• Activity log</li> <li>• Smiles 4 Miles reports</li> <li>• Moira partnership log</li> </ul>	<ul style="list-style-type: none"> <li>• Health Promotion initiatives delivered in partnership with the following 5 IHP funded member agencies</li> <li>43 x Early Learning Centres across the GVPCP catchment</li> <li>2 x Dental Services</li> <li>1 x schools re: achievement program (PCC x 1)</li> <li>2 x businesses/organisations re: achievement program (Numurkah x 1, PCCx1)</li> <li>• Partnerships intervention/activity responsibility shared</li> <li>• Community garden/food share x 4 locations <ul style="list-style-type: none"> <li>○ Numurkah 2 x active partners in addition to health service</li> <li>○ Yarrawonga ‘over the fence Food for All’ committee x 8 active partners in addition to health service, regularly supplying fresh produce to foodshare</li> </ul> </li> <li>• PCC, NDHS, GVH, YDH, CDH: participation in data collection for the Goulburn Valley’s Primary School Health Behaviours Monitoring Study.</li> <li>• Moira Good Food Good Business Booklet Distributed (electronic and hard copy)</li> </ul>

	<p><b>6.1 Regulatory and policy environment</b></p> <p>Healthy eating policies are implemented and reviewed by early learning services</p>	<ul style="list-style-type: none"> <li>All funded agencies</li> <li>Smiles 4 Miles reports</li> <li>Activity log</li> </ul>	<ul style="list-style-type: none"> <li>Smile 4 Miles Awards</li> <li>S4M awarded 12 Early Learning Centres across GVPCP catchment (Moira= 3, Shepparton= 8, Strathbogie= 1)</li> <li>GVH have developed a partnership with Murray Goulburn Water to support their Water Only Kinders Program. We run Smiles 4 Miles Education alongside their launches.</li> </ul>
<b>Interventions/Strategies</b>	<b>Process indicators</b>	<b>Evaluation methods/tools/timelines and responsibilities</b>	<b>Key results</b>
<p>1. Conduct surveys to establish baseline data on fruit and vegetable consumption in children 0-12 years</p>	<ul style="list-style-type: none"> <li>Identify best-practice methods for measuring fruit and vegetable serves</li> <li>Identify appropriateness and usability of survey</li> <li>N respondents as a percentage of total number surveys distributed</li> <li>Identify fruit and vegetable consumption rates</li> <li>Identify barriers to fruit and vegetable consumption</li> <li>Joint participation in Deakin monitoring (resource sharing)</li> </ul>	<ul style="list-style-type: none"> <li>Standardised literature review</li> <li>Pilot testing of survey</li> <li>Completed surveys</li> <li>Quantitative survey data</li> <li>Qualitative survey data</li> <li>Deakin monitoring doodle poll</li> </ul>	<p><b>Deakin Uni Monitoring:</b></p> <p>N = 6 involved in data collection (NDHS, YH, CDH, PCC, GVH, COGS)</p> <p>N = 39 schools participated</p> <p>N = 1606 children surveyed</p>
<p>2. Use Healthy Food Connect model to guide local food system change and create healthier food access and availability</p>	<ul style="list-style-type: none"> <li>N stakeholders represented at local meetings</li> <li>Local priority areas identified</li> <li>Local action plans developed</li> </ul>	<ul style="list-style-type: none"> <li>Meeting minutes</li> <li>Partnership logs</li> <li>Action plans</li> <li>Record sheets</li> </ul>	<p><b>Moira Health Promotion Collaborative Group= 5x organisations</b></p> <p>Action plan developed/reviewed</p> <p>Reporting/communication process developed</p> <p>Good Food Good Business Booklet printed = 300 copies</p> <p>- booklet reviewed by:</p> <ul style="list-style-type: none"> <li>Cafes/food outlets (N=2)</li> <li>Nutrition experts (HEAS, Dietitian) (N=2)</li> </ul> <p>Food swap/share systems maintained (N=3 YDHS, NDH, NDHS)</p> <p><b>YH:</b></p> <p>Established a supply of fresh produce to foodshare</p> <p>Established 'Over the fence' food for all community group</p> <p>- sourced community group to donate free produce for food share</p> <p>Christmas hampers</p> <p><b>NDHS</b></p> <p>Secured funding (FRRR) to construct wicking garden beds in 15 community settings (EY centres, schools, aged care, community house, park)</p> <p>- established working group linking with learning center and secondary college to share resources for a variety of community garden ideas, including incorporation of arts</p>

			<p>- wellbeing garden launched (80 participants) garden is maintained by volunteers with produce being used in catering and donations</p> <p>- 20 participants at 'How to grow a veg garden' session</p> <p>Engaged with Monash uni healthy food basket survey as potential evaluation measure/ engagement tool</p> <p><b>Primary Care Connect:</b></p> <p>- 'Sharing is Caring' initiative, ran to raise awareness of Anti-Poverty &amp; National Nutrition week. This was a not for profit initiative aimed to benefit the community, by giving away free packaged, locally donated foods and fruit, recipe cards, healthy eating resources, lack of food security advice and pre-prepared rice paper wraps and BBQ'd goods. Ran in partnership with Food Share out the front of the local Kmart store.</p> <p><b>Victoria Food Forum</b></p> <p>N = 8 staff attended (NDHS x1, GVH x 2, COGSx2, PCCx2)</p>
<p>3. Develop and implement a marketing strategy that delivers consistent healthy eating messages across GVPCP (using <b>Food for all</b>)</p>	<ul style="list-style-type: none"> <li>▪ N groups and settings reached using <i>Food for all</i></li> <li>▪ Social marketing strategy developed</li> </ul>	<p>YH: static display at Community Garden.</p> <p>Food for All Newsletters</p> <p>Moira Business Booklet</p> <p>Poster developed x1</p>	<p><b>'food for all' community newsletters</b></p> <p>4 x newsletters developed by local Dietitians and disseminated as per town distribution plans</p> <ul style="list-style-type: none"> <li>• YDHS – 4 x schools, 5 x early years centres, YH SharePoint, Facebook</li> <li>• NDHS – 9 x schools, 6 x early years' centres, 4 x community groups, 8 x business/organisations, + pick up points</li> <li>• CDHS – 2 x schools, 3 early years centres, 1 MCHS, Breastfeeding group, clients to CDH.</li> <li>• Moira Shire - 5 MCH centres</li> </ul> <p>Evaluation of Newsletter in review stage.</p> <p><b>'food for all' branding utilized in:</b></p> <p>NDHS: staff newsletter, community newsletter</p> <p>YH: community garden, newsletter, foyer display, waiting room tv, kinder poster</p>

