



**Prevention Report for  
East Gippsland**

**2017-2018**

**Healthy Eating and Active Living**

## Preamble

In 2017, health and wellbeing professionals and the East Gippsland community contributed to the development of the Well Placed for Wellbeing Plan (East Gippsland Municipal Public Health and Wellbeing Plan). In the development of this plan, four areas of health and wellbeing were prioritised as most important to the East Gippsland community:

- Safe families and communities (encompassing family violence and children's welfare)
- Being active and eating well (otherwise known as healthy eating and active living to align with Victorian language)
- Reduce harmful alcohol and other drug use
- Resilient and connected communities (encompassing mental health and wellbeing)

For a more directed approach, the former East Gippsland Health Promotion Reference Group was reviewed, and the current East Gippsland Healthy Eating and Active Living Partnership was established. The information below is a report against the East Gippsland Annual Prevention Plan 2017-2018 - Healthy Eating and Active Living priority area, as developed by the East Gippsland Healthy Eating and Active Living Partnership. Working groups exist or are planned to be established for the three other priority areas.

The following organisations have participated in the healthy eating and active living section of this report:

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

## Acronyms

AP	Achievement Program
BRHS	Bairnsdale Regional Health Service
EG	East Gippsland
EGPCP	East Gippsland Primary Care Partnership
EGSC	East Gippsland Shire Council
EGW	East Gippsland Water
FNC	Football and netball club
GEGAC	Gippsland and East Gippsland Aboriginal Cooperative
GLCH	Gippsland Lakes Community Health
HEAS	Health Eating Advisory Service
LEAHA	Lakes Entrance Aboriginal Health Association
LGA	Local government area
LGBTI	Lesbian, gay, bisexual, transgender, intersex
LTHCS	Lake Tyres Health and Children's Service
ODH	Omeo District Health
ORH	Orbost Regional Health
PS	Primary school

## Healthy Eating and Active Living – annual action report 2017-2018

Victorian direction			
<b>Victorian public health and wellbeing outcomes framework domain and outcome</b>		<b>Domain:</b> Victorians are healthy and well <b>Outcome:</b> Victorians act to protect and promote health	
<b>What we will do</b> (Victorian public health and wellbeing outcomes framework indicators)		<ul style="list-style-type: none"> <li>• Increase healthy eating and active living</li> <li>• Reduce overweight and obesity</li> </ul>	
<b>Long term measures (Victorian public health and wellbeing outcomes framework measures)</b>		<ul style="list-style-type: none"> <li>• Proportion of adults, adolescents and children who consume sufficient fruit and vegetables</li> <li>• Mean serves of fruit and vegetables for adults, adolescents and children</li> <li>• Proportion of adults, adolescents and children who consume sugar-sweetened beverages daily</li> <li>• Discretionary food consumption of adults, adolescents and children (to be determined)</li> <li>• Proportion of infants exclusively breastfed to 3 months of age</li> <li>• Proportion of adults, adolescents and children who are sufficiently physically active</li> <li>• Proportion of journeys that use active transport</li> <li>• Proportion of people participating in organised sport (to be determined)</li> <li>• Proportion of adults sitting for seven or more hours on an average weekday</li> <li>• Proportion of adolescents and children who use excess electronic media for recreation</li> <li>• Proportion of adults, adolescents and children who are overweight and obese</li> </ul>	
<b>Place-based primary prevention principles utilised in the reported activities</b>		<ul style="list-style-type: none"> <li>• Whole of community, whole of systems approach</li> <li>• Outcomes focused</li> <li>• Transparent line of sight</li> <li>• Focus on equity</li> <li>• Prevention at Scale</li> <li>• Leadership at every level</li> <li>• Mutually reinforcing activities</li> </ul>	
East Gippsland changes, measures and key action results			
<b>Local change we are looking for (Being Active and Eating Well)</b>	<b>How do we know it's changed? (local shared measure)</b>	<b>Key action results/achievements against the local shared measure</b>	<b>Other significant results/achievements</b>

