



WELCOME

HEALTHY CHOICES

INNER & OUTER EAST
COMMUNITY OF PRACTICE

Outer East
Primary Care Partnership

Inner East
Primary Care Partnership

Acknowledgement of Country



'Bushfood' by Anne Ferguson, 2006



Victorian Aboriginal Corporation for Languages (VACL), 2016,
Aboriginal Languages of Victoria VACL Map, accessed 15072019:
<https://vaclang.org.au/Resources/maps.html>



AGENDA

- *Introduction & 'how did we get here?'*
 - *Guest Speaker: EMILY FITT*
 - *Mapping our work*
 - *Activity - exploring themes*
 - *Working together & Reality Check*
 - *Summary & next steps*
- The Well Feedback*



HELLO & WELCOME

45 MIN LATER



"Maybe going around the table introducing ourselves wasn't such a good idea"

DESIGNER.HIPSTER.COM

Who's in the room today?



INTRODUCTION

Where have we come from to get to today?

More Orgs.
working in HC



Legislation
changes



Interest to
collaborate



Opportunities



SURVEY
Interest?



TODAY'S
WORKSHOP
*How can we
work best
together?*



Healthy Choices CoP - Survey Summary

In Feb 2019 Inner and Outer East region key stakeholders involved in implementing Healthy Choices completed a survey seeking interest in a Healthy Choices Community of Practice (CoP).

How much progress have you made in implementing Healthy Choices?

70%

indicated that you were

Somewhat - Moderately

progressed in implementing Healthy Choices.

In what setting/s are you implementing Healthy Choices?

Three key settings dominated results:

Sport & Rec

Sporting Clubs

Workplaces



What are the challenges?

- Sports club sponsorship funding
- Food category criteria
- Third parties: vending Machine suppliers / Caterers
- Cheaper cost of 'bad' food
- Gatekeepers - relationship management
- Community attitudes

Opportunities - what would you like to do?

- Setting specific information sessions about Healthy Choice. e.g. sporting clubs
- Hearing from Government Speakers
- Learning from Others - Group meetings
- Shared Evaluation
- Showcase of local work in the area

Q: Anything new emerging for you since this survey was conducted in early 2019?

Models of working together



COMMUNITY OF PRACTICE

- Build & Share Knowledge, skills, networks, recognition
- Same group of people regularly coming together
- Community – commitment to support each other
- “Advance the field of practice”



PROJECT TEAM

- Specific deliverables, deadlines & defined end
- Actions to an end goal
- Generally dissolves once deliverables are met
- Specific roles and actions all members must take



NETWORK

- Self defined
- Purpose?
- Flexible
- Minimal resource required
- EG: Basecamp



COLLECTIVE IMPACT

- Commitment of a group working towards solving a common problem
- Common Agenda, Shared Measurements, MRA, Communication, Backbone
- Resources



So what?

Let's consider these models as we move throughout the workshop...

We'll come back to these later



Engagement today

- *Workshop today – thoughts, ideas*
- *Supportive environment*

- *Hashtag **#HealthyChoicesEMR***

Tweeting & Photos – please advice if you don't consent to pictures

- *Housekeeping – toilets, coffee, exits*



GUEST SPEAKER

Welcome

EMILY FITT

Healthy Eating Advisory Service
Nutrition Australia



Healthy
Eating
Advisory
Service

Implementing the Victorian guidelines – The successes



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Nutrition Australia's Consultancy team can provide tailored fee-for-service support such as:

- Menu, product and vending machine assessments
- Government guidelines interpretation and support (nationally)
- Tailored educational workshops
- Tailored food and nutrition projects

For more information email vic@nutritionaustralia.org or call 03 8341 5800



Healthy Eating Advisory Service Improving wellbeing through healthy eating

Home	Early childhood and OSHC	Schools	Workplaces, hospitals, and universities	Sport, recreation and parks	Food outlets, caterers and vending	Food industry	Training	Case studies
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The Healthy Eating Advisory Service aims to help organisations provide and promote healthier foods and drinks to improve the health of all Victorians.

We work with early childhood services, outside school hours care, schools, workplaces, hospitals, sport and recreation centres, tertiary education and parks. We support these organisations to provide healthier foods

Online training

Learn how to supply healthier foods and drinks in your organisation with our FREE online training. Get started here!

Vending machine assessments

Does your vending machine offer healthy food and drinks? Find out with our free online healthy vending assessment.

Menu assessments

Use FoodChecker for a free and instant assessment of the foods and drinks you supply



Why are healthy retail outlets important...

