

PREVENTION IMPACT INDICATORS

FOR MUNICIPAL PUBLIC HEALTH & WELLBEING PLANNING

Ovens Murray and Goulburn – East Division
Victorian Department of Health and Human Services

PROJECT REPORT

Prepared by Clare Schultz, Prevention Co-ordinator
Central Hume Primary Care Partnership
December 2016



Acknowledgements

This project was funded by the Victorian Department of Health & Human Services East Division.

We wish to thank the following local government staff for their participation in the Project.

- Alpine Shire Council – Elaine Burridge (Manager Economic & Community Development)
- Benalla Rural City – Robert Barber (General Manager Corporate & Community) and Jane Archbold (Manager Community Development).
- Indigo Shire Council – Kate Biglin (Manager Community Development and Planning)
- Mansfield Shire Council – Melanie Hotton (Community Services Manager)
- Mitchell Shire Council – Jaala Freer (Health and Wellbeing Officer), Jo Wilson (Manager Community Strengthening) and Col Makin (Social Planner)
- Moira Shire Council – Kim Fitzgerald (Team Leader Community Services)
- Murrindindi Shire Council – Naomi McNamara (Manager Community Services)
- City of Greater Shepparton – Rosie Pellegrino (Municipal Health Project Officer) and Belinda Conna (Team Leader, Healthy Communities)
- Strathbogie Shire Council – Debra Ellis (Manager Community Development)
- Rural City of Wangaratta – Marcus Foster (Manager Community and Recreation)
- City of Wodonga – Claire Taylor (Manager Community Planning and Wellbeing) and Natalie Willis (Health Policy and Planning Coordinator)
- Towong Shire was invited to participate and provide input.

Our thanks also to the Primary Care Partnership staff and MIND Australia for their contributions.

- Central Hume Primary Care Partnership – Hannah Symes (Integrated Health Promotion & Prevention Coordinator) & Jenny Ashby (Executive Officer)
- Goulburn Valley Primary Care Partnership – Nicolle Dalle Nogare & Renata Spiller (Program Managers, Integrated Health Promotion)
- Lower Hume Primary Care Partnership – Lee Coller (Coordinator Health Promotion & Prevention) and Sandra Saxton (Executive Officer)
- Upper Hume Primary Care Partnership – Gabriella Tange (Project Coordinator Prevention) & Jenny Donnelly (Executive Officer)
- Department of Health & Human Services (East Division) – Sandy Geddis (Program Manager, Public Health and Wellbeing)
- MIND Australia – Adele Henwood (Acting Service Manager, Community Services Hume Goulburn Valley).

Executive Summary

Prevention Impact Indicators for Municipal Public Health & Wellbeing Planning

Resource developed by the Central Hume Primary Care Partnership

This project report was undertaken to identify prevention impact indicators for active living, healthy eating and improving mental health. The intent was to develop a resource that can be used in Municipal Public Health and Wellbeing planning across the Ovens Murray and Goulburn areas of the Department of Health & Human Services East Division. Utilising these impact indicators in local Municipal Public Health and Wellbeing planning demonstrates alignment with the Victorian Public Health & Wellbeing Plan and creates opportunities for shared measurement.

The Department of Health & Human Services (DHHS) East Division approached the Central Hume Primary Care Partnership to undertake this short term project (September to December 2016). The Ovens Murray and Goulburn areas includes 12 local government areas - Alpine Shire, Benalla Rural City, Indigo Shire, Mansfield Shire, Mitchell Shire, Moira Shire, Murrindindi Shire, City of Greater Shepparton, Strathbogie Shire, Towong Shire, Rural City of Wangaratta and the City of Wodonga.

The development of the impact indicators (and measures) involved desk based research and consultation with the local governments and four Primary Care Partnerships across the Ovens Murray and Goulburn areas. The Project also identifies existing local initiatives and resources for active living, healthy eating and improving mental health in local communities.

Utilising the three platforms (healthy & sustainable environments, place based approaches and person centred approaches) identified in the Victorian public health & wellbeing plan 2015–2019 ensures the structure and applicability of these Prevention Impact Indicators sit within the broader Victorian policy and planning framework for health and wellbeing.

The benefit of a planning resource such as this will be the opportunity for consistency and potential for collaboration across 12 local government areas with the application of common indicators for prevention in two of the six Victorian public health and wellbeing plan priorities.

