



# Catchment Planning Framework for Health and Wellbeing

A guide to integrated planning in local government, community health and women's health

Presented by: Helen Keleher and Emma Hutcheson, Keleher Consulting

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# Introduction

This Planning Framework Project was commissioned by the IEPCP on behalf of its member agencies. The planning document:

- Analyses the current policy environment and advises how to integrate this into the planning process
- Seeks to establish common elements of needs analysis
- Identifies core data sets and key health indicators
- Recommends key processes and questions for community consultation
- Discusses a range of frameworks or lenses and how these can be used to interpret the needs analysis
- Recommends approaches to evaluation and appropriate tools.

# Project objectives

The objectives for the Planning Framework project are that it:

- Demonstrates good practice in planning and the consistent integration of contemporary theory
- Supports collaborative planning
- Helps to identify key indicators for health and wellbeing and links these to evaluation strategies
- Facilitates collective identification of areas for joint work to enhance collective impact
- Helps to standardise planning and evaluation processes
- Strengthens common understanding of local issues
- Articulates the partnership opportunities arising from joint planning.

# Policy context

Various policies and plans at the federal, state and local level inform catchment planning undertaken by local government, CHS and WHS, and inform their priorities:

- National Health Priority Areas
- Victorian Public Health and Wellbeing Act 2008
- Victorian Public Health and Wellbeing Plan 2015-2019
- Local government policy context
  - Environments for Health
  - Plan Melbourne
- Impending policy directions
  - Victorian Royal Commission on Family Violence
  - Outcomes Framework for the Victorian Health and Wellbeing Plan

# Indicators for population health

- An indicator provides evidence that a certain condition exists or certain results have or have not been achieved
- Can also be progress measures (how well are we doing?) and/or outcome measures (have we changed anything?)
- For this project, indicators are grouped by these eleven domains for a core data set:

Demographics	Socio-economic & social gradient	Infant years & childhood	Adolescence
Ageing	Health status	Food security & healthy eating	Gender equity
	Mental health	Liveable neighbourhoods	Housing & homelessness

# Consultation

- Through the development of this project, it is clear that there is a great deal of willingness across agencies for collaborative work on community consultations
- CHS and WHS in particular, have the capacity to reach some populations, particularly vulnerable groups, where local government may not have the connections
  - By working together on community consultations, all agencies have opportunities to tailor the questions to provide information that have mutual benefit

# Data analysis and triangulation

- Triangulation is about using evidence from different types of data sources, such as interviews, documents, questionnaires or surveys within the same study or needs assessment
  - One dimensional information is almost never sufficient to really understand health and wellbeing issues which is why triangulation methods are used
- Data triangulation validates data and research by cross verifying the same information, minimises bias, and helps us to understand the depth of the causes and the multiple dimensions of issues
- An example of how to triangulate data in a needs assessment for Alcohol and Other Drugs is in the report

**inner east**

**pcp** primary care  
partnership

# Collaborative planning approaches

- Partnership structures influence the strength of collaborative outcomes achieved from the efforts of a partnership.
- Through the shared identification of priority issues, local information and knowledge is shared by agencies, which in turn, improves capacity for integrated planning and practice for prevention designed to create healthier communities



# Key elements of an integrated program plan

- Key elements to consider when setting out to develop an integrated program plan are:

A rationale for why this plan is being developed	The aims and objectives of the plan	The scale and scope of the plan	How the plan and subsequent projects will be resourced
The partners in the plan	The common points for integration that have been identified	The indicators that will measure the change	The outcomes desired by the partners
Identification of the mechanisms for integration and implementation	Visual links of inputs and processes with data and outputs, impacts and outcomes	Identification of the program information required by decision-makers	The interventions or services planned for integration
The timelines for the plans and short, medium and longer-term outcomes	The methodology for the implementation of the plan	How data collection will be linked	How the plan will be evaluated.

# Collective impact

- Collective Impact is a shared and often organic approach to improve outcomes, consistently over time
- It is about transformational change, and is more than a partnership approach
  - It is a structured methodology for achieving lasting change that is about co-creation and sustained joint efforts to achieve agreed outcomes
- Five principles
  1. Common agenda
  2. Shared measurement
  3. Mutually reinforcing activities
  4. Continuous communication
  5. Backbone organisation

# Intermediate outcomes

- Those achieved in the first 6-12 months of implementation
- When data is collected about these intermediate outcomes, and link them to final impacts, it is possible to work out which actions were more effective in achieving the final impacts
- The report includes an example of indicators that would measure intermediate outcomes for a healthy eating program

# Long term outcomes

- Long-term outcomes are generally about changes in health or wellbeing status, or in the conditions of living
- In evaluation, long-term outcomes should be related to the **goals** of the program
  - Therefore, the goals need to be realistically matched to the resources of the partnership, the expected duration of the partnership and its strength
- Questions to consider in developing long-term outcomes are:
  - Are outcome measures aligned with program goals?
  - Is data on this outcome currently being collected at national or state levels?
  - Over what time-frame is data currently being collected?
- Suites of indicators for long term outcomes are contained in the core data set

# Evaluation

- An evaluation plan is about assessing how effectively programs and plans have been implemented and what has changed as a result of those plans and programs
- It is an essential component of an integrated plan's life, to ensure that stated plans effectively address their objectives and respond to changing circumstances
- When done well, an integrated plan is likely to fundamentally change some of the ways in which health and wellbeing, and related activities are organised in an area
- An example evaluation plan, including program indicators and data sources for evaluation, is included in the report

# Indicators and core data sets

- All local IHP and MPHWP plans, and the VPHWBP were analysed for priorities and the indicators used
- We added to those used to build suites of indicators for key priorities:

Demographics	Socio-economic & social gradient	Infant years & childhood	Adolescence
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