

Healthy Eating and Active Living (HEAL) PREVENTION REPORT

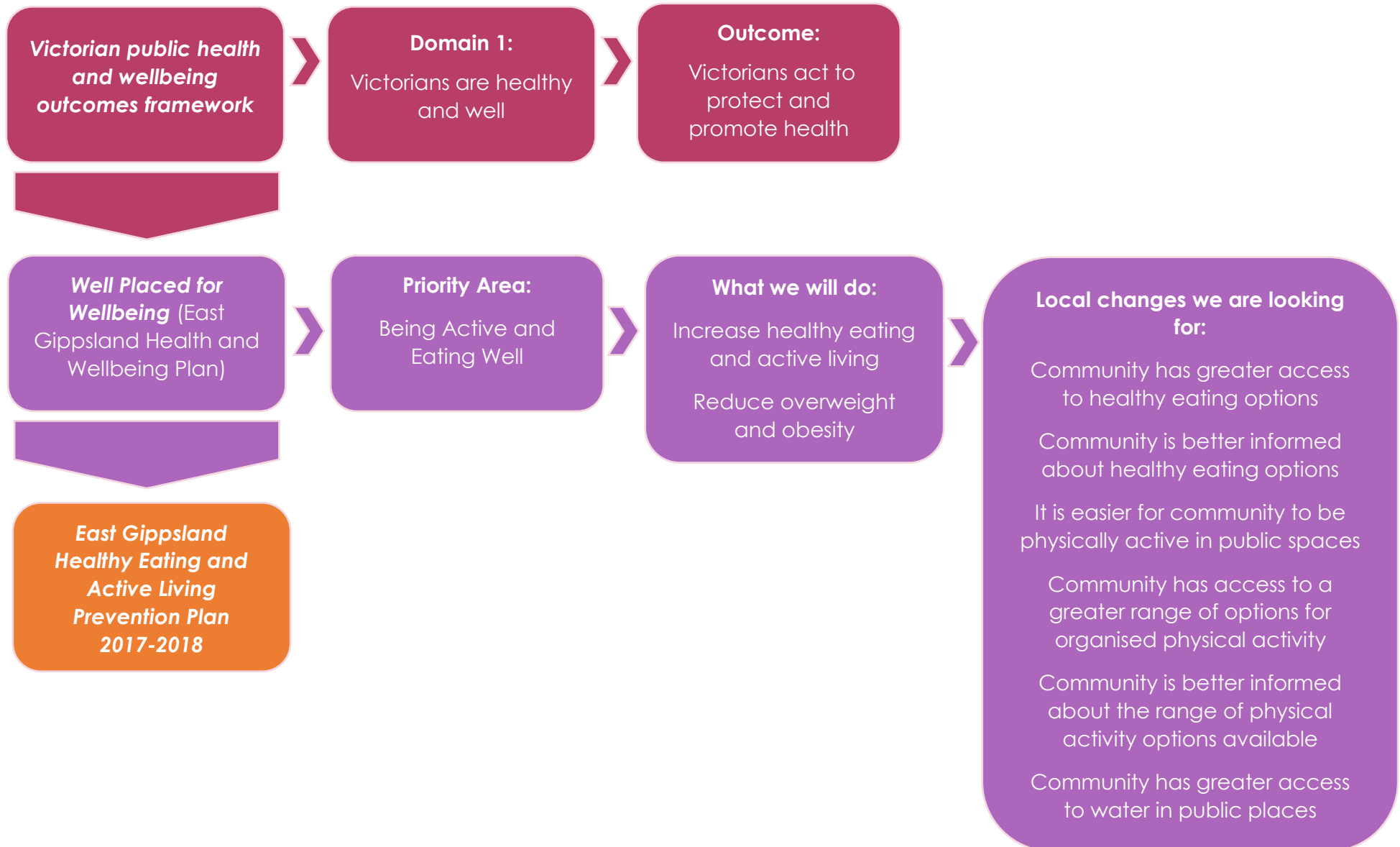
2017-2018



Healthy Eating and Active Living (HEAL) Indicators

Prevention Report for East Gippsland - 2017/18

State and Local Planning Context



Healthy Eating and Active Living (HEAL) Indicators

Prevention Report for East Gippsland - 2017/18

Introduction

In 2017, health and wellbeing professionals and the East Gippsland community contributed to the development of the Well Placed for Wellbeing Plan. One of the four areas of health and wellbeing prioritised as most important to the East Gippsland community as part of this plan was 'Being active and eating well'.

