

Healthy Eating and Active Living (HEAL) PREVENTION REPORT

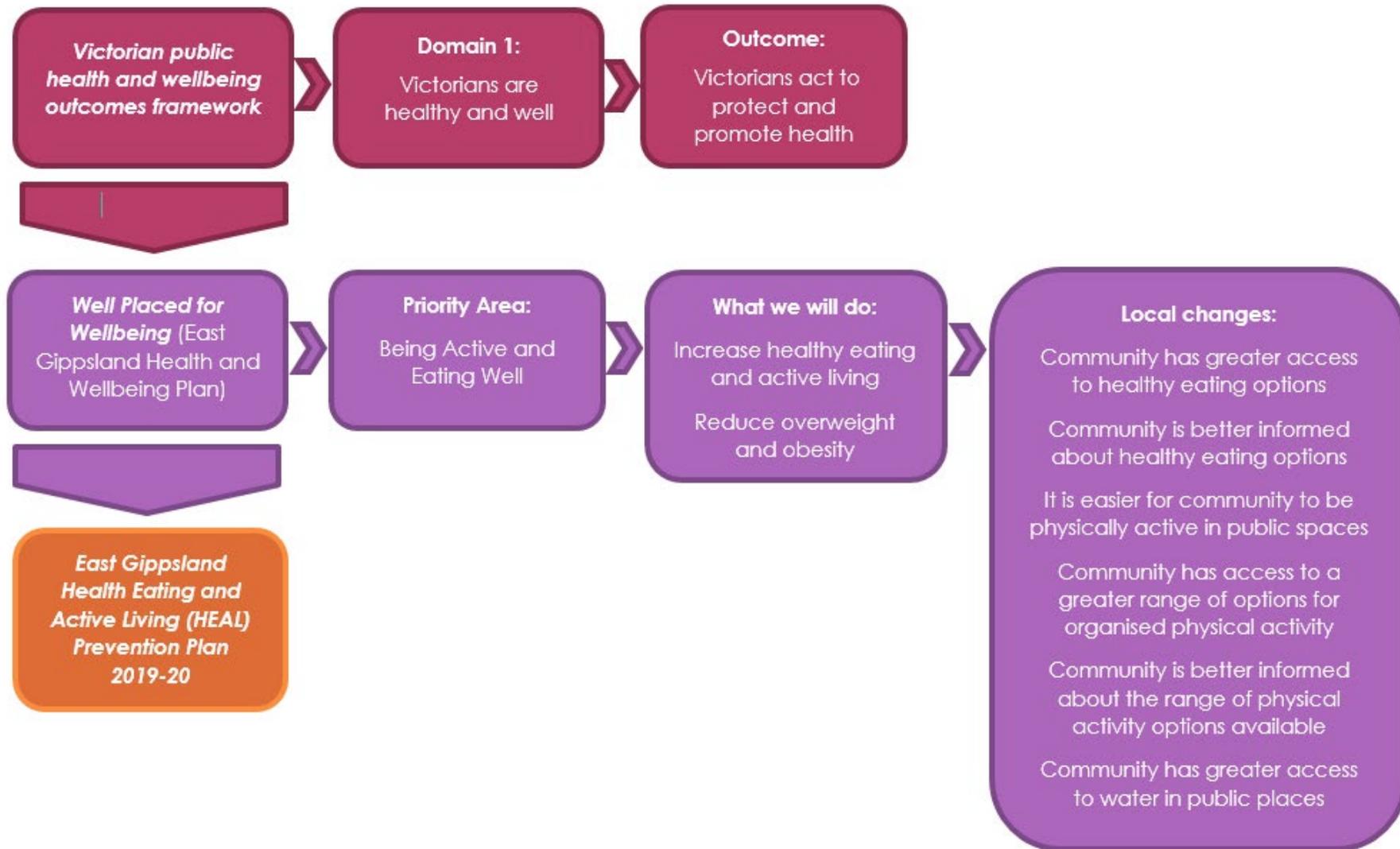
2019-2020



Healthy Eating and Active Living (HEAL) Indicators

Prevention Report for East Gippsland – 2019/2020

State and Local Planning Context



Healthy Eating and Active Living (HEAL) Indicators

Prevention Report for East Gippsland – 2019/2020

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 2019-2020 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:

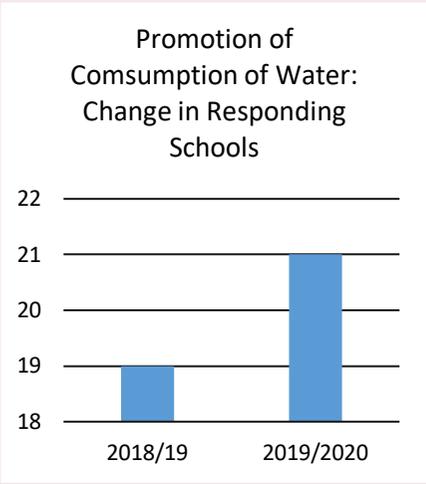
- Bairnsdale Regional Health Service (BRHS)
- East Gippsland Primary Care Partnership (EGCPC)
- East Gippsland Shire Council (EGSC)
- East Gippsland Water (EGW)
- Gippsland Lakes Complete Health (GLCH)
- GippSport (GS)
- Omeo District Health (ODH)
- Orbost Regional Health (ORH)

Appendices

1. Supporting action – Healthy eating
2. Supporting action – Active living
3. Supporting action – Drinking water
4. Supporting action – Engagement and collaboration

Healthy Eating and Active Living (HEAL) Indicators

Prevention Report for East Gippsland – 2019/2020

2019-20 Indicator <i>(sourced from the 2019/20 HEAL Prevention Plan)</i>	2019/2020	Yearly comparison	Trends 	Comments:						
<div style="text-align: center;">  <h3>Healthy eating: Well Placed for Wellbeing priority area</h3> <p>Community has access to healthy eating options where we live, learn, work and play.</p> <p><i>(Note: This is directly related to the East Gippsland Well Placed for Wellbeing plan 2017 – 2021).</i></p> </div>										
 Education settings (early years, primary, secondary) have made a commitment to healthy eating and water.	<p>Schools that promoted healthy eating <i>(Primary schools only)</i></p> <ul style="list-style-type: none"> 2017/18 - 18/37 (48%) 2018/19- 24/40 (60%) 2019/2020 – 21/21 (100%) <p><i>(Due to COVID-19 not all schools had capacity to respond, only responses shown here.)</i></p> <p>Schools that promoted consumption of water.</p> <ul style="list-style-type: none"> 2017-18 – No comparable data 2018-19 – 22/40 (55%) 2019-2020 – 21/21 (100%) <p><i>(Due to COVID-19 not all schools had capacity to</i></p>	<p><i>It should be noted that due to COVID-19 surveys were only sent out to the schools who had completed last year's survey. 21/28 schools completed the survey. This stat includes a school which burnt down, and another which has closed. Therefore yearly comparison data is not available for some elements of this report.</i></p> <div style="text-align: center;">  <p>Promotion of Consumption of Water: Change in Responding Schools</p> <table border="1"> <thead> <tr> <th>Year</th> <th>Count</th> </tr> </thead> <tbody> <tr> <td>2018/19</td> <td>19</td> </tr> <tr> <td>2019/2020</td> <td>21</td> </tr> </tbody> </table> </div>	Year	Count	2018/19	19	2019/2020	21	<p>Increases seen in smiles for miles, and participation in Stephanie Alexander Kitchen Gardens.</p> <div style="text-align: center;">  </div> <p>Increase of 2 schools promoting water only.</p> <div style="text-align: center;">  </div>	<p>23 Smiles 4 Miles Early years settings engaged (increase of 3 sites) with a reach of 500+ children in East Gippsland.</p> <p>Stephanie Alexander Kitchen Garden</p> <ul style="list-style-type: none"> active education settings we are working with – 17, with a reach of: <ul style="list-style-type: none"> 1785 children 277educators 602 families Reach over 4,000 17 education settings participated in SAKGP training Training for SAKGP volunteers 9 participants 6 registered volunteers placed into PS's <p>100% of survey respondents were promoting consumption of water only, with a reach of 285 staff, 1310 families, and 1932 students.</p> <p><i>See appendix 1 for further information and blogs.</i></p>
Year	Count									
2018/19	19									
2019/2020	21									