<p>4. Continue to implement Smiles 4 Miles in early years settings to build supportive environments for healthy eating</p>	<ul style="list-style-type: none"> <li>▪ N early learning services registered</li> <li>▪ N services awarded</li> <li>▪ N services that are sustainable</li> <li>▪ N children reached</li> <li>▪ N educators reached</li> <li>▪ N educators completed annual training/network event</li> <li>▪ Key worker attendance at Moira working group meeting</li> <li>▪ N key workers that attended annual forum/training</li> <li>▪ Attendance by Coordinators at Hume Region Coordinators Network meetings</li> <li>▪ N media releases about Smiles 4 Miles</li> </ul>	<p>Evaluation ongoing</p> <ul style="list-style-type: none"> <li>• Smiles 4 Miles Registration forms/Moira Master tracker</li> <li>• EY staff training pre/post questionnaires</li> <li>• Meeting minutes</li> </ul>	<p><b>ECCR = Early Childhood Centres registered SA = Services awarded</b>  <b>CR = Children Reached SR = Staff reached TRD = Titanium Recorded Data</b></p> <p><b>Moira</b></p> <ul style="list-style-type: none"> <li>• N = 14 (ECCR)</li> <li>• N = 3 (SA)</li> <li>• N = 656 (CR)</li> <li>• N = 21 (SR)</li> <li>• N = 206 (TRD) GVH</li> <li>• N = 29 education sessions delivered in centres</li> </ul> <p><b>GVH</b></p> <ul style="list-style-type: none"> <li>• N = 32 (ECCR)</li> <li>• N = 5 (SA)</li> <li>• N = 1538 (CR)</li> <li>• N = 62 (SR)</li> <li>• N = 206 (TRD) WITH NDH</li> <li>• N = 92 education sessions delivered in centres</li> </ul> <p><b>DHSV Annual Forum Attendance</b></p> <ul style="list-style-type: none"> <li>• Moira N= 3 Health Promotion Officers</li> <li>• GVH N= 2 staff</li> </ul> <p><b>Smiles 4 Miles Media Releases published</b></p> <ul style="list-style-type: none"> <li>• Moira N=2</li> <li>• GVH N= 3</li> </ul> <p><b>Early years staff training Pre/Post Survey Results</b></p> <ul style="list-style-type: none"> <li>• 100% reported - Good to very good knowledge of the S4M program and Oral Health</li> <li>• 100% reported - Feel confident to very confident in implementing S4M program</li> </ul> <p><b>Smiles 4 Miles Coordinators Network</b></p> <ul style="list-style-type: none"> <li>• 100% attendance for both Moira Shire and Greater Shepparton representatives.</li> </ul> <p><b>Smiles 4 Miles Annual Reports</b></p> <ul style="list-style-type: none"> <li>• Moira Partnership <a href="#">report</a></li> <li>• GVH Oral Health Plan report 2016/2017</li> </ul>
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			<p>Moira: established dental referral strategies N = 21 registered on dental appointment sign up sheet</p> <p>GVH – 22 Dental van visits to the outlying (COGS only) Kinders commenced during the 16/17 Financial year</p>
<p>5. Build capacity of organisations and services who seek assistance to create supportive environments for healthy eating</p>	<ul style="list-style-type: none"> <li>▪ Frequency and type of support provided</li> <li>▪ Tools, resources and policies developed</li> <li>▪ N early learning centres registered with AP</li> <li>▪ N schools registered with AP</li> <li>▪ N workplaces registered with AP</li> </ul>	<p>Activity logs Achievement program register</p>	<p><b>Health Together Victoria Achievement Program (AP)</b> N = 16 businesses/organisation registered with AP (Moira 3, COGS 12, Strathbogie, 1) N= 4 Health Promotion organisations registered with AP (NDHS, PCC, GVH, YDH) N = 33 schools and Early years centres registered with AP (Moira 7, COGS 23, Strathbogie 3) N = 4 organisations achieved healthy eating and oral health benchmark (COGS 3, Strathbogie 1)</p> <p><b>YH:</b></p> <ul style="list-style-type: none"> <li>- assisted MCHC with First Steps program</li> <li>- Ongoing support to: 5x Preschools with Vegetable Garden Programs 1x Over the Fence Group Community Garden.</li> <li>- Dietician presentation: 1x secondary college (20 students), 2x schools Lunchbox Snacks &amp; Ideas for Healthy eating.</li> <li>- 2x staff attended Systems Thinking Trainings</li> <li>- Workplace participated in Active April promotion</li> <li>- Met with 3x Early Years centres to discuss AP</li> </ul> <p><b>CDH:</b></p> <ul style="list-style-type: none"> <li>-discussions with Cobram Community House regarding avenues for funding First Friday Lunch events.</li> </ul> <p><b>NDHS</b></p> <ul style="list-style-type: none"> <li>- co-facilitated ‘baby teeth count too’ session with Dental Health Services Victoria to save the children playgroup facilitators x 8</li> <li>-100% increased knowledge, 88% felt they could use the information presented in their playgroup setting.</li> <li>-met with 5x schools to discuss AP</li> </ul>

