

# A framework

## Measuring health and social outcomes & change in East Gippsland



This framework focuses on identifying health and social **OUTCOMES** we want to see in our community, and what clear and meaningful **ACTION** is needed to achieve them

May 2020



# THE PROCESS

Asking these questions in this order helps ensure everyone is working towards the same change at the same time.

## Q.1

### What outcomes do we want?

Use strategic or longer term outcomes i.e. Victorian Health & Wellbeing Plan, or local Health & Wellbeing Plan (i.e. Well Placed for Wellbeing).

## Q.2

### What changes do we want to see?

What would achieving this outcome look like, i.e. Walking down the street in 2-3 years, what would you see that is different to now? Max. 2 changes.

## Q.3

### How will we know this has happened?

Not limited to existing data sets (critical!), use as a guide only. Work out what you actually need to measure, then work out how to collect (if an existing data set that's handy). Aim max. 2 per outcome.

## Q.4

### How will we measure this?

Time to capture data, including sources of data and frequency. Consider if this can be a pre-existing data set or if a new data capture mechanism is required. Doesn't replace program evaluation.

## Q.5

### What action do we need to take?

Identify possible action (ideally collaborative). Focus on action that moves the measure (not only the outcome), the change everyone is working towards. Add/remove/change actions any time = multiple, strong actions occur at the same time, with a single target. Supports collaboration, organisations can contribute at any point.

### Workshop collaboratively

Working together and allowing plenty of time for meaningful discussion about each change and measure that is essential for long term change.

### Planning in this way helps us to:

- Collaborate easily
- Bring everyone along
- Track changes as they are happening in real time
- Alter actions in response to what is happening
- Taking action whilst planning

### This is not the end!

Your plan is a live document. It should be used to guide meeting content/discussion, Review and update regularly (not once a year).



# DOCUMENTING YOUR PLAN

Examples to guide you

Example outcomes	Example changes	Examples behaviours	Example measures	Examples actions
Increase healthy eating and active living	Community has access to healthy eating options where we live, learn, work and play	Partner organisations have made a commitment to healthy eating and water	No. of partner organisations committed (no. workers/families), 6-12 month survey	HEAL Partnership (and partner organisations) to commit to embedding healthy eating and water consumption
Reduce harmful alcohol and drug use	Adults are modelling moderate alcohol consumption	Less coverage of normalised drinking behavior by adults in the media	Media analysis every 6 months	Work with local media outlets

**Collaboration & shared ownership**  
 We have found this framework encourages collaboration, shared ownership and contribution from organisations and individuals regardless of funding/other resources.

**Check in & adapt**  
 Check in on measures as you go, ensure actions are shifting the measure. If it's not working, we can strengthen, adapt or reduce actions depending on what the measures tell us.

**Want to know more?**  
  
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 Word template available