

Grampians Pyrenees Integrated Prevention Plan 2017-2021



A shared plan across the Grampians Pyrenees catchment

Beaufort and Skipton Health Service
East Grampians Health Service
East Wimmera Health Service
Grampians Community Health

Grampians Pyrenees Primary Care Partnership
Maryborough District Health Service
Stawell Regional Health

Strategic Statement

The Integrated Health Promotion and Prevention Network is comprised of health promotion funded organisations from across the Grampians Pyrenees catchment.

This network has worked together to develop a shared strategic plan which will be implemented and reported on collaboratively over the next four years (2017-2021). This plan is accompanied by a Partnership Agreement document which outlines the roles and responsibilities of each member and their organisation throughout the four year cycle.

The purpose of this shared plan is to reduce the prevalence of chronic disease risk factors and increase health and wellbeing outcomes for all across the Grampians Pyrenees catchment.

The determined priority areas of **healthy eating and active living** and **improving mental health** have been selected based on community and stakeholder consultation as well as local data and areas of need. These priority areas originated from the 2015-2019 Victorian health and wellbeing priorities of healthy eating and active living and improving mental health¹.

The development of this plan has been informed by and is aligned to local Municipal Health and Wellbeing and Council Plans², the Victorian Public Health and Wellbeing Plan 2015 – 2019 and Victorian Public Health and Wellbeing Outcomes Framework³.

This plan will be reviewed against the agreed measures in the lead up to subsequent planning cycles.

¹ Victorian Public Health and Wellbeing Plan², State of Victoria, Department of Health, and Human Services, Sept 2015. ² Northern Grampians Shire Municipal Health and Wellbeing Plan 2017-21, Ararat Rural City Council Plan 2017-21 and Pyrenees Shire Healthy and Well Plan 2017-21

³ Victorian Public Health and Wellbeing Outcomes Framework, State of Victoria, Department of Health and Human Services October, 2016.

Consultation and Planning Process

Through consultation and involvement with members, local Government partners and prevention officers across the catchment the Grampians Pyrenees Primary Care Partnership has developed and implemented a comprehensive integrated planning process for prevention.

This process aimed to integrate planning processes where appropriate, reduce duplication and ensure that community and stakeholder consultation efforts were coordinated and streamlined. These consultation processes were driven from the bottom up and ensure member and community voices were heard and considered from the outset. In turn, this consultation has directly informed the development of the planning processes and planning outcomes.

Key Events, Consultations and Planning

Community Engagement

- Facilitated group discussions at each Neighbourhood House across the catchment
- Stall, display and conversations at key selected events across the catchment
- Your Health Your Say web based campaign with 'OurSay'
- Your Health Your Say surveys distributed to community locations across the Northern Grampians Shire

Stakeholder Engagement

- Web based campaign "Big Ideas Storm" with 'OurSay' platform
- Established/continued Local Government area based Municipal Public Health and Wellbeing Planning groups to link Integrated Prevention Planning with Municipal Health and Wellbeing and Council Planning processes
- Local Government area based workshops x 5 (targeted stakeholders and community)

Municipal Health and Wellbeing Plan/Council Plan development and Integrated Prevention Planning

- Healthy Eating and Active Living Think Tank workshop (facilitated by Deakin University using systems thinking Stick-E tool)
- Improving Mental Wellbeing Think Tank workshop (facilitated by Deakin University using systems thinking Stick-E tool)

All partners in this shared plan agree to:

- Collaborate with key organisations and stakeholders to create environments that support healthier choices for all
- Implement agreed strategies and actions detailed in the Grampians Pyrenees Integrated Prevention Plan 2017-21 and joint annual action plans
- Enable action to achieve improved population level health outcomes for the Grampians Pyrenees catchment
- Undertake lead roles on specific strategies and actions as agreed upon in joint annual action plans

Priority 1: Healthy Eating and Active Living

Active Living means incorporating physical activity into daily life. An active living lifestyle incorporates non-traditional opportunities for activity, such as taking the stairs instead of the elevator, gardening, or playing with children as well as participating in more traditional forms of physical activity, such as walking, exercise classes and sports. Active living is about creating healthy communities that have safe and convenient choices for people to walk, ride and be physically active on a daily basis (Active Living Coalition, 2010).

