

# Healthy Eating Active Living Prevention Report 2017-2018

## Appendices

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## Appendix One – Community has greater access to healthy eating options

- In schools
- In community organisations and sporting clubs
- In public facilities such as hospitals
- In workplaces
- In local shops and markets



2017-2018 Indicator	Supporting Actions
<p><b>Proportion of primary schools in East Gippsland with healthy eating policies in place</b></p>	<p>Most East Gippsland primary schools have healthy eating mentioned in their school handbook (refer appendix 7).</p> <p><b>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>• In the past year, Gippsland Lakes Community Health (GLCH) has added 3 new education settings to its current total of 9 settings with 2,000 students and over 4,000 families and carers in total, working towards meeting the Achievement Program benchmark for healthy eating. Five schools are now in the 'create' stage of the program.</li> <li>• Three settings have healthy eating policies that were approved by their boards but have not yet completed Achievement Program benchmark.</li> <li>• To help these settings fully complete the healthy eating benchmarks of the Achievement Program, staff have discussed improvements to the program's website with the Cancer Council. Hopefully these suggestions for improvement will be included in the new website that will be released later this year.</li> <li>• Healthy Eating and Active Living Partnership members have also recommenced discussions with the Healthy Eating Advisory Service to explore training options in East Gippsland.</li> <li>• All GLCH kinder gyms and children's programs offer only fruit and water to participants. This is well established and accepted as normal.</li> </ul> <p><b>Bairnsdale Regional Health Service (BRHS)</b></p> <ul style="list-style-type: none"> <li>• Lucknow Primary School signed up to the Achievement Program healthy eating and oral health priority area. The healthy eating policy was improved and updated in 2018. Reach of approx. 550 students and 40 staff. Lucknow Primary School are also being supported by BRHS to implement a lunch order menu that is fully compliant with the Healthy Eating Advisory Service (HEAS) Healthy Choices Guidelines. Local food retailers have submitted tender applications to provide the lunch orders.</li> <li>• Meetings held with 4 local primary schools and early childhood services to aid with assisting with the implementation of healthy eating policies or their revision. They include Swan Reach, Wild Cherry, Lucknow and Bairnsdale Primary Schools.</li> <li>• As part of role of Smiles 4 Miles program assistance provided with healthy eating policies for Wild Cherry Kindergarten, Bairnsdale Early Learning Centre, Orbost Kindergarten, Omeo Kindergarten, Swan Reach Kindergarten, Lindenow, Lakes Entrance, Paynesville, Westdale and Swifts Creek Early Childcare Centre and Swifts Creek Kindergarten. A reach of approx. 450 children.</li> <li>• Phone contacts made with Lindenow and Bairnsdale West Primary Schools to help with getting healthy food policies in place.</li> <li>• Currently working with Lucknow Primary School to implement changes to lunch order menu to be compliant with healthy choices.</li> </ul> <p><b>Omeo District Health (ODH)</b></p> <ul style="list-style-type: none"> <li>• Omeo District Health is working with the High Country Early Years Action Group to establish coordinated implementation of the Achievement Program across the Omeo Region. Healthy Eating/Oral Health and Mental Health benchmarks are identified as priorities at this current time.</li> <li>• Two settings in the High Country are participating in the Smiles 4 Miles Program, see BRHS.</li> <li>• The Omeo Region Healthy Food Futures Project has a focus on engaging with Schools and Early Years to implement the Achievement Program.</li> <li>• The Omeo Region Healthy Food Futures Project has resulted in high engagement in the Harvest Exchange program with a current base of 138 registered participants. There has been a volunteer network established of Harvest Hosts who facilitate the Harvest Exchange program but also help to inform other aspects of the overall project.</li> <li>• 16 Harvest Exchange events occurred in 2017-2018 with an average of 12 participants.</li> </ul> <p><b>Omeo District Health (ODH) cont.</b></p>