An East Gippsland Healthy Eating and Active Living Partnership was established to support the implementation of the Plan. The information below is a report against the East Gippsland Annual Prevention Plan 2017-2018 - Healthy Eating and Active Living priority area, as developed by the East Gippsland Healthy Eating and Active Living Partnership.

The following organisations have participated in the healthy eating and active living section of this report:

- Bairnsdale Regional Health Service
- East Gippsland Primary Care Partnership
- East Gippsland Shire Council
- East Gippsland Water
- Gippsland Lakes Community Health
- Omeo District Health
- Orbost Regional Health

Appendices

1. Supporting action - Community has greater access to healthy eating options
2. Supporting action - Community is better informed about healthy eating options
3. Supporting action - It is easier for community to be physically active in public spaces
4. Supporting action - Community has access to a greater range of options for organised physical activity
5. Supporting action - Community is better informed about the range of physical activity options available
6. Supporting action - Community has greater access to water in public places
7. Healthy eating audit of East Gippsland Primary Schools - May-June 2018, Jo Moore - Murdoch University Bachelor Arts - Community Development

Healthy Eating and Active Living (HEAL) Indicators





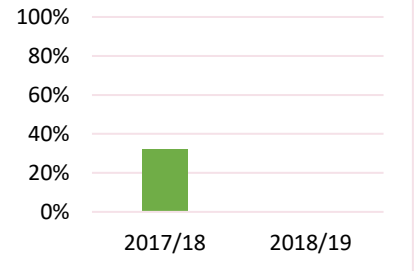

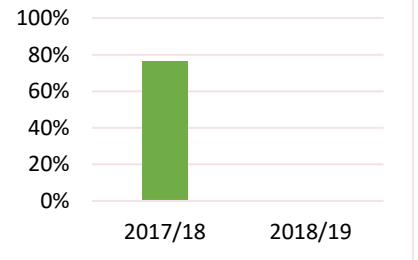
Prevention Report for East Gippsland - 2017/18



2017-18 Indicator	How are we going now?	Yearly comparison	Trends	Supporting actions:						
Indicator sourced from the 2017/18 HEAL Plan	2017/18 result	Result graphed for yearly comparison	Increased Decreased Plateau							
	Well Placed for Wellbeing – Local change we are looking for: Community has greater access to healthy eating options.									
Number/ proportion of primary schools in East Gippsland that have a Healthy Eating Policy in place.	12/37 (32.4%) Notes: Only 25/37 primary schools reported data in 2017/18	<table border="1"> <caption>Yearly Comparison Data</caption> <thead> <tr> <th>Year</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>2017/18</td> <td>32.4%</td> </tr> <tr> <td>2018/19</td> <td>0%</td> </tr> </tbody> </table>	Year	Percentage	2017/18	32.4%	2018/19	0%	Trend data not yet available	See Appendix One
Year	Percentage									
2017/18	32.4%									
2018/19	0%									
Number/ proportion of partner organisations in East Gippsland that have a Healthy Eating and/or Catering Policy in place.	8/22 (36%)	<table border="1"> <caption>Yearly Comparison Data</caption> <thead> <tr> <th>Year</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>2017/18</td> <td>36%</td> </tr> <tr> <td>2018/19</td> <td>0%</td> </tr> </tbody> </table>	Year	Percentage	2017/18	36%	2018/19	0%	Trend data not yet available	See Appendix One
Year	Percentage									
2017/18	36%									
2018/19	0%									





