

# Lower Hume Prevention Summary Report 2018 - 2019

Strategies	Summary of Actions	Status	Key Results
<p><i>Facilitate a community based systems approach to support community led solutions</i></p>	<ul style="list-style-type: none"> <li>Build understanding and capacity of staff and community in community based system solutions.</li> <li>Support Deakin schools monitoring.</li> <li>Plan and facilitate community workshops.</li> <li>Engage groups from diverse backgrounds in community led solution generation.</li> </ul>	<p><b>Total Actions</b> <b>9</b></p> <p><b>Progress</b></p> <ul style="list-style-type: none"> <li><b>100%</b> 4 actions 100% completed</li> <li><b>80%</b> 2 actions 80% completed</li> <li><b>70%</b> 1 action 70% completed</li> <li><b>50%</b> 2 actions 50% completed</li> </ul>	<ul style="list-style-type: none"> <li>Staff developed, practiced and refined systems thinking skills and knowledge via systems training (8 participants x 2 days), webinars (8), mentoring and peer support.</li> <li>Successful development of communication strategies and promotion of systems approach and workshops. Stakeholder list (248) with contacts emailed, marketing plan implemented, local radio (4 sessions), articles (3 articles, 8 newspapers), Facebook, posters and presentations.</li> <li>Full contribution from all stakeholders for baseline school monitoring. 14 schools in Lower Hume (52% take up rate), involving 677 children from Grades 2, 4 and 6.</li> <li>4 RESPOND community workshops attended by 48 participants, with participation from wide range of organisations, community groups and sectors of the community.</li> <li>2 community maps identifying factors that contribute (and their inter-relationship) to healthy eating and physical activity of children.</li> <li>Organisation and promotion of third community workshop.</li> <li>Engaged groups from diverse backgrounds in the promotion of system thinking and ensuring inclusivity in planning, accessibility, etc.</li> </ul>
<p><i>Build, strengthen and maintain partnerships to create environments that support healthy food and physical activity choices</i></p>	<ul style="list-style-type: none"> <li>Continue to support new and existing healthy eating and physical activity initiatives, including Smiles 4 Miles, Achievement Program and partnership with groups from diverse backgrounds.</li> </ul>	<p><b>Total Actions</b> <b>3</b></p> <p><b>Progress</b></p> <ul style="list-style-type: none"> <li><b>100%</b> 3 actions 100% completed</li> </ul>	<ul style="list-style-type: none"> <li>83% (n=34) Smiles 4 Miles award rate and 10 training sessions with 43 educators.</li> <li>3 out of 6 early childhood services completed HEAS menu assessment (2 approved), resulting in 141 children receiving the recommended dietary intake for long daycare hours.</li> <li>Smiles 4 Miles Drink Well Eat Well surveys reported improvements in healthy eating over the duration of the program, such as a reduction from 8% of kids surveyed drinking soft drinks pre-program to 3% post.</li> <li>Participated in Mitchell and Murrindindi Shire Council Municipal Public Health and Wellbeing planning and reporting, aligning key priorities.</li> <li>Promotions (8), Expos (3), Healthy eating/Oral Health sessions (12), articles / newsletter / blog (6), competition (1), menu audits (3) and infrastructure improvements supporting physical activity (1).</li> <li>Collaborated with Seymour Local Aboriginal Network to support annual NAIDOC parade held in Seymour.</li> <li>5 specific initiatives with groups from diverse backgrounds.</li> </ul>