



2018-2019



HEALTHY EATING ACTIVE LIVING (HEAL)
PREVENTION PLAN



INTRODUCTION

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

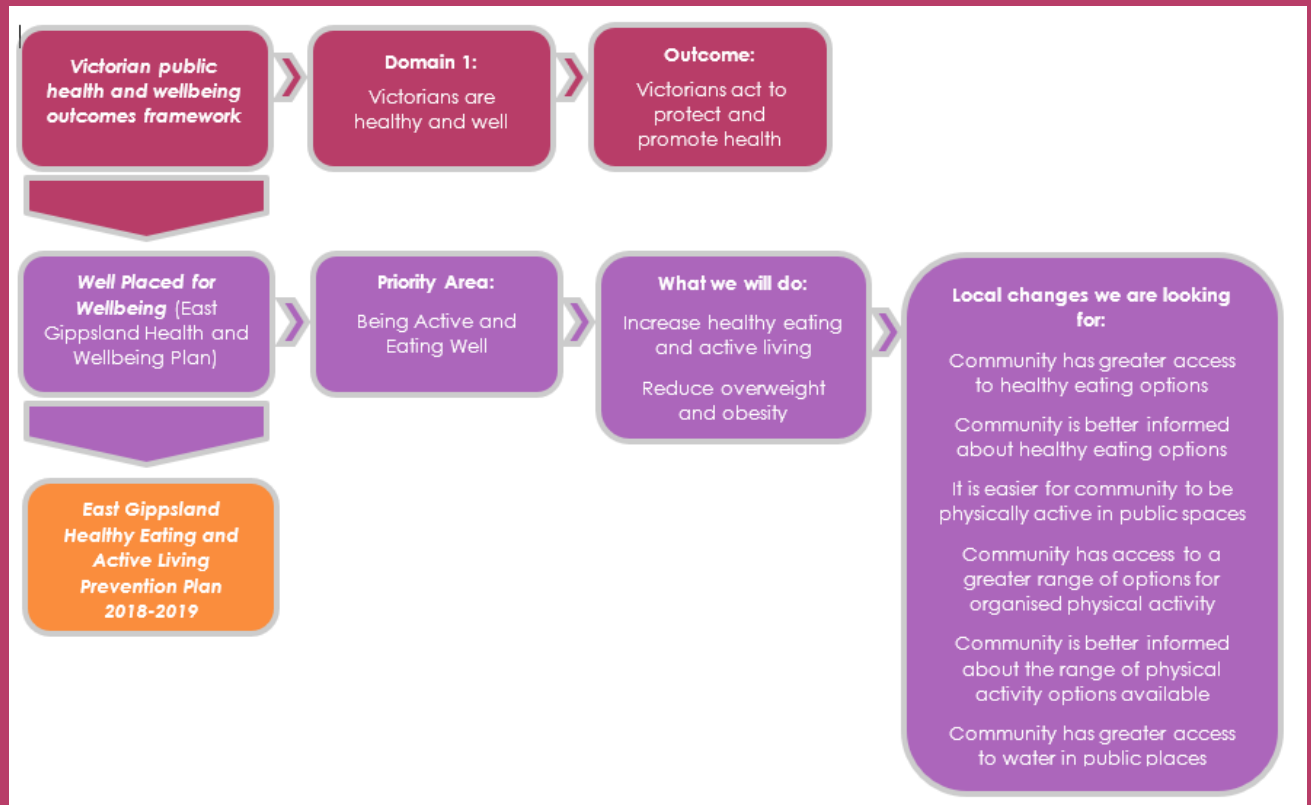
To support implementation of this priority area, an East Gippsland Healthy Eating and Active Living (HEAL) Partnership was established. Each year, this partnership develops a Healthy Eating and Active Living (HEAL) Plan which outlines how local changes in healthy eating and active living in East Gippsland will be captured. It also highlights proposed activities which aim to shift key health and wellbeing indicators. Activities proposed in this plan are implemented collaboratively by members of the HEAL Partnership.

