

Healthy Eating Active Living (HEAL) BLOGS



Healthy Eating Active Living Prevention Report 2020-2021

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Prevention Victoria - Blog story

prevention.health.vov.au

1. Release date – let us know if there are any timing issues we need to be aware of.

☐ Anytime

☐ Date specific:

2. Give us a short, snappy heading, 5-6 words is plenty.

Kitchen Garden Program delivers wellbeing after bushfires.

3. In one sentence – tell us what is important about this story and why it is of interest to your sector.

Lifting children's wellbeing and making school a great place to be after bushfires and during a pandemic, it's all possible with a supported kitchen garden program.

4. Tell us your story!

Exhausted staff, strung out parents, un-certain children and a town that lurched from drought to bushfires and without pause entered into pandemic lockdowns. Children already suffering loss of home, animals or even just a sense of safety were disengaged from their learning. Staff also told us kid's lunchboxes were full of processed food with little healthy content.

Health Promotion from GLCH saw the need through their relationships with Wellbeing staff in schools. "We are locals, we know the stress levels are high and staff aren't coping with delivering all the programs that could support kids." says Jane Christie, Health Promotion Coordinator.

GLCH set up Stephanie Alexander Kitchen Garden Programs (SAKG) in Orbost in partnership with Orbost Regional Health (ORH). GLCH supplied the experienced facilitator, who trained key school staff and the Health Promotion Worker from ORH. "I get it up and running with a staff member. With one term of support the motivation is high and they can sustain it." Andrea Kleehammer, Healthy Eating Facilitator GLCH.

By the end of the first term, Wellbeing staff wrote letters begging GLCH to stay longer...."You have created a relaxed atmosphere for kids who struggle at school to engage and be able to show off new skills and take pride knowing they are responsible for the delicious lunches that we all share. It is also time out of hectic classrooms for the staff to connect with kids who don't always respond well to challenges"

More Quotes from Wellbeing Staff:

"This is a tough time for everyone, (after the fires and then covid) particularly as Orbost was already struggling economically. As the wellbeing person at school, I am really appreciative that you offered our kids this opportunity."

"It is an initiative that has very real benefit to our school community without adding extra work to an already stretched staff. I have been trying to get this up and running for 2 years now and have never had the time to be able to do it justice on my own. Thank you so much"

"Most of our children eat chocolate processed cereal for breakfast. Processed foods such as dried noodles and salty processed flavour sachets are a household staple. Fruit is a 'fruit wrap', sandwiches are slathered with Nutella. Children rarely sit at the table and often eat separately to the parents. In this program, students are now familiar with meals that can be easily sourced and cooked. eg soups, dips, pasta. Parents are telling us about cooking at home"

5. Add a call to action – What do you want people to do as a result of your story?

Stephanie Alexander Kitchen Garden Program brings joy to students, whilst building relationships and broadening learning outcomes. It is a successful way to engage students who do not always flourish in the traditional classroom setting.

6. Provide up to four tweets – What message would you like to communicate to people?

[Supporting educators to deliver quality kitchen garden programs @glch1975 @GippslandLakesCompleteHealth @SAKGF](#)

[Helping bushfire affected communities through kitchen garden programs @glch1975 @GippslandLakesCompleteHealth @SAKGF](#)

Insta - @glch1975

FB - @GippslandLakesCompleteHealth

7. Finally help us to place your story on the website.

Highlight what setting/s your story relates to:

Community	School and early years	Local government area	Recreation and sport
Industry	Hospitals and health services (inc. community health)	Workplaces	Food and hospitality
State	Policy to action	Outcomes	Partnerships

8. Collective effort across the state

Does your story relate to one of the focus areas of the [Victorian public health and wellbeing plan 2019-2023](#)? Please highlight

- Tackling climate change and its impact on health
- Increasing healthy eating
- Increasing active living
- Reducing tobacco-related harm

Or another priority of the [Victorian public health and wellbeing plan 2019-2023](#)?

