

South Coast Health Services Consortium Primary Care Partnership

Health Promotion UPDATE For 24th March 2009

Health Promotion Working Group Partnership Self Assessment

You will receive an email asking for your responses in the last week of March. For best results we ask *everyone* in the health promotion working group to complete the survey please.

Health Promotion Working Group Vision Setting

Final vision has been set and circulated with last minutes.

Catchment Planning for Health Promotion 2009 – 2012

Catchment planning is progressing in small steps. The Physical Activity Catchment Plan is now complete. A procedure for partners to link with the catchment plans for health promotion, report to the plan and list budget has now been developed. A brief rundown of the procedure will be delivered at the March Health Promotion Working Group meeting. A description of the process will be attached to the minutes. Individual or small group support to partners on the catchment plans will be available from early May.

Short course in the Promotion of Mental Health and Wellbeing

A good response was received from participants in this course with 11 of the participants keen to come together again to develop the catchment plan for promotion of mental health and wellbeing. One of the facilitators of the course, Sue Rosenhain, will facilitate the planning workshop in May. We would also encourage anyone else interested in planning for promotion of mental health and wellbeing to join this important workshop.

South Coast Access Alliance

The SCAA plan is progressing well with funds allocated to supporting Recreation Access Awards and clubs or organisations requiring support to make clubs accessible. These clubs will be identified from those involved in the SportsConnect pilot as wanting to be inclusive but experiencing difficulty due to physical access issues. Meetings continue in the 4th week of each month. Keith Job from the Bass Coast Community Foundation will be attending the next meeting to discuss options for fundraising through the alliance.

Access to Healthy and Affordable Food

Food Security DVD – book your showing!

Food for Life DVD is now complete. We will show it at the next Health Promotion working group meeting.

Consultations are now underway to present the DVD to organisations and groups in order to raise the issues relating to food security and to gain commitment to future plans to address issues relating to accessing to healthy and affordable food. Commitment is identified; the details will be listed on the Healthy Eating catchment plan. A final plan will be presented to those who have promised commitment for final agreement.

DVD has been presented to Emergency Relief Network of South Gippsland, GPA South Gippsland. Booked in for Principal's association meeting in 6 weeks time. We encourage those who would like the DVD show in their organisation to make a time for Vicki to present it. A copy of the DVD would then be available in that organisation for further showing by the relevant staff member.

Communication Strategy

Radio program to highlight Health Promotion activities in the South Coast. Good responses have been received from people interested in discussing local activities. The PCP has become a member of 3MFM to allow us to conduct a regular interview program. Those people wishing to participate in the interviews who have not yet been contacted are encouraged to contact Vicki to obtain a registration form and time they would prefer to be interviewed. You may wish to choose a time that coincides with a special event in health promotion in your service.

Go for your life Local Physical Activity Forum

To be held at Coal Creek, Korumburra on 3rd June. Vicki and Mark Lindsay are organizing the speakers for the forum that will include local government, local health organisations and community interventions.



MARK THE DATE
'Go for your Life'
Forums



“ACTIVE ENVIRONMENTS”

Promoting environments for physical activity through local councils, schools and the community in Gippsland.

**Coal Creek Historical Village, South Gippsland Highway,
KORUMBURRA**

**Wednesday 3 June, 2009
8.30 am – 2.00 pm**

Key Note Speakers Including

Todd Harper, CEO, VicHealth
Kellie Horton, Senior Project Officer, Heart Foundation
Kerry Irwin, Recreation Officer, Bass Coast Shire Council
Vicki Bradley, Health Promotion Officer, South Coast PCP

Contact: Sarah-Jane Blunt
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Full agenda and registration will follow soon



5 Day Health Promotion Short course

Proposed that the PCP health promotion budget fund the courses in Gippsland. DHS funds are no longer available. South Coast and Central West Gippsland will fund a course to be run 2 days in South Coast and 3 days in Central West prior to the end of this financial year. Wellington and East Gippsland PCPs will fund the course to be run in their area next year. Vicki and Sarah Hawkey (HP Central West) will organize the course.

Bass Coast and South Gippsland Men's Health and Wellbeing Alliance

Vicki has provided support in developing terms of reference and action plan for the group. This process was achieved in 1 hour as the members were very clear on the aims and purpose of the group and what they wanted to achieve. This group meeting monthly.