	<ul style="list-style-type: none"> <li>• A Harvest Exchange satisfaction survey was administered in June 2018 and has indicated a high satisfaction with the program and overall positive impacts on Social connection and Mental Health, Access to fresh produce and variety, information and produce exchange and increased motivation for people to grow their own product to eat and share. It also has had a significant impact on people feeling connected to their community.</li> <li>• Results from the 2018 Harvest Exchange Survey indicated that the program may be expanded to engage with young people and the current school garden programs in Swifts Creek and Omeo (Stephanie Alexander Kitchen Garden).</li> </ul> <p><b>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>• GLCH cluster of 9 education settings 100% are water only. 100% have a kitchen garden. 90% are Stephanie Alexander kitchen garden schools. Reach of 2,000+ and scale of 4,000+ (families and carers included).</li> <li>• Educational settings are doing a fantastic job in health and wellbeing, but this is not being translated into Achievement program benchmarks due to the barriers within this process. This has been addressed with the Cancer council.</li> <li>• All 9 education settings supported by GLCH are now 100% water only.</li> <li>• GLCH successfully supported 5 schools to obtain Stephanie Alexander Kitchen Garden grants. This totals \$45,000 infrastructure.</li> <li>• GLCH facilitated school cluster kitchen garden professional development locally.</li> <li>• GLCH has created a short video evaluating healthy eating and food culture in education settings. This product will be shared with other settings to highlight the importance of healthy eating and creating a "new normal" food culture.</li> </ul>
<p><b>Proportion of partner organisations in East Gippsland that have a healthy eating and or catering policy in place</b></p>	<p>These organisations have a combined total of over 2,300 staff across East Gippsland. Volunteers and families may also be impacted by these policies.</p> <p><b>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>• GLCH has healthy eating and water only policy which includes healthy catering. GLCH has met the workplace achievement program benchmark for healthy eating. GLCH fully comply with healthy eating advisory service healthy choices. Reach Staff 400 volunteers 500.</li> </ul> <p><b>Bairnsdale Regional Health Service (BRHS)</b></p> <ul style="list-style-type: none"> <li>• BRHS signed on for the Achievement Program priority area healthy eating and oral health.</li> <li>• BRHS has a healthy eating policy in place a new one has been drafted.</li> <li>• BRHS is currently working towards implementing Healthy Choices guidelines in hospital cafeteria, kiosk, catering and vending machines. The head chef of the BRHS kitchen and health promotion nurse are now a Healthy Eating Advisory Service (HEAS) Healthy Choices Mentors and are committed to having the health service fully compliant to the HEAS Guidelines.</li> <li>• BRHS is in the process of supporting Gippsland and East Gippsland Aboriginal Cooperative (GEGAC) to implement healthy choices policy to catering. Management changes at GEGAC have made commitment to this change difficult. Currently working with oral health promotion nurse and staff in charge of policies and quality.</li> </ul> <p><b>GippSport</b></p> <ul style="list-style-type: none"> <li>• GippSport has a healthy catering policy which was implemented quite a few years ago. This was before the organisation signed up for the Achievement program.</li> </ul> <p><b>Orbost Regional Health (ORH)</b></p> <ul style="list-style-type: none"> <li>• ORH has a 'Promoting Health &amp; Wellbeing Policy (within Orbost Regional Health and the Community)'. There is also a 'Living Life Well working group' meeting regularly to implement health promotion activities within ORH. This working group has been re-established recently after a period on hold due to staff changes. The group now has a new membership and terms of reference reviewed and updated. The working group is working toward the Achievement Program Healthy Eating &amp; Physical Activity benchmarks as an assigned responsibility of the Director Primary &amp; Community Services within the ORH 2018/19 operational plan.</li> </ul> <p><b>Omeo District Health (ODH)</b></p> <ul style="list-style-type: none"> <li>• Omeo District Health are registered for the Achievement Program and are currently working towards achieving the Healthy Eating benchmark. No policy to date.</li> </ul>
<p><b>Proportion of partner organisations in</b></p>	<p>These organisations have a combined total of over 450 staff across East Gippsland, as well as over 500 volunteers.</p>

<p><b>East Gippsland that have increased availability of healthier food as per Healthy Eating Advisory Service traffic light system</b></p>	<p><b>East Gippsland Shire Council (EGSC)</b></p> <ul style="list-style-type: none"> <li>• EGSC implements the traffic light system across several council offices.</li> <li>• Healthy eating options have been implemented across the shire managed recreation centres.</li> </ul> <p><b>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>• Worked with the Healthy Eating Advisory Service (HEAS) to be fully compliant with the Healthy Choices Guidelines. GLCH has water access at all sites for all staff and clients.</li> <li>• GLCH has healthy pantry and fruit bowl available to all staff at cost.</li> <li>• GLCH has worked with local cafes and caterers to design menus to meet the traffic light system of green and amber only. Four retail outlets meeting HEAS standards.</li> </ul> <p><b>Bairnsdale Regional Health Service (BRHS)</b></p> <ul style="list-style-type: none"> <li>• BRHS is currently working towards implementing Healthy Choices guidelines in hospital cafeteria, kiosk, catering and vending machines.</li> <li>• Two staff from BRHS completed Healthy Choices Champions training in July 2018 to work towards embedding the guidelines.</li> </ul> <p><b>Orbost Regional Health (ORH)</b></p> <ul style="list-style-type: none"> <li>• ORH implementation of the food traffic light system will provide healthier food options for staff meals and catering.</li> <li>• ORH has engaged the services of the Healthy Eating Advisory Service who met with our staff to provide advice, resources and other assistance.</li> <li>• During winter this year, ORH provided free healthy soup for staff once per week to increase staff vegetable consumption. Printed recipes were also provided with the soup for staff to take home. This has been a very popular initiative and is helping food services staff to focus on healthy food options when considering recipes.</li> </ul> <p><b>GippSport</b></p> <ul style="list-style-type: none"> <li>• GippSport as an organisation does not generally supply food. However, there are occasions where food is supplied at workshops, programs or events that GippSport is involved in facilitating. On these occasions the organisation tries it's best to provide healthy options including sandwiches and wraps, fruit and water etc.</li> </ul> <p><b>Omeo District Health (ODH)</b></p> <ul style="list-style-type: none"> <li>• Omeo District Health are registered for the Achievement Program and are currently working towards achieving the Healthy Eating benchmark. This will include a review of the catering request form and food choices available for catering and for staff meals.</li> </ul>
<p><b>Proportion of primary schools in East Gippsland that are aware of the food traffic light system</b></p>	<p>Several schools have posters and flyers on display and traffic light system and Australian Dietary Guidelines.</p> <p><b>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>• GLCH is currently working with 9 settings, reach 2,000 students and staff. 100% awareness of food traffic light system.</li> </ul> <p><b>Bairnsdale Regional Health Service (BRHS)</b></p> <ul style="list-style-type: none"> <li>• In progress - plan to utilise audit results to engage local primary schools to assist them to develop and implement healthy food and oral health policy.</li> </ul> <p><b>Omeo District Health (ODH)</b></p> <ul style="list-style-type: none"> <li>• See Appendix 7.</li> </ul>

