



**Prevention Plan for
East Gippsland**

2017-2018

Active Living and Eating Well

Acronyms

BRHS	Bairnsdale Regional Health Service
DELWP	Department of Environment, Land, Water and Planning
EGPCP	East Gippsland Primary Care Partnership
EGSC	East Gippsland Shire Council
GEGAC	Gippsland and East Gippsland Aboriginal Cooperative
GLCH	Gippsland Lakes Community Health
HEAS	Healthy Eating Advisory Service
LGA	Local government area
ODH	Omeo District Health
ORH	Orbost Regional Health
PS	Primary school

Being active and eating well – annual action plan 2017-2018

Local change we are looking for (Being Active and Eating Well)	How do we know it's changed? (local shared measure)	What actions do we need to change this?	Who will do this?	When?
A. Community has greater access to healthy eating options <ul style="list-style-type: none"> • In schools • In community organisations and sporting clubs • In public facilities such as hospitals • In workplaces • In local shops and markets 	A1) Proportion of education and early years setting in East Gippsland with healthy eating policies in place Number of primary schools/early years setting in East Gippsland with policy in place out of total number of schools in East Gippsland. How: Audit of schools and early years settings to be completed. A student could manage this process.	Increase number of schools and early learning settings with health eating policy in place	GLCH, BRHS, ODH, Primary schools in East Gippsland	2018
		All GLCH Kindergym programs to offer only fruit and water	GLCH	Feb 2018
	A2) Proportion of partner workplaces in East Gippsland that have healthy eating and/or catering policies in place Number of partner organisations with policy in place out of total number of EGPCP partner organisations. Also include as a number of staff with exposure to policy out of total staff of EGPCP partner organisations. How: EGPCP to audit partner organisations.	Increase workplace participation in, maintenance of, and progression through the Achievement Program	GLCH, BRHS, ORH, ODH	2018
		GEGAC healthy catering workplace policy to be implemented	GEGAC	Dec 2018
	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 Number of EGPCP partner organisations that follow the HEAS guidelines out of total number of EGPCP partner organisations.	Complete Workplace Achievement Program at BRHS to improve Dining Room Menu	BRHS	2018

	<p>Not all partners will provide food. We aim for the proportion to increase as a year 1 objective.</p> <p>How: EGPCP to audit partner organisations.</p>	<p>GLCH to increase options for staff to purchase healthy lunches in workplace</p>	<p>GLCH</p>	<p>Feb 2018</p>
	<p>A4) Proportion of primary schools and early years settings in East Gippsland whose available food is in line with the Healthy Eating Advisory Service guidelines.</p> <p>that utilise the Healthy Eating Advisory Service guidelines when considering the have increased availability of healthier food, as per Healthy Eating Advisory Service traffic light system</p> <p>The number of schools and early years settings in East Gippsland that have food available to students that meet (or are working towards meeting?) the HEAS guidelines, out of the total number of settings.</p> <p>How: To be collected by placement student via audit.</p> <p>Student audit - auditing schools only? Or schools and early years settings?</p>	<p>Provide information on traffic light system to schools</p>	<p>GLCH, BRHS, ODH</p>	<p>Mar 2018</p>
<p>B. Community is better informed about healthy eating options</p>	<p>B1) Proportion of schools and early years settings that regularly feature healthy eating information in their newsletter.</p> <p>OR</p> <p>Average number of times per year that each school includes information about healthy eating in their school newsletter</p> <p>Proportion of schools and early years settings that actively educate the school community about healthy eating (articles in newsletter, healthy eating events, information distributed about healthy eating policy etc.) - Need a clearer measure for this. What constitutes a yes or no? How often?</p>	<p>Healthy/Creative lunchbox sessions – parent and child cooking sessions in schools to inform, educate and increase skills to make own lunchbox fillers</p>	<p>GLCH</p>	<p>Ongoing</p>

	How: To be collected by placement student via audit.	Support school garden education programs	GLCH, ODH & School Cluster	Ongoing
		Expand cluster of schools, students, teachers, parents involved in Victorian Pleasurable Food education	GLCH	2018
	B2) Number of organisations in East Gippsland that have completed the healthy eating benchmarks of the Achievement Program for workplaces Number, not proportion	Complete Healthy Eating benchmarks of the Achievement Program - workplaces	BRHS, GLCH, ODH, ORH	Dec 2018
	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	Implementing <i>Life! Road to Good Health</i> community lifestyle modification program three times each year	GEGAC / BRHS	3 programs by Dec 2018
		Increase connections between Lake Tyers Aboriginal Trust and Nowa Nowa Primary School via Nourish Cooking and Gardening Program.	GLCH Could fit under schools	June 2018

		Increase cooking, gardening and food identification confidence in Aboriginal children at Nowa Nowa P.S	GLCH Could fit under schools	June 2018
		Instigate Gardening and food identification program at Lakes Entrance P.S (High population Aboriginal students and families).	GLCH Could fit under schools	Nov 2018
C. It is easier for the community to be physically active in public spaces	<p>C1) Lou to explore THANKS!- Number of walking paths and footpaths that meet community needs. Assessment tool to be decided – Walkability, Safer Design Guidelines, or EGSC Trails Evaluation Tool</p> <p>Need a baseline of numbers How many walking paths and footpaths in EG? Does EGSC have an assessment tool that is used?</p>	Work with LGAs, local land use groups (DELWP, Parks, Catchment Management Authorities etc), organisations and relevant funding bodies to improve the safety of local public spaces	ODH	2018
	<p>C2) Number and proportion of recreation reserves that have lighting that meets safer design guidelines Need to consult with Susie Healy, Sue-anne Claringbold, Judy Heil who may have information on this.</p> <p>How many rec reserves/parks are there in EG? Need a baseline. How many of those meet guidelines? How/who will measure this?</p>	Improve quality and safety of East Bairnsdale playground space	GLCH, Quantum, EGSC	2018