<p><b>A. Community has greater access to healthy eating options</b></p> <ul style="list-style-type: none"> <li>• In schools</li> <li>• In community organisations and sporting clubs</li> <li>• In public facilities such as hospitals</li> <li>• In workplaces</li> <li>• In local shops and markets</li> </ul>	<p><b>A1) Proportion of education and early years setting in East Gippsland with healthy eating policies in place.</b></p> <p>Report:  <b>48% of audited schools stated that they have a healthy eating policy in place. (1408 students)</b></p> <p><b>12% of audited primary schools in East Gippsland have a healthy eating policy that is available for viewing (4/25 settings).</b></p> <p>Most other schools have healthy eating mentioned in their school handbook. Most schools do not have this information available via their website.</p> <p>Please see appendix 1 attached: Healthy Eating Audit of East Gippsland Primary Schools 2018 by Josephine Moore, Murdoch University Bachelor of Arts - Community Development. Information was collected from 25/37 primary schools in East Gippsland (68% response rate).</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 recommended 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 PS 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 provide assistance 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, Bairnsdale West Primary Schools to offer assistance with getting healthy food policies in place.</li> </ul> <p><b>Omeo District Health (ODH)</b></p>	<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>Bairnsdale Regional Health Service (BRHS)</b></p> <ul style="list-style-type: none"> <li>• Currently working with Lucknow PS 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>• 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> <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> </ul>
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- 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.
- Two settings in the High Country are participating in the Smiles 4 Miles Program see BRHS.
- The Omeo Region Healthy Food Futures Project has a focus on engaging with Schools and Early Years to implement the Achievement Program.

- 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).

	<p><b>A2) Proportion of partner organisations in East Gippsland that have healthy eating and/or catering policies in place.</b></p> <p>REPORT:  <b>8/22 (36%) signed partners of the East Gippsland Primary Care Partnership state that they have a healthy eating 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 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 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 Chris Beal who is 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 of time 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>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>GLCH facilitates a workplace achievement program network, consisting of 9 organisations with a reach of 1,800. This network is encouraging partners to reach the Achievement Program workplace benchmark for healthy eating.</li> </ul> <p><b>Bairnsdale Regional Health Service (BRHS)</b></p> <ul style="list-style-type: none"> <li>Undertook Healthy Eating Advisory Service (HEAS) mentorship program this month</li> </ul> <p><b>Orbost Regional Health (ORH)</b></p> <ul style="list-style-type: none"> <li>The working group is currently working through a gap analysis against the Achievement Program Healthy Eating benchmark including implementation of the food traffic light system and Victorian Healthy Food Charter.</li> </ul>
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<p><b>A3) Proportion of partner organisations in East Gippsland that have increased availability of healthier food for staff/visitors/clients, as per Healthy Eating Advisory Service traffic light system.</b></p> <p>REPORT:  <b>7/22 (32%) signed partners of the East Gippsland Primary Care Partnership state that food offered through catering does not contain 'red' food, and that no more than 20% of retail food or drink available is 'red' food.</b></p> <p>These organisations have a combined total of over 450 staff across East Gippsland, as well as over 500 volunteers.</p> <p>One organisation (Gippsland Lakes Community Health) has worked with the Healthy Eating Advisory Service to be fully compliant with the Healthy Choices Guidelines. Two staff from Bairnsdale Regional Health Service completed Healthy Choices Champions training in July 2018 to work towards embedding the guidelines.</p>	<p><b>East Gippsland Shire Council (EGSC)</b></p> <ul style="list-style-type: none"> <li>EGSC implements the traffic light system across a number of 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>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. 4 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> </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>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>GLCH facilitates a workplace achievement program network, consisting of 9 organisations with a reach of 1,800. This network is encouraging partners to reach the AP workplace benchmark for healthy eating.</li> <li>Three new workplaces have registered for the Achievement Program in the past year, including two workplaces that have not participated in health and wellbeing activity in the past.</li> </ul> <p><b>Orbost Regional Health (ORH)</b></p> <ul style="list-style-type: none"> <li>ORH Dietitian is currently reviewing how we can use the Healthy Eating Advisory Service Food checker to assess foods and recipes.</li> </ul>
<p><b>A4) Proportion of primary schools and early years settings in East Gippsland that are aware of the food traffic light system.</b></p> <p>REPORT:  <b>76% of audited primary schools in East Gippsland are aware of the food traffic light system.</b></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>	

	<p>A number of schools have posters and flyers on display and traffic light system and Australian Dietary Guidelines.</p> <p>See appendix 1.</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 A1</li> </ul>	
<p><b>B. Community is better informed about healthy eating options</b></p>	<p><b>B1) Proportion of schools and early years settings that regularly feature healthy eating information in their newsletter.</b></p> <p>REPORT:  <b>48% of audited primary schools in East Gippsland state that they regularly provide health and wellbeing information in their school newsletter.</b></p> <p>All audited primary schools provide a newsletter to the school community either weekly or fortnightly.</p> <p>See appendix 1.</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 A1</li> </ul>	
	<p><b>B2) Number of organisations in East Gippsland that have completed the healthy eating benchmarks of the Achievement Program for workplaces</b></p> <p>Report:  <b>1 organisation in East Gippsland - Gippsland Lakes Community Health - have achieved the health priority area benchmarks for healthy eating. Bairnsdale Regional Health Service and Omeo District Health are also actively working towards completing the benchmarks for this priority.</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 health 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> </ul> </li> </ul>	



