



HEALTHY EATING & ACTIVE LIVING IN CENTRAL HUME

Central Hume encompasses the Local Government Areas (LGAs) of Alpine, Benalla, Mansfield & Wangaratta. The key partner agencies of the Central Hume Primary Care Partnership (CHPCP) are:

- Alpine Health
- Benalla Health
- Gateway Health
- Mansfield District Hospital
- Northeast Health Wangaratta

This report highlights the collaboration of work undertaken by agencies from 2017- 2021.



VISION & MISSION

Vision:

A community where all people enjoy quality of life and are healthy, well and active.

Mission:

We are committed to providing evidence based integrated health promotion and working collaboratively to address Healthy Eating and Active Living as a regional priority.

STAKEHOLDERS & PRIORITY POPULATIONS

Stakeholders:

- Local Governments: Alpine Shire Council, Benalla Rural City Council, Mansfield Shire Council and Rural City of Wangaratta
- Other agencies engaged; education, early years, charities, disability sector and local businesses

Priority Populations:

- Local communities & members, particularly those experiencing disadvantage
- Rural and outlying areas
- Children aged 0-12 years, their families, and settings where children and their families live, work and play

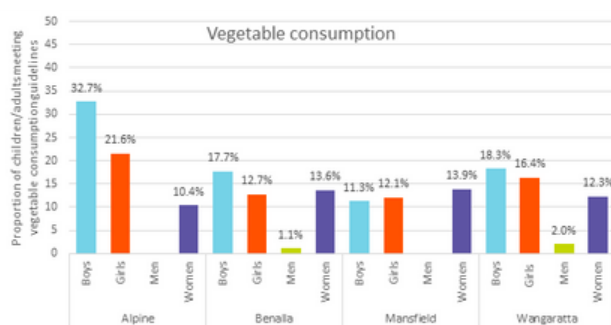
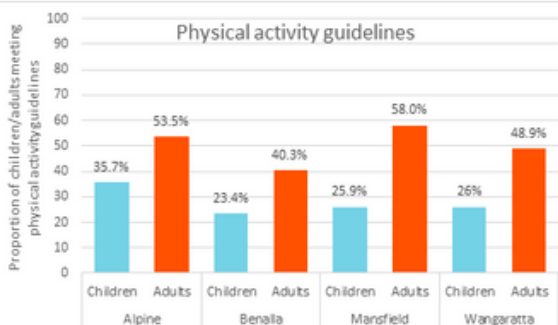
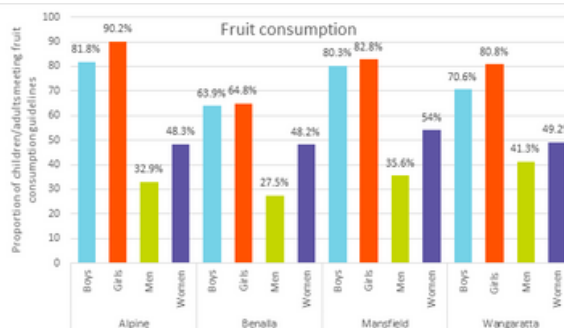
HEALTH DATA

Included below and to the right are tables showing key health statistics for Central Hume.

Compared to Victorian averages:

- Physical activity: Alpine and Mansfield LGAs have a greater % of adults meeting physical activity guidelines
- Fruit consumption: Mansfield and Wangaratta LGAs have a greater % of adults meeting fruit consumption guidelines
- Vegetable consumption: all 4 LGAs have a greater % of adults meeting vegetable consumption guidelines.

*Data source: RESPOND 2019 (children); VPHS 2017 (adults)





ACTIVE LIVING

ALPINE LGA

Active Alpine Group Support for Community Outdoor Fitness Equipment

About:

The Active Alpine Group (AAG) aims to increase and promote opportunities to be active in the Alpine Shire and in turn promote health and wellbeing, social connection and a healthy, thriving communities. The AAG with representation from Alpine Health, Gateway Health, Alpine Shire Council and Sport North East work on a number of initiatives to support the community to be active.

Key Outcomes:

The need for Outdoor Fitness Equipment was identified from Alpine Active Living Mapping Project (2018) from which the AAG was formed. Additionally, the Scoping and Costing Outdoor Fitness Equipment for the Alpine Shire Report (2019) was conducted as a result of this community need.

