

Sunraysia Community Health Service

Integrated Health Promotion Plan

# Operational Plan

2010-2012



This operational plan is derived from the previously developed 2009-2012 SCHS Integrated Health Promotion Plan in response to the Department of Health 'Integrated Health Promotion Evaluation and Reporting: A Revised Approach' Communiqué October 2010.

SCHS work closely with and actively support Northern Mallee PCP and as such share common priority areas (physical activity, mental health and drug and alcohol) and objectives. SCHS have decided to submit an independent operational plan and evaluation plan. ([2011 Reports\Evaluation Plan 2011.docx](#) )

**In Kind Budget** reflects printing, stationary, transport, phone costs, etc. It does not include staff wages or office costs.

## Health Promotion Activities 2010-2012

### 1. Promoting Physical Activity and Active Communities ( FTE)

Summary of Goals and Objectives (see attachment one for detailed tables)

**Goal 1:** To increase the number of children aged 0-12 in the Mildura LGA who participate in adequate amounts of physical activity by 2012.

Objectives and Strategies	Population Group	Timeframe	Budget (pa)	FTE
<p>1. By 2012 all playgroups within Mildura LGA will have the capacity to promote physical activity to families with children aged 6 years and under.</p> <ul style="list-style-type: none"> <li>• To provide training to playgroup leaders in active play and fundamental movement skills</li> <li>• To provide support and resources for play groups</li> <li>• To develop an active play in playgroups kit               <ul style="list-style-type: none"> <li>a. Stage 1 supported playgroups</li> <li>b. Stage 2 community playgroups</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Parents</li> <li>• Playgroup Leaders</li> <li>• Indigenous</li> <li>• Children</li> <li>• Young People</li> <li>• CALD</li> <li>• Low socio-economic status</li> </ul>	<ul style="list-style-type: none"> <li>• 2009-12</li> </ul>	<p>\$300 training costs \$600 (in kind)</p>	<p>0.15 (0.1- HP/ 0.05 org)</p>

<p>2. To increase the number of families who can correctly identify the recommended amount of Physical Activity children should participate in by 20% within 2 years.</p> <ul style="list-style-type: none"> <li>• To host a stall at the Mildura Show</li> <li>• To enter a float at the Mardi Gras parade</li> <li>• To host a stall at the Little Day Out</li> <li>• To actively participate in the Best Start Partnership and associated physical activity strategies</li> </ul> <p>3. By 2012 there will be a 25% increase in the number of early childhood services in Mildura LGA at which daily structured and free active play is a significant component of the program plan and who have policies in place to reflect Kids Go For Your Life physical activity strategies.</p> <ul style="list-style-type: none"> <li>• To conduct come and try it or school challenge activities within early childhood services (2 services per year)</li> <li>• To provide staff training</li> <li>• To promote consistent key messages and provide appropriate</li> </ul>	<ul style="list-style-type: none"> <li>• Indigenous</li> <li>• Children</li> <li>• Young People</li> <li>• CALD</li> <li>• Low socio-economic status</li> <li>• Parents</li> </ul> <ul style="list-style-type: none"> <li>• Kindergarten and Childcare workers</li> <li>• Kindergarten committees</li> <li>• General Community</li> <li>• Parents and families of children aged 0-6 years</li> <li>• Children</li> <li>• CALD</li> <li>• Low socio-economic status</li> </ul>	<ul style="list-style-type: none"> <li>• 2010-11</li>   <li>• 2010-12</li> </ul>	<p>\$800 media \$500 prizes \$1000 (in kind)</p> <p>Partner with Kids Go For Your Life to assist with funding</p> <p>\$800 media \$500 prizes \$200 training costs \$700 (in kind)</p> <p style="text-align: right;">} 2011-12</p>	<p>0.5  (0.2HP/ 0.2 org/ 0.1 AHPACC)</p> <p>0.15 (10-11) (0.05HP/ 0.1 AHPACC)</p> <p>0.3 (11-12) (0.2HP/0.1 AHPACC)</p>
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<p>resources</p> <ul style="list-style-type: none"> <li>To support early childhood services to achieve Kids Go For Your Life Award Status</li> </ul> <p>4. By 2012 there will be a 25% increase in the number of primary schools in Mildura LGA who promote walking or riding through a whole-of-school activity at least one day per term and reflect Kids Go For Your Life physical activity strategies within their service policies.</p> <ul style="list-style-type: none"> <li>To conduct come and try it or school challenge activities within primary schools (2 primary schools per year)</li> <li>To promote active transport days with local primary schools</li> <li>To promote consistent key messages and provide appropriate resources</li> <li>To support primary schools to achieve Kids Go For Your Life Award Status</li> </ul>	<ul style="list-style-type: none"> <li>School principals</li> <li>Teachers</li> <li>Primary school communities</li> <li>Parents and families of Primary School aged children</li> <li>Children</li> <li>Indigenous</li> <li>CALD</li> <li>Low Socio-economic status</li> </ul>	<ul style="list-style-type: none"> <li>2010-12</li> </ul>	<p>Partner with Kids Go For Your Life to assist with funding</p> <p>\$800 media</p> <p>\$700 (in kind)</p> <p>} 2010-11</p>	<p>0.3 (2010-11) (0.2 HP/ 0.1 AHPACC)</p> <p>0.15 (2011-12) (0.05HP/0.1 AHPACC)</p>
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**Goal 2:** To increase the number of people of a CALD background in the Mildura LGA who undertake sufficient physical activity to meet the National Physical Activity Guidelines by 2012.