		<ul style="list-style-type: none"> <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> <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>	
	<p><b>B3) 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.</b></p> <p><i>Local, short term measure not yet identified</i></p>	<p><b>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>• GLCH in partnership with GEGAC early years has achieved water and fruit only at GEGAC kinder gym.</li> <li>• Healthy food cooking classes for parents. 100% Aboriginal attendance (12 families).</li> <li>• Nowa Nowa Primary School Healthy Eating Program – 95% aboriginal students. Reach is whole of school and extension program to Lake Tyers Aboriginal Trust (&gt; 100 people).</li> <li>• Lake Tyers Aboriginal Trust &amp; Lakes Entrance Aboriginal Health Association healthy lunch box &amp; snack workshops (&gt;100 people).</li> <li>• Targeted healthy cooking program for vulnerable people in East Bairnsdale community. Key partnership with Quantum, GLCH and Community Action Group. Reach 25 families.</li> </ul> <p><b>Bairnsdale Regional Health Service (BRHS)</b></p> <ul style="list-style-type: none"> <li>• Working on engaging GEGAC to implement healthy choices policy to catering</li> <li>• Meetings had between GEGAC / BRHS in regards to implementing Smiles 4 miles program which key messages are 'Drink Well', 'Eat Well' and 'Brush Well'.</li> <li>• 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.</li> <li>• Attended World No Smoking Day at GEGAC to promote cardiac health and well-being and the importance of healthy eating.</li> </ul>	<p><b>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>• Lake Tyers Health and Children's Service &amp; Lakes Entrance Aboriginal Health Association healthy lunch box &amp; snack workshops.</li> </ul> <p><b>Orbost Regional Health (ORH)</b></p> <ul style="list-style-type: none"> <li>• Participants in the Koorie Mums &amp; Bubs weight loss program will undertake a follow up health check with the GP to monitor progress (Sept 18).</li> </ul>

		<ul style="list-style-type: none"> <li>2 sessions of Road to Good Health Lifestyle modification program provided at GEGAC. As per program developed by Diabetes Victoria</li> </ul> <p><b>Orbost Regional Health (ORH)</b></p> <ul style="list-style-type: none"> <li>Orbost Regional Health Early Years Aboriginal Health Worker has implemented a weight loss program into the Koorie Mums &amp; 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.</li> <li>12 participants were referred to the Dietician who provided consults to all participants.</li> <li>Twelve GP consults were completed including 4 aboriginal health checks, one aboriginal health check review, 6 long consults and one GP Management Plan</li> </ul>	
<p><b>C. It is easier for the community to be physically active in public spaces</b></p>	<p><b>C1) Number of walking paths and footpaths that meet community needs as per Walkability, Safer Design Guidelines, or EGSC Trails Evaluation Tool</b></p> <p><i>Local, short term measure not yet identified</i></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. Ongoing.</li> <li>GLCH and 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> </ul> <p><b>Omeo District Health (ODH)</b></p> <ul style="list-style-type: none"> <li>Omeo District Health is a current partner member on the Poets Walk Working Group, Swifts Creek (facilitated by Swifts Creek/Ensay Landcare). 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 (eg. Vicroads, Traffic Accident Commission) to build new footpaths.</li> </ul> <p><b>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <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>C2) Number of people utilising existing Council managed recreation reserves for physical activity. This includes:</b></p> <ol style="list-style-type: none"> <li><b>1. Formal users of the reserve for physical activity / structured groups</b> <ol style="list-style-type: none"> <li><b>a. Collection of data from structured groups regarding numbers and programming</b></li> </ol> </li> <li><b>2. Informal recreation users of the reserve</b></li> </ol> <p><i>Baseline data not available until 2019. This measure has been updated since the 2017-2018 plan due to data availability.</i></p>	<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 facilities review of the remaining 11 districts in East Gippsland LGA.</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>C3) Coordinated and improved standard of public open space provision across the shire</b></p> <p><i>Local, short term measure not yet identified</i></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>	
<p><b>D. Community has greater access to water in public places</b></p>	<p><b>D1) Number of water fountains/refill stations available to the East Gippsland community</b></p> <p><b>REPORT:</b> There are currently 13 East Gippsland Water managed, and at least 5 East Gippsland Shire Council managed drinking water fountains are 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>East Gippsland Water (EGW) currently has 13 drinking water fountains installed across the region which they monitor and maintain.</li> <li>EGW have 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> </ul> <p><b>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>GLCH working with EGSC, EG Water 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 Water (EGW)</b></p> <ul style="list-style-type: none"> <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>East Gippsland Shire Council (EGSC)</b></p> <ul style="list-style-type: none"> <li>Mapping of water refill stations on Council managed property.</li> <li>This is an improvement covered under the Open Space Strategy.</li> </ul>
	<p><b>D2) Number of Level 3 GoodSports clubs in East Gippsland</b></p> <p>During the reporting period there are a number of East Gippsland Club's that progressed through the Good Sports program:</p> <p>Level 1: East Gippsland United Football Club Metung Swan Reach Cricket Club West Bairnsdale Cricket Club Gippsland Roller Derby</p> <p>Level 2: East Gippsland United Football Club Gippsland Lakes Yacht Club Swan Reach Hockey Club</p> <p>Level 3: Bairnsdale Tennis Club Swifts Creek Football netball Club</p> <p>GoodSports clubs are required to have free drinking water available and displayed at the bar.</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>D3) 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>Report:  <b>Two sporting clubs in East Gippsland have altered their fridge displays to better 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 FNC and Swifts Creek Football Netball Club 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>D4) Number of education settings 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 (due to survey error, not known if schools have water ONLY policy in place).</p> <p>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 A1</li> </ul>	
	<p><b>D5) Proportion of partner agencies making structural changes (policy/display) to increase water consumption</b></p> <p>Report:</p> <p><b>6/22 signed partner organisations of the EGPCP have and adhere to a water only policy for catering (ie. Soft drinks, fruit drinks, flavoured milk and cordial is not offered to meeting participants). One further organisation has a policy in place that is not adhered to.</b></p> <p><b>Of the partner organisations without a water only policy:</b></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> </ul> <p><b>20/22 (91%) signed partner organisations of the EGPCP 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.</b></p>	<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> </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 '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>	