**WHAT DO
WE DO?**

- Support and advice
- Face-to-face & Online training
- Online resources
- Menu and vending assessment tools
- Support to meet the Healthy Eating benchmark of the Achievement Program



Traffic Light System

Best choice



GREEN

- Wholefoods, minimally processed foods
- Low in saturated fat, energy, added sugar, salt

Choose carefully



AMBER

- Provides some nutrition
- Can be higher in saturated fat, added sugar and/or salt

Limit



RED

- High in energy, saturated fat, added sugar, salt
- Also known as 'junk food'

Online Training

Healthy Eating Advisory Service

Understanding the Healthy Choices guidelines for retail food outlets and caterers




[START >](#)

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Healthy Eating Advisory Service

Understanding the Healthy Choices guidelines for point of sale staff in food outlets



[START >](#)

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Outlets cater for many people

We dine out more than 4 times a week



Healthy Eating Advisory Service

Western Leisure Service

Healthy Eating Advisory Service

Healthy Choices at Western Leisure Services



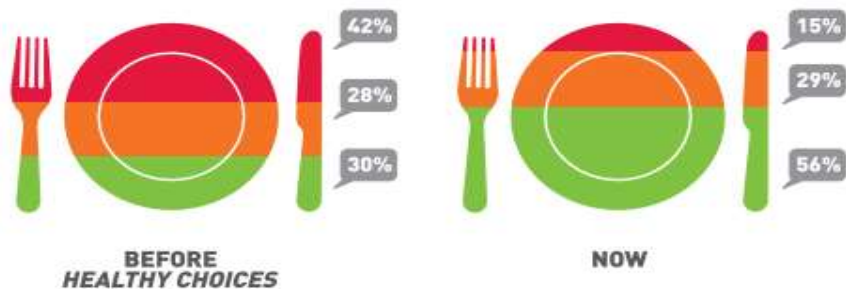
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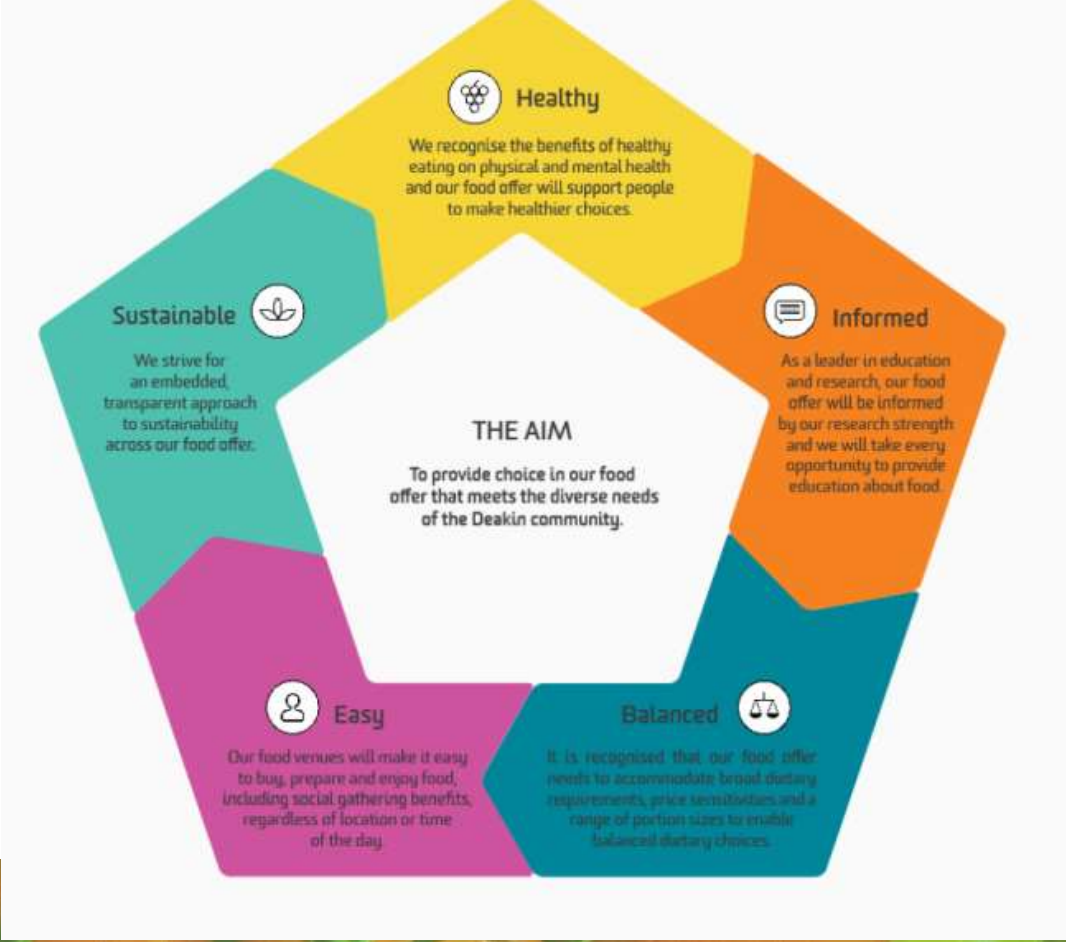