Objectives and Strategies	Population Group	Time frame	Budget (pa)	FTE
<p>1. To increase the number of refugee and newly arrived migrant youth and adults who undertake sufficient physical activity to meet the National Physical Activity Guidelines by 10% within 2 years.</p> <ul style="list-style-type: none"> <li>• To implement appropriate actions from youth consultations</li> <li>• To implement appropriate actions from the refugee health working party</li> </ul> <p>2. To increase the number of sporting clubs and organisations in the Mildura LGA who are inclusive of the CALD population by 25% within 2 years.</p> <ul style="list-style-type: none"> <li>• To develop a culturally inclusive toolkit for sporting clubs and organisations</li> <li>• To provide the toolkit and education sessions at sporting group meetings</li> </ul>	<ul style="list-style-type: none"> <li>• CALD communities</li> <li>• Refugee and newly arrived migrant youth</li>   <li>• General Community</li> <li>• Local Sporting clubs</li> </ul>	<ul style="list-style-type: none"> <li>• 2010-12</li>   <li>• 2010-11</li> </ul>	<p>\$800pa come and try activities, including transportation (&gt;2 projects)            \$900pa interpreters and translations            \$600pa (in kind)</p> <p>\$500 (in kind)</p>	<p>0.25            (0.2 HP/            0.05 org)</p>

**Goal 3:** To increase the number of adults aged 40 and over in the Mildura LGA who meet the National Physical Activity Guidelines by 2012.

Objectives and Strategies	Population Group	Time frame	Budget (pa)	FTE
<p>1. To increase the number of adults aged 40 years and over in the Mildura LGA who meet the National Physical Activity Guidelines by 10% within 2 years.</p> <ul style="list-style-type: none"> <li>• To build a list of physical activity groups in the Mildura LGA for adults aged 40 and over</li> <li>• To update general details of the directory annually and reassess the rating of groups biannually</li> <li>• To provide adults with a range of low to moderate intensity exercise options (HAGG, Walking, Movers and Groovers, Make a Move, Warm Water)</li> <li>• To assist adults at high risk of developing type 2 diabetes to reach the level of activity recommended in the national physical activity guidelines through offering programs such as the Life! Taking Action on Diabetes Program and the Reset Your Life Program</li> <li>• To actively participate in NMPCP physical activity initiatives including</li> </ul>	<ul style="list-style-type: none"> <li>• General community</li> <li>• Adults aged 40 and over</li> <li>• Health professionals</li> <li>• SCHS staff</li> </ul>	<ul style="list-style-type: none"> <li>• 2009-12</li> </ul>	Partner with NMPCP for additional funding for directory \$1000 printing \$600 room hire \$100 resources \$700 media \$400 incentives \$2200 (in kind)	1.95 (0.75HP/ 0.2 AHPACC/ 1.0 org)