<p><b>E. Community has access to a greater range of options for organised physical activity</b></p>	<p><b>E1) Targeted programs for vulnerable populations</b></p> <p><i>Local, short term measure not yet identified</i></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 operate weekly at 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> </ul> <p><b>GippSport</b></p> <p>For the reporting period there were a number of 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 into 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. Teams from East Gippsland Specialist School participated</li> <li>○ Basketball Victoria/GippSport VicHealth Cup - 18 All Abilities team held at Newborough Leisure Centre approx. 180 participants. Teams from East Gippsland Specialist School attended.</li> </ul> </li> </ul> <p>Although these are the specific programs and events over the last reporting period, there are a number of other Clubs who are inclusive and welcome People With a Disability at their club.</p> <p><b>Orbost Regional Health (ORH)</b></p>	<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 LGA.</li> <li>• Active April participation report available upon request.</li> </ul> <p><b>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>• GLCH actively promotes local walking and bike track facilities. Information available in public wait spaces, social media and referrals.</li> </ul>
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- ORH provides a number of gym programs including:
- Womens Wellness – Motivational support for making long-term healthy lifestyle changes around nutrition and exercise.
- Exerguys – exercise program for men (by the Physio)
- Cardiac/Pulmonary Rehab program – aimed at people with or at risk of heart of lung disease.
- Tai Chi for Arthritis
- Tai Chi for Rehabilitation
- Better Balance & Staying Strong programs for people with risk of falls.
- ORH provides a coordinator for the Orbost Community Garden which promotes healthy eating & physical activity through its community program, including work with school groups and other community groups.

	<p><b>E3) Number of sporting clubs in East Gippsland that offer modified/social sport options to the community</b></p> <p>Report:  <b>Five sporting/recreational organisations are currently providing modified/social physical activity 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>	
<p><b>F. Community members are better informed about the range of physical activity options available</b></p>	<p><b>F1) Number of organisations in East Gippsland that have completed the physical activity benchmarks of the Achievement Program for workplaces</b></p> <p><b>REPORT</b>  1 organisation in East Gippsland - Bairnsdale Regional Health Service - has achieved the health priority area benchmarks for physical activity. Gippsland Lakes Community Health and Omeo District Health are also actively working towards completing the benchmarks for this priority.</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>• 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>a) F2) Number of primary schools in East Gippsland that have completed the physical activity benchmarks of the Achievement Program</b></p> <p><b>b) Number of secondary schools in East Gippsland that have completed the physical activity benchmarks of the Achievement Program</b></p> <p><b>c) Number of early years setting in East Gippsland that have completed the physical activity benchmarks of the Achievement Program</b></p> <p>Report:  <b>a) Primary schools</b>  <b>0 primary schools in East Gippsland have completed the physical activity benchmarks of the AP.</b>  There are 14 East Gippsland primary schools registered in the program.  5 schools have completed the coordinate stage</p> <p><b>b) Secondary schools</b>  <b>0 secondary schools in East Gippsland have completed the physical activity benchmarks of the Achievement Program.</b></p>	<p><b>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>• GLCH 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>• GLCH 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> </ul>	<p><b>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>• GLCH 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>Three secondary schools from East Gippsland have registered in the program. 1 school has progressed to the create stage.</p> <p><b>c) Early years settings</b> <b>0 early years settings in East Gippsland have completed the physical activity benchmarks of the Achievement Program.</b></p> <p>13 early years settings from East Gippsland are registered in the Achievement Program. 1 of the settings has progressed to the coordinate stage of the program.</p>		
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## Other priority areas of Well Placed for Wellbeing Plan

