

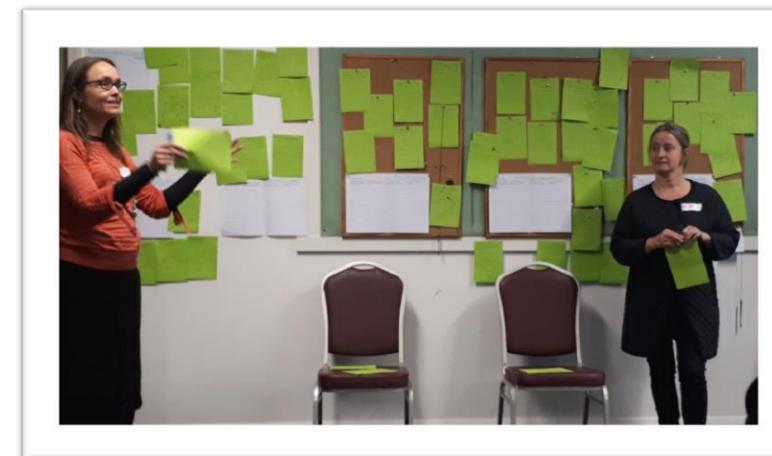


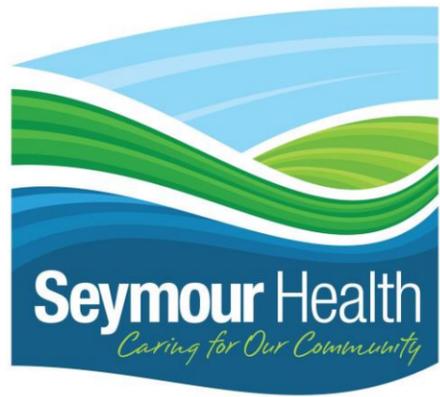
Prevention Annual Evaluation 2018-2019

Lower Hume Primary Care Partnership

AUTHORS:

Jaimie Poorter (Seymour Health, Yea & District Memorial Hospital and Lower Hume PCP)
Chris Wasley (Alexandra District Health)
Heidi Stewart (Alexandra District Health)
Jennie Gao (Nexus Primary Health)
Genna Vlitaz (Nexus Primary Health)
Lee Coller (Lower Hume PCP)





A handwritten signature in black ink, appearing to read "Chris McDonnell".

Chris McDonnell - Chief Executive Officer



A handwritten signature in black ink, appearing to read "Lorina Gray".

Lorina Gray - Director of Nursing/Manager



A handwritten signature in black ink, appearing to read "Debbie Rogers".

Debbie Rogers - Chief Executive Officer



A handwritten signature in black ink, appearing to read "Suzanne Miller".

Suzanne Miller - Chief Executive Officer

Lower Hume Prevention Annual Evaluation Report 2018 - 2019

Priority Area	Healthy Eating and Active Living
Alignment with VPHWP Priority	Healthier Eating and Active Living
Alignment with Population Outcomes	Victorians act to protect and promote health,
Goal	Lower Hume communities support healthy eating and physical activity.
Target population group/s	Families (with a focus on equity and vulnerability)
Objective	Increase the community's capacity to design and implement local solutions that create environments that support healthy eating and physical activity choices
Budget and resources	Alexandra District Health 0.74 FTE; 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, Lower Hume Primary Care Partnership (LHPCP) including Aboriginal Health and Wellbeing Program and Smiles 4 Miles Coordinator Facilitator – LHPCP Prevention Coordinator

