

Welcome to 'Keeping Well'



Welcome to the second edition of 'Keeping Well' for 2014. This edition of the Keeping Well Newsletter will focus on the progress towards Integrated Health Promotion objectives and strategies outlined in the IHP Action Plan 2013/2014. The IHP Action Plan is located on the SGGPCP website and links directly to the SGGPCP Strategic plan and the Municipal Public Health and Wellbeing Plans of the Glenelg Shire and Southern Grampians Shire Councils. This edition of the newsletter has invited contribution by partners to capture the full narrative of integrated health promotion across the catchment.

http://sggpcp.com/20131129_HP_Action_Plan.pdf

'Keeping Well' is a newsletter for everyone supporting the communities of Southern Grampians and Glenelg Shires to stay healthy, strong and well. If you have any contributions or would like a topic included please forward to Jo Brown joanne.brown@wds.net

Farewell Adele

The SGGPCP has farewelled Adele Kenneally, who has left her position as Glenelg Shire Council Community and Culture Group Manager. Adele has also led the SGGPCP Executive in her role as chair over the past few years and has been an active participant and leader of integrated health promotion. We wish Adele the best for her future endeavors.



Southern Grampians and Glenelg Primary Care Partnership

integrated health promotion action plan 2013-2014

introduction

Welcome to the Southern Grampians and Glenelg Primary Care Partnership Action Plan 2013-2014: a document that states what actions will be taken during 2013-2014 to achieve the strategies and objectives of the Southern Grampians and Glenelg Primary Care Partnership Strategic Plan. The Strategic Plan can be found at www.sggpcp.com or please do not hesitate to contact our office if you would like a copy.

This Action Plan details the agreed work of partners and SGGPCP support staff to work collectively towards common goals and objectives in the Strategic Plan. This Action Plan 2013-2014 is also supported by an Evaluation Plan 2013-2017 (under development).

Given that this is the first time the Partnership has written a single integrated health promotion plan for the area, it is an evolving plan and we anticipate additional actions will be included as we continue the discussions with our partners.



November 2013

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Healthy Together Achievement Program Update

SGGPCP has registered to become a "Healthy Workplace" through the Victorian Government initiative: "Healthy Together Victoria – Creating a Healthier Workplace".

The Achievement Program for workplaces/workforce currently covers five health priority areas:

- Healthy eating
- Physical activity
- Mental health and wellbeing
- Alcohol
- Smoking

SGGPCP has achieved Recognition point 1 of the Healthy Together Achievement Program, which includes the development of a health promotion charter, and a summary of key actions.

In acknowledgement of the progress SGGPCP has made in promoting health and wellbeing to date, we can now use the official HTAV icon "together we are creating a healthy workplace".



A jointly funded initiative of the State Government of Victoria and the Australian Government.

Our next step is to put our health and wellbeing plan into action. Our two areas we are currently working on are; Alcohol and Physical Activity.

For further information on the Achievement Program visit their website:

<http://www.achievementprogram.healthytogether.vic.gov.au/workplace-guidelines> or telephone 1300 721 682.

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Other workplaces which have registered for the Achievement Program are:

HILAC (Hamilton Indoor Leisure & Aquatic Centre) – our first priority is healthy eating. Staff have undertaken an audit of products and review of sales figures at the café using the traffic light system, and are in the process of reducing 'red-light' items and increasing 'green-light' items, adding healthier options to the menu. Next steps include a follow up audit of products and sales, a review of portion sizes and healthy options promotions with healthy recipe flyers and fresh, healthier meal/snack options.

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Portland District Health – PDH has achieved Recognition Point 1 for the Achievement Program. Our first two priority areas will be healthy eating and physical activity. We have undertaken a staff survey on eating and alcohol consumption behaviours to inform our action plan and are planning to

undertake a similar survey for physical activity. PDH has adopted a Wellbeing Charter and Employee Health and Wellbeing Policy and is in the process of making changes to promote a healthy menu to staff based on survey results. The health promotion team has been given dedicated time to promote this policy and menu, as well as the Achievement Program, to new staff at orientation sessions. We are also going to promote physical activity, including walking tracks in the workplace.

