

Healthy Eating Active Living (HEAL)

2019-2020 Prevention Plan



HEALTHY EATING ACTIVE LIVING (HEAL) PREVENTION PLAN 2019-2020

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 members of the HEAL partnership:

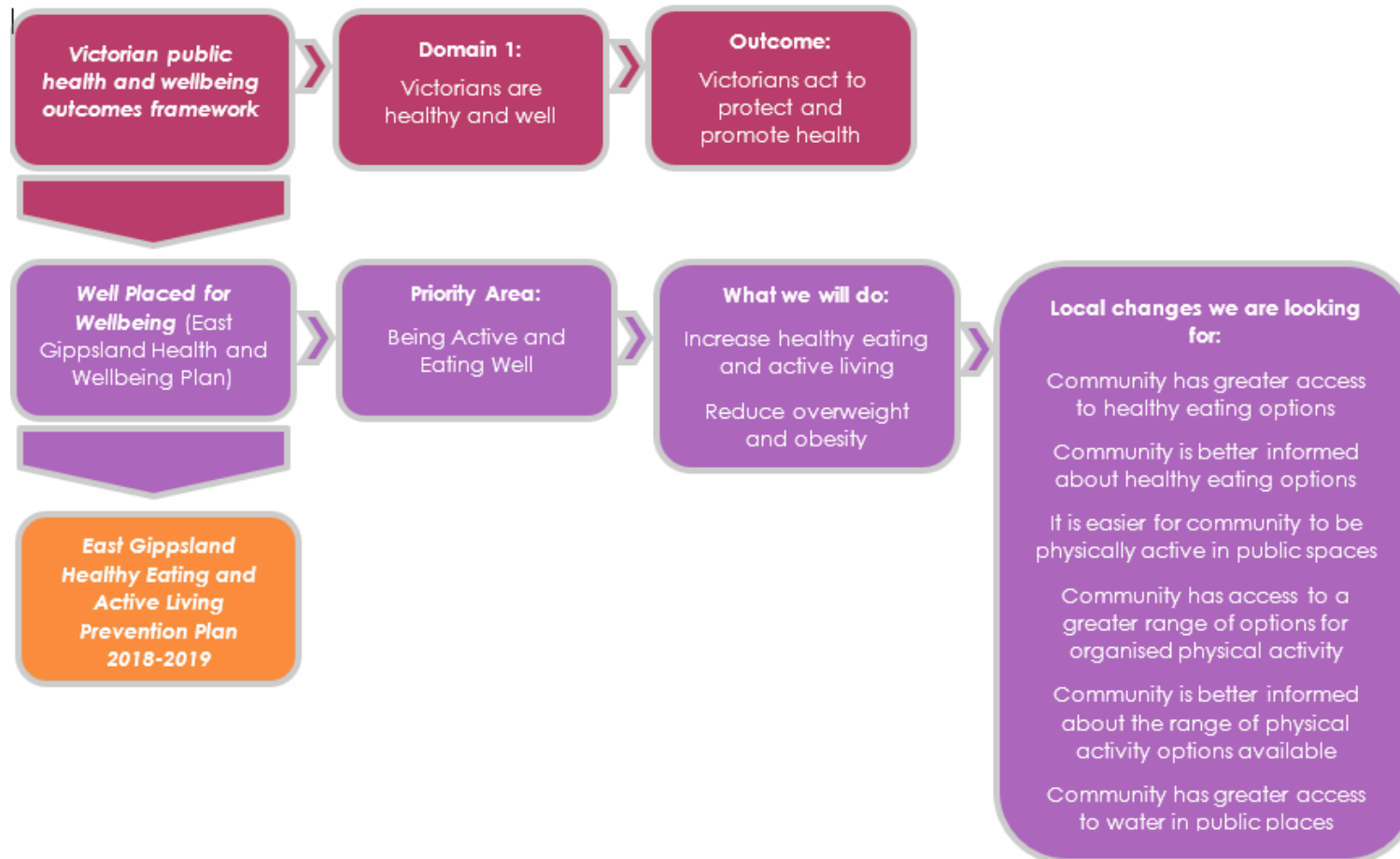
- Bairnsdale Regional Health Service
- East Gippsland Primary Care Partnership
- East Gippsland Shire Council
- East Gippsland Water
- Gippsland Lakes Community Health
- GippSport
- Omeo District Health
- Orbost Regional Health

The members listed above are current at the time of publication. Members are subject to change and new members are welcomed. If you are an organisation interested in working towards achieving better health outcomes for the community across the East Gippsland, contact the East Gippsland Primary Care Partnership to find out how you can get involved, (03)5153 0149 or connect@egpcp.org.