Recommendations

It is recommended that:

1. The Prevention Impact Indicators work documented in this Project be promoted by Department of Health & Human Services (DHHS) East Division to all stakeholders (Local Governments and Primary Care Partnerships) involved in the development of this resource.
2. DHHS East Division work with Local Governments and Primary Care Partnerships to identify processes whereby this resource can be used in the development of the Municipal Public Health & Wellbeing Plans (early 2017) and Integrated Health Promotion and Prevention planning.
3. Once Municipal Public Health & Wellbeing Plans have been developed, the Local Government Health Planners Forum facilitate a discussion to identify common priorities and opportunities for shared measures across Ovens Murray and Goulburn – the rural part of DHHS East Division.

CONTENTS

	Page
Section 1: Background	1
1.1 Introduction	1
1.2 Aim & Methodology	1
1.3 Context	2
1.4 Definitions	3
1.5 Using the Impact Indicators for Municipal Public Health and Wellbeing Planning	3
Section 2: Impact Indicators	4
2.1 Active Living	4
2.2 Healthy eating	6
2.3 Improving Mental Health	9
Appendix 1. Targets and measures from the Victorian Public Health and Wellbeing Outcomes Framework	12
Appendix 2. Other relevant issues raised during consultations	14

SECTION 1 BACKGROUND

1.1 INTRODUCTION

The Victorian Department of Health & Human Services (DHHS) East Division funded Central Hume Primary Care Partnership to undertake this project over September- December 2016. The project brief was to research and identify prevention impact indicators for active living, healthy eating and improving mental health that could be used in the development of Municipal Public Health & Wellbeing Plans across the Ovens Murray and Goulburn areas. Using common impact indicators could support greater alignment with the Victorian Health & Wellbeing Plan 2015-2019 as well as provide opportunities for shared measurement across the rural part of the DHHS East Division. The Ovens Murray and Goulburn areas covers 12 Local Government Areas (LGAs):- Alpine Shire, Benalla Rural City, Indigo Shire, Mansfield Shire, Mitchell Shire, Moira Shire, Murrindindi Shire, City of Greater Shepparton, Strathbogie Shire, Towong Shire, Rural City of Wangaratta and the City of Wodonga.

The areas of active living, healthy eating and improving mental health were chosen as they are priorities in the Victorian Public Health & Wellbeing Plan 2015-2019 and prevention work has been undertaken in these areas within the four current Integrated Health Promotion Catchment Plans that cover the Ovens Murray and Goulburn areas. These plans operate at the Primary Care Partnership (PCP) catchment levels – Central Hume PCP, Goulburn Valley PCP, Lower Hume PCP and Upper Hume PCP.

1.2 PROJECT AIM & METHODOLOGY

Aim

To strengthen the alignment between the Victorian Public Health and Wellbeing Plan 2015-2019 and local approaches to preventive health and wellbeing through the development of a set of common impact indicators/measures focusing on active living, healthy eating and improving mental health.

Methodology

Desk based research was undertaken to develop draft impact indicators. These were used as a basis for discussion at site visits (one via telephone) to local governments in October and November 2016 with Council staff responsible for the Municipal Public Health & Wellbeing Plans. Feedback from those discussions was used to redraft the impact indicators and also develop possible measures that could support the use of the indicators. Further feedback was gathered from Council staff at the quarterly Local Government Health Planning Forum on Thursday 17th November 2016. The final draft document was then provided to the four PCP Executive Officers and Integrated Health Promotion/Prevention Coordinators for their feedback in early December 2016. The DHHS contact person for the project was asked to provide feedback on draft copies of the impact indicators document at various stages of the project.

The impact indicators have been developed with the following considerations:-

- Alignment with the following platforms in the Victorian Public Health & Wellbeing Plan 2015-2019: healthy & sustainable environments, place-based approaches and person centred approaches.
- Capacity and existing resources/initiatives/partnerships that can enable indicators to be implemented at a local level and across catchments.
- Opportunities to address inequalities to improve the health and wellbeing of communities.

1.3 CONTEXT

The Victorian Public Health and Wellbeing Plan 2015-2019 sets out the priorities and vision to improve the health and wellbeing of Victorians over the long term and identifies the overarching aim of the Plan to *'reduce inequalities in health and wellbeing'*. The Plan identifies that *'Individuals, families, the voluntary sector, the private sector, the education system and all levels of government share responsibility for improving health and wellbeing and will share the benefits of preventing and tackling the causes of avoidable health problems.'* (State of Victoria, Victorian Public Health and Wellbeing Plan 2015-2019, September 2015. page v).