Gippsland Health Promotion Task Group - March 2009 report

DHS - Intervention Portfolios – update on progress

Physical Activity

28 of 31 interventions have been completed

2 under review at Monash University Gippsland Medical School

1 to be completed

Policy and guidelines to support physical activity intervention has been split into 3 interventions:

Workplace policy and guidelines

School policy and guidelines

Community policy and guidelines

Healthy Eating

12 of 21 interventions have been completed

6 under review at Monash University Gippsland Medical School

3 to be completed

Mental Health and Wellbeing

The Gippsland Health Promotion Task Group (GHPTG) has identified a number of health promotion interventions currently being implemented by Primary Care Partnership member agencies that are linked to the determinants of mental health and wellbeing. These interventions require evaluation methodology and tool development to measure impact.

Program logic is a practical methodology for agency staff and primary care partnerships to develop an evaluation plan for these innovative interventions. As discussed at the Task Group meeting on previous occasions, the W.K. Kellogg Foundation is the preferred framework for this work to occur in Gippsland.

Orientation to and/or training in the W.K. Kellogg Foundation program logic framework will need to be undertaken on a regional basis.

PCP staff will lead the process for their catchment supporting agency staff to develop the program logic model by:

- Prioritising determinants and associated target groups/areas of mental health and wellbeing for the catchment
- Calling for interventions to be nominated by agencies
- Provide advice and support as required to agencies as they work through the program logic framework
- Establishing a peer review process and timeline for review of agency logic models
- Incorporate interventions into the catchment plan

It is envisioned that the process will have the following outcomes:

- Strengthen the knowledge and application of program logic in Gippsland
- Enhance peer review skills and processes in catchments
- Interventions will have a stronger evaluation design
- Allow program logic skills to be applied to other health promotion priority areas.

Health-promotion-in-Gippsland Website progress

<http://www.dhs.vic.gov.au/operations/regional/gippsland/regional-initiatives/health-promotion-in-gippsland>

- Interventions are regularly updated as new information is included
- Chapter 2 - Measures of impact evaluation for physical activity and healthy eating have both been updated with new evaluation tools
- Chapter 4 – Size and distribution of the problem will soon be updated with a matrix of early childhood services and schools and their status with the following programs:
 - Kids Go For Your Life

- Active After Schools Communities
- There is potential to add other programs to this matrix – for example Smiles for Miles, School Gardens

Sexual and Reproductive Health Reference Group

- Gippsland Women's Health Service is leading the development of a Sexual and Reproductive Health Strategy for Gippsland.
- A reference group has been established along with Terms of Reference and a draft action plan.
- Meetings are held monthly. For further information, please contact Jodie Pullman on 51431600.

Health Promotion Short Course

- DHS funding support to run the short course (5 day) has finished.
- PCPs are considering the feasibility of running the short course in the future and how this will occur.
- Other courses such as Mental Health Promotion Short Course (2 day), Introduction to Health Promotion (4 hr) workshop, and orientation (15 – 30 mins) to health promotion sessions will also be considered.

Research Sub-committee

Gippsland Health Promotion Conference

- Funding has been received from VicHealth towards a conference in the latter half of the year.
- Working groups are being established to assist in the organising of the conference. If you would like to help, please talk with Vicki or myself.
- More details regarding the dates venue and themes will be distributed in the near future

Community Kitchens Evaluation Design

- Monash University Gippsland Medical School are working in conjunction with PCPs and interested organisations to develop the evaluation design for Community Kitchens, utilising the expertise of Frankston Community Kitchens and West Gippsland Healthcare Group. If you would like to be involved, please talk to Vicki or myself.

WK Kellogg Foundation www.wkkf.org

Smiles 4 Miles for South Coast

The main focus over the past 2 months has been on the children's education component and the facility surveys. The children's education sessions have been conducted in Bass, Wonthaggi North, Korumburra and Welshpool. I am booked to attend Tarwin Valley and Wonthaggi soon. Education has been going well with the hospital's purchase of "Keith the teeth" a mouth puppet who the children can feed different types of foods (he only likes the foods with not too much sugar). The children have had a great time trying to guess which foods Keith will like and which ones have too much sugar. The kinders are then left with the board game "toothache" to play to follow up on what Keith taught them. Smiles4 Miles resources (drink bottle and lunchbox) are being distributed at these sessions. I have contacted Colgate to get their preschool oral care kit (DHSV has approved this kit) and will be applying to DHSV for oral care resources to support the "clean well" component of the program. There will hopefully be an article in at least one, if not both, local papers in the near future following my visit to Wonthaggi Kinder on 2nd April.

In terms of facility surveys, I have almost all of them back now. A summary of results is as follows:

- All kinders have 10% or less of children drinking sweet drinks
- Kinders with shared fruit for morning tea fared the highest in terms of children eating fresh fruit and veg. Most kinders were at 88-100% of children eating fruit, with only one kinder averaging 30%.
- Most kinders scored between 67-100% for children with sandwiches containing a health filling, however one kinder averaged 38%.