THE STORY THEN AND NOW

FOOD & DRINK AVAILABILITY

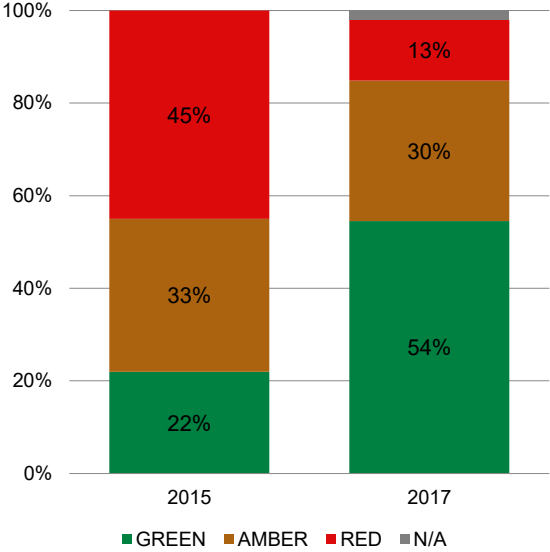




Maryborough Primary School

When Marlborough Primary School council chose to focus on student health and wellbeing, they thought "How could we not look at the canteen?"





What other support is out there?



achievement
program

Achievement Program

Be recognised by the state government.

Delivered by Cancer Council Victoria, the Achievement Program gives you practical steps and easy-to-use tools and templates to promote and improve health and wellbeing in your organisation.

www.achievementprogram.health.vic.gov.au



AlfredHealth

Alfred Health

Alfred Health provides one to one mentoring & coaching, group mentoring and organisational coaching to implement the Healthy Choices guidelines



The program supports early childhood education and care services located in areas that are at greater risk of poor oral health with strategies to promote oral health and healthy eating among children, families and educators





Summary

Contact the Healthy Eating Advisory Service

www.heas.health.vic.gov.au

1300 22 52 88

heas@nutritionaustralia.org



**Healthy
Eating
Advisory
Service**

Thank you!

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Questions?...

EMILY FITT

Healthy Eating Advisory Service
Nutrition Australia



MAPPING

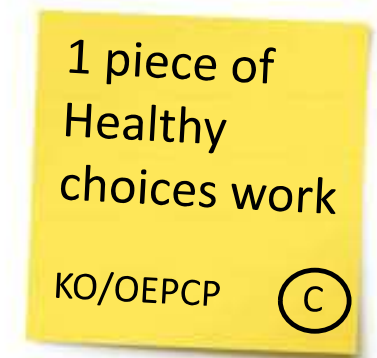


Purpose: get a picture of our work

Yellow 'post it' = Healthy Choices work

Pink 'post it' = Other food work

- 1 idea per post it – so we can theme up



© = complete P = in progress F = future



MAPPING - feedback

Feedback...

Any thoughts? Reflections?

Gaps? Opportunities?



ACTIVITY



PURPOSE: explore our ideas

Barriers Opportunities Contributions

1 idea = 1 post it note
Stick up on sheets





Morning Tea

HEALTHY CHOICES

Please join us back in the room by 11:15am

ACTIVITY – feedback

Barriers – Kylie

Contributions - Laura

Opportunities – Steph



WORKING TOGETHER

PURPOSE: Identify themes

Barriers – *Let's unpack these*

Contributions - *thank you, we'll refer to this*

Opportunities - *What key themes of work are emerging? Of these, where should we work?..*



WORKING TOGETHER

PURPOSE: Articulate how we can contribute

Step 1: stickers next to each type of contribution, for all themes on walls
Other – please specify



REALITY CHECK

PURPOSE: Articulate how we can contribute

Step 2: take a second sweep

Write your name against any of your stickers, that you are happy to be contacted about

