

# Lower Hume Prevention Annual Action Plan 2018-19

<b>Priority Area</b>	Healthy Eating and Active Living
<b>Goal</b>	<b><i>Lower Hume communities support healthy eating and physical activity.</i></b>
<b>Target population group/s</b>	Families (with a focus on equity and vulnerability)
<b>Objective</b>	<b>Increase the community's capacity to design and implement local solutions that create environments that support healthy eating and physical activity choices</b>
<b>Budget and resources</b>	Alexandra District Health 0.6FTE; Nexus Primary Health 1.6 FTE; Seymour Health 0.2FTE; Yea and District Memorial Hospital 0.2FTE Other partners: Murrindindi Shire Council, Mitchell Shire Council, Valley Sport, Aboriginal Project Worker, LHPCP Smiles 4 Miles coordinator Facilitator – LHPCP IHP and Prevention Coordinator
<b>Key evaluation questions</b>	What factors (both positive and negative) impacted on the implementation? How have barriers been addressed? What impact has the program had on populations facing greatest inequality? Have all strategies been appropriate and effective in achieving the impacts and outcomes? What opportunities have emerged? How have they been utilised? Have levels of partnership and collaboration increased? Based on the learnings of the last 12 months, what are the next steps?

<b>IMPACTS</b>		
<b>Impact indicators</b>	<b>Evaluation methods and tools</b>	<b>Timelines and responsibilities</b>
Working as a Collaborative to implement and evaluate the Prevention Strategic Plan	Bi-annual partnership analysis survey, and reflective process using results. Collaboration in annual evaluation reporting and submitting on time to DHHS. Meeting attendance and leadership, peer support, reflective practice for health promotion staff. Quarterly reporting.	ALL AGENCIES – By Dec 2018 and June 2019 and quarterly reporting
Improved workforce development in systems and health promotion	Collaborative minutes, action plans and annual review.	ALL AGENCIES – June 2019
Measure shift in community capacity to design and implement localised solutions	Change in community capacity measured at baseline and follow up using Community Capacity Index analysis (or similar). Asset mapping (resources, financial, situational)	ALL AGENCIES - Tool decided and baseline June 2019
Increased community participation and empowerment in community led solutions	Diverse and sustained community participation in developing and implementing community driven actions that promotes healthy eating and physical activity. Learning from pilot and implemented in community 2.	ALL AGENCIES - June 2019
Increased cross sector partnerships for environments that support healthy eating and physical activity	Analysis of cross sector partnerships as determined by appropriate method/tool (eg social network survey (Deakin University). Diverse leadership at all levels – engagement at workshops and in implementation phase	ALL AGENCIES – baseline Jan 2019
Community members with lived experience of disadvantage and engaged in and are part of the development of activities that promote healthy eating and physical activity.	Quarterly reporting of number of strategies used to engage people with lived experience of disadvantage and number of people engaged with lived experience of disadvantage	ALL AGENCIES – June 2019, and 6 monthly or annually. To be completed by ALL AGENCIES annually for all communities
A more informed community of systems approach to influences of healthy eating and physical activity	Number of leader and community members engaged in forums. An increase in knowledge of systems thinking process and influences of healthy eating and physical activity. Feedback from participants (evaluation reports).	ALL AGENCIES - Quarterly reporting