The following organisations are active participants of the HEAL partnership:

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

Participants are subject to change and new people and organisations are welcomed. If you are interested in contributing to better health outcomes for the East Gippsland community, contact the East Gippsland Primary Care Partnership, (03) 5153 0149 or connect@egpcp.org

POLICY CONTEXT



PLAN IMPLEMENTATION

The prevention actions outlined in this plan will be implemented by the HEAL group and their partners between November 2018 and June 2019. A report on the progress of this plan will be provided in the second half of 2019.



**Healthy
Eating**



**Drinking
Water**

2018-2019 PREVENTION AREAS

for the HEAL Partnership



**Active
Living**



**Engagement &
Collaboration**

Healthy eating: Well Placed for Wellbeing priority area

Community has greater access to healthy eating options

Community is better informed about healthy eating options



2018-2019 Indicator



Number/ proportion of education settings (early years, primary, secondary) that have made a commitment to embedding healthy eating and water.

Criteria of commitment to include:

- Policies, procedures, guidelines
- Supportive leadership and employee participation (Health & Wellbeing teams, regular agenda item, etc.)
- Free water on offer at events/canteen
- Using traffic light system
- Working towards or meeting health eating benchmarks in Achievement Program
- Promote healthy eating/water messages in communication/newsletter
- Provide healthy eating messages and learning opportunities within the setting
- Supply food and drinks that comply with guidelines/policies at education events and meetings
- Efforts to start or maintain a kitchen garden program
- Promote and participate in community activities that promote health eating (e.g. Live Lighter, Nutrition Week, etc.)
- Engages in healthy fund-raising and sponsorship

Data Source/ Frequency

Phone survey to education settings

6-12 monthly

Proposed Action

HEAL Partnership is working with education settings to increase commitment to healthy eating and water consumption.

Some local examples are:

- Working together with our local community to explore and address overweight and obesity. Using place-based primary prevention principles and systems thinking.
- Working with education settings to ensure water is accessible for all children.
- Working with primary schools and early years settings to implement Healthy Eating Policies which cover canteens, catering and fund-raising.
- Working with education settings to promote kitchen gardens.
- Supporting education settings to work towards achieving the healthy eating benchmarks of the Achievement Program.
- Providing education settings with healthy eating information and resources for use in classrooms and newsletters.

Healthy eating: Well Placed for Wellbeing priority area

Community has greater access to healthy eating options

Community is better informed about healthy eating options



2018-2019 Indicator



Number/ proportion of partner organisations that have made a commitment to embedding healthy eating and water.

Criteria of commitment: As above



Number/ proportion of sporting clubs that have made a commitment to embedding healthy eating and water.

Criteria of commitment: As above

Data Source/ Frequency

Phone survey to partner organisations

6-12 monthly

12 monthly survey of East Gippsland Sporting Clubs

Proposed Action

HEAL Partnership is working with organisations to increase commitment to healthy eating and water consumption.

Some local examples are:

- Supporting organisations to work towards achieving the healthy eating benchmarks of the Achievement Program.
- Working with organisations to implement Healthy Eating Policies.
- Improving community awareness/ access/ sharing of healthy food options.
- Participating in local health and wellbeing forums.

HEAL Partnership is working with sporting clubs to increase commitment to healthy eating and water consumption.

Some local examples are:

- Working with sporting clubs in East Gippsland to measure commitment to healthy eating and water.
- Working with sporting clubs to increase commitment to healthy eating and water consumption.

Active living: Well Placed for Wellbeing priority area

It is easier for the community to be physically active in public spaces

Community has access to a greater range of options for organised physical activity



2018-2019 Indicator



Number/ proportion of education settings (early years, primary, secondary) that have made a commitment to promoting physical activity.