			<p>-Dietitian presentation to 1x Primary school (N= 70 students), 1x secondary college (N= 60 students)</p> <p>1x CWA presentation re: children’s nutrition needs throughout life stages (N= 20 women)</p> <p>-Workplace participated in active April promotion and nutrition week activities including staff healthy lunches</p> <p>- Dietitian conducts new mum nutrition sessions</p> <p>-Numurkah Foodbowl festival: seedling planting activity (N=67 children planted and took seedling home)</p> <p>-Numurkah show – vegetable tasting (N=40 children)</p> <p><b>Moira Shire:</b></p> <p>Established health and wellbeing committee</p> <p>Healthy catering policy and practice changes</p> <p><b>Primary Care Connect:</b></p> <p>-In contact with Strathbogie Shire Council, Department of Human Services, local schools and Goulburn Valley Water to assist in supporting the implementation of the Achievement Program in their workplace, including the healthy eating priority.</p> <p>- PCC internally supported whole organisation to complete the benchmarks of the Achievement Program, Healthy Eating, Physical Activity and Mental Health priority areas.</p> <p>- Met regularly with Gateway Health, GV Health and GSCC to look at ways of shifting organisations social norms around diet and what is catered at local professional meetings.</p>
<p>6. Advocate, inform, and engage local governments in healthy eating and breastfeeding initiatives through collaborative partnerships</p>	<ul style="list-style-type: none"> <li>▪ Local government participation in IHP Network (distribution list and meeting attendance)</li> <li>▪ Frequency and type of contact with local government to encourage involvement in initiatives</li> <li>▪ Local government represented on Healthy Food Connect network</li> </ul>		<ul style="list-style-type: none"> <li>- 3 of 3 council Municipal Public Health &amp; Wellbeing plans include healthy eating</li> <li>- 3 of 3 local government representatives are on IHP network contact list</li> <li>- 3 of 3 local government areas represented on GVPCP leadership group</li> <li>- Moira HP attendance at Moira 0-8 network</li> <li>- Moira Shire represented at Greater Shepparton Breastfeeding working group</li> </ul> <p><b>Moira Shire:</b></p> <p>Breastfeeding friendly locations (N = 85 registered with ABA)</p> <p>Cobram Breastfeeding playgroup maintained</p> <p>3x health services participated in Moira Shire (MPHWP) wellbeing for all strategy consultation</p> <p>9x Moira health professional attended Greater Shepparton Breastfeeding conference</p>



			<p><b>NDHS:</b>  1x Breastfeeding mentor trained  Breastfeeding friendly article in community newsletter  Workplace consultation re: feeding room for staff and public and consideration of Breastfeeding workplace accreditation</p> <p><b>CDH:</b>  -update of breastfeeding friendly business directory</p>
<p>7. Implement Deakin Systems Thinking process to engage whole on community in place based initiatives that support healthy eating</p>	<ul style="list-style-type: none"> <li>▪ Joint participation in Deakin monitoring</li> <li>▪ N staff/stakeholders receiving training from Deakin</li> <li>▪ N stakeholders participating at each level of consultation/model building</li> <li>▪ N community groups/org that receive monitoring data reports</li> <li>▪ N community lead initiatives that build support environments for healthy eating</li> </ul>	<p>Registrations  Meeting minutes  Monitoring data  Activity log  Systems map developed</p>	<p><b>Monitoring:</b>  N= 6 organisations involved in data collection  (NDHS, YH,GVH, CDH, PCC, COGS)  N = 39 schools participated  N = 1606 children surveyed  NDHS: N = 8 schools engaged to discuss results and future plans</p> <p><b>Deakin training</b>  N = 7 organisations receiving training  (Moira x5 NDHS, YH, PCC, GVH x 2, MS, NCLC, NSC, COGS)  N = 5 additional observing organisations/individuals</p> <p><b>NDHS –</b>  Systems map developed  N = 6 members recruited to catalyst group (4 different organisations including health service, Moira shire, secondary college, learning centre/community house)  N = 20 participants at stakeholder workshops  N = 18 participants at community forum  N = 49 community generated action ideas  N = 16 action ideas prioritised into 4 community lead action areas</p>

<b>Priority Area</b>	Social Connection
<b>Goal</b>	All people in GVPCP have opportunities for social connection
<b>Target population group</b>	Community groups and services in the local government areas of Greater Shepparton, Moira and Strathbogie
<b>Budget and resources</b>	Goulburn Valley Health: 0.8 EFT Primary Care Connect: 0.5 EFT Yarrawonga Health: 0.5 EFT
<b>Key evaluation questions</b>	<ul style="list-style-type: none"> <li>• Did the number of partners involved in Act-Belong-Commit increase?</li> <li>• Did knowledge and awareness of Act-Belong-Commit messages increase?</li> <li>• Was there increased community capacity and ownership to lead social connection strategies?</li> </ul>

From plan:		Your Report:	
Objective 1	Impact indicators	Evaluation methods/tools/timelines and responsibilities	Key results
<b>Build inclusive, resilient and safe communities that promote opportunities for social connection in GVPCP catchment</b>	<b>5.2 Partnerships</b> Greater proportion of planned social connection initiatives delivered in partnership with local organisations and services  Greater proportion of local Act-Belong-Commit partners plan, deliver, and evaluate the campaign in collaboration	Working group meetings Activity Log Focus Group interviews Records of Agencies and Groups involved in Act-Belong-Commit events	<b>YH</b> Lifestyle Fair <ul style="list-style-type: none"> <li>• Attendance from 17 postcodes</li> <li>• Stalls x 25</li> <li>• Increase in memberships and volunteering</li> </ul> Family Week attended x100 R U OK Day Odd Socks Day- celebrates the importance of openly discussing mental health and looking after ourselves and provides an opportunity to gain more understanding of mental health issues around us. Youth Forum- to develop a support network for Young professionals new to the area. <b>GVH</b> R U OK Day – Conducted Organisational RU OK Day events at GV Health. All departments participated on the day Toolamba Dairy Farmers Event for ACT- Belong-Commit Held a stall at “Out in the Open” Festival around sexual health promotion . <b>CDH:</b> Active Ageing Expo x 1 – promoting avenues for healthy lifestyle choices and local service providers for maintaining social connection.
	<b>2.1 Increased knowledge</b>		<b>YH:</b> Increase in memberships and volunteering as a result of the Lifestyle Fair. Family Week attended x100