The Victorian Public Health and Wellbeing Plan 2015-2019 identifies six priorities to guide action over the four years of the plan:-

- healthier eating & active living
- tobacco free living
- reducing harmful alcohol use and drug use
- improving mental health
- preventing violence and injury, and
- improving sexual & reproductive health

The Victorian Public Health and Wellbeing Plan 2015 - 2019 includes a life course approach (from the pre-natal period, the early years, through adolescence and youth, the adult years and into older age) and outlines three major platforms through which implementation should occur:- healthy & sustainable environments, place based approaches and person-centred approaches. The recently released document: - Implementing the Victorian Public Health and Wellbeing Plan 2015-2019, Taking action – the first two years (State of Victoria, October 2016) outlines work that has been undertaken or due to commence during the first two years of the current Plan (until 2017).

Also recently released, the Victorian Public Health and Wellbeing Outcomes Framework *'provides a transparent approach to monitoring and reporting progress in our collective efforts to achieve better health and wellbeing'* (State of Victoria, Department of Health and Human Services, October 2016. page 2). The Outcomes Framework outlines a set of long term outcomes, indicators, measures and targets across six domains that will enable monitoring and reporting on progress against the Victorian Public Health and Wellbeing Plan 2015-2019 priorities as well as other determinants that impact on health. The Outcomes Framework has a particular emphasis on monitoring inequalities between population groups. This Framework provides a vision and specific measures to improve the long term health outcomes for all Victorians. **Appendix 1** includes a table that identifies the relevant targets and measures for healthier eating & active living and improving mental health as identified in the Outcomes Framework.

Whilst the focus of this Project has been on looking at impact indicators for healthy eating, active living and improving mental health, it is important to recognise that local governments also have potential to influence what is often referred to as the 'social determinants of health'. The World Health Organisation defines the social determinants of health as *'the conditions in which people are born, grow, live, work and age. These circumstances are shaped by the distribution of money, power and resources at global, national and local levels. The social determinants of health are mostly responsible for health inequities - the unfair and avoidable differences in health status seen within and between countries'* (http://www.who.int/social_determinants/sdh_definition/en/). There are key projects occurring in this space, e.g. – research of liveability measures for healthy communities and development of a model to assess Local Council performance against actions that aim to address the social determinants through Municipal Public Health & Wellbeing Planning (McCaughey VicHealth Community Wellbeing Unit, University of Melbourne).

1.4 DEFINITIONS

For the purposes of this project impact indicators have been defined as **medium term indicators** that work towards achieving longer term outcomes (such as those identified in the Outcomes Framework).

The Outcomes Framework states that '*Indicators define the direction of change needed to progress towards an outcome*' (State of Victoria, Department of Health and Human Services, Victorian Public Health and Wellbeing Outcomes Framework, October 2016. page 12).

It should be noted that there are some inconsistencies with the language / definitions used across the Victorian Public Health and Wellbeing Plan 2015-2019 and the Victorian Public Health and Wellbeing Outcomes Framework that can be confusing. In the Victorian Public Health and Wellbeing Plan 2015-2019, 'Increase Healthy Eating & Active Living' and 'Improving Mental Health' are identified as priorities, yet in the Outcomes Framework they are identified as indicators under the domains.

1.5 USING THE IMPACT INDICATORS FOR MUNICIPAL PUBLIC HEALTH AND WELLBEING PLANNING:-

The next section of this report outlines impact indicators and measures (as well as a list of existing resources and initiatives) for the three areas of active living, healthy eating and improving mental health.

The impact indicators have been kept broad with the aim that they can be tailored and responsive to local needs/requirements through identifying local actions and measures. They have been identified under the platforms of **healthy and sustainable environments**, **place based approaches** and **person centred approaches** (to align with the Victorian Public Health and Wellbeing Plan 2015- 2019).

Measures identified and suggested in the consultation phase of the Project have been included as requested. They aim to be relevant and realistic, easy to measure and able to be tracked over time (trend data). These proposed measures can be used in Municipal Public Health and Wellbeing planning and will create opportunities for shared measures across 12 local government areas. However they are not a complete list of measures. The VicHealth Indicators Survey (<https://www.vichealth.vic.gov.au/programs-and-projects/vichealth-indicators-survey-2015>) is a community wellbeing survey undertaken every four years that complements the Victorian Population Health & Wellbeing survey. Local Government Area Profiles from the VicHealth Indicators survey are provided to support population health planning at a local level. Several of the measures from the VicHealth Indicators survey have been included as suggested measures in this resource, however there are many more that can be applied. The parameters of this time limited project contained the measures to three areas: active living, healthy eating and improving mental health.