Which one/s? _____

What elements of good population health practice does your story demonstrate? Please highlight

- Develop and deliver prevention initiatives at scale
- Ensuring programs and projects are collectively contributing to a clearly defined population health outcome
- Developing and supporting leadership at every level
- Using a mix of universal and targeted approaches to address inequity
- Working with priority populations to develop and implement initiatives to maximise ownership and outcomes
- Work to create healthy and sustainable environments

Where possible, please incorporate this principle/s into the body of your story.

Photo on following page – Children at St Joseph's Catholic Primary School in the garden.

This story was prepared by:

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1. Release date – let us know if there are any timing issues we need to be aware of.

☒ Anytime ☐ Date specific:

2. Give us a short, snappy heading, 5-6 words is plenty.

Drought, massive bush fires and Covid19, what more can a small town take?

3. In one sentence – tell us what is important about this story and why it of interest to your sector.

Try to articulate your main point in just one sentence. This is what readers will see before they click through to the whole story (use the body of the story to unpack this main point).

Co design and a strength-based approach is the key to success.

4. Tell us your story!

We met with community members from the Nowa Nowa hall committee, men's shed, social support group, community development group and general community members. We listened to community members, letting them tell their stories, share their experiences and their hope/vision for the future. After years of drought in East Gippsland and 56% of the municipal area burnt out many small communities were struggling. Nowa Nowa was heavily impacted by fires with homes, sheds, businesses, livestock, and fences destroyed in the surrounding area. With the Princes highway closed for several weeks and fires raging in the area, the tourist season was lost. The community wanted visitors and tourists back in the town, we wanted to get the community active and connected again. The idea of a promotional film came up and that became our primary focus.

Working with a local film maker and using locals as actors, 'Nowa Nowa the Place To Be' emerged from the ashes. Promoted locally and using Face Book (over 17,000 views) and Instagram the film has been a great success and this has been celebrated. The community have expressed their pride in the project and visitors are back in the town.

Add a call to action – What do you want people to do as a result of your story?

get active in Nowa Nowa it's the place to be



Are there any recommendations you would make to others wanting to address a similar issue?
Talk to the community and listen.

5. Provide up to four tweets – What message would you like to communicate to people?

*E.g. Supporting schools to deliver pleasurable food education for kids @HEAS_Vic @NutritionAust @CancerVic @SAKGF #PlaygroundtoPlate **(140 characters per tweet)***

Please include your organisation's twitter handle and any partner organisation

Insta - @glch1975
 FB - @GippslandLakesCompleteHealth
[Get active at Nowa Nowa@glch1975](#) [Nowa Nowa the place to be active@GippslandLakesCompleteHealth](#)

6. Finally help us to place your story on the website.

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- Tackling climate change and its impact on health
- Increasing healthy eating
- Increasing active living
- Reducing tobacco-related harm

Or another priority of the [Victorian public health and wellbeing plan 2019-2023](#)?

Which one/s? Mental health and Wellbeing

What elements of good population health practice does your story demonstrate? *Please highlight*

- Develop and deliver prevention initiatives at scale
- Ensuring programs and projects are collectively contributing to a clearly defined population health outcome
- Developing and supporting leadership at every level
- Using a mix of universal and targeted approaches to address inequity
- Working with priority populations to develop and implement initiatives to maximise ownership and outcomes
- Work to create healthy and sustainable environments

Where possible, please incorporate this principle/s into the body of your story.

This story was prepared by: Name: Jane Christie Email: janec@glch.org.au Phone: 0477209669

Bairnsdale Regional Health Service

Embedding Healthy Choices at Bairnsdale Regional Health Service (BRHS).

A healthy diet is essential in preventing and managing chronic conditions and health risk factors, including diabetes, cardiovascular disease, overweight and obesity – which are key contributors to the burden of disease in Victoria.

With support and assistance from the Healthy Eating Advisory service, BRHS has successfully implemented the Healthy Choices Guidelines into the hospital canteen, but the work continues! The Healthy Choices working group and Positive Health and Employee Wellbeing (PHEW) Committee have maintained momentum and the guidelines have been applied to the catering menu, vending machine and volunteer-run kiosk. Healthy Choices training is now also a key component of Food Services staff induction and has been embedded into orientation.