	Community members exposed to Act-Belong-Commit campaign have increased knowledge about keeping mentally healthy and can recall key messages		<p>R U OK Day- YH &amp; PCC staffs acknowledge Mental Health messages to connect with co-workers, family and friends and to commit to being there for one another.</p> <p>Odd Socks Day- Yarrawonga Health Facebook page showed photos of community members, friends, family and relatives all participating by wearing their odd socks in support.</p> <p><b>CDH:</b></p> <ul style="list-style-type: none"> <li>• Active Ageing Expo x 1 April 2017</li> <li>• Pitstop Men's Health event August 2016.</li> <li>• Men's health week displays June 2016</li> <li>• Display at Mental Health Awareness play Carpe Diem and participation in group question and discussion session.</li> </ul>
	<p><b>4.1 Social capital</b></p> <p>Increase in participation in community like, as people know what activities are available</p>		<p><b>YH</b></p> <p>3x events branded Act-Belong-Commit</p> <p>Community groups reported increase in numbers of Volunteers and new members, following promotion at Act-Belong-Commit events</p> <p>Ongoing development of Act-Belong-Commit Calendar of Events: Marketing of Community group information and events</p>
<b>Interventions/Strategies</b>	<b>Process indicators</b>	<b>Evaluation methods/tools/timelines and responsibilities</b>	<b>Key results</b>
1. Undertake research to explore and understand Social Connection in local context	<ul style="list-style-type: none"> <li>▪ N surveys completed</li> <li>▪ N focus groups conducted</li> <li>▪ N attendees at focus groups</li> </ul>	<p>Discussion groups</p> <p>Consultation schedule</p> <p>Attendance record</p> <p>Activity log</p>	<p><b>YH</b></p> <p>Youth Forum</p> <p>30x attendees to plan and develop a Young Professionals group to support, and encourage newcomers.</p> <p><b>Primary Care Connect:</b></p> <ul style="list-style-type: none"> <li>- Completed 7x focus groups in Greater Shepparton, to contribute towards the Social Connection research.</li> <li>- Youth: 6 participants (Shepp)</li> <li>- Refugee &amp; Asylum seekers: 12 participants (Shepp)</li> <li>- Working class focus group a: 5 participants (Shepp)</li> <li>- Working class focus group b: 3 participants (Shepp)</li> <li>- Chronic Illness Group: 6 participants (Shepp)</li> <li>- Older Adults Group: 3 participants (Shepp)</li> <li>- Volunteers Group: 6 participants (Murch)</li> <li>- Presented Social connection data stage 2 to the IHP working group through a PowerPoint presentation. Some findings showed that younger adults were least satisfied with their life as a whole, how safe they felt and how connected they feel to the community when compared to adults and older adults.</li> </ul>

3. Engage local partners to implement Act-Belong-Commit campaign	<ul style="list-style-type: none"> <li>• N partner invitations sent</li> </ul>	Activity log	No new partners signed in 2016-17
4. Plan, implement and evaluate Act-Belong-Commit	<ul style="list-style-type: none"> <li>▪ N signed partners that complete Act-Belong-Commit training</li> <li>▪ N steering committee meetings held</li> <li>▪ Attendance by partners at steering committee meetings</li> <li>▪ N events driven by Act-Belong-Commit</li> <li>▪ N events branded by Act-Belong-Commit</li> <li>▪ N Ongoing projects</li> <li>▪ N Published articles</li> <li>▪ N Paid advertisements</li> <li>▪ N resources developed</li> <li>▪ Campaign information distributed</li> <li>▪ Signage hire</li> <li>▪ External grant application submitted</li> <li>• External grants received</li> </ul>	<ul style="list-style-type: none"> <li>• Event records detailed in 6-monthly activity reports</li> <li>• Frequency of newsletter and published newspaper articles</li> </ul>	<p>Act-Belong-Commit July16 – June 17 (all agencies)</p> <ul style="list-style-type: none"> <li>- A total of 2 events driven by ABC</li> <li>- A total of 15 events branded with ABC</li> </ul> <p>N = 5 news articles:  N = 6 newsletter articles  N = 987 overall active participants  N = 2,336 overall estimated spectators</p> <p><b>Moira</b>  Act-Belong-Commit meeting combined with Moira Health Promotion Collaboration.  N= 6 meetings  3 x Moira case studies submitted to WA publication (NDHS, YH, CDH)</p> <p><b>Moira Shire:</b> staff activities for RU ok day event and mental health week</p> <p><b>Nathalia District Health</b> Counsellor to implement GROW program</p> <p><b>Primary Care Connect:</b>  120 participants  Included an ABC stall at Men’s Health Event held June 15<sup>th</sup> 2015, 2016, with a strong focus on mental health from our guest speaker.</p>