## Appendix Two – Community is better informed about healthy eating options

2017-2018 Indicator	Supporting Actions
<p><b>Proportion of primary schools in East Gippsland that regularly feature healthy eating information in their newsletter.</b></p>	<p>All audited primary schools provide a newsletter to the school community either weekly or fortnightly.</p> <p><b>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>GLCH currently working with 9 settings, reach 2,000 students and staff. GLCH staff supply resource package for settings to incorporate information in communications to families. Examples are available on request. 100% of settings feature healthy eating information in newsletters.</li> <li>Distribution to families equates to approximately 4,000 people.</li> </ul> <p><b>Bairnsdale Regional Health Service (BRHS)</b></p> <ul style="list-style-type: none"> <li>Kindergarten and early childhood services as listed above regularly feature oral health and healthy eating information in their newsletter as provided by the Smiles 4 Miles program.</li> </ul> <p><b>Omeo District Health (ODH)</b></p> <ul style="list-style-type: none"> <li>See Appendix 7.</li> </ul>
<p><b>Number of partner organisations in East Gippsland that have completed the healthy eating benchmarks of the Achievement Program for workplaces.</b></p>	<p>Through the East Gippsland Workplace Achievement Program network, it is evident that other organisations are also interested in improving healthy eating in the workplace. These organisations will be supported to commit to changes via the Achievement Program.</p> <p><b>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>In 2018, GLCH met the workplace achievement program benchmark for healthy eating. GLCH fully comply with healthy eating advisory service healthy choices.</li> </ul> <p><b>Bairnsdale Regional Health Service (BRHS)</b></p> <ul style="list-style-type: none"> <li>BRHS has achieved the health priority areas of Smoking, Mental Health and Well Being and Physical Activity as part of Achievement Program.</li> <li>The Smoking priority area was submitted in December 2017.</li> <li>Currently working towards priority area of oral health and healthy eating.</li> <li>The BRHS Positive Health Employee Wellbeing (PHEW) committee is supported by management.</li> <li>It has 12 members that represent all sections of the BRHS team. They meet monthly with objectives being to coordinate activities which: <ul style="list-style-type: none"> <li>Raise staff awareness about issues that impact on health and wellbeing, including the benefits of physical activity and healthy eating;</li> <li>Promote a positive and equitable workplace culture where mental health and wellbeing is supported;</li> <li>Promote and encourage participation in health and wellbeing initiatives within and outside the workplace;</li> <li>Develop and promote staff retention, reward and recognition opportunities.</li> <li>Promote the Employee Assistance Program to all employees and analyse usage and trends via regular reports.</li> <li>Provide regular communication, monitoring and evaluation regarding PHEW-sponsored activities and liaison with staff to ensure the Committee identifies and responds to current needs.</li> </ul> </li> </ul> <p><b>Orbost Regional Health (ORH)</b></p> <ul style="list-style-type: none"> <li>ORH is registered in the Achievement Program and is currently working to progress in the workplace.</li> </ul> <p><b>East Gippsland Shire Council (EGSC)</b></p> <ul style="list-style-type: none"> <li>Implementation of healthy eating options for the Achievement Program across the shire managed recreation centres.</li> </ul> <p><b>Omeo District Health (ODH)</b></p> <ul style="list-style-type: none"> <li>Omeo District Health are registered for the Achievement Program and are currently working towards achieving the Healthy Eating benchmark. ODH is currently in the 'create' stage of the program and redeveloping their action plan.</li> </ul>

**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.**

**Gippsland Lakes Community Health (GLCH)**

- GLCH in partnership with Gippsland and East Gippsland Aboriginal Cooperative (GEGAC) early years has achieved water and fruit only at GEGAC kinder gym.
- Healthy food cooking classes for parents. 100% Aboriginal attendance (12 families).
- Nowa Nowa Primary School Healthy Eating Program – 95% aboriginal students. Reach is whole of school and extension program to Lake Tyers Aboriginal Trust (> 100 people).
- Lake Tyers Aboriginal Trust & Lakes Entrance Aboriginal Health Association healthy lunch box & snack workshops (>100 people).
- Targeted healthy cooking program for vulnerable people in East Bairnsdale community. Key partnership with Quantum, GLCH and Community Action Group. Reach 25 families.
- Lake Tyers Health and Children's Service & Lakes Entrance Aboriginal Health Association healthy lunch box & snack workshops.