As the largest health organisation in East Gippsland, BRHS has recognised the opportunity to adopt a whole of service approach to healthy eating. Ultimately, these achievements are beneficial to the community as they increase public access and exposure to Healthy Choices, key health messages and advice when they attend the health service – reaching thousands of individuals.

The 2019-2020 summer bushfires, combined with the ongoing COVID-19 pandemic has significantly impacted our community in East Gippsland and the trauma associated with these events is still visceral for many.

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MOVING TO AN OUTCOMES FOCUSED FRAMEWORK FOR PREVENTION

In 2017 the EGPCP transitioned organisational planning and reporting across East Gippsland to focus on changes in outcomes across the community rather than individual action-based outcomes and evaluation (for example number of participants or feedback on number or quality of sessions conducted).

Development of collective, local theories of change can be challenging with competing agendas and changes in funding direction across multiple organisations. Particularly challenging is the ability to translate these strategic directions into action that staff from all organisations can connect with operationally.

EGPCP has encouraged the use of community outcomes based planning to transcend boundaries of funding or shifting priorities between partners. This ensures local activity aligns directly to local changes, while simultaneously aligning with priorities identified regionally and across Victoria. The Department of Health and Human Services (DHHS) Public Health and Wellbeing Outcomes Framework (the Outcomes Framework) and Victorian Health & Wellbeing Plan 2015-2019 have been the cornerstone of this work, providing a strong foundation with which to identify and embed local changes and data.

These changes have then been directly connected to local action, ensuring that local decision making and investment in action is instrumental in changing outcomes for the community. The flowchart below demonstrates how this influences local planning and action.



Diagram 1. East Gippsland Planning Prevention Process 2017-2021

PARTNERS

All organisations and community groups working within East Gippsland contribute to this work, well beyond those who are partnership signatories. These include over 40 agencies from the following sectors:

- community health
- child, youth and family services
- government departments (e.g. VicPol, Department of Education and Training)
- health promotion
- women’s health
- Aboriginal health
- alcohol and other drugs
- mental wellbeing
- sport and recreation
- community

OUTCOMES

The **Healthy Eating and Active Living (HEAL) Partnership** have used this approach to guide their annual planning (see diagram 2). This has meant that the partnership has identified six local changes that they want to work towards, and have begun collecting local data and evidence relating to these changes, many of which hadn’t been collected and tracked in East Gippsland at this scale before. They also systems thinking work across four communities to identify drivers of childhood overweight and obesity, which has been developed into an outcome focused framework with identified priority initiatives. This resulted in an increased focus on actions that increase water available in public places and community events, actions that promote use of public spaces for physical activity and actions that focus on encouraging workplaces and education settings across East Gippsland to make healthy eating and physical activity easy for the staff and students. It also enabled the HEAL partnership to start to measure and action more intangible changes, such as the strength and breadth of partnerships in the healthy eating, active living space.



Diagram 2. HEAL Annual Planning Cycle

A Dynamic Landscape

Over the 2017-2021 period there have been significant events in East Gippsland that impacted on the health and wellbeing of local communities. Three years of declared drought, major bushfires that flame impacted 51 % of the municipality, and the pandemic that drove lockdown restrictions, slowing the movement of people and consequently the process of healing and recovery.

Consequently, the HEAL partnership has faced competing priorities as partner organisations have responded to emergencies and changing community needs. Some organisations have been required to respond by reallocating resources and initiate the redeployment of staff to assist in bushfires and COVID-19 immediate and ongoing response. Despite this, the partnership has remained strong and committed to shifting healthy eating and active living measures and outcomes in community.

This journey has been documented in Diagram 3 – HEAL journey map

Looking beyond 2021

Collaborative planning with East Gippsland Shire Council in the development of the 2021-2025 Municipal Health and Wellbeing Plan Framework, and review of the draft Community Health- Health Promotion Guidelines 2021-2025, there is a strong evidence that the HEAL partnership will continue to build on and expand their work and reach over the next four year period.

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Diagram 3. HEAL Journey map 2017-2021