Why encourage healthier eating and active living?

- Over 90% of survey respondents across the Grampians Pyrenees region did not meet the national vegetable consumption guidelines in 2014 ⁴
- More residents in the Ararat Rural City (14%), Northern Grampians Shire (17.9%) and Pyrenees Shire (12.5%) consumed sugar sweetened beverages than the Victorian average (11.2%) ⁴
- Ararat Rural City (22.3%) and Pyrenees Shire (30.1 %) residents have a higher proportion of people that are obese (BMI \geq 30kg/m²) than the Victorian average(18.8%)⁴
- Residents in Ararat Rural City (50.3%), Northern Grampians Shire (56.2%) and Pyrenees Shire (46.4%) did not do a sufficient amount of physical activity ⁵
- At the Ararat Your Health Your Say workshop, March 2017, key stakeholders and community members voted in favour of healthy eating and active living as one of their main priority areas to focus on with 38.6% of the vote ⁶
- At the Pyrenees Shire Your Health Your Say workshop, key stakeholders and community members voted in favour of healthy eating and active living as one of their main priorities with 40.6% of the vote ⁷
- At the St Arnaud Your Health Your Say workshop, key stakeholders and community members voted in favour of healthy eating and active living as a priority with 59% of the vote ⁸
- Stawell results At the Stawell Your Health Your Say workshop, key stakeholders and community members voted in favour of healthy eating and active living as a priority with 33.3% of the vote ⁹

⁴ 2014 Victorian population health survey results modifiable risk factors contributing to chronic disease Grampians Region Summary, compiled 2016

⁵ GPPCP Health and Wellbeing Snapshots (LGA based), Feb 2017

⁶ GPPCP Your Health Your Say Ararat Community Workshop Report, March 2017

⁷ GPPCP Your Health Your Say Pyrenees Community Workshop Report, March 2017

⁸ GPPCP Your Health Your Say St Arnaud Workshop Report, March 2017

⁹ GPPCP Your Health Your Say Stawell Workshop Report, March 2017

Goal: Communities are active and eat healthy food

Objective 1: Activate new and existing places and spaces to encourage active living and healthy eating

| Strategies | Partners |
|--|---|
| 1.1 Advocate for and support the development of accessible spaces that enable healthy eating and active living | Stawell Regional Health, East Wimmera Health Service, Grampians Community Health, Grampians Pyrenees Primary Care Partnership, East Grampians Health Service, Maryborough District Health Service |
| 1.2 Make drinking fountains and taps freely available and visible in public spaces and events | Stawell Regional Health, East Wimmera Health Service, Grampians Community Health, Grampians Pyrenees Primary Care Partnership, East Grampians Health Service, Maryborough District Health Service |
| 1.3 Advocate for and support the development of active transport options | East Grampians Health Service, Grampians Community Health, Stawell Regional Health, East Wimmera Health Service |

Objective 2: Create diverse healthy eating and active living opportunities

| Strategies | Partners |
|---|---|
| 2.1 Work with local stakeholders to develop skills and improve access to affordable, nutritious, reliable and culturally appropriate food | Stawell Regional Health, East Grampians Health Service, East Wimmera Health Service, Grampians Pyrenees Primary Care Partnership, Grampians Community Health |
| 2.2 Promote consistent messages and education about healthy eating, healthy beverage choices and active living | Stawell Regional Health, East Wimmera Health Service, Grampians Community Health, Grampians Pyrenees Primary Care Partnership, East Grampians Health Service, Maryborough District Health Service |
| 2.3 Work with stakeholders to develop affordable, inclusive and accessible opportunities for active living | Stawell Regional Health, Grampians Community Health, East Wimmera Health Service |