**Bairnsdale Regional Health Service (BRHS)**

- Working on engaging Gippsland and East Gippsland Aboriginal Cooperative (GEGAC) to implement healthy choices policy to catering meetings had between GEGAC / BRHS in regard to implementing Smiles 4 miles program which key messages are 'Drink Well', 'Eat Well' and 'Brush Well'.
- BRHS and GEGAC have been engaged by the Heart Foundation to identify barriers to attending BRHS cardiac rehabilitation program by the local Aboriginal community and to develop strategies to reduce these barriers, and to provide community messages on the importance of healthy eating.
- Attended World No Smoking Day at GEGAC to promote cardiac health and well-being and the importance of healthy eating.
- Two sessions of Road to Good Health Lifestyle modification program provided at GEGAC. As per program developed by Diabetes Victoria.

**Orbost Regional Health (ORH)**

- Orbost Regional Health (ORH) Early Years Aboriginal Health Worker has implemented a weight loss program into the Koorie Mums & Bubs group this year. This is an active group who meet weekly and includes a nutrition program. The weight loss program this year has included initial health check appointments with a GP and sessions with the Dietician.
- 12 participants were referred to the Dietician who provided consults to all participants.
- Twelve GP consults were completed including 4 aboriginal health checks, one aboriginal health check review, 6 long consults and one GP Management Plan
- Participants in the Koorie Mums & Bubs weight loss program will undertake a follow up health check with the GP to monitor progress (Sept 18).

## Appendix Three – It is easier for the community to be physically active in public spaces

2017-2018 Indicator	Supporting Actions
<p><b>Number of walking paths and footpaths that meet community needs as per Walkability, Safer Design Guidelines, or EGSC Trails Evaluation Tool</b></p>	<p><b>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>GLCH community consultation in East Bairnsdale identified footpaths and lighting as barriers to physical activity in East Bairnsdale. Presentation to Shire Councillors, Directors and Vic Police to ensure issues of community safety are addressed.</li> <li>GLCH and East Gippsland Shire Council (EGSC) working together to reduce number of dangerous dogs in East Bairnsdale community. A decrease in the number of dogs at large has occurred and community report improved safety for their families.</li> <li>GLCH actively promotes local walking and bike track facilities. Information available in public wait spaces, social media and lifestyle referrals.</li> <li>GLCH and EGSC have worked to improve facilities in East Bairnsdale parks/playgrounds such as installation of shade structures over play area, upgrade of safety, restoration of seating, reduction of broken glass through EGSC mowing process improvement.</li> </ul> <p><b>Omeo District Health (ODH)</b></p> <ul style="list-style-type: none"> <li>Omeo District Health (ODH) is a current partner member on the Poets Walk Working Group, Swifts Creek (facilitated by Swifts Creek/Ensay Landcare).</li> <li>Work is currently underway to develop and rejuvenate this walking track to improve walkability as identified via past community consultations and walking track mapping works.</li> </ul> <p><b>East Gippsland Shire Council (EGSC)</b></p> <ul style="list-style-type: none"> <li>Maintenance of existing footpath network and tracks and trails.</li> <li>Identification of potential new / requested footpaths.</li> <li>Annual prioritisation to rank requests and identify top priorities via evaluation tool.</li> <li>Annual allocation of funds to build new foot paths based on priorities.</li> <li>Apply for grants and partner with other agencies (e.g. VicRoads, Traffic Accident Commission) to build new footpaths.</li> </ul>
<p><b>Number of people utilising existing Council managed recreation reserves for physical activity, including:</b></p> <ol style="list-style-type: none"> <li><b>Formal users of the reserve for physical activity / structured groups</b></li> <li><b>Informal recreation users of the reserve</b></li> </ol>	<p><b>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>Improve quality and safety of East Bairnsdale playground space.</li> </ul> <p><b>East Gippsland Shire Council (EGSC)</b></p> <ul style="list-style-type: none"> <li>Adoption of the Bairnsdale Sporting Facilities Review (BSFR) and its recommendations.</li> <li>Undertaking a sporting facility review of the remaining 11 districts in East Gippsland Local Government Area.</li> <li>Ongoing support and maintenance of the reserve facilities and their volunteer management committees.</li> </ul> <p><b>Omeo District Health (ODH)</b></p> <ul style="list-style-type: none"> <li>Omeo District Health has been invited to participate in developing the Swifts Creek Recreation Reserve Strategic Plan. (Non- Council Managed Rec Reserve). This will include looking at how to include a permanent community gym space at the recreation reserve facility.</li> </ul>
<p><b>Coordinated and improved standard of public open space provision across the shire</b></p>	<p><b>East Gippsland Shire Council (EGSC)</b></p> <ul style="list-style-type: none"> <li>Map the existing available public open space across the shire. Identify priority improvements and apply for funds to deliver.</li> </ul>