The existing resources and initiatives information has been included to provide access to resources and initiatives that are happening locally and across the region and Victoria, in the areas of active living, healthy eating and mental health. As part of the desk based research component and meetings with the local governments and Primary Care Partnership staff, considerable information was provided on existing and current work in this space. This knowledge may be useful in identifying local actions in relation the impact indicators.

Local Government staff identified the importance of addressing local community needs in the development of their Municipal Public Health and Wellbeing Plans. Therefore these impact indicators would only be utilised by the local governments if healthy eating, active living and improving mental health are identified as priorities for their communities during the development of their Municipal Public Health and Wellbeing Plans.

Appendix 2 identifies a number of issues that were raised in relation to this project and Municipal Public Health and Wellbeing planning during the consultation stage of this project.

SECTION 2 IMPACT INDICATORS

2.1 ACTIVE LIVING IMPACT INDICATORS

Impact Indicators	Measures	Existing initiatives and resources
<p>Local environments encourage community members to be physically active.</p> <p>Healthy & Sustainable Environments</p>	<ul style="list-style-type: none"> Local statutory planning documents have active living principles embedded in them that are applied in local planning processes. Community participation in organised physical activity and non-organised physical activity (VicHealth Indicators Survey – LGA measure). 	<p>Local Initiatives</p> <ul style="list-style-type: none"> Many Local Governments in the catchment are proactive in providing bike tracks, footpaths and multi-use facilities. Mitchell Shire – Healthy & Safer Design Guide Indigo Shire: two future projects/ideas – Chiltern Connectivity Project (supporting active transport) and active playgrounds for all ages. Shared Facilities Program – encouraging shared facilities on school grounds for community use. Wodonga Integrated Transport Strategy (embedding active living principles in planning schemes). www.wodonga.vic.gov.au Strathbogie Shire – looking into multi-generational play grounds/spaces Activities in the Park (Shepparton City Council). <p>Resources</p> <ul style="list-style-type: none"> Healthy Active by Design web based tool:- www.healthyactivebydesign.com.au) WA Heart Foundation 2016. Healthy by Design: a planners guide to environments for active living (2012 – Victorian Heart Foundation). www.heartfoundation.org.au/programs/healthy-by-design-victoria Active Living Research: www.activelivingresearch.org Blueprint for an Active Australia 2014 at www.heartfoundation.org.au/for-professionals/built-environment VicHealth Local Government Action Guides:- https://www.vichealth.vic.gov.au/programs-and-projects/vichealth-indicators-action-guides-2015

Prevention Impact Indicators for Municipal Public Health & Wellbeing Planning



<p>Settings (early childhood services, schools and workplaces) promote and support active living for clients, students and employees.</p> <p>Place based approaches</p>	<p>Specific programs:-</p> <ul style="list-style-type: none"> • Number (or %) of early childhood services that meet active living or physical activity benchmarks / awards / standards. • Number (or %) of schools that meet active living or physical activity benchmarks / awards / standards. • Number (or %) of workplaces that meet active living or physical activity benchmarks / awards / standards. • Number of community members in those settings (clients, students, employees). 	<p>Local Initiatives</p> <ul style="list-style-type: none"> • A lot of work in the settings area is being undertaken by local settings and organisations (contact your Primary Care Partnership for local information). <p>Resources</p> <ul style="list-style-type: none"> • Achievement Program for early childhood services, schools and workplaces (includes a physical activity benchmark) www.achievementprogram.health.vic.gov.au • Walk to School Program (VicHealth) – funding provided to Councils to encourage students to walk/ride to school for the month of October each year. www.walktoschool.vic.gov.au • Ride to Work and ride to School programs. www.bicyclenetwork.com.au • Premiers Active April. www.activeapril.vic.gov.au/terms
<p>Community members (particularly those most likely to be physically inactive) are engaged in identifying barriers, enablers and solutions to encourage active living.</p> <p>Person centred approaches</p>	<ul style="list-style-type: none"> • Number and breadth of community members engaged in planning of local initiatives to improve active living (profile of community members reflects the LGA community profile). • Community members engaged in local initiatives have increased participation in organised/non-organised physical activity (pre & post data collection of community members, could use VicHealth Indicators survey question). 	<p>Local Initiatives</p> <ul style="list-style-type: none"> • Deakin University WHO Collaborating Centre for obesity prevention working across Goulburn Valley PCP catchment using a collective impact approach to address childhood obesity prevention. www.deakin.edu.au/cphr/our-research/global-obesity-centre • Healthy Ageing research project – WAVE (Northeast Health Wangaratta, La Trobe University John Richards Initiative, Rural City Wangaratta, Central Hume Primary Care Partnership). • Healthy Ageing Together project (DHHS East Division – Ovens Murray) <p>Resources</p> <ul style="list-style-type: none"> • DHHS funded Healthy & Active Ageing Advisors (Ovens Murray & Goulburn) – located at the Regional Sports Assemblies:- Sport North East & Valley Sport. • Community Engagement & Equity Model & Toolkit (NESAY Inc. November 2016) http://www.nesay.com.au/community-engagement-equity-model-toolkit/ • Collective Impact website includes resources and case studies on communities working together to address local issues www.collaborationforimpact.com