<p>the chairing of the NMPCP Physical Activity workgroup meetings</p> <ul style="list-style-type: none"><li>• To promote active transport initiatives in the community through Ride to work day and Walk to work day</li><li>• To coordinate Heart Foundation Walking within Mildura LGA</li><li>• To develop SCHS Staff physical activity initiatives</li></ul>				
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## 2. Promoting Mental Health and Wellbeing ( FTE)

Summary of Goals and Objectives (see attachment two for detailed tables)

**Goal 1:** To increase awareness of issues associated with drug and alcohol use within Mildura LGA

Objectives and Strategies	Population Group	Time frame	Budget (pa)	FTE
<p>1. To increase the number of young people who are aware of drug and alcohol issues by 5% within 3 years.</p> <ul style="list-style-type: none"> <li>To participate in local Youth Forums</li> <li>To work in collaboration with local service providers (through NMPCP) to assist with the implementation of appropriate strategies</li> </ul>	<ul style="list-style-type: none"> <li>Young people</li> <li>Schools</li> <li>Secondary school communities</li> </ul>	<ul style="list-style-type: none"> <li>2009-12</li> </ul>	<p>\$500 media/speakers \$500 (in kind)</p>	<p>0.2 (0.1HP/ 0.1 org)</p>
<p>2. To increase the number of drug and alcohol health promotion strategies conducted with local secondary schools and centres of further education by 5% within 3 years.</p> <ul style="list-style-type: none"> <li>To implement initiatives within local school communities</li> </ul>	<ul style="list-style-type: none"> <li>Indigenous</li> <li>Young people</li> </ul>	<ul style="list-style-type: none"> <li>2010-12</li> </ul>	<p>\$200 (in kind) \$500 resources</p>	<p>0.3 (0.1HP/0.1 org/0.1 AHPACC)</p>

**Goal 2:** To increase awareness of the importance of effective parenting

Objectives and Strategies	Population Group	Time frame	Budget (pa)	FTE
<p>1. To increase the number of parents who undertake the Positive Parenting Program</p> <ul style="list-style-type: none"> <li>• To develop and deliver the Positive Parenting Program (PPP) within the Mildura LGA</li> <li>• To work collaboratively with key stakeholders on relevant local and state wide parenting initiatives</li> <li>• To identify and maximise opportunities to promote the importance of effective parenting skills</li> </ul>	<ul style="list-style-type: none"> <li>• General community</li> <li>• Parents</li> <li>• Children's services</li> <li>• Indigenous</li> </ul>	<ul style="list-style-type: none"> <li>• 2010-12</li> </ul>	<p>\$500 (in kind)</p>	<p>0.2  (0.1HP/0.1 org)</p>



<p>3. To increase the awareness of mental health issues and services by 10% within 2 years.</p> <ul style="list-style-type: none"> <li>• To actively participate in NMPCP Dual Diagnosis working party</li> <li>• To implement relevant activities in conjunction with working party</li> </ul>	<ul style="list-style-type: none"> <li>• General community</li> <li>• Men</li> <li>• Low socio-economic status</li> <li>• CALD communities</li> </ul>	<ul style="list-style-type: none"> <li>• 2010-12</li> </ul>	<p>\$800 media \$400 resources \$500 (in kind)</p>	<p>0.1 (0.05HP/0.05 org)</p>
<p>4. To provide the local community with opportunities to participate in activities to enhance mental health and wellbeing</p> <ul style="list-style-type: none"> <li>a. Mildura Show</li> <li>b. Mardi Gras</li> <li>c. Little Day Out</li> </ul>	<ul style="list-style-type: none"> <li>• General community</li> <li>• Young people</li> <li>• Older people</li> <li>• Low socio-economic status</li> </ul>	<ul style="list-style-type: none"> <li>• 2011-12</li> </ul>	<p>\$3500 giveaways \$1200 media \$400 resources \$800 (in kind) (3 events)</p>	<p>0.5 (0.2HP/0.2 Org/0.1 AHPACC)</p>
<p>5. To establish a program within the Sunraysia Community which addresses positive self image</p> <ul style="list-style-type: none"> <li>a. To work in partnership to provide positive body/self image initiatives in schools</li> <li>b. To work in partnership to provide positive body image initiatives to parents</li> </ul>	<ul style="list-style-type: none"> <li>• Parents</li> <li>• Primary school communities</li> <li>• Secondary school communities</li> <li>• Maternal and child health</li> <li>• General community</li> </ul>	<ul style="list-style-type: none"> <li>• 2010-12</li> </ul>	<p>\$800 resources \$200 (in kind)</p>	<p>0.15 (0.1 HP/ 0.05 Org)</p>