An expression of interest about Outdoor Fitness Equipment (OFE) was placed in a Facebook post in December 2019. Several Mt Beauty and District community members contacted AAG expressing interest. As the restrictions eased after the grueling months of COVID-19 the Rotary Club of Mt Beauty contacted AAG in October 2020 as they were very much interested in OFE. A meeting was held where Rotary was linked with representation from Tawonga District Community Association and a joint application for Bushfire Funding was sought. The group were successful in raising \$106,000 from two separate funding sources for OFE in Mt Beauty and Tawonga.

This amazing achievement shows AAG's role is supporting the community behind the scenes to achieve their goals and reflects what happens when community groups come together and work in partnership.



BENALLA LGA

Benalla parkrun

About:

Benalla parkrun has long been desired as a free, family friendly physical activity option for the community. Multiple attempts had been previously made by community members to start the event up, but to no avail. In 2019, Benalla Health were able to step in and utilise health promotion funding to cover start-up costs and assist community members with project facilitation. The Benalla Botanical Gardens parkrun was launched on the Saturday 12th November 2019 during the annual Benalla Festival. Launch day attracted 150 people, many being first time parkrunners and was enjoyed by all.

Key Outcomes:

Benalla parkrun continues on each Saturday morning, although like all Victorian parkruns, spent many months on hold due to the COVID-19 pandemic.

As of June 2021, key statistics for Benalla parkrun are;

- Events held: 31
- Finishers: 503
- Finishes: 1,496
- Average finishers per week: 48.3
- Volunteers: 82
- Personal Bests: 324
- Average finish time: 00:35:27
- Average finishes per participant: 3.





HEALTHY EATING

MANSFIELD LGA

Mansfield Fresh Food Drive (MFFD)

About:

MFFD is a community-led initiative that has resulted from the Mansfield Respond Project. The aim of the initiative is to promote an increase in consumption of vegetables among primary-school aged children. For a simple overview of the MFFD- see flyer (right).

Key Outcomes:

A pilot period was undertaken for the first six months (Oct 2020 - April 2021) of the project where produce was offered to families enrolled in Mansfield Shire Council's Supported Playgroup service. Baseline and process data was collected from the 11 families, who had a collective of 18 children. Key findings are listed below.

- At the end of the 6-month period 60+ produce packs, consisting of 40+ different produce items were provided to the families, with donations received from 30+ different community members.
- Parents reported that their children were trying/consuming vegetable items that they never had before.
- Families had taken the initiative of planting seedlings in their own gardens after being inspired by the MFFD.
- Local growers who were donating the produce reported a sense of improved social connection within the community (during a particularly isolating time during COVID-19 restrictions).



WANGARATTA LGA

Secondary Schools Supporting Healthy Eating

About:

In early 2018 Gateway Health (GH) was approached to work with one of our local secondary schools to support healthy eating. GH and Northeast Health Wangaratta (NHW) then worked together to engage our other local secondary schools across the Rural City of Wangaratta. We started meeting regularly with interested staff from three schools in 2018 and identified some areas we could work on together. GH and NHW organised for the Victorian Healthy Eating Advisory Service (HEAS) to deliver a workshop for the schools in Wangaratta in September 2018. The group has continued to meet once a term over 2018-2019 and by email since March 2020.

Key Outcomes:

Four out of five local secondary schools continue to be engaged in working in partnership to support healthy eating in their school environments. Key outcomes as of June 2021 are:

- Canteen menus: one school canteen menu meets the Healthy Choices Guidelines for schools, two school canteen menus almost meet the guidelines, the other school does not have a canteen but involves students in providing healthy school lunches over the week.
- Food technology/cooking classes have a strong focus on healthy eating and several teachers are using HEAS resources
- All four schools have edible gardens (of varying sizes) and all are working to expand food production to use in school cooking programs, provide to school families and/or local community food/emergency food relief programs
- Contacts at schools were essential in sharing information about community food/emergency food relief programs for families experiencing disadvantage during 2020/2021.
- Small grants provided by GH/NHW to the four schools in February 2021 have been used to purchase equipment to promote healthy canteen options and prepare healthy food options for lunches, protect existing fruit trees, and to install new wicking beds to grow more food sustainably.