Prevention Impact Indicators for Municipal Public Health & Wellbeing Planning



2.2 HEALTHY EATING IMPACT INDICATORS

Impact Indicators	Measures	Existing initiatives and resources
<p>Local environments provide readily accessible healthy food and drink choices and breastfeeding friendly facilities for all of community.</p> <p>Healthy & Sustainable Environments</p>	<ul style="list-style-type: none"> • Number and distribution of food outlets (GIS mapping - can define as needed. E.g. essential vs non-essential food outlets. Can overlap SEIFA data). • Number and distribution of breastfeeding friendly facilities and breastfeeding welcome here venues (GIS mapping). • Local community event guidelines include requirement to provide healthy food and drink options that are applied at Council funded events. 	<p>Local Initiatives</p> <ul style="list-style-type: none"> • A lot of work in the food systems area is being undertaken by local settings and organisations (contact your Primary Care Partnership for local information). • Water stations at local community events (Strathbogrie Shire, City of Wodonga) • Northeast Food Policy & Strategy Discussion Paper – developed by various partners including the North East Catchment Management Authority, local councils and local health agencies. Recognises the broader role of food in the economic, social and environmental context for communities. www.necma.vic.gov.au/food-policy-paper <p>Resources</p> <ul style="list-style-type: none"> • Healthy Food Connect – A Support Resource, DHHS. https://www2.health.vic.gov.au/getfile/?sc_itemid=%7BDB862F84-2C5B-486E-AB7A-8C82C44C293F%7D • Communities Latching onto Breastfeeding Resource Kit. http://humehealth.com.au/having-a-baby/breastfeeding/ • VicHealth Local Government Action Guides:- https://www.vichealth.vic.gov.au/programs-and-projects/vichealth-indicators-action-guides-2015 • Victorian Healthy Eating Advisory Service: http://heas.health.vic.gov.au/

Prevention Impact Indicators for Municipal Public Health & Wellbeing Planning



<p>Settings (early childhood services, schools, workplaces and food outlets) that promote and support healthy eating and breastfeeding for students, community members and employees.</p> <p>Place based approaches</p>	<p>Specific programs:-</p> <ul style="list-style-type: none"> • Number (or %) of early childhood services that meet healthy eating or breastfeeding benchmarks / awards / standards. • Number (or %) of schools that meet healthy eating benchmarks / awards / standards. • Number (or %) of workplaces that meet healthy eating or breastfeeding benchmarks / awards / standards. • Number (or %) of food outlets that meet healthy eating or breastfeeding benchmarks / awards / standards. • Number of community members in those settings (clients, students, employees). 	<p>Local Initiatives</p> <ul style="list-style-type: none"> • A lot of work in the settings area is being undertaken by local settings and organisations (contact your Primary Care Partnership for local information). • Mitchell Shire providing \$ to support schools to participate in the Stephanie Alexander Kitchen Garden Program. • Healthy Catering Policy (City of Wodonga) www.wodonga.vic.gov.au • Internal Council Food Policy (Mitchell Shire) • Northeast Health Wangaratta – healthy food & drink guidelines in cafeteria. • Breastfeeding Welcome Here venues – local businesses & council facilities. https://www.breastfeeding.asn.au/services/welcome/venues <p>Resources</p> <ul style="list-style-type: none"> • Achievement Program for early childhood services, schools and workplaces – includes a healthy eating and oral health benchmark www.achievementprogram.health.vic.gov.au • Smile 4 Miles Program for early childhood services www.dhsv.org.au/oral-health-programs/smiles4miles • Stephanie Alexander Kitchen Garden Program (SAKGP) for schools and learning centres https://www.kitchengardenfoundation.org.au/ • Communities Latching onto Breastfeeding Resource Kit. http://humehealth.com.au/having-a-baby/breastfeeding/ • Healthy Choices: food & drink guidelines for Victorian hospitals, DHHS. https://www2.health.vic.gov.au/hospitals-and-health-services/quality-safety-service/healthy-choices • Healthy Choices: Policy guidelines for Sport & Recreation Centres, DHHS. • Building the Business Case: Healthy Food & Drink Policies (includes case studies) www.vichealth.vic.gov.au/media-and-resources/publications/healthy-choice-food • YMCA reducing sugary drinks program. www.victoria.ymca.org.au
--	--	---