Priority Healthy Eating and Active Living			
Goal Lower Hume communities support healthy eating and physical activity.			
Objective 1. Increase the community's capacity to design and implement local solutions to create environments that support healthy eating and physical activity choices.			
Objective Progress Measures	Objective Evaluation methods/tools	Objective timelines, scale and responsibilities	Objective Key Results
<ul style="list-style-type: none"> Working as a Collaborative to implement and evaluate the Prevention Strategic Plan Improved workforce development in systems and health promotion Measure shift in community capacity to design and implement localised solutions Increased community participation and empowerment in community led solutions Increased cross sector partnerships for environments that support healthy eating and physical activity Community members from diverse backgrounds engaged in and are part of the development of activities that promote healthy eating and physical activity. A more informed community of systems approach to influences of healthy eating and physical activity 	<ul style="list-style-type: none"> Bi-annual partnership analysis survey and reflective process using results. Collaboration in quarterly report, annual evaluation reporting and submitting on time to DHHS. Meeting attendance and leadership, peer support, reflective practice for health promotion staff. Collaborative minutes, action plans and annual review. Change in community capacity measured at baseline and follow up using Community Capacity Index analysis (or similar). Asset mapping (resources, financial, situational) Diverse and sustained community participation in developing and implementing community driven actions that promotes 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 Quarterly reporting of number of strategies used to engage people from diverse background and number of people from diverse backgrounds engaged 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). Dissemination of information via diverse range of methods including social and print media, presentations, journals and informal discussions – quarterly reporting 	<p>ALL AGENCIES – By Dec 2018 and June 2019 and quarterly reporting</p> <p>ALL AGENCIES – June 2019</p> <p>ALL AGENCIES - Tool decided and baseline June 2019</p> <p>ALL AGENCIES - June 2019</p> <p>ALL AGENCIES – baseline Jan 2019</p> <p>ALL AGENCIES – June 2019, and 6 monthly or annually. To be completed by ALL AGENCIES annually for all communities</p> <p>ALL AGENCIES - Quarterly reporting</p> <p>ALL AGENCIES – June 2019, and 6 monthly or annually and quarterly reporting</p> <p>All ongoing, some 50% complete, some not yet started</p>	<p>Annual Evaluation Report and Annual Action Plan Review discussed and finalised by all agencies; submitted to DHHS on time. Funded agencies completed quarterly reporting.</p> <p>Average of 5 attendees per monthly Collaborative meetings. Use of online communication tools enabled peer support through sharing and discussing issues, creating documents, sharing resources and practices. Monthly agenda included reflective practice which evolved over the 12 months and allowed reflection and learning.</p> <p>Collaborative Focus Group held with 5 members and evaluation form completed by 9. Results show highest scoring statement was 'There is a clear need for and commitment to continuing the collaborative in the medium term' On a scale of 1-5, 4 respondents rated it 5 (strongly agree), and 3 rated it 4.</p> <p>Community Capacity measures incomplete - Deakin will support through their evaluation (Knowledge and Engagement, and Social Network Analysis Surveys to assess cross-sector partnerships and post-workshop surveys)</p> <p>33 leaders attended 4 Group Model Building (GMB) community workshops (average 12 per workshop) - 2 workshops each in Yea and Alexandra. Participants were from very diverse sectors of the community. Reflective activities and evaluation post first workshop were able to be incorporated into second workshops.</p> <p>Deakin University student engaged to research and report on 'Vulnerable groups within the Mitchell and Murrindindi catchment areas' and summarise as infographic with a checklist 'How to increase engagement levels'. Some information used to engage diverse groups.</p> <p>Quarterly reporting, minutes, and online communication documented strategies for reaching diverse groups e.g. Ethics now approved for youth to attend community workshops, simple language flyers and invitations, stakeholder list with representatives from diverse groups. More work needed to enable effective engagement, including ethics to measure participant demographics.</p> <p>Engagement in actions and participant feedback (evaluation reports) will follow the GMB3 Community workshop at the end of July and can be reported in 2019-20 Annual Report.</p> <p>As detailed below, presentations to organisations, networks, community groups, poster distributions, invitations, media articles, radio announcements, facebook posts, and workshops are expanding the communities understanding of systems approach to influences of healthy eating and physical activity. Deakin Knowledge and Engagement survey will provide effects of work.</p>