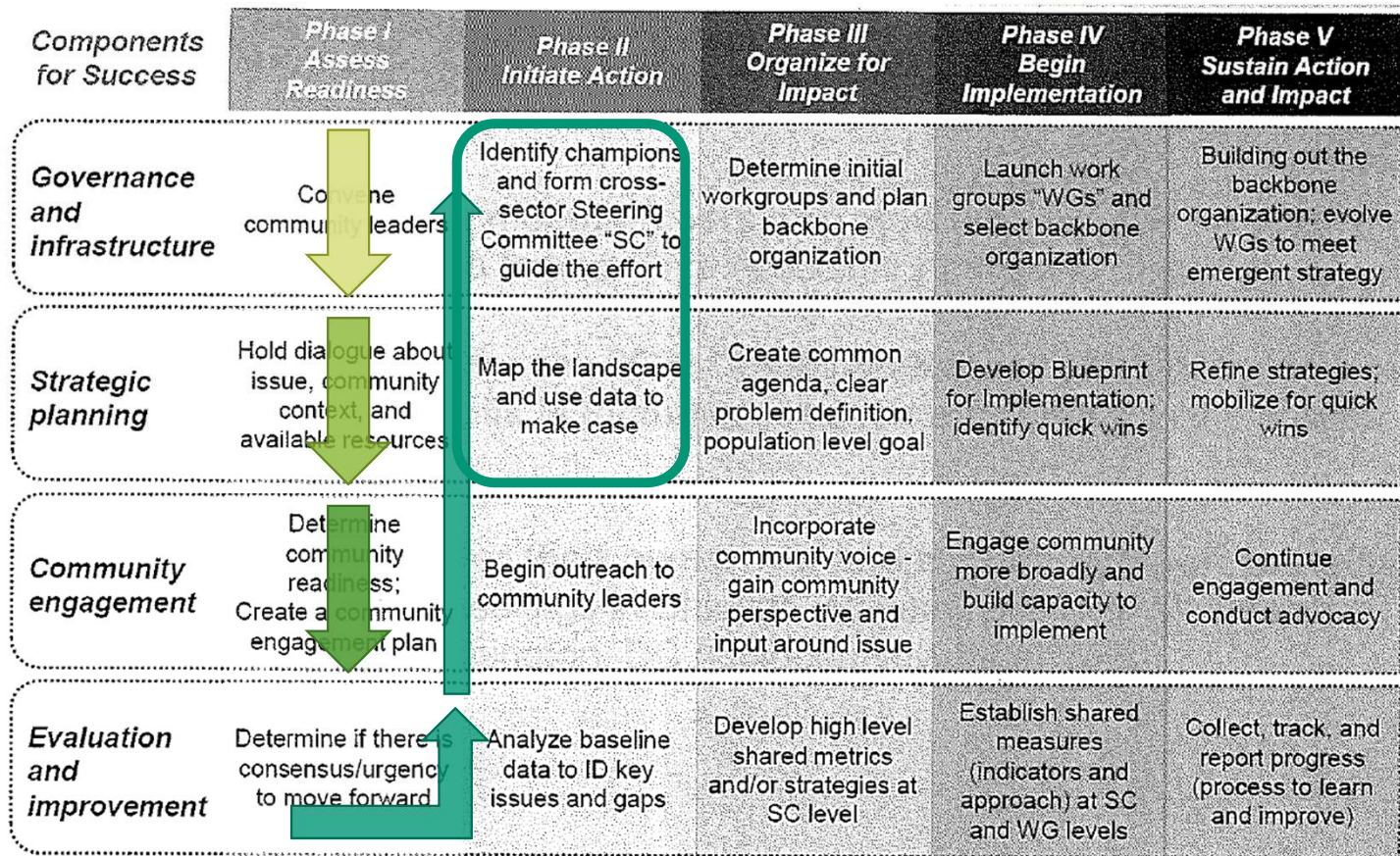


NEXT STEPS

PURPOSE: Summarise where we got to today



Where have we got to today?



- There is a process
- Steps before we launch into working together
- Made great progress today!

An initiative of FSG & Aspen Institute Forum for Community Solutions, 2019

EVALUATION

Please complete the evaluation form on your tables.





Thank you!

HEALTHY CHOICES

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Primary Care Partnership

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THE WELL

Bree Morison, Project Officer – The Well

Introduction to The Well

Your thoughts and feedback



[About Us](#)[What is The Well?](#)[Topics](#)[In Practice](#)[Get in Touch](#)[Add to The Well](#)

Shared Knowledge for **Community Health & Wellbeing**

A **health information hub**. The Well contains a wealth of tools, resources, local projects and networks. Dive in to **Learn, Plan, Share & Connect**

[Browse The Topics](#)

Why The Well?



Lack of integration hampers the ability of organisations in the EMR

A lot of time, resources and information is being lost

Everybody is doing great work, but nobody is talking and sharing



What is The Well?



- Online resource designed for practitioners in the EMR
- To **LEARN** about what is happening locally
- Help **PLAN** activities, projects and programs
- A place to **SHARE** wisdom and expertise
- A way to **CONNECT** with others.....**Let's dive in!**



Be part of The Well community!



- Swim

Visit The Well and have a look around: <https://thewellresource.org.au/>

- Share

Get in touch and share a resource or project: <https://thewellresource.org.au/add-to-the-well>

- Subscribe & Follow

The Well e-news delivered into your inbox each month & Follow us on LinkedIn

- Sponsor

Consider becoming a critical friend and contribute your expertise to a portal!



We'd love to know...



- Is The Well a resource you currently use/would consider using in the future?
- Where do you go to access key resources, local projects and connections currently?
- What type of content would you like to see/would you find most useful in the Obesity & Food Systems portals?
- How could these portals assist you in your everyday practice?