<b>Priority Area</b>	Capacity Building
<b>Goal</b>	All PCP members will work collaboratively on IHP for the benefit of local communities through the sharing of resources, knowledge, expertise and good will.
<b>Target population group</b>	Member agencies and staff
<b>Budget and resources</b>	Goulburn Valley PCP staff: 0.8 EFT
<b>Key evaluation questions</b>	<ul style="list-style-type: none"> <li>• Was there an increase in integrated planning and evaluation demonstrated by member agencies?</li> <li>• Did consolidation of effort between partners occur?</li> <li>• Was there an increase in sharing of resources and knowledge between members agencies?</li> </ul>

From plan:		Your Report:	
Objective 1	Impact indicators	Evaluation methods/tools/timelines and responsibilities	Key results
<b>To build the capacity of member agencies to work collaboratively to plan, implement and evaluate primary prevention at a catchment level on regional priority Healthy Eating and sub-regional priority Social Connection, for the period 2012-2017.</b>	<b>Organisational Development</b> <ul style="list-style-type: none"> <li>• Management support from funded agencies to develop one catchment plan</li> <li>• Combining resources across catchment for more effective IHP investment</li> <li>• Planning, implementation and process of developing plan based on research and evidence of local need across catchment</li> <li>• Improved integration of health promotion planning process across funded IHP agencies</li> <li>• Enhanced organisational learning and improved practice through evaluation and dissemination of findings- via improvements to practice in funded IHP agencies</li> </ul>	Evaluation ongoing (July 2014 – June 2017) <ul style="list-style-type: none"> <li>• All funded agencies and GVPCP</li> <li>• Records of funded agency endorsement</li> <li>• Working group meeting minutes</li> <li>• Focus group and key informant interviews</li> </ul>	All funded agencies signed off on collaborative plan. Moira working group established and meeting regularly.
	<b>Resources</b> <ul style="list-style-type: none"> <li>• More efficient and effective targeting of resources- through integrated planning, program delivery and regional priorities</li> </ul>	Evaluation ongoing (July 2014 – June 2017) <ul style="list-style-type: none"> <li>• All funded agencies and GVPCP</li> <li>• Identification of common interventions</li> <li>• Focus group and key informant interviews</li> <li>• Shared Dropbox folder</li> </ul>	One IHP plan with two distinct health priority areas and identification of common interventions such as Smiles 4 Miles, Healthy Food Connect, Food for all social marketing, Act-Belong-Commit campaign
	<b>Leadership</b> <ul style="list-style-type: none"> <li>• Agencies take leadership role in IHP within sub region or in relation to a particular priority area/ programs or target group</li> </ul>	Evaluation ongoing (July 2014 – June 2017) <ul style="list-style-type: none"> <li>• All funded agencies and GVPCP</li> <li>• Lead agencies identified in Gantt charts</li> <li>• Working group meeting minutes</li> </ul>	Multiple agencies demonstrate leadership for health promotion across the catchment: <ul style="list-style-type: none"> <li>• Yarrawonga Health chaired bi-monthly working group meetings, and currently chairs Moira Health Promotion Collaborative</li> <li>• Greater Shepparton City Council elected as IHP network chair in Feb 2016</li> <li>• GV Health led mentoring group meetings and provided peer support to other funded agencies (up to January 2016)</li> <li>• GV Health provides Smiles 4 Miles program in Strathbogie LGA</li> <li>• Numurkah DHS is Smiles 4 Miles coordinator for Moira LGA</li> </ul>

			<ul style="list-style-type: none"> <li>Primary Care Connect led Social Connection research project and ethics application</li> </ul>
	<p><b>Partnerships</b></p> <ul style="list-style-type: none"> <li>Maturing of partnerships from networking to collaboration</li> <li>Greater proportion of planned health promotion initiatives delivered in partnership with the local community and other agencies</li> <li>Reduction in fragmented and duplicated effort as agencies work together and pool resources and skills</li> </ul>	<p>Evaluation ongoing (July 2014 – June 2017)</p> <ul style="list-style-type: none"> <li>All funded agencies and GVPCP</li> <li>Focus group and key informant interviews</li> </ul>	<ul style="list-style-type: none"> <li>Regular and well-structured face-to-face meetings were viewed as critical to build relationships and trust with the catchment.</li> <li>Health promotion activity is more efficient at a catchment level since the implementation of the regional strategy and agencies are working together more effectively and sharing resources and skills</li> </ul>
<b>Interventions/Strategies</b>	<b>Process indicators</b>	<b>Evaluation methods/tools/timelines and responsibilities</b>	<b>Key results</b>
<p><b>1.1</b> Facilitate the coordinated planning, implementation, monitoring, evaluation and reporting of GVPCP IHP plan</p>	<ul style="list-style-type: none"> <li>Meeting attendance</li> <li>Videoconference usage</li> <li>Gantt charts developed and reviewed</li> <li>Risk matrix developed and reviewed</li> <li>Bimonthly Agency Activity Logs submitted</li> <li>Reports submitted according to expected timeframes</li> <li>Strategies implemented according to expected timeframes</li> <li>Processes, templates and tools created</li> </ul>	<p>Evaluation (July 2014 – June 2017)</p> <ul style="list-style-type: none"> <li>GVPCP and all funded agencies</li> <li>Meeting minutes</li> <li>Gantt charts</li> <li>Progress reports</li> <li>Shared Dropbox folder</li> </ul>	<ul style="list-style-type: none"> <li>2 IHP working group meeting held in 2016 (bi-monthly basis)</li> <li>1 meeting agenda included a facilitated discussion with DHHS on Delivering Place-based Primary Prevention in Victorian Communities</li> <li>100% (n=2) attended by at least 3 (of total 5) IHP funded agencies</li> <li>Moira HP Collaborative meetings held July 2016-June 2017 (n=6); with Moira Shire funded agencies.</li> <li>Meeting agenda focuses on key action areas according to Gantt chart timelines.</li> <li>Bi-monthly progress report template developed to match evaluation report template</li> <li>Reporting process developed in May 2016 to assist in group collation and writing of Evaluation Report.</li> </ul>
<p><b>1.2</b> Lead the ongoing strategic alignment of IHP plans across Hume Region, in collaboration with other prevention platforms</p>	<ul style="list-style-type: none"> <li>Representation on local and regional committees</li> <li>Briefing papers developed and presented</li> <li>Identification of shared measures</li> <li>Extent to which Hume Region IHP plans have common priorities, goals, objectives, strategies, or interventions</li> <li>Regional Health Promotion Strategy evaluation aims, outcomes and recommendations</li> <li>Strategic process developed for RHPS 2017 onwards</li> </ul>	<p>Evaluation (July 2014 – June 2017)</p> <ul style="list-style-type: none"> <li>GVPCP</li> <li>Meeting minutes</li> <li>Documentation records</li> <li>Proposals developed</li> </ul>	<p>GVPCP IHP Project Managers actively participated in the following committees:</p> <ul style="list-style-type: none"> <li><i>Ovens Murray Goulburn PCP IHP Coordinators Meeting</i> – 100% (n=8) attendance at meetings to progress key capacity building tasks at regional level</li> <li><i>Health Promotion and Prevention Partnership</i> – 100% (n=3) meeting attendance: active input to ‘Ovens Murray Goulburn Place-based Prevention Options Paper’, provides framework for IHP collaborative planning 2017-2021.</li> </ul> <p>Regional Health Promotion Strategy Evaluation Recommendations</p> <ul style="list-style-type: none"> <li>Liaised with PCP IHP coordinators to review 12 recommendations and ensure the translation of these into Options Paper</li> </ul> <p>GVPCP IHP Governance Model (review August 2016)</p> <ul style="list-style-type: none"> <li>Coordinated the review process with managers and staff from IHP-funded agencies and local governments. Drafted Governance Model Proposal.</li> <li>IHP Leadership Group developed as a means to better support IHP operational teams across three LGAs and also the strategic</li> </ul>