Intervention 1.1 Facilitate a community based systems approach to support community led solutions			
Process Measures	Evaluation methods/tools	Timelines, scale and responsibilities	Key Results
Action 1.1.1 LHPCP IHP Collaborative members build understanding and capacity to implement a systems process.			
<ul style="list-style-type: none"> Number of workers attending Deakin University Systems Thinking training Pre and post training evaluation Number of mentors supporting the group Pre and post self-assessment of capacity building activities (including informal or incidental learning like peer support, reflective practice) 	<ul style="list-style-type: none"> Deakin Systems Thinking training pre and post capacity survey Monthly reflection and sharing of systems thinking during LHPCP Prevention Collaborative meetings recorded in minutes Systems thinking software downloaded (Vensim, Kumu and STICK-E) and relevant training 	<p>ALL AGENCIES July 2018 to July 2019</p> <p>Scale - High - this intervention is High because of the level of understanding needed by the Collaborative to create meaningful and sustainable 'buy in' from the community 80% completed</p>	<p>Developed, practiced and refined systems thinking skills and knowledge by;</p> <ul style="list-style-type: none"> Attending Deakin University 2 day Systems Thinking training (8 collaborative members) Attending 8 Deakin University Systems Thinking webinars Receiving mentoring and regular feedback (e.g. on workshops) from 3 Deakin Uni. staff Regular peer support, including networking with 3 Sea Change team members to discuss experiences, challenges and successes re. systems thinking process Other community work; partnering with Mitchell Shire Council to plan causal loop mapping activity at Youth Steering Group, presenting on systems thinking process at Virtual Systems Community of Practice forum, attending Shepparton GMB3 workshop to contribute in mapping and sharing presentations to Lower Hume Collaborative. <p>Evaluation results (pre-survey and post-survey completed Oct and Nov 2018, respectively);</p> <ul style="list-style-type: none"> Systems thinking knowledge increased from 14% rating 'very good' in pre-survey to 50% rating 'very good' in post-survey Confidence to implement systems thinking approach increased from 28.5% rating 'confident' in pre-survey to 100% rating 'confident' or 'very confident' in post-survey In post survey, 50% still needed clarification regarding the systems thinking process <p>From GMB1 and 2 workshop surveys, results indicate a greater understanding of a system thinking approach and application to healthy eating and physical activity in local children.</p>
Action 1.1.2 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"> Marketing plan designed and implemented, with regular review Number of community partners/leaders and members informed regarding systems thinking model Number of community partners and stakeholders engaged Number of methodologies to engage (# flyers, media, posters) Number of tools supporting promotion produced (e.g. marketing plan) 	<p>Verbal feedback from community members face-to-face, via email and phone including RSVP correspondence for GMB workshops to determine awareness and engagement levels.</p> <p>Attendance records and observation at community presentations/meetings and GMB workshops to determine engagement levels.</p> <p>Timeline and task list with allocated activities for RESPOND implementation</p>	<p>ALL AGENCIES – By 30 June 2019</p> <p>Quarterly reporting March 2019 and June 2019</p> <p>Scale: High 100% completed</p>	<p>Communication strategies developed;</p> <ul style="list-style-type: none"> Stakeholder list mapped for Murrindindi (168 contacts) and Mitchell (80 contacts) with people/organisations/groups for communication with and engagement in GMB workshops RESPOND presentation for engaging community in systems thinking process Marketing plan to promote systems thinking process and engage community in workshops Drafted digital marketing business case for RESPOND Facebook page and website, stalled due to decision to utilise existing digital media from partners until community starts their own 1 article promoting systems thinking process distributed to 8 newspapers and newsletters, and 1 article promoting GMB3 workshops distributed to 3 newspapers 1 draft regional communication plan after attendance at 2 RESPOND communications working group meetings 1 regional post-GMB3 workshop plan after attendance at 2 RESPOND implementation working group meetings <p>Communication and engagement with the community has included:</p> <ul style="list-style-type: none"> Promoted systems thinking process through local radio (Seymour, Kilmore, Alexandra and surrounds) on 4 occasions Promoted systems thinking process at community settings and meetings including; 11 settings (115+ attendees) plus food outlets and public discussions across Yea, Kinglake and Alexandra Promoted systems thinking process through GMB workshop 1 (53 recipients), workshop 2 (41 recipients) and workshop 3 (168 recipients) email invites with flyers, and some follow-up phone calls Promoted systems thinking process through posting on shared online platform Slack and informal face-to-face interactions with community members
Action 1.1.3 Support Deakin University's measurement of baseline school data collection in Lower Hume			
<ul style="list-style-type: none"> Baseline school monitoring complete Number of schools and children participating in data collection Number of reports disseminated to community/leaders 	<p>Participation records/ rates.</p> <p>Deakin University collating results and providing members with reports.</p>	<p>ALL AGENCIES - Baseline Measurement Schools Term 2</p> <p>Scale: High 70% completed</p>	<ul style="list-style-type: none"> All members contributed to baseline school monitoring across 14 primary schools in Mitchell and Murrindindi Shires (52% take up rate) involving 677 children from Grades 2, 4 and 6 Analysis being completed by Deakin University.