### 3. Promoting Accessible and Nutritious Food (1.2 FTE)

Summary of Objectives and Strategies (see attachment three for detailed tables)

**Goal 1:** To increase the number of children aged 0-12 in the Mildura LGA who consume a diet consistent with the recommendations of the Australian Dietary Guidelines for Children and Adolescents

Objectives and Strategies	Population Group	Time frame	Budget (pa)	FTE
<p>1. To increase the number of families choosing everyday foods and drinks as snack and lunchbox choices for children by 10% within 2 years.</p> <ul style="list-style-type: none"> <li>To host a stall at the Little Day Out (2010)</li> <li>To host a stall at the Mildura Show (2010)</li> <li>To provide Health information sessions to schools and parent groups</li> </ul>	<ul style="list-style-type: none"> <li>General community</li> <li>Children</li> <li>Parents</li> <li>CALD communities</li> <li>Low Socio-economic status</li> </ul>	<ul style="list-style-type: none"> <li>2009-11</li> </ul>	<p>\$300 (in kind)</p> <p>\$200 resources</p>	<p>0.2</p> <p>(0.1 HP/0.1 Org)</p>
<p>2. By 2012 all playgroups within Mildura LGA will have the capacity to promote healthy eating to families with children aged 6 years and under</p> <ul style="list-style-type: none"> <li>To provide training to playgroup leaders in nutrition for young children and activities to promote appropriate nutrition</li> </ul>	<ul style="list-style-type: none"> <li>Indigenous</li> <li>Children</li> <li>Young people</li> <li>CALD communities</li> <li>Parents</li> <li>Playgroup Leaders</li> <li>Low Socio-economic status</li> </ul>	<ul style="list-style-type: none"> <li>2011-12</li> </ul>	<p>\$750 food for activities</p> <p>\$450 training costs</p> <p>\$300 development of kit</p> <p>\$600 (in kind)</p>	<p>0.3</p> <p>(0.2 HP/0.1 Org)</p>