CROSS-CATCHMENT INITIATIVES

ACTIVE LIVING MAPPING

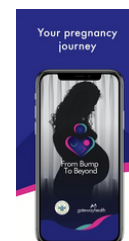
Approximately half the population is not meeting the Australia's Physical Activity and Sedentary Behaviour Guidelines. It is vital to understand the barriers and enablers for physical activity and to assess the way in which the built environment and infrastructure can encourage people to be active. As a result, Alpine Health, Benalla Health and Gateway Health have all undertaken Active Living Mapping Projects to look at these barriers and how they could be minimised. All three projects highlight common themes and similar recommendations for example better promotion of existing activities, improvement to walking and bike paths. This in turn creates opportunities moving forward for all three agencies to work together on joint projects.



COMMUNITIES LATCHING ONTO BREASTFEEDING

The Communities Latching onto Breastfeeding campaign was launched in 2013, with the following work continuing over the past 4 years:

- Redeveloping & rebranding the breastfeeding app to include both pregnancy & breastfeeding information. App is now called 'From Bump to Beyond'.
- Pregnancy journey maps updated and available at 14 locations across Wangaratta, as well as on the NHW and GH website.
- Localised pregnancy journey maps were developed for Wangaratta, Wodonga (inc. an Indigenous map), Yarrawonga and Yackandandah
- Pregnancy maps currently being developed for Benalla, Mansfield and Alpine
- Breastfeeding Journey maps developed for Wangaratta, Mansfield, Wodonga
- Breastfeeding SMS system continues in Benalla, with the hopes to expand the SMS system in Wangaratta
- A total of 22 extra Breastfeeding Welcome Here venues were added across Alpine.



HEALTHY FOOD CONNECT

The Victorian Department of Health 'Healthy Food Connect' model has been used by agencies since 2012 to guide our approach to working in partnership to promote healthy eating and strengthen sustainable, local food systems. Current initiatives to support healthy eating are guided by our knowledge of local 'food deserts', the results of the Healthy Food Basket Survey (conducted in 2013, 2017 and 2021) and the needs of our local community, particularly those experiencing disadvantage. Advocacy work has resulted in several local councils identifying actions to address healthy food access in the last four-year plans and current Council/Health & Wellbeing Plans (2021-2025). The development of the North East Local Food Strategy in 2018 has expanded our partnership approach to include cover all seven LGAs in the Ovens Murray area.



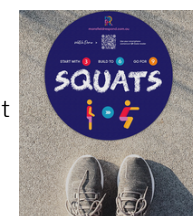
INFANT

INFANT is designed to help parents and families with healthy eating and active play from the start of their baby's life. It is designed to promote healthy eating, increase active play and reduce screen time for infants from birth until 2 years of age. The OVENS AND Murray region has received implementation guidance to support them in embedding INFANT into routine service delivery. There is flexibility with how INFANT is embedded into services across the region; who facilitates it, where it is held and how long it takes to set up - this will depend on your local area readiness, capacity and resources. Across the catchment the LGA's that are currently involved in the implementation of INFANT are; Wangaratta, Benalla, Indigo with Mansfield. Alpine and Wodonga still very interested to implement in the coming financial year.



RESPOND PROJECT

The RESPOND Project is a National Health & Medical Research Council funded initiative led by Deakin University, it is all about a shared community response to supporting healthy children and preventing childhood obesity. The RESPOND Project is based on a systems-thinking model. Systems-thinking processes assist communities to identify all the different things that contribute to poor health and consider actions that will lead to healthier communities. The Mansfield LGA was included in Step 1 of the RESPOND Project. You can find information on what they have been working on here: <https://www.mansfieldrespond.org.au/>
Alpine, Benalla and Wangaratta LGAs are included in Step 2 which will commence in the second half of 2021.



SMILES 4 MILES



Smiles 4 Miles is an initiative of Dental Health Services Victoria (DHSV) which aims to improve the oral health of children and their families in high risk areas across Victoria. Smiles 4 Miles offers early childhood services a great opportunity to promote good oral health habits and healthy eating in children and is based on the World Health Organisation's Health Promoting Schools Framework, an internationally recognised best practice approach. We now support 25 Smiles 4 Miles sites across the four LGAs (Wangaratta, Benalla, Mansfield and Alpine), reaching a total of 1430 children in 2021, this has increased from 11 services and 460 children in 2017.

