

**Healthy Eating Active Living Prevention Report
Appendices 2019-2020**



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Appendices

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Appendix One – Healthy Eating

- Community has greater access to healthy eating options
- Community is better informed about healthy eating options

2019-2020 Indicator	Supporting Actions
Education settings (early years, primary, secondary) have made a commitment to healthy eating and water.	<ul style="list-style-type: none"> • Refer to paper article collection 'Example of school embedding healthy eating and physical activity but not progressing in Achievement Program' at end of appendices for example of a school implementing healthy eating and physical activity, however choosing not to progress in the Achievement program. • Eat to play workshop developed by GLCH and GippSport for potential delivery to schools, however postponed due to COVID-19. Please refer to blog on pilot session at end of appendices.
Partner organisations have made a commitment to healthy eating and water.	<ul style="list-style-type: none"> • Bairnsdale Regional Health Service Healthy Choices Menu reaching 850+ staff and 4000 visitors. Please refer to blog at end of appendices. • Go Green - Healthy catering menu for Orbost Regional Health reaching 190 staff. Please refer to blog at end of appendices. • GLCH has produced 5 videos including healthy snacking and non-hungry eating. https://www.youtube.com/channel/UCgGL5lOm0oDj6_qLHVQ1gacQ • Eating well in the Workplace guide (HEAL funded project) was developed by GLCH, follow this link to view. https://glch.org.au/eat-well-in-the-workplace/ • Omeo District Health and Orbost Regional Health promoted Healthy Eating on social media - 39 Posts with approximate reach of 8000.

<p>Recreation centres and sporting clubs have made a commitment to healthy eating and water.</p>	<ul style="list-style-type: none"> • East Gippsland Shire Council (EGSC) have met the healthy guidelines for water in all EGSC owned facilities, with 2 of these sites also meeting the healthy guidelines for food. Reaching a total of 266,396 visitors in 2019/2020. Please refer to 'Water for Recreation' blog at end of appendices. • Eat to play workshop developed by GLCH and GippSport for potential delivery to sporting clubs, however postponed due to COVID-19.
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Appendix Two – Active Living

- It is easier for the community to be physically active in public spaces
- Community has access to a greater range of options for organised physical activity

2019-2020 Indicator	Supporting Actions
Education settings that have made a commitment to physical activity.	<ul style="list-style-type: none"> • GippSport has conducted lunchtime Minor Game sessions at Bairnsdale Secondary College (March 2020). Discontinued due to COVID-19. Please refer to blog 'Bairnsdale Secondary College Lunch-time Activities' at the end of appendices.
Partner organisations have a commitment to physical activity.	<ul style="list-style-type: none"> • GippSport have had a reach of 290,174 via 260 social media posts that focused on Physical Activity • Newsletters containing physical activity information and related grants were received 17,700+ times.
There are quality public recreation facilities that are accessible to all people in East Gippsland.	<ul style="list-style-type: none"> • GippSport has released the following document to help proactively improve sports courts while they are not being used during COVID- https://gippsport.com.au/covid-19-sport-court-maintenance-advice/ • Strategic Planning support x 3 • Grant support x 4 • Surveying done by GLCH on walking paths • Support given on major project projects <ul style="list-style-type: none"> ○ The WORLD Sporting Precinct project ○ Lucknow Recreation Reserve ○ Lindenow FNC facility improvements ○ Lakes Entrance Recreation Reserve/ Netball- ○ Bairnsdale Skate Park

<p>East Gippsland has modified / social sport / active recreation opportunities for the community</p>	<ul style="list-style-type: none"> • GippSport ran community sessions in bushfire affected Sarsfield. Refer to blog 'Sarsfield Community Re-activation (post bush-fires)' at end of appendices. • Recreation Reserves unable to be utilised for programs due to Bushfire response include: <ul style="list-style-type: none"> ○ Bairnsdale City Oval ○ Bruthen Recreation Reserve ○ Orbost Recreation Reserve ○ Swan Reach Recreation Reserve ○ Swifts Creek Recreation Reserve.
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Appendix Three – Drinking Water

- Number of water fountains / refill stations in public places the East Gippsland Community. Aim for accessibility for all (including people with disabilities)
- Number of community events requesting temporary service of free water

2019-2020 Indicator	Supporting Actions
East Gippsland community has access to water fountains/refill stations in public spaces.	<ul style="list-style-type: none"> • There is an agreement to install three refill stations a year jointly with East Gippsland Shire Council.
Community are requesting temporary service of free water trailer and portable fountains.	