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For further information on the Achievement Program go to: <http://www.achievementprogram.healthytogether.vic.gov.au/workplace-guidelines>

Healthy Food and Active Living

Healthy Eating and Active Living efforts are starting to gain momentum at the local level, with the decision to capitalise on the readiness and momentum present in Portland.

In essence, while the bigger picture details are being established at the Great South Coast level on the integrated approach, the Portland region is taking the first initial steps with the implementation of the "Systems" and "Angelo" workshops scheduled for late July.

As a quick review:

The Systems thinking helps develop the understanding of the complex influences on communities and the multiple drivers of individual behaviours. The process of Systems Mapping involves working with key community members to understand and use this complexity in intervention design.

The ANGELO (ANalysis Grid for Environments Linked to Obesity) process is geared towards building the capacity of the community to take action. It does this by combining the local understanding and evidence of best-practise to produce a set of relevant, feasible and evidence-based strategies to form the basis of a community action plan.

This new approach is certainly shaping up as anything but "business as usual". On the contrary, SEA Change is a new way of doing things. It started with a series of small workshops with local community leaders to help develop an understanding all of the factors that influence healthy eating and active living in the Portland community.

Following on from the initial work that had been done, Deakin University facilitated two larger workshops with a broad cross section of the Portland community (on the 17th and 29th of July).

The first workshop further developed the Portland healthy eating and active living picture and provided a high degree of clarity into the magnitude and complexity of all of the influences that impact on healthy eating and active living.

In the second workshop, the Portland community identified and prioritised Portland specific action ideas that would enhance healthy eating and active living opportunities. It was also at this workshop that community members identified what they were willing and able to do to take action.

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Western District Health Service Community Dietitian, Jessica Nobes, has been consulting local primary schools in the Southern Grampians Shire to determine their felt needs, capacity and interest in working in partnership to promote healthy eating, oral health and physical activity, in line with the World Health Organisations 'Health Promoting Schools Framework'.

This has led to the development and delivery of 1 workshop (as part of a series) for local primary school staff to assist them in undertaking the Co-ordinate phase of the Healthy Together Achievement Program. The workshop series was also open for early childhood staff to attend, with a result of representatives from 5 early childhood settings and 2 primary schools attending the first workshop. Resources including presentation and workbook material were sourced and adapted from the state funded 'Grampians Goldfield Healthy Together' team and used with their permission. It is hoped that these workshops and support from the Community Dietitian will help up skill staff and address time barriers, building their capacity to undertake the program.

Dietetic students from Charles Sturt University working with the Community Dietitian have assisted Penshurst Primary School complete the Co-ordinate Phase of the Achievement

program, which was then used at the first workshop, provided as a case study/example to the other schools/centres.

While many primary schools reported they were not interested in undertaking the formal Achievement program at this stage, they were still interested in having access to information that would support promotion of healthy eating, oral health and physical activity. Currently the community dietitian is developing a webpage on the WDHS website to be used as an information sharing platform for schools. Relevant teaching resources, health promotion initiatives/programs, grant opportunities and local school case studies/ feature articles will be available on the web page and schools will be encouraged to contribute relevant content. Many of the schools consulted have expressed interest in receiving regular email updates relating to new content being updated to the webpage, which will hopefully be launched by the end of next month.

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Community Culture of responsible drinking

Our goal over the next four years is to develop a community culture of responsible drinking and reduced harm from smoking. There are a number of strategies being implemented by the PCP and its partners including:

Alcohol Health Promotion Planning Committee

Stage 1 - reducing the supply of alcohol to underage young people

The first stage of the initiative is focusing on alcohol, with underage young people as the main target group. The aim of the first stage is to reduce the supply of alcohol to underage young people. Strategies will include a student survey about alcohol and other health and wellbeing issues, underage alcohol sales monitoring and social marketing and communication. Work will primarily focus on Portland in line with health promotion staff capacity at PDH and DWECH. There will be opportunity to include other areas of Southern Grampians and Glenelg, where capacity and resourcing is identified.