<ul style="list-style-type: none"> <li>To provide support and resources for play groups</li> <li>To develop a healthy eating in playgroups kit</li> </ul> <p>Stage 1 supported playgroups</p> <p>Stage 2 community playgroups</p> <p>3. All local Early Childhood centres and playgroups will implement “Smiles for Miles” initiatives within 3 years.</p> <ul style="list-style-type: none"> <li>Provide training to early childhood workers and playgroup leaders</li> <li>Provide resources and support for program implementation</li> </ul>	<ul style="list-style-type: none"> <li>Indigenous</li> <li>Children</li> <li>Young people</li> <li>CALD communities</li> <li>Low Socio-economic status</li> <li>Families with children aged 0-6 years</li> <li>Early childhood teachers</li> <li>Early childhood setting communities</li> <li>Playgroup leaders</li> </ul>	<ul style="list-style-type: none"> <li>2009-12</li> </ul>	<p>External funding \$500 (in kind)</p>	<p>0.15 (0.05 HP/0.1 Org)</p>
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<p>4. By 2012 there will be a 25% increase in the number of primary schools in Mildura LGA who:</p> <p>a. Only permit water for drinking during class time</p> <p>b. Have a strategy in place to encourage fruit and vegetable consumption while at school</p> <p>c. Discourage high energy and high sugar foods and drinks in lunchboxes</p> <p>d. Implement policies reflecting Kids Go For Your Life healthy eating practices</p> <ul style="list-style-type: none"> <li>• To conduct school challenge activities within primary schools (2 primary schools per year)</li> <li>• To conduct healthy lunchbox activities with parents</li> <li>• To conduct nutrition activities with students</li> <li>• To promote consistent key messages and provide appropriate resources</li> <li>• To support primary schools to achieve Kids Go For Your Life Award Status</li> </ul>	<ul style="list-style-type: none"> <li>• School principals</li> <li>• Teachers</li> <li>• Primary school communities</li> <li>• Parents and families of Primary School aged children</li> <li>• Children</li> <li>• Indigenous</li> <li>• CALD</li> <li>• Low Socio-economic status</li> </ul>	<ul style="list-style-type: none"> <li>• 2010-12</li> </ul>	<p>Partner with KGFYL to assist with funding \$800 food related activities \$450 prizes \$500 (in kind) (2010-11)</p>	<p>0.35 (2010-11) (0.2 HP/ 0.05Org/ 0.1 AHPACC)</p> <p>0.2 (2011-12) (0.05 HP/ 0.15 Org)</p>
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<p>5. By 2012, 25% of early childhood services in Mildura LGA will:</p> <ol style="list-style-type: none"> <li>Have drinking water available indoors and outdoors at all times and accessible to children</li> <li>Provide fruit and vegetables everyday in menu planning and encouraged in lunchboxes</li> <li>Encourage children regularly to try new foods including different colours, textures, flavours and aromas</li> <li>Have policies which reflect Kids Go For Your Life healthy eating practices and are implemented</li> </ol> <ul style="list-style-type: none"> <li>To conduct challenge activities within early childhood services (2 services per year)</li> <li>To provide staff training</li> <li>To promote consistent key messages and provide appropriate resources</li> <li>To support early childhood services to achieve Kids Go For Your Life Award Status</li> </ul>	<ul style="list-style-type: none"> <li>Kindergarten workers</li> <li>Childcare workers</li> <li>Kindergarten Committees</li> <li>Parents and families of children aged 0-6 years</li> <li>Children</li> </ul>	<ul style="list-style-type: none"> <li>2011-12</li> </ul>	<p>Partner with KGFYL to assist with funding \$900 food related activities \$650 prizes \$500 (in kind) (2011-12)</p>	<p>0.15 (2010-11) (0.05HP/ 0.1 Org) 0.35 (2011-12) (0.2HP/ 0.05Org/ 0.1 AHPACC)</p>
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**Goal 2:** To decrease the number of adults within the Mildura LGA who are outside their ideal weight range

Objectives and Strategies	Population Group	Time frame	Budget (pa)	FTE
<p>1. To stabilise the number of adults within Mildura LGA who are outside their ideal weight range within 3 years.</p> <ul style="list-style-type: none"> <li>• Promote Healthy weight week</li> <li>• Conduct Supermarket tours</li> <li>• Conduct nutrition activities with participants at physical activity groups</li> <li>• Conduct nutrition activities in conjunction with the East End Community House</li> <li>• Provide programs to adults at high risk of developing type 2 Diabetes</li> </ul> <p>2. To increase the number of people from a CALD background who have the skills and knowledge to make healthy food choices by 10% within 2 years.</p> <ul style="list-style-type: none"> <li>• Actively participate in refugee health working party</li> <li>• To implement relevant activities in conjunction with working party</li> </ul>	<ul style="list-style-type: none"> <li>• General community</li> <li>• People with a chronic illness</li> <li>• Low socio-economic status</li> <li>• Indigenous</li> <li>• SCHS staff</li>   <li>• CALD communities</li> </ul>	<ul style="list-style-type: none"> <li>• 2009-12</li>   <li>• 2011-12</li> </ul>	<p>\$600 food for activities \$200 resources \$400 (in kind)</p> <p>\$500 food for activities \$400 kitchen hire \$400 interpreter \$600 translations \$200 resources \$400 (in kind)</p>	<p>0.3 (0.1HP/ 0.1 AHPACC/ 0.1 Org)</p> <p>0.15 (0.1HP/ 0.05Org)</p>