It's important to note that no one kinder had the lowest scores in each area, each group had strong scores in at least 2 or more areas surveyed. The surveys will be repeated later in the year to measure any change.

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Agency Reports

School Focus Youth Service – Kathy Jones

- Youth kitchen will be up and running term 2 week 2. Key stake holders are Chisholm the RTO, YMCA service delivery and other community organizations to support community program delivery.
- BCCHS supported by SFYS running a Harm Minimization drugs and alcohol program for targeted students in secondary schools in Bass coast/South Gippsland
- Youth mental health 1st Aid teacher training April /May funded supported by GPA South Gippsland and SFYS. So far 13 attending.
- SFYS and Stride Foundation jointly ran Cyber Savvy program on 25/2/09; it can be delivered in schools.

Gippsland Women's Health Service – Jodie Pullman

- Work has begun on the regional Sexual and Reproductive Health Strategy. A reference group has been set up and an action plan developed. The aim of the group is to oversee the development of a regional health promotion strategy focusing on sexual and reproductive health.
- Local Government Project: we are undertaking small research projects in each LGA to determine the key health issues for women in Gippsland. The findings of the research will be presented to local councils with a view to inform health planning and delivery of services.
- Family Violence and Schools Project: continues to be run in East Gippsland. We have now linked in with a statewide group looking at the evaluation of family violence prevention projects.
- We currently undertaking an evaluation of the Lifeskills project to allow us to continue the program post 2009.

South Gippsland Hospital – Sue Evans

- Community Café – held in Port Franklin Hall, 19th Feb. 26 people attended, three new volunteers. Great venue, cost \$40 for hire of hall Lovely meal enjoyed by all, great participation by all!! BBQ used for zucchini burgers (zucchini from Community garden) Next Café at CHC 19th March. Project Worker – Meg will be replacing Juneen.
- Community Kitchen – Commencing Thursday 5th March Food Handling Skills to be delivered by Brodie Thomas. Paula volunteering to assist.
- Staff Health 10 week Challenge, up to Week 6, some feedback from participants Staff Fitness Circuit – Mondays and Thursdays in Gym, free 30minute workout 11 people interested, so far, no men!
- Men's Health Night – postponed until availability of Tony Costello confirmed May or June.
- GIRLS – commencing in April, first week of term. At FCH, lunchtime.
- Women's Forum – Are We There Yet? Friday 6th March in Yarram Just Add Fruit and Veg Display, two apple peeling machines purchased To give out peeled and cored apples at lunch expo! Six women from Yooralla attending, 6 women or more from Foster. Sharing table for expo with South Gippsland Water.

- South Gippsland Emergency Relief Network First meeting held 4/2/09 - VicRelief Foodbank worker coordinated meeting Attended by representatives from Salvation Army, St Vincent de Paul, Foster and Milpara Community Houses and Health Promotion workers from PCP and South Gippsland Hospital. Discussed local issues. Considering establishment of local Food Bank. Need for volunteers.
- Taste of Harmony, organised to celebrate cultural diversity within our workplace, to coincide with National Harmony Day. Luncheon Wednesday 25th March 12.30 in CHC Courtyard. Bring your favourite dish to share!
- Dinner with Medical Group – successful, thanks to everybody for their help!!
- Pole Walking – Come and Try Event at Sandy Point – attended by 11 people.
- Seachange Festival – 26th April, assistance required to display services. Veggie BBQ. Apple Slinky Machines in operation.
- South Gippsland Secondary College School Swimming Sports with school nurse and Health Promotional display
- Health Promotion Planning commenced for 2009-2012. Using Qipps program
- Community Directory – has been decided to use current Citizens Advice Bureau Directory, this to be promoted through out community by Health Promotion Officer

GippSport – Mark Lindsay

- Working With Children Check Sessions for Leongatha and Wonthaggi
- Liquor Licencing Sessions for Inverloch
- Responsible Service of Alcohol training for Korumburra
- Western Bulldogs community Camp Feb 5, 6 went well
- Sportslink set for launch in early May. Training sessions for clubs and community groups TBA
- Pole Walking held in Wonthaggi, Sandy Point with dates for Cowes and Inverloch set
- Club Strategic Planning re inclusive practice underway. Combines club development with Pilot Sports Connect program.
- Welcoming and Inclusive Clubs Program finished. Set for print and resources avail as early as April.

Good websites for your information

Social Determinants of Health Social determinants of health are factors in society or in our living conditions that affect our health throughout life, for better or for worse.

<http://www.healthpromotion.org.au/nswsocialdeterminantshealth.html>

Thankyou

Vicki Bradley