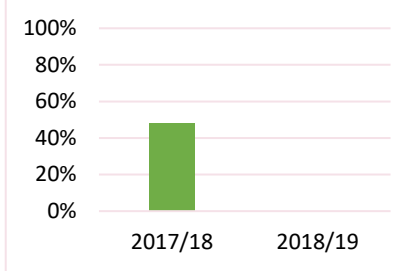

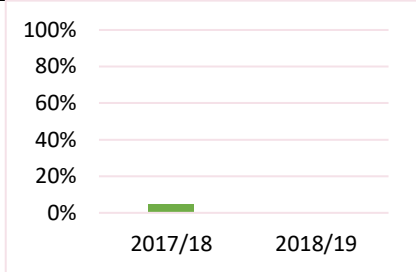

Healthy Eating and Active Living (HEAL) Indicators

Prevention Report for East Gippsland - 2017/18

2017-18 Indicator	How are we going now?	Yearly comparison	Trends	Supporting actions:						
Indicator sourced from the 2017/18 HEAL Plan	2017/18 result	Result graphed for yearly comparison	Increased  Decreased  Plateau 							
 Number/ proportion of partner organisations in East Gippsland that have increased availability of healthier food as per Healthy Eating Advisory Service traffic light system.	7/22 (32%)	 <table border="1"> <caption>Yearly Comparison Data</caption> <thead> <tr> <th>Year</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>2017/18</td> <td>32%</td> </tr> <tr> <td>2018/19</td> <td>0%</td> </tr> </tbody> </table>	Year	Percentage	2017/18	32%	2018/19	0%	Trend data not yet available	See Appendix One
Year	Percentage									
2017/18	32%									
2018/19	0%									
 Number/ proportion of primary schools in East Gippsland that are aware of the food traffic light system.	76% <i>Notes: % is based on the 25 primary schools which reported not total of 37</i>	 <table border="1"> <caption>Yearly Comparison Data</caption> <thead> <tr> <th>Year</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>2017/18</td> <td>76%</td> </tr> <tr> <td>2018/19</td> <td>0%</td> </tr> </tbody> </table>	Year	Percentage	2017/18	76%	2018/19	0%	Trend data not yet available	See Appendix One
Year	Percentage									
2017/18	76%									
2018/19	0%									








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2017-18 Indicator	How are we going now?	Yearly comparison	Trends	Supporting actions:
<i>Indicator sourced from the 2017/18 HEAL Plan</i>	2017/18 result	Result graphed for yearly comparison	Increased  Decreased  Plateau 	
Well Placed for Wellbeing – Local change we are looking for: Community is better informed about healthy eating options.				
 Number/ proportion of primary schools in East Gippsland that regularly feature healthy eating information in their newsletter.	48% <i>Notes: % is based on the 25 primary schools which reported not total of 37</i>		Trend data not yet available	See Appendix Two
 Number of partner organisations in East Gippsland that have completed the healthy eating benchmarks of the Achievement Program for workplaces.	1/22 (4.5%)		Trend data not yet available	See Appendix Two
 Number of programs based on inter-organisational partnership with and between Aboriginal health organisations that aim to improve healthy eating within the local Aboriginal community and other vulnerable populations.	Local, short term measure not yet identified	No data available for 2017/18	Trend data not yet available	See Appendix Two






