



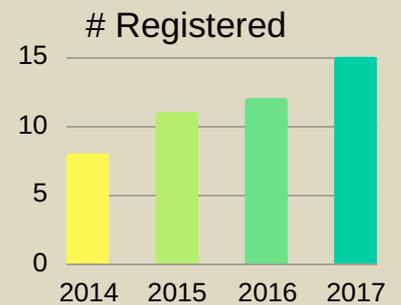
LOWER HUME PCP INTEGRATED HEALTH PROMOTION 2013-2017

HEALTHY EATING ACHIEVEMENTS

Schools & Early Childhood Services

THE ACHIEVEMENT PROGRAM (AP)

The AP initiated Healthy Eating activities in Early Years Services (EYS) and schools; such as connected garden program, edible gardens, cook & eat sessions, breakfast programs, student led groups and the adoption of healthy eating policies. AP increased healthy eating knowledge throughout the school communities. 3 schools and EYS were awarded.



FOOD & NUTRITION SURVEYS

Surveys identified fruit & vegetable consumption changes between 2013 & 2017. Students reported an increase of fruit consumption from 51% to 76% and an increase of vegetable consumption from 19% to 25%. Parents reported a decrease in fruit consumption from 2.77 to 2.5 serves daily and a decrease from 2.9 to 2.2 serves daily. Key barriers to healthy eating were identified as time, cost & fussy eating.



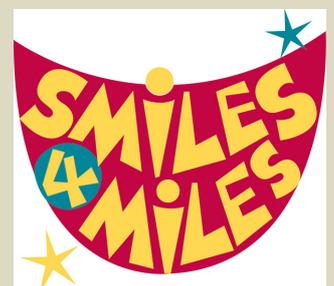
PROMOTING HEALTHY EATING

The Lower Hume PCP further increased community knowledge of healthy eating by sharing Healthy Eating information and achievements via a range of targeted communications. These included 46 media releases, 39 newsletters, 2 dedicated social media sites and 1 blog.



SMILES 4 MILES

The Smiles 4 Miles program successfully registered 90% of the Early Years Services in Lower Hume to the program, and by 2017 78% had achieved award recognition (reaching an average of 1,792 children annually). 37 EYS now have health eating and oral health policies. Drink Well Eat Well Surveys found a reduction in pre-packaged snacks in 69 lunchboxes.



Food Coalitions & Community Gardens

EDIBLE GARDENS & FOOD ACCESS NETWORKS

Information sharing, pooling of resources and skills of Collaborative partners improved community capacity. A multitude of community partners worked together to create:
1 Connected Garden network, 3 Food access networks
1 school/early years network, 17 Edible gardens created /supported across Lower Hume



HEALTHY ENVIRONMENTS FOR COMMUNITIES

5 sporting clubs supported through healthy eating and lifestyle education sessions, policy development and canteen reviews.



4 Aboriginal community gardening and sugar content workshops. Aboriginal specific health and wellbeing information and resources were displayed at multiple events. Hosted 10 My Health Goal sessions, held with an average of 4 participants.



INCREDIBLE EDIBLE YEA

12 partners. 2 community and 9 school gardens, 49 workshops/soup and film nights, VCAL student compost program from local businesses, subsequent VCAL agriculture subject, an excess fresh food table, 2 full day harvest picnics (11 schools/early years) and community kitchen cooking program established.



STREET HARVEST

The Kinglake Ranges Street Harvest Project strengthened partnerships with Neighborhood Houses, Anglicare and Berry Street Foodshare program to create a food movement. The Kinglake self-funded foodshare program and community garden both continue, including volunteer led community meals attracting 30-40 people per event.



TRIANGLE FOOD OP SHOP

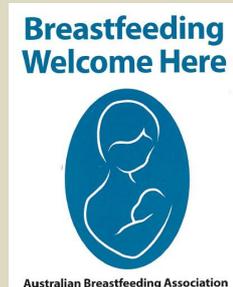
The Triangle Food Op Shop is a collaborative, Vic Health award winning program addressing food insecurity. The team used community development and action research principles to engage people with lived experience of food insecurity to assist with research and develop solutions. This sustainable project was handed over to a community group to continue.



Policy & Planning

LOCAL GOVERNMENT

Mitchell Shire internal Health Food Policy introduced. 57 breast feeding welcome here businesses registered. 3 Breast feeding support groups formed. Healthy eating incorporated into the Early Years Conference in Murrindindi. Healthy Eating activities incorporated into both Municipal Public Health and Wellbeing Plans.



Research & Data

HEALTHY FOOD BASKET

The Healthy Food Basket Survey was completed twice across Lower Hume. The difference between the most and least expensive supermarket in Lower Hume was 30% (\$122). The two survey reports have enabled continued Healthy Eating conversations with supermarkets.



FOOD OUTLET MAPPING

3 food outlet maps were produced with Mitchell Shire Council. Key findings included: 46% of towns within Mitchell Shire had no public transport to essential food outlets (supermarkets etc.), 62% of towns had limited access to essential food outlets & 38% of towns have significantly higher access to non-essential food outlets (fast food outlets etc.).