Action 1.1.4 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 resources.			
<ul style="list-style-type: none"> Community selection document developed for two communities to pilot process selection, using asset mapping of community resources, readiness and local capacity Two communities selected and lead roles determined for Systems Thinking process 	<p>Verbal discussions between members, then mapped to determine pilot communities.</p> <p>Post-GMB workshop evaluation surveys to assess participant satisfaction with delivery of workshops.</p>	<p>ALL AGENCIES – by March 2019</p> <p>Scale: Low 100% completed</p>	<ul style="list-style-type: none"> All members contributed to the discussion of community selection during 1 meeting, 1 Deakin training and online communication; verbal discussion on asset mapping, resources, capacity and readiness, document completed 2 communities were identified West Murrindindi (Alexandra) and East Murrindindi (Yea) for the systems thinking process in Murrindindi All members' allocated lead roles for all 3 GMB workshops during 3 Deakin trainings
Action 1.1.5 Support Deakin University's measurement of knowledge and engagement, Social Network Analysis etc			
<ul style="list-style-type: none"> Baseline knowledge and engagement monitoring complete Number of community members/leaders participating in data collection Number of reports disseminated to community/leaders 	<p>Data collected by pre and post workshop written surveys completed by participants.</p> <p>Surveys evaluate workshop process and impact for each GMB1, 2 and 3.</p> <p>Online Social Network Analysis survey emailed to participants by Deakin University post GMB3 workshop</p> <p>Knowledge and Engagement survey to be emailed to all workshop participants post GMB3 workshop</p> <p>Deakin University collating results</p>	<p>April 2019- July 2019 (All Agencies)</p> <p>April 2019-July 2019 (All Agencies)</p> <p>August 2019 (Deakin University)</p> <p>August 2019 (LHPCP)</p> <p>August/September 2019 (Deakin University)</p> <p>Scale: Medium 50% completed</p>	<ul style="list-style-type: none"> 4 GMB Workshops (2xGMB1 and 2xGMB2) attended by 48 participants 48 pre and post-workshop surveys were distributed Post workshop surveys had 85% response rate (23 of 27 participants) for GMB1 and 90% response rate (19 of 21 participants) for GMB2 Workshops, results in below actions <p>Initial Knowledge and engagement surveys sent to Regional Governance Group only. To be sent by PCP post GMB3 workshop.</p> <p>Online Social Network Analysis to be sent post GMB3 workshop by Deakin Uni.</p>
Action 1.1.6 Plan, facilitate and evaluate first Murrindindi Community Group Model Building Workshop (GMB 1)			
<ul style="list-style-type: none"> Utilise networks to identify community leaders with jurisdiction and influence on children's healthy eating and physical activity environments across Murrindindi Shire Number of community leaders identified and attending workshop (aim for 30) Murrindindi Shire causal loop diagram (spaghetti map) commenced (enablers and barriers identified) and a first version finalised 	<p>Community contacts collated utilising LHPCP Prevention Collaborative members' networks /contacts</p> <p>Contacts and team member tasks allocated and recorded using shared documents/ spreadsheets via online platforms - SLACK and Google Docs</p> <p>GMB1 Workshop attendance list, agenda and slide show documentation</p> <p>Murrindindi causal loop diagrams for children's healthy eating and physical activity documented on STICKE</p> <p>Notes recorded at workshops used to refine causal loop diagrams post workshop</p>	<p>July 2018 - March 2019 (All Agencies)</p> <p>March 2019 (All Agencies)</p> <p>April 2019 (All Agencies)</p> <p>May 2019 (All Agencies)</p> <p>May 2019 (All Agencies)</p> <p>Scale: High 100% completed</p>	<ul style="list-style-type: none"> Key question to lead workshop discussion identified: "What helps and discourages children to eat healthy and be physically active?" All agencies worked together to plan two GMB1 Workshops, including allocating lead roles and developing and distributing flyers, promotional emails and articles 51 (Alexandra 26 & Yea 25) community leaders identified to attend GMB1 Invitations sent via face to face meetings, phone calls and emails 27 (Alexandra 15 and Yea 12) participants attended workshops on 1st and 2nd April 2 causal loop diagrams developed (using STICKE program) during the workshop and subsequently refined and finalised <p>What has been the effect?</p> <ul style="list-style-type: none"> Anecdotally awareness of the RESPOND project has increased in Murrindindi 27 community leaders were actively engaged in discussion regarding the factors that impact children's healthy eating and physical activity Participants included school principals, early years providers, sporting club leaders, shire councillors and staff, health service managers, supermarket owners, Aboriginal traditional owner representatives and community group leaders Factors that contribute to children's healthy eating and physical activity, each specific to East (Yea) and West Murrindindi (Alexandra) have been identified and mapped by community leaders and champions 16 out of 23 responders indicated the workshop was "completely relevant" with 4 indicating it was "mostly relevant" Feedback and learnings from GMB1 workshop used to plan GMB2 workshops
Action 1.1.7 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"> Number of community members identified and attending workshop Localised causal loop diagram (spaghetti map) for healthy eating and physical activity updated in collaboration with community and final version completed. 	<p>Community contacts collated utilising LHPCP Prevention Collaborative members' networks/ contacts</p> <p>Contacts and team member tasks allocated and recorded using shared documents/ spreadsheets via online platforms - SLACK and Google Docs</p> <p>GMB2 Workshop attendance list, agenda and slide</p>	<p>July 2018 - May 2019 (All Agencies)</p> <p>April 2019 (All Agencies)</p> <p>May 2019 (All Agencies)</p>	<ul style="list-style-type: none"> Worked together to plan 2 GMB2 Workshops including allocating roles and developing and distributing flyers, promotional emails and articles 48 (Alexandra 26 & Yea 22) community leaders identified to attend GMB2 workshops Invitations sent via face to face meetings, phone calls and emails 21 (Alexandra 11 and Yea 10) participants attended workshops on 7th and 9th May 2 Causal loop diagrams (from GMB1) further developed during the workshop (using STICKE program), and subsequently refined and finalised - mapping factors that contribute to children's healthy eating and physical activity, each specific to East (Yea) and West