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Policy context



Plan implementation


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The prevention actions outlined in this plan will be implemented by HEAL member agencies between November 2019 and June 2020. A report on the progress of this plan will be provided in the second half of 2020.

2019-20 Indicator/signal	Measure	Data source and frequency	Proposed action
<div style="display: flex; align-items: center;">  <div> <p>Healthy eating: Well Placed for Wellbeing priority area</p> <p>Community has access to healthy eating options where we live, learn, work and play.</p> <p><small>(Note: This is directly related to the East Gippsland Well Placed for Wellbeing plan 2017 – 2021).</small></p> </div> </div>			
<p> Education settings (early years, primary, secondary) have made a commitment to healthy eating and water.</p> <p>Criteria of commitment to include:</p> <ul style="list-style-type: none"> • Policies, procedures, guidelines • Supportive leadership and employee participation (H&WB team, 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 	<p>Number of Schools making commitment.</p> <p>Measure reach via number of students, families and staff.</p>	<p>Survey to schools</p> <p>6 - 12 monthly</p>	<p>HEAL Partnership is working with education settings to increase commitment to healthy eating and water consumption.</p> <p>Some local examples are:</p> <ul style="list-style-type: none"> • 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. • Supporting education settings to work towards enrolling as Stephanie Alexander Kitchen Garden settings and implementing the curriculum. Working with these primary schools and early


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<ul style="list-style-type: none"> • Provide healthy eating messages and learning opportunities within the setting • Supply food and drinks that comply with guidelines/policies at education events and meetings • Working towards or implementing Stephanie Alexander Kitchen Garden curriculum across the setting • Efforts to start or maintain any other 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 			<p>years' settings as part of our regional Stephanie Alexander Kitchen Garden cluster group.</p> <ul style="list-style-type: none"> • Working with education settings to promote any other kitchen gardens. • Supporting education settings to work towards achieving the healthy eating benchmarks of the Achievement Program. • Provide education settings with healthy eating information and resources for use in classrooms and newsletters.
<p> Partner organisations have made a commitment to healthy eating and water.</p> <p>Criteria of commitment: As above</p>	<p>Number of partner organisations making commitment.</p> <p>Measure reach via number workers and families.</p>	<p>Survey to partner organisations</p> <p>6-12 monthly</p>	<p>HEAL Partnership is working with partner organisations to increase commitment to healthy eating and water consumption.</p> <p>Some local examples are:</p> <ul style="list-style-type: none"> • Supporting organisations to work towards achieving the healthy eating benchmarks of the Achievement Program. • Working with organisations to implement Healthy Eating Policies.



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2019-20 Indicator/signal	Measure	Data source and frequency	Proposed action
			<ul style="list-style-type: none"> Improving community awareness/ access/ sharing of healthy food options. Participating in the Workplace Health and Wellbeing Network.
 Recreation centres and sporting clubs have made a commitment to healthy eating and water. Criteria of commitment: As above	Number of recreation centres making commitment. Measure reach via number visitations to facilities/membership of sporting club.	Data from East Gippsland Shire Owned recreation Facilities. 12 monthly survey of East Gippsland Sporting Clubs	HEAL Partnership is working with recreation centres and sporting clubs to increase commitment to healthy eating and water consumption. Some local examples are: <ul style="list-style-type: none"> Work with sporting clubs in East Gippsland to measure commitment to healthy eating and water. Work with sporting clubs to increase commitment to healthy eating and water consumption.



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<div style="display: flex; align-items: center;">  <div> <p>Active living: Well Placed for Wellbeing priority area</p> <p>Community has access to physical activity options where we live, learn, work and play.</p> <p>(Note: This is directly related to the East Gippsland Well Placed for Wellbeing plan 2017 – 2021).</p> </div> </div>			
<div style="display: flex; align-items: flex-start;">  <p>Education settings (early years, primary, secondary) have a commitment to physical activity.</p> <p>Criteria of commitment to include:</p> <ul style="list-style-type: none"> • Policies, procedures, guidelines • Supportive leadership and employee participation (H&WB team, regular agenda item, etc.) • Promote physical activity options that support 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 </div>	<p>Number of Schools making commitment.</p> <p>Measure reach via number of students' families and staff.</p>	<p>Survey to schools</p> <p>6-12 monthly</p>	<p>HEAL Partnership is working with education settings to increase commitment to promoting physical activity.</p> <p>Some local examples are:</p> <ul style="list-style-type: none"> • Working together with our local community to explore and address overweight and obesity. Using place-based primary prevention principles and systems thinking.