## Appendix Four – Community has a greater range of options for organised physical activity

2017-2018 Indicator	Supporting Actions
<p><b>Targeted programs for vulnerable populations</b></p>	<p><b>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>• East Bairnsdale after school sports project and active holidays. Projects utilise local sports providers, including: lawn bowls, table tennis, swimming, bike tracks. Parents encouraged to participate, and this has increased. 20 families participating in sports, 150 individuals in active holiday activities.</li> <li>• Kinder gyms weekly at Gippsland and East Gippsland Aboriginal Cooperative (GEGAC), Lakes Entrance, East Bairnsdale and Bruthen. 60 families.</li> <li>• GLCH continues to run a range of accessible, low cost physical activity program for vulnerable people.</li> <li>• GLCH actively promotes local walking and bike track facilities. Information available in public wait spaces, social media and referrals.</li> </ul> <p><b>GippSport</b></p> <p>For the reporting period there were several ongoing All Abilities programs as well as one-off events. These included:</p> <ul style="list-style-type: none"> <li>• Netball clinics – Netball Victoria/GippSport @ East Gippsland Specialist School (35 participants x 4 sessions).</li> <li>• East Gippsland Gymnastics Club – Gymnastics Victoria/Special Olympics/GippSport (35 participants each week for 6 weeks).</li> <li>• Bairnsdale Aquatic and Recreation Centre – (Weekly program 6-12 participants each week).</li> <li>• Bairnsdale Tennis Club/Noweyung/GippSport (8-10 participants 8 x sessions).</li> <li>• Bairnsdale Netball Association (12 participants with 5 sessions held).</li> <li>• Sale To Sea Disability kayak Challenge (6 participants supported to complete one day challenge from Bairnsdale to Metung).</li> <li>• No Boundaries Cricket competition (Includes Bairnsdale team).</li> <li>• Bairnsdale Basketball Association – funding through Basketball Victoria to support a team from East Gippsland Specialist School to enter the mainstream competition.</li> <li>• Sailability program held at Paynesville.</li> <li>• Gippsland wide: <ul style="list-style-type: none"> <li>○ Promotion of Park Run for Social Inclusion week and ongoing programs</li> <li>○ Netball Victoria Schools Championships Event – Held in Sale with 8 teams and approx. 100 All Ability participants. East Gippsland Specialist School participated.</li> <li>○ Basketball Victoria/GippSport VicHealth Cup - 18 All Abilities team held at Newborough Leisure Centre approx. 180 participants. East Gippsland Specialist School attended.</li> </ul> </li> <li>• Although these are the specific programs and events over the last reporting period, there are several other Clubs who are inclusive and welcome People with a Disability at their club.</li> </ul> <p><b>Orbost Regional Health (ORH)</b></p> <ul style="list-style-type: none"> <li>• ORH provides a number of gym programs including: <ul style="list-style-type: none"> <li>○ Womens Wellness – Motivational support for making long-term healthy lifestyle changes around nutrition and exercise.</li> <li>○ Exerguys – exercise program for men (by the Physio)</li> <li>○ Cardiac/Pulmonary Rehab program – aimed at people with or at risk of heart of lung disease.</li> <li>○ Tai Chi for Arthritis</li> <li>○ Tai Chi for Rehabilitation</li> <li>○ Better Balance &amp; Staying Strong programs for people with risk of falls.</li> </ul> </li> <li>• ORH provides a coordinator for the Orbost Community Garden which promotes healthy eating &amp; physical activity through its community program, including work with school groups and other community groups.</li> </ul> <p><b>East Gippsland Shire Council (EGSC)</b></p> <ul style="list-style-type: none"> <li>• East Gippsland Shire Council facilitates Premiers Active April across the East Gippsland Local Government Area.</li> <li>• Active April participation report available upon request.</li> </ul>

<p><b>Number of sporting clubs in East Gippsland that offer modified/social sport options to the community</b></p>	<p><b>GippSport</b></p> <ul style="list-style-type: none"> <li>• East Gippsland Gymnastics Club – Stretch and Flex gymnastics program.</li> <li>• No Boundaries Cricket program – Supported by GippSport and Region 7 Gippsland Cricket. Modified cricket program for People With a Disability.</li> <li>• Bairnsdale Aquatic and Recreation Centre – Weekly program for People With a Disability aged 13+.</li> <li>• Bairnsdale Basketball Association – Have included a team from East Gippsland Specialist School in the mainstream competition.</li> <li>• Bairnsdale Tennis Club – All Abilities program for participants from Noweyung. Sessions were held once a week for a Term.</li> </ul>
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## Appendix Five – Community members are better informed about the range of physical activity options available