	show documentation Revised Murrindindi causal loop maps for children's healthy eating and physical activity on STICKE Notes recorded at workshops used to refine causal loop maps post workshop	May 2019 (All Agencies) June 2019 (All Agencies) Scale: High 100% completed	Murrindindi (Alexandra). What has been the effect? <ul style="list-style-type: none"> Anecdotally awareness of the RESPOND project has continued to increase in Murrindindi 14 out of 19 Responders indicated the workshop was "completely relevant" with 3 indicating it was "mostly relevant" 19 community leaders have identified and documented actions they could take in the community to improve children's healthy eating and physical activity and identified other community members they felt should also be involved in the discussion
Action 1.1.8 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"> Localised causal loop diagram (spaghetti map) for healthy eating and physical activity completed in collaboration with community and prioritised areas for actions identified Number of community members attending workshop Number of actions identified and prioritised Number of action groups or leaders for actions selected Evaluation report from workshops completed and disseminated 	<p>Community contacts collated utilising LHPCP Prevention Collaborative members' networks/ contacts</p> <p>Contacts and team member tasks allocated and recorded using shared documents/ spreadsheets via online platforms - SLACK and Google Docs</p> <p>GMB3 Workshop draft agenda and slide show documentation</p> <p>WORKSHOP NOT YET HELD, post GMB3 actions/evaluation in discussion and being developed</p>	<p>June 2019 - July 2019 (All Agencies)</p> <p>June 2019 - July 2019 (All Agencies)</p> <p>June 2019 - July 2019 (All Agencies)</p> <p>Scale: High 50% completed</p>	<ul style="list-style-type: none"> GMB3 workshop dates set - 22nd and 23rd July, venues and catering finalised Promotion of GMB3 and RESPOND via - flyers, direct face to face conversations and phone calls, promotional emails, newspaper/ newsletter articles, community facebook posts, local radio promotion and interviews, workplace promotion, community events and meetings (ongoing) <p>What has been the effect?</p> <ul style="list-style-type: none"> Anecdotally awareness of the RESPOND project has continued to increase in Murrindindi Community members have been engaged in invitation process for GMB3 GMB3 is partially planned and workshop tasks allocated 140 community members have been invited to one or both of the GMB3 workshops As of July 1 RSVP numbers for GMB3 - 13 Alex and 11 for Yea
Action 1.1.9 Engage groups from diverse backgrounds (i.e. Aboriginal people, LGBTI, people with disabilities, CALD people) in community led solution generation.			
<ul style="list-style-type: none"> Number of organisational and community networks used to recruit groups from diverse backgrounds Number of representatives of groups from diverse backgrounds engaged in planning process and attending workshops Number of additional supports put in place to support involvement Number of community members utilising these supports 	<p>Community contacts collated utilising LHPCP Prevention Collaborative members' networks/ contacts</p> <p>Attendance records at GMB workshops, data collected from RSVP forms and surveys at workshops</p>	<p>All AGENCIES - June 2019 (Ongoing) Quarterly reporting</p> <p>Scale: Low 80% completed</p>	<p>Communication and engagement with groups from diverse backgrounds has included:</p> <ul style="list-style-type: none"> Promoting systems thinking process at community settings and meetings with access to these groups, including; 2 Mitchell Shire Council Social Justice Meetings (15 attendees each), 3 Youth Steering Committee meetings (15 attendees each), Mitchell Shire's 16 Days of Activism morning tea (40 attendees) and Murrindindi Shire's Access and Inclusion meeting (8 attendees) Promoting systems thinking process on Nexus LGBTI social group Facebook page including post and flyer Utilising criteria for diverse backgrounds when mapping stakeholder list for communication and engagement in GMB workshops, using Deakin University student placement report Promoting systems thinking process to groups from diverse backgrounds through all 3 GMB workshops email invites with flyers, and follow-up phone calls; unable to ascertain numbers as diversity may not be known Ensuring all workshop venues are accessible for these groups and including 1 accessibility needs question in RSVP form for GMB3; no additional supports have been put in place as no specific community requirements identified so far All members promoting systems thinking process through informal face-to-face interactions with community members from diverse backgrounds or those with access to these groups Partnered with: Alexandra Little Athletics, Menzies Support Services, Yooralla Benalla & Mansfield, Connect GV & Goulburn Options for Get Fit Get Active Day in Alexandra with participants (n=25)
Intervention 1.2 Build, strengthen and maintain partnerships to create environments that support healthy food and physical activity choices.			
Action 1.2.1 Continue with Smiles 4 Miles (S4M) program and support Early Years Services with Achievement Program			
<ul style="list-style-type: none"> Drink well eat well (DWEW) surveys evaluation (Jan 2018 to December 2018) Number of services awarded for Smiles 4 Miles (July 2018 to June 2019) Number of educators trained for Smiles 4 Miles (as of June 2019) Number of services with menu approved by HEAS and number of children receiving the required dietary intake for long day care (as of 	<p>During 2018 87% (13) ECS in year 1 award cycle educators completed their pre and post DWEW surveys on kids lunch boxes.</p> <p>As of June 2019 34 early childhood services were eligible to apply for or currently had awards.</p> <p>As of June 2019 all year 1 award cycle early childhood services were required to complete either</p>	<p>LHPCP S4M coordinator (Ongoing)</p> <p>Quarterly Reporting</p> <p>Scale: High 50% completed program award cycle 100% program evaluation</p>	<p>S4M DWEW survey results of the pre (n=58 kids) and post (n=60 kids) surveys showed kids:</p> <ul style="list-style-type: none"> Drank soft drink pre 8% (n=5) and post 3% (n=2). Drank water pre 96% (n=56) and post 100% (n=60). Consumed packaged snacks pre 77% (n=45) and post 36% (n=22). Consumed healthy snacks pre 98% (n=57) and post 100% (n=60). Consumed healthy lunches pre 91% (n=53) and post 96% (n=58). Consumed unhealthy lunches pre 8% (n=5) and post 3% (n=2).