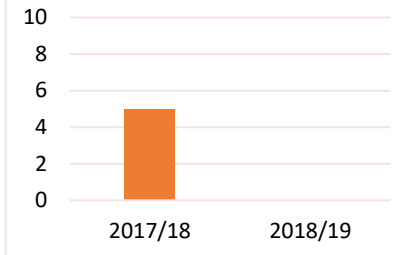

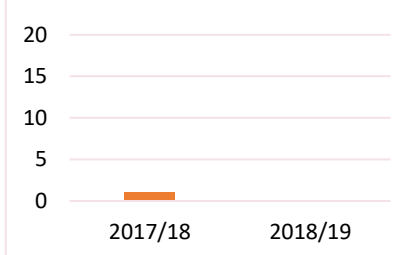
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Indicator sourced from the 2017/18 HEAL Plan	2017/18 result	Result graphed for yearly comparison	Increased  Decreased  Plateau 	
 Well Placed for Wellbeing – Local change we are looking for: It is easier for the community to be physically active in public spaces.				
 Number of walking paths and footpaths that meet community needs as per Walkability, Safer Design Guidelines, or East Gippsland Shire Council Trails Evaluation Tool.	Local, short term measure not yet identified	No data available for 2017/18	Trend data not yet available	See Appendix Three
 Number of people utilising existing Council managed recreation reserves for physical activity including: <ul style="list-style-type: none"> - Formal users of the reserve for physical activity / structured groups - Informal recreation users of the reserve 	Baseline data not available until 2019.	No data available for 2017/18	Trend data not yet available	See Appendix Three
 Coordinated and improved standard of public open space provision across the shire	Local, short-term measure not yet identified	No data available for 2017/18	Trend data not yet available	See Appendix Three





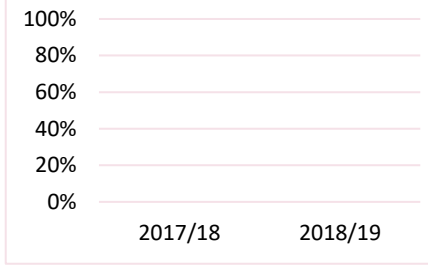

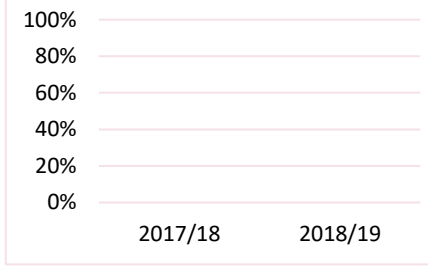

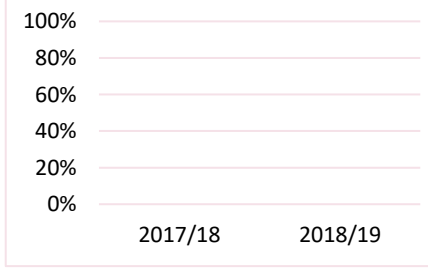
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Indicator sourced from the 2017/18 HEAL Plan	2017/18 result	Result graphed for yearly comparison	Increased  Decreased  Plateau 							
Well Placed for Wellbeing – Local change we are looking for: Community has access to a greater range of options for organised physical activity.										
 Targeted programs for vulnerable populations.	Local, short term measure not yet identified	No data available for 2017/18	Trend data not yet available	See Appendix Four						
 Number of sporting clubs in East Gippsland that offer modified / social sport options to the community.	5 <i>Note: Total number of clubs not clear</i>	 <table border="1"> <caption>Bar Chart Data</caption> <thead> <tr> <th>Year</th> <th>Value</th> </tr> </thead> <tbody> <tr> <td>2017/18</td> <td>5</td> </tr> <tr> <td>2018/19</td> <td>0</td> </tr> </tbody> </table>	Year	Value	2017/18	5	2018/19	0	Trend data not yet available	See Appendix Four
Year	Value									
2017/18	5									
2018/19	0									
Well Placed for Wellbeing – Local change we are looking for: Community members are better informed about the range of physical activity options available.										
 Number of organisations in East Gippsland that have completed the physical activity benchmarks of the Achievement Program for workplaces.	1/22 <i>Note: Currently 11 workplaces registered (facilitated GLCH)</i>	 <table border="1"> <caption>Bar Chart Data</caption> <thead> <tr> <th>Year</th> <th>Value</th> </tr> </thead> <tbody> <tr> <td>2017/18</td> <td>1</td> </tr> <tr> <td>2018/19</td> <td>0</td> </tr> </tbody> </table>	Year	Value	2017/18	1	2018/19	0	Trend data not yet available	See Appendix Five
Year	Value									
2017/18	1									
2018/19	0									