Appendix Four – Collaboration and Engagement

- Community is involved in design and decision making

2019-2020 Indicator	Supporting Actions
HEAL has expanded their reach through community networks, organisations and businesses	<ul style="list-style-type: none"> • Services have seen an increase messaging and projects online due to events such as the cyber-attack and COVID-19, via newsletters, online programs/meetings and social media. • Approximately a reach of 316,900 views via social media and newsletters.
Community networks and organisations are leading healthy eating and active living activities in East Gippsland.	<ul style="list-style-type: none"> • Harvest Exchange -The Omeo Region 'Harvest Exchange' is an informal food share opportunity where produce is pooled together- inviting everyone to access the produce they need. <ul style="list-style-type: none"> ◦ 137 registered participants. ◦ 11/16 Harvest Exchange events hosted in 2019/2020 (October 2019 -May 2020). ◦ 13 Volunteer Harvest Hosts. ◦ Program is promoted using social media (Facebook), community flyers and mail drops, email to registered participants and notices in local news sheet. • Orbost Regional Health Service Community Garden has been a way of re-engaging their isolated community after bushfires and COVID-19. Please refer to blog 'Healthy Eating and Active Living the Orbost way! – Orbost Regional Health Service' at end of appendices. • Prevention of Childhood Overweight and Obesity is a newly established network that reports to the HEAL partnership. Please refer to case study 'Prevention of Childhood Overweight and Obesity' at end of appendices. • New linkages with local Cafes to help create the Eating Well in the workplace guide. • GLCH partnership with and has the support of the community via LEADA (Lakes Entrance Action and Development Association 560 members), Lakes Entrance Business and Tourism Association, Lakes Entrance

	Rotary Club, Lakes Entrance Landcare group and Lakes Entrance historical society to improve, upgrade and market walking tracks in the area.
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Example of school embedding healthy eating and physical activity but not progressing in Achievement Program.

Article retrieved from The Great Eastern Mail, August 2020 Edition, page 1 & 3 - <http://www.holstadvertising.com/edition29.html?page=1>



From little things big things grow

FROM FRONT PAGE

• **GARDENING** is a focus at Nungurner Primary School with extensive vegetable gardens and an orchard.

• **BEFORE and AFTER SCHOOL CARE** is on-site and offered 5 days a week from 7.30am and in the evening until 5.30pm.

• **PLAYGROUP** is held weekly with a qualified Early Childhood Educator.

• **WHEELS WEDNESDAY** is a highlight of the week for students when they bring along their bikes, scooters and skateboards. They follow a designated bush track through the school's natural native environment. This area is proving very popular with students — a healthy way to enjoy their recess and lunchtimes.

• **LOCAL INTER-SCHOOL SPORT, Camps and Arts Programs** are provided through the connection with small local schools, which gives students the opportunities to form friendships with other children within the local area.

• **RESOURCE SMART SCHOOLS** — Nungurner Primary values being a Resource Smart School and incorporates sustainable practices into their everyday

routines. Students are involved in daily recycling, composting, wise water use and energy smart monitoring.

The students are fortunate to have the opportunity to access the beautiful natural bush environment within the school grounds. Nature walks and talks are supported by staff who are passionate and knowledgeable about the local environment.

The School has a range of native flora and fauna species within the grounds including kangaroos, sugar gliders, owls, insects, native orchids and fungi.

Children are instinctively curious about the natural environment and staff encourage and support this interest with access to experts such as the Marine Mammal Foundation, Landcare groups, Bug Blitz and local Field Naturalists.

• **OPPORTUNITIES for Student Leadership** — Nungurner Primary School provide all students with the opportunity to be leaders.

The buddy system helps their older students to lead the younger students within the school. Grade 3 to 6 students run student-led assemblies while students in grades 5 and 6 have the opportunity

to participate in leadership conferences, attend ANZAC Day Ceremonies and lead projects within the school.

Pre-Coronavirus saw whole school visits to Melbourne, either on the train or by their own School bus, donated by the Freemasons. Last year the school community visited the Melbourne Zoo and saw a live show at the Melbourne Arts Centre.

It is very obvious from even just a short visit to this school that all staff really know each student and their families, from the Principal to the Support Staff.

