

Healthy Eating Active Living – COVID Impact on Organisations.

	COVID-19
What planned programs or activities (if any) have you stopped. Please explain whether you believe this is a temporary measure, or likely to be permanent?	<p><u>Omeo District Health</u></p> <ul style="list-style-type: none"> Community Gym Program - all sites closed. The Omeo site for a significant period of time housed the COVID testing tent meaning 2/3rds of the facility is unusable as a gym workout space. Additional requirements for COVID safe settings such as increased cleaning and costs to reassess members has been a barrier to restarting (Temporary). Gentle Exercise Classes - cancelled during lockdown events. (Temporary) Harvest Exchange Program - cancelled during lockdown events. (Temporary) <hr/> <p><u>Orbost Regional Health</u></p> <ul style="list-style-type: none"> Gym access for staff at ORH was closed at the beginning of 2020 when Covid-19 first impacted Australia. The gym has so far been unable to reopen to staff due to density requirements and cleaning requirements that have developed as a result of the pandemic. Marlo Triathlon – Impact on ORH staff entry and ability to assist with nursing support/health checks – Event was cancelled again in 2021. Exercise groups run by the allied health team that offer accessible physical activity options to people in the community were put on hold at the beginning of 2020 and have not yet been reinstated due to Covid-19 density restrictions and cleaning requirements.

East Gippsland Water

- Water trailer and mobile water refill stations not currently available for community events/activities due to potential health risks associated with COVID-19. This was the case throughout 2020-21. This is regarded as a temporary measure and is being reviewed regularly.
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Bairnsdale Regional Health Service

- Engagement with education settings has been a constant challenge, which was limited to online support and communication where possible – if not postponed completely. This is temporary, work with these settings recommences when restrictions ease.
 - Rehabilitation groups cease activities and appointments are postponed when COVID-19 restrictions are in place – including Diabetes, Cardiac, Pulmonary and Planned Activities Groups. These activities reach those recovering from or living with chronic illness as well as individuals with disabilities, elderly and carers.
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Gippsland Lakes Complete Health

- In school delivery restricted at times. Temporary based on Govt guidelines.
- Group work impacted regularly.
- Ability for schools to focus on health priorities is hampered by competing priorities with remote learning and welfare needs of students.
- Workplaces unable to focus on previous health projects as they have been closed, dealing with economic realities of Covid restrictions. Less motivation to participate in this pandemic environment.
- Healthy eating in workplaces resource guide launch postponed (temporary).
- Achievement program in education settings on hold (temporary).

- Achievement program in workplace settings on hold (temporary).
 - Stephanie Alexander kitchen garden in education setting, limited school activities mostly gardening, but some schools have asked for cooking programs. SAKG volunteers have assisted in keeping gardens going during the lockdown periods. Education settings are keen to continue with the program and many are using SAKGP in their marketing for new enrolments.
 - East Bairnsdale community work, all contact programs cancelled at time of restrictions (temporary).
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GippSport

- East Gippsland Specialist School had originally planned for a Face to Face program to be facilitated by GippSport staff. This was to be facilitated for Social Inclusion Week as part of the All Abilities Physical Activity Challenge, but was cancelled by school staff due to Covid-19 restrictions at their school at the time.
- No Boundaries Cricket season 2020 - cancelled due to Covid-19. 3 x sessions were facilitated at Traralgon Sports Stadium open to players from the Gippsland competition, including East Gippsland area.
- Bairnsdale Table Tennis and Squash Centre - All Abilities Championships cancelled. The Bairnsdale Squash and Table Tennis Centre have had to cancel their planned All Abilities Club Championships. As a progression to their inclusive programming, the Centre originally planned the event for late March 2020 before Covid-19 hit. As the year passed on, attempts to run the event have further been put on hold due to restrictions.
- Special Olympics Gippsland – programs cancelled. After a very successful start to 2020 for Gippsland Specialist Olympics programs, unfortunately Covid-19 restrictions put a hold on any further programs for the year. In Term 1, 5 x Gippsland Specialist Schools participated in Tennis at local clubs and with local coaches (including East Gippsland Specialist School). This was to lead into a focus on different sports each Term of the year.
- Sale To Sea Disability Kayak Challenge – cancelled. Due to Covid-19 restrictions the Sale To Sea Disability Kayak Challenge planned for March 2021 was cancelled.

What planned programs or activities (if any) have you changed due to...