The following sections provide an overview of some prevention activity in 2017-2018 that has been achieved in East Gippsland during 2017-2018 for the following priority areas of the Well Placed for Wellbeing Plan:

- Safe families and communities (gender equity, family violence, childhood wellbeing)
- Reduce harmful alcohol and drug use
- Resilient and connected communities (mental health and wellbeing)

Priority specific action plans will be developed in the 2018-2019 activity cycle. Each of these plans will include local, short term measures to indicate progression towards the local changes we are looking for in East Gippsland.

### Safe families and communities (gender equity, family violence, childhood wellbeing)

Victorian direction		
<b>Victorian public health and wellbeing outcomes framework domain and outcome</b>	<b>Domain:</b> Victorians are safe and secure <b>Outcome:</b> Victorians live free from abuse and violence  <b>Domain:</b> Victorians are healthy and well <b>Outcome:</b> Victorians have good physical health	
<b>What we will do</b> (Victorian public health and wellbeing outcomes framework indicators)	<ul style="list-style-type: none"> <li>• Reduce prevalence and impact of family violence</li> <li>• Reduce prevalence and impact of abuse and neglect of children</li> <li>• Increase sexual and reproductive health</li> </ul>	
<b>Long term measures</b> (Victorian public health and wellbeing outcomes framework measures)	<ul style="list-style-type: none"> <li>• Rate of children who were the subject of child abuse and neglect substantiation</li> <li>• Rate of incidents of family violence recorded by police</li> <li>• Family violence index (to be determined)</li> <li>• Notification rate of newly acquired HIV</li> <li>• Proportion of people testing positive for Chlamydia</li> <li>• Notification rate for gonorrhoea</li> <li>• Proportion of adolescents who practice safe sex by using a condom</li> <li>• Notification rate of newly acquired hepatitis C</li> <li>• Birth rate for young women 15–19 years.</li> </ul>	
East Gippsland changes, measures and key action results		
Local change we are looking for (from Well Placed for Wellbeing)	How do we know it's changed?*	Key results and achievements
<b>B. Increased community awareness of the appropriate responses to family violence</b>  <b>C. Increased community awareness that family violence is morally and legally wrong</b>  <b>D. Increased awareness of the signs of family violence and how to access available support for those affected</b>	*Measures are not yet being collected as no action plan in place  Number of schools in East Gippsland implementing the Respectful Relationships Program.  Number of EG organisations participating in the global "16 days of activism" and participation rates	<b>Gippsland Lakes Community Health (GLCH)</b> <ul style="list-style-type: none"> <li>• New partnership with Save The Children Australia - Children's Wellbeing Initiative- East Gippsland (Violence prevention)</li> <li>• Successful school based project where children discussed violence, performed plays and songs. The children developed prevention strategies, designed posters, T-shirts and cards. This was filmed and will be used to promote violence prevention around local school cluster. T-shirt design to be used on shirts for the March Against Violence as</li> </ul>