Teaching and Learning Programs and a supportive learning environment cater to the individual learning needs of students.

Strong relationships are obvious too with the students, the Prep children playing happily with the Year 6 students.

Students and staff certainly live their school values of Working Together, Making Good Choices, Sticking At It and Respect Yourself. Others and the Environment.

Please contact Emma Steele on 5156 3232 to arrange for further information about this amazing little country school.

When it comes to building a strong learning environment Nungurner Primary School has found the right formula

ENROLMENTS are now open for Preps in 2021 at Nungurner Primary School, the 'Small School which offers Big Opportunities'. Most people have the perception that children at a small country school will miss out on a lot of opportunities that the larger city based schools provide, but it is actually the opposite at this small community orientated school.

Principal, Emma Steele, provided a staggering list of activities that students participate in — just off the top of her head — activities such as Yoga, French, Music, Art, Swimming, Physical Education, Library van, Cooking and Gardening are just the standard every week, with special activities included throughout the year.

• **IRONCHEF** is held between

the local schools, a cooking competition where senior students produce a three course meal, all based around one ingredient.

• **STEPHANIE ALEXANDER** Cooking and Gardening Program at the school is from paddock to plate. Students plant herbs and vegetables, harvest and then cook their produce for all students to enjoy in their weekly hot lunch.

Eggs are provided from their four chooks which the students have named Rusty, Yolanda, Bluey and Goldie. The excess eggs are even sold to the community on Friday afternoons.

• **BREAKFAST CLUB** is open for all students every Friday morning providing free cereal, fruit, baked beans, porridge and toast.

■ **CONTINUES PAGE 3**



GippSport/GLCH **Eat To Play (East Gippsland Specialist School)**

1. Eat To Play – Nutritious food and sport
2. The facilitation of a healthy eating/nutrition awareness session for students from East Gippsland Specialist School, who were participating in weekly tennis sessions supported by GippSport and the Bairnsdale Tennis Club.
3. GippSport was able to partner with Special Olympics Australia and the Bairnsdale Tennis Club to provide a weekly program for students. Thanks to connections within the HERAL group, GippSport and GLCH were able to discuss a partnership where their staff could engage with participants, and facilitate an education session around an 'Eat To Play' concept. This included healthy snack options for participants to learn about and ask questions, whilst learning about what they should be eating to refuel their bodies for sport. It all linked in really well, and both GippSport and GLCH were looking to continue the partnership, potentially looking at specific 'Eat To Play' workshops for East Gippsland clubs and athletes.
4. GippSport and Gippsland Lakes Complete Health are interested in coordinating similar partnership approaches to ensure East Gippsland community members are fuelling their bodies correctly before and after participating in active sport and recreation. 'pop-up' programs, in other areas of East Gippsland, once social restrictions are relaxed. For more information, visit their website: www.gippsport.com.au
5. GippSport's #AccessForAllAbilities program continues to support and develop inclusive sport and recreation opportunities for people with a disability throughout Gippsland.
6. East Gippsland / Recreation and sport / School and early years / Hospitals and Health Services
7. Healthy and sustainable environments / People centred approaches

Date: August 2020

Author: Brenton Dinsdale

Organisation: GippSport

Healthy Choices Menu implemented at Bairnsdale Regional Health Service

Bairnsdale Regional Health Service, Positive Health and Employee Wellbeing (PHEW) Committee had previously recognised that as the largest health organisation in the East Gippsland region, there was the opportunity to lead by example by implementing the Victorian Government Healthy Choices program. The Healthy Eating Working Group continued to meet regularly to plan and evaluate the project from training staff, implementation and official launch.

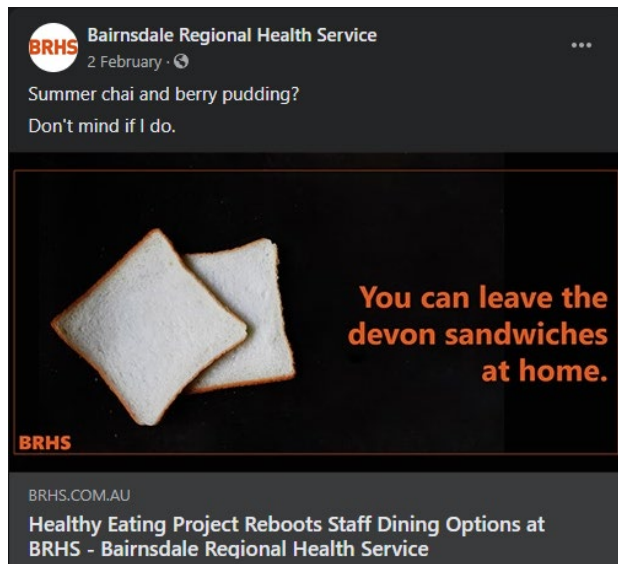
Prior to the changes, the hospital blog published an article informing about the traffic light system and gave staff opportunity to provide feedback and ask questions about the new system.

