

LHPCP Prevention Report 2019 – 2020

Goal	Improve population health outcomes through a coordinated primary prevention system	
Objective	Support the strategic alignment of prevention resources and initiatives targeting healthy eating, physical activity, oral health and their social determinants (Developed as a result of Regional direction of healthy eating and physical activity, Lower Hume data and Integrated Health planning, using evidence-based programs, systems thinking and driving community led action)	
Alignment	Victorian Public Health and Wellbeing Plan priorities 2015-2019, Municipal Public Health and Wellbeing Plan of Mitchell and Murrindindi, Lower Hume Prevention Annual Action Plan 2019-20	
Partners	Alexandra District Health, Nexus Primary Health, Seymour Health, Yea & District Memorial Hospital, Murrindindi and Mitchell Shire Councils, OMG Prevention and Respond coordinators, Lower Hume Aboriginal Health and Wellbeing Program, LHPCP Smiles 4 Miles coordinator, Deakin University, DHHS	
PCP role	<p>The value-add in Prevention for Lower Hume is the building of the capacity of all member agencies to work in collaboration for the benefit of local communities. The partnership would not have achieved what it has overall without the LHPCP facilitation of the joint plan and shared objectives.</p> <p>There are stronger partnerships in each of the local government catchments as a result of the work the Prevention Collaborative. Both Local Governments are part of the Collaborative and the PCP member agencies align with the MPHWS Plans and regularly report accordingly. There is particularly increased capacity and output for workers, particularly for the smaller funded agencies as a result of the collaboration. Another key component to the LHPCP Prevention achieving its shared objectives is the governing body, the Leadership group which provides support and commitment of the member agencies to achieve success. Below provides the details of the PCP role.</p>	
Strategies	Actions	Key achievements/results
Support the collaborative implementation and evaluation of the Lower Hume Strategic Prevention Plan 2017-2021, including championing the roll-out of the RESPOND project throughout Lower Hume.	<ul style="list-style-type: none"> • Provide support to the Lower Hume Prevention Collaborative to enable collaborative planning, implementation and evaluation of prevention strategies. • Lead the local implementation of the RESPOND project 	<ul style="list-style-type: none"> • Facilitated monthly LH Prevention Collaborative meetings (avg 6 attendees representing 5 organisations). Empowered agencies to run the meeting themselves when Coordinator on two months leave. • Instigated Covid weekly meetings to support staff and review focus of way forward for 3 months. • Facilitated joint annual report and review of annual action plan and submitted on time. Engaged multiple stakeholders during the review to support the best approach and learnings from others who have used Systems Thinking approaches, including evaluation. • Asked the question 'What do you think you can influence in the system in the next 12 months post

	<p>through facilitating communication between Deakin and member agencies, in collaboration with regional partners.</p> <ul style="list-style-type: none"> Continuously strengthen alignment with Mitchell and Murrindindi Municipal Public Health and Wellbeing and other relevant plans. 	<p>GMB3? And, what would it look like?' when we reviewed the plan. Responses showed a strong system understanding and focus to take us into the next 12 months.</p> <ul style="list-style-type: none"> Provision of individual support for prevention workers with regular phone and face to face meetings. Support provision of tools and resources to enable team operations e.g. communication plans, quarterly reporting, technology platforms mailchimp/gmail, action tracker. RESPOND project implemented as per timelines– final 2 community workshops held, celebrated, reviews conducted and planning, tracking and rollout of implementation. Key conduit of information between Deakin and organisations in Lower Hume for RESPOND: attending Regional Partnership (governance) meetings and facilitated monthly Ovens Murray Goulburn RESPOND Implementation Network Meeting to share ideas, resources, challenges and solutions across the Region. Alignment with Murrindindi and Mitchell MPHWS plans/reporting – linked with Murrindindi Community Planning framework work.
<p>Facilitate knowledge and skill development to enable a system-based approach across all areas of prevention which includes a focus on social determinants of health, equity and measuring outcomes.</p>	<ul style="list-style-type: none"> Regularly review and provide opportunities to develop knowledge and skills of members and partners that assists in the delivery of prevention strategies. Partner with DHHS and local government to identify opportunities to improve liveability and resilience across rural, regional and peri-urban communities. 	<ul style="list-style-type: none"> Monthly meetings ensured regular reviews of all processes and reflection on our approach and opportunities to influence health and wellbeing systems. Ongoing systems thinking capacity building, through regular training opportunities and reflection activities during meetings (opportunities and learnings in agenda/minutes). Key learnings shared by Collaborative members at end of 2019 were increased flexibility and adaptability, and seeing from others points of view – both systems principles. Supported communication platforms (SLACK/google docs) to share and learn from each other, and collaborate on documents (Action tracker, Annual report etc) Sought and encouraged the team regularly to address equity challenges and engage diverse groups, finalising and using LHPCP Vulnerable Groups document and checklist during community workshop planning and reviewed more targeted approach moving forward. Worked collaboratively across Ovens Murray Goulburn region to share and reflect on strategic issues relevant to catchment strategic plans, working with Municipal Public Health and Wellbeing Plans and identifying capacity building initiatives. In partnership with Gateway Health and Deakin University held a forum with four organisations presenting on how they have successfully integrated Respond project into Municipal Public Health and Wellbeing plans and their learnings. Regularly attended monthly Systems Community of Practice and other systems workshops to broaden systems understanding, sharing and applying insights with team and partners.

		<ul style="list-style-type: none">• Member of State-wide PCP Prevention planning committee organising State-wide Community of Practice events – 1xSystems workshops and then three-monthly support meetings as Covid to support each other, share resources and inspire each other in the changing environment. <p>Other:</p> <ul style="list-style-type: none">• Prevention Collaborative submission to the National Obesity Strategy• Development of a document on ‘A perspective on the effects of stress on decision making following disaster’ using Systems modelling and experiences
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