

Welcome to 'Keeping Well'



Welcome to the third edition of 'Keeping Well' for 2015. This edition of the Keeping Well Newsletter will provide a short update on the shared prevention focus areas documented in the SGGPCP Strategic plan.

<http://sggpcp.com/wp-content/uploads/2014/05/2014-2017-Strategic-Plan-FINAL.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@wdhs.net

- Jo Brown, SGGPCP – behaviour change, reducing workplace sitting at SGGPCP
- Miryam Franjic & Kim Ayling, Southern Grampians Shire – health and wellbeing in the workplace

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

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Healthy Together Achievement Program

SGGPCP

SGGPCP are delighted to report that we are one of six workplaces across the state that has achieved the benchmarks for two or more healthy priority areas.

We have achieved Recognition Point 2 of the Healthy Together Achievement program by meeting the benchmarks for Physical Activity, Alcohol and Smoking.



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

As at April 2015, 772 Victorian workplaces have registered with the Achievement Program to take action around health and wellbeing.

The 'Healthy Workplace Forum' held recently provided a great opportunity for workplace champions to learn new ideas, share stories and create the next steps towards having a healthier workplace. The forum was well attended with many different workplaces represented.



There were presentations from:

- Brad Norris, Synergy Health NZ (via skype) – achieving behavior change within the workplace, the role of games and innovative wellness programs
- Fiona Heenan, Portland District Health – commitment to workplace wellbeing

Healthy Food and Active Living

SEA Change Portland

The SEA Change Portland movement continues with progress in the areas of increased water consumption and public education (facebook page, website and a physical activity newsletter), as well as some tremendous progress being made within schools.



Currently, in conjunction with Deakin University, we're developing a process to map and record the changes that have occurred to date and to help shape the way forward.

To keep everyone updated and to maintain momentum on the developments, go to SEA Change Portland Facebook page, https://www.facebook.com/PortlandSEAChange_website <http://seachangeportland.com.au/>

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Southern Grampians Shire

The working team has formed and there has been a lot of subsequent progress made on the Southern Grampians front.

First things first, we have a name, a descriptive tagline and a logo: "GenR8 Change - making the healthy choice the easy choice"

To give a little bit of detail behind the name, the "Gen" refers to the fact that obesity is a generational problem. The "8" is to reflect the eight



townships in the Greater Hamilton region. As for "Change", what we're

Let's work together to make a difference

looking for here is needle moving change with regards to the wicked obesity problem.

Currently, the GenR8 Change working team members are meeting with key community and agency members that have the ability to influence the system. These conversations are centered around forming an "Ambassador" group.

In the coming months, two "pre-workshops" are planned for the Ambassador Group in which it is intended to help build a local obesity map that details all of the factors that influence the healthy eating and physical activity choices in the Southern Grampians region.

This in turn will lead to a series of community workshops geared towards prioritising these factors and establishing community led interventions.

Great South Coast

The measuring of year 2, 4 & 6 children across the Great South Coast was undertaken in Term 2. This work was led and coordinated by Deakin University and was achieved through a partnership approach where local health services, local government, primary care partnerships and volunteers did the data collection under the training and guidance of Deakin University staff. This resulted in an extremely cost efficient and replicable monitoring process that hasn't been achieved before. A huge thankyou to everyone who collected data in the Southern Grampians Glenelg area; this couldn't have been achieved without your support, flexibility and commitment.

Another exciting aspect is the amount of children measured. Typically in these kinds of monitoring programs 10-20% of schools agree to participate. Across the Great South Coast over 70% of schools participated. With an opt-out consent process, of those participating schools, over 90% of the Y2, Y4, & Y6 children were measured. It is rare to get such a large proportion of children measured, which means that we can have great confidence in the accuracy of the data.

Another exciting part for our community is the extremely quick turnaround in providing data and information back to our community. The Y4 and Y6 also completed a behaviours survey which typically has been a paper based survey and would take over six months to double enter and clean data. However, by using iPads for this work, the Deakin team has been able to produce preliminary data in a matter of weeks. This means we will not only know the weight status of the Y4 and Y6 population but also have a good understanding of the behaviours that are contributing towards it.