<p><b>F. Reduction in the gap between genders in family decision making</b></p> <p><b>G. Increased gender equity in those taking on community leadership roles</b></p> <p><b>H. Power gap in gender relations is reduced</b></p> <p><b>I. Infrastructure and facilities are conducive to public safety</b></p>	<p>MATE training attendance in EG</p>	<p>part of the 16 Days of Activism. 7,000 postcards distributed (see attached Blog).</p> <ul style="list-style-type: none"> <li>• Build awareness of domestic and community violence by working in partnership with local school settings who are registered as Respectful Relationship Schools.</li> <li>• GLCH is lead agency for local activities for the 16 days of activism campaign.</li> <li>• GLCH Health Promotion staff attended MATE training and are actively promoting this training. GLCH Community Health Unit staff booked to do training in November 2018.</li> </ul>
<p><b>E. Improved support for groups at high risk of accidental injury, violence, abuse or neglect</b></p> <p><b>I. Infrastructure and facilities are conducive to public safety</b></p>	<p>Organisations that have completed the Rainbow tick audit and have full accreditation</p>	<p><b>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>• GLCH has participated in whole of organisation LGBTI information session</li> <li>• Staff from all units have completed specific training e.g. Youth &amp; Aged care</li> <li>• GLCH has formed a working group, Rainbow tick audit completed and recommended changes being implemented (signage, forms, staff lanyards). GLCH working towards full accreditation.</li> </ul>
<p><b>B. Increased community awareness of the appropriate responses to family violence</b></p> <p><b>C. Increased community awareness that family violence is morally and legally wrong</b></p> <p><b>D. Increased awareness of the signs of family violence and how to access available support for those affected</b></p> <p><b>E. Improved support for groups at high risk of accidental injury, violence, abuse or neglect</b></p> <p><b>F. Reduction in the gap between genders in family decision making</b></p> <p><b>H. Power gap in gender relations is reduced</b></p> <p><b>J. Families especially vulnerable families, feel better equipped to support the development of pre-school children</b></p>	<p>Organisations that have completed the Rainbow tick audit and have full accreditation</p>	<p><b>East Gippsland Partners in Violence Prevention (as facilitated by Save the Children Australia)</b></p> <ul style="list-style-type: none"> <li>• 105 MATE trainers across Gippsland. 5 MATE sessions delivered.</li> <li>• Baby Makes 3- facilitators recruited and training held.</li> <li>• Number of participants participating in programs – Antenatal program – four sessions, 47 couples. New parent program – three sessions, 11 couples, New parent group – two presentations, 20 new parents.</li> <li>• Number of participants with increased understanding of non-violence and gender equitable parenting – 100%</li> <li>• Two Common Risk Assessment Framework (CRAF) training sessions for early childhood were delivered in Lakes Entrance and Bairnsdale in 2016 to raise awareness about family violence.</li> <li>• Presentation with the East Gippsland Youth Ambassadors in July.</li> <li>• Place based groups – High Country, Cann River, Orbost and Lake Tyers being formed/supported and will implement activities as appropriate for communities.</li> <li>• STOP Family Violence cards available at all presentations and meetings.</li> <li>• Conversations held with Aboriginal Organisations. Opportunity to participate in the Baby Makes 3 training put forward to Aboriginal organisations.</li> <li>• Please see East Gippsland Partners in Violence Prevention reports for more information.</li> </ul>
<p><b>A. Parents are better equipped to practice good parenting</b></p>		<p><b>Children's Wellbeing Collective</b></p> <ul style="list-style-type: none"> <li>• The Children's Wellbeing Collective (CWC) met in July, August, September, October, November, January, February,</li> </ul>

<p><b>B. Increased community awareness of the appropriate responses to family violence</b></p> <p><b>C. Increased community awareness that family violence is morally and legally wrong</b></p> <p><b>D. Increased awareness of the signs of family violence and how to access available support for those affected</b></p> <p><b>E. Improved support for groups at high risk of accidental injury, violence, abuse or neglect</b></p> <p><b>F. Reduction in the gap between genders in family decision making</b></p> <p><b>G. Increased gender equity in those taking on community leadership roles</b></p> <p><b>H. Power gap in gender relations is reduced</b></p> <p><b>I. Infrastructure and facilities are conducive to public safety</b></p> <p><b>J. Families especially vulnerable families, feel better equipped to support the development of pre-school children</b></p> <p><b>K. Parental engagement in children's education is increased</b></p> <p><b>L. School-aged children and their families are more able to access out of school services</b></p>		<p>March, April, May and June. The Collective continue to keep primary prevention on the agenda and is a platform to identify ongoing opportunities and build primary prevention capacity. The October meeting was a planning session and it was agreed that family violence prevention would remain a priority for the group.</p> <ul style="list-style-type: none"> <li>East Gippsland Shire Council (EGSC) – participation in EGPVP meetings and chair of the CWC meetings. Well Placed for Wellbeing, the draft Municipal Public Health and Wellbeing Plan for East Gippsland 2017-2021, seeks to drive whole of community change needed for us to have a strong, connected and healthy community and a key area is 'Safe families and communities'. The strategic statement is that 'Families are free from abuse and violence and communities are safe for people of all ages, cultures and abilities'. EGSC has also held a number of events to continue to raise awareness around family violence during the 16 days of activism.</li> </ul>
		<p><b>Respectful Relationships</b></p> <ul style="list-style-type: none"> <li>18 schools in East Gippsland are signed partners of Respectful Relationships. This includes 2 new schools that signed on in the 2017-2018 period.</li> </ul>

