

South Coast Integrated Prevention Team Action Plan 2018 - 19

Forming Year 2 of the
South Coast Strategic Prevention Plan 2017 – 2021



Introduction

This plan sets out a collective agenda for improving health and wellbeing outcomes for the South Coast (South Gippsland and Bass Coast) community. It highlights the key areas of focus for the Prevention Team for the next 12 months. The team consist of the publicly funded Health Promotion workforce of Bass Coast Health, South Gippsland Hospital, Gippsland Southern Health Service and the South Coast PCP. The Prevention Team work across the sub-region using an outcomes focused framework and aligning all work with State-wide Policy direction including the DHHS Prevention Principles and Outcomes Framework. This work occurs across a large geographical area of Gippsland, using a place-based model for local community health needs and a systems approach for population wide (sub-regional) activities. Key to the delivery of this work is a platform of strong and effective partnerships. These partnerships span Health Services, Local Government, State Government, private practitioners and community-based organisations. Partners are actively engaged in the delivery of actions and were involved in the development of the South Coast Strategic Prevention Plan which provides strategic direction for this action plan. The plan is an evidence based, contemporary approach to prevention planning in an evolving health system.

The 2017-21 South Coast Strategic Prevention Plan identifies 3 key health priorities for Prevention efforts across the South Coast:

1. Preventing violence and injury
2. Improving sexual and reproductive health
3. Healthier eating and active living

The Goals of the 2017 - 21 plan are:

Goal 1 - The South Coast community promotes and supports respectful and safe relationships (Family Violence and Sexual and Reproductive Health)

Goal 2 - The South Coast community protects and promotes their health by eating healthy and integrating physical activity in their daily lives

In 2018/19, the South Coast Prevention team will focus on the following actions towards these goals:

1. Implement healthy eating strategies within the context of the Early Years Services, Schools and Workplace using the Achievement Program frameworks (priority area 3)
2. Expansion of the Smiles 4 Miles program across the South Coast (priority area 3)
3. Deliver a community social marketing project focused on reducing consumption of sugar sweetened beverages across the South Coast (priority area 3)
4. Support the delivery of prevention of Family Violence activities (priority area 1)
5. Support the delivery of and respond to opportunities to improve the sexual health of the South Coast Community (priority area 2)



Long Term Goal 1 - The South Coast Community promotes and supports respectful and safe relationships

Outcomes	IHPP 2017-21 Indicator	IHPP 2017-2021 Activity	2018/19 Deliverable
Increase individual's knowledge, skills and resources to promote equal and respectful relationships and prevention of family violence	Number of schools in South Coast who have developed an Action Plan aligned with the Respectful Relationships initiative	Build the capacity of early years services and schools to implement a health & wellbeing quality framework	Support the delivery of Respectful Relationship initiative in 15 partners schools across the South Coast (9 Primary School, 4 secondary schools & 2 specialist schools)
Workplaces recognise and value their role in supporting equal and respectful relationships and preventing family violence Improve workplace policies and procedures to support equal and respectful relationships and prevent family violence	Number of settings committed to gender equality Number of workplace policies focused on gender equality	Build the capacity of workplace settings to implement a health & wellbeing quality framework	Support the sub-regional Strengthening Hospital Response to Family Violence Project to implement prevention activities
Increase community care factor to prevent family violence		South Coast Partnership to Prevent Men's violence against Women (PMVAW) network maintained and strengthened	Support the delivery of activities in the South Coast Community, as identified by the SC PMVAW network
The South Coast community practices safe sexual relationships	Proportion of schools participating in the AP who have prioritised Sexual Health	Build the capacity of early years services and schools to implement a health & wellbeing quality framework	Support schools in the South Coast to achieve the Sexual Health Benchmark of the Achievement Program



	Proportion of school participating in AP that have achieved sexual health benchmark		
		Identify opportunities to align with the Gippsland Sexual and Reproductive Health Plan	Support the delivery of the following activities from the <i>Gippsland Sexual and Reproductive Health Action Plan</i> . 1.2.1 Continue to promote <u>condom vending machines</u> and safe & consensual sex through #areyoucovered campaign. 2.2.1 To promote the <u>Achievement Program</u> to schools including the sexual health and wellbeing priority area. 2.2.2 To promote the <u>Relationships and Sexual Health Grants to Schools</u>
		Gippsland Sexual and Reproductive Health Working Group Supported	Attendance and active contribution at network meetings
Increase availability of condoms in retail outlets and community venues	Number of Condoms sold in accessible condom vending machines across the South Coast	Install, expand and promote condom vending machines in community facilities	Continue to maintain condom vending machines , including data collection and reporting, across South Gippsland



Long Term Goal 2 -The South Coast Community Protects and promotes their health by eating healthily and integrating PA in their daily lives