Healthy choices were officially launched in the hospital canteen on February 3rd 2020 with staff and visitors embracing the positive change to meals offered at the canteen.

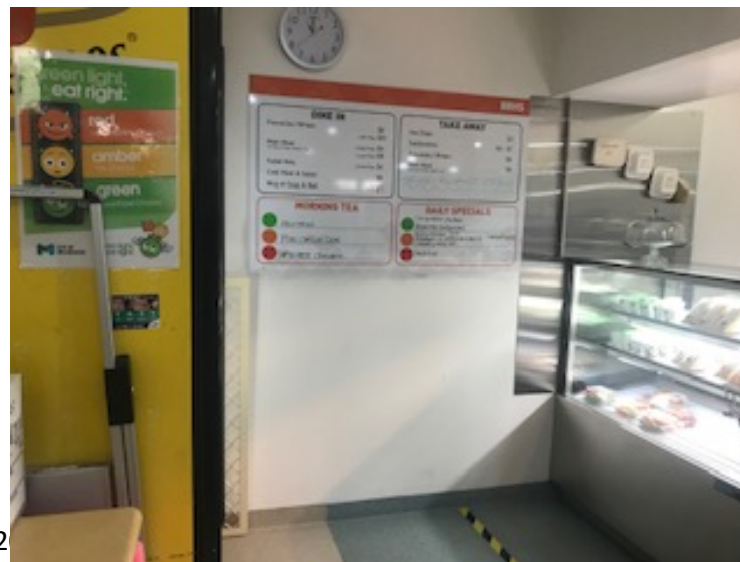
The working group have continued to meet to ensure ongoing momentum (implementation focus now on catering menu), such as menu planning and practical aspects of entering new recipes on the Healthy Eating Advisory Service food checker.

The reach of this program was 850+ staff members & over 4000 annual visitors to the BRHS Canteen.

Contact: Kate Kapolos
Community Health & Oral Health (Interim) Manager
Bairnsdale Regional Health Service



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Go Green - Healthy catering menu for Orbost Regional Health

3. At Orbost Regional Health we have worked together with the Healthy Eating Advisory Service to update our staff function and catering menu, so we can provide healthy food at staff meetings, functions and training sessions.

4. As a health organisation it is important that we not only look after our patients and consumer, but also ensure that the health of our staff and colleagues is looked after. By creating a healthy work-place we are helping our staff make healthier choices and improving the culture of our organisation as well.

By providing healthy food to our staff during staff functions and training sessions, we are promoting the health of our staff and colleagues ensuring better wellbeing. This is especially important given recent events such as bushfires in Gippsland and the additional burden of ever-changing and challenging circumstances working through the COVID-19 pandemic.

The Healthy Eating Advisory Service (HEAS) assisted our organisation in implementing a Healthy Eating policy within our organisation. This was met with initial resistance, as staff did not want to part with the all-time favourite creamy sponge cake currently on the menu. However, through consultation with staff and the Dietitian we were able to find healthier options for our catering menu, which are still tasty, and nutritious at the same time.

We entered all of our catering menu through the Foodchecker program with assistance of HEAS to ascertain compliance of our food and drinks with the Hospital healthy food and drinks guidelines and Achievement program benchmarks. Items were classified as Red (limit), Amber (choose carefully) and Green (best choices).

Red items not meeting guidelines were eliminated or modified in order to optimise the nutritional content of the food items and meals provided. Additional healthy recipes (Green) were obtained from the HEAS website and included in our catering menu to the delight of our staff.

Creating a healthy food policy and catering menu for our organisation has thereby brought us one step closer to obtaining accreditation with the Healthy Achievement workplace program.