			alignment with Municipal Public Health and Wellbeing Plans. Three meetings of Leadership Group have occurred in 2017 with 93% (n=5, 5, 4) attendance of managers from IHP-funded agencies.
1.3 Support member agencies through training and workforce development opportunities and providing access to information and resources	<ul style="list-style-type: none"> <li>▪ Information disseminated via Hume Region Prevention E-bulletin</li> <li>▪ Staff orientation provided to new members</li> <li>▪ Training opportunities provided</li> <li>▪ Attendance records</li> <li>▪ Record of contact/support and actions taken</li> <li>▪ Monitor changes in workforce health promotion competencies and identify training needs</li> </ul>	<p>Evaluation (July 2014 – June 2017)</p> <ul style="list-style-type: none"> <li>• GVPCP</li> <li>• E-bulletin open rates (mail chimp)</li> </ul>	<ul style="list-style-type: none"> <li>• Four Hume Region Prevention e-bulletins disseminated to an average of 95 subscribers: July/Sept/Nov 2016, Feb 2017</li> <li>• September Prevention e-bulletin collated and disseminated by GVPCP staff to 93 subscribers with 43% open rate (n=40)</li> </ul>
1.4 Provide member agencies a platform and opportunity to network, share and learn from each other	<ul style="list-style-type: none"> <li>▪ GVPCP agency representation at regional events</li> <li>▪ Training/events held</li> <li>▪ GV PCP IHP Network meetings and topics</li> <li>▪ Number of GVPCP members that delivered presentations</li> <li>▪ Number of agency peer-led training delivered, by who, and topic</li> <li>▪ Satisfaction rates</li> <li>▪ Healthy Eating Conference 2016 held (subject to capacity and funding availability)</li> <li>▪ Mentoring peer support group meetings</li> </ul>	<p>Evaluation (July 2014 – June 2017)</p> <ul style="list-style-type: none"> <li>• GVPCP</li> <li>• Records of events delivered</li> <li>• Attendance records</li> <li>• Participant evaluation</li> </ul>	<p>Hume Region Community of Practice (September 2016)</p> <ul style="list-style-type: none"> <li>• Planned, delivered, and evaluated collaboratively with other Hume Region PCPs, with theme: 'Tech Tools of the Trade'. Engaged and liaised with Zockmelon to facilitate training.</li> <li>• Attended by: Yarrawonga Health (n=2), Primary Care Connect (n=3), Numurkah DHS (n=1), Nathalia Hospital (n=2) and Strathbogie Council (n=1).</li> </ul> <p>Integrated Health Promotion Network meetings</p> <ul style="list-style-type: none"> <li>• July 2016 meeting convened with 12 attendees from 9 agencies. Guest speaker was Simone Comtesse from Mentally Healthy WA (via Skype) who spoke on the topic of Act-Belong-Commit campaign and creative ideas for engaging community groups.</li> </ul>
1.5 Disseminate findings from our work and ensure we are contributing back to the evidence base around both the regional and sub-regional priorities	<ul style="list-style-type: none"> <li>▪ Healthy Eating Conference 2016 held (subject to capacity and funding availability)</li> <li>▪ Number of abstracts submitted and conference presentations</li> <li>▪ Number of journal articles submitted and published</li> <li>▪ Reports disseminated</li> <li>▪ Planning package developed and disseminated</li> </ul>	<p>Evaluation (July 2014 – June 2017)</p> <ul style="list-style-type: none"> <li>• All funded agencies and GVPCP</li> <li>• Website downloads</li> </ul>	<p>Dissemination of the following:</p> <ul style="list-style-type: none"> <li>• Oral presentation on behalf of Ovens Murray Goulburn Area PCPs at international conference, World Congress on Public Health in April 2017 (co-presented with Lower Hume PCP): <i>Less plans, more collaborative action: evaluation of Hume Region Integrated Health Promotion Strategy</i></li> <li>• GVPCP IHP Evaluation Report 2015-2016 (August 2016)</li> <li>• GVPCP Prevention Report 2015-2016 (October 2016)</li> <li>• Act-Belong-Commit Case Studies submitted to Mentally Healthy WA (n=3)</li> <li>• NDHS Hume Health Conference (abstract and poster)</li> <li>• NDHS submitted a showcase case study</li> </ul>