	Dissemination of information via diverse range of methods including social and print media, presentations, journals and informal discussions – quarterly reporting	ALL AGENCIES – June 2019, and 6 monthly or annually and quarterly reporting
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Strategies	Actions	Process indicators	Evaluation methods/tools/timelines and responsibilities
1.1: Facilitate a community based systems approach to support community led solutions	LHPCP IHP Collaborative members build understanding and capacity to implement a systems process.	<ul style="list-style-type: none"> <li>Number of workers attending Deakin University Systems Thinking training</li> <li>Pre and post training evaluation</li> <li>Number of mentors supporting the group</li> <li>Pre and post self-assessment of capacity</li> <li>Number of other capacity building activities (including informal or incidental learning like peer support, reflective practice)</li> </ul>	ALL AGENCIES – Training by Oct 2019 and ongoing Quarterly reporting Oct 2018 Dec 2018 March 2019 and June 2019
	Discuss and promote systems thinking process with all relevant community partners and leaders required to create community based system solutions.	<ul style="list-style-type: none"> <li>Marketing plan designed and implemented, with regular review</li> <li>Number of community partners/leaders and members informed regarding systems thinking model</li> <li>Number of community partners and stakeholders engaged</li> <li>Number of methodologies to engage (# flyers, media, posters)</li> <li>Number of tools supporting promotion produced (e.g. marketing plan)</li> </ul>	ALL AGENCIES – By 30 June 2019 Quarterly reporting March 2019 and June 2019
	Support Deakin University's measurement of baseline school data collection in Lower Hume	<ul style="list-style-type: none"> <li>Baseline school monitoring complete</li> <li>Number of schools and children participating in data collection</li> <li>Number of reports disseminated to community/leaders</li> </ul>	ALL AGENCIES - Planning for measurement December 2018 - February 2019 ALL AGENCIES - Baseline Measurement Schools end Term 1 ALL AGENCIES – Disseminating Reports June 2019
	LHPCP IHP Collaborative partners identify 2-3 target communities in Murrindindi Shire using local knowledge to assess community readiness to engage and align with available resource.	<ul style="list-style-type: none"> <li>Community selection document developed for two communities to pilot process selection, using asset mapping of community resources, readiness and local capacity</li> <li>Two communities selected and lead roles determined for Systems Thinking process</li> </ul>	ALL AGENCIES – by December 2018
	Support Deakin University's measurement of knowledge and engagement, Social Network Analysis etc	<ul style="list-style-type: none"> <li>Baseline knowledge and engagement monitoring complete</li> <li>Number of community members/leaders participating in data collection</li> <li>Number of reports disseminated to community/leaders</li> </ul>	ALL AGENCIES – by June 2019
	Plan, facilitate and evaluate first Murrindindi Community Group Model Building Workshop (GMB 1)	<ul style="list-style-type: none"> <li>Utilise networks to identify community leaders with jurisdiction and influence on children's healthy eating and physical activity environments across Murrindindi Shire</li> <li>Number of community leaders identified and attending workshop (aim for 30)</li> <li>Murrindindi Shire causal loop diagram (spaghetti map) commenced (enablers and barriers identified) and a first version finalised</li> </ul>	ALL AGENCY (with allocation of roles) June 2019
	Plan and facilitate second Community Group Model Building Workshop (GMB 2), building on first workshop with 2 pilot communities.	<ul style="list-style-type: none"> <li>Number of community members identified and attending workshop</li> <li>Localised causal loop diagram (spaghetti map) for healthy eating and physical activity updated in collaboration with community and final version completed.</li> </ul>	ALL AGENCIES (with allocation of roles) June 2019
	Plan and facilitate third Community Group Model Building Workshop (GMB 3), building on the second workshop with 2 pilot communities.	<ul style="list-style-type: none"> <li>Localised causal loop diagram (spaghetti map) for healthy eating and physical activity completed in collaboration with community and prioritised areas for actions identified</li> <li>Number of community members attending workshop</li> <li>Number of actions identified and prioritised</li> <li>Number of action groups or leaders for actions selected</li> <li>Evaluation report from workshops completed and disseminated</li> </ul>	ALL AGENCIES (with allocation of roles) June 2019

	Engage groups from disadvantaged backgrounds (i.e. First Nation peoples, LGBTI, people with disabilities, CALD people) in community led solution generation.	<ul style="list-style-type: none"> <li>• Number of organisational and community networks used to recruit groups from disadvantaged backgrounds</li> <li>• Number of representatives of groups from disadvantaged backgrounds engaged in planning process and attending workshops</li> <li>• Number of additional supports put in place to support involvement</li> <li>• Number of community members utilising these supports</li> </ul>	All AGENCIES - June 2019 (Ongoing) Quarterly reporting
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<b>Strategies</b>	<b>Actions</b>	<b>Process indicators</b>	<b>Evaluation methods/tools/timelines and responsibilities</b>
1.2: Build, strengthen and maintain partnerships to create environments that support healthy food and physical activity choices.	Continue with Smiles 4 Miles program and support Early Years Services with Achievement Program	<ul style="list-style-type: none"> <li>• Eat well drink well surveys evaluation</li> <li>• Number of services awarded for Smiles 4 Miles</li> <li>• Number of educators trained for Smiles 4 Miles</li> <li>• Number of services with menu approved by HEAS and number of children receiving the required dietary intake for long day care.</li> <li>• Number of services who have received advanced standing for the Achievement Program healthy eating and oral health benchmark.</li> </ul>	LHPCP S4M coordinator – Quarterly Reporting
	Continue to support healthy eating and physical activity initiatives in all settings	<ul style="list-style-type: none"> <li>• Number of initiatives supported and reach</li> <li>• Number of people/community group involved in initiative</li> </ul>	ALL AGENCIES – (Ongoing) Quarterly Reporting
	Partner with groups from disadvantaged backgrounds (i.e. Aboriginal people, LGBTI, people with disabilities and CALD people) to support healthy eating and physical activity initiatives	<ul style="list-style-type: none"> <li>• Number of healthy eating and physical initiatives partnered with Aboriginal, Diversity and Access Project Workers</li> <li>• Number of community groups who include people from disadvantaged backgrounds involved in initiatives</li> </ul>	ALL AGENCIES – (Ongoing) Quarterly Reporting