Omeo District Health

- Partnership and Team meetings- many meetings are now held online using zoom or teams. Limited face to face meetings.
 - Eat to Play Project- (Partnership Project) considering social marketing approach and adapting resources and tool that can be accessible online.
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Orbost Regional Health

- ORH have had to be flexible when delivering kitchen garden activities at schools in conjunction with GLCH. Snap lockdowns meant we had to be to be flexible in our delivery of the program. We were able to start back up after each lockdown that occurred in 2021.
 - Delivering health promotion messages face to face has become difficult and our reliance on online and contactless methods for delivering healthy eating and active living messages has increased. Social Media and newsletter messages have become more important.
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East Gippsland Water

- We are still available to attend community events such as markets as part of our community engagement program – social distancing protocols apply and we use our mobile water refill stations at these events. This engagement does still provide the opportunity to promote tap water as the drink of choice for a healthy lifestyle

Bairnsdale Regional Health Service

- Where possible these activities are adapted for online delivery, the exercise component of these groups is delivered online for those who are technology literate.
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Gippsland Lakes Complete Health

- Community events have required extra resourcing of staff time, to help people sign in, and to ensure we are compliant with attendance numbers etc.
 - Complying with Covid requirements with catering and community functions.
 - Healthy Eating videos produced to discourage non hungry eating and encourage healthy snacking. https://www.youtube.com/channel/UCgL5lOm0oDj6_qLHVQ1gqcQ
 - SAKG program has relied more heavily on volunteers to keep all gardens alive and thriving. We have delivered additional training for volunteers, and we have expanded our recruitment. Seedling planting and other preparation work is being conducted ready for spring planting.
 - East Bairnsdale programs were delivered with a no contact model during restrictions. Activities are delivered for preschool and primary school children. We deliver activities children can do in their back yard and set weekly challenges. We work with the community HUB to put together healthy meal boxes that parents can cook with their children. All activities are designed to be healthy, active and encourage parents to engage with their children.
 - Some schools have organised to film our activities (wellbeing & healthy eating), and this has been posted on WEBEX for home-based children during restrictions.
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GippSport

- All Abilities Physical Activity Challenge (September). 256 participants. All information on GippSport's September All Abilities Physical Activity Challenge can be found on our website via case study here: [GippSport's All Abilities Physical Activity Challenge – September 2020 – GippSport](#)

	<ul style="list-style-type: none"> All Abilities Physical Activity Challenge (November). Just under 250 participants. Numerous face to face participation opportunities for Day services and specialist schools across Gippsland. Engaging local ambassadors (including people from East Gippsland) to assist in promotion of the event and showcase them being active in the community.
What additional activities (if any) have you undertaken due to...	<p><u>Omeo District Health</u></p> <ul style="list-style-type: none"> Community Communication- increase in social media and community news sheet content. <hr/> <p><u>Orbost Regional Health</u></p> <ul style="list-style-type: none"> Zoom meetings, appointments and Telehealth continues. <p><u>Gippsland Lakes Complete Health</u></p> <ul style="list-style-type: none"> Provided HP expertise across 2021 to the High-Risk Accommodation Response (HRAR) Covid Program in East Gippsland. Prepared and distributed information on staying Covid Safe, looking after health and wellbeing during pandemic. Supported people to access vaccination. Target group included vulnerable populations living in public housing, caravan parks and remote areas. We ensure all messaging is health literate. Partnership project "on track to better health" walking project in Lakes Entrance. Over 800 community members behind this project. GLCH have made a priority shift to physical activity, particularly walking.



- Nowa Nowa Community project. Nowa Nowa the place to be encourages community and tourists to get outdoors and be active.



- HP staff working closely with GLCH marketing team to address issues of social isolation for staff, partnerships, and local community. Using fun and informative strategies we are looking at local marketing personal hygiene, mental health, staying active, eating well, and staying connected messages. Also addressing health literacy issues in marketing Covid messaging.
- Provided Health literacy training for GLCH staff to ensure Covid messaging.

