Case Study 3: Identifying opportunity and supporting our community during COVID-19 pandemic

enliven's expertise in partnerships and prevention - Informing action in the COVID-19 recovery phase

enliven's Health Promotion and Prevention Journey* **Adapting to COVID-19** 2015-16 2011-15 2015 2017 2018 2019 2019-20 2020 Identifying enliven's **SE Prevention** Prevention Identification COVID-19 Healthy Leadership **Proposition for** non traditional Health **Innovations** of areas for **Together** Group Prevention partners for **Promotion and** Lab and Group SEPLG plan for collective extended Victoria and overlay collective Prevention Model recovery focus membership Building impact Conference

To meet the challenge of obesity Healthy Together Victoria (HTV) took a complex systems approach to prevention. Using a settings approach, it delivered multiple strategies and initiatives to target our communities where they play, enliven chaired the SE Prevention Leadership Group which had oversight of HTV and included Monash Health, Cardinia Shire and CGD.

After the termination of funding for HTV, the SEPLG extended its membership and continued its work to:

- strengthen a collaborative/sustainable approach to systems based regional prevention/health promotion
- build the capacity/skills of prevention workforce
- Plan for sustainability of prevention efforts
- develop partnership and integration between members.

enliven undertook an overlay of the 3 municipal Health and Wellbeing plans and Integrated Health Promotion plan to identify synergies, gaps and opportunity for collective planning and action into the future. Facilitating a systems approach to building an obesity prevention system was elected as the priority area for focus into the future.

enliven, in partnership with SEPLG, engaged Health Futures Australia to develop a framework for "Tackling obesity in the south east". A "Proposition for Prevention" was developed following a series of in-depth interviews with key local leaders. In addition, obesity prevention activity across the south east was mapped and overlaid to identify potential gaps.

Further key leader interviews were conducted to gain an in depth understanding of their perspectives on obesity prevention. This included South East Water, SEMMA. SJD Homes, Future Recycling and the SEPLG. A synthesis report was then reviewed, analysed, and interpreted via 3 sensemaking workshops to identify insights and opportunities for the region.

Over 150 delegates with an interest, passion or career in public health, health promotion and community health came together on 25th July 2019 to enhance their knowledge, skills and practice in prevention and health promotion. This provided a rare opportunity to network and learn from other professionals across Victoria and participate in masterclasses, including obesity prevention.

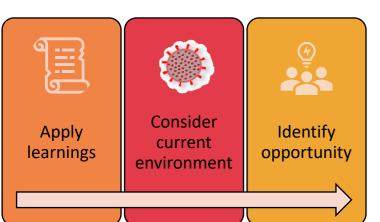
An innovations lab was held on 1 Nov 2019, cofacilitated by enliven, HFA and SE Water to unite/align local leaders, nurture innovation and capability and build for transformational system change aligned to potential social impact investment (SII) opportunities. GMB workshops are planned for Aug 2020 with broad range of stakeholders to identify and refine innovation ideas for SII.

With a long and successful history of collaboration, the SEPLG were well placed, with facilitation by enliven, to workshop key areas in the prevention and health promotion space. A COVID Recovery Plan has been developed with key priority areas to be led by members of SEPLG. In addition, the GMB session planned for Aug 2020 can now leverage the unintended positive impacts (backyard gardening, exercise, etc)

^{*}This map has a focus on obesity prevention activity. enliven is also active in the following areas from a prevention, health promotion and/or resilience perspective: Refugee and asylum seeker health, climate change, AOD, PVAW, cultural diversity, healthy ageing, mental health, and youth resilience.

Case Study 1: Identifying opportunity and supporting our community in the COVID-19 recovery phase

Applying our learnings



Consumer insights

Monitor how our community is coping, now and during recovery phase. Commitment to share information collected across agencies to inform future collective action

SE Prevention Leadership
COVID-19 Recovery Plan priority areas

Impact on neighbourhood houses

Focus on building staff and volunteer base post shutdown, increased focus on reconnecting socially isolated community members, building community confidence to participate in activities in a community setting, and reaching highly vulnerable community members and support reengagement

Gender lens on COVID and recovery

Development and distribution of key messages and health promotion awareness on impact of COVID.

Potential capacity and capability building through WHISE existing platforms on SRH and PVAW - applying gender lens.





Maintain positive impacts

Focus on maintaining the positive impacts of COVID-19 which contribute to mental and physical health and wellbeing and social connectedness. This includes increased physical activity, the kindness pandemic (incidental volunteering, looking after our neighbours, social connectedness) and food security (backyard and community gardening, etc)

Resource development

Continue efforts in easy English and plain language resource development during the recovery phase - shared and distributed amongst networks of the SEPLG

Chronic disease management

Disruption of care, diversion of health care resources and social distancing all impact people with chronic health care needs. SEPLG to continue to share work ongoing in this space and if there are appropriate opportunities for collective work, these will be explored further.