2017-2018 Indicator	Supporting Actions
<p><b>Number of partner organisations in East Gippsland that have completed the physical activity benchmarks of the Achievement Program for workplaces</b></p>	<p>There are currently 11 workplaces in East Gippsland registered in the Achievement Program. This network of organisations is supported by the East Gippsland Workplace Achievement Program network, as facilitated by Gippsland Lakes Community Health.</p> <p><b>Orbost Regional Health (ORH)</b></p> <ul style="list-style-type: none"> <li>ORH has included progression through the Achievement Program as an objective in the 2018-2019 operational plan.</li> </ul> <p><b>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>GLCH is working on and close to submitting physical activity benchmark with the workplace Achievement program.</li> </ul> <p><b>Bairnsdale Regional Health Service (BRHS)</b></p> <ul style="list-style-type: none"> <li>Bairnsdale Regional Health Service - has achieved the health priority area benchmarks for physical activity.</li> <li>BRHS participated in East Gippsland track for the first time with the Get on Track Challenge. The East Gippsland Health Promotion Reference Group developed the localised track in 2017 with the support of Diabetes Western Australia and East Gippsland Marketing. This track is now being utilised by other local businesses such as East Gippsland Shire Council.</li> </ul>
<p><b>Number of primary schools in East Gippsland that have completed the physical activity benchmarks of the Achievement Program for schools</b></p>	<ul style="list-style-type: none"> <li>There are 14 East Gippsland primary schools registered in the program.</li> <li>5 schools have completed the coordinate stage.</li> </ul> <p><b>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>Currently working with 7 primary school settings of these 0 have met the Achievement program benchmark for physical activity. 5 are in the create stage.</li> <li>Currently working with 2 early year settings of these 0 have met the Achievement program benchmark for physical activity. 1 is in create stage.</li> <li>Working with Cancer Council to improve ease of Achievement program for schools and workplaces. As you can see from results schools we are working with are doing a fantastic job, but this is not being translated into Achievement program benchmarks.</li> </ul>
<p><b>Number of secondary schools in East Gippsland that have completed the physical activity benchmarks of the Achievement Program for schools</b></p>	<ul style="list-style-type: none"> <li>Three secondary schools from East Gippsland have registered in the program.</li> <li>1 school has progressed to the create stage.</li> </ul>
<p><b>Number of early years settings in East Gippsland that have completed the physical activity benchmarks of the Achievement Program for schools</b></p>	<ul style="list-style-type: none"> <li>13 early years settings from East Gippsland are registered in the Achievement Program.</li> <li>1 of the settings has progressed to the coordinate stage of the program.</li> </ul>

## Appendix Six – Community has greater access to water in public spaces

2017-2018 Indicator	Supporting Actions
<p><b>Number of water fountains /refill stations available to the East Gippsland community</b></p>	<p>There are currently 13 East Gippsland Water managed, and at least 5 East Gippsland Shire Council managed drinking water fountains located in East Gippsland in public spaces. A mapping project is currently underway to provide an accurate number of fountains. This data will be included in the 2018-2019 report.</p> <p><b>East Gippsland Water (EGW)</b></p> <ul style="list-style-type: none"> <li>• Currently have 13 drinking water fountains installed across the region which they monitor and maintain.</li> <li>• Worked with the East Gippsland Shire Council (EGSC) to install an additional 5 fountains across the region which EGSC monitor and manage.</li> <li>• There are additional fountains located around the region which have been installed and are managed and monitored by EGSC.</li> <li>• There is a Be Smart Choose Tap App which outlines the location of all East Gippsland Water fountains and is updated when new fountains are installed. Anyone can add a fountain location via the App on their smart phone.</li> <li>• East Gippsland Water has committed to installing 15 drinking water fountains across the region over the period 2018-2023 – which will be installed onto main water supplies.</li> </ul> <p><b>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>• GLCH working with EGSC, EGW and local East Bairnsdale community to provide water fountains and refill stations to local parks (there is currently no provision of water in East Bairnsdale parks and public spaces, this came up as an issue from the East Gippsland community consultation). EGW and EGSC are committed to achieving this now and will be installed by late 2018.</li> </ul> <p><b>Orbost Regional Health (ORH)</b></p> <ul style="list-style-type: none"> <li>• ORH has bottled water available in all public waiting areas.</li> </ul> <p><b>East Gippsland Shire Council (EGSC)</b></p> <ul style="list-style-type: none"> <li>• Mapping of water refill stations on Council managed property. This is an improvement covered under the Open Space Strategy.</li> </ul>
<p><b>Number of level 3 GoodSports clubs in East Gippsland</b></p>	<p>GoodSports clubs are required to have free drinking water available and displayed at the bar. During the reporting period there were a number of East Gippsland Club's that progressed through the Good Sports program:</p> <p>Level 1 (4): East Gippsland United Football Club; Metung Swan Reach Cricket Club; West Bairnsdale Cricket Club; Gippsland Roller Derby.</p> <p>Level 2 (3): East Gippsland United Football Club; Gippsland Lakes Yacht Club; Swan Reach Hockey Club.</p> <p>Level 3 (2): Bairnsdale Tennis Club; Swifts Creek Football netball Club.</p> <p><b>GippSport</b></p> <ul style="list-style-type: none"> <li>• GippSport facilitated a number Responsible Service of Alcohol (RSA) courses in East Gippsland which included: <ul style="list-style-type: none"> <li>○ Paynesville (Aug 17) – 22 attendees</li> <li>○ Swan Reach (Jan 18) – 20 attendees</li> <li>○ Paynesville (Mar 18) – 29 attendees</li> </ul> </li> <li>• Alcohol and drug session – ICE Forum: <ul style="list-style-type: none"> <li>○ Bairnsdale FNC – 140 attendees</li> </ul> </li> </ul>
<p><b>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</b></p>	<p><b>GippSport</b></p> <ul style="list-style-type: none"> <li>• During GippSport's work with VicHealth funding (Healthy Fridge Strategy), Bairnsdale Football Netball Club (FNC) and Swifts Creek FNC completed their strategies during the Football Netball season. Bairnsdale FNC's strategy that they implemented was to take 'Red' drinks off display. Swifts Creek FNC's strategy which was completed was to limit their 'Red' drinks.</li> <li>• Lakes Entrance Amateur Basketball Association were also initially interested in being involved but did not complete the strategy.</li> </ul>