Objective 3: Promote supportive environments and policy for healthy eating and active living in all settings

| Strategies | Partners |
|--|---|
| 3.1 Work with stakeholders to develop or review policy to support healthy eating and active living | Stawell Regional Health, East Wimmera Health Service, Grampians Community Health, Grampians Pyrenees Primary Care Partnership, East Grampians Health Service, Maryborough District Health Service |
| 3.2 Work with stakeholders to develop environments to support healthy eating and active living | Grampians Pyrenees Primary Care Partnership, Stawell Regional Health, East Wimmera Health Service |

Measures:

These measures will be used to track long term progress at the end of the Grampians Pyrenees Integrated Prevention Plan cycle (2017-21)

| Healthy Eating Measures | Source |
|--|--|
| Proportion of adults, adolescents and children who consume sufficient fruit and vegetables | Victorian Public Health and Wellbeing Outcomes Framework |
| Proportion of adults, adolescents and children who consume sugar – sweetened beverages daily | Victorian Public Health and Wellbeing Outcomes Framework |
| Number of residents reporting food insecurity | Australian Health Survey |
| Daily water intake | Victorian Population Health Survey |
| Active Living Measures | Source |
| Proportion of adults, adolescents and children who are sufficiently physically active | Victorian Public Health and Wellbeing Outcomes Framework |
| Proportion of journeys that use active transport | Victorian Public Health and Wellbeing Outcomes Framework |
| Proportion of people participating in organised sport | Victorian Public Health and Wellbeing Outcomes Framework |
| Proportion of adults sitting for seven or more hours on an average weekday | Victorian Public Health and Wellbeing Outcomes Framework |

Priority 2: Improving Mental Health

This plan recognises the importance healthy eating and active living has on mental health and wellbeing and that the healthy eating and active living strategies can also help assist in improving mental health.

Why improve mental health?

- In Ararat Rural City Between 2009-2013 the rate of avoidable deaths from suicide & self-inflicted injuries was **more than twice** the Victorian estimate ⁹
- In 2014, **19%** of respondents in Northern Grampians Shire had high or very high levels of psychological distress (Vic 12.6%) ¹⁰
- In 2014, 33.1% of Northern Grampians Shire residents had been diagnosed with depression or anxiety (Vic 24.2%) ¹¹
- In 2014, 30.3% of Pyrenees Shire residents had been diagnosed with depression or anxiety (Vic 24.2%) ¹¹
- At the Ararat Your Health Your Say workshop, March 2017, key stakeholders and community members voted in favour of mental health as one of their main priority areas with 44.9% of the vote ¹²
- At the Pyrenees Your Health Your Say workshop, key stakeholders and community members voted in favour of improving mental health as one of their main priorities with 21% of the vote. Prevention of violence and injury collated 27.3% of the vote. It was decided at the workshop for the focus to be on improving mental health as this in turn, can assist with preventing violence and injury ¹²
- At the St Arnaud Your Health Your Say workshop, key stakeholders and community members voted in favour of improving mental health as a priority with 41% of the vote ¹²
- At the Stawell Your Health Your Say workshop, key stakeholders and community members voted in favour of improving mental health as a priority with 42.4% of the vote. This workshop also had Prevention of Violence and Injury as a third priority with 24.3% of the vote. The Northern Grampians Shire Prevention Working Group was in favour of including this as an extra priority in their Municipal Health and Wellbeing Plan 2017-21 ¹²

⁹ Grampians Pyrenees Primary Care Partnership Population Health Profile, 2016

¹⁰ Victorian Population Health Survey, 2014 – Modifiable Behaviors Report

¹¹ Victorian Population Health Survey, 2014– Wellbeing & Chronic Conditions Report

¹² GPPCP Your Health Your Say Community Workshop Reports

Goal: Communities are inclusive, connected, and resilient and have increased mental wellbeing