**Goal 3:** To decrease the number of adolescents and youth within the Mildura LGA who are outside their ideal weight range

Objectives and Strategies	Population Group	Time frame	Budget (pa)	FTE
<p>1. To increase the number of healthy eating initiatives which are targeted to you from newly arrived and refugee backgrounds by 50% within 2 years.</p> <ul style="list-style-type: none"> <li>• To implement actions from youth consultations</li> </ul> <p>2. To increase the number of indigenous youth making food choices consistent with the Australian Dietary Guidelines for children and adolescents by 5% within 3 years.</p> <ul style="list-style-type: none"> <li>• To implement relevant activities in association with East End community house, MRCC, MAC, MAHS and other agencies</li> </ul>	<ul style="list-style-type: none"> <li>• Young people</li> <li>• CALD communities</li>   <li>• Young people</li> <li>• Indigenous</li> <li>• General community</li> <li>• Children</li> <li>• Young people</li> </ul>	<ul style="list-style-type: none"> <li>• 2010-12</li>   <li>• 2010-12</li> </ul>	<p>\$400 food for activities, \$400 kitchen hire \$400 translations/interpreters \$400 (in kind)</p> <p>\$800 food for activities \$250 resources \$200 (in kind)</p>	<p>0.15 (0.1HP/ 0.05 Org)</p> <p>0.15 (0.05 HP/ 0.1 AHPACC)</p>

**Goal 4:** To decrease food insecurity in the Mildura LGA

Objectives and Strategies	Population Group	Time frame	Budget (pa)	FTE
1. To establish food security as a key agenda item with local organizations and agencies a. To promote food security issues within local networks and projects  2. To develop local initiatives to address food security priorities in partnership with key organisations	<ul style="list-style-type: none"> <li>• General community</li> <li>• Workforce</li>   <li>• General community</li> <li>• Workforce</li> </ul>	<ul style="list-style-type: none"> <li>• 2010-11</li>   <li>• 2011-12</li> </ul>	\$200 resources \$200 (in kind)  \$200 resources \$400 in kind	} 0.05 (0.05HP)

## 6. Flexible Component

Summary of Objectives and Strategies: Reducing Tobacco- related harm (see attachment four for detailed tables)

**Goal 1:** To decrease rates of daily tobacco use in the Mildura LGA by 2012

Objectives and Strategies	Population Group	Time Frame	Budget (pa)	FTE
1. To establish a whole of health service approach to smoking cessation services at SCHS <ul style="list-style-type: none"> <li>• To implement brief intervention training for all staff</li> <li>• To integrate into position descriptions and orientation</li> <li>• To integrate into care planning and/or assessment tools</li> </ul>	<ul style="list-style-type: none"> <li>• General community</li> <li>• CALD communities</li> <li>• Young people</li> <li>• Indigenous</li> <li>• SCHS clients</li> </ul>	<ul style="list-style-type: none"> <li>• 2010-11</li> </ul>	\$600 \$300 (in kind)	0.2 (0.1HP/0.1 Org)

Summary of Objectives and Strategies: Sexual and Reproductive Health (see attachment four for detailed tables)

**Goal 1:** To increase good sexual and reproductive health practices amongst the Mildura community.

Objectives and Strategies	Population Group	Time Frame	Budget (pa)	FTE
<p>1. To increase the number of youth in Mildura LGA who utilise good sexual and reproductive health and wellbeing practices by 10% within 2 years.</p> <ul style="list-style-type: none"> <li>• To facilitate sexual health sessions at youth forums</li> <li>• To provide Health information sessions</li> <li>• To promote good sexual health practices in local media</li> </ul> <p>2. To increase the rates of cervical and STI screening in the local community by 10% within 2 years.</p> <ul style="list-style-type: none"> <li>• To implement appropriate activities in conjunction with refugee health working party</li> <li>• To provide health information sessions</li> <li>• To promote screening in local media</li> </ul>	<ul style="list-style-type: none"> <li>• Young people</li> <li>• Schools and centres of Further Education</li> <li>• Indigenous</li>   <li>• Young people</li> <li>• Men</li> <li>• Women</li> <li>• General community</li> <li>• Indigenous</li> <li>• CALD communities</li> </ul>	<ul style="list-style-type: none"> <li>• 2010-12</li>   <li>• 2010-12</li> </ul>	<p>\$1000 resources \$500 (in kind)</p> <p>\$300 media \$300 (in kind)</p>	<p>0.25</p> <p>(0.15HP/0.1AHPACC)</p>