<p><b>Number of primary schools in East Gippsland with 'water only' guidelines/policies in place</b></p>	<p>92% of audited primary schools in East Gippsland state that they promote water as the best choice at the school. Many primary schools allow flavoured milk and fruit juice/fruit drink as part of lunch order.</p> <p><b>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>Cluster of 9 education settings 100% are water only, 2000 reach.</li> </ul> <p><b>Omeo District Health (ODH)</b></p> <ul style="list-style-type: none"> <li>See Appendix 7.</li> </ul>
<p><b>Proportion of partner agencies in East Gippsland making structural changes (policy/display) to increase water consumption</b></p>	<p>Water only policy for catering means soft drinks, fruit drinks, flavoured milk and cordial is not offered to meeting participants.</p> <p>Of the East Gippsland Primary Care Partnership (EGPCP) partner organisations without a water only policy:</p> <ul style="list-style-type: none"> <li>4/22 supply fruit juice;</li> <li>4/22 generally only provide water (in addition to tea and coffee), although do not have a formal policy in place.</li> <li>20/22 EGPCP partner organisations have free cold water and/or filtered water available to staff. The remaining two organisations have clean drinking water available via tap. All organisations have access to clean drinking water.</li> </ul> <p><b>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>GLCH has water access at all sites for all staff and clients.</li> <li>GLCH has no vending machines on any sites.</li> <li>GLCH has met the workplace achievement program benchmark for healthy eating (which includes water).</li> </ul> <p><b>Orbost Regional Health (ORH)</b></p> <ul style="list-style-type: none"> <li>ORH has recently installed a plumbed filtered water tap in the staff dining room for easy access for staff to refill their drink bottles (action from plan for achieving healthy eating benchmark).</li> <li>Omeo District Health are registered for the Achievement Program and are currently working towards achieving the Healthy Eating benchmark. No 'water' policy to date.</li> <li>ODH Staff have access to tap water. No vending machines or purchases of soft drinks/juices available.</li> </ul>



## Appendix Seven – Healthy eating audit of East Gippsland Primary Schools: May – June 2018

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### Intro – what we were trying to achieve

The body of work in this report is based on the key indicators of the Being Active and Eating Well Action Plan 2017-2018 which aims to drive change in the greater community - including primary schools - in the East Gippsland catchment area.

There were four main priority areas to be looked at and gain data on that were specific to primary schools. These were healthy eating policies in the schools, schools awareness of the Healthy Eating Advisory service guidelines, regular featuring of healthy eating information in newsletters; and the promotion water only guidelines.

### Method – what we did to gather data

In the action plan, initial thoughts were outlined about what the key actions and basic ideas were on what data needed to be collected. From that, a list of the Primary Schools in the East Gippsland catchment area was compiled. This was done so by looking at the map of the area, internet search and from what schools the partnership (Gippsland Lakes Community Health (GLCH), Bairnsdale Regional Health Service (BRHS), Omeo District Health (ORH)) already worked with. Thirty-seven Primary schools were identified, and phone contact list compiled.

The next step was to identify what information we wanted to be collected from the schools based on the indicators and how we would go about achieving that. A list of 20 questions under 4 sub headings was developed and sent around to the partnership for feedback and suggestions. The questions were simplified and also did not mention the Achievement Program as to not scare schools off engaging. After much discussion, initial phone calls were made to schools, and as a result questions were changed slightly to create more flow and also to gauge more data out of the responder.

The success of the call being anywhere from 8- 20 minutes, was based on the caller's ability to draw data out and explore answers further, but still draw out the key indicator information. The schools that didn't want to engage on the phone, due to being busy or having to pass onto leaderships groups, were emailed a reduced set of questions but still with the key indicators as the highlight. The response rate was high as it gave responders an opportunity to look for policies, handbook information and lunch order menus as they read the questions and submit the data back as they went.

### Results – data

Of the 37 primary schools in the catchment, data was collected and compiled for 25 schools. Data was not received from 12 schools.

### Of the 25 schools with completed audits (68% response rate):

#### Health eating policy

When schools were asked the basic question, 'do you have a healthy eating policy at the school?', majority of answer were No to having an actual policy, but there were snippets in the school handbook around what foods are to be provided for lunches and snacks as well as healthy eating being encouraged throughout the school. (See appendix 1 for handbook snippets, appendix 2 for healthy eating policies) of the schools that did say yes, only 4 could produce an actual endorsed healthy eating policy.

- 12% of schools have a healthy eating policy in place
- The remainder have brief information in their school handbook

Schools were then asked if they encourage healthy eating throughout the school and how do they communicate it to the school community. The majority of schools encouraged healthy eating in a number of ways. Leading by example was common with the students seeing teachers or other students eating a certain food and so they wanted to as well.