Objective 4: Create opportunities for social connection that welcome diversity

| Strategies | Partners |
|--|--|
| 4.1 Promote and support opportunities to connect | Grampians Community Health, Grampians Pyrenees Primary Care Partnership, East Wimmera Health Service |

Objective 5: Develop and support opportunities for people of all ages to increase their mental wellbeing

| Strategies | Partners |
|--|--|
| 5.1 Support and influence strategies focusing on key life transition points | Stawell Regional Health |
| 5.2 Work with local stakeholders to support and promote volunteering opportunities | Grampians Community Health, Stawell Regional Health, East Wimmera Health Service |
| 5.3 Promote consistent messages about mental wellbeing | Beaufort and Skipton Health Service, Stawell Regional Health, East Wimmera Health Service, Grampians Community Health, Grampians Pyrenees Primary Care Partnership, East Grampians Health Service, Maryborough District Health Service |
| 5.4 Build health literacy skills and resources | Beaufort and Skipton Health Service, Stawell Regional Health |

Objective 6: Promote supportive environments and policy for mental health in all settings

| Strategies | Partners |
|---|---|
| 6.1 Work with stakeholders to develop and review policy to support mental wellbeing | Stawell Regional Health, East Grampians Health Service, Grampians Community Health, Grampians Pyrenees Primary Care Partnership |

Measures:

These measures will be used to track long term progress at the end of the Grampians Pyrenees Integrated Prevention Plan cycle (2017-21)

| Measures | Source |
|---|---|
| Proportion of adults who belonged to an organised group | Victorian Public Health and Wellbeing Outcomes Framework |
| Proportion of adults who attended a community event in last 12 months | Victorian Population Health Survey - Social Capital Report 2012 |
| Level of resilience | VicHealth Indicators Survey, 2015 |
| Life satisfaction of adults and adolescents | Victorian Public Health and Wellbeing Outcomes Framework |
| Proportion of adults who feel valued by society | Victorian Public Health and Wellbeing Outcomes Framework |

Priority 3: Capacity Building

Why build capacity?

The idea of capacity building stems from the recognition that strategies can be more effective and sustainable if the effort extends beyond traditional health sector boundaries.¹⁶

By working across sectors, there is potential to build individual skills, strengthen community action, and empower organisations to promote sustainable health behaviours and support healthy environments.

The role of health promotion and prevention workers incorporates building capacity and capabilities of internal and external organisations, developing leadership opportunities and strengthening partnerships.

'Capacity building incorporates advocacy and relies on partnerships'.¹⁷

Objective 7: Improve partnerships and shared knowledge and build capacity and leadership

| Strategies | Partners |
|--|--|
| 7.1 Improve partnership opportunities | Beaufort and Skipton Health Service, Stawell Regional Health, East Wimmera Health Service, Grampians Community Health, Grampians Pyrenees Primary Care Partnership, East Grampians Health Service, Maryborough District Health Service |
| 7.2 Provide opportunities for leadership | Beaufort and Skipton Health Service, Stawell Regional Health, East Wimmera Health Service, Grampians Community Health, Grampians Pyrenees Primary Care Partnership, East Grampians Health Service, Maryborough District Health Service |
| 7.3 Improve organisational and workforce development | Beaufort and Skipton Health Service, Stawell Regional Health, East Wimmera Health Service, Grampians Community Health, Grampians Pyrenees Primary Care Partnership, East Grampians Health Service, Maryborough District Health Service |

¹⁶ VicHealth, Capacity Building for Health Promotion, 2012

¹⁷ VicHealth, The Partnerships Analysis tool, 2011

Grampians Pyrenees Primary Care Partnership would like to acknowledge all member agencies, key stakeholders and broader partners for their contribution and guidance into the production of this plan. In particular, we would like to thank the Integrated Health Promotion and Prevention Network, Ged Dibley (PDF Management Services), Rosie Thomas (Department of Health and Human Services), Central Highlands Primary Care Partnership and Wimmera Primary Care Partnership.



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