<p>Have you received requests from partner organisations to respond to these events in particular ways? If so, please tell us about them.</p>	<p><u>Gippsland Lakes Complete Health</u></p> <ul style="list-style-type: none"> • Schools have organised to film our activities (wellbeing & healthy eating), and this has been posted on WEBEX for home-based children. • Schools concerned for the mental health and wellbeing of many students. More requests for assistance with wellbeing and arts and health programs. • Meetings on zoom and teams have allowed us to stay connected to partner organisations. • New partnership with school readiness program requesting we support early years settings with SAKG program. Picked up 3 new settings and organised SAKG training.
<p>Has these events changed the way you work with partners? If so, how?</p>	<p><u>Omeo District Health</u></p> <p>Most partner interaction is now online. Activities are planned with online platforms in mind either as preference of engagement or as a backup. More partner engagement due to ease of being able to meet online.</p> <hr/> <p><u>Orbost Regional Health</u></p> <p>We have adapted to new ways of communication – such as increased email contact and meetings via online platforms.</p> <hr/> <p><u>East Gippsland Water</u></p> <p>Online meetings over zoom are frequent, with meetings in person being less common due to continuing restrictions.</p>

	<p><u>Gippsland Lakes Complete Health</u></p> <ul style="list-style-type: none"> • Less in person meetings. Adaptation to online gatherings/interaction. • It has extended our partnership base, with many new and non-traditional partnerships. Working with our own and state fire recovery teams, community partners, hall committees, community advancement groups in Lakes, Nowa Nowa and Wairewa. Neighbourhood houses, art galleries, historic society, Landcare groups, Ports, local and state government. • With less activity delivery we have more of a population health focus, thinking more strategically and outcomes focussed. • Increased use of social media. • Increase in marketing.
<p>Does your organisation have particular plans related to response and recovery over the next six months?</p>	<p><u>Omeo District Health</u></p> <ul style="list-style-type: none"> • We will continue to focus on the priority areas of: <ul style="list-style-type: none"> <input type="checkbox"/> Healthy Eating <input type="checkbox"/> Active Living <input type="checkbox"/> Prevention of Violence <input type="checkbox"/> Mental Health Inc. Drugs and Alcohol. • Continue use of Social Media and local Omeo Newsheet to promote health and wellbeing messages. • Continue to explore online engagement strategies to deliver programs, where necessary. • Re-opening of Community Gym.

East Gippsland Water

- We are reviewing the situation regularly with other Victorian water corporations and seeking guidance where appropriate from the Dept of Health and DELWP.
 - We have recently taken delivery of three permanent water refill stations fitted with sensors that allow for contactless use. We plan to install these, as a trial, as suitable locations are identified over 2021/22 and 2022/23.
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Bairnsdale Regional Health Service

- Health Promotion plan for the next financial year is currently being developed and will take into account the need to be adaptable and dynamic with initiatives and programs due to COVID-19 – as well as recognition of the demands that partners, education settings and community organisations are experiencing as a result.

Gippsland Lakes Complete Health

- Covid Safe health and wellbeing messages via GLCH FB and Instagram platforms.
- School support in health priority areas. Managed in a sensitive way to support schools and not burden them with extra work.
- GLCH will reduce the number of VPHWP Priorities to reflect new guidelines.
- We need to keep our communities active, eating well and connected.
- We have observed an increase in walking during the past 18 months, so it is timely to have a strong focus on walking. We are working with our local partners and community to assess, map and market walking to our local communities and plan to market to a wider audience when restrictions are lifted. Working with East Gippsland Shire and RRV to do upgrades and signage on tracks and local walks.
- We will continue to put an all-ability lens over walking tracks to ensure access, safety and enjoyment for all walkers.

	<ul style="list-style-type: none"> • We will work with East Gippsland Water and East Gippsland shire council to ensure water drinking stations are allocated and installed in areas out of Bairnsdale. Nowa Nowa and Lakes Entrance are current priorities. • We will continue to market healthy eating through social media.
Is there anything else you wish to tell us about the impact of these events on your agency?	<p><u>Omeo District Health</u></p> <ul style="list-style-type: none"> • The COVID Response has drawn on health promotion expertise to promote public health messaging regarding COVID. The demand to respond to COVID has put pressure on the allocated capacity of the Health Promotion Worker to focus on other health promotion work. • Planning for community activities considers plan B online models for delivery due to the climate of lockdowns. • Staff and community wellbeing- continuing levels of stress, anxiety and fatigue. <p><u>Bairnsdale Regional Health Service</u></p> <ul style="list-style-type: none"> • Ongoing restrictions and frequent changes increase stress and fatigue experienced by staff and support staff. <hr/> <p><u>Gippsland Lakes Complete Health</u></p> <ul style="list-style-type: none"> • Covid-19 came when our community has been in drought for the past few years, then the bush fires burned out 56% of our municipal area. Our community has been heavily impacted. We are still dealing with the trauma and recovery from the fires as well as Covid.