Other ways in which healthy eating was promoted was through programs such as garden club where the students could grow their own vegetables and then they cook them in cooking club; rubbish free or nude food to the point of encouraging whole foods, whole grains and no refined sugar, so avoiding processed foods. Two schools were very big on this concept. A number of schools also provided a breakfast club with healthy food options such as donated fruit. Communication for this was through newsletter, classroom and leading by example as earlier mentioned.

- 92% of schools promote healthy eating throughout the school
- 16% of schools felt that leading by example was the best way to generate change

A worthwhile mention was what initiatives the school already promoted, with one stating that they want students to make good choices for the right reasons not because they are rewarded; a couple of schools were members of the Stephanie Alexander club promoting school garden; one school was hoping to implement a sustainable school environment with food scrap bins.

### Healthy Eating Advisory Service

The question to schools on whether they provide food to staff or students posed some interesting answers. The general comments were yes, to students who didn't have lunch or were financially disadvantaged, with the main foods being sandwiches or fruit. Some schools were lucky enough to be provided with food from Second Bite, The Smith Family or Food Bank. Being provided with fresh fruit was the main food items.

A couple of schools provided a hot lunch once a week for a small cost made from school garden with profits going back into the garden; sausage sizzle and icy pole days were delivered as well other food provided on special occasions such as PD days, end of term. The majority of schools gave students access to lunch order menus on a weekly basis. (See appendix 3)

- 60% of schools provide food to staff/students through the breakfast club program, The Smith Family donations or Second Bite.
- 80% of schools have a school canteen, lunch order menu or prepare food on site at the school

Schools were asked a question around whether staff use sugary treats as a reward for good learning. Whilst this is neatly non-existent in schools, with options such as stickers, certificates, free play time, canteen voucher, end of term reward are offered instead, with one school stating students do things because they want to. However, there is a small percentage that still have this as a reward as it is not ingrained in the school not to have it. Had this question been posed a couple of years ago, the percentage could have been a lot higher as a lot of schools made mention they used to have lolly jars on their desk.

- 8% of schools still offer a sugary based reward occasionally

Looking at the comments on whether schools were aware of the traffic light system of food developed by the Healthy Eating Advisory Group and also whether the school was aware of the Australian Dietary Guidelines, the response was high towards schools knowing about these, but they are not necessarily doing anything with the information in schools. Some had flyers, others promoted it through classroom units. One school went as far as stating that each classroom has a healthy eating pyramid in it.

- 76% of schools are aware of Traffic light system of food and Australian Dietary guidelines promoting fruit and vegetable consumption
- 24% never heard of traffic light system and are not aware of Australian Dietary Guidelines

### School community informed

A common theme was that all schools had a newsletter to communicate items throughout the school. Whilst there was a newsletter in place, this was mainly for compliance information about the school and very rarely had space for healthy information. The schools that did commit to this were passionate and would run health information for a term or a small snippet each week. One school was lucky enough to have a school nurse on staff who was passionate about promoting health and wellbeing a good 4-5 times in the newsletter per term.

- 92% of schools have a weekly newsletter
- 8% of schools have a fortnightly newsletter
- 48% provide regular information to families on healthy eating and wellbeing

### **Water as best practice**

Water was the clear drink of choice for most schools. Some of the remote schools had no other choice than to offer water as there was no luxury of school canteen to buy flavoured milk or juice. Schools were big on encouraging water as drink of choice, however were ok with flavoured milk and juice being purchased as part of a lunch order. This was communicated through school handbook and newsletter and if any student came to school with fizzy drinks they were spoken to then and there, and parents informed on the school's positions on this. Drink bottles were allowed on desks at schools, and some schools were able to secure free drink bottles for all students from East Gippsland Water. Every school had access for students to consume fresh drinking water either via filtered water station or bubbler taps.

- 92% of schools promote water as the best and only choice at the school
- 8% of schools do not have this as best practice, however encouraged
- This information is communicated through the classroom and newsletter
- 100% of the schools offer clean drinking water for student consumption

### **Schools currently doing well regarding health and wellbeing**

At the end of the survey, there was opportunity to ask schools 'what they believe they are doing well in regard to health and wellbeing at the school'.

- Good wellbeing for staff and students, with awareness on issues affecting their schooling life
- Cooking, gardening, healthy lunch days promoting healthy choices
- Lead school in respectful relationships
- Free fruit Friday's, counselling, speech therapy
- Running club 2 mornings a week
- Improving students awareness of healthy choices, battling less and less with families to create change
- Holistic promotion of wellbeing – exercise, eating, sleep
- Discouraging bringing junk food into school
- Paddock to plate classes
- Time to eat food in class before play, so can see what students are consuming
- Extensive camp/excursion program
- Huff and puff program to promote physical activity with access to bikes, scooters and stake boards at lunchtime for use
- Offering healthy menu in tuck shop
- Wellbeing coordinator to support children in development
- Compulsory fruit breaks
- Promotion of healthy activity through sport including surfing.
- Selling school garden products at monthly Artisan produce market

### **School sizes – small school less than 30, big school more than 30**

- 24% of schools classed as small
- 76% of schools classed as big
- 14% of schools fall under the private sector
- 86% of schools fall under the public system