D. Community has greater access to water in public places	D1) Number of water fountains/refill stations available to the East Gippsland community Have got EGW data. Need data from EGSC How many public water fountains are there in EG?	Support sports clubs to install water fountains	GippSport	2018
		Advocate to relevant funding bodies for water stations in East Bairnsdale park	GLCH, Quantum, EGSC	2018
	D2) Number of Level 3 GoodSports clubs in East Gippsland Data available from GoodSports	Work with sports clubs to offer water free of charge and have it available on counter tops	GippSport	2018
	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.	Work with sports clubs to increase display of water in canteen fridge	GippSport	2018
	D4) Number of education settings in East Gippsland with 'water only' guidelines/policy out of total number of education settings How: include question about water and sugary drinks in school audit. How is the school's position on water/sugary drinks communicated throughout the school community?	Water only policy for all schools in the cluster. Compare against GLCH survey conducted in 2017.	GLCH	2018
D5) Number and proportion of partner agencies making structural changes (policy/display) to increase water consumption (i.e. number of EGPCP partner agencies with 'water only' policies out of total number of partners, number of orgs with filtered drinking water available, or posters/information distributed about water being the drink of choice) How: include a question about this in an audit of EGPCP partners	Change fridges and vending machines to have water in dominant position	BRHS	2018	

E. Community has access to a greater range of options for organised physical activity	GLCH E1) Targeted programs for vulnerable populations - GLCH to review How many households in EG? How many are participating in physical activity? – Could ask sporting clubs to provide the number of household that they have at their club and tally together? Some households may participate in multiple clubs.	Health and wellbeing groups to provide facility for incidental activity	BRHS	June 2018
		Support, facilitate and maintain organised walking groups, community gyms and gym groups	GEGAC, GLCH	Ongoing
		Support low cost Physical Activity programs for community members	GLCH, ODH, ORH	2018
		Increase workplace physical activity levels through the Achievement Program	GLCH, ODH, ORH	2018
		Target East Bairnsdale community to increase physical activity participation levels	GLCH	2018
		Increase physical activity levels within vacation care settings	GLCH	2018
	E2) Number of all-abilities physical activity programs running in sports clubs in East Gippsland	Work with sports clubs and community services to run all-abilities programs	GippSport	2018

	E3) Number of sporting clubs in East Gippsland that offer modified/social sport options to the community	Disseminate case studies re: social sport activities via social media to increase participation	GippSport	2018
		Inform workplace staff of social / non-competitive physical activity via intranet, posters, and designated noticeboard	BRHS, ODH, ORH, GLCH	Ongoing
		Work with community organisations and workplaces to offer social sport options at their location	GippSport	2017-2018
F. Community members are better informed about the range of physical activity options available	F1) Number of organisations in East Gippsland that have completed the physical activity benchmarks of the Achievement Program for workplaces	Sports clubs/community groups share their 'sports' program to organisational Facebook page / newsletters (where space permits)	GippSport , ODH	Ongoing
		Increase participation in GLCH staff physical activity programs	GLCH	June 2018
	F2)	Virtual walking challenge	BRHS, ODH	2018

	a) Number of primary schools in East Gippsland that have completed the physical activity benchmarks of the Achievement Program b) Number of secondary schools in East Gippsland that have completed the physical activity benchmarks of the Achievement Program c) Number of early years setting in East Gippsland that have completed the physical activity benchmarks of the Achievement Program	promoted to staff and encouraged	EGPCP, ORH	
		Promote use of free bicycles in Lakes Entrance	GLCH	June 2018
		Make equipment for physical activity available for staff to use during lunch time	BRHS, GLCH	2018
		Achievement program	GLCH, ODH, ORH	2018

Student placement idea:

Audit of EG schools:

- Do you have a healthy eating policy?
- If yes, when was it last reviewed?
- Do you have food available to students (and/or staff)? If yes, does this food align with the guidelines of the Healthy Eating Advisory Service - i.e. the traffic light system? We can organise some help for you to do this if you would like.
- Does your school actively promote 'water as the best choice'? If so, how? - Policy, posters around school, no sugary drinks on sale in canteen or order in lunches, information distributed to families etc.
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- Make sure schools know that the data will not be identifiable, and is not part of their funding requirements - just a quick few questions for us to get a picture

Audit of EGPCP partners:

- Do you have a healthy eating policy in place (for food available to staff, and staff catering)?
- Do your organisation provide food for staff and/or clients? If yes, does this food align with the guidelines of the Healthy Eating Advisory Service - i.e. the traffic light system? We can organise some help for you to do this if you would like.
- Does your workplace support water as the best choice? If so, how? - water policy, water only catering, water filter installed, no soft drink vending machines etc.

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