### Reduce harmful alcohol and drug use

Victorian direction		
<p><b>Victorian public health and wellbeing outcomes framework domain and outcome</b></p>	<p><b>Domain:</b> Victorians are well and healthy  <b>Outcome:</b> Victorians act to protect and promote health</p>	
<p><b>What we will do</b> (Victorian public health and wellbeing outcomes framework indicators)</p>	<ul style="list-style-type: none"> <li>Reduce Harmful Alcohol and Drug Use</li> </ul>	
<p><b>Long term measures</b> (Victorian public health and wellbeing outcomes framework measures)</p>	<ul style="list-style-type: none"> <li>Proportion of adults, adolescents and children who are overweight and obese</li> <li>Proportion of adults and adolescents who consume excess alcohol</li> <li>Proportion of adults and adolescents using an illicit drug in the past 12 months</li> <li>Rate of alcohol, prescription drug or illicit drug related ambulance attendance</li> </ul>	
East Gippsland changes, measures and key action results		
<p><b>Local change we are looking for</b> (from Well Placed for Wellbeing)</p>	<p><b>How do we know it's changed?*</b>  <i>*Measures are not yet being collected as no action plan in place</i></p>	<p><b>Key results and achievements</b></p>

<p><b>B. Community is more aware of support available for families and individuals impacted by drug and alcohol consumption.</b></p> <p><b>G. Drug users have greater access to support</b></p>	<p>Achievement Program Bench marks met for workplaces</p>	<p><b>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>GLCH has met the work place Achievement benchmark for smoking. This includes smoke free policy.</li> </ul> <p><b>Bairnsdale Regional Health Service (BRHS)</b></p> <ul style="list-style-type: none"> <li>BRHS met the work place Achievement benchmark for smoking. This includes smoke free policy.</li> </ul>
<p><b>A. Community is less accepting of underage alcohol consumption</b></p> <p><b>C. Sports clubs increasingly encourage moderate alcohol consumption</b></p> <p><b>D. Community is more aware of the effects of illicit drug use</b></p> <p><b>E. Community is more aware of the effects of alcohol</b></p> <p><b>F. Parental modelling of moderate alcohol consumption is improved</b></p> <p><b>I. Community access to alcohol consumption is reduced:</b></p> <ul style="list-style-type: none"> <li>Through sports clubs</li> <li>Through workplaces</li> <li>Through retail outlets</li> </ul>	<p>The East Gippsland Drug and Alcohol Prevention Alliance (DAPA) is in the process of developing a set of local, short term measures against the six outcome areas against priority area 3 of the Well Placed for Wellbeing Plan. For example:</p> <p>Increase in community engagement</p> <p>Number of community clubs with AOD policy in place</p>	<p><b>East Gippsland Drug and Alcohol Prevention Alliance (DAPA)</b></p> <ul style="list-style-type: none"> <li>The East Gippsland Ice Prevention Working Group secured a grant from the Alcohol and Drug Foundation to employ a project worker for this priority area (1 day per week). EGPCP are funding an additional 2 days per week for this project worker.</li> <li>Group renamed to East Gippsland Drug and Alcohol Prevention Alliance (DAPA) to align with alcohol as major risk factor.</li> <li>Community re-engaged and co-developed outcomes focussed evaluation measures and community-lead actions using systems thinking approach.</li> <li>Small community working groups formed for each of the projects working areas. These groups will require continued support to become active.</li> <li>Organisations involved in the DAPA steering group: <ul style="list-style-type: none"> <li>Australian Community Support Organisation</li> <li>Bairnsdale Regional Health Service</li> <li>East Gippsland Primary Care Partnership</li> <li>East Gippsland Shire Council</li> <li>Department of Education and Training</li> <li>Department of Health and Human Services</li> <li>Gippsland &amp; East Gippsland Aboriginal Cooperative and Tanderra Alcohol &amp; Drug Services</li> <li>Gippsland Lakes Community Health</li> <li>Gippsland Primary Health Network</li> <li>GippSport</li> <li>Headspace</li> <li>Latrobe Community Health Service</li> <li>Latrobe Regional Hospital</li> <li>Orbost Regional Health</li> <li>Omeo District Health</li> <li>Save the Children Australia</li> <li>Within Australia</li> <li>Victoria Police</li> <li>Plus community members and other health, wellbeing, community and sporting organisations involved in the community activity.</li> </ul> </li> </ul>

