Golden Plains Shire Council

Integrated Health Promotion Planning in Local Government

Rebecca Hickey
Team Leader of Health and Wellbeing
Where is Golden Plains Shire?

16 townships

56 communities

88% of land in rural zones
Characteristics of Golden Plains Shire

- 64% travel out of the Shire for work
- 41.2% of residents volunteer
- 57.1% of adults not eating enough fruit and vegetables
- Only 2.4% of population near to public transport
- 14.2% participating in physical activity organised by a sports club
Time to plan differently

- Complicated funding boundaries
- Gaps in current service delivery
- Health and community service mapping

DHHS Integrated Health Promotion Funds
Planning Hierarchy

Council Plan 2017 - 2021

Municipal Public Health and Wellbeing Action Plan 2017-2021

1. Healthy eating and active living
   - Increase healthy eating and access to affordable, nutritious food
   - Increase participation in physical activity

2. Access to local health and community services
   - Improve access to a range of relevant, quality health and community services for all our communities

3. Healthy and sustainable environments
   - Improve access to safe and universally designed built environments including community facilities and spaces, open spaces and places for active recreation
   - Preserve the natural environment and ensure our community is resilient and responsive to the challenges of climate change and emergency management

4. Connected communities
   - Increase support for our community groups to provide opportunities for social connection
   - Provide opportunities for community members to increase their participation in the decisions that shape their health and wellbeing
   - Increase access to affordable and sustainable transport options for our communities
   - Support positive mental health and wellbeing for our community members
   - Improve connections to local education, training and work opportunities

5. Family violence and gender equity
   - Ensure an integrated response to support those experiencing family violence
   - Proactively address gender equity issues in our organisation and our community
   - Council will support and encourage and act on the Communities of Respect and Equality Alliance (CARE) plan to prevent violence against women.

Integrated Health Promotion Plan 2017 - 2021


Priority 1: Healthy Eating and Active Living

[Table and text related to the Integrated Health Promotion Plan's Priority 1: Healthy Eating and Active Living]
Health and Wellbeing Priorities
Golden Plains Shire Council – Council Plan 2017-2021

1. Healthy eating and active living
2. Access to local health and community services
3. Healthy and sustainable environments
4. Connected communities
5. Family violence and gender equity
What was our approach?

MHWBP
Identified next steps and made a commitment for organisations to collaborate.

Action Planning Forum
Identified existing actions and opportunities for new partnerships related to Council plan strategies, develop working groups to progress actions and develop shared measures.

Progressing the work
To progress work on specific actions following forum including the collection of relevant data for shared measures.

Monitoring and Evaluation Framework
Framework and supporting monitoring and evaluation tools developed.

Annual forums
To bring together those working on actions across all priorities to report back and share learnings.
Partner engagement

External partners
30 external organisations
• Community Health organisations
• Primary Care Partnerships
• State government
• Regional bodies
• Sport Assembly agencies
• Non-for-profit health services

Internal partners
15 internal Council Teams/Departments

400 actions across 5 priorities
HOW MANY ACTIONS IDENTIFIED UNDER EACH PRIORITY?

1. Healthy eating and active living: 91 actions
2. Access to local health and community services: 81 actions
3. Healthy and sustainable environments: 63 actions
4. Connected communities: 129 actions
5. Family violence and gender equity: 45 actions

Golden Plains Shire
Monitoring and Evaluation (M&E) Framework
Golden Plains Shire Municipal Public Health and Wellbeing Plan 2017-21

Golden Plains Shire Municipal Public Health and Wellbeing Plan (2017-21)

<table>
<thead>
<tr>
<th>Timeframe</th>
<th>Toolkit Resource</th>
<th>Link to Action Plan</th>
<th>Focus</th>
<th>Evaluation Steps</th>
<th>Monitoring</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medium term</td>
<td>Toolkit Resource 4: Intermediate Outcomes Evaluation Guiding Tool</td>
<td>Intermediate Outcome (Under development for 2019)</td>
<td>Impact Domains: Skills knowledge, Attitude, Behaviour, Costs, Environments</td>
<td>Step 4: What change has there been over the life of the Plan and/or targets been met?</td>
<td>Annual Review by Health and Wellbeing Team</td>
</tr>
<tr>
<td>Long term</td>
<td>Toolkit Resource 5: End of Program Outcomes Strategic Indicators</td>
<td>End of Program Outcomes</td>
<td>Baseline data &amp; Targets</td>
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## Golden Plains Shire, Children Services