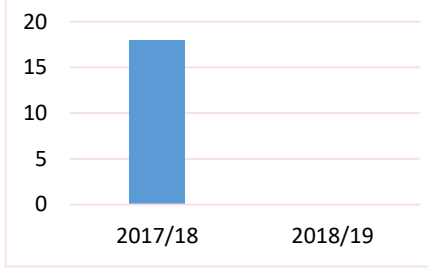

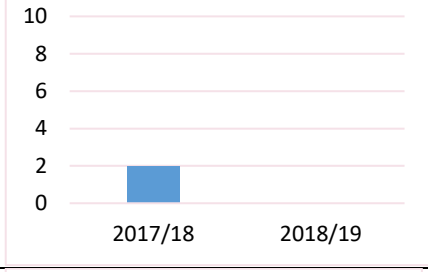

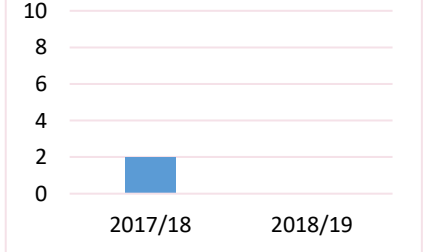
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<i>Indicator sourced from the 2017/18 HEAL Plan</i>	2017/18 result	Result graphed for yearly comparison	Increased  Decreased  Plateau 	
 Number of primary schools in East Gippsland that have completed the physical activity benchmarks of the Achievement Program for schools.	0/37 (0%) <i>Note: Currently 14 primary schools registered</i>		Trend data not yet available	See Appendix Five
 Number of secondary schools in East Gippsland that have completed the physical activity benchmarks of the Achievement Program for schools.	0/8 (0%) <i>Note: Currently 3 secondary schools registered</i>		Trend data not yet available	See Appendix Five
 Number of early years setting in East Gippsland that have completed the physical activity benchmarks of the Achievement Program for schools.	0 (0%) Currently 13 early years settings registered <i>Note: Total number of early years settings not clear</i>		Trend data not yet available	See Appendix Five






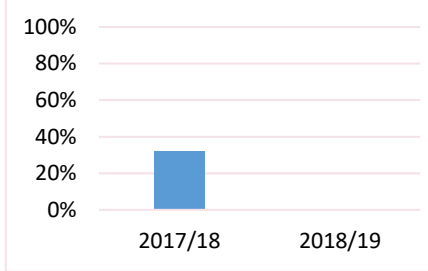
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 Well Placed for Wellbeing – Local change we are looking for: Community has greater access to water in public spaces				
 Number of water fountains / refill stations available to the East Gippsland Community.	18 <i>Note: More accurate data is expected to be released in 2019</i>		Trend data not yet available	See Appendix Six
 Number of level 3 GoodSports clubs in East Gippsland (free drinking water available and displayed)	2 <i>Note: total number of clubs not clear</i>		Trend data not yet available	See Appendix Six
 Number of sporting clubs in East Gippsland that have altered their fridge display to align with the Healthy Eating Advisory Service Healthy Choices (traffic light) guidelines	2 <i>Note: total number of clubs not clear</i>		Trend data not yet available	See Appendix Six

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 Number of primary schools in East Gippsland with 'water only' guidelines/ policies in place	No data available on whether a policy was in place <i>Note: 92% promote water as best choice</i>	NA	Trend data not yet available	See Appendix Six						
 Number/ proportion of partner agencies in East Gippsland making structural changes (policy/display) to increase water consumption	7/22 (31.8%) have a water policy in place <i>Note: 20/22 have free cold/ filtered water available to staff</i>	 <table border="1"> <caption>Water Policy in Place</caption> <thead> <tr> <th>Year</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>2017/18</td> <td>31.8%</td> </tr> <tr> <td>2018/19</td> <td>0%</td> </tr> </tbody> </table>	Year	Percentage	2017/18	31.8%	2018/19	0%	Trend data not yet available	See Appendix Six
Year	Percentage									
2017/18	31.8%									
2018/19	0%									