<p>December 2018)</p> <ul style="list-style-type: none"> Number of services who have received advanced standing for the Achievement Program healthy eating and oral health benchmark (as of June 2019). 	<p>face to face or online refresher Smiles 4 Miles training (1 educator per room and or group per service), which is entered into the DHSV training spreadsheet.</p> <p>As of December 2018 all year 1 award cycle early childhood services who provided food had to complete and have their menu approved using HEAS Foodchecker.</p> <p>0 early childhood services were eligible to apply for advanced standing using the Achievement Program portal.</p>		<p>Within Lower Hume as of June 2019 there was an 83% (34) S4M award rate with, 37% (15) early childhood services received awards in 2018-2019 and 46% (19) services had current awards.</p> <p>Smiles 4 Miles coordinator ran 10 training sessions with 10 early childhood services and 43 educators. Also 10 early childhood services had 37 staff complete refresher training online.</p> <p>As of December 2018, 3 out of 6 early childhood services completed HEAS menu assessment with 2 being approved; ensuring 141 children are receiving the recommended dietary intake for long daycare hours.</p> <p>0 early childhood services applied for advanced standing for the Achievement Program healthy eating and oral health benchmark.</p> <p>Lower Hume Smile 4 Miles story was published in the DHSV Smiles 4 Miles annual forum booklet and 1 Smiles 4 Miles 2018 award media release ran in 3 local newspapers in December 2018.</p>
<p>Action 1.2.2 Continue to support healthy eating and physical activity initiatives in all settings</p>			
<ul style="list-style-type: none"> Number of initiatives supported and reach (July 2018 to June 2019) Number of people/community group involved in initiative (July 2018 to June 2019) 	<p>Observations and data collection during initiatives</p> <p>Quarterly Reporting</p>	<p>ALL AGENCIES – (Ongoing)</p> <p>Quarterly Reporting</p> <p>July 2018 to June 2019</p> <p>Scale: High</p> <p>100% completed</p>	<p>Participated in Mitchell Shire Council and Murrindindi Shire Council Municipal Public Health & Wellbeing annual action plans and reporting, continuing to align key priorities.</p> <p>Promoted and offered support to our networks and communities the Premier's Active April Challenge, H30 Challenge, Walk to School, Nutrition Week, Try for 5, Nude Food Day, World Breastfeeding Week and Dental Health Week via email and at network meetings.</p> <p>Attended 3 Health and Wellbeing Expos in partnership with Mitchell Shire Council, Murrindindi Firefoxes and Nexus GP Superclinic. A total of 138 people were provided with healthy eating and oral health information, including 210 resource packs distributed.</p> <p>Delivered 12 healthy eating/oral health sessions/events at 2 kindergartens, 4 first mothers groups, 2 Mitchell Shire youth rooms, 1 neighbourhood house and 1 College with 135 parents/kids attending and 48 resource packs distributed.</p> <p>Completed the Healthy Eating Surveys report to Vic DET and sent HE Survey articles to DET Newsletter and DHHS Prevention (blog) newsletters for publication state-wide.</p> <p>Published 2 articles in Alexandra Standard on student led healthy eating initiative in Alexandra Primary School and North Central Review promoting a Kinglake walking group.</p> <p>Ran a Primary School Art Competition to promote health with the theme "what makes you healthy" for display at ADH's open day with 39 entries received.</p> <p>Attended 7 training sessions/workshops and 9 forums/conferences on healthy eating and/or physical activity and fed back to the Lower Hume Prevention Collaborative members via meetings and online platforms.</p> <p>Assisted with writing and submitting a Community Climate Change Adaptation Grant to support the planning and implementation of seasonal eating guide within Mitchell Shire.</p> <p>Produced 1 healthy eating article and disseminated in 5 school newsletters/Nexus social media, and produced 1 healthy eating and physical activity eNewsletter and disseminated to all schools in Mitchell Shire for inclusion in their newsletters with 102 clicks.</p> <p>Conducted 1 menu audit for 1 Primary School canteen and 2 Mitchell Shire youth rooms using FoodChecker then provided recommendations for menu enhancement. As a result the canteen menu was traffic light coded, but no significant changes made to either.</p> <p>Supported 1 Secondary, 1 Living & Learning Centre, 1 Primary School and 1 Community Garden group to sustain/re-establish their edible gardens/food sharing groups.</p> <p>Supported the "This Girl Can" Campaign and MSC was successful in a grant from VicHealth to expand local marketing. 3 specific infrastructure improvements supporting physical activity in Murrindindi.</p>