By making healthy food the easy option, we are creating a safe and healthy workplace for everyone working and/or training at Orbost Regional Health.

5. We encourage all rural health services to update their organisational food provision policies and provide healthy food options for all work functions and in-house food provision

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. Increasing Healthy Eating and demonstrates work to create healthy and sustainable environments.

This story was prepared by:

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Water for Recreation

All four East Gippsland Shire Recreation Facilities continue to meet the healthy guidelines for drinks.

In 2018 the Recreation Facilities across East Gippsland, took part in the 'Sugar Free Sports' Project, coordinated by VIC Health. With the introduction of a Project Officer and a review of drinks available for sale in all recreation facilities.

In 2019/20 the Recreation Centres met the guidelines for drinks at all four of its Facilities.

<i>Bairnsdale Aquatic and Recreation Centre:</i> 77% Green Drink Options 10% Amber 13 % Red	<i>Lakes Entrance Aquadome:</i> 73% Green 20% Amber 7% Red	<i>Bairnsdale Outdoor Pool:</i> 85% Green 15% Amber 0% Red	<i>Orbost Outdoor Pool:</i> 82% Green 13% Amber 5% Red
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Within the above percentages 2 facilities were also able to achieve the guidelines for both food and drinks

<i>Bairnsdale Aquatic and Recreation Centre Overall:</i> 59% Green 24% Amber 17% Red	<i>Bairnsdale Outdoor Pool Overall:</i> 55% Green 34% Amber 11% Red
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In 2018 East Gippsland Council and facility staff as well as sport and recreation facility users completed surveys on their opinions on the need for healthier food and drink changes. From that;

- 93% of staff and 88% of customers agreed that sports and recreation facilities have a responsibility to promote healthy choices
- 60% of staff and 55% of customers agreed that removing sugary drinks from sports and recreation facilities, will lead to a reduced consumption in the community.

Unfortunately due to Bushfires over the summer period and COVID-19, all facilities closed in March before we could see the other two facilities also reach that milestone, but all facilities strive for overall health and wellbeing for the communities.

When it is safe to do so, and the facilities re-open, they will continue to build knowledge with communities about healthy choice options for them.

**Blog prepared by Haylee Mulholland
Customer Service Team Leader
East Gippsland Shire Council**



Bairnsdale Secondary College Lunch-time Activities

1. Getting East Gippsland teenagers more active!
2. GippSport provides free, accessible sport and recreation activities to teens and young adults across Gippsland
3. Under the banner of the Vichealth Regional Sport Program, GippSport staff introduced a new lunchtime activity at Bairnsdale Secondary College in 2020. With the aim of getting more students physically active, a Minor Games program was conducted at the school in March, this year, with 36 students opting to join in on the fun. Activity levels for teenagers 13-17 years of age have dropped remarkably in recent times and this program effectively acted as a pilot program with the aim of similar programs being launched across East Gippsland, both in and out of schools, for the future. The early success of the program indicates that many teenagers are looking for different options of getting active and, with more school programs planned and the upcoming launch of GippSport's East Gippsland Street Games program, local teenagers will soon have a range of new 'pop up' activities from which to choose.
4. Any schools, or other organisations, interested in finding out more information can visit the GippSport website – www.gippsport.com.au or contact info@gippsport.com.au
5. The #Vichealth Regional Sport Program is enabling more people in regional Victoria to be physically active in healthier sporting environments;
The #East Gippsland StreetGames crew provide free, accessible sport and recreation activities to teens and young adults across East Gippsland
6. East Gippsland / School and early years / Recreation and sport
Outcomes focused / place based and people centred approaches

Date: August 2020

Author: Ryan Evans

Organisation: GippSport

Sarsfield Community Re-activation (post bush-fires)

1. Bringing the ACTIVITY to COMMUNITY RE-ACTIVATION
2. The introduction of a variety of active recreation options, at Sarsfield, was part of a targeted approach to improving the wellbeing of residents in, and around, Sarsfield after the 2020 bushfires.
3. As part of the re-activation of Sarsfield, in East Gippsland, after the 2020 bushfires devastated the community, GippSport staff set up and conducted a variety of sporting activities for the local community. These activities, which included cricket, badminton, frisbee throwing and tennis, were conducted on Friday evenings during February and March, in conjunction with their Community Dinners. Around 50+ people, both children and adults alike, participated in the range of activities that were offered. Unfortunately, the COVID-19 pandemic led to an early finish to the otherwise successful program.
4. GippSport staff are interested in coordinating similar 'pop-up' programs, in other areas of East Gippsland, once social restrictions are relaxed. For more information, visit their website: www.gippsport.com.au
5. The #Vichealth Regional Sport Program is enabling more people in regional Victoria to be physically active in healthier sporting environments;
The #East Gippsland StreetGames crew provide free, accessible sport and recreation activities to teens and young adults across East Gippsland
6. East Gippsland / Recreation and sport
7. Place-based and people centred approaches, involvement of priority populations.