## Capacity Building Strategies

Capacity building involves the development of sustainable skills, organisational structures, resources and an ongoing commitment to health improvement. Integrated Health Promotion capacity building enhances the ability of an organisation to address the underlying determinants of health. Sunraysia Community Health Services is committed to building integrated health promotion capacity within the organisation to ensure we maximize our ability to deliver high quality initiatives with lasting health gains for the local community.

The Continuous Quality Improvement Tool (CQI Tool) was completed by SCHS in February 2011. Capacity building strategies have been chosen to reflect the intended improvements highlighted by this review. Previous strategies outlined in the 2009-12 IHP strategic plan that are currently in implementation are also included.

### ➤ **Intended Improvements CQI Tool ([2011 Reports\SCHSCQITool Feb2011 .docx](#))**

Summary of Intended Improvements: (to be achieved by September 2012 unless otherwise stated)

#### **IHP Steering Committee Governance**

1. IHP Steering Committee to complete a biannual review of the VHA Health Promoting Health Services position statement to determine capacity building strategies, to be responsible for the development of the health promotion workforce and to undertake biannual review of internal health promotion structure (add to TOR)

#### **Health Promotion Planning, Implementation, Evaluation and Dissemination**

1. Link capacity building strategies with identified objectives and strategies in IHP plan (including page number)
2. SCHS approach to local needs assessment and community consultation to be developed in conjunction with Quality and Safety. To include information regarding cultural sensitivities. Aim to complete one consultation per priority area for each planning cycle with information gained to inform target group and strategy decisions.
3. Specific information on target group characteristics to be included for at least one strategy per priority area
4. To develop a system for which organisation wide priority is given to health promotion activities which align with the Integrated Health Promotion plans
5. One health promotion grant will be sought per priority area for the 10-12 IHP Operational Plan

6. Strategies in IHP plan which incorporate training of people in the community whose skills and interests are retained in the program are implemented
7. At least one case study is promoted to SCHS staff annually
8. A brief project summary form is developed which includes reflections on project implementation (update HP 001 FORM) and is supported by the HP Planning and Reporting Procedure
9. Implement and reflect on the IHP Evaluation Plan
10. At least one strategy per priority area is evaluated using a validated evaluation tool
11. Results from at least one strategy is formally disseminated annually and is reported on using the Health Promotion newsletter
12. Develop an approach to store project evaluations and findings to allow future use across the organisation

### **Capacity Building:**

#### Staff Training

1. Ensure staff are aware of vision and mission statements
2. Health promotion and other staff with key health promotion duties to undertake Health Promotion Short Course
3. Introductory Health Promotion competency training is embedded into induction processes
4. The availability of Easy English and translated documents are promoted to SCHS staff

#### Partnerships

1. IHP plans are formally distributed to key local agencies
2. MOUs and Partnership agreements are developed for each major project
3. Partnership practice is included on NMPCP agenda so that all agencies can work together more effectively by July 2011
4. All case studies are distributed to partner agencies and NMPCP members agencies

### **➤ Strategies currently under implementation:**

The key action areas for Integrate Health Promotion capacity building that the Department of Health requires funded organisations to address and report on in 2009-2012 are Organisational Development and Partnerships. Additionally, SCHS decided to include capacity building strategies in the key action areas of Leadership and Workforce Development. Many of these strategies are addressed via the CQI Tool above. Additional strategies currently under implementation are:

## **Organisational Development**

### **1.1 Increased organisational commitment to make health promotion a priority**

- i) To develop an overarching staff health policy, incorporating nutrition, physical activity, tobacco, sun smart and alcohol consumption at SCHS events

## **Leadership**

### **4.2 Organisations take a leadership role in IHP within a subregion, region or catchment**

- i) SCHS to take a lead role in the activities of the Northern Mallee PCP relevant work groups.