Action 1.2.3 Partner with groups from diverse 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"> Number of healthy eating and physical initiatives partnered with Aboriginal, Diversity and Access Project Workers (July 2018 to June 2019) Number of community groups who include people from diverse backgrounds involved in initiatives (July 2018 to June 2019) 	Observations and data collection during initiatives Quarterly Reporting	ALL AGENCIES – (Ongoing) Quarterly Reporting July 2018 to June 2019 Scale: Low 100% completed	<p>Collaborated with Seymour LAN group to organise, promote and attend the 2018 NAIDOC march, and held a healthy eating and oral health information stall engaging with 120 people and distributing 70 health packs to children in Seymour.</p> <p>Attended the Mitchell Shire Reconciliation week morning tea and launch of their Acknowledging our traditional owners resource guide.</p> <p>Partnered with:</p> <ul style="list-style-type: none"> 1 Diversity worker to implement 1 healthy cooking night at Nexus LGBTI social group attended by 4 people. 1 Rural Access Worker to commence planning for All Abilities Healthy Eating Cooking Classes at 1 Neighbourhood House, and attended and provided support at 2 All Abilities days at Alexandra Secondary College reaching approx 60 students/day. 1 Student Wellbeing officer at 1 flexible Learning Centre to deliver future healthy eating and physical activity initiatives (planning stages only).

