



Southwest PCP

YOUR PRIMARY CARE PARTNERSHIP



2018-2019

PHYSICAL HEALTH

PARTNERSHIP NETWORK
IMPACT REPORT

Vision: *People across the south west are healthy, well and connected to their communities.*

Goal: *South West communities are recognised as being **physically healthy**.*

WELCOME

//Executive Summary

A partnership formed between the Corangamite Shire, Terang and Mortlake Health Service (TMHS) and South West Healthcare (SWH) to support the implementation of the Victorian Achievement Program.

In 2018-19, there have been 32 new benchmarks achieved in key settings. It takes approximately two years to achieve a whole of organisation benchmark. This requires leaders in these organisations to implement a whole of organisation; policy, activities, events, curriculum and social marketing related to achieving the benchmark.

TMHS and SWH Health Promotion Officers (HPO's) engaged the cluster-managed kindergartens, Mobile Child Care and 12 Family Day Care sites across Corangamite to start their Achievement Program journey.

A major barrier for some of the rurally located settings was internet access. The HPO's collaborated closely with the Program Support Officer at the Achievement Program to develop an offline model to allow all settings to participate.

As recognition for their previous work in Smiles4Miles and SunSmart, HPO's have supported all kindergartens and Mobile Child Care to gain 'advanced standing' for the Healthy Eating & Oral Health and Sun Protection benchmarks.

Together these partners have built community leadership within targeted key settings to become community champions themselves and to generate sustainable action into the future.

Also, this year the Corangamite Health Collaborative and Deakin

Globe project staff facilitated four community group model-building sessions in 2018-19. These forums helped define causative factors effecting community's health eating and active living behaviour from which community actions were defined and implemented.

In Moyne Shire, the Moyne Shire Council, Deakin Globe and SWPCP staff joined forces to co-facilitate community forums. A key strategy this year has been to build relationships between community leaders to create a cascading effect of community defined action; which is still in its infancy and takes time. SWPCP Population Coordinator also strategically engaged the Leadership Great South Coast (GSC) Group and South West Sport to work with staff to mobilise community leaders to create healthy lifestyle strategies.

As an example, Kate Haberfield a leadership graduate participated in a health forum that Lynda Smith (SWPCP's Population Health Coordinator) facilitated. Kate's project group created a weekend of community events called The Couch to Coast held in Killarney in November 2018.

Kate and other members of Leadership GSC partnered with the Warrnambool Tri Club to enable; 36 women to participate in Women's Come-n-Tri event and 40 women participated in the "Splash-n-dash" event.

Since this initial event, Kate and the Warrnambool Tri Club decided to run the Couch to Coast event again this year, and Saputo (the world's largest milk processor) have come on board as a sponsor.

Kate reflected on how Lynda gave her insights into how the Tri Club' events could cater for those coming from a very low physical activity base and or couldn't afford the cost. Therefore, opening it up a little further to those who want to be active and social, but who are somewhat horrified by a triathlon.

Kate described how Lynda also touched on 'partnerships' and identified the importance of overlaps and 'win wins'. This certainly played out with partnering with VicHealth who provided a \$5,000 grant as part of the ThisGirlCan initiative. Kate identified that the messaging and branding of ThisGirlCan also helped them broaden their reach into community. Kate also used funding to upskill coaches and used remaining funds towards new water safety rescue boards to support social swim sessions.

The results on page 1 and examples provided above highlight the fantastic value and skill of our collective health promotion and community development staff in SWPCP's catchment. Most don't deliver direct activity themselves but are tertiary qualified to build community; skills, knowledge, leadership and resources, which creates a much larger community impact than they could ever achieve by delivering the strategies themselves.

OVERALL RESULTS

	JUNE 2016	JUNE 2019	CHANGE 2016-19
 N° of people involved in strategies across key settings	20,775	34,636	13,861 ↑
 N° of organisations / clubs / community initiatives participating in partnership strategies	183	247	64 ↑
 N° of approved physical health related policies	166	258	92 ↑
 N° of organisations registered (R), Active (A) with Victorian Achievement Program (VAP)	68 R, 0 A	78R, 46A	10R, 46A ↑
 N° of VAP benchmarks awarded: E=Early years, S =Schools, W= Workplaces	1EY, 1S, 1W	25 EY, 5S, 5W	24EY, 4S, 4W ↑
 N° of organisations who achieved S4M registered (R) accreditation (A)	37	19 R, 35A	17 R ↑
 N° of canteen menus assessed (A) or approved (AP) by Healthy Eating Advisory Service	14 A, 0 AP	21 A, 5 AP	5 AP ↑