So yes, preliminary data is near to becoming available. It is important to use this data in a way that is constructive to preventing obesity and how it is used will vary from community to community. In Southern Grampians and Glenelg areas, we are not planning to have a major public media release at this stage, but rather present the information to the key stakeholders at the right time and in the format that they can then use to inform action.

We are starting this process in Southern Grampians first as it fits with the schedule of work in establishing GenR8 Change with a Southern Grampians Shire Council Briefing Session and GenR8 Change Ambassadors Breakfast both on August 12.

National Centre for Farmer Health

Would you wear a FitBit™ to improve Farmer Health?

The National Centre for Farmer Health is seeking participants for a new study to investigate just how active our Victorian farmers and communities are. The "Fitter Farmers" study is seeking full-time workers (18y or over) to wear a FitBit™ and an ActivPal™ physical activity tracker over a 7-day period. You will receive a \$50 gift voucher for your troubles!

And the "Fitter Farmers" study isn't just looking for farmers! If you are a farm-based worker, a regional health-service worker, or work in the Geelong-area, we would love to hear from you.

<http://www.farmerhealth.org.au>

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Community Culture of responsible drinking

Glenelg Alcohol Health Promotion Planning Committee

The Glenelg Alcohol Health Promotion Planning Committee (AHPPC) has developed a Health Promotion Action Plan for the rest of 2015. The Action Plan is based on the Glenelg youth survey findings and report, the supply monitoring outcomes and feedback from stakeholders. The Action Plan seeks to address the report's recommendations, to:

- reduce early age alcohol use
- improve school engagement
- enhance family management and attitudes

Current strategies underway include:

- asset and capacity mapping to see what programs and initiatives are already in place and working well, identify local assets, capacity and opportunities and any gaps/ issues
- working with sports clubs on AOD policy and practice
- social marketing resources for people with limited literacy and the Aboriginal community
- key messages for parents, in conjunction with Beyond the Bell
- planning for the 2015 implementation of the supply monitoring initiative in liquor outlets

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Community Resilience through Climate Change

Rural People: Resilient Futures

The Rural People: Resilient Futures Project final report was launched locally at Mulleraterong Centre and at a state launch in Melbourne at RMIT in June. Alison Dunn (OHS and Communication Coordinator) together with a client from Mulleraterong talked about the value of the links with PCP and the research sector to assist to embed climate change into agency operations to reduce the vulnerability of the community. RMIT partners Dr Harmut Fuenfgeld and Alianne Rance linked to the launch via skype.

The Emergency Management Commissioner, Craig Lapsley, launched the report at RMIT University noting the significance of connections between PCP, agencies and the community and the valuable work of the Rural People; Resilient Futures Project.

Let's work together to make a difference



All of the outputs of the project can be found on the SGGPCP website http://sggpcp.com/?page_id=241 including the final report, film, literature review and individual case studies capturing the contribution of the partner agencies involved.



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Enhancing Networks & Resilience

We are very excited to announce funding to build on the learnings of the Rural People: Resilient Futures Project. We found the social isolation was among one of the contributing factors to vulnerability while in contrast having good social connection was seen as a factor in enhancing resilience. With this in mind we developed a submission in collaboration with RMIT University to the National Disaster Resilience Grants Funding Scheme. Our successful application, Enhancing Networks & Resilience will investigate social networks in a rural setting and seek to understand how these networks can be enhanced to support communities building resilience. In order to achieve this we will use social network analysis as the underlying methodology to map networks and interrogate the nature of the enablers and barriers to connections.

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Glenelg SAVES

With great excitement we move into the final phase of our project – final data collection and evaluation. Working closely with our research partners Federation University, and connecting closely back with all of our participants, we will be surveying all participants, conducting focus groups and providing other opportunities for input by those involved in the project. As part of this project, Penny will be working closely with Federation University to increase her knowledge around energy efficiency program impact evaluation, which will bring increased research capacity to the SGGPCP. As a PCP, we are looking forward to reviewing the data as it becomes available and sharing this with our partner agencies and the wider community. At a statewide level, the SGGPCP is communicating with other Victorian based LIEEP projects, and holding discussions with the State Government around future energy efficiency program opportunities.



The project, funded through the Department of Industry and Science, as part of the Low Income Energy Efficiency Program, will continue into 2016, with final reporting due 30 March 2016.



For more information, please visit the project page on our website http://sggpcp.com/?page_id=386

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