The PCP and partners are taking a collaborative approach. The PCP has joined with partners in Glenelg Shire including Portland District Health, Glenelg Shire, DWECH, DEECD (School Nursing), Victoria Police and Great South Coast Medicare Local to form the Alcohol Health Promotion Planning Committee. The Committee has established a relationship with Dr John Toumbourou, Professor and Chair in Health Psychology at Deakin University, who has extensive experience in research and community led projects for the prevention of alcohol related harm, particularly in relation to young people.

The Committee will act as a steering committee to oversee the implementation of the first stage of the initiative and members are contributing financial and staff resources to support the project. Once the first stage of the project is completed, the Committee and other key stakeholders will

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consider the outcomes, including the key findings of the student survey, to determine options for further action.

Smoke free areas

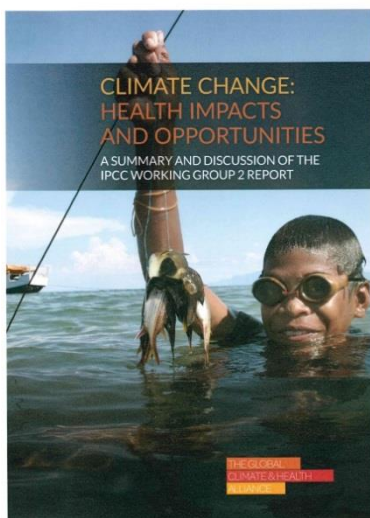
Smoke free areas were introduced from 1 April 2014 at all sports and recreational areas used by children and young people, in line with the introduction of State legislation. Shires have erected signage and undertook a community education program.

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Community Resilience through Climate Change

Climate change impacts on the health and wellbeing of all our community members in some way. The SGGPCP perspective is based around everyday health impacts such as household energy efficiency (which can cause impact financially and also on comfort and wellbeing), food security, household water security, transport and social connection. It is sometimes challenging to promote and work in the climate change space from a health service perspective and it is difficult for sustainability organisations to take on a health based approach. The recent report from the working group 2 of the Intergovernmental Panel on Climate Change (IPCC) has been summarized in a paper by the Global and Health

Alliance entitled Climate Change: Health Impacts and Opportunities. One of the five actions for health professionals around the world is to build partnerships to strengthen co-operation around population health and planetary health which provides a very strong basis for action. Other



recommendations include: reducing the contribution the health systems make to climate change, expand research on health impacts, creating synergies by promoting things like sustainable diets and food systems and active transport and advocacy.

Rural People: Resilient Futures

This project is collaboration between the Southern Grampians Shire Council, SGGPCP and RMIT University supported

through the Victorian Adaptation and Sustainability (VAS) Partnership. The project will investigate vulnerability to climate change and how we can plan for a better future.

Rural People: Resilient Futures was launched at the Hamilton Sustainable Living Expo on Sunday May 18 by the Nationals candidate for Lowan Ms Emma Kealy representing Hon Hugh Delahunty. Jo Brown (SGGPCP) described the background to the project while Patrick Shaw (DEPI) talked about the VAS Partnership and the excellent platform that PCP proves to further this work. Nola McFarlane (SGSC) outlined opportunities to engage in the consultation and further co-benefits of the project.



Stakeholder and community workshops and consultations are underway to investigate who is "doing it tough" in the Southern Grampians Shire and how climate change exacerbates vulnerability. This will add more to the narrative and provide a basis for conversations around future action.