ACHIEVEMENTS 2018-19



EARLY YEARS

EARLY YEARS SETTING IMPACTS

SMILES 4 MILES,
VAP, ED GYM

- 82 new or revised physical health related policies
- 54 organisations registered for S4M (2-year process)
- 27 Early Years settings active in the VAP
- 25 Benchmarks achieved
- 3 menu approved by Vic Healthy Eating Advisory Service
- 27 active health & wellbeing action groups
- 4 healthy eating sessions delivered 58 participants
- 1979 toothbrushes distributed
- 17 water promoting sessions to 458 children Wannan Water
- 458 water bottles

MEMBER ENGAGEMENT OF EARLY YEARS SERVICES

89% OF CATCHMENT
EARLY YEARS SERVICES
ARE SUPPORTED (71/80)
2328 CHILDREN

- Southwest Healthcare (SWH) supporting 42 early years (EY) services
- 963 free teeth checks (53 EYS)
- Terang & Mortlake Health Service (TMHS) supporting 11 EYS
- Corangamite Shire Council (CSC) supporting 29 EYS
- CSC 1034 participants at Ed Gym sessions.
- Warrnambool City Council (WCC) supporting 10 EYS to deliver Stephanie's Kitchen Garden program
- Moyne Health Service (MHS) supporting 3 EYS
- Timboon & District Health Services (TDHS) supporting 2 EYS



SCHOOLS

SCHOOL SETTING IMPACTS

VICTORIAN ACHIEVEMENT
PROGRAM (VAP), WALK
TO SCHOOL PROGRAMS,
HEART MOVES

- 7 new or revised physical health related policies
- 80 water bottles provided
- 13 schools active in the VAP
- 5 Benchmarks achieved
- 27 physical activity sessions delivered 2813 participants
- 1 healthy eating activity sessions delivered 15 participants
- 2 menus approved by Vic Healthy Eating Advisory Service

MEMBER AGENCY ENGAGEMENT OF SCHOOLS

58% OF CATCHMENT
PRIMARY SCHOOLS ARE
SUPPORTED (25/43)
8984 STUDENTS

- SWH supporting 5 schools
- TMHS supporting 7 schools
- TDHS supporting 4 schools
- WCC supporting 10 "Healthy Moves" schools & 3 Stephanie's Kitchen Garden programs
- CSC supporting 12 schools
- MHS supporting 4 schools
- 219 free teeth checks (3 schools)

*Green text indicates activity not funded through DHHS health promotion but important partnership activity of the networks.
NB. Some member agencies work together to support a single organisation and therefore engagement data will not always match total organisations*

ACHIEVEMENTS 2018-19



WORKPLACES

WORKPLACE IMPACTS

VAP, WALK THE BLOCK,
ACTIVE APRIL, HEALTHY
EATING

- 3 policies implemented
- 2 menus assessed by Vic Healthy Eating Advisory Service
- 6 workplaces Active in the VAP
- 5 Benchmarks approved
- 4 healthy eating sessions delivered 89 participants
- 1 physical activity session delivered 15 participants
- SWH Ride to Work – 32 staff

MEMBER AGENCY ENGAGEMENT OF WORKPLACES

40 WORKPLACES
SUPPORTED,
3116 PEOPLE

- SWH supporting 3 workplaces with VAP, engaging 2000 staff
- TMHS supporting 3 workplaces with VAP
- CSC supporting 1 workplace with VAP
- WCC supporting 1 workplace with VAP
- Wannon Water supporting 1 workplace with VAP
- 1 workplace actively self-supporting with VAP
- 30 workplaces participated in initiatives



COMMUNITY

COMMUNITY / CLUBS IMPACTS

THIS GIRL CAN, PARKRUN,
NEW CLUB SPORTS
ACTIVITIES, COMMUNITY
INITIATIVES

- 1,412 physical activity sessions, 4,239 participants
- Simpson Community Centre -Bare Foot Bowls, 47 people
- Social media:562 posts, reached:156,530, engaged: 8271
- SWH - Choices 4 Change Corangamite Deakin Globe: - 4 community forums, 13 actions delivered
- Moyne Shire Healthy Lifestyles Deakin WHO project: 5 community forums, involving 35 participants, created 4 community rich pictures

MEMBER AGENCY ENGAGEMENT OF COMMUNITY

113 COMMUNITY/ CLUBS
SUPPORTED,
25,903 PEOPLE

- MHS supports 4 community initiatives
- SWSPORT reported on 11 initiatives, 1830 participants
- WCC reported on 2 initiatives, 860 participants
- Rural Access reported on 4 initiatives, 140 participants

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The impacts outlined in this report are owned and delivered by the member agencies which includes contributions from:

