



Integrated Health Promotion Plan 2017-21 – 2018 Report

This report has been jointly prepared by Goulburn Valley Primary Care Partnership member agencies alongside agencies funded for Integrated Health Promotion, in accordance with Department of Health and Human Services guidelines.

Agencies funded for Integrated Health Promotion:



Other member agencies involved in this IHP Plan:



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Introduction

The GV PCP catchment area comprises the local government areas of Strathbogie Shire, Greater Shepparton City Council and Moira Shire. Within this area there are five Integrated Health Promotion funded agencies. These agencies are Cobram District Health, Goulburn Valley Health, Numurkah District Health, Primary Care Connect and Yarrawonga Health. Alongside the funded agencies, there are many other agencies working towards achieving better health outcomes throughout the region, such as local government organisations, sports assemblies and other health services (see appendix 1 for full list of partners). Throughout this report, the funded agencies and other member agencies are referred to as ‘the team’. In 2012, the Department of Health (now known as the Department of Health and Human Services) implemented a collaborative planning process for those funded for Integrated Health Promotion across the Hume Region (now known as the Ovens Murray and Goulburn Regions).

Abbreviations

The following abbreviations appear throughout the document.

All agencies	All funded agencies as well as Greater Shepparton City Council, Moira Shire, Strathbogie Shire and Valley Sport.
CDH	Cobram District Health
DHHS	Department of Health and Human Services (Victoria)
GVH	Goulburn Valley Health
GV PCP	Goulburn Valley Primary Care Partnership
GSCC	Greater Shepparton City Council
MS	Moira Shire
NDH	Nathalia District Hospital
NDHS	Numurkah District Health Service
PCC	Primary Care Connect
SS	Strathbogie Shire
VS	Valley Sport
YH	Yarrawonga Health

Priority area	Healthy Eating and Active Living
Goal	To provide access and support to enable healthy eating and active living choices
Budget and resources (include evaluation budget)	Cobram District Health – 0.4 Goulburn Valley Health – 1.2 Numurkah District Health - .4 Primary Care Connect – 1.3 Yarrawonga Health – 0.8
Key evaluation question/s	How many settings have been assisted to create supportive environments for healthy eating and active living? How many partners have been involved in creating supporting environments for healthy eating and active living?
Impacts and outcomes (from the Victorian Health and Wellbeing Outcomes Framework)	Proportion of adults, adolescents and children who consume sufficient fruit and vegetables Mean service of fruit and vegetables for adults, adolescents and children Proportion of adults, adolescents and children who consume sugar sweetened beverages daily Discretionary food consumption of adults, adolescents and children (to be determined) Proportion of infants exclusively breastfed to three months of age Proportion of adults, adolescents and children who are sufficiently physically active Proportion of journeys that use active transport Proportion of people participating in organized sport (to be determined) Proportion of adults sitting for seven or more hours on an average weekday Proportion of adolescents and children who use excess electronic media for recreation Proportion of adults, adolescents and children who are overweight and obese Increase connection to culture and communities

Objective 1	Impact indicators	Evaluation tools
Create supportive environments for healthy eating and active living	<ul style="list-style-type: none"> • Environments are supportive of healthy eating • Environments are supportive of active living 	Tracking document Statewide databases

Strategy/Intervention	Lead agencies	Process indicators
1.1 Support settings to implement accredited programs to support healthy eating and active living	All agencies	<p>N = 3 settings registered with Achievement Program N = 1 setting achieved the healthy eating objectives of Achievement Program N = 1 setting achieved the physical activity objectives of Achievement Program</p> <p>N = 5 series of FoodRedi program delivered (4 in GS, 1 in SS) Support provided to Save the Children to deliver FoodRedi in the Moira Shire (training scheduled for August 2018)</p>
1.2 Investigate the accredited programs that relate to healthy eating and healthy minds.	All agencies	Good Sports program investigated by Primary Care Connect and deemed not appropriate due to capacity. Valley Sport are not funded to deliver the Healthy Eating component of the program.
1.3 Implement the Smiles 4 Miles program	GVH NDCH YH CDH NDH	<p>N = 46 early learning services registered N = 5 services awarded N = 1,667 children reached N = 41 educators completed annual training/network event N = 48 in service education sessions Moira working group meeting incorporated into Health Promotion meeting with 4 health services and 1 shire representative in attendance N = 5 key workers that attended annual forum/training 2 coordinators attended 4 (100%) Hume Region Coordinators Network N = 2 media releases about Smiles 4 Miles N = 4 services deliver Smiles 4 Miles in partnership in the Moira Shire N = 1 partnership with GV Water to deliver Water Only programs</p>