Date: August 2020

Author: Ryan Evans

Organisation: GippSport



Healthy Eating and Active Living the Orbost way! – Orbost Regional Health Service

Following the significant impact of bushfires on our community and the additional impacts of COVID-19 our Community Garden members have worked tirelessly on ways to re-engage their isolated community (while meeting COVID-19 restriction guidelines). Staff and volunteers are keen to develop a hub with a focus on healthy eating and active living.

The Garden Committee and Community Garden Project worker have recently commenced delivering the 'Family Veggie Garden Series', averaging around 14 members per session.

Sessions have focussed on:-

- Preparing vegetable beds
- Garden pruning Workshop
- Planting a veggie garden (to be delivered in September 2020 – COVID restrictions permitted)
- Caring for your growing veggies (to be delivered in December 2020 – COVID restrictions permitted)

Community members have advised they will use their new skills to prepare new veggie gardens at home. As a result of the sessions there has been an increase in garden members and in people attended weekly social gardening sessions and monthly food share community events.

Our garden committee recognise the impact of recent events on community and are keen to engage isolated (and often vulnerable) community members, not only does this give them an opportunity to listen and share their knowledge and skills around healthy eating and activity living. It provides opportunities for social connection, light exercise, fun and laughter.

Garden members are offered their own vegetable patches and they all work together to ensure there is a nice space for community to access, a number of local groups meet at the facility and the secondary school and Snowy Campus bring students to the garden as part of their curriculum. The Garden committee are working to develop an inviting and attractive space for the community to self-manage their health needs and engage in social activities.

Contact: Louise McCarthy

Director Primary and Community Services

Orbost Regional Health Service



Prevention of Childhood Overweight and Obesity

East Gippsland children were seen as very high risk for childhood overweight and obesity by the Healthy Eating Active Living (HEAL) group due to the factors of living in an outer regional area as well as living in communities that fall into the bottom 25th percentile for socio economic disadvantage which known to increase the risk of being overweight or obese.

The (HEAL) Partnership are facilitated by East Gippsland Primary Care Partnership (EGPCP). The Partnership have been participating in EGPCP facilitated systems thinking forums and community of practices, and saw an opportunity to utilise these skills and focus on a partnership project, acknowledging the complex issue of childhood overweight and obesity.

Knowing that there would be vast differences from town to town, it required a tailored approach for each town. The EGPCP facilitated workshops, with the support of leading health organisations (Bairnsdale Regional Health Service, Gippsland Lakes Complete Health, Omeo District Health and Orbost Regional Health Service) in 5 towns, which included working with the local youth ambassador's council. A survey was also created for the wider community to contribute to. This process stimulated community leadership, engagement and ownership, with community members actively engaged in leading the design and ultimately being able to lead powerful change.

Participants, both as professionals and key community members created a series of diagrams that identify causes, effects, their connections and most importantly, the dynamic relationships between them. EGPCP utilised the data these workshops generated to create town diagrams, as well as the data being combined to create an East Gippsland wide diagram. Further, this data has also informed a new project focusing on a wider Gippsland approach, facilitated by the 4 Gippsland Primary Care Partnerships, to reduce consumption of sugary drinks.

The community continued building their ownership of the project with EGPCP facilitating workshops focusing on developing action. These meetings supported participants to come up with actions that would be prioritised in their communities.

As a result of these actions, a new partnership called Prevention of Childhood Overweight and Obesity was established, comprising of local health agencies, community and local government. Expectations were that this approach will allow the community to continue to lead and design actions that directly affect the children in their area.

The new partnership directly reports to the HEAL partnership, which guides future planning and the implementation of healthy eating and physical activity actions in these communities.

Blog Written by: Jaquie Nethercote

Project facilitator - East Gippsland PCP