<p><b>1.6</b> Pursue opportunities and continue to build the future IHP workforce in the Hume region</p>	<ul style="list-style-type: none"> <li>▪ Number of students engaged and supported</li> <li>▪ Frequency and type of support provided</li> <li>▪ Representation on Hume Region Workforce and Quality Practice Working Party</li> <li>▪ Graduate model investigated</li> </ul>	<p>Evaluation (July 2014 – June 2017)</p> <ul style="list-style-type: none"> <li>• GVPCP and funded agencies</li>   <li>• Placement records</li> <li>• Meeting minutes</li> </ul>	
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<b>Priority Area</b>	Discretionary Activities (10%)
<b>Goal</b>	Improve the health and wellbeing of the vulnerable groups in our communities
<b>Target population group</b>	Community groups and services in the local government areas of Greater Shepparton, Moira and Strathbogie
<b>Budget and resources</b>	Cobram District Health: ? EFT Goulburn Valley Health: 0.2FTE Numurkah District Health Service: ? EFT Primary Care Connect: ? EFT Yarrowonga Health: ? EFT
<b>Key evaluation questions</b>	<ul style="list-style-type: none"> <li>• Were community priorities identified and addressed?</li> <li>• Were vulnerable groups involved in planning, implementation, and evaluation of priority areas?</li> </ul>

From plan:		Your Report:	
Objective 1	Impact indicators	Evaluation methods/tools/timelines and responsibilities	Key results
<b>Work with local communities (and other agencies) to identify priority areas and work with the community to improve these priority areas</b>	<b>1.2 Consumer participation and leadership</b> Community members are actively involved in planning and development	<ul style="list-style-type: none"> <li>• Surveys</li> <li>• Head counts</li> <li>• Verbal communication</li> <li>• Meetings held</li> <li>• Participation/ attendance numbers</li> <li>• Grant submissions</li> <li>• Grants received</li> </ul>	Increased health knowledge Increased consumer engagement Increased organisations partnerships and information sharing Increased access to culturally appropriate services Increased physical activity
	<b>5.2 Partnerships</b> Greater proportion of planned initiatives delivered in partnership with local organisations and services	Number of partnered business and organisations in the delivering of interventions, activities: <ul style="list-style-type: none"> <li>• N=</li> </ul>	Business, organisations that joined in partnership to deliver Discretionary Activities : Yarrowonga Branch- Goulburn Valley Regional Library, Yarrowonga Health, Murray to Mountains Medical Students in the ERC Program at Yarrowonga, Yarrowonga P-12 School, Yarrowonga Health, Yarrowonga Lions Club, Moira Shire, Yarrowonga Neighbourhood House, Yarrowonga Library, Yarrowonga Tourist Centre
Interventions/Strategies	Process indicators	Evaluation methods/tools/timelines and responsibilities	Key results
<b>Yarrowonga Health</b> The Pit stop Challenge An innovative approach to engage men in preventative health.	<ul style="list-style-type: none"> <li>▪ Number of participants attended</li> </ul>	<b>Partnering organisations:</b> Yarrowonga Health and M2M (Murray to Mountains Rural GP's) partnered together. <b>Evaluation:</b> Our evaluation was collected from the number of participants.	<b>Participant numbers recorded:</b> Approximately 40 participated in Pit stop Challenge. <b>Public present:</b> Approximately 70 people attended Yarrowonga Health Marquee.

YH: Community Reading	<ul style="list-style-type: none"> <li>▪ Number of participants attended</li> </ul>	Yarrowonga Health, local business, YNH, Library and MOIRA shire partnered together to organise event.	100+participated.
<p><b>Primary Care Connect:</b> Working with Refugee communities (funded through external grants):</p> <p>-Afghani Men’s lawn bowls and water based hydro therapy sessions run weekly. 8-15 men attending on a fortnightly basis, this focuses on social connection for men who suffer from chronic illness and are isolated.</p> <p>-Afghani &amp; Iraqi women weekly exercise class. 6-10 women attending weekly, also focusing on social connection and reducing isolation, as well as increasing positive health outcomes</p> <p>.</p> <p>- Refugee and Asylum seeker Travellers Aid education session to improve knowledge of public transport and decrease social isolation.</p> <p>- 2015-2017: 4x Refugee women’s Health education sessions. Involves education on women’s specific health topics, such as breast screening, female genital mutilation, pap smear checks, continence and pro-laps after child birth. In partnership with GVH, Ethnic Council, Shepparton Women’s Health Centre.</p>	<ul style="list-style-type: none"> <li>▪ Number of participants attended</li> </ul>	<ul style="list-style-type: none"> <li>• Surveys</li> <li>• Head counts</li> <li>• Verbal communication</li> <li>• Participation/ attendance numbers</li> <li>• Grant submissions</li> <li>• Grants received</li> <li>• Partnerships</li> </ul>	<ul style="list-style-type: none"> <li>• Partnerships- Vic Police, Ethnic Council, Uniting, GVH</li> <li>• Maintaining and engaging a group of local refugees</li> </ul>
<p><b>Primary Care Connect:</b> Working with Aboriginal and Torres Strait Islander communities:</p> <p>-Health education sessions held at Yitjawudik Men's Rehabilitation Centre including, diabetes education, smoking cessation, bowel and prostate care, physical activity &amp; healthy eating cooking lessons.</p> <p>-Dental clinic ran from PCC</p> <p>-NAIDOC week annual community events</p>	<ul style="list-style-type: none"> <li>▪ Number of participants attended</li> </ul>	<ul style="list-style-type: none"> <li>• Head counts</li> <li>• Verbal communication</li> <li>• Participation/ attendance numbers</li> <li>• Partnerships</li> </ul>	