Outcomes	IHPP 2017/21 Indicator	Activity	2018/19 Deliverables
Increase appeal of healthy foods	Proportion of schools and EYS that have prioritised Health Eating	Build the Capacity of Early Years Services and Schools to a health and wellbeing quality framework (Achievement Program)	Leverage off Smiles for Miles efforts to support Early Years Services to achieve <u>Achievement Program Healthy Eating Benchmark</u>
Increase knowledge of what is healthy food	Proportion of schools and EYS that have prioritised physical activity and movement		Support schools across the South Coast region to achieve the <u>Achievement Program Healthy Eating Benchmark</u>
Reduce availability and placement of sugar sweetened drinks	Proportion of schools and EYS that have achieved Health Eating benchmark		Support schools across the South Coast region to achieve the <u>Achievement Program Physical Activity Benchmark</u>
Increase availability and placement of non-sugary drinks	Proportion of schools and EYS that have achieved Physical Activity benchmark		
Increase participation in physical activity			
Increase enjoyment & appeal of physical activity			
Increase motivation to be physically active			
Decrease consumption of discretionary foods	Proportional change of healthy food items in lunch boxes pre and post Smiles 4 Miles lunch box audit Proportional change of healthy drinks in lunch boxes	Deliver Smiles for Miles and other oral health initiatives in Early Years Services	Continue to deliver <u>Smiles for Miles</u> Program with participating EYS and expand into new EYS Collaborate with partners to build capacity of parents and educators in EYS regarding <u>Oral Health/Healthy Eating knowledge</u>



	pre and post Smiles 4 Miles lunch box audit		Promote and facilitate usage of E Referral to services
<p>Increase affordability of healthy food</p> <p>Increase care factor and appeal of healthy foods</p> <p>Increase knowledge of what is healthy food</p> <p>Increase cost of discretionary</p>	<p>Proportion of targeted workplaces that have prioritised Health Eating</p> <p>Proportion targeted workplaces that have achieved Health Eating benchmark</p>	<p>Build the Capacity of Workplaces to a health and wellbeing quality framework (Achievement Program)</p>	<p>Continue to implement whole settings approach at 3 Health Services to progress toward achieving the Achievement Program Health Eating Benchmark (Compliance with Healthy Choices Guidelines for Health Services)</p>



<p>food</p> <p>Reduce availability and placement of sugar sweetened drinks</p> <p>Increase availability and placement of non-sugary drinks</p>	<p>Number of respondents who report a decrease in consumption of sugar-sweetened beverages per week</p>	<p>Promote the reduction of sugar sweetened drinks and increase water consumption in community settings</p>	<p>Develop and implement a collaborative community based social marketing project across the South Coast targeting male teenagers</p>
	<p>Number of respondents who report a decrease in consumption of sugar-sweetened beverages per month</p>		
	<p>Number of respondents who report consuming more water per day</p>		<p>Implement workplace-based initiatives to support the reduction of SSB consumption and increase tap water consumption within Health Care workers across the South Coast</p>
	<p>Reach = number of reactions across all members social media platforms. Views, likes, shares & comments on Facebook</p>	<p>Implement social media campaign to promote the reduction of sugar sweetened drinks & increase water consumption</p>	<p>Deliver 2 social media campaigns (Siptember and Summer Sippers) in collaboration with South Coast Water Partnership, focused on reducing SSB consumption and increasing water consumption</p>



<p>Decrease consumption of discretionary foods</p> <p>Increase affordability of healthy food</p> <p>Increase care factor and appeal of healthy foods</p> <p>Increase knowledge of what is healthy food</p> <p>Increase cost of discretionary food</p> <p>Reduce availability and placement of sugar sweetened drinks</p> <p>Increase availability and placement of non-sugary drinks</p>	<p>Number/proportion of red, amber, green menu options available at pilot sites</p> <p>% of customers surveyed who purchased a green option</p> <p>Retailer changes in attitude and behaviour to promote healthy choices</p>	<p>Build the capacity of selected food retail outlets to promote healthy menu options</p>	<p>Continue to support 5 pilot food businesses to expand their involvement in the <u>Making the Healthy Choice the Easy Choice Project.</u></p> <p><u>Expand Making the Healthy Choice the Easy Choice</u> into 25 new food businesses across the South Coast</p>
<p>Partnership & Capacity Building</p>		<p>South Coast Water Partnership network maintained and strengthened</p>	<p>Lead the <u>South Coast Water Partnership</u> and support its partners to the deliver activities in the South Coast Community</p>



3. Application of the Achievement Program Framework

Outcomes	IHPP 2017-21 Indicator	IHPP 2017-2021 Activity	2018/19 Deliverable
<p>Increase care factor and motivation to be physically active at work</p> <p>Improve knowledge of the importance of being physically active at work</p> <p>Improve opportunity to move in the workplace</p>	<p>Proportion of workplaces participating in the Achievement Program who have prioritised:</p> <ul style="list-style-type: none"> • Tobacco • Alcohol and other drugs • Mental health • Physical Activity <p>Proportion of workplaces participating in the Achievement Program who have achieved Benchmark for:</p> <ul style="list-style-type: none"> • Tobacco • Alcohol and other drugs • Mental health • Physical Activity 	<p>Build the Capacity of Workplaces to a health and wellbeing quality framework (Achievement Program)</p>	<p>Support implementation of Totally Smoke Free Action Plan at BCH and GSHS</p> <p>Progress implementation of whole of workplace approach (Achievement Program)to:</p> <ul style="list-style-type: none"> • Tobacco • Alcohol and Other Drugs • Mental health • Physical Activity



	<p>Proportion of schools and early childhood settings participating in the Achievement Program who have prioritised:</p> <ul style="list-style-type: none"> • Mental Health • Sun Protection • Tobacco and/or • Safe environment 	<p>Build the capacity of early years services and schools to implement a health & wellbeing quality framework</p>	<p>Support early year's services and schools to engage in achievement program benchmarks</p>
--	--	---	---