		N = 19 early childhood services 'Water Only'
1.4 Work with settings to support and enable healthy eating behaviours	All agencies	<p>N = 1 health service menu reviewed</p> <p>N = 2 healthy eating policies implemented in health services</p> <p>N = 33 Good Food Good Business booklets across Moira Shire</p> <p>N = 1 project to modify food and drink availability ongoing (in partnership with Alfred Health)</p> <p>N = 66 students participated in healthy lifestyles (inc healthy eating)</p> <p>N = 11 community gardens established and maintained by community</p> <p>N = 1 community garden established and maintained by health service</p> <p>N = 10 attendees at school garden workshop (learnings booklet developed and shared)</p> <p>N = 3 schools supported to progress garden into whole school curriculum</p> <p>N = 102 Christmas Hampers distributed with healthy recipes included</p> <p>N = 1 community foodshare cart established</p> <p>N = 1 health service implemented Water Only Organisation initiative</p> <p>N = 6 participants attended Healthy Eating Advisory Service (HEAS) mentor training</p> <p>N = 1 attendee to Victorian Food Forum</p> <p>N = 1 attendee Alfred Health Healthy Eating Advisory Service Implementation Forum</p> <p>N = 1 football/netball club supported to establish and implement smoking policy</p> <p>N = 1 health service supported to implement Greater Shepparton City Council Pedometer Challenge</p> <p>N = 200 participants in the Pedometer Challenge</p>
1.5 Utilise and share messages that deliver consistent healthy eating and active living messages	All agencies	<p>N = 4 food for all newsletters distributed</p> <p>N = 29 people food for all newsletter reached</p> <p>N = 11 preschools received food for all newsletter</p> <p>N = 15 schools received food for all newsletter</p> <p>N = 8 falls prevention presentations to walking groups</p>

		<p>N = 5 services promoted Healthy Weight Week (displays, social media, emails, staff lunch)</p> <p>N = 12 campaigns promoted (World No Tobacco Day, White Ribbon Day, N = 9 groups reached N= 7 settings reached N = 31 social media posts N= 386 likes on Facebook N = 78 shares of posts on Facebook <i>Active April in the Moira Shire</i> N = 81 events/activities N = 182 recorded participants 2 new programs now being delivered on an ongoing basis (potentially a third also) Moira Shire has made changes to park bookings making it free for any activities being held that are free for participants (still need public liability) <i>Numurkah Foodbowl Festival</i> N = 200 vegetable slushies provided N = 125 vegetable seedlings distributed <i>More4Moira Fun Day</i> N = 80 participants (pedal karts and healthy activities) <i>Odd Sock Day in Moira Shire</i> N = 35 pictures posted to social media <i>NAIDOC week in Yarrawonga</i> N = 60 adults participated in Bridge Walk N = 194 primary school aged children participated in Bridge Walk</p>
1.6 Continue to support breastfeeding initiatives	All agencies	<p>Breastfeeding friendly business in Moira Shire reviewed N = 133 ABA registered breastfeeding locations (MS + GS) N = 2 breastfeeding spaces at community events N = 4 Maternal and Child Health groups attended</p>

<p>1.7 Continue to implement Act-Belong-Commit with communities</p>	<p>YH NH GVH CDH GV PCP</p>	<p>N = 1 signed partners completed Act-Belong-Commit training N = 2 attendees at Act-Belong-Commit training N = 4 events driven by Act-Belong-Commit N = 15 events branded by Act-Belong-Commit N = 3 ongoing projects N = 7 published articles N = 2 paid advertisements N = 19 social media posts N = 13 presentations</p>
<p>1.8 Work with settings to increase active transport</p>	<p>All agencies</p>	<p>N = 7 settings requesting support to implement active transport initiatives N = 1 active transport initiatives advocated for</p>
<p>1.9 Advocate for and support the inclusion of healthy eating and active living in relevant municipal plans and strategies</p>	<p>All agencies GV PCP</p>	<p>N = 3 municipal plans incorporating healthy eating N = 3 municipal plans incorporating active living N = 4 funded agencies on advisory / implementation groups for municipal plans N = 3 local governments represented in IHP implementation groups N = 3 initiatives supported by the IHP group N = 2 initiatives delivered in collaboration All relevant plans developed in collaboration</p>

Objective 2	Impact indicators	Evaluation measures/tools
Implement systems thinking for collective impact {prevention of disease} for whole of community action for place based initiatives that support healthy eating and active living.	<ul style="list-style-type: none"> • Reduce childhood obesity, slow the rate of increase of childhood obesity • Community has ownership over interventions and activities that support healthy eating and active living • Member agencies are driving and showing leadership for the collective impact process 	<p>Meeting minutes</p> <p>Governance structure</p> <p>Partnership analysis tools</p>

Strategy/Intervention	Lead agencies	Process indicators
2.1 Implement systems thinking for collective impact mapping	GV PCP NDHS	<p>N = 6 staff/stakeholders receiving relevant training (Hands up Mallee webinar)</p> <p>No group model building held</p> <p>N = 85 of community led initiatives that build supportive environments for healthy eating and active living</p> <p>N = 1 community forum</p> <p>N = 80 attendees at community forum</p> <p>Backbone activities completed (including record of partnerships, undertake initiatives, communicate progress, establish and maintain governance)</p> <p>Community updated with progress via newsletters, emails and Facebook</p>
2.2 Work with the communities on community driven action to increase healthy eating and active living	All agencies as appropriate	<p>Vision, goals and shared measures established in Numurkah (More4Moira)</p> <p>Vision established in Shepparton (Healthy Futures Alliance)</p>
2.3 Data collection for Deakin research (Respond grant application)	CDH PCC GVH GSCC NDHS YH	<p>N = 0 schools engaged (to be completed in 2018-19)</p> <p>N = 8 agencies involved in data collection</p> <p>N = 0 staff trained in data collection (to be completed in 2018-19)</p>

Priority area	Capacity Building
Goal	All staff working on the IHP plan are connected, supported and equipped to fulfil their roles with confidence.
Target population group/s and target settings	IHP Funded agencies Partner agencies (not funded for IHP)
Budget and resources (include evaluation budget)	Goulburn Valley Primary Care Partnership - 0.2 FTE
Key evaluation question/s	Are the IHP workers connected? Are the IHP workers supported? Do the IHP workers have confidence in their abilities to deliver the IHP Plan?

Objective 3	Impact indicators	Evaluation measures/tools
Build the capacity of member agencies to work collaboratively to plan, implement and evaluate primary prevention	<ul style="list-style-type: none"> • Management support from funded agencies (and other relevant partners) • Improved integration of health promotion planning process across funded IHP agencies (and other relevant partners) • Maturing of partnerships from networking to collaboration • Greater proportion of planned health promotion initiatives delivered in partnership with the local community and other agencies • Agencies take leadership role in IHP within sub region or in relations to a priority area/programs or setting 	Sign off from funded agencies Endorsement from other relevant partners Workforce organisation survey Partnership tools

Strategy/Intervention	Lead agencies	Process indicators
<p>3.1 Facilitate the coordinated planning, implementation, monitoring, evaluation and reporting of the GV PCP IHP Plan.</p>	GV PCP	<p>Reports submitted according to expected timeframes N = 6 IHP working group meetings (Moira Shire) All funded agencies actively participating in relevant meetings Relevant member agencies actively participating in relevant meetings N = 2 IHP Leadership Group Meetings held</p>
<p>3.2 Provide member agencies a platform for peer learning and networking</p>	GV PCP Member agencies	<p>N = 1 IHP Network meetings N = 2 guest speakers at IHP Network meeting Bridges Out Of Poverty (5 local IHP staff)</p>
<p>3.3 Disseminate findings from our work and contribute to the evidence base for primary prevention</p>	All agencies	<p>N = 3 abstracts submitted N = 3 conference presentations (GV Health Research Fair, Hume Health Conference, upcoming International Society for Physical Activity and Health Congress – London) Reports disseminated Paper completed on Social Connection research, not submitted for publication</p>
<p>3.4 Disseminate findings to the community in ways that are understandable</p>	All agencies	<p>N = 0 of showcases of outcomes N = 0 of views on social media N = 0 of likes on social media N = 0 of shares on social media N = unsure annual reports featuring health promotion outcomes (annual reports not yet published)</p>
<p>3.5 Pursue opportunities and continue to build the future IHP workforce in the region</p>	All agencies	<p>N = 8 students engaged and supported N = 1 volunteers engaged and supported N = 6 projects identified N = 3 projects completed with student involvement</p>

		Workforce organisation survey not completed, delayed to utilise the new DHHS structure in 2018-19
3.6 Investigate and support IHP deliverables in the Strathbogie Shire	PCC Strathbogie Shire GV PCP	Proposal for service in Strathbogie Shire completed PCC appointed 0.3 FTE health promotion worker to deliver initiatives in Strathbogie Shire N = 1 IHP interventions implemented in Strathbogie Shire