### Activities Summary

<table>
<thead>
<tr>
<th>Priority</th>
<th>Area</th>
<th>Activities</th>
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</thead>
<tbody>
<tr>
<td>Healthy Eating and Active Living</td>
<td>1. Healthy Eating and Active Living</td>
<td>1.1.3 Implement/Advertise Program - Healthy eating equipment in kindergarten settings (BCH, Hesse, GPS/CSC) 1.2.1 Deliver Energy Program (EM, GPS/CSC) 1.3.3 Support children's services across the shire to implement menus based on Nutritional Guidelines and healthy living in early years, family, rental programs (GPS/CSC) 1.3.4 Deliver in school programs (GPS/CSC) 1.3.6 Identify and support the development of support programs that build capacity of community to make healthy food choices (BCH, GPS/CSC, OSA/SCC, Hesse, LA) 1.3.9 Support local active travel initiatives to be delivered using sustainable models and encourage walking across the flagship (GPS/CSC, Hesse, LA, GPS/CSC)</td>
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<tr>
<td>Access to Local Health and Community Services</td>
<td>2. Access to Local Health and Community Services</td>
<td>2.1.2 Develop and implement strategies plans including Health and Early Years Plan 2014-2016 and beyond Strategic Improvement Planning for Early Years Managed Services (Kindergarten) 2017-18 Individual Service Quality Improvement Plans (GPS/CSC) 2.1.3 Investigate supply/deliver family and relationship strengthening services (CC, BCH, GPS/CSC) 2.1.4 Delivery of integrated Services that focus on early interventions and co locations of service providers to enhance cooperation and accountability for community (GPS/CSC, GPSCC, OSA/SCC, BCH, SC, LA) 2.2.2 Develop programs for inter-schools and primary aged children in partnership with a range of services, which are not appropriately funded and meet the health social needs of the child (GPS/CSC, SCC, ORC) 2.2.3 Council Children's Services programs with community/faith leaders to connect with people of all abilities, including people living with disability, families with children and special needs and early childhood services (GPS/CSC) 2.2.4 Council Children's Services work with providers such as FIDA and PATH to actively participate in Regional Early Years partnerships and services partnerships (GET, DHR, MAV and LGA networks) (GPS/CSC)</td>
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<tr>
<td>Healthy and Sustainable Environments</td>
<td>3. Healthy and Sustainable Environments</td>
<td>3.2.2 Identify opportunities to share and engage in arts and community projects and/or community space (GPS/CSC) 3.2.3 Delivery of BID/ack program encouraging purchase of recycled items into community parks/gardens (GPS/CSC) 3.2.4 Provide projects/policies including recycling, worm farm, water tanks, intellectual teaching, illustrating care of the environment early childhood centres (GPS/CSC) 3.5 Early Years staff participate in Multicultural Reconciliation and recovery including training impacts of trauma for early and preschool children and families (GPS/CSC)</td>
</tr>
<tr>
<td>Connected Communities</td>
<td>4. Connected Communities</td>
<td>4.1.2 Provide support for planning and delivery of community projects and programs (GPS/CSC) 4.2.3 Support and expand community programs and services to Council 85+ programs (GPS/CSC) 4.3.2 Develop Community Enterprise Programs within Council 85+ program 4.3.3 Advocate for and lead against homelessness in the Golden Plains Shire (GPS/CSC)</td>
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<tr>
<td>Family Violence and Gender Equity</td>
<td>5. Family Violence and Gender Equity</td>
<td>5.2.1 Address violence and support for children and their families as part of the Early Years planning (GPS/CSC) 5.2.2 Provide Early years staff with training in multiagency strategies for Early Years planning (GPS/CSC, GPSCC) 5.2.4 Provide early years staff with training in multiagency strategies for Early Years planning (GPS/CSC)</td>
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Timelines

Who reports when:
1. The Health and Wellbeing Team (DHHS funded activities) – annually
2. Internal Council Health and Wellbeing partners – years 2, 3 and 4
3. External Health and Wellbeing partners – Bi yearly (2 and 4)
Challenges

Our plan is fluid, dynamic and a work in progress!

However.......  
• Changing workforce in partner organisations.  
• Understanding and respecting each individual partner’s capacity to contribute.  
• Being mindful when working with partners outside the health sector of language used.  
• Working in partnership takes time.
Opportunities

• New partnership development.
• Implementation of actions at levels.
• Opportunities to consolidate effort and better use resources.
• Ongoing discussions with internal and external partners about their role in community health and wellbeing.
• Continue to refine and simplify plan.
Summary

• Our plan acknowledges and respects partners’ capacity and resourcing.

• Provides opportunities for new partnership development to respond to changing need.

• Recognises that Council is one part of the ‘system’ and that there are many contributors to our communities health and wellbeing.

• Aims to capture the contribution through a ‘user’ friendly monitoring and evaluation framework.
Rebecca Hickey
Golden Plains Shire
Health and Wellbeing Team Leader
rhickey@gplains.vic.gov.au