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	respond, only responses shown here.)			There is a separate report of how the cyberattack, bushfires and COVID-19 impacted our health agencies this financial year.						
Partner organisations have made a commitment to healthy eating and water.	<p>Organisations promote healthy eating.</p> <ul style="list-style-type: none"> 2017/18 – 8/22 (36%) 2018/19 – 11/29 (38%) 2019/2020 – 12/14 (86%) <p>Organisations promoting consumption of water</p> <ul style="list-style-type: none"> 2017/18 – 20/22 (91%) 2018/19 - 11/29 (38%) 2019/2020 – 14/14 (100%) 	<p><i>It should be noted that due to COVID-19 surveys were only sent out to the workplaces who had completed last year's survey. 14 workplaces completed the survey compared to 19 in 2018/19. Therefore yearly comparison data is not available for some elements of this report.</i></p> <div data-bbox="976 735 1402 1190" data-label="Figure"> <table border="1"> <caption>Promotion of Consumption of Water: Change in Responding Workplaces</caption> <thead> <tr> <th>Year</th> <th>Number of Workplaces</th> </tr> </thead> <tbody> <tr> <td>2018/19</td> <td>9</td> </tr> <tr> <td>2019/2020</td> <td>14</td> </tr> </tbody> </table> </div>	Year	Number of Workplaces	2018/19	9	2019/2020	14	<p>Increase in hospitals providing healthy menus to staff and visitors.</p> <p>Increase of 5 workplaces promoting consumption of water</p>	<p>Overall healthy messaging reached 2007 staff.</p> <p>Bairnsdale Regional Health Service implemented 'Healthy Choice' menu reaching 850+ staff members & over 4000 annual visitors to the BRHS Canteen.</p> <p>GLCH Eating well in the Workplace resource guide (HEAL funded project) was developed.</p> <p>See appendix 1 for further information and blogs.</p>
Year	Number of Workplaces									
2018/19	9									
2019/2020	14									

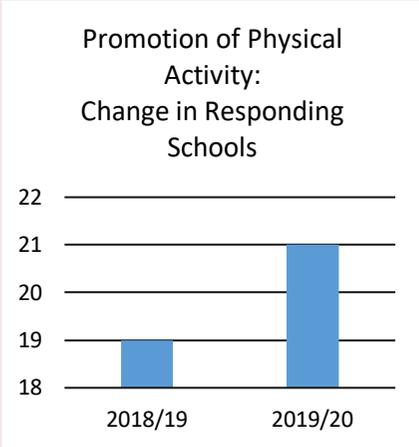
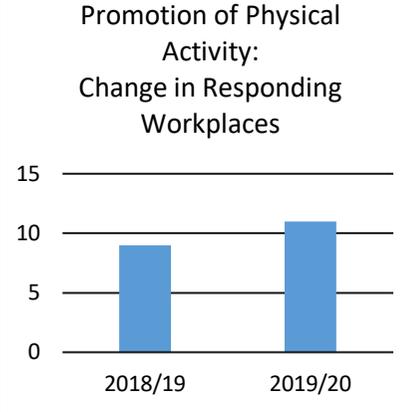
Healthy Eating and Active Living (HEAL) Indicators

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2019-20 Indicator <i>(sourced from the 2019/20 HEAL Prevention Plan)</i>	2019/2020	Yearly comparison	Trends 	Comments:								
 Recreation centres and sporting clubs have made a commitment to healthy eating and water.	<ul style="list-style-type: none"> 2018/19– 4 EGSC owned recreation facilities met the healthy choices guidelines for water, and 1 also met healthy choices food guidelines. 2019/2020 – an additional site is now meeting healthy choices food guidelines. 	 <p>East Gippsland Shire Owned Facilities Meeting Healthy Choices Guidelines for Food and Water</p> <table border="1"> <thead> <tr> <th>Year</th> <th>Number of Facilities</th> </tr> </thead> <tbody> <tr> <td>2017/18</td> <td>0</td> </tr> <tr> <td>2018/19</td> <td>1</td> </tr> <tr> <td>2019/2020</td> <td>2</td> </tr> </tbody> </table>	Year	Number of Facilities	2017/18	0	2018/19	1	2019/2020	2	Increase of 1 venue meeting healthy choices guidelines for food as well as water 	Promotion of healthy eating and drinking in East Gippsland Shire owned recreation centres reached 266,396 people. <i>See appendix 1 for further information and blog.</i>
Year	Number of Facilities											
2017/18	0											
2018/19	1											
2019/2020	2											