<p><b>Primary Care Connect:</b></p> <p>2016: -2x Continence Workshops in partnership with GVH continence team. The 35 attendees included, health professionals, community nurses, dieticians, gym instructors, personal trainers, and fitness class instructors.</p> <p>2016: -Working with other agencies to Organise the International Day of People With a Disability, by attending fortnightly steering committee meetings. Support of event day.</p> <p>2016: -In partnership with Wellways, supporting the priority area of mental health in our local community, PCC attended and manned a stall at the Wellways Mental Health BBQ, a free event for the local community held at the Shepparton lake. Promoting mental health services, awareness, advice and support.</p>	<ul style="list-style-type: none"> <li>▪ Number of participants attended</li> </ul>	<ul style="list-style-type: none"> <li>• Surveys</li> <li>• Head counts</li> <li>• Verbal communication</li> <li>• Participation/ attendance numbers</li> <li>• Grant submissions</li> <li>• Grants received</li> <li>• Partnerships</li> </ul>	<ul style="list-style-type: none"> <li>• 35 attendees</li> <li>• Partnership with GVH on delivery</li> <li>• Positive feedback in surveys</li> </ul>
<p><b>Primary Care Connect:</b> 2015, 2016 and 2017:</p> <p>Annual Men's Health Event.</p> <p>Held in partnership with Goulburn Valley Health, Ethnic Council and Greater Shepparton Council. Guest speaker each year and attendees between 80-120.</p>	<ul style="list-style-type: none"> <li>▪ Number of attendees</li> <li>▪ Ongoing partnerships</li> </ul>	<ul style="list-style-type: none"> <li>• Surveys</li> <li>• Head counts</li> <li>• Verbal communication</li> <li>• Participation/ attendance numbers</li> <li>• Partnerships</li> </ul>	<p>Strong partnerships with Goulburn Valley Health, Ethnic Council and Greater Shepparton Council.</p> <p>Present stalls on the night included:</p> <ul style="list-style-type: none"> <li>• Alzheimer's Australia Vic</li> <li>• Keeping Mentally Healthy</li> <li>• Quit Education</li> <li>• Gambler Help</li> <li>• Physically Active</li> <li>• Prostate care</li> <li>• Diabetes &amp; CVD</li> <li>• Health Eating</li> <li>• Sexual Health</li> <li>• Oncology &amp; Continence</li> </ul> <p>Large attendance numbers between 80-120.</p> <p>Ran three years in a row.</p>

CDH: attend the Maternal and Child Health new mothers group each 3 months- presentation on healthy lifestyle choices and continence management.	<ul style="list-style-type: none"> <li>▪ Number of participants attended</li> </ul>	Partnering organisation: <ul style="list-style-type: none"> <li>• Moira Shire Maternal Child Health Centre.</li> </ul>	16 participants in 4 sessions
YH: Teddy Bear Hospital The Teddy Bear Hospital (TBH) is a voluntary community program run by medical students of the University of Melbourne that aims to familiarise children with the medical consultation process and provide health promotion to children in a fun, relaxed and interactive manner.	<ul style="list-style-type: none"> <li>• Number of participants attended</li> </ul>	Partnering organisations: Health Community Health Centre, Medical Students in the ERC Program at Yarrowonga and Corowa., The University of Melbourne, Medical Interns from the M2M Program at Yarrowonga and some of our local Paramedics, and Yarrowonga P-12.	58+ participated.
NDHS: Community reading day	<ul style="list-style-type: none"> <li>• Number of participants attended</li> <li>• Number of children reached</li> <li>• Satisfaction rates</li> </ul>	<b>Evaluation tool:</b> Participating business/volunteer reader evaluation survey <b>Took place:</b> Tuesday 17 <sup>th</sup> August <b>Partnering organisations:</b> Goulburn Valley Regional Library & Numurkah Primary School	<b>Participant numbers recorded:</b> Children = 211+ Local business = 24 Primary schools = 5 Early Years centres = 2 volunteers = 14 (in addition to business owners) <b>Evaluations found:</b> <ul style="list-style-type: none"> <li>• 100% of respondents identified the day as being very-extremely enjoyable, and would participate again.</li> <li>• Great community engagement activity.</li> <li>• Most stated they participated to: be involved in community activity, support children's literacy</li> <li>• Qualitative comments/report available if needed see Numurkah</li> </ul>
NDHS: Grade 5/6 Puberty / Personal Development sessions	<ul style="list-style-type: none"> <li>• Number of participants attended</li> <li>• Number of children reached</li> <li>• Satisfaction rates</li> </ul>	<b>Took place:</b> term 3/4, 2016 <b>Partnering organisations:</b> Numurkah primary school, Strathmerton primary school <b>Participant numbers recorded:</b> Num PS x 2 sessions N=50 students Strathmerton PS x 2sessions N=37 students	<b>Evaluations found:</b> Majority of students able to identify and locate body parts, comfortable to ask questions and complete quiz.  N= 87 students total
NDHS: walk-n-talk group	<ul style="list-style-type: none"> <li>• Number of participants attended</li> <li>•</li> </ul>	<b>Took place:</b> bimonthly <b>Partnering organisations:</b> Walk-n-talk group, Num Ambulance, CFA, Wellbeing garden, medical centre - adult immunization, medical power of attorney  <b>Participant numbers recorded:</b> 8-10 participants x 5 sessions	Walking group value the education sessions, and invite other members/friends along to scheduled sessions, make suggestions for speakers and enjoy the casual networking with peers and community members. N=5 sessions conducted N= 8-10 members per session