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Glenelg SAVES

Thirty-one Glenelg Shire Community Support Workers (CSWs) have received formal Home Energy Efficiency Assessment Training (HEEAT) as part of the Glenelg SAVES (Seniors Achieving Valuable Energy Savings) Project. The training was delivered by the Moreland Energy Foundation Limited (MEFL) and their website is a great resource for all things energy efficient www.mefl.com.au. A major component of the project, and the Low Income Energy Efficiency Program (LIEEP) as a whole, is the collection of robust data. The CSWs have now commenced the energy efficiency assessments on their homes, which also involves the collection data. To assist in the collection of data, Federation University have provided data collection training to the CSWs. The next phase of the project will involve the recruitment of the Glenelg Shire HACC clients to the project; each CSW is required to work with 10 clients, and also the engagement of the HACC client community (for example meals on wheels, senior citizen groups), through some community workshops and forums.

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Community Life Participation

PCP is taking into account the circumstances and needs of people experiencing disadvantage and other vulnerable groups in planning the obesity prevention and other IHP work. This recognises that 'business as usual' will not necessarily

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engage a broad target group, as demonstrated in the Bridges Out of Poverty training, and that we need to be innovative in our approach.

PCP staff participated in the evaluation of VicHealth's Fair Foundations framework for health equity; the outcome of the evaluation will guide VicHealth in the development of further resources to support use of the framework at a practice level to promote health equity.

The social determinants of health inequities: the layers of influence



http://www.vichealth.vic.gov.au/~media/ResourceCentre/PublicationsandResources/Health%20Inequalities/Fair%20Foundations/VH_Health-Equity-Framework_A2-poster-as-A3s.ashx

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Get Active Glenelg 2 Grampians



The Healthy Communities Initiative (HCI) – Get Active Glenelg2Grampians (Get Active G2G) was fully implemented by June 2014. Through a broad range of outputs and the use of multiple strategies across multiple levels, Get Active G2G has delivered many impacts into the Glenelg and Southern Grampians communities.

While the Get Active Glenelg2Grampians was coordinated by local government, the project was to a large degree, delivered by the community.

A shared interest in the community's health and wellbeing brought together stakeholders from health and non-health sectors, including, council, community organisations and

commercial businesses, to deliver a mix of individual and community wide interventions.

The project successfully achieved its aims to increase:

- participation in physical activity and healthy eating,
- awareness of the importance of healthy eating and physical activity, and
- local capacity to promote, support and facilitate healthy lifestyles.

Individual focused program activities outcomes include;

- 82 programs delivered,
- 622 participants in physical activity programs, and
- 404 participants in healthy eating programs,

A majority of program participants felt the program had increased their knowledge, skills and healthy lifestyle behaviour.

Some community-based program outcomes include;

- 90 organisations received training, equipment or funding
- 70 local people received training,
- 7 sporting clubs developed Inclusive action plans;
- 20 organisations intend to increase their health catering,
- 8 local cafes became "Serving Healthy Options Program" certified,
- Local Healthy Food Options Guide developed,
- Aesthetically appealing exercise equipment was installed at 3 sites,
- 5 community gardens were supported
- 3 community kitchens were established (only 2 still remain active),
- New 'Active Bodies' Gym at Kyeema,
- Healthy Catering Policy / Guidelines within councils.

The Get Active Glenelg2Grampians Project has mobilised the community to promote the importance of healthy eating, physical activity and Obesity Prevention. It is hoped that some of the Get Active G2G activities are embedded enough to maintain the momentum.

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Using soft systems methodology and participatory methods to engage in complex problems

The region was very privileged to have Dr Hartmut Fuenfgeld and Alianne Rance from RMIT University facilitate a workshop entitled **Unpacking Resilience and Understanding Complexity** – using soft systems methodology and participatory methods to engage in complex problems. The workshop was a co-benefit of the Victorian Adaptation and Sustainability Partnership funded project Rural People: Resilient Futures, a collaboration between SGGPCP, the Southern Grampians Shire Council, RMIT University

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