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2019-20 Indicator <i>(sourced from the 2018/19 HEAL Prevention Plan)</i>	2019/20 result	Yearly comparison	Trends 	Comments:						
 Active living: Well Placed for Wellbeing priority area Community has access to physical activity options where we live, learn, work and play. <i>(Note: This is directly related to the East Gippsland Well Placed for Wellbeing plan 2017 – 2021).</i>										
 Education settings that have made a commitment to physical activity.	Schools that made a commitment to physical activity <ul style="list-style-type: none"> • 2017/18 – No applicable data • 2018/19- 24/40 (60%) • 2019/2020 - 21/21 (100%) <i>(Due to COVID-19 not all schools had capacity to respond, only responses shown here.)</i>	 <table border="1"> <caption>Promotion of Physical Activity: Change in Responding Schools</caption> <thead> <tr> <th>Year</th> <th>Count</th> </tr> </thead> <tbody> <tr> <td>2018/19</td> <td>19</td> </tr> <tr> <td>2019/20</td> <td>21</td> </tr> </tbody> </table>	Year	Count	2018/19	19	2019/20	21	Increase in partner organisations running physical activity in schools 	School survey indicated that Physical activity messaging reached 285 staff, 1310 families, and 1932 students. GippSport has conducted lunchtime Minor Game sessions at Bairnsdale Secondary College (March 2020) – discontinued due to COVID-19 <i>See appendix 2 for further information and blogs.</i>
Year	Count									
2018/19	19									
2019/20	21									
 Partner organisations have a commitment to physical activity.	Organisations that promoted physical activity <ul style="list-style-type: none"> • 2017/18 – 11/22 (50%) • 2018/19- 12/29 (41%) • 2019/2020 – 11/14 (79%) 	 <table border="1"> <caption>Promotion of Physical Activity: Change in Responding Workplaces</caption> <thead> <tr> <th>Year</th> <th>Count</th> </tr> </thead> <tbody> <tr> <td>2018/19</td> <td>9</td> </tr> <tr> <td>2019/20</td> <td>11</td> </tr> </tbody> </table>	Year	Count	2018/19	9	2019/20	11	Increase of 5 partner organisations promoting Physical Activity 	<ul style="list-style-type: none"> • Social Media promoting physical activity – 271 posts with a reach of 291,208 • Newsletters containing physical activity information and related grants were received 17,700+ times. <i>See appendix 2 for further information.</i>
Year	Count									
2018/19	9									
2019/20	11									

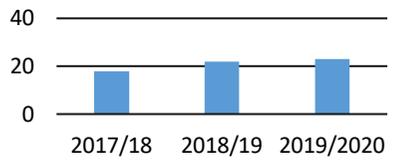
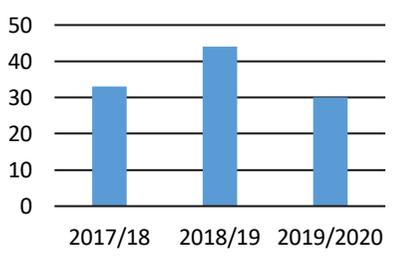
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2019-20 Indicator <i>(sourced from the 2018/19 HEAL Prevention Plan)</i>	2019/20 result	Yearly comparison	Trends 	Comments:								
There are quality public recreation facilities that are accessible to all people in East Gippsland.	No trend data available. <ul style="list-style-type: none"> 2019/2020 – 12 clubs and Recreation Reserves supported to increase facility accessibility. 	No yearly comparison.	Partners are actively engaged in recreation facility development. 	<i>This is a new indicator as we removed 2018/19s indicator around walking.</i> <i>See appendix 2 for further information.</i>								
East Gippsland has modified / social sport / active recreation opportunities for the community	Modified sports <ul style="list-style-type: none"> 2017/18 – 5 2018/19 – 15 2019/2020 – 17 	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Modified, Social Sport and Recreational Opportunities Trends</p> <table border="1" style="margin-top: 10px; width: 100%; text-align: center;"> <thead> <tr> <th>Year</th> <th>Count</th> </tr> </thead> <tbody> <tr> <td>2017/18</td> <td>5</td> </tr> <tr> <td>2018/19</td> <td>15</td> </tr> <tr> <td>2019/2020</td> <td>17</td> </tr> </tbody> </table> </div>	Year	Count	2017/18	5	2018/19	15	2019/2020	17	An increase of 2 activities. 	25 events planned but 8 cancelled due to bushfires and COVID – including the launch of Active April and This Girl Can event in Lakes Entrance. Total 478 participants. <i>See appendix 2 for further details and blog.</i>
Year	Count											
2017/18	5											
2018/19	15											
2019/2020	17											