Prevention Impact Indicators for Municipal Public Health & Wellbeing Planning



<p>Community members are engaged in identifying barriers, enablers and solutions to encourage healthy eating and breastfeeding (particularly for those most at risk).</p> <p>Person centred approaches</p>	<ul style="list-style-type: none">• Number and breadth of community members and key stakeholders engaged in local initiatives to improve healthy eating and breastfeeding (profile of community members reflects the LGA community profile).• Community members engaged in local initiatives have increased consumption of fruit, vegetables and water, and decreased consumption of take away food & sugar sweetened beverages (pre & post data collection of community members – via VicHealth Indicators Survey question).• Local breastfeeding data and other healthy eating data for young children (Maternal & Child Health Expedite program data).	<h3>Local Initiatives</h3> <ul style="list-style-type: none">• Deakin University WHO Collaborating Centre for obesity prevention working across Goulburn Valley Primary Care Partnership catchment using a collective impact approach to address childhood obesity prevention. www.deakin.edu.au/cphr/our-research/global-obesity-centre• Healthy Ageing research project – WAVE (Northeast Health Wangaratta, La Trobe University John Richards Initiative, Rural City Wangaratta, Central Hume Primary Care Partnership).• Healthy Ageing Together project (DHHS East Division – Ovens Murray)• Local, People, Local Food Solutions /Grow Your Idea – community research Project and Grants Program (Gateway Health)• Food Triangle Op Shop – community research project (Lower Hume Primary Care Partnership)• Local food networks (contact your Primary Care Partnership for local networks). <h3>Resources</h3> <ul style="list-style-type: none">• Healthy Food Connect – A Support Resource, DHHS. https://www2.health.vic.gov.au/getfile/?sc_itemid=%7BDB862F84-2C5B-486E-AB7A-8C82C44C293F%7D• Community Engagement & Equity Model & Toolkit (NESAY Inc. November 2016) http://www.nesay.com.au/community-engagement-equity-model-toolkit/• Collective Impact resources and case studies www.collaborationforimpact.com
---	---	--

Prevention Impact Indicators for Municipal Public Health & Wellbeing Planning



2.3 IMPROVING MENTAL HEALTH IMPACT INDICATORS

The Victorian 10 year Mental Health Plan (State of Victoria, Department of Health and Human Services, November 2015) outlines the need for greater efforts in mental health promotion and illness prevention. The Plan identifies links with the Victorian Suicide Prevention Framework (2016-25) and the Victorian Aboriginal Social & Emotional wellbeing framework. There are also strong links with work in the areas of Family Violence Prevention, Gender Equity and reducing harmful alcohol and drug use. These impact indicators for improving mental health have a primary prevention focus.

Impact Indicators	Measures	Existing initiatives and resources
<p>Opportunities for social connection and community participation for all of community (particularly those most at risk of poor mental health).</p> <p>Healthy & Sustainable Environments</p>	<ul style="list-style-type: none"> Community use of recreational and cultural facilities – sport, art, libraries, neighbourhood houses (Local Government service usage). Breadth of community that use recreational and cultural facilities (profile of community members reflects the LGA community profile). Adult subjective wellbeing, life satisfaction, resilience measures and perceptions of neighbourhood (VicHealth Indicators Survey – LGA measure). 	<p>Local Initiatives</p> <ul style="list-style-type: none"> Aboriginal and Torres Strait Islander Gathering Places (Koolin Balit Strategy). Gathering Place Evaluation Report. Light House Project (Shepparton) http://www.gslp.com.au/ Tomorrow Today Foundation (Benalla) http://tomorrowtoday.com.au/ Communities that Care (Alpine) http://www.alpinehealth.org.au/index.php?mact=News,cntnt01_detail,0&cntnt01articleid=112&cntnt01returnid=15 LGBTI community gatherings (City of Wodonga, Mitchell Shire) Community Grants – encourage community groups to support participation of vulnerable communities (Rural City of Wangaratta). Act, Belong Commit campaign (work across Goulburn Valley PCP) www.actbelongcommit.org.au Local Government Access & Inclusion Strategies (people with disabilities) <p>Resources</p> <ul style="list-style-type: none"> Community Engagement & Equity Model & Toolkit (NESAY Inc. November 2016) http://www.nesay.com.au/community-engagement-equity-model-toolkit/ Aboriginal Health & Wellbeing Strategy (Koolin Balit) https://www2.health.vic.gov.au/about/health-strategies/aboriginal-health/koolin-balit