Criteria of commitment to include:

- Policies, procedures, guidelines
- Supportive leadership and employee participation (H&WB team, regular agenda item, etc.)
- Promote physical activity options that promote inclusiveness and participation
- Awareness of minimum required breaks and encouraged to take them
- Provide facilities to support active travel (e.g. showers, lockers etc.)
- Working with local organisations to promote and develop physical activity initiatives
- Provide information about local physical activity opportunities and organised sport
- Working towards or meeting physical activity benchmarks in Achievement Program
- Promoting physical activity in communication/newsletter
- Promotes and encourages active travel to and from school

Data Source/ Frequency

Phone survey to education settings

6-12 monthly

Proposed Action

HEAL Partnership is working with education settings to increase commitment to promoting physical activity.

Some local examples are:

- Working together with our local community to explore and address overweight and obesity. Using place-based primary prevention principles and systems thinking.

Active living: Well Placed for Wellbeing priority area

It is easier for the community to be physically active in public spaces

Community has access to a greater range of options for organised physical activity



2018-2019 Indicator



Number/ proportion of partner organisations that have made a commitment to promoting physical activity.

Criteria of commitment: As above



Number of walking paths and footpaths that meet community needs as per Walk-ability, Safer Design Guidelines, or EGSC Trails Evaluation Tool.

Data Source/ Frequency

Phone survey to partner organisations

6-12 monthly

6-12 monthly

East Gippsland Shire Council

Proposed Action

HEAL Partnership is working with organisations to increase commitment to promoting physical activity.

Some local examples are:

- Encouraging organisations to increase active travel to and from work.
- Organisations using media to promote physical activity programs and events in East Gippsland.
- Organisations providing facilities and programs which promote physical activity.

HEAL Partnership is working with organisations to offer appropriate walking paths and footpaths.

Some local examples are:

- Encouraging the community to be active by developing new and maintaining/upgrading existing walking tracks and footpaths.
- Working with East Gippsland Shire Council to measure walking paths and footpaths that meet community needs.

Active living: Well Placed for Wellbeing priority area

It is easier for the community to be physically active in public spaces

Community has access to a greater range of options for organised physical activity



2018-2019 Indicator



Number of sporting clubs in East Gippsland that offer modified / social sport options to the community.

Data Source/ Frequency

12 monthly survey of East Gippsland Sporting Clubs

Proposed Action

HEAL Partnership is working with sporting clubs to offer modified sport options.

Some local examples are:

- Encouraging sporting clubs to offer a modified sporting program and facilities to encourage and enable people to engage in physical activity.
- Encouraging organisations to deliver supported activity programs for older adults.

Drinking Water: Well Placed for Wellbeing priority area

Community has greater access to water in public spaces



2018-2019 Indicator



Number of water fountains / refill stations in public places the East Gippsland Community. Aim for accessibility for all (including people with disabilities).



Number of community events requesting temporary service of free water.

Data Source/ Frequency

6-12 monthly

East Gippsland Shire Council

East Gippsland Water

Yarra Valley Water app

Wiki Camps

6-12 monthly

East Gippsland Shire Council

East Gippsland Water

Proposed Action

HEAL Partnership is working to offer access to water in public places.

Some local examples are:

- Strengthening partnerships between relevant agencies to streamline process of water fountain installation.

HEAL Partnership is working to offer access to water in public places.

Some local examples are:

- Advocating for East Gippsland Shire Council to include provision of free water as a condition of small grant applications.

Engagement & Collaboration: Well Placed for Wellbeing priority area

Community is involved in design and decision making



2018-2019 Indicator



Number of people involved in efforts to increase healthy eating and active living.



Number of new people involved in leading efforts to increase healthy eating and active living.

Data Source/ Frequency

Survey data
Meeting
correspondence

6-12 monthly

Meeting
correspondence

6-12 monthly

Proposed Action

HEAL Partnership is working with community members to implement the activities of this plan.

Some local examples are:

- Creating opportunities to involve the community.
- Conducting Community Surveys.

Community members have been involved in decision making to increase commitment to promoting healthy eating, physical activity and water consumption across East Gippsland.

Some local examples are:

- Organisations encouraging community leadership.