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<div style="text-align: center;">  </div> <p>Drinking water: Well Placed for Wellbeing priority area</p> <p>Community has greater access to water in public spaces</p> <p><i>(Note: This is directly related to the East Gippsland Well Placed for Wellbeing plan 2017 – 2021).</i></p>												
 <p>East Gippsland community has access to water fountains/refill stations in public spaces.</p>	<ul style="list-style-type: none"> • 2017/2018 – 18 • 2018/19 - 22 • 2019/2020 – 23 	<p style="text-align: center;">Access to Water Fountains/ Refill Stations</p>  <table border="1" style="display: none;"> <caption>Access to Water Fountains/ Refill Stations</caption> <thead> <tr> <th>Year</th> <th>Count</th> </tr> </thead> <tbody> <tr> <td>2017/18</td> <td>18</td> </tr> <tr> <td>2018/19</td> <td>22</td> </tr> <tr> <td>2019/2020</td> <td>23</td> </tr> </tbody> </table>	Year	Count	2017/18	18	2018/19	22	2019/2020	23	<p>An increase of 1 fountain in a new location.</p> 	<p>In 2019/20 three refill stations have been installed or fixed – on Paynesville Esplanade, Sunset Cove and at the leash-free dog park, Palmers Rd, Lakes Entrance.</p>
Year	Count											
2017/18	18											
2018/19	22											
2019/2020	23											
 <p>Community are requesting temporary service of free water trailer and portable fountains.</p>	<p>Requests</p> <ul style="list-style-type: none"> • 2017/18 – 33 • 2018/19 – 44 • 2019/2020 - 30 	<p style="text-align: center;">Requests for Free Water Trailer and Fountains</p>  <table border="1" style="display: none;"> <caption>Requests for Free Water Trailer and Fountains</caption> <thead> <tr> <th>Year</th> <th>Count</th> </tr> </thead> <tbody> <tr> <td>2017/18</td> <td>33</td> </tr> <tr> <td>2018/19</td> <td>44</td> </tr> <tr> <td>2019/2020</td> <td>30</td> </tr> </tbody> </table>	Year	Count	2017/18	33	2018/19	44	2019/2020	30	<p>The period July 2019 to December 2019 specifically there were 19 bookings, compared with 18 for the same period in 2018.</p> 	<p>Notable reduction on the 47 bookings for 2018/19, with the reduction due to cancelled events because of the bushfires at the start of 2020 and because of social distancing requirements associated with the coronavirus pandemic.</p>
Year	Count											
2017/18	33											
2018/19	44											
2019/2020	30											

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2019-20 Indicator <i>(sourced from the 2018/19 HEAL Prevention Plan)</i>	2019/20 result	Yearly comparison	Trends 	Comments:
<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><i>(Note: This is directly related to the East Gippsland Well Placed for Wellbeing plan 2017 – 2021).</i></p> </div> </div>				
<p>HEAL has expanded their reach through community networks, organisations and businesses</p>	<ul style="list-style-type: none"> • 2019/2020 – Over 165 unique organisations or individuals reached 	No trend data available	Increase of use in online tools to promote work and expand reach. 	<p>The HEAL Partnership has extended their reach via newsletters and social media.</p> <p>At least a reach of 316,900 views via social media and newsletters.</p>
<p>Community networks and organisations are leading healthy eating and active living activities in East Gippsland.</p>	<ul style="list-style-type: none"> • 2019/2020 – of the unique organisations or individuals reached – 44 of this were leading healthy eating and active living activities in East Gippsland. 	No Trend data available	Increase in new network and connections leading healthy eating and physical activity 	<p>New partnership reporting to HEAL called Prevention of Childhood Overweight and Obesity Partnership.</p> <p>Many community networks participating in community gardens, and upgrading/marketing of walking tracks.</p> <p><i>See appendix 4 for further details and blog.</i></p>

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Learnings

- Reporting - we need a space to capture work that does not fit with schools and organisations. E.g. community gardens, community programs and their reach.
- Our community is very resilient in banding together through challenging times, and have adapted their work to suit (see COVID, Bushfire and Cyber-attack table attached separately in email).

Challenges

- No top down approach from government to help implement healthy eating/physical activity in schools – e.g. Mandatory Healthy Eating, Water and Physical Activity policies.
- No dedicated support worker in regional areas for the Achievement Program for its implementation in schools and workplaces.
- Many schools implementing their own version of healthy eating and physical activity but have not continued documenting/engaging in the Achievement Program online. Stats inaccurately reflect the good work that schools are doing. GLCH are working with 13 of the 19 registered schools and 2 of the 8 registered early years settings in East Gippsland (See below table). Note: That the numbers of registered schools and early year settings are down from 2018/19. Schools are down by 1, early year settings registrations down from 15. This is due to Achievement program contacting inactive registered settings and deregistering where appropriate.

Registrations and Progression Summary

East Gippsland (S)

Setting name	Registered	Active	Foundations	HPS status (for any HPA)	HPS status (for all HPA)
Early Childhood Services	8	2	N/A	1	0
Schools	19	5	N/A	0	0
Workplaces	14	7	0	2	0

- We have faced many ongoing disasters, Drought, Bushfires and pandemics, as well as a cyber-attack. This challenge was met, and our work adapted to this (See COVID, Bushfire and Cyber-attack table attached separately in email).