Prevention Impact Indicators for Municipal Public Health & Wellbeing Planning



		<ul style="list-style-type: none"> • Building Socially Inclusive Rural Communities: A complete Resource, Loddon Mallee Region PCPs 2015 (includes case studies). http://centralvicpcp.com.au/social-inclusion/ • Social Inclusion of the hard to reach (Swinburne Institute for Social Research, 2008) http://apo.org.au/resource/social-inclusion-hard-reach • VicHealth Local Government Action Guides:- https://www.vichealth.vic.gov.au/programs-and-projects/vichealth-indicators-action-guides-2015
<p>Settings (early childhood services, schools and workplaces) promote and support good mental health for students, community members and employees.</p> <p>Place based approaches</p>	<p>Specific programs:-</p> <p>Number (or %) of early childhood services that meet mental health & wellbeing benchmarks / awards / standards / programs.</p> <p>Number (or %) of schools that meet mental health & wellbeing benchmarks / awards / standards / programs.</p> <p>Number (or %) of workplaces that meet mental health & wellbeing benchmarks /awards / standards / programs.</p> <p>Number of community members in those settings (clients, students, employees).</p>	<p>Local Initiatives</p> <ul style="list-style-type: none"> • Live 4 Life (Benalla Rural City) – pilot site working with Macedon Shire Ranges Council on youth suicide prevention. http://www.live4life.org.au/ • Headspace –joint program with secondary schools (Strathbogrie Shire) • Beyond Blue programs for workplaces (Mitchell Shire - internal) • Healthy and Resilient Together Project (Beechworth Health Service) • Dementia friendly communities (Beechworth Health Service). <p>Resources</p> <ul style="list-style-type: none"> • Achievement Program (www.achievementprogram.health.vic.gov.au) for early childhood services, schools and workplaces – includes a mental health benchmark • Mind Matters program for secondary schools www.mindmatters.edu.au • The Resilience Project – schools, workplaces & communities http://theresilienceproject.com.au/ • Respectful Relationships in schools and early childhood services http://www.education.vic.gov.au/about/programs/health/Pages/respectfulrelationships.aspx • Safe Schools Coalition Australia (creating safe and supportive school environments for same sex attracted, intersex and gender diverse people) https://www.education.gov.au/safe-schools-coalition-australia • Rock and Water Program http://www.rockandwaterprogram.com/

Prevention Impact Indicators for Municipal Public Health & Wellbeing Planning

<p>Community members know how to (and are able to) access current information and resources about mental health to be able to support others in their community (particularly those most at risk of poor mental health).</p> <p>Person centred approaches</p>	<ul style="list-style-type: none"> • Pre and post data collection of community members - to determine knowledge of (and ability to) access to current information and resources for mental health (ensure health literacy addressed and the profile of community members reflects the LGA community profile). Could be a collaborative social research project. • Local mental health service providers are meeting the mental health needs of local communities (internal measures of service providers and community feedback). • Mapping of the local (LGA) mental health service system. 	<p>Local Initiatives (and service providers)</p> <ul style="list-style-type: none"> • Mental Health First Aid – has been undertaken across sub-regions, working with dairy farmers (Integrated Primary Mental Health Services, Albury Wodonga Health). http://www.awh.org.au/services/mental-health/ • MIND Victoria (Ovens Murray sub-region) – customer focused in provision of services and use advocacy to influence social change. Planning to hold mental health community forums in March 2017. https://www.mindaustralia.org.au/need-help/mind-services-in-victoria.html • WELLWAYS (Goulburn sub-region) https://www.wellways.org/ • Headspace – focus on young people (offices in Shepparton & Wodonga, possibly Wallan) https://www.headspace.org.au/ <p>Resources</p> <ul style="list-style-type: none"> • Murray PHN - coordinating mental health services – key player. • MIND Recovery College: lived experiences of people with mental illness – share what works (Benalla, Wangaratta & Wodonga). http://recoverycollege.org.au/ • Beyond Blue https://www.beyondblue.org.au/ • Victorian Suicide Prevention Framework 2016-2025:- Six Assertive Outreach trials across Victoria (one in Wangaratta – through Albury Wodonga Health) as well as six Place Based Prevention pilot sites across Victoria (opportunities to share good practice). https://www2.health.vic.gov.au/about/publications/policiesandguidelines/victorian-suicide-prevention-framework-2016-2025
--	---	---

Prevention Impact Indicators for Municipal Public Health & Wellbeing Planning



APPENDIX 1: Targets and measures from the Victorian public health and wellbeing outcomes framework in relation to active living and healthier eating and mental health.