## **Workforce Development**

### **2.2 Newly acquired knowledge and skills amongst the HP workforce are integrated into their daily work**

- i) Agency staff to undertake training in basic health promotion and demonstrate application of learning into daily practice

#### **➤ Capacity Building Activities Specific to Priority Areas**

- Promoting Physical Activity and Active Communities
  - Promoting Physical Activity and Active Communities
  - Promoting Mental Health and Well-being
  - Promoting Accessible and Nutritious Food
- **Promoting Physical Activity and Active Communities**
  - i) To create an environment where all service staff routinely ask clients about their current level of physical activity and are aware of the range of physical activity options that SCHS offers and how to refer clients to sessions where appropriate (Goal 3, Objective 1, pg 9)
  - ii) To increase the capacity of staff to conduct physical activity initiatives within school communities (Goal 1, Objective 3 and 4, pg 6-7)
  - iii) To develop links with the “Kids Go For Your Life’ State coordinator to support staff in undertaking initiatives with children aged 0-12 years (Goal 1, Objective 3 and 4, pg 6 and 7)
  - iv) To become affiliated with Playgroups Victoria and for key staff to undertake supported playgroup training (Goal 1, Objective 1, pg 5)
  - v) To enhance staff ability to engage people from CALD backgrounds in physical activity initiatives (Goal 2, Objective 1, pg 8)
  - vi) To increase staff ability to adapt physical activity for older populations (Goal 3, Objective 1, pg 9)
- **Promoting Mental Health and Wellbeing**
  - i) To increase staff ability to work with families to provide an environment that promotes mental health and wellbeing (Goals 2 and 3, Objective 2.1 and 3.1, pg 12 and 13)

- ii) To increase the skills and knowledge of staff to undertake evidence based mental health promotion activities (Goal 3, Objectives 1,2and 4, pg 13)

- **Promoting Accessible and Nutritious Food**

- i) To increase the capacity of staff to conduct healthy eating initiatives within school communities (Goal 1, Objectives 4 and 5, pg 17 and 18)
- ii) To enhance staff capacity to work with CALD communities in a culturally sensitive way around the consumption of healthy foods (Goal 2 and 3, Objective 2.2 and 3.1, pg 19 and 20)
- iii) To increase the capacity of staff to address food security at a local level (Goal 4, Objectives 1 and 2, pg 21)
- iv) To develop links with the 'Kids Go For Your Life' coordinator to support staff in undertaking initiatives with children aged 0-12 years (Goals 1, Objectives 4 and 5, pg 17 and 18)
- v) To become affiliated with Playgroups Victoria and for key staff to undertake supported playgroup training (Goal 1, Objective 2, pg 15)

## Summary

2010-11

Priority Area	Total Budget	Actual Budget	In kind Budget	Total EFT
Promoting Physical Activity and Active Communities	\$9 700	\$4 100	\$5 600	3.3
Promoting Mental Health and Wellbeing	\$6750	\$4 100	\$2 650	1.45
Promoting Accessible and Nutritious Foods	\$6 750	\$4 250	\$2 500	1.5
Flexible component	\$2 700	\$2 590	\$1 100	0.45
Capacity Building	\$7 550	\$6 550	\$1 000	0.2

2011-12

Priority Area	Total Budget	Actual Budget	In kind Budget	Total EFT
Promoting Physical Activity and Active Communities	\$9 600	\$4 500	\$5 100	3.3
Promoting Mental Health and Wellbeing	\$13 550	\$10 100	\$3 450	1.95
Promoting Accessible and Nutritious Foods	\$11 800	\$8 500	\$3 300	1.8
Flexible component	\$2 100	\$1300	\$800	0.25
Capacity Building	\$6 550	\$4 050	\$2 500	0.2