Reflection and Improvement	
Question	Answer
Goal Statement/Priority Area	Lower Hume communities support healthy eating and physical activity/Healthy Eating and Active Living
What went well? Why?	<ul style="list-style-type: none"> Team approach to planning and implementation of RESPOND - sharing of load and expertise, particularly given part-time nature of the workforce, management support enabled cross catchment area operations (cross border/shared approach) and workers were supported to do the work in most cases. Collaborative members used their networks and local community knowledge to effectively engage diverse range of community members in the RESPOND project. Collaborative has strong partnership commitment and skills for collaborative action, including communication via formal and informal channels, openness, acknowledgement and supportive. Diverse skills within the Collaborative and strong focus and commitment to building capacity in systems work Deakin support for RESPOND workshops Shared document access using online communication platforms - SLACK and Google docs Strengthened relationships within Collaborative and within Murrindindi Shire working on RESPOND together Positive response to RESPOND work (both in monitoring support and community feedback) to date because of a strong and committed Collaborative team
What did not go well? Why?	<ul style="list-style-type: none"> Amount of work for RESPOND was higher than expected (e.g. monitoring, planning etc.) and emails/meetings/training was sometimes difficult to keep up, leaving less time for other initiatives/sharing or hearing from partners not involved in RESPOND (or from the Step 2 catchment areas). Working with and understanding systems work (the RESPOND project in particular) increased the complexities and demand on staff prevention hours. It is a new approach to prevention for senior management to take on board and provides the opportunity to better support staff. Sometimes clarity of roles, responsibilities and expectations were unclear therefore lack of understanding/clarity or action meant there was duplication, tasks not done or miscommunication internally or externally. Working in Collaboration takes time and can create uncertainty, with many people to consult and get agreement with (but better outcomes in the long run). Introducing new tools and finding best way to use them, and who should be using them and when – there were guidelines/protocols created but need to be revised as per review. Differences in resourcing (part-time) and organisational priorities sometimes impacted on timeliness of work and outcomes or reduced input from some organisations. Funded versus non-funded partners can cause confusion of what they should or shouldn't be doing Time management for meetings and travel times
Are there any contextual changes impacting this goal?	<ul style="list-style-type: none"> A difference in resourcing, part-time staff and organisational priorities impacts the goal. Small population density of Murrindindi Shire contributed to smaller numbers engaged in RESPOND compared with other pilot areas like Shepparton. Powerful corporations with lots of money influencing marketing, policy, pricing etc. Government inaction
What is the status of this work for next year?	RESPOND Project is continuing for 5 years, with all LHPCP member agencies committed to this project
Are there any plans to scale up work or to plan for sustainability of the work?	We will continually work with Deakin and other areas that have trialled this work to share learnings, outcomes and processes.
What should be done differently?	<ul style="list-style-type: none"> Continue to focus more on equity and do more work around evaluation process Celebrate the small wins more, disseminating the stories more broadly