PRIORITY/INDICATOR	RELEVANT TARGETS	RELEVANT MEASURES
<p><u>Increase Healthier Eating & Active Living</u></p> <p>(Domain 1: Victorians are healthy and well – Outcome: Victorians act to protect and promote health).</p>	<ul style="list-style-type: none"> • Halt the rise in diabetes prevalence by 2025. • Five per cent decrease in prevalence of overweight and obesity in children and adults by 2025. • 20 per cent increase in sufficient physical activity prevalence of adolescents by 2025. • 10 per cent increase in sufficient physical activity prevalence of adults by 2025. 	<ul style="list-style-type: none"> • Proportion of adults, adolescents (10-17 years) and children (4-12 years) who consume sufficient fruit & vegetables • Mean daily serves of fruit in adults, adolescents (10-17 years) and children (4-12 years) • Mean daily serves of vegetables in adults, adolescents (10-17 years) and children (4-12 years) • Proportion of adults, adolescents (10-17 years) and children (5-12 years) who consume sugar sweetened beverages daily • Discretionary food consumption of adults, adolescents and children (to be determined) • Proportion on infants exclusively breastfed to three months of age • Proportion of adults, adolescents (10-17 years) and children (5-12 years) who are sufficiently physically active • Proportion of journeys that use active transport • Proportion of people participating in organised sport (to be determined) • Proportion of adults sitting for seven or more hours on an average weekday • Proportion of adolescents (10-17 years) and children (5-12 years) who use electronic media for recreation for more than two hours per day • Proportion of adults and children (5- 17 years) who are overweight or obese (measured) • Proportion of adults and children (5-17 years) who are overweight or obese (self-report) • Proportion of adults who are obese (measured) • Proportion of adults who are obese (self-report)

Prevention Impact Indicators for Municipal Public Health & Wellbeing Planning



		<ul style="list-style-type: none"> • Proportion of children who are obese (measured)
PRIORITY/INDICATOR	RELEVANT TARGETS	RELEVANT MEASURES
<p><u>Improving Mental Health</u></p> <p>(Domain 1: Victorians are healthy and well – Outcome: Victorians have good mental health).</p>	<ul style="list-style-type: none"> • 20 per cent increase in resilience of adolescents by 2025. 	<ul style="list-style-type: none"> • Proportion of adults who report high or very high psychological distress • Proportion of adolescents 10-17 years who experience psychological distress • Proportion of adolescents 10-17 years with high level of resilience • Proportion of children living in families with unhealthy family functioning • Suicide rate <p>There are also relevant measures under Domain 2: Victorians are safe & secure, Domain 3: Victorians are connected to culture and community and Domain 5: Victoria is liveable.</p>

The outcomes framework identifies if the measures are available for various population groups and geographical areas. Related data dictionary not yet available.

Prevention Impact Indicators for Municipal Public Health & Wellbeing Planning



APPENDIX 2: OTHER RELEVANT ISSUES RAISED (during consultations)

- Social Marketing – how to utilise and support at a local level? e.g Rethink Sugary Drinks.
- Health Literacy – using simple messages and consistent information about healthy eating, active living and mental health. The Municipal Public Health Plans also need to be able to be read and understood by the community.
- Roles & Responsibilities – could strengthen this document but perhaps best done at a local level
- Capacity of Council planning departments is varied
- Acknowledgement of varied capacity across the LGAs (particularly those that do not have IHP funded agencies in their LGA)
- Seems to be confusion around who is providing mental health services in local communities (particularly smaller rural communities that receive outreach services)
- It would be useful to have relevant regional/sub-regional data for healthy eating, active living and mental health – will this be collated and tracked at a regional/sub-regional level?
- Relationships with key contacts in settings (e.g. schools, early childhood services) is very important factor in being able to engage – same for communities. Takes time and capacity to build and sustain these relationships. Changes to programs (e.g. AP) can impact on these relationships.