**Resilient and connected communities (mental health and wellbeing)**

Victorian direction		
Victorian public health and wellbeing outcomes framework domain and outcome	<b>Domain:</b> Victorians are healthy and well <b>Outcome:</b> Victorians have good mental health	
	<b>Domain:</b> Victorians are connected to culture and community <b>Outcome:</b> Victorians are socially engaged and live in inclusive communities	
	<b>Domain:</b> Victoria is liveable <b>Outcome:</b> Victorians belong to resilient and liveable communities	
What we will do (Victorian public health and wellbeing outcomes framework indicators)	<ul style="list-style-type: none"> <li>• Improve mental wellbeing</li> <li>• Increase connection to culture and communities</li> <li>• Increase adaptation and resilience to the impacts of climate change</li> </ul>	
Long term measures (Victorian public health and wellbeing outcomes framework measures)	<ul style="list-style-type: none"> <li>• Proportion of adults and adolescents with psychological distress</li> <li>• Proportion of adolescents with high level of resilience</li> <li>• Proportion of children living in families with unhealthy family functioning</li> <li>• Proportion of adults who belonged to an organised group</li> <li>• Proportion of adults who attended or participated in a cultural or arts activity</li> <li>• Proportion of adults connected to culture and country</li> <li>• Excess death during extreme heat and heatwaves</li> <li>• Community resilience (to be determined)</li> </ul>	
East Gippsland changes, measures and key action results		
Local change we are looking for (from Well Placed for Wellbeing)	How do we know it's changed?*	Key results and achievements
	<i>*Measures are not yet being collected as no action plan in place</i>	
<b>A. Greater access to mental health support</b> <ul style="list-style-type: none"> <li>• Through improved transport</li> <li>• Through improved information</li> <li>• Through increased services</li> </ul> <b>B. Communities have increased opportunities to create connections</b> <b>C. Stigma associated with mental illness is reduced</b> <b>E. Greater community acceptance of diversity within the community</b>	<ul style="list-style-type: none"> <li>• Increased number of people accessing mental health services</li> <li>• Increased number of place based services</li> <li>• Decreased number of unplanned admissions to hospital for mental health</li> <li>• Social Isolation</li> <li>• Number of people / families that report</li> <li>• Local government client satisfaction survey</li> <li>• Community groups/events <ul style="list-style-type: none"> <li>○ Number</li> <li>○ Diversity</li> <li>○ New members</li> <li>○ Type</li> </ul> </li> </ul>	<b>Mental health grant submission</b> <ul style="list-style-type: none"> <li>• Local mental health and wellbeing professionals came together to discuss mental health promotion. This was the first time that this type of group has met in East Gippsland.</li> <li>• A grant submission working group, led by Gippsland Lakes Community Health, developed an application for a project to be delivered in partnership across East Gippsland.</li> <li>• Organisations involved in the grant submission network include: <ul style="list-style-type: none"> <li>○ Ambulance Victoria</li> <li>○ Bairnsdale Regional Health Service</li> <li>○ Department of Education and Training</li> <li>○ East Gippsland Shire Council</li> <li>○ Gippsland and East Gippsland Aboriginal Cooperative</li> <li>○ Gippsland East Local Learning and Employment Network</li> <li>○ Gippsland Lakes Community Health</li> <li>○ Gippsland Primary Health Network</li> <li>○ Gippsland Women's Health</li> <li>○ Latrobe Regional Hospital</li> <li>○ Omeo District Health</li> <li>○ Orbost Regional Health</li> </ul> </li> </ul>

		<ul style="list-style-type: none"> <li>○ Quantum</li> <li>○ Relationships Australia Victoria</li> <li>○ Royal Flying Doctors Service</li> <li>○ Save the Children Australia</li> <li>○ Uniting</li> <li>○ Victoria Police</li> <li>○ Within Australia</li> </ul> <ul style="list-style-type: none"> <li>● Submission unsuccessful, however has generated interest in partnered mental health promotion.</li> <li>● It is anticipated that this group will reconvene in 2018-2019 to establish a mental health promotion network for East Gippsland.</li> </ul>
<p><b>A. Greater access to mental health support</b></p> <ul style="list-style-type: none"> <li>● <b>Through improved transport</b></li> <li>● <b>Through improved information</b></li> <li>● <b>Through increased services</b></li> </ul> <p><b>B. Communities have increased opportunities to create connections</b></p> <p><b>C. Stigma associated with mental illness is reduced</b></p> <p><b>E. Greater community acceptance of diversity within the community</b></p>	<ul style="list-style-type: none"> <li>● <b>Increased number of people accessing mental health services</b></li> <li>● <b>Increased number of place based services</b></li> <li>● <b>Decreased number of unplanned admissions to hospital for mental health</b></li> <li>● <b>Social Isolation</b></li> <li>● <b>Number of people / families that report</b></li> <li>● <b>Local government client satisfaction survey</b></li> <li>● <b>Community groups/events</b> <ul style="list-style-type: none"> <li>○ Number</li> <li>○ Diversity</li> <li>○ New members</li> <li>○ Type</li> </ul> </li> </ul>	<p><b>Gippsland Lakes Community Health (GLCH)</b></p> <ul style="list-style-type: none"> <li>● GLCH has worked with large local organisations to scope and encourage mental health priority of the Achievement Program, including Patties Foods.</li> </ul>