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<ul style="list-style-type: none"> 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 			
 Partner organisations have a commitment to physical activity. Criteria of commitment: As above	Number of partner organisations making commitment. Measure reach via number of staff and families.	Survey to partner organisations 6-12 monthly	HEAL Partnership is working with partner organisations to increase commitment to promoting physical activity. Some local examples are: <ul style="list-style-type: none"> Encourage organisations to increase active travel to and from work. Organisations use media to promote physical activity programs and events in East Gippsland. Organisations provide facilities and programs which promote physical activity.
 There are quality public recreation facilities that are accessible to all people in East Gippsland.	Number of people utilising the four major EGSC managed sport and recreation facilities (BARC, LARC, BOP, OOP)	6-12 monthly East Gippsland Shire Council	HEAL Partnership works with partners and community to identify and increase opportunities to enhance public recreation facilities Some local examples are: <ul style="list-style-type: none"> Grant applications are instigated or contributed to by HEAL members HEAL members participate in working groups to identify how they can




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	<p>Number of grant requests received by EGSC to upgrade facilities</p> <p>Number of times HEAL members have influenced and/or advocated for increasing quality public recreation facilities</p>		<p>advocate for or add value to public recreation spaces</p> <ul style="list-style-type: none"> HEAL members seek opportunities to advocate for quality public recreation facilities where relevant, e.g. strategic planning, feasibility studies etc.
 East Gippsland has modified / social sport / active recreation opportunities for the community.	<p>Number of programs available (baseline) and new (if possible)</p>	<p>6 – 12 monthly</p>	<p>HEAL Partnership is working with a variety of organisations in the community to increase and promote modified sport options (e.g. access all abilities activities, yoga, stand-up paddle boarding, carpet bowls etc.)</p> <p>Some local examples are:</p> <ul style="list-style-type: none"> Encouraging sporting clubs to offer a modified sporting program and facilities to encourage and enable people to engage in physical activity. Identify and share modified sport options locally




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<div style="display: flex; align-items: center;">  <div> <p>Drinking water: Well Placed for Wellbeing priority area</p> <p>Community has greater access to water in public spaces</p> <p>(Note: This is directly related to the East Gippsland Well Placed for Wellbeing plan 2017 – 2021).</p> </div> </div>			
 <p>East Gippsland community has access to water fountains/refill stations in public spaces.</p>	<p>Number of fountains/refill stations in public spaces</p>	<p>6-12 monthly</p> <p>East Gippsland Shire Council</p> <p>East Gippsland Water</p>	<p>HEAL Partnership is working to offer access to water in public places.</p> <p>Some local examples are:</p> <ul style="list-style-type: none"> • Strengthened partnerships between relevant agencies to streamline process of water fountain installation.
 <p>Community are requesting temporary service of free water trailer and portable fountains.</p>	<p>Number of requests for free water trailer/ portable fountains</p> <p>Number of booked hires for free water frailer/portable fountains.</p>	<p>6-12 monthly</p> <p>East Gippsland Shire Council</p> <p>East Gippsland Water</p>	<p>HEAL Partnership is working to offer access to water in public places.</p> <p>Some local examples are:</p> <ul style="list-style-type: none"> • Advocate for East Gippsland Shire Council to include provision of free water as a condition of small grant applications

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<div style="display: flex; align-items: center;">  <div> <p>Engagement and collaboration</p> <p>Community networks and organisations are actively participating in design and decision making of healthy eating and active living activities in East Gippsland.</p> <p>(Note: This is directly related to the East Gippsland Well Placed for Wellbeing plan 2017 – 2021).</p> </div> </div>			
 <p>HEAL has expanded their reach through community networks, organisations and businesses</p> <p>Criteria:</p> <ul style="list-style-type: none"> • Connections with Schools, organisations, networks and community groups who are interested in our work/what is happening. • Newsletter recipients. 	<p>Number of connections via email, newsletter and face to face.</p>	<p>HEAL spreadsheet</p> <p>Meeting correspondence</p> <p>6-12 monthly</p>	<p>HEAL Partnership is connecting with the community (organisations and individuals) to increase awareness of HEAL plan and activities</p>
 <p>Community networks and organisations are leading healthy eating and active living activities in East Gippsland.</p> <p>Criteria:</p> <ul style="list-style-type: none"> • Those connections what have moved from receiving information to proactively making changes that align with HEAL plan and showing leadership e.g. implementing 	<p>Number of community-led prevention activities</p>	<p>HEAL spreadsheet</p> <p>Meeting correspondence</p> <p>6-12 monthly</p>	<p>Community members have been involved in decision making to increase commitment to promoting healthy eating, physical activity and water consumption across East Gippsland.</p> <p>Some local examples are:</p> <ul style="list-style-type: none"> • Organisations, networks, cafes, key persons etc. showing community leadership by implementing projects